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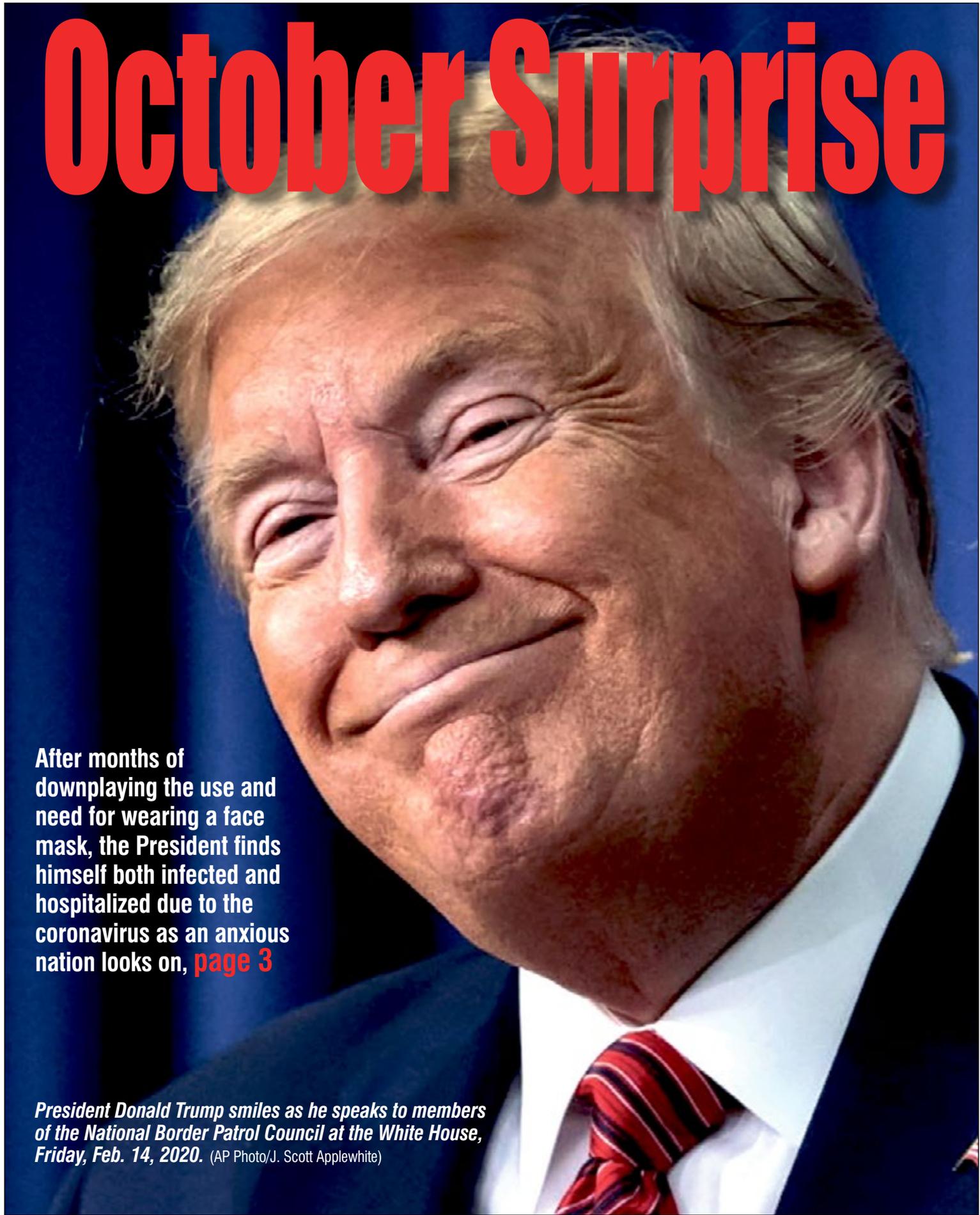
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St. Lucian-born Botham Jean, who was murdered by a Dallas cop in September 2018 – Honored – Page 4.



Enrique Tarrío, the self-described head of the now famous Proud Boys, is ready to “stand back, and stand by”. Page 6.



October Surprise

After months of downplaying the use and need for wearing a face mask, the President finds himself both infected and hospitalized due to the coronavirus as an anxious nation looks on, **page 3**

President Donald Trump smiles as he speaks to members of the National Border Patrol Council at the White House, Friday, Feb. 14, 2020. (AP Photo/J. Scott Applewhite)

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NEWS



Jamaican Government Launches Phase Two Of Multi-Million Dollar Project

KINGSTON, Jamaica – The Jamaica government has launched a project which aims to improve both the agricultural and tourism sectors, and has as its overall objective, enhancing access to markets and strengthening climate-resilient approaches for targeted beneficiaries.

Prime Minister Andrew Holness said the Jamaica Social Investment Fund (JSIF) Rural Economic Development Initiative, Phase II (REDI II) Project, will build on the experience and results of the first

phase of the project and that this new component of REDI will focus on strengthening value chains and developing tourism clusters.

The emphasis is on enhancing linkages among producers, service providers and buyers to improve economies for small agricultural and tourism enterprises, while enhancing market access for these businesses.

The second phase of the REDI project is being financed through a loan of US\$40 million from the World Bank

and Holness told the virtual launch on Wednesday that both the agriculture and tourism sectors combined account for some 18 per cent of the country's gross domestic product (GDP).

He said that in its initial phase, the REDI programme created 1,300 jobs and contributed to growth of 17 per cent in the agricultural sector in 2016, resulting in a reduction of US\$6 million in Jamaica's food bill.

It also financed the development of the national community tourism policy and strategy.

JSIF managing director, Omar Sweeney, said that REDI II will benefit more than 100 micro and small business enterprises across the island.

"This programme became effective in March and we have been raising significant awareness [and]... we have seen interest in the thousands and



Prime Minister Andrew Holness

thousands of persons who are looking towards this programme to solve some of the problems that they face today."

Sweeney said that REDI II is a strategic investment by the government in ensuring that operators of small and micro businesses in rural areas can continue to operate.

"One of the greatest things that we have to fight is this matter of rural to urban drift... and how you stop [that] is to provide the strategic investments in rural areas where the young people that this project will target can earn and earn sustainably

and earn well where they are," he added.

The World Bank Resident Representative for Jamaica, Ozan Sevimli, said the hope is to advance community tourism under the REDI II project.

"We want to increase livelihoods, we want to increase economic opportunities for the rural population and connect with the driver of Jamaica's economy, the tourism sector," Sevimli said.

"This pandemic has shown us that... the tourism sector, undoubtedly, also needs more resilience and more diversification, and community tourism is one of the ways to do that. With REDI II, we are hoping to advance community tourism... and there is so much potential in Jamaica to do more of that," Sevimli added.

To request funding, persons must complete the REDI II application form online or in hard copy and submit it to JSIF.

- Edited from CMC.



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Us Charges Trinidad-Born National On Providing Assistance To Isis

FLORIDA – The United States has laid charges against two people, including a 53-year-old born Trinidad and Tobago national, who were detained by the Syrian Democratic Forces (SDF) and recently transferred to the custody of the Federal Bureau of Investigation (FBI).

The authorities said that Emraan Ali, 53, a US citizen born in Trinidad and Tobago, was charged in a complaint with providing and attempting to provide material support to ISIS.

Jihad Ali, 19, a U.S. citizen born in New York, was charged in a complaint with conspiracy to provide material support to ISIS. Both defendants made their initial appearances in federal court recently in the Southern District of Florida before U.S. Magistrate Judge Edwin G. Torres.

According to the criminal



complaints, in March 2015, Emraan Ali travelled to Syria with his family, including his son, Jihad Ali, to join ISIS.

Both Emraan Ali and Jihad Ali received military and religious training and served as fighters in support of the terrorist organization. In addition to serving as a fighter, Emraan Ali served in various other roles in support of ISIS. Emraan and Jihad Ali finally surrendered to the SDF near Baghuz in March 2019, during the last sustained ISIS battles to maintain territory in Syria, according to the

complaint.

Assistant Attorney General John C. Demers and Ariana Fajardo Orshan, U.S. Attorney for the Southern District of Florida, commended the investigative efforts of the FBI and the JTTF.

The case is being prosecuted by Assistant U.S.

Attorneys Rick Del Toro and Jonathan Kobrinski, with assistance from Trial Attorney Elisa Poteat of the National Security Division's Counterterrorism Section.

"A criminal complaint is merely an allegation, and every defendant is presumed innocent until proven guilty beyond a reasonable doubt," according to a statement issued by the United States Department of Justice.

- Edited from CMC.



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October Surprise, What Could Be Next?

PETER A. WEBLEY

American politics over these many years have become used to what is colloquially known as “The October Surprise.” However, nothing could have prepared the American people for the harsh reality of the past few days. News of the President, the First Lady, the Chairwoman of the Republican National Committee, and others having contracted the coronavirus has left the country—already deep in the trenches of an unforgiving pandemic—highly disturbed & shaken.

From the time that the President tweeted out just before 1 a.m. on October 2, 2020 that both he and the First Lady had tested positive for the coronavirus, the country has been on pins and needles. This despite their late-night claim that they would begin the “quarantine process” and they were both

“feeling good.” Exactly how sick is Mr. Trump? The White House continues to indecisively bounce between describing his symptoms from “mild” to “very concerning,” and maintains that his transport to Walter Reed National Military Center was done “out of an abundance of caution” in order to closely monitor his condition over “the next few days.”

What remains unclear is how Donald and Melania Trump contracted the virus. There is currently much speculation surrounding Mr. Trump’s personal adviser, Hope Hicks, who reportedly tested positive on Thursday, and just the day before had traveled on Air Force One with the President all while experiencing symptoms of COVID-19.

Over the past few days, a growing number of senior advisors, senators, staff, journalists and others who attended numerous campaign events and fundraisers have tested positive for coronavirus infections. They include Nicholas Luna, Kellyanne Conway, Chris Christie, Thom Tillis, Ronna McDaniel, Bill Stepien, Mike Lee, and John Jenkins.

The magnitude of the spread of this coronavirus cluster is currently unknown, but it is certain to have infiltrated Capitol Hill. To what degree has this virus affected our legislators and any congressional processes? What would happen if the main leaders in the country suddenly became ill, and furthermore, who would be in charge?

Over the past few months, the President has had a cavalier attitude towards the virus, and has largely downplayed the need to wear a mask. His stance regarding the pandemic has caused much trepidation with his own public health experts,

who have over time warned of the possible chance of the virus continuing to spread in the lack on an absence of caution. He has oftentimes mocked others—his most recent and significant victim, democratic presidential nominee Joe Biden in their first debate debacle—for their willingness to wear a face mask.

The President’s campaign has taken few precautions with

regard to protecting against the virus, with regularly scheduled rallies and events consisting of large numbers of oftentimes maskless attendees. With the President now ill, the matter of the coronavirus pandemic is destined to remain the central topic leading into the election.

Days are quickly slipping away, and polls now show Americans strongly disapproving

of how President Trump has handled the pandemic. In some of the most recent polls, Mr. Biden is able to flaunt a solid double-digit lead in key battleground states.

With voting already started in some states, and with less than 30 days until Election Day, this has been another saga in a year of stunning firsts, and devastating realities.

It is often said that God has the greatest sense of humor in the universe, and it is often declared that “man plans, and God laughs.” With the current rate at which 2020 has progressed, it is reasonable to feel that this is probably not the last of these “October Surprises.” Hang on to your seats, folks, it’s going to be a bumpy ride.



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Jamaica Assumes Chair Of The Oas Permanent Council

Jamaica has assumed the chair of the Permanent Council of The Organization of American States (OAS).

The country's Permanent Representative, Audrey Marks, will be in the position for the next three months, during which the 50th General Assembly of the organization will be held.

"We are living in difficult times," said Ambassador Marks in assuming the chairmanship on Thursday, referring to the coronavirus (COVID-19) pandemic, which affects "small and large" and "rich and poor"



Audrey Marks

countries equally.

"I look forward to working with all delegations over the next three months, especially as we prepare for the upcoming 50th regular session of the General Assembly in a spirit of dialogue, consultation and agreeing to disagree when situations so demand," Marks added.

Permanent Representative of Honduras and outgoing chair of the Council, Luis Cordero, said that, during his term "we strengthened multilateralism every day, and we made sure

that the four pillars of the OAS continue to be fulfilled in the best way possible.

"During these three months of our term, we managed to advance in the preparations for the 50th General Assembly," he added. "I can assure you that we

will have a very beneficial and successful Assembly."

The OAS said that the Permanent Representative of The Bahamas, Sidney Collie, will serve as vice chair of the Permanent Council.



CDC Adds 4 Caribbean Territories To Level 3 Advisory

Four Dutch Caribbean territories were recently added to the Center for Disease Control's 'Level 3' advisory list, which warns Americans to avoid all non-essential travel.

The four are Sint Eustatius, Saba, Curacao and Bonaire, where the CDC says the risk of COVID-19 is high. Within the last 14 days, new cases of the virus increased in the territories. Bonaire has had 103 confirmed cases of COVID-19 within its borders while Curacao has 452. Sint Eustatius has 13 and Saba has five.

The US also slapped a Level 3, Reconsider Travel advisory on the four countries yesterday. United Kingdom's authorities have also removed Curaçao from the travel corridors list after it saw a surge of COVID-19 infections recently.

Canada has not to date, choosing instead to slap "avoid non-essential travel" advisories on the Dominican Republic and the BVI.

The news comes as the DR added another 280 new cases to

pass 114,000 confirmed cases and its death tally increased to 2,134.

As of yesterday, the number of new COVID-19 cases across



- Photo by BART MAAT/ANP/AFP via Getty Images)

Prime Minister of Curacao, Eugene Rhuggenaath, is dealing with a steady uptick of COVID-19 cases in the Dutch territory.

the Caribbean was over 600 according to a News Americas tally, while the number of new deaths was 10.

- Edited from News Americas.



Caribbean immigrant Murdered By Dallas Cop Honored

Caribbean immigrant Botham Jean, who was murdered by a Dallas cop in September 2018, was honored in September by the city on what would have been his 29th birthday.

The City of Dallas paid homage to Jean on September 29th as #BeLikeBo Day.

"Here was a Black man who had done everything right and was in the comfort of his own home... and still was killed by someone in a police uniform," Dallas Mayor, Eric Johnson stated in declaring the observance according to local media reports. He added, that

by giving back to his community, Jean set an example for all residents of Dallas can live by.

"I encourage everyone to be like Bo on his birthday this year and let the legacy of his short, bright life transcend the tragedy of his death," CBS DFW quoted the Mayor as saying.



Botham Shem Jean

Botham Jean was born September 29, 1991 in Saint Lucia. The unarmed accountant at PricewaterhouseCoopers was shot dead on September 6, 2018, by an off-duty Dallas police officer, Amber Guyger, in his own apartment. Guyger, who was subsequently fired from the police department and indicted for murder, claimed she mistook Jean's apartment for hers and believed he was an intruder. She was sentenced to 10 years in jail On October 2, 2019.

- Edited from News Americas.



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“It Is Time To Unite” Says Bermuda Premier After Resounding Victory

IVAN CLIFFORD

HAMILTON, Bermuda, Oct 2, CMC – Premier David Burt’s decision to call a snap general election paid off handsomely as the ruling Progressive Labour Party (PLP) scored a crushing 30 seats to six victory over the main opposition One Bermuda Alliance, (OBA). Burt said now is the time for the British Overseas Territory to unite “with an incredibly difficult road ahead”.

Preliminary results show that the PLP won more than 60 percent of the total vote in the three-way contest. However the turnout was one of the lowest in decades with more than 44 per cent of the electorate not voting.

“We have an incredibly difficult road ahead for this country and it is going to require us all to work together, whether we be government, opposition, business, unions and citizens,” Burt told cheering supporters.

“I now say that it is time for us to put aside our red, our yellow and our green — our historical divisions — and come together as one people, one Bermuda, to recover our economy and to build a more inclusive economy that benefits all.”

“I pledge to you today that this PLP government will not take this significant margin in the House of Assembly for granted,” Burt added.

OBA leader, Craig Cannonier, who held on to Devonshire South Central seat, said that it was too early for him to make a decision about his future after a night of turmoil and disappointment. The party lost five seats it had won in the last election.

“I don’t plan on going anywhere right now because we have built a dynamic team,” he said.

The Free Democratic Movement (FDM), which joined the race at the 11th hour, did not win any seats in its first election, and its leader, Marc Bean said his party was here to stay and would work on writing its constitution and connecting with young voters.

Five PLP senators will swap the Upper Chamber for the Lower House after winning their seats.

Attorney-General Kathy Lynn Simmons, Vance Campbell, Anthony Richardson, Crystal Caesar and Ianthia Simmons-Wade will become MPs in the House of Assembly for the first time.

They will be joined by party colleagues Jason Wade and Jache Adams, both political newcomers.

The PLP had been handed victories before polling began in three uncontested constituencies.

Thursday’s PLP win — against a backdrop of six months of the COVID-19 pandemic



Premier David Burt was returned to power with bigger mandate.

which has battered an already struggling economy with the national debt now edging towards a record-high US\$3 billion — was even more of a landslide than three years ago when the party ended the OBA’s one term in office with a 24-12 victory before adding another seat in a subsequent by-election.

The PLP won 15,998 votes, or 62 per cent, to 8,314 votes for the OBA, 32 per cent on Thursday.

The FDM, formed just a month ago after Burt called the snap election, got 1,384 votes — 5.37 per cent — while five independents managed 67 votes between them.

Burt was cheered as he appeared in front of a sea of green outside Alaska Hall, the

party’s headquarters, after the victory was confirmed. But he told supporters that now was the time for the country to unite and that he planned to “reach out to all Bermudians, but especially those who did not support us”.

He regarded the victory as “an awesome honour” but noted that now is not the time for arrogance.

“It is the time for humility and reflection,” he

“It is a time to redouble our efforts to reconnect with those who feel across the country that this government is not listening to them.”

OBA deputy leader, Leah Scott and MP Ben Smith lost their seats in Southampton East Central and Southampton West Central, respectively, which left the West End from Warwick out represented by the PLP.

Opposition seats that had been held by Trevor Moniz, Sylvan Richards and Jeanne Atherden, who stepped down after the election was called, also fell to the PLP and the newly formed FDM, which fielded 14 candidates, got more votes than the OBA in three constituencies.

At OBA headquarters, where the mood was sombre, Cannonier, a former premier, said he has no

plans to step down, adding “but I am going to sit down and take a few days and think about what it is I want to do next, and we’ll make some decisions from there.”

Bean, who previously led the PLP after it lost the 2012 election before stepping down in 2016 through ill health, said “We have to reflect on things. As we analyze the whole campaign, we’ll be able to look at our strengths and weaknesses and adjust accordingly.”

Of 42,638 people eligible to vote, only 25,763 cast a ballot, a decrease of almost 25 per cent compared with 2017, when 34,065 voted.

Ashfield DeVent, a former PLP minister, said the turnout was “concerning” adding that he had spoken earlier to a number of young black men who said they did not plan to vote.

“They said it didn’t make any difference to them who they voted for,” he said, while John Barritt, who was a United Bermuda Party and OBA MP for 18 years, added “They were sufficiently motivated not to vote.”

The dismal numbers resulted in the PLP and OBA getting 4,061 and 5,523 fewer votes respectively than in 2017.

- Edited from CMC.



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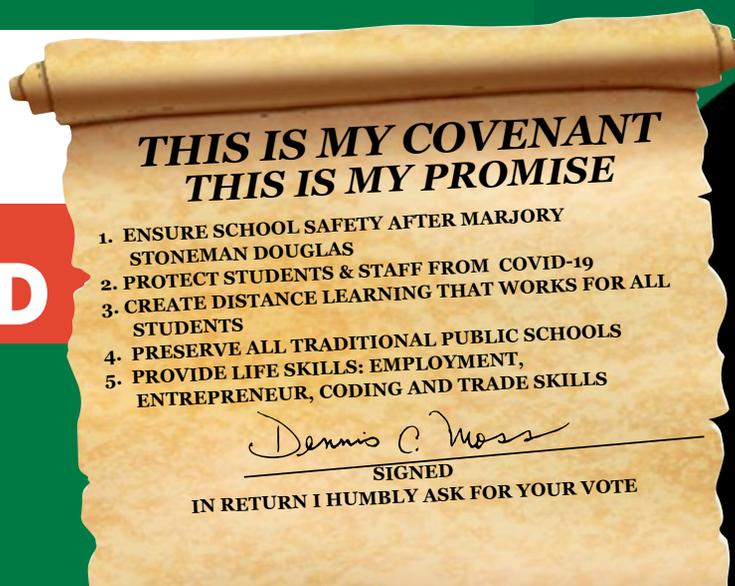
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Black Cuban American Proudly Leads Proud Boys

In a sea of White male members, he stands out mainly because of his race and skin color.

He is Enrique Tarrío, the Miami-born, Cuban American President of Proud Boys, the group that gained global attention Tuesday night – thanks to US President’s now famous response to debate moderator Chris Wallace’s query on if he will condemn white supremacists and militia groups.

“Proud Boys, stand back and stand by,” Trump responded, to the shock of millions and to the glee of the group’s members.

Tarrío, 36, an entrepreneur, took over the leadership from Proud Boys founder Gavin McInnes on November 21, 2018. On Tuesday night, he signaled his fealty to Trump, after the President referred to Aaron Jay Danielson, a Proud Boys supporter who was killed during an August 29, 2020, confrontation in Portland, Oregon. Tarrío posted on Parler, “That’s my president!” and “Standing by sir,” as the group shot to international fame with search results on the group growing and social mentions and media coverage skyrocketing.

But the Southern Poverty Law Center deems it a hate group noting that its leaders “... regularly spout white nationalist memes and maintain affiliations with known extremists (and) are known for anti-Muslim and misogynistic rhetoric.”

Tarrío lives in Miami and was



- Photo by Andrew Lichtenstein/Corbis via Getty Images

Cuban American Proud Boys leader, Enrique Tarrío.

raised in a Cuban family in Little Havana in Miami. He was the Afro-Cuban president of the Miami chapter of the group and worked with and also serves as the Florida director of Latinos for Trump.

Tarrío ran for the U.S. House of Representatives in 2020 as a Republican and then dropped out of the primary after raising only about \$10,000 for Florida’s 27th congressional district, held by Democrat Donna Shalala. The district takes in the city of Miami and Miami Beach and includes Little Havana where he grew up.

Tarrío also developed a personal friendship Donald Trump’s closest confidant Roger Stone, who is also a member of the Proud Boys a resident of Southern Florida. Tarrío told Insider that he considered about 22,000 men around the world to be members and that at least 30 of them were running in this year’s

elections.

He has been a supporter of Ron DeSantis, the current governor of Florida as well as Senator Rick Scott. Tarrío told Heavy that under his leadership the group will “not change what

we do.” He adds, “We’re just, basically, a group of guys that hang out and drink beer together and just have a good time. Obviously, we’re a political group but that’s secondary in nature. We just enjoy our time with our

brotherhood.” Tarrío went on to say that the group would continue in the same direction by following a new set of by-laws.

- Edited from News Americas



History For Suriname, Guyana

History was made on September 17, 2020 in Suriname and Guyana, as for the first time, a US Secretary of State visited both countries.

Mike Pompeo touched down in both CARICOM South American nations in September, with a promise to strengthen bilateral agreements.

In Paramaribo, he met with new President Chan Santokhi as well as Foreign Minister Albert Ramdin and said he discussed collaboration on security to align “efforts for the mutual benefit of the Caribbean region” as well as ways “to improve democratic governance, promote transparent investment, and achieve sustainable growth.”

He also met with US companies there and reaffirmed that “U.S. investment benefits both of our countries.”

“American businesses bring transparency and respect for the rule of law, and Suriname’s natural resources offer a great opportunity to reinvest in its people,” Pompeo posted on Twitter.

At a press conference between the President and the US Secretary, Pompeo said his “visit is the sign of our growing ties between our two nations.”

“This visit is also a sign of

growth in the ties between the United States and the Caribbean that I spoke about in Jamaica, back in January of this year. We are serious about this effort, and I saw today that you are, too,” he added.

Asked about his reason for being there and if it had anything to do with Venezuela, the US Secretary of State simply that the US has made it clear where it stands on Venezuela but he was in Suriname to extend the US’ hand of partnership and offer assistance for security.

“Where there is needed assistance to use multilateral institutions to help finance needs here in the region, we’re happy to do what we can to support that,” he said. “We want good things for the people of this country, and that’s why I came here today to congratulate the new president and the new leadership and to find ways that we can work together to make life better for the people here in Suriname and life better for the people in the United States as a result of our work together.”

Asked also if there is a competition between the United States and China in Suriname and more broadly in the region, Pompeo said the US has watched China

“often show up in ways that are inconsistent with the value set that I’ve heard the president speak about ... and so what we want is open, transparent processes, we want good value for the people of Suriname, we want jobs for the people of Suriname, we want companies that come here to obey environmental rules in the way that American companies will do when they show up.”

GUYANA

The US Secretary then flew to Guyana where he was greeted by Foreign Minister Hugh Todd at the Cheddi Jagan International Airport. In a tweet, he said he looks “forward to working with the new democratically elected government to expand prosperity and security for our people.” He was in the evening hosted by Guyana’s President Irfan Ali at State House, Georgetown, where he said he “... welcomed the opportunity to candidly discuss governance, citizen security, and leveraging Guyana’s wealth of natural resources to provide for its future.”

- Edited from News Americas





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Harmonized Approach Key To Rebuilding Tourism Says Caribbean Tourism Leaders

DAWN A. DAVIS

“We need a more harmonized approach, more consistency in our region.” That’s the word from Frank Comito, CEO and Director General of the Caribbean Hotel & Tourism Association, (CHTA).

Comito’s comments came during a special COVID-19 Tourism Task Force meeting to discuss the Caribbean’s progress since the COVID-19 outbreak and its way forward. Organized by the Caribbean Tourism Organisation, (CTO), with its 24 member states whose major economic driver, tourism, has been severely affected based on the sobering statistics shared, the meeting saw Comito noting that the region has done a great job in cooperating and collaborating public and private sector, but it still is not what it should be.

Figures up to June 2020 show a dramatic 50 percent decline in tourist arrivals. This is against the backdrop of basically no travel in the region in April and May, explained Neil Walters, Secretary General of the CTO, based in Barbados. He added that the first two months of the summer saw a 99 percent drop-off in international visitors at just under 42,000.

“In terms of cruise, over the six months there was a 49 percent reduction in cruise visits – 8.5 million cruise visitors to the Caribbean – and the CDC order effectively cancelling cruises in March means there



Comito

were no cruise passengers visiting the region” said Walters. Fighting Back

But, amidst these troubling numbers, there are some indications that the region is fighting its way back to some sort of normalcy, even it unbalanced.

“We are seeing a slight movement upward,” revealed Comito. “The latest data from STR (Smith Travel Research) as of August 19th, occupancies in the 13 destinations which were open for visitors.”

He said the movemen is just

slightly above 20 percent, which is about what was anticipated.

“The more encouraging thing that we are seeing is a lot of advanced bookings that pretty much will put us on a track between now and Christmas, anywhere from 15-30 percent,” Comito said.

Hopefully, we can get to what we forecasted a few



Walters

months ago, that we would be looking at occupancies next winter ranging anywhere from 40-70 percent,” he added. “If we can get above that 50 percent threshold, that’s helping more people at least keep the doors open. It does take a little bit more than that occupancy level to make the operation profitable, or at least begin to recover some of the incredible losses that the

industry has incurred.”

As of mid-September with 20 Caribbean destinations open, the priority has been to assure visitors that health protocols are in place to protect them,



Indar

destination staff, and locals. Dr. Lisa Indar, Assistant Director of the Surveillance, Disease Prevention and Control Division at the Caribbean Public Health Agency (CARPHA) in Trinidad and Tobago, said that the Task Force is indeed looking at ways in which the Caribbean responds to the COVID crisis.

The creation of proactive health and safety guidelines and the training of thousands in the tourism industry were implemented early on according to Indar. Among those guidelines were infection control measures, cleaning and

disinfecting properties, testing, contact tracing and surveillance. However, with some destinations opening too early the number of cases inevitably increased.

“Overall the Caribbean has to date (as of September 16th) reported a total of 193,628 cases. When we look at these numbers against rates, meaning the number of cases per 100,000 of your population, we see that the US is about 1.95 and the UK is about 0.55, Canada is 0.36, and the Caribbean is right up there at 0.43 cases per 100,000,” explained Dr. Indar.

The doctor added: “As it stands, we have about 17 percent of our countries that is showing no new cases, whereas about 20 percent are showing sporadic cases, 29 percent showing clusters in certain communities, and then we have 33 percent showing community spread, so large outbreaks”. And importantly, the majority of cases are from imported transmission which is usually from locals returning from abroad.

Assurance Member countries have adopted Taskforce guidelines into their own protocols which has given potential travelers a level (CONTINUED ON PAGE 8)

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FEATURE



Kofi's Journey Home

DAWN A. DAVIS

Born and raised in Kingston Jamaica, Rique 'Kofi' Ennis has lived in the United Kingdom and the United States for most of his adult life, places he would have called home at some point in his life. But today, he has found his true home - Ghana on the continent of Africa. Speaking to Ennis, one feels a lived definition of home emanating from deep within. He speaks about Ghana with a profound spiritual, emotional, and even a physical presence, that transports his listener with him on his journey home.

"I've been going to Ghana for about 15 years now. I fell in love with the country," said an emotional Ennis. "It reminds me a lot of Jamaica when I was a youth, and I yearned for that. The pressure, the stresses, all the baggage of the West falls off your shoulders and you feel light and free. So, without even attempting anything, it just happened. I felt at home."

After several visits, he bought land and is building a home - which is almost finished - in an area called Ningo Pram-pram, one of the 16 districts in the Greater Accra Region of Ghana. Importantly, he chose to live amongst indigenous people, not an expat community, and is already learning the local language, Ga, and assimilating.

YEAR OF RETURN

The President of Ghana declared 2019 as the year of return in his bid to attract the African Diaspora across the globe to come back home to the continent. Kicked off to mark the 400th anniversary of Africans forcibly taken to the United States, the initiative invited black Africans to visit or repatriate to the motherland, which saw a 45 percent rise in black visitors from around the world, including the US and UK. But Ennis' journey to Pan-Africanism and call to home started long before that. Like many from the Caribbean, Ennis has relatives in the United States and the United Kingdom, thus his bi-continent existence for many years. But, he always felt a pull to Africa.

"I arrived in the UK in the early



Kofi

80s, believing most of what we were taught. It wasn't until I was doing a Masters dissertation on labor in the UK...when I started reading about our history, I suddenly became alert to the reality that although I thought I was African-centered, I was an ignoramus. That was the turning point."

"I remember I was teaching Egyptian history in school, and although I was teaching about this civilization, there was no indication that anything black came out of Egypt. That was a huge revelation for me," Ennis added. "How could I have been so blind? I recognized that throughout my life, I wasn't told anything about us. I couldn't tell you anything about Africa that was positive. And, when I came to that realization, my anger was profound."

SOCIALIST

He is quick to point out that he does not hate and has nothing against the white race. He is an activist and a socialist fighting for the liberation of people from oppression. So, he is vigilant, but quite aware of how he is regarded by the dominant race, noting that he was always seen as 'safe' and 'different' from 'the other.'

"For a black person to

be accepted in white society you have to be close to them in terms of what they perceive as acceptable," Ennis explained. "I speak correctly, I behave correctly, and so I am accepted. You can buy into that nonsense and leave your brother and sister out there to be beaten and abused because you are different. So, this is all part of the process of understanding. And if you don't understand that then you become a pawn in a terrible game of oppression and racism. So, you have to be conscious of that all the time."

Asked how he remade himself, Ennis said: "I was always for Africa, but I didn't know why, and I think a lot of us are in that category."

"For me, I started reading and studying our history. I became voracious at reading our history because suddenly I was being fed information that made a world of difference to who I am."

Ennis reiterated that he is against a system that oppresses, a racist system. And, he insists that black people cannot be racist.

"Racism has to do with power," he explained. "If I were to say to a poor white man, I hate you, it takes nothing from him, I don't have the power to minimize who he is. He, even as a beggar, will see himself as superior to me because the system will regard him as having more power than I could ever have, simply because he is white. We as black people don't possess the same power to interrupt their growth or well-being." His return to the motherland has been a long road to discovery, a road marked with highs and lows, but one that has finally opened up to the world he has sought for so long.

"My world is an African world, and I am going home," Ennis added.



Caribbean Immigrant Family Sheltering In Church In Trump's Anti-Immigration Era

Immigration did not make it into the US presidential debate, but hours before, a Philadelphia church had extended its sanctuary to a Caribbean immigrant family, facing deportation.

Tabernacle United Church welcomed Jamaicans Oneita and Clive Thompson to a new Sanctuary location as they fight deportation. Clergy from surrounding congregations as well as from Carmela's Sanctuary church, Germantown Mennonite Church, came out to say that they are dedicated to surrounding the family with care until the day the Thompsons are free.

The couple have been living in the US for more than a decade and a half, but in 2018 they were ordered by immigration officials to return to Jamaica because they overstayed their visas.

Clive Thompson came to the US on a visa from Jamaica in 2004 after a gang member murdered her brother and threatened their lives. Their request for asylum was denied.

In a statement, ICE immigration officials said that Oneita and Clive have overstayed their visas since 2004 and are "currently immigration fugitives and subject to arrest and removal from the country once encountered by ICE."

The couple have now been living in sanctuary at the church for more than two years. "We are fighting for a better life and I think we will achieve that as long as we keep focus on our goal," said Clive Thompson.

"Too many Black and Brown folks that look like me are not free to walk in a neighborhood, talk, walk on the street or just march freely," said Oneita Thompson. "The injustice is even happening while we are asleep in our own beds. One might say once you're in bed, you're safe. But that's not true for Black families. The time for justice and freedom is now."

"If the laws were just, they wouldn't be here. If the laws were anti-racist, they wouldn't be here," said Pastor Katie Aikens, Pastor of Tabernacle United Church, Tuesday. "If the laws were humane and treated Black and Brown people equal to White people they wouldn't be here. But

the reality is they are here because our racist and violent immigration laws have forced them here. Anti-blackness is in our immigration system just as it runs through the fabric of this country and its policies. We are here today to say no. We are here to challenge these laws. We are here to stand with the Thompsons and fight alongside them."

But ICE officials also said that, in a show of discretion, they are allowing the Thompsons to remain free from custody while finalizing their deportation plans under the judge's order to leave the country.

The case is one of many nationwide, which reflects the draconian steps the Trump administration has taken to ramp up deportations and stymie legal migration.

- Edited from News Americas



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Harmonized approach key to rebuilding tourism says Caribbean Tourism Leaders

(CONTINUED FROM PAGE 7)

of assurance. Taking it up a level, CARPHA is awarding a Caribbean Travelers Health Stamp to destinations that are implementing these proactive health measures.

Based on these actions, Walters believes the Caribbean will come back. He noted: "The collaborative efforts that have helped us to come this far, need to continue in terms of making sure that all of the key players



Waller

are on as level as possible footing. The requirement is that the Caribbean speaks with a voice that says we are ready, and we are ready based on a basic set of realities".

The Task Force members all agree that the common denominator in controlling this pandemic, however, is individual responsibility.

"To be frank we're not going to get out of these woods until we actually adhere

to the protocols — masks, tests, trace, isolate. If we all adhere to protocols, within 3-6 months we wouldn't need a vaccine. I'm not saying it will go away, but the protocols are designed to mitigate the spread of the virus," said Prof Lloyd Waller, Executive Director Global Tourism Research and Crisis Management Center in Kingston, Jamaica.



Caribbean Immigrant Voters Have The Power To Send Donald Trump Packing

Immigrant voting power is on the rise this year, and has reached historic heights this decade, making it THE swing vote to be feared by the right, which has spent all of the past four years via the Xenophobe-In-Chief, bashing and scapegoating immigrants.

According to the Pew Center's analysis of Census Bureau data, the November 2020 US presidential race will have a bigger share of eligible foreign-born voters than any other election in more than a century. This year, naturalized immigrant voters will make up more than 23 million US voters, or about 10% of all eligible voters, up from 6% in 2000, according to Pew.

That is more than White voters at 4.8 million and Black voters at 2.3 million.

For the first time as well, Latino and Asians will make up the electorate's largest racial or ethnic minority. At 7.5 million, Hispanics account for 34% of all immigrant eligible voters in 2018, slightly up



FELICIA J. PERSAUD

since 2000. The 6.9 million Asian immigrant eligible voters make up 31% of the foreign-born electorate, also slightly up since 2000. This as a News Americas News Network's analysis of latest Department of Homeland Security data shows that over 1 million Caribbean immigrants, many of whom make up a large swathe of the black voting bloc, became naturalized US citizens over a ten-year period 2008-2018.

The three states with the highest share of foreign-born eligible voters are California, New Jersey, and New York, which traditionally goes Democratic, but immigrants now make up more than 14% of the electorate in swing states that matter such as Florida and Nevada. Caribbean immigrant voters are especially dominant in Florida and New York as well as parts of New Jersey and Massachusetts, the DHS data reviewed by NANN showed.

Immigrant voters are also making a difference in certain parts of Arizona, Texas and Georgia and Johnson and Polk counties in Iowa are emerging as new immigrant hubs as well as Twin Falls, Idaho (8.5%) and Cass County, North Dakota (6.8%). Two-thirds have lived in the U.S. for more than 20 years and 63% are proficient in English.



Elisabeth Volmar, from Haiti, becomes an American citizen during a U.S. Citizenship & Immigration Services

Most of all, between 2009 and 2019, 7.2 million immigrants naturalized and became citizens, according to the U.S. Department of Homeland Security. In fiscal year 2018 alone, the middle of Donald Trump's reign of terror on immigrants, more than 756,000 immigrants naturalized.

So, now you know why Donald Trump is fighting to keep the Census undercounted and to make it harder for minority voters to vote. It is a fact that most immigrant voters, vote Democratic,

a fact that scare Trump, whose administration has spent the past five months delaying citizenship dates to swear in many immigrants who would be able to vote in November. Donald Trump's anti-immigrant policies and rhetoric coupled with his fueling of hate and xenophobia nationally, has led to an atmosphere where immigrants in America are the new victims of Nazism and Fascism in 2020.

Immigrants from Mexico make up the single largest group,

at 16% of foreign-born voters, a community that Donald Trump began his 2016 campaign by denigrating as "rapists" and "murderers" and riling up his base of largely non-college educated White men, with his "Build the Wall" chant.

Contrast that with Brookings Institute and a PBS news report from Domenico Montanaro that says Trump's base of non-college educated White base is lower this year than the last election as college educated white voters, black voters and immigrant voters are rising. According to the PBS report, white working-class voters have dropped by four points from 2016 to 2020, going from 45 percent in 2016 to 41 percent as a share of eligible voters.

No wonder Trump is afraid and on overdrive to sow fear, discord and distrust in the democratic process that has worked well for years before he showed up. Now it's up to immigrant voters to stand up to Trump by voting like their lives depend on it and send him packing on Nov. 3, 2020.

- Edited from News Americas column written by Felicia J. Persaud, publisher of News AmericasNow.



Health Insurers Must Answer for COVID-Related Disparities Devastating Black and Latino Communities

HAZEL TRICE EDNEY

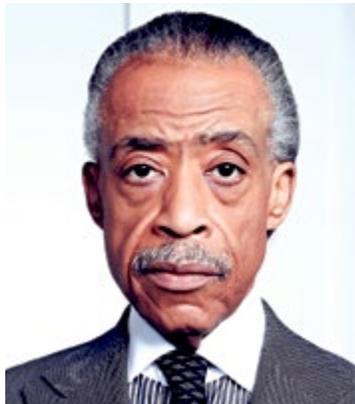
Black and Latino communities throughout the United States have disproportionately suffered the most devastating impacts of the coronavirus, including a higher rate in deaths, underscoring inequities in the nation's health care system and the broader society.

In New York state, for example, African-Americans make up 14 percent of the population, but have experienced 26 percent of all deaths. In Virginia, 49 percent of coronavirus cases come from the Hispanic and Latino community, which makes up 10 percent of the population.

The disparities reflect a number of factors. But experts point to one factor in particular: the relatively high costs of medical care for COVID-19 at a time when Blacks and Hispanics are less likely to have health insurance than Whites are.

Indeed, as pointed out by the Kaiser Family Foundation, the persistent gap in insurance coverage in minority communities is at the start of a chain of events that produces worse health outcomes. Some 36 percent of nonelderly Latinos and 22 percent of African Americans are uninsured.

Uninsured adults are twice as likely to forego doctor visits, which often means that developing or worsening health conditions go undetected and untreated. In fact, Gallup released a poll earlier this year that found that 14 percent of American adults said they would avoid seeking healthcare for early



Rev. Al Sharpton is among Black leaders who've long called for Congress to craft legislation to protect sick and indigent people instead of protecting the insurance industry.

symptoms of coronavirus infection for themselves or a family member because they could not afford to pay for the care.

How lower rates of insurance coverage among Black and Latino Americans contributed to disparities seen during the pandemic should be atop the list of questions posed to major insurance companies by the House Committee on Energy and Commerce, which recently launched an investigation into insurance companies' policies and practices amid COVID-19.

Demanding clear plans to remediate these critically important coverage issues must be a non-negotiable first step in holding health insurers accountable.

In recent years, health insurers have been shrinking physician networks – the number of in-network doctors available to patients in a given geographical

area – in an apparent attempt to cut costs and pad their bottom line. A number of states have seen drastic reductions in coverage networks, including Texas, New Jersey, Massachusetts and Georgia.

For communities of color, shrinking coverage networks compound the problem of medical indigency, which continues to be a systemic failing. Even in the wake of Obamacare, 30 million people remain uninsured, with half of them being people of color.

The concern of Black leaders over the harmful practices and policies of health insurers surfaced earlier this year. They spoke out forcefully against an attempt by industry lobbyists to press Congress to approve legislation that would have enabled companies to pass on costs to medical providers and patients instead of requiring insurers to pay their fair share.

During a primary campaign stop in South Carolina, Reverend Al Sharpton issued a clarion call for Congress to reject those industry efforts and craft legislation that protects the underinsured and those without insurance. And in a follow-up piece explaining the reason for his visit to the state, Sharpton wrote, "African American access to high-quality health care in particular is a pressing issue this election – if not a full-blown crisis." That was before the pandemic struck.

In the months since, insurers have engaged in other tactics to sure up profits at the expense of doctors and patients, from strong-arming doctors to accept lower

reimbursement rates to restricting the types of COVID-related procedures that would be covered.

Those aggressive measures have paid off: one of the nation's largest health insurers, United Healthcare, recently posted its most profitable quarter in the company's history.

On Capitol Hill, lawmakers are rightfully trying to respond. In fact, those historic profits at a time when so many other industries are struggling to stay afloat are what prompted lawmakers to open an

investigation.

It is unclear how Congress will press the insurance companies to address the persistent racial disparities in coverage that preceded the crisis and appeared to play a role in making the pandemic particularly deadly for Black and Latino Americans. But at a time when there's an urgent national conversation on social and racial justice sweeping the country, lawmakers have a responsibility to hold their feet to the fire.



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VIEWPOINT



Futile Future Plans?

These times are ominous, and who knows what the days in the future will bring? We as humans have a history of planning ahead, preparing for the future, and yet we do so with blind faith and hope, for nothing is guaranteed.

No matter how carefully a project is planned, something may still go wrong with it. Nothing in the future is promised to anyone. This can range from a simple thing such as planning an event and rain falls and washes it out, to making arrangements for a huge soiree and sickness intervenes.

Sporting events often fall prey to the vagaries of the weather. "Oh my, the match washed out again." But at least those events can be rescheduled, postponed for another day, or contingency plans can be made.

Or it can be of something of an even more personal scale, such as a wedding where rain again, comes and washes it out or the bride fails to show up.

And even when we are meticulous, crossing every T and dotting every I, things still often go wrong. There is the saying: 'The fog of war,' used by the military to highlight that even after all the strategic planning has been done, nothing is certain to go as planned when the

bombs start exploding and the bullets start flying.

But plan we must, for we cannot live without hopes and dreams for the future. Even animals prepare for the future.

With the onset of this virus, many plans have been shattered. Little did we know a few months ago that we would all be falling prey to something that we can't even see. It came like a thief in the night and in one fell swoop, wiped out the plans of the entire world.



TONY ROBINSON

One great event that eclipsed all others in sports. Even the Olympics was postponed for a year. Again, the best laid plans of men, erased. The Olympics was only canceled before, during World Wars 1 and 2.

This time it has been postponed until July of next year, disappointing many. But we just have to work with the bigger program. Nothing is written in stone.

All the great sporting leagues around the world



were halted - soccer, baseball, basket-ball, hockey, swimming, American football and more. All erased from the blueprint of our lives. Billions of dollars, lost. But as they say: it's only money. The joy that sport brings is worth so much more.

But it's not all about sports. Other plans have been made that have gone to naught. Large funerals were planned, only to be attended by a chosen few. Weddings also were affected, which we all know takes a lot of planning. Many have been

reduced in size or canceled.

Still, when plans change, it's not always bad, for other opportunities can arise; dark cloud, silver lining and all that. For example, a smaller, simpler wedding will be much cheaper, and a scaled down funeral will save people spending so much

on liquor and food to impress 'mourners.'

When plans are disrupted, it can be most disappointing and hurt to the core. It can affect financially too, as that planned project or job is no more, and income suffers. No jobs coming in, no tips to get from customers, no functions to prepare for.

But where there's a will there's a way, and where there is life there is hope, and as wise persons said: "Life is what happens to us while we are making other plans." We are all living through a tumultuous time in the World's existence and it's new to all of us. But mankind will survive. Our only hope is that we can learn collectively from this challenge, that we do not run this planet, but nature does. And whatever dreams that may have crashed, planning for the future is not futile.

- Contact Tony Robinson at seido1yard@gmail.com



To Help Our Economy Bounce Back, We Must Put Small Business First

Miami-Dade's economy is powered by small businesses, and they need our support now more than ever.

During Small Business Week this year, we must recommit to helping our small businesses get through this crisis intact. Investing in small business relief isn't just the right thing for families who are struggling - it's the key to making sure our economy recovers.

Small businesses employ over 53% of our county's workforce.

Nearly 40% of all Miami-Dade business owners are Black, Hispanic, or women. And pre-pandemic, women-led small businesses in our county were growing at a faster rate than male-owned firms.

Small business is the engine that makes our community and economy more diverse and helps more families to thrive. Keeping this engine running is how we survive economic crisis, and ensure we don't undo the many gains made by hardworking entrepreneurs who have built successful businesses and created opportunity within their own communities.

I'm proud that the County Commission has launched programs to help distribute millions of dollars of CARES Act funding directly to small businesses, including the RISE Miami-Dade Fund and Small Business Assistance Forgivable Loans.

Last month my office also awarded Mom and Pop grants to dozens of local businesses in South Dade, so they can keep moving forward.

But we also know that the



Daniella Levine Cava, Miami-Dade County Commissioner

impacts of the pandemic and the economic downturn are not felt equally across all communities. Minority-owned businesses have been hit especially hard and have struggled to obtain loans.

To confront these challenges we need to double down on programs that uplift minority-led businesses. In District 8, we invest in women and minority-owned businesses through our incubator Accelerate South Dade, the first of its kind in the county. The incubator provides access to coaching, workspace, and capital to help level the playing field for more businesses to succeed.

Investing in small business survival and growth must be the foundation of our economic recovery plan, and it's the key to coming out of this crisis stronger than ever.

Learn more about and apply for Miami-Dade small business assistance loans at miamidade.gov/global/initiatives/coronavirus/assistance/business.

page



ELECTION WRAP UP



Caribbean today will be spotlighting local and state-wide elections in an early printing of our November issue. (Print date is October 23rd) Come with Caribbean Today as we enter the last lap of this most intriguing election season. Candidates, you need to earn the people's vote. This has been a presidency like no other.

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Candidates, this is the time and Caribbean Today is the vehicle you need to make your final pitch to the public. Your information will be presented in print and at www.caribbeantoday.com

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Caribbean Born Singer Billy Ocean To Release First Album In A Decade

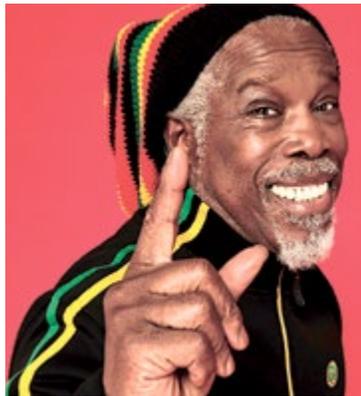
Caribbean-born, British singer Billy Ocean has released “One World,” his first album in a decade.

Ocean’s new album is a mix of soul, reggae, R&B and pop. He co-wrote 19 songs last summer and settled on 12, going into the mix three times to get the balance right between slow tunes and uptempo ones.

The album is produced by Barry Eastmond, who first teamed up with Ocean as keyboardist on “Caribbean Queen.” He hopes to hit stages in 2021 highlighting “One World” to a world that needs to heal in more ways than one.

“The Lord has given me an outlet and that outlet is music,” Ocean said. “It’s not always easy. Sometimes it’s a struggle. But after the struggle and you come up with something that’s good, it’s so rewarding.”

Born Leslie Sebastian Charles, in Fyzabad, Trinidad and Tobago, he moved to Romford, London, England, when he was ten years old in



Caribbean-born, British singer Billy Ocean has released “One World,” his first album in a decade today.

1960. During his teenage years, he sang regularly in London clubs, while also working as a tailor in London’s Savile Row. He was discovered by his first manager, John Morphew, who recorded a double A-side single at Pye Studios in London with a full orchestra. However, the ballad singing style of Ocean was going out of fashion and Morphew was unable to get any

major label to release it. Ocean’s father – who had countersigned the management contract as Ocean was underage – asked Morphew to release him from contract, which he did without penalty.

In 1969, he joined a local band, The Shades of Midnight, playing in the Shoreditch area of London. He recorded his first single, “Nashville Rain”, backed with “Sun in the Morning” in 1971 for Spark Records as Les Charles, and for two years fronted a studio band called Scorched Earth, with whom he released “On the Run” backed with “Let’s Put Our Emotions in Motion” in 1974. In 1976, he recorded his first album, Billy Ocean, with its first single release, “Love Really Hurts Without You”, charting at No. 2 in the UK Singles Chart and No. 22 in the US Billboard Hot 100. He enjoyed club success from the songs “Are You Ready” and “Stay The Night” from the album City Limit — both of which were later covered by La

Toya Jackson. More successes ensued, including “L.O.D. (Love on Delivery)”. He also wrote and composed songs for other artists. In 1981, he scored the US R&B chart with “Nights (Feel Like Getting Down).”

In 2002, the University of Westminster, London, awarded Ocean an honorary doctorate of music. In 2010, Ocean was presented with the

Lifetime Achievement Award at the MOBO Awards. On 29 July 2011, Ocean became a Companion of the Liverpool Institute for Performing Arts, presented to him by Sir Paul McCartney. He is a member of the Rastafari movement.

- Edited from News Americas



COVID-19 Claims Another Life In The Reggae Industry

The reggae industry has lost another life to the dreaded COVID-19 virus.

On the heels of the death of Jamaican reggae great, Frederick Toots Hibbert of Toots and the Maytals fame, many music veterans are now mourning producer Barry O’Hare, the son of a minister turned reggae and dancehall music producer.

The veteran dancehall producer, 56, who produced hits for the likes of Sean Paul and Shaggy, also died at the University Hospital of the West Indies in Kingston after he was admitted last Thursday, September 17th. Jamaica media reports said O’Hare reportedly succumbed to complications this morning as a result of complications brought on by the deadly COVID-19. O’Hare was much revered in the entertainment industry for his work, both in-studio as well as mega stage show productions. He has worked with many of Jamaica’s greatest entertainers including, Tanya Stephens, Diana King, Yami Bolo, Jack Radics, Prezident Brown, Mikey Spice, Morgan Heritage, Beres Hammond, Third World,



O’Hare

Burning Spear, among others.

In the late 80s O’Hare was employed as an apprentice studio engineer at Carl Young’s Grove Music Recording Studio in Ocho Rios. The novice soon proved particularly successful assisting Courtney Cole as both an engineer and a session musician working with artists including Prezident Brown, Tony Rebel, Jack Radics, Yusus Afari and Brushy One String. In addition to producing local hits O’Hare’s international success included sessions with Third World and Burning Spear. He maintained his association with the latter by remixing three volumes of the Living Dub series in a 90s style.

As O’Hare’s career progressed, he demonstrated his capacity as a composer, producer and backing vocalist. Having benefited from working with Courtney Cole’s Roof International he established autonomy in the early 90s when he set up his own X-Rated record label, recruiting Carl Nelson to assist him. In 1992 O’Hare enjoyed success with Yammie Bolo’s ‘Joe The Boss’ and ‘Be Still’, and in 1995 released Mikey Spice’s excellent debut Happiness, and Tanya Stephens’ Big Things A Gwaan. Later, O’Hare formed an allegiance with the popular disc jockey Michael ‘Mighty Mike’ Johnson from the locally based Irie FM radio station. The collaboration resulted in a series of continuous mix albums interspersed with radio jingles recorded by top Jamaican performers. O’Hare has continued to introduce new artists, enjoying particular success with Daweh Congo, Determine and Harry Chapman.

- Edited from News Americas



Nicki Welcomes First Child



Trinidad & Tobago born rapper Nicki Minaj is now officially a mom.

People and Billboard reported that the 37-year-old gave birth to a baby on Sept. 30 in Los Angeles. It’s her first child with husband Kenneth Petty, 42. Up until press time the couple had not revealed the baby’s gender or name.

Minaj had announced her pregnancy in late July in a series of Instagram posts.

In the first post, Minaj wore

a bikini and showed off a side view of her baby bump with the hashtag “#Preggers” and a heart emoji.

In the two more posts that following her initial announcement, Minaj shared more photos of her holding her growing belly. In the third post, she writes, “Love. Marriage. Baby carriage. Overflowing with excitement & gratitude. Thank you all for the well wishes.”

- Edited from News Americas



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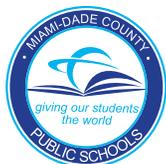
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Tips For An At-Home Tailgate

Football season is here (sort of), and for many, tailgating is a main event. While there will be nothing traditional about tailgating this year, that doesn't mean you can't grill delicious food and enjoy a few beers before game time in the comfort of your own backyard or driveway.

Tackle your tailgate with these tips:

Play it Safe

Being outdoors is the safest way to socialize these days, making a tailgate party a good way to see a few friends. Take into account the size of your space, and don't have more folks over than you can manage while practicing social distancing. Encourage more space between attendees by spreading out chairs. While tailgating parties oftentimes entail finger foods eaten communally, consider serving snacks in individual bowls. Don't forget to provide hand sanitizer!

Score a Flavor Touchdown

Smoking food can be a game changer, adding big flavor to meats and veggies. The good news is you don't need a special grill or artificial additives to create easy, wood-fired smoke flavor. Consider adding Smoke 'Ems from Bear Mountain BBQ to your tailgating playbook. Adding up to 45 minutes of all-natural hardwood smoke, Smoke 'Ems are an easy way to add real wood smoke flavor to your food, whether you're grilling in your backyard, at the park, in a parking lot or on a camping trip. Made from 100 percent premium



all-natural hardwoods, they come in four different blends: Gourmet, Bold, Savory and Sweet BBQ. Each blend provides a unique flavor profile that will inspire delicious meals.

So, what should you serve at your tailgate? Using any type of grill, try creating Bear Mountain's World Famous Brats and Sauerkraut:

Ingredients:

- 8 - 12 uncooked brats
- 8 - 12 potato style brat or hot dog rolls
- 1 medium yellow onion – sliced
- 4 tablespoons butter
- 24 ounces lager or pilsner beer
- 1 teaspoon ground pepper
- A medium-sized foil pan (use a smaller pan with fewer brats)
- One 27-ounce can of sauerkraut

Preparation using Gourmet Blend Smoke 'Ems:

1. On one side of the grill, turn on the burner to medium-high or fire up charcoal, and place the Bear Mountain BBQ Smoke 'Ems packet directly over the heat until it starts smoking.

2. When smoke starts, place brats on the other side of the grill, or an upper rack over low heat, and cook to an internal temperature of 150 degrees or until the Smoke 'Ems has stopped smoking.
3. Remove from the grill, and turn temperature to medium/high.
4. Place the brats, onions, butter, beer and onions in the foil pan and return to the grill.
5. Cook for 30 or more minutes, allowing the brats to soak in the flavors.
6. When the brats are plump and juicy, remove the brats and onions, and discard liquid. Add the sauerkraut to the pan and mix in the brats and onions to combine. Cover the pan with foil and place back on the grill until the sauerkraut is warm.

For more crowd-pleasing recipes and ideas for adding wood-fired flavor to your tailgate, visit www.bearmountainbbq.com.

While you will likely be changing a few aspects of your tailgates this year, you don't need to compromise on big flavor or fun.



Caribbean Recipes ~ Callaloo Soup

With Fall knocking on the door, Saint Vincent and the Grenadines – Callaloo Soup is right on time. Here's how you too can make it.

INGREDIENTS

- 2 bundles dasheen leaves or spinach (approximately 12 ozs.)
- 12 ozs. beef (cubed and seasoned)
- 12 cups water
- 1 lb. tannia or yucca
- 1 tsp. garlic (minced)
- ½ cup chopped onion
- 1 tbsp. salt
- ½ cup chive ½ tsp.
- All-purpose seasoning
- ¼ tsp. pepper
- 2 potatoes (white or sweet)
- 2 cups coconut milk
- 1 tbsp. butter (optional)

Dumplings

- 1-pound flour
- 1/8 teaspoon salt
- 1/4 cup(s) water

METHOD

Fry and boil fresh meat for ½ hour.

Cut up dasheen/spinach leaves and wash thoroughly, then add to beef.

Bring to a boil.

Add the other ingredients,



Callaloo Soup

adjust seasoning.

Cook until everything is soft. You may add dumplings 10 minutes before removing fire.

For dumplings

Combine flour with 1/8 tsp salt and 1/2 cup water and knead to form a smooth dough.

Cover and allow to relax for ten minutes.

Cut dough in about 12 pieces and shape into dumplings and add to the soup.

Serve hot.

Bon Appetite

- Edited from News Americas



Caribbean Born UK Chef Gets Into The Ready Meals Business

Famous Caribbean born chef, Levi Roots, is now in the ready meals business, offering UK nationals a chance to get healthy Caribbean dishes delivered right to their door.

The Jamaican-born Roots, born Keith Valentine Graham, has teamed up with UK food website musclefood.com to offer two low cost, health Caribbean ready meals and two recipe kits, containing everything you need to make your own Caribbean dish. The Caribbean Salmon Recipe Kit and Reggae Reggae Jerk Chicken Recipe Kit cost £5 each and the Caribana Chicken Pot and Sunshine Chicken Pot are priced at £3.99 each. The four meal bundle is only £14.99. Each meal comes in at 500 calories.

"The foundation of my brand was built on attracting and forging great partnerships in order for me to realise my Caribbean food and drink dream," Roots commented. "I think that MuscleFood are the very best at what they do, it's clear that authenticity and integrity are important to them."



Levi Roots

During lockdown I've really looked at my diet and health in general and am very conscious about keeping my new healthy lifestyle, which is exactly what MuscleFood encourages their customers to do. I've loved working with the team and developing these tasty dishes and can't wait to see what everyone else thinks of them too."

The 62-year-old reggae musician, television personality, celebrity chef and businessman currently resides in Brixton, in South London and his net worth is put at £45 million.



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TASTY TAKE-OFF: Caribbean chicken wings with roasted tropical potatoes



- olive oil cooking spray
- 2 teaspoons sazón tropical (or Complete) seasoning
- 1/2 cup chicken wing sauce
- 1/2 cup mango jam
- 2 teaspoons Pickapeppa (or Worcestershire) sauce
- juice of one lime

Steps
Preheat oven to 450°F. Line large baking sheet with foil.

Place wings on pan; coat chicken with spray and sprinkle with seasoning. Place in oven on middle rack; bake 10 to 12 minutes, turning wings halfway through cook time, or until chicken is 165°F. Remove wings from oven; increase heat to broil.

Combine remaining ingredients (except lime juice). Reserve one-third of the sauce for final coating. Brush wings with one-half of the remaining sauce; broil three to four minutes.

Turn wings over and brush with other half of sauce; broil three to four more minutes or until browned.

Coat chicken with reserved sauce. Squeeze lime juice over

wings and serve.

Roasted tropical potatoes

- Ingredients**
- 1 (28-oz) bag baby potatoes, halved
 - 1 (8-oz) bag sweet baby bell peppers, sliced
 - 1 medium yellow onion, coarsely chopped
 - 6 cloves garlic, coarsely chopped
 - 1 (6-oz) can pineapple juice
 - 1 tablespoon canola oil
 - 2 teaspoons sazón tropical (or Complete) seasoning

Prep
Preheat oven to 450°F. Halve potatoes; slice peppers. Chop onion and garlic.

Steps
Combine all ingredients; place in 13- x 9-inch baking pan. Bake 30 minutes, stirring often. Move to top rack and bake 15 to 20 more minutes or until potatoes are tender. Serve.

Aprons Advice
Complete meal with a fresh salad blend, corn bread, and key lime pie for dessert. Baking then broiling the wings helps to reduce cook time and create brown, crispy chicken.



Taste The Islands Launched In Philadelphia



Now you can taste the islands in Philadelphia or have that craving delivered to your door.

In an effort to support and promote Caribbean restaurants in the Philadelphia metropolitan area, Jamaica's Consulate in Pennsylvania, has announced the launch of "Taste the Islands Philly".

The campaign aims to mitigate the adverse financial impact on restaurants caused by the COVID-19 pandemic, said Honorary Jamaica Consul General to PA, Christopher Chaplin.

"Taste The Islands

Philly" invites Philadelphians to explore local Caribbean restaurants throughout the month of October. Some of the featured Caribbean restaurants include but are not limited to, Reef Restaurant and Lounge, Ron's Caribbean Cafe, 48th Street Grill, Cherish, Talk of The Town, Jamaica D's, Carib Grill, K & J Dinner, and Little Delicious. Patrons can order Caribbean food for takeout or delivery from each restaurant.

- Edited from News Americas



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SPORTS



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CRICKET-WOMEN-LEAD Windies lose final T20I to suffer third straight whitewash

DERBY, England: Fast bowler Shakera Selman sent down consecutive no-balls off the last two balls of the game, to hand England Women an anticlimactic three-wicket victory in a five-over affair, as West Indies slumped to their third consecutive series whitewash in Twenty20 Internationals last week. After rain delayed the start of the contest at County Ground by 2-½ hours, West Indies scraped 41 for three off their reduced overs, with captain Stafanie Taylor hitting two fours in an unbeaten 15 from 14 balls. In reply, fast bowler Shamilia Connell snatched three for 14 from two overs to earn Player-of-the-Match honors, an effort that left England with seven runs to get off the last six balls of the game.

Sarah Glenn (8) scampered two of the first ball, but she and

Fran Wilson then perished via the run-out route off the next two deliveries, setting the game up for a tantalizing finish.

But Selman then sent down a front-foot no-ball – her second of the innings – as Sophie Ecclestone (1 not out) sprinted a quick single. And with one run required from the last three balls, Selman shockingly bowled a high full toss to put England over the line.

The manner of defeat summed up West Indies' wretched campaign where they lost all five T20 Internationals by significant margins.

For the Caribbean side, the series defeat was their second 5-0 whitewash following their hammering at the hands of Australia last November. They have now lost all of their last 13 T20 Internationals.

Playing amid frigid 10



Fast bowler Shamilia Connell celebrates one of her three wickets during Wednesday's fifth T20 International.

degree Celsius temperatures, West Indies got a bright start when Deandra Dottin (11) blasted a four and a six off the first over from seamer Freya Davies before skying to mid on.

West Indies then went without a single boundary from the next two overs until Taylor gathered two streaky back-to-back fours off the last two balls of the penultimate over from seamer Katherine Brunt.

And the final over from left-arm spinner Ecclestone was a tight one until Natasha McLean blasted the final delivery for an enormous six over mid-wicket.

West Indies had their sights on a possible victo-

ry when Connell knocked over captain Heather Knight (4) and Amy Jones (0) in the opening over, while conceding only five runs.

But Selman released the pressure in the second over, giving up two boundaries and a no-ball. And though she prised out Tammy Beaumont for nine, the over still leaked 13 runs.

Two wickets tumbled in the third over from Connell – Natalie Sciver run out for seven and Katherine Brunt (2) brilliantly taken at cover by Taylor diving to her left – and when Dottin conceded eight from the penultimate over, it meant England were in pole position for the win.

- Edited from CMC.



FOOTBALL- Banned T&T To Remain In Gold Cup Prelims For Now

Trinidad and Tobago featured in the draw for the preliminaries of the CONCACAF Gold Cup, despite being slapped with a ban by football's world governing body, FIFA.

However, if the Caribbean side does not have the suspension revoked by FIFA by December 18, Antigua and Barbuda will replace them in the 12-team tournament, scheduled for next July, according to the continental governing body CONCACAF.

The decision followed an emergency meeting of CONCACAF's council late Thursday night, Oct. 1, 2020, which offered T&T a ray of hope of still competing in the confederation showpiece.

"Trinidad and Tobago will be drawn in the Prelims as planned," the CONCACAF statement said.

"However, they will only participate in the competition if the suspension imposed on the TTFA is lifted by FIFA by 5:00 pm ET on



Trinidad and Tobago will remain in the preliminaries for now.

December 18, 2020.

"If the suspension imposed on the TTFA is not lifted by FIFA by 5:00 p.m. ET on December 18, 2020, Trinidad and Tobago will be replaced in the Gold Cup Prelims by the Antigua and Barbuda Football Association as the next highest ranked team based on their 2019 Concacaf Nations League performance."

T&T were last week banned by FIFA for what the governing body termed "grave violations of the FIFA Statutes".

The TT Football Association had provoked FIFA's ire by taking them to court over their decision to remove the William Wallace-led administration and install a normalisation committee last March.

And the stand-off reached crisis stage last month when the Trinidad and Tobago high court ruled against FIFA, saying that the dispute between them and the former TTFA executives could be heard in the local jurisdiction instead of the Switzerland-based Court of Arbitration for Sport, as contended by the world governing body.

FIFA subsequently warned the local FA their court action had "greatly [endangered] the overall football structure in the country and [endangered] the position of Trinidad and Tobago football internationally".

T&T, ranked 93rd in the FIFA rankings, are among 12 teams including the Bahamas, Barbados, Bermuda, Cuba, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Montserrat and St Vincent and the Grenadines, expected to do battle for the last three spots in 16-team group stage of the Gold Cup.

T&T qualified for the preliminaries as the third-place finishers in Group C of League A when they failed to win any of their two matches.

- Edited from CMC.



Jamaican Kelly Nets 11th Goal, T&T's Fortune Helps North Carolina To Surprise Win

TAMPA, Florida, Jamaican Dane Kelly scored his 11th goal of the season but in a losing cause as Charlotte Independence suffered a shock 3-1 defeat to bottom dwellers Memphis 901 FC in the United Soccer League.

Playing at the Sportsplex at Matthews in North Carolina, the 29-year-old scored a first half goal to put the hosts ahead but then watched as Memphis went 2-1 up at the break before adding a late second half goal.

The defeat saw Charlotte miss an ideal chance to take top spot in Group G especially after leaders Birmingham Legion also suffered a surprise loss to North Carolina FC. Both Charlotte and Birmingham have 25 points but Birmingham possess a superior goal difference.

Kelly was on target in the 24th minute when he found himself unmarked in the box and nodded Jake Areman's cross past goalkeeper Jimmy Hague from close range.

However, the tide turned quickly when Jose Baxter and Cal Jennings scored in the space of three minutes on the stroke of half-time, to hand Memphis the lead.

First, Guyana international Keanu Marsh-Brown set up Baxter for a superb volley from the edge of the 18-yard box in the 41st minute and just moments later, Trinidadian Leston Paul put through Jennings for a cool finish.

The scoreline held until the 86th minute when Jennings completed his brace courtesy of a brilliant solo effort off the left



Jamaican Dane Kelly.

wing.

In St Louis, another Jamaican Devon Williams netted his fourth goal of the season to earn Louisville FC a narrow 1-0 win over St Louis at the West Community Stadium.

The 28-year-old's strike came in the two minutes before the break when he squeezed in Oscar Jimenez's corner at the far post.

For Louisville, the victory was their fifth on the trot and carried them to 32 points to continue top of Group G, also confirming their place in the playoffs.

Trinidad and Tobago international Andre Fortune also found himself on the scoresheet with a franchise-leading fifth goal of the campaign to earn North Carolina their 2-1 win over Legion at BBVA Field in Birmingham.

The 24-year-old scored from the penalty spot in the 26th minute to double the advantage for the visitors after Manny Perez had opened the scoring in the seventh minute.

Jaden Servania's 67th minute strike added some interest to the contest but North Carolina saw out the game safely to move to 16 points with two games in hand on the leaders.



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TRAVEL NEWS



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Tourism Forum To Discuss Caribbean Tourism In The COVID Pandemic Era

Barbados-based Caribbean Tourism Organization, (CTO) says it is partnering with the world's leading international tourism agency and other influential regional and international organizations for a two-day forum to help the region's tourism sector rise to the challenges posed by the coronavirus (COVID-19) pandemic.

The United Nations specialized agency for tourism, the World Tourism Organization (UNWTO), global market research firm Euromonitor International, independent charity, Travel Foundation, and the University of the West Indies are collaborating with the CTO from October 14-15th for the Caribbean Tourism Recovery Forum.

"From the onset of

COVID-19, the CTO has sought expertise to assist our members with immediate, short-term and long-term recovery planning as they navigate the path towards rebuilding the regional tourism sector," said Neil Walters, the CTO's acting secretary general.

"Through this forum, we are again able to capitalize on our close relations with these reputable organizations to provide insights and analyses about the sector, as well as explore some of the key areas that must be addressed to ensure success in the Caribbean's tourism recovery process."

The event also incorporates a capacity building element in the form of a workshop, to assist destinations in applying a structured, measurable model to their own national planning.

"It will have two distinct



The CTO said that the virtual event will focus on planning and management of the recovery process for the Caribbean.

segments, with the first segment on October 14th aimed at increasing awareness of steps to planning recovery and improving knowledge of the role of stakeholders in the recovery process," the CTO official said, adding that a range of areas will be covered, including the

economic impact of COVID-19, travel sentiment and forecast, considerations around a vaccine, best practices for recovery and a model for sustainable tourism post-COVID.

Among the presenters will be Caroline Bremner, head of Travel and Tourism Research at Euromonitor

International; Professor Clive Landis, chairman of the University of the West Indies COVID-19 Taskforce

Alejandro Varela, Deputy Regional Director for the Americas at UNWTO; and Jeremy Sampson, chief executive

officer at The Travel Foundation

The CTO statement added that the second segment on October 15th, will target member governments of the CTO for a Smart Recovery planning workshop facilitated by The Travel Foundation.

A unique feature of this workshop is that it combines learning and development, and post-implementation assessment, officials said.

"Participants will gain in depth knowledge of recovery framework and are expected to complete and assess a recovery plan for their respective destinations," the CTO statement added.

- Edited from CMC.



Top Ways To Have A Safe Staycation

After months spent indoors at home due to the coronavirus pandemic, it's clear that many people are itching to get back out there and take a vacation. This is with good reason. Staying isolated for too long can take a substantial toll on one's mental health and well-being, according

to the American Psychological Association.

If you still feel uncomfortable with going far from your home for a travel experience however, traveling domestically can be a step in the right direction. There are lots of great places to visit a few

hours' drive from your home that you probably didn't think of! Whether you're looking for a beach stay, or some nature, exploring options close to home can allow for an escape you and your family want, and in a safe environment, such as an apartment or home vacation



rental. And it's an increasingly popular choice. According to trivago, a global accommodation metasearch provider, the share of users clicking on deals for such vacation rentals increased by 5 percent from February to June 2020, both in the U.S. and internationally.

As you book and plan your travel, here are a few tips to consider to help ensure you have a healthy and safe experience:

- **DIY Cleaning:** If you are worried about cleaning standards, consider seeking out accommodations where you don't have to worry about someone else coming into your space during your stay. Bring your own wipes, anti-bacterial soap and other supplies and wipe down surfaces when you arrive, and as often as needed. Of course, you should always check with your accommodation provider about their hygiene standards to make sure they meet your expectations. Major hotel chains have announced special cleaning protocols in light of the coronavirus.

- **Beating the Crowds:** From beach houses to mountain cabins, try to look for a vacation experience away from densely populated city destinations, which is a good choice for those wanting to beat the crowds.

- **Staying Active:** Getting away doesn't have to mean

staying indoors somewhere new. Take a leisurely stroll on a beach. Go on a hike in the mountains. Explore a national park you've always wanted to see. Brunch at a small local café. There are plenty of ways to stay active and have fun, all while following social distance guidelines.

- **Choosing Your Destination:** So where is everybody going? The current most popular U.S travel destinations by click share according to trivago are:

1. Las Vegas
2. Myrtle Beach, S.C.
3. Panama City Beach, Fla.
4. Virginia Beach, Va.
5. Destin, Fla.
6. Miami Beach, Fla.
7. Ocean City, Md.
8. Galveston, Texas
9. South Padre Island, Texas
10. Orlando, Fla.
11. Key West, Fla.

For more travel tips and ideas, visit trivago.com, and trivago.com/corona for the most up-to-date travel restrictions.

Whether you hit up a popular destination or head somewhere remote, make sure you adhere to local health guidelines when traveling. And above all, stay safe and healthy.

- Edited from StatePoint



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Caribbean Trade Legislation Passes United States Senate

GEORGETOWN, Guyana: Legislation, which extends the United States- Caribbean Basin Trade Partnership Act, (CBTPA) through 2030, has passed the US Senate by unanimous consent, the Guyana-based Caribbean Community (CARICOM) Secretariat has reported.

A CARICOM statement said that H.R. 991 had passed the House on September 23rd and that the “legislation will come into force when signed by President Donald Trump.”

“The St. Lucia Embassy in Washington, D.C., had led the CARICOM effort to get the legislation passed, since taking on the role of Chair of the Caribbean Caucus of Ambassadors in July of 2019. “St. Lucia continues to lead Caucus’ sub-committee on US Congressional Engagement,” the CARICOM Secretariat added.

The CBTPA is a preferential trade agreement that provides for duty and quota-free access for products manufactured in designated beneficiary Caribbean Basin region countries. Eligible CBTPA countries include St. Lucia, Barbados, Belize, Curacao, Guyana, Haiti, Jamaica, and Trinidad and Tobago.

The CBTPA, an expansion



of the 1983 Caribbean Basin Initiative (CBI), extended preferential tariff treatment to textile and apparel products assembled from US fabric that were previously excluded from the program.

The CBTPA was also intended to encourage the diversification of CBI countries’ economies, viewed by American policymakers as a key step towards economic development that would decrease the region’s dependence on aid and reduce illegal immigration into the United States as well as the trafficking of illegal drugs.

American lawmakers also hoped that CBTPA would send a signal to the other countries of the Caribbean basin and elsewhere of American commitment to promoting trade-expanding policies.

- Edited from CMC.



Passenger Traffic Down At MIA But Cargo Demand Soaring



MIAMI, Fla. – Passenger traffic has been down up to 95 percent at Miami International Airport, but cargo traffic continues to go up. The airport has played a critical role in the global fight against the pandemic.

With COVID-19 cases mounting worldwide, the need for medical supplies is more immediate than ever before. Cargo traffic is up some 50 percent at MIA and it has operated non-stop since the beginning of the pandemic.

“The number of pharmaceuticals and PPEs that have come in that is something that obviously wasn’t through the airport before the pandemic,” stated Emir Pineda, manager, Aviation Trade and

Logistics.

Derry Huff of the United States-based, all cargo airline Amerijet, explained that pre-pandemic that cargo going to regional international markets like the Caribbean supported industries such as tourism and cruise ships. When those markets vanished, they shifted gears.

“What we’ve done is completely shifted gears into medical pharmaceuticals and supplies,” Huff said. Three years ago, they invested in temperature controlled warehouses at the airport and thought through their supply chain, from ground handling to maintaining temperature control on the aircraft, which

has now allowed the company and MIA to capture pandemic-related cargo business. They now can respond to the growing need for medical supplies in the Caribbean, Latin America and Europe because of these upgrades.

“We have more cargo flight than we have had passenger flights, which I think this is the first time Miami has ever had that,” said Pineda.

The trick now, they say, is managing yet another pivot when currently closed industry sectors begin to reopen.

- Edited from WPLG.



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HEALTH



COVID Cases Continue To Spike Across The Caribbean

The death of a 75-year-old man has pushed the death toll to 96 as the Bahamas' new confirmed coronavirus cases reached 4,452.

The Ministry of Health said there have been 3,308 confirmed cases of COVID-19 in New Providence, 644 confirmed cases in Grand Bahama, 147 confirmed cases in Abaco, 54 confirmed in Bimini, 32 confirmed cases in Exuma, 24 confirmed cases in Eleuthera and 165 confirmed cases with locations pending.

In Guyana, the death toll moved to 91. The authorities said the Georgetown Public

Hospital is being proactive in putting all necessary systems in place to effectively respond to the medical needs of citizens while preventing the spread of COVID-19. Director of Medical and Professional Services Dr. Fawcett Jeffrey on Friday said the hospital had mobilized even before COVID-19 to protect staff and patients from being infected.

Trinidad and Tobago now has 81 deaths from the virus. The Ministry of Health said that the victims were elderly women with pre-existing health conditions. It said that 14



persons tested positive for the virus, pushing the total to 4,766 confirmed cases.

A total of 1,801 are active cases. Some 2,884 have so far recovered.

In Suriname, the number of COVID-19 patients in hospitals has increased as the total confirmed cases moved to 4,941. The death toll is 106.

The Ministry of Public Health in Haiti said it has 8,819 confirmed cases but just 1,598 remain active.

The death toll is now 229. The Dominican Republic to lead the region with 114,480 case while Jamaica jumped by 117 at press time to 7,012 cases and 120 deaths. Some 4,023 cases are active.



New Mobile Medical Van Brings Better Access To Healthcare To Community

Accompanied by community leaders, Community Health of South Florida, Inc. (CHI) leaders recently celebrated a ribbon-cutting ceremony for its new mobile medical van. The goal is to continue to drive community health forward by providing greater access to care in the South Florida community.

The state-of-the-art van is helping CHI provide greater access on wheels with primary care, pediatrics, and behavioral health services. The 40-foot mobile van goes to four of CHI's nearby public housing centers and local homeless camps.

"We have always gone above and beyond to reach everyone and fulfill the great



CHI leaders celebrate the ribbon-cutting ceremony of the new state-of-the-art mobile medical van.

Doris Ison's vision for equality in care," said Brodes H. Hartley Jr., CEO of CHI. "We are excited to expand the services

we provide to our community beyond the walls of our health centers."

Thanks to support from

Direct Relief and the Health Resources and Services Administration (HRSA), CHI is now able to serve those who need it the most.

"In just the first few weeks of service, the mobile medical van has reached people who have not been to the doctor in years," said Eunice Hines, Director for Migrant and Outreach Services. "Some were diagnosed and treated for chronic illnesses."

The new mobile medical van complements the mobile dental trailer that CHI previously rolled out in 2017. The mobile dental trailer allows dental teams to do cleanings and other basic preventative

services, along with restoration and minor oral surgeries. It also has digital x-rays, the latest dental equipment, Wi-Fi, and an education TV system.

"As we move forward in 2020, we continue to advocate for excellence in care," said Hines. "I am proud to say that CHI is closing a gap by ensuring that everyone, regardless of race or income, has access to high-quality, compassionate health care."

CHI continues to grow its services and programs to meet the increased needs of the community.



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Why It's Essential To Get Vaccinated For Hpv, Even During A Pandemic

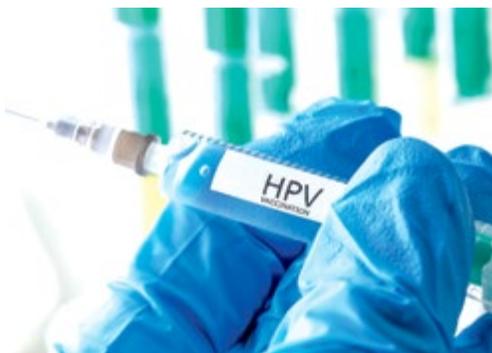
One of the many unintended consequences of the pandemic is that the public has not made preventative healthcare a priority, creating a perfect storm for potential health and medical issues in the future. This is also true with the human papilloma virus (HPV), which can be contracted and spread by both men and women.

HPV is a common virus with more than 100 varieties. HPV can resolve on its own, but it can cause genital warts and certain types of cancer in both males and females later in life. The most common HPV-related cancers are ovarian and cervical cancer in women, penile cancer in men and anal cancer in both women and men. HPV can also cause cancer in the back of the throat, including the base of the tongue and tonsils. All of these cancers are caused by HPV infections that did not go away and can take years to manifest after a person has contracted the virus.

The numbers are staggering. According to the Centers for Disease Control and Prevention, approximately 79 million Americans are infected with HPV with about 14 million becoming infected each year. HPV causes about 35,900 of the 45,300 new cases of cancer each year.

There is no cure for HPV, which is why Broward Health medical professionals stress the importance of the vaccine. It is the most effective way to protect against the virus.

"It is estimated that 80 percent of men and women who are sexually active will be infected with HPV at some point in their lives," said Brian M. Slomovitz, M.D., a board-certified physician in obstetrics and gynecology and gynecologic oncology with the Broward



Health Physician Group. "Most people are asymptomatic carriers and are unaware they have contracted the virus, unintentionally infecting their partners and causing the virus to thrive."

HPV is similar to COVID-19 in that both are easily transmittable. However, HPV is spread through direct contact, most commonly during sexual activity whether anal, vaginal or oral sex. It is highly contagious and unlike COVID-19, there is currently a proven and widely accessible vaccine.

threatening cancers could have been easily prevented with a vaccination."

For information of Broward Health's gynecological oncology services, please call 954-355-4345 or visit BrowardHealth.org/GynOnc.



How To Treat Today's Most Common Skin Issues

(StatePoint) Spending a lot more time at home indoors these days or adjusting to going back outside? New habits and big lifestyle changes can have an effect on one's skin.

Here are some of the more common skin care issues associated with life today and their solutions, some of which can be easily found at the drugstore:

• **Dry skin:** Our new reality of wearing masks can have a drying effect on our skin. But you can easily enhance your skin's own moisture-retention with a serum-containing dermatologist-recommended hyaluronic acid.

"Using gentle and lightweight skincare, especially now that the temperatures are rising, will properly hydrate your skin without clogging the pores, even under a mask. Hyaluronic acid products, such as serums, that are correctly formulated will also help plump the skin and reduce wrinkles," says Dr. Rocio Rivera, VP of scientific communications, L'Oréal Paris.

For long lasting hydration, apply two to three drops of L'Oréal Paris 1.5% Pure Hyaluronic Acid Serum to the face and neck every morning and evening – its lightweight and fast-absorbing texture works well under a mask.

• **Not prioritizing me-time:** If you have a lot going on these days, you may forget to take some time for self-care. Beyond your skin care routine -- which you should continue to maintain -- you can also promote a healthy-looking glow by prioritizing sleep, eating a well-balanced diet, staying hydrated and getting regular exercise.

"Sun protection equals skin health and it is the most important age preventive product



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in your skincare routine. A broad spectrum SPF formula is always a must: Rain or shine, indoors, outdoors, and yes -- all over the face, includes under the mask," says Dr. Rocio Rivera.

• **Light exposure:** Spending large portions of the day indoors unfortunately doesn't eliminate risks associated with light exposure. With more screen time comes increased exposure to blue light. What's more, you are still susceptible to incidental sun exposure coming in through windows of your home and car.

Refresh and protect your skin with a moisturizer that also has broad spectrum SPF, such as L'Oréal Paris Revitalift Triple PowerSPF 30, which can be smoothed over the face and neck every morning. Formulated with pro-retinol, vitamin C and hyaluronic acid, it will make your skin feel smooth, soft and refreshed after use.

• **Lack of glow:** For many, skin glow is a key sign of skin health, and while you may not be catching as many rays outdoors these days to achieve this, there is an aesthetically-pleasing and much healthier way to achieve a sun-kissed glow without the damage and pre-mature aging caused by UV exposure. Stash your cabinet with the latest innovation from L'Oréal Paris,

Sublime Bronze Water Mousse. Its clear liquid formula delivers a seamless, streak-free application and quick absorption for a natural-looking bronze tan that does not transfer. Infused with coconut water and vitamin E, it leaves skin soft and beachy-smelling.

For best results, shake well. Pump into hands and smooth evenly over clean, exfoliated skin. Allow four to eight hours for the color to fully develop before showering. For a longer-lasting tan, apply three times over 12 to 24 hours. Wash hands thoroughly after use. Let skin dry completely before putting on clothes.

More skin and beauty tips can be found by visiting lorealparis.com/skinhub.

Your new lifestyle means now, more than ever, you should not neglect your skin. A few simple steps can keep your skin refreshed and healthy-looking.

- Statepoint



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FALL HEALTH



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COVID-19 Cases In Jamaica On The Rise

Jamaica recorded 117 more coronavirus (COVID-19) cases Sunday, bringing the total to 7,012, as health authorities announced plans for community consultations aimed at engaging stakeholders at the parish level in a bid to curb the spread of the virus.



The Ministry of Health and Wellness reported that the number of confirmed cases now stands at 3,814 females and 3,177 males. Seventy-three men and 42 women were among the new cases reported Sunday.

It said that the most cases remains in Kingston/St. Andrews with 2,667 cases. Another 78 new cases were added Sunday in that parish.

No new deaths were recorded Sunday as the death toll remained at 120.

The Ministry of Health and Wellness said it is undertaking community consultations aimed at engaging stakeholders at the parish level in the process of heightening public awareness and adherence to the COVID-19 infection-prevention measures.

The first in the series of meetings was held digitally on Wednesday, September 30th, with representatives of civic, business and community

groups in Manchester in west central Jamaica, where Health Minister Dr. Christopher Tufton, in his address underscored the importance of the outreach, particularly as the country has entered the community transmission phase of COVID-19.

“We are now in a phase of the virus where it requires an ‘all of society’ approach, more than any other phase. It requires every person to firstly recognize the phase that we are in and for everyone to define a role for themselves as part of their own coping mechanisms, but also, importantly, to help others to cope,” he said.

Tufton said that the engagement of community interests forms part of a plan to address mental health challenges being experienced by individuals impacted by the containment measures, such as the restrictions on movement.

“Mental health, for me, is a big concern, because I am seeing

enough to suggest that the state of mind of many persons is being affected significantly by COVID-19,” he said, adding “there there are some very deliberate strategies that we have to implement,” among them working with community leaders and influencers to assist in protecting vulnerable citizens, including the elderly and sick.

Tufton emphasized the importance of encouraging compliance with the safeguards such as the wearing of masks in public spaces, handwashing and sanitizing, temperature checks, physical distancing, and adhering to protocols around how business is conducted.

“What we are doing is attempting to change behavior... to get people to comply with and follow the protocols. We want to build an army [of volunteers] at the parish level that will filter out through health districts, based on where they reside, and arm them with some basic information and with the support of community health aides, to use them to become part of the influencers in the society,” he said.

- Edited from CMC.



Guadeloupe Reports Over 1,000 New COVID-19 Cases In A Day

News Americas, Thurs. Oct. 1, 2020: Over 1,000 new COVID-19 cases were reported in a single Caribbean island on September 30, 2020, moving the regional single say total of new cases to 2,071, News Americas has found.

The French Caribbean island of Guadeloupe reported 1,041 new cases on that day, the most since the virus was reported there and more than the Dominican Republic, which has been the epicenter of the virus in the Caribbean.

Guadeloupe also reported 15 new deaths in a day, to move the total dead there to 57. The news comes as Canada warned against non-essential travel to the French Caribbean territory as well as Martinique and French Guiana.

The DR by contrast, saw only 306 new cases on Sept. 30th and four new deaths to move its death tally to 2,105. So far, the country has seen over 114,000 cases of the virus.

The third highest number of new cases reported in the Caribbean last Wednesday was in the French Caribbean island of Martinique, which saw 253 new cases and 1 new death.

The Bahamas saw the fourth highest number of cases that day, with 119, as it reported four new deaths to move its deaths tally to 95.

Dutch Caribbean territories have also seen an uptick in cases, prompting a CDC travel warning

against Sint Eustacius, Bonaire, Saba and Curacao.

Here’s where the other countries stood as of September 30, 2020.

- **Jamaica** – 74 new cases moved to 6,482 while its death toll increased by 6 to 107.

- **Cuba** – 66 new cases to move to 5,597 while its death total remained at 122.

- **Trinidad and Tobago** – 54 new cases to move to 4,517 and 1 new death to move to 54.

- **Belize** – 52 new cases to move to 1,943 and 2 new deaths to move to 52

- **Guyana** – 48 new cases to move to 2,894 and 2 new deaths to move to 80.

- **French Guiana** – 26 new cases to move to 9,955 but its death toll remained at 66.

- **Haiti** – 20 new cases to move to 8,766 while its death tally moved by 2 to 229.

- **Curacao** – 22 new cases to move to 392 but its death total remained at 1.

- **Aruba** – 29 new cases to move to 3,963 and its death total moved by 1 to 27.

- **Sint Maarten** – 14 new cases to move to 659. Its death toll remained at 22.

- **Turks and Caicos** – four new cases to move to 686 and 1 new death to move to 6.



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Black Women At Higher Risk For Certain Types Of Gynecologic Cancers

It's an unfortunate truth, but while all women are at risk of developing some type of gynecologic cancer during their lifetime, minority women – particularly Black women – are at higher risk. Causes of elevated risk vary and may be a function of genetics, environmental factors such as smoking, diet and alcohol use, and some access to care issues. The good news is that most women can lower their risk and improve their outcomes for gynecologic cancers with lifestyle improvements, such as diet and exercise, and routine screening and health maintenance, including HPV vaccination.

Early detection is key,



which is why Broward Health urges all women throughout the community to stay up to date on their annual gynecologic exams, especially if they canceled their appointments during the COVID-19 pandemic.

Although cancer takes a heavy toll on Americans of all ethnicities, research shows that Black women are at greater risk

than white women of developing and dying from some gynecological cancers. This disparity is not only due to some of the risk factors mentioned above, but also differences in the biology of the diseases among women of different ethnicities.

Brian Slomovitz, M.D., a board-certified physician in obstetrics and gynecology and gynecologic oncology with the Broward Health Physician Group, specializes in endometrial, ovarian and cervical cancers, as well as robotic surgery for gynecologic oncology and complex gynecology. He is a member of an elite group of only 1,200 board-certified gynecological oncologists in the nation.

“One of the things I’m focusing on is why the mortality rate of uterine cancer is higher in Black women than in White women,” said Slomovitz. “We are conducting ongoing studies with women with endometrial cancer and are better focusing on the fact that different races deserve different types of treatment protocols to improve

positive outcomes. Clearly, we need to do more for all women, but especially for Black women who have a higher mortality rate.”

Slomovitz cites the fact that Black women diagnosed with gynecological cancers have a lower five-year survival rate than White women. While most cancer rates are going down, the incidence and mortality rates for uterine cancer have been rising for the past decade. In the U.S., although uterine cancer incidence is highest for White women, the mortality rate for Black women with the disease is almost twice what it is for White women -- 8.3 percent compared to 4.3 percent.

Advocates for Black women’s health cite a variety of reasons for the disparity and why, even when Black women are just as likely as White women to get certain cancers, they are more likely to die from them.

Sometimes the reason is not conditional on access to care or insurance. Rather, biological factors of the disease may target Black women to a greater degree. In other cases, however, racial discrepancies in treatment options and death rate can be

the result of how effectively or how poorly Black women and the medical establishment communicate with each other. In other words, improving health outcomes for Black women must acknowledge the impacts of race.

Black women may be more reluctant or less able to seek help from doctors, which means they are less likely to receive an early diagnosis. If the cancer has spread, their chance of survival can be significantly reduced.

“The best way to treat cancer is to prevent cancer,” said Slomovitz. “To do so we need to enhance counseling services and genetic testing, including the option of at-home genetic testing. We need to use the best screening practices for high-risk patients and provide risk-reducing procedures when appropriate.”

No one is immune to cancer and there is no time like the present for all women to take command of their health and follow through with annual screenings. For information on Broward Health’s gynecologic oncology services, call 954-355-4345 or visit BrowardHealth.org/GynOnc.



How to Make Kids’ Birthdays Special While Social Distancing

While some of the traditions of a typical birthday are not possible these days, parents can find new ways to celebrate these important milestones. Here are a few ideas for making your child’s upcoming birthday feel special:



• **Host a Virtual Party:**

Use video conferencing tools to host a party for your child. Consider picking a theme or activity for the event. Start with a meet and greet and then dive right in from painting and pottery to sing alongs and science projects, there are many fun themes that work well from a distance. Remember to tell all your guests in advance what they will need to participate or even drop off pre-made goody bags with supplies and snacks to celebrate

• **Plan a Drive-by Birthday Parade:**

These days, drive-by celebration parades are all the rage for graduations, birthdays and more and this is for good reason. What better way to honor a special occasion than by seeing everyone you love? Tell friends and family what time to drive by, encouraging participants to use signs, music, balloons and banners to make a splash.

• **Request Cards:** Make a secret request to friend and family asking them to send cards in the mail. Kids love receiving mail, especially on their birthdays. Alternatively, ask loved ones to create video greetings or other electronic messages.

• **Give Fun Gifts:** Don’t forget the presents! Colorful, interactive toys will brighten the occasion, making your child’s birthday and year to come special. Consider Myla’s Sparkling Friends from VTech, a new collection of interactive toys that talk, sing and light up with a kaleidoscope of colors. With flapping wings and tail feathers that wag, colorful accessories and unique songs and sayings, this line which includes Mia the Unicorn, Ava the Fox, Penny the Peacock and more- is packed with value at a great giftable price.

• **Take an Outing:** Parents comf1lable doing so might consider planning a socially distanced picnic in the park. Bring your child’s favorite foods, treats and games for a fun-filled day.

Birthdays may look a bit different this year, but that doesn’t mean your family can’t celebrate. Virtual patties, gifts and special greetings can give your child a sense of normalcy and make them feel special on their birthday.

- Statepoint



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