

# Caribbean Today

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Vol. 28 No. 6

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## CLOAK AND DAGGER



~ Caribbean nationals living as undocumented immigrants in the United States are being targeted in clandestine operations by U.S. law enforcement including courthouse stakeouts, aimed at deporting them, page 7.



Calabar and Edwin Allen, the reigning kings and queens of Jamaica's illustrious high school track and field competition, extended their grip on the throne at the national championships. "Champs" once again delivered excitement, controversy and top quality performances, page 17.

## RELIGIOUS REBELLION

~ Several religious officials, including pastors from across the Caribbean, have called on the United States to halt the promotion of LGBT and intersex rights abroad. They've sent a letter to U.S. President Donald Trump to voice their concerns, page 3.



In the land where big steaks still dominate American taste buds, Caribbean cuisine is steadily carving out a place on

Texas's menus. Jamaican-born Terron Henry's "Cool Runnings Bar and Grill" has become a popular spot to discover the region's delicacies, page 20.

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# Trump's travel ban fails again, judges strike down second executive order

**GORDON WILLIAMS**

President Donald Trump's attempt to block travel to the United States from several Muslim-majority countries, which has alarmed many in the Caribbean American community, has suffered another jarring setback.

Federal judges from at least two U.S. states – Hawaii and Maryland – last month rejected Trump's latest executive order by temporarily derailing the ban, which barred travel from six nations – Iran, Libya, Somalia, Sudan, Syria and Yemen – and refugees, for 90 days.

Late last month, a federal judge allowed Hawaii's request for an extension of the block on the ban by indicating the ban is in violation of the Establishment Clause of the U.S. Constitution because it shows bias towards Muslims.

The judges' rulings effectively declared the executive order amounted to discrimination against travelers based on religious grounds, which is not allowed under the U.S. Constitution. They temporarily allowed travel to the U.S. from the six nations to continue.



Trump

"The notion that one can demonstrate animus toward any group of people only by targeting all of them at once is fundamentally flawed," District Court Judge Derrick Watson, who is based in Honolulu, Hawaii, stated in his opinion.

"Equally flawed is the notion that the Executive Order cannot be found to have targeted Islam because it applies to all individuals in the six referenced countries," the judge's ruling added.

**CONCERN**

Trump's battle to temporarily bar Muslims from the

U.S., which he first announced while campaigning for president as a measure to fight terrorism, raised concerns in the Caribbean American community and the Caribbean region. Several Caribbean nations have significant Muslim communities and fear the president's order could soon extend to the region.

Caribbean nationals living in the U.S. have also expressed worry with Trump's actions on travel and other immigration matters, including plans to round up and deport undocumented foreign nationals, even those without

(CONTINUED ON PAGE 4)

# Ex-Jamaica honorary consul to Boston dies in home fire

Dr. Kenneth Guscott, a former Jamaica honorary consul to Boston, Massachusetts in the United States, was killed in a fire last month. He was 91.

Leroy Whitmore, 87, father of the consul's wife, also died in the blaze at Dr. Guscott's home in Boston.

"Dr. Guscott's passing has robbed the Jamaican community in Boston and the wider Jamaican Diaspora of a true

stalwart, who, though not born in Jamaica, made tremendous contribution to the island's development. Jamaica owes him a debt of gratitude," Audrey Marks, Jamaica's ambassador to the U.S. was quoted as saying following the incident.

Dr. Guscott, a developer, was Jamaica's honorary consul until 2011.



# U.S. sues ex-Haiti mayor for human rights abuses

BOSTON, Massachusetts – The former mayor of a small Haitian village has been sued by a United States federal court for human rights abuses.

The San Francisco, California-based Center for Justice and Accountability and the multi-national Dentons law firm last month filed the civil lawsuit in a U.S. District Court here accusing Jean Morose Viliena, former mayor of Les Irois in Haiti's Grand'Anse region, of torture, extrajudicial killing, attempted extrajudicial killing and arson.

Viliena, now a Boston school bus and Uber driver,

was appointed mayor by former Haitian President Michel Martelly "despite a murder indictment in the Haitian courts."

Lawyers are seeking unspecified compensatory and punitive damages against Viliena on behalf of three victims, according to media reports.

"The problem in Haiti is if you have political connections, you can literally get away with murder," said Scott Gilmore, a human rights attorney.



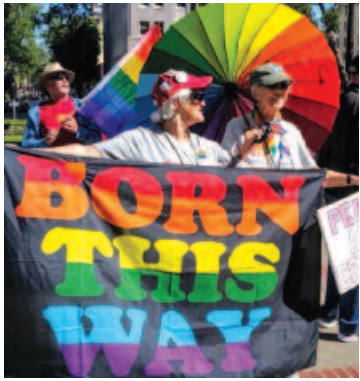
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# Caribbean pastors want U.S. to halt LGBT, intersex rights promotion



Not everyone wants LGBT rights.

WASHINGTON, D.C. – Several religious officials, including pastors from across the Caribbean, have called on the United States to halt the promotion of LGBT and intersex rights abroad.

A report published recently in the **Washington Blade**, a LGBT publication, stated 289 ministers of religion from The Bahamas, St. Maarten, St. Vincent and the Grenadines, Trinidad and Tobago and Guyana made the request in a letter sent to U.S. President Donald Trump on Jan. 31.

“We write to you as concerned Christian ministers and churches from the Caribbean region (including The Bahamas) who hope and pray that the United States, under your leadership, will

once again cast a light from ‘The City upon a Hill’ of which your American forefathers and President Ronald Reagan so frequently spoke”, the letter stated.

“Sadly, during recent years, that City has too often cast shadows instead of light.

“We refer specifically to the policies of the U.S. State Department and other government agencies involved in foreign policy that have undertaken to coerce our countries into accepting a mistaken version of marriage”.

## ‘PROMOTION’

According to the Washington Blade, the letter specifically noted the appointment of Randy Berry as the special U.S. envoy for the promotion of LGBT and intersex rights in 2015 was central to “the promotion of same-sex marriage” in American foreign policy.

It also questions then-Secretary of State Hillary Clinton’s 2011 speech to the United Nations Human Rights Council in which she said “gay rights are human rights.”

“We have our rights by virtue of being human beings and not by anything else — not our ethnicity, not our reli-

gion, not our race, not our tribe and certainly not our sexual orientation”, the letter continued.

The leaders also pointed out that “several of your government agencies” are “using executive orders to foist transgender confusion through the bathroom issue on your public schools by threatening the loss

of federal funds.

“Please understand that this same kind of coercion is being used against our countries to force us to fall in line with the entire same-sex agenda”.

Last year, the administration of then U.S. President Barack Obama advised public schools that Title IX of the

U.S. Education Amendments of 1972 requires them to allow trans students to use bathrooms consistent with their gender identity.

Trump rescinded this guidance on Feb. 22.

- Edited from CMC.



# Haiti justice minister defends extradition of ex-rebel to U.S.

PORT AU PRINCE, Haiti – Outgoing Justice Minister Camille Junior Edouard has defended the decision to extradite former rebel leader and Senator Guy Philippe to the United States, where he is facing charges of drug trafficking.



Edouard

Edouard, speaking to reporters last month, refused to use the word “extradition” in the matter, saying Philippe, who was elected to Haiti’s Senate in November, was not covered by any parliamentary immunity.



Philippe

Last month, the Senate approved a resolution strongly condemning the arrest and extradition of Philippe and also demanded his return “and all those who are illegally detained in the United States under the agreement of 17 October 1997”.

Philippe, 48, who up to

press time was in a U.S. federal jail in Miami, has pleaded not guilty to the charges of cocaine trafficking and money laundering from 1997 to 2003. If convicted, he could face up to life in prison.

## ‘HYPOCRISY’

Edouard said he had proceeded to a transfer measure of Philippe, under the principle of continuity of the state. He said that since 2002 “Guy Philippe, who is on the front page of the news, is only the 82nd case to be dealt with by the Ministry of Justice.

“We must stop this hypocrisy,” Edouard said, calling on the population to take into consideration all the issues involved in the matter.

He said Philippe, who was elected to represent the Grand Anse region, in southwestern Haiti last November, at the time of his arrest “was not covered by the principle of immunity.

The senators last month also said they want to impeach Edouard. Philippe was due back in a U.S. court early this month.

- Edited from CMC.



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# American pleads guilty in Jamaican lottery fraud scheme

MIAMI, Florida – A South Florida resident has pleaded guilty for his role in a Jamaican-based fraudulent lot-

tery scheme. The United States Department of Justice (DOJ) said that Claude Shaw, 49,

pleaded guilty in the Southern District of Florida to one count of mail fraud.

Shaw was charged in connection with a fraudulent lottery scheme based in Jamaica that induced victims in the U.S. to send Shaw over \$100,000 to cover purported fees for lottery winnings that victims had not won and never received, the DOJ said.

Sentencing is scheduled on May 31, 2017.

The DOJ said this prosecution is part of its effort working with U.S. federal and local law enforcement to combat fraudulent lottery schemes preying on American citizens.

## DEAL

Shaw pleaded guilty to one

count of mail fraud, the DOJ said, adding that as part of his guilty plea he has agreed that if this case proceeded to trial, the U.S. would have proved beyond a reasonable doubt that from Sept. 2013 to Aug. 2015, Shaw participated in a scheme to defraud victims in the U.S. and unlawfully enrich himself.

The DOJ said victims throughout the U.S. received telephone calls in which they were falsely informed that they had won over a million dollars in a lottery and needed to pay money in advance to claim their winnings.

The victims were instruct-



ed on how, and to whom, to send their money, the DOJ said, noting that as part of the scheme, victims were instructed to send their money to Shaw, who received over \$100,000 and then forwarded a portion of the money to Jamaica. It said the victims never received any lottery winnings.

- Edited from CMC.



## ... U.S. woman gets two-year sentence

MIAMI, Florida – The United States Department of Justice (DOJ) says a Broward County, Florida woman has been jailed in Miami for her role in connection with the operation of a Jamaican-based fraudulent lottery scheme.

On Mar. 22, the DOJ said Cassandra Althea Palmer, 33, was sentenced by U.S. District Judge Marcia G. Cooke to serve 24 months in prison and three years of supervised release.

The court scheduled a hearing on May 3 to determine the amount of restitution that Palmer will pay to the victim. It said that Palmer pleaded guilty on Dec. 7, 2016 to one count of conspiracy to commit

mail and wire fraud.

As part of her guilty plea, the DOJ said Palmer acknowledged that from February through April 2014, she was a member of a conspiracy that defrauded a Maryland resident.

Palmer was charged with the conspiracy to commit mail and wire fraud on Oct. 26, 2016, the DOJ said.

## PLEA

Palmer also agreed that, had the case gone to trial, the U.S. would have proved beyond a reasonable doubt that, in Feb. 2014, a woman from Worcester County, Maryland, was contacted by an individual in Jamaica and told that she had won a multi-million dollar lottery prize, and

that in order to collect her lottery prize, she first had to pay taxes and fees.

The victim did not win a lottery prize and would not collect any winnings, the DOJ said.

It said Palmer knew about the fraud scheme and agreed with her co-conspirator in Jamaica to participate in the scheme. The DOJ said Palmer participated in the fraudulent scheme in a number of ways. Among other things, she worked with her co-conspirator in Jamaica to recruit a friend in Maryland to receive \$7,500 of the victim's money.

- Edited from CMC.



## Trump's travel ban fails again, judges strike...

(CONTINUED FROM PAGE 2)

criminal records. Many have canceled plans to go overseas for fear of not being allowed to return, although the second order did not bar "green card" and visa holders, from places such as the Caribbean.

"I've got people who were supposed to travel and literally don't want to travel," Terron Henry, a Caribbean national living in Texas, told Caribbean Today recently.

Henry, like many Caribbean nationals, is against Trump's travel ban.

"Generally I don't like the ban," he added. "... All Americans are immigrants of some sort. So when I hear they are banning certain groups I just can't relate to it ... (To say) we're gonna limit that group and that group, I'm not in agreement with it."

Watson's views, supported by Maryland federal Judge Theodore Chuang, also referenced public statements made by Trump and surrogates as evidence of the executive

orders' intent.

After Watson's decision was made public, Trump called the ruling "unprecedented judicial overreach." The U.S. Justice Department later announced plans to appeal the judge's decision in the higher 4th U.S. Circuit Court. Trump had vowed to challenge it in the U.S. Supreme Court, a claim he also made when his first executive order, announced shortly after his inauguration in January, and which included a ban on seven Muslim-majority countries, was rejected by other federal judges. At that time Iraq was included on the list, but was removed for the second executive order.

However, the federal judges ruled the changes were not sufficient to convince them the new executive order was not targeting Muslims.

Trump has expressed his preference for the first order and not the second, which he called "watered down."



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## U.S. jury convicts agent, trainer of smuggling Cuban baseball players

MIAMI, Florida – An agent and trainer have been found guilty of smuggling Cuban baseball players into the United States in a fraudulent scheme designed to capitalize on the defectors' club contracts.



Hechavarria

In court last month, agent Bart Hernandez and trainer Julio Estrada remained stone-faced when the verdicts were read, while a dozen relatives and supporters gasped and cried.

The jury of nine women and three men deliberated for only five hours after the seven-week trial concluded.

U.S. District Judge Kathleen Williams said she would allow Hernandez and Estrada to remain free on bond until sentencing on July 11, but they must wear electronic ankle bracelets in the meantime.

During the trial, prosecutor Ron Davidson asked the judge to put the two South Florida men behind bars, saying they could flee the country.

### Jamaican among U.S. most wanted

WASHINGTON, D.C. - A Jamaican is among 22 immigrants listed as most wanted by the United States Immigration and Customs Enforcement (ICE) agency.

Desmond Hugh Chambers, 52, who also goes by the names

Warren Michael Mullings and Gregory Lemuel Green, is wanted for removal from the U.S. following his conviction for possession with intent to distribute cocaine, second degree rape, first degree sex offense and false imprisonment.



Chambers

The 5' 9" tall, 170-pounds Chambers has a scar on his forehead and his last known locations were Maryland, Florida and Georgia.

Chambers was ordered removed by an immigration judge on Feb. 5, 1997 and was removed from the U.S. on May 10, 2000. He unlawfully re-entered the U.S. at an unknown date and up to press time remained at large.

- Edited from News Americas.



But defense attorneys convinced Williams that their clients have "close ties" to the community.

#### CONSPIRACY

It's reported that Hernandez runs his sports agency and owns a home in Weston; while Estrada, a former catcher on the Cuban

national team and ex-coach at Coral Park High, lives in southwest Miami-Dade.

Hernandez was convicted of conspiring with Estrada and others to deceive the U.S. government into granting visas and other documents to two dozen Cuban ballplayers – including Miami Marlins shortstop Adeiny Hechavarria

– so they could sign with Major League Baseball (MLB) teams.

The conspiracy offense carries up to five years in prison.

While Hernandez and Estrada claimed they were simply helping players prepare for tryouts and negotiate contracts through a process that

was accepted by the U.S. Treasury Department and MLB, prosecutors said players were "coerced, ripped off and threatened by shady operators," such as Joan "Nacho" Garcia, an ex-con and smuggling ring chief who was kid-

(CONTINUED ON PAGE 6)

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## Antigua dismisses U.S. findings on Citizen Investment Program

ST. JOHN'S, Antigua – The Antigua and Barbuda government says it “deeply regrets” the position adopted by the United States regarding the country’s Citizenship by Investment Program (CIP) and its anti-money laundering and countering financing of terrorism (AML/CTF) regimes.

Washington outlined its position in the 2017 U.S. International Narcotics Control Strategy Report that the Gaston Browne administration said “misrepresents the situation” here.

“The government of

## Bahamas dissolves Parliament April 11 before general elections

U, The Bahamas – Prime Minister Perry Christie has announced that Parliament will be dissolved on April 11 ahead of the upcoming general elections.

Christie also encouraged voters to register before the dissolution of Parliament.

As of Mar. 20, 11,698 peo-

Antigua and Barbuda is, therefore, perplexed over the depiction in the INCSR 2017, particularly as it provides no evidence of its claims and assertions, many of which bear no attribution or source of information,” the government noted.

Washington claims Antigua and Barbuda is an offshore center which continues to be vulnerable to money laundering and other financial crimes.

- Edited from CMC.



## Ex-Haiti president survives assassination plot ~ reports

PORT AU PRINCE, Haiti – Former Haiti President Jean Bertrand Aristide survived a possible assassination attempt last month, according to reports here.

“Aristide is unscathed, but a security guard was injured and at least one Lavalas sympathizer,” a member of the board of Famni Lavalas, the political party to which Aristide is affiliated, was quoted as

saying.

Up to press time police had not commented on the incident, but Aristide’s attorney Ira Kurzban reportedly said the attack took place as the former Roman Catholic priest, who served as head of state on



Aristide

three occasions between 1991 to 2004, was returning to his vehicle after having appeared as a witness.

The 63-year-old Aristide had been summoned to appear before judge Jean Wilner Morin, who is probing allegations of money laundering involving former Police Commissioner Jean Anthony Nazaire.



## Cayman nominates 63 ahead of May 24 general elections

GEORGE TOWN, Cayman Islands – Ahead of the May 24 general elections, 63 candidates have been nominated for

the 19 electoral districts across the Cayman Islands.

At the close of



Howell

Nomination Day activities last month, Supervisor of Elections Wesley Howell said nominations went smoothly at all venues for the British Overseas Territory. He added that 38 Election Office staff members registered the nominations on Grand Cayman, Cayman Brac and Little Cayman.

This is the first time that electors will be voting in single-member electoral districts, with each voter having one vote.

Of the 63 candidates nominated, the majority – 36 candidates - were nominated as independents. The ruling People’s Progressive Movement nominated 16 candidates, while the Opposition Cayman Democratic Party nominated 11.

- Edited from CMC.



## Jamaica’s Opposition party elects new president

KINGSTON, Jamaica – The main Opposition People’s National Party (PNP) has a

new president.

On Mar. 26, during a special delegates conference in Kingston, Dr. Peter Phillips was elected the fifth president of the 78-year-old party, taking over from former Prime Minister Portia Simpson Miller, who led the party since 2006. Phillips was sworn in as Opposition leader days later.

In her final address as president, she urged supporters to stand beside Phillips.

“He is your new leader,”

said Simpson Miller, the country’s first female prime minister, “and he will need you as much as I needed you.”

Phillips, 68, took a public oath of office upon assuming the presidency, that was administered by former PNP President and Prime Minister P.J. Patterson. Simpson Miller was scheduled to step down as leader of the Opposition on April 2.



## U.S. jury convicts agent, trainer of smuggling Cuban baseball players

(CONTINUED FROM PAGE 5)

napped and presumably murdered in 2009.

Hernandez was additionally convicted of bringing Leonys Martin – a Seattle Mariners outfielder who signed with Texas for \$15 million in 2011 – into the U.S. after he was smuggled from Cuba to Mexico. The offense carries a mandatory minimum sentence of three years and up to 10 years in jail.

Estrada was found guilty of three counts of bringing Jose Abreu, Omar Luis and Dalier Hinojosa into the U.S. illegally, and he faces a mandatory minimum of three years and up to 10 on each.

### APPEAL

Hernandez’s defense attorneys, Jeffrey Marcus and Daniel Rashbaum, said they were “disappointed and saddened” by the verdict, according to the Herald. It said they

plan to appeal.

“Two of the charges (against Hernandez) were thrown out during the trial for a complete lack of evidence, and we have strong grounds on appeal for the two remaining charges,” said the attorneys in a joint statement. “We will continue to fight to clear Bart’s name.”

Estrada’s lawyer, Sabrina Puglisi said: “We are obviously disappointed with the verdict and will appeal the decision at the appropriate time.”

Prosecutors Davidson and Sullivan said they planned to go after the defendants’ assets – tens of millions of dollars in fees from tainted contracts, along with their suburban homes and luxury cars – in a forfeiture action before Judge Williams.

- Edited from CMC.



# Jamaica at 55

On August 6, 2017, the island of Jamaica marks the 55th Anniversary of its independence as a sovereign nation. Caribbean Today invites the business community in Jamaica and the United States to celebrate this significant milestone.

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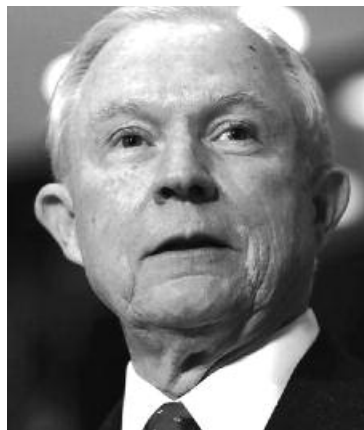
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# Caribbean nationals facing deportation under new U.S. immigration policy

NELSON A. KING

NEW YORK - When Nevisian Floyel Stapleton appeared in a Manhattan Criminal Court in New York for a routine hearing in his misdemeanor assault case, he was stunned to be met by United States federal immigration agents as he left the



Sessions has announced expansion and modernization of program to deport immigrants in U.S. federal correctional facilities.

courtroom.

"I didn't know they were there," 39-year-old Stapleton

told the *New York Daily News* from an immigration detention center in Hudson County, New York.

"They were in plain clothes. They had no badges, and they arrested me when I was walking out of the courtroom. They just asked my name and they arrested me.

"They are trying to deport me," he added. "The situation sucks."

Stapleton's arrest on Feb. 21, by the U.S. Immigration and Customs Enforcement (ICE) agents, came amid a growing debate about whether immigration agents should be allowed in New York City's 31 courthouses at all. U.S. President Donald J. Trump has promised a surge in immigration enforcement, creating an atmosphere of fear among many of New York's immigrant communities that extends to the courtroom.

The New York Office of Court Administration (OCA) has confirmed only two arrests by ICE in city courthouses since mid-February. But ICE agents have also

been spotted in court on three other occasions, inquiring about certain defendants or lingering in arraignments.

## MONITORING

"The chief administrative judge and other senior court administration officials are closely monitoring the appearance of ICE agents in our court facilities," OCA spokesman Lucian Chalfen said, noting the small number of "verified" ICE appearances.

"Since we began monitoring the situation, we have verified five interactions with defendants in New York City court facilities, resulting in two arrests," he added.

Stapleton was convicted multiple times for selling drugs and domestic violence. He told the *Daily News* that ICE attempted to deport him in 2007, but released him for reasons that were unclear.

Stapleton came to the U.S. when he was 13. He lived in Harlem with his disabled mother and helped pay the rent. He has left behind a one-

year-old girl, as well as a daughter who had to stop attending Howard University in Washington, D.C. because she couldn't pay tuition.

Stapleton's sister, who declined to give her first name, said calls to lawyers had not been helpful because she had so little information about what had happened to her brother.

"I don't have any information to give them. I can't tell them why he's there, what happened. It's scary."

Public legal defenders say OCA's figures on ICE sightings do not accurately reflect the magnitude of the problem. Some immigrant clients are scared to appear in court as required and that lawyers are overhauling legal strategies in light of ICE's presence.

"We have also had clients arrested outside the courthouse on the front steps, in the hallways and as they're walking away down the street toward the subway," said Lori Zeno, co-founder and managing director of Queens (New York) Law Associates. "The

court system in this country is supposed to be neutral."

New York City laws forbid the New York Department of Correction from complying with ICE "detainer orders" pertaining to inmates held on many less serious offenses, said the *Daily News*, adding that the City Council Speaker Melissa Mark-Viverito is crafting legislation to ban ICE from city courts.

"The presence of ICE in the City's courthouses is deeply disruptive to court operations and our criminal justice system," Mark-Viverito spokeswoman Robin Levine said.

Rosemary Boeglin, a spokeswoman for New York City Mayor de Blasio, said courts must be neutral and assure "equal access to justice."

"Enforcement activity that might discourage victims from coming forward, or even defendants from showing up for their court date, could undermine public safety for all of us," she said.

(CONTINUED ON PAGE 8)

## U.S. lists Caribbean countries among world's major money launderers

The United States has named several Caribbean countries among a wider global list of Major Money Laundering Countries of 2016.

The U.S. State Department last month released the countries in its 2017 International Narcotics Control Strategy Report on Money Laundering and Financial Crimes. The countries making the list are:

### Antigua and Barbuda

The U.S. report stated that money laundering, narcotics trafficking, gaming, and firearms trafficking are major sources of illicit funds in Antigua and Barbuda.

It added that funds are laundered through the purchase of real estate, vehicles, vessels, and jewelry as well as through a variety of businesses.

### Aruba

Aruba, is a transshipment point for drugs from South America bound for the U.S. and Europe, and for currency flowing in the opposite direction, according to the report.

### The Bahamas

The U.S. claims The Bahamas is a major source of laundered proceeds from drugs trafficking, firearms trafficking, gaming and human smuggling.

The report stated: "Money laundering trends include the purchase of real estate, large vehicles, boats, and jewelry, as well as the processing of

money through a complex web of legitimate businesses and IBCs registered in the offshore financial sector".

### Barbados

Narcotics trafficking, money laundering, and firearms trafficking are major sources of illicit funds in Barbados, the U.S. report stated.

In addition to the use of financial institutions, money is laundered through the purchase of real estate, vehicles, vessels, and jewelry as well as through a variety of businesses, it added.

### Belize

Belize, was slammed by the State Department as being "vulnerable to money laundering due to the lack of enforcement of its laws and regulations, strong bank secrecy protections, geographic location, and weak investigatory and prosecutorial capacity".

### British Virgin Islands

In the BVI, the U.S. reported potential misuse of BVI corporate vehicles - a concern since criminal proceeds laundered in the BVI derive primarily from domestic criminal activity and narcotics trafficking.

### Cayman Islands

Most money laundering in the Cayman Islands is related to foreign criminal activity and involves fraud, tax evasion and drug trafficking.

### Cuba

While no exact sources of money laundering was found in Cuba, the U.S. report claimed Cuba's geographic location puts it between drug supplying and drug consuming countries and, as such, the government of Cuba should increase the transparency of its financial sector and expand its capacity to fight illegal activities while increasing the transparency of criminal investigations and prosecutions.

### Curacao

The U.S. claimed money laundering in Curacao is primarily related to proceeds from illegal narcotics.

### Dominica

In Dominica, the U.S. stated that money laundering cases involve external proceeds from fraudulent investment schemes, advance fee fraud schemes, and the placement of Euros related to questionable activities conducted in other surrounding jurisdictions.

### Dominican Republic

In the Dominican Republic, (DR), corruption within the government and the private sector, the presence of international illicit trafficking cartels, a large informal economy and weak financial controls make the country vulnerable to money laundering threats. The U.S. report noted that major sources of laundered proceeds stem from

illicit trafficking activities, tax evasion and financial fraud, particularly transactions with forged credit cards.

### Grenada

In Grenada, the U.S. government noted that money laundering is principally connected to smuggling and narcotics trafficking by local organized crime rings. Illegal proceeds are laundered through a variety of businesses, as well as through the purchase of real estate, boats, jewelry and cars.

### Guyana

The primary sources of laundered funds in Guyana is believed to be narcotics trafficking and corruption.

However, the laundering of proceeds from other illicit activities, such as human trafficking, contraband, illegal natural resource extraction and tax evasion, is substantial, the State Department reported.

Common money laundering typologies include the use of fictitious agreements of sale for non-existing precious minerals to support large cash deposits at financial institutions; cross border transport of small volumes of precious metals, declared as scrap or broken jewelry to avoid scrutiny by the relevant officials and the payment of relevant taxes and duties; using gold; and the use of middle and senior aged cash couriers for the cross border transport of large sums of U.S. dollars, the report added.

### Haiti

In Haiti, the U.S. reported that most of the identified money laundering schemes involve significant amounts of U.S. currency held in financial institutions outside of Haiti or non-financial entities in Haiti, such as restaurants and other small businesses.

The report pointed out that a great majority of property confiscations to date have involved significant drug traffickers convicted in the U.S.

Illicit proceeds are also generated from corruption, embezzlement of government funds, smuggling, counterfeiting, kidnappings for ransom, illegal emigration and associated activities and tax fraud, The State Department added.

### Jamaica

In Jamaica, the U.S. reported that money laundering is primarily related to proceeds from illegal narcotics, financial scams, and extortion and is largely controlled by organized criminal groups.

The State Department also said "there are dozens of violent Jamaican gangs on the island. Jamaica continues to experience a large number of financial crimes related to cybercrime and advance fee fraud (lottery scams), which primarily target U.S. citizens".

- Edited from News Americas.



## FEATURE



www.caribeantoday.com

# IN FEAR: Trump, new U.S. administration target undocumented immigrants

DAWN A. DAVIS

The children of undocumented immigrants in the United States are living in fear.

“Dreamers”, as they are called, came to the U.S. as minors, many with parents who had no documents to remain in the country legally. Now many are teenagers or in their 20s who may lose their protected status under the administration of President Donald Trump.

In 2012, the administration of then President Barack Obama implemented a policy known as Deferred Action for Childhood Arrivals (DACA), giving young undocumented immigrants who came into the country before their 16th birthday a renewable two-year reprieve against deportation. The policy also extended work authorization to this group.

It is estimated that more than 750,000 immigrant children have been approved for DACA relief since it was implemented. However, under the Trump administration, which took office Jan. 20, this population could lose their right to stay in the U.S. and could be facing the threat of being deported to countries with which they have no real connection.

## EFFECT

In a New America Media-sponsored teleconference, held last month, experts in immigration law explained the significance of the Trump administration's new executive laws on immigration and how it could affect DACA. There are three main executive orders coming out of the Trump administration, including one on border security, another on enforcement inside the U.S. and a



Young “Dreamers” face uphill battle under Trump administration.

third on the so-called Muslim ban, which affects refugees and admissions for six countries, explained Jose Magana-Salgado, managing policy attorney for the Immigrant Legal Resource Center Washington, D.C.

## WARNING

Adding that executive orders cannot contravene existing laws and are subject to congressional funding, Magana-Salgado warned:

“The federal government has basically said, before we were targeting very small segments of the undocumented population for deportation, now we’re going to be targeting everyone. So, anytime the federal government comes across an individual that is undocumented, they’re going to try to deport them.”

According to Magana-Salgado, the federal government is also trying to expand state and local programs to make it easier to use local resources to identify undocumented immigrants. The government is also using tactics such as stripping federal funding for sanctuary cities (municipalities that protect the privacy of undocumented residents) to try and enforce its immigration orders.

He explained that lawsuits have been filed by some of these cities, including Santa Clara, San Francisco and Richmond, plus municipalities in Boston. Still, the order has some bite. According to Magana-Salgado: “The order also calls for the expansion of something called Expedited Removal ... This basically means they are going to deport people a lot quicker without the due process protections of being in court.”

Amid the fear, Mariam Kelly, senior immigration attorney and DACA program supervisor of community legal services in Palo Alto, California, confirmed the landscape has changed with the new U.S. president. DACA is still in effect, but there is growing uncertainty.

“We do know that some kind of change will be coming,” Kelly explained. “... We don’t know whether the DACA program will be cancelled. If it were to be cancelled we don’t know when

that would happen.”

Kelly explained that DACA holders still has the right to go before an immigration judge to fight their case and contact a lawyer who can represent them for relief.

“There are also forms of relief other than DACA which could include special immigrant juvenile status that applies to certain children, but could go up to the age of 21 depending on the circumstances,” she said.

“There is also the U Visa for victims of crimes that occur here in the United States. There are family-based petitions, for example if they have U.S. citizen relatives.”

## CONCERN

Also concerned is the Asian-American Pacific Islander (AAPI) community. Martha Ruch, an Equal Justice Works Emerson Fellow and staff attorney at Asian Americans Advancing Justice in Los Angeles, said many in the community live in fear, even legal immigrants. She stressed knowing the law is key.

“Increased immigration enforcement means that ordinary people are perhaps going to be subject to questioning about their country of origin, their legal status,” said Ruch. “So, it’s crucial that everyone understands their rights under the Fourth, Fifth and Sixth Amendments.”

The Fourth Amendment guarantees the right to refuse unreasonable searches. The Fifth secures the right to due process of law, right to remain silent and right against self incrimination. The Sixth ensures the right to an attorney.

## DEPORTATIONS

“It’s crucial that everyone

knows that if they are being questioned they should not reveal their immigration status to immigration officials, and to a large extent, to police either,” Ruch warned. “They can say that they are asserting their right to silence and will not sign anything until they consult with an attorney.”

On the question of immigrants of African descent, Magana-Salgado made it clear “the criminal justice system disproportionately targets individuals of color, including African American individuals.”

He anticipates “the immigration policies of this administration will actually exacerbate the institutional discrimination and racism of our criminal justice system and will undoubtedly lead to the deportation of individuals of color because they were unjustly targeted at first by the criminal justice system.”

Dawn A. Davis is a freelance writer for Caribbean Today.



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## Caribbean nationals facing deportation under new U.S. immigration policy

(CONTINUED FROM PAGE 7)

Even as legislators and immigrant advocacy groups express outrage over the Trump administration's immigration policies, U.S. Attorney General Jeff Sessions has announced the expansion and modernization of a program to deport immigrants, including Caribbean nationals, in U.S. federal correctional facilities.

The U.S. Department of Justice (DOJ) said the Institutional Hearing Program (IHP), announced by Sessions last month, identifies removable criminal immigrants who are inmates in federal correctional facilities. IHP provides in-person and video teleconference (VTC) immigration removal proceedings, and removes the immigrant on completion of sen-

tence, rather than releasing the immigrant to an Immigration and Customs Enforcement (ICE) detention facility or into the community for adjudication of status, the DOJ said.

“Bringing an immigration judge to the inmate for a determination of removability, rather than vice versa, saves time and resources and speeds hearings,” the DOJ said, stating that the program is coordinated by its Executive Office for Immigration Review (EOIR), the Bureau of Prisons (BOP) and ICE.

## MISLEADING

One of Trump's first executive orders promised a weekly recounting of the crimes committed by undocumented Caribbean and other immigrants and a list of the recalci-

trant local law enforcement departments that failed to turn those people over to U.S. federal officials, according to the New York Times newspaper.

Late last month, the U.S. Department of Homeland Security delivered the first report. But rather than provide a complete tally, it contained misleading information that only prompted confusion and defiance from law enforcement officials from the jurisdictions in question, the Times reported.

The report, which covered Jan. 28 to Feb. 3, showed ICE issued 3,083 detainers, which are requests to local police departments to hold undocumented immigrants and legal permanent residents who could be deported.

The report showed, however, that only 206 of those detainees were declined by local law enforcement agencies.

New York's Commissioner of Immigrant Affairs Nisha Agarwal said the report not only misrepresented New York's law, but facts about city and county policies. She said that public safety depends on the trust between police and community, adding that the city's police officials “voluntarily respond to requests from federal immigration authorities when they're looking for an individual in our custody who is a serious threat to the safety of all New Yorkers, immigrant or otherwise.”

- Edited from CMC.





## 'Screw you all poor Americans'

Growing up in the Caribbean, it was not uncommon to hear elders say: "If you can't hear you will feel" or "Hard ears you won't hear; hard ears you must feel."

This is exactly what the elders would say to those who voted for Donald Trump, especially amidst the new White House budget revelation that screws the poor in all available spaces.

For those too dumb to listen or too blinded by race and too "hard ears" to believe that Trump was nothing but a con-in-chief, they will surely feel it now.

The Trump budget targets his own base as it darkly and meanly slices away help on virtually all fronts for the many poor across this country, including in rural America. The Donald has thought nothing of cutting the food for the poor programs aiding the senior "shut ins" or cutting all those affordable housing programs and those that help many weatherize their homes.

He has thought nothing of cutting those job training programs, along with those that help pay home heating oil bills for the poor. And that legal aid lawyer? Well get ready to kiss that option goodbye if Trump gets his way.

But never mind that, one border wall to keep the immigrants out is coming right up!



FELICIA J. PERSAUD

Oh yes sir-ee!

### MORE CUTS

A \$3 billion Community Development Block Grant program, that's been in existence since 1974 and provides cities with money to fund Meals on Wheels, the national nonprofit that delivers food to homebound seniors, is being cut. But some \$1.5 billion has been boldly set aside to build Trump's signature border wall on the U.S. southern border. Work on that monstrosity could start this year.

Trump has even set aside a further \$2.6 billion in fiscal 2018 for his wall and his enforcement attempts to round up and keep out the immigrants, never mind the Coast Guard that needs money to keep out drug smugglers from entering our waters.

The full cost of this Trump Wall will, of course, be many, many times more meaning even more cuts from necessary worthwhile programs for poor Americans.

Make America Great Again? I think not!

No longer is Trump and company singing that ol' rag time rhyme about getting Mexico to fund the wall. Now it looks like the Great Big Wall will be funded literally on the backs of American taxpayers, especially the poor and ignorant, whose ears were too hard to listen and who gave their vote to the con-in-chief instead.

### PAY UP

Now they will have to lit-

(CONTINUED ON PAGE 10)

## Sessions must resign after breach of public trust

ROGER CALDWELL

"Jeff Sessions is an honest man. He did not say anything wrong. He could have stated his response more accurately, but it was clearly not intentional," says United States President Donald Trump.

If Sessions was an honest man, why did he not tell the truth during his confirmation hearings with the Senate Judiciary Committee?

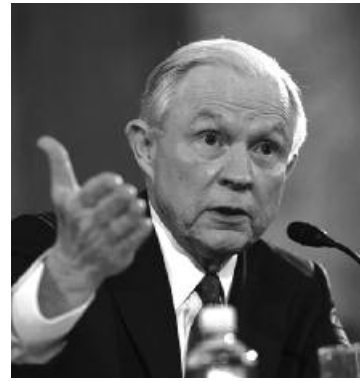
As the "top cop" in the land, Americans must have faith and confidence in every decision the attorney general makes because it affects the public trust.

Democrat Senator Chris Van Hollen: "The attorney general of the United States must have the people's trust as an honest and independent broker who upholds the law. In failing to tell the truth – under oath – about his conversations with Russia, Jeff Sessions has failed to meet that standard, and he must resign."

### NO DOUBT

There are no gray areas with the attorney general, and there are no second chances. Sessions lied. He is the chief law enforcement officer, chief lawyer and chief prosecutor in our government. When the American people cannot trust our chief law enforcement officer, then who can we trust?

On Thursday Mar. 2, Jeff Sessions held a press conference and I expected him to resign. But he acted like he had not violated or broken any laws. It appeared as though he thought he'd done the American people a favor by



Sessions comes under fire.

announcing his intention to recuse himself from any executive branch investigations into the Trump campaign.

The problem with Trump's administration is it is dealing from the bottom of the deck. They have been in cover-up mode from the very beginning, and they are hiding something.

"Let me be clear: I never had meetings with Russian operatives or Russian intermediaries about the Trump campaign. And the idea that I was part of a continuing exchange of information during the campaign between Trump surrogates and intermediaries for the Russian government is totally false," Sessions said at a hastily called press conference at the Justice Department.

It was revealed by the Washington Post newspaper that Sessions had met twice with the Russian ambassador during the 2016 campaign. Somehow, our attorney general was suffering with amnesia under oath and failed to disclose the meetings during his Senate confirmation hearings.

### SPIN

Now Trump is calling this scandal "a witch hunt." Also,

the Russian Foreign Minister Sergey Lavrov is putting out a public statement, and calling this scandal "a witch hunt." Something just does not smell right when the president and the Russian foreign minister agree that a lie from our chief law enforcement officer should be excused and any accusations of misconduct should be swept under the rug.

Sessions has committed the crime of perjury and it is a criminal offense to lie under oath. A perjury charge is when someone makes a false statement after being sworn in or promising to tell the truth. This was not a mistake. It was intentional. Sessions has damaged his credibility and fundamentally impaired his ability to run the Department of Justice.

Just as Michael Flynn was forced to resign because he lied and broke the law, there is no difference in what Sessions has done. Sessions must resign immediately and confusion and amnesia cannot be used where there should only be truth.

America's public trust is at stake, and Trump must ask for Sessions's resignation. There should be no discussion that Sessions must go.

The rule of law should always prevail and once there is a breach of the public trust, the individual must exit his or her post. Sessions has broken the public trust and the Department of Justice needs a new leader.

*The opinions expressed in the above article do not necessarily represent those of Caribbean Today.*



## ASK GOOGLE: Why worry when information is only a click away

As a child I always sought knowledge, finding out stuff, delving deep into the fonts of information that books and magazines brought that could quench my insatiable thirst to learn.

At first, it started with comic books that my brother would bring home. Then I broadened my scope to perusing the pages of my parents' encyclopedias - from Abacus to Zoetrope.

"Knowing that I loved my books, he furnished me from mine own library, with volumes that I prize above my dukedom," quoted Shakespeare.

That set of Colliers Encyclopedias was not only my source of all things scientific and artistic, but also served as my escape from the real world. But reading so much at an early age also had its drawbacks. Armed with so much information in my brain sort of made me a know-it-all among my peers. Few seven year olds

knew how the solar system was structured or that white light, when passed through a prism, comes out the other end as different colors.

All that was before Google. Now we haven't got to read books or engage volumes of encyclopedias to know stuff. All we have to do is ask Google.



TONY ROBINSON

### COMMONPLACE

Years ago, when I first got my Blackberry phone, I loaded the Google Maps feature on it and had such fun locating places all over the world. After a while, I deleted it from my system as it took up too much space from the memory and also drained the battery too quickly. That was my first



experience with Google.

Now Google is as commonplace as A-B-C and is used by all. Information is just a click away and no one has any excuse not to know anything anymore. I now have a modern Android smartphone and it's even easier and faster.

It was once said that a little learning is a dangerous thing. But too much knowl-

edge can also have a deleterious effect on persons who can't handle it, especially if their brain can't process the information in a logical way and they simply accept what's placed before them. Even in the Bible there is the question: "Understandest thou what thou readest?"

But Google can be risky. My good friend gave me this

story of how he surprised his girlfriend who lives in Florida with an unplanned visit. It was his first time visiting the United States and he was not familiar with the territory. So he turned to Google for directions to her address, hopped on a flight and landed in Miami.

While there he Googled her favorite restaurant, went there and waited until she showed up as he knew that she always dined there on a Friday night. What a surprise when she walked in and saw him. But what a chance he took. I said to him: "Dude, what if she had walked in with another guy and not her girlfriends?"

But Google makes people take risks, all because they're armed with a little knowledge.

### FIX IT

Apart from that, Google is the new fix it, repairer and

(CONTINUED ON PAGE 10)



# CaribChat Jamaica's 'Taxi' Lawrence drives to soccer success for club, country

Jamaica's recent senior international soccer failures notwithstanding, Kemar "Taxi" Lawrence has emerged a Reggae Boyz star who has also shone for New York Red Bulls in Major League Soccer (MLS), North America's top competition. Lawrence discussed his rise with *Caribbean Today's* Gordon Williams recently. The following is an edited version of that interview:



Lawrence

**QUESTION: 2015 you joined the Red Bulls and had an outstanding rookie season. How difficult was the transition to come into MLS?**

**A:** I have to say it has to do with games being played with the national team. The more games I played with the national team, the comfort level for me got higher and higher ... The more games you play that's what builds your confidence. So I had a lot of games under my belt.

**Q: You mean internationally?**

**A:** Internationally. So I just went into the MLS season with high hopes really ... All I wanted to do was just get out on the field and show the (Red Bulls) coach that I deserve to be out there. So when the opportunity finally presented itself, which didn't take long, I just did what I knew I could. I went out there and I played some awesome games and I got some awesome results ...

**Q: Are you satisfied (with the**

**2016 season) though, in terms of how you came into the league and the performance level that you had the first year?**

**A:** I wouldn't say I feel like I was on the same level. Trying to push myself to get better, but as a professional player you look at yourself and you ask yourself how can you get better ... You get better by helping your team get more victories and getting your team a trophy at the end of the day ... So in my head it's about helping the team to get a trophy.

**Q: Do you feel you've earned respect in (MLS)?**

**A:** I definitely think I've earned that from both players and different coaches. I think they respect me now as a player, as a strong player in the league ... I appreciate being there and I just continue to try to lift my performance.

**Q: 2018 World Cup will be the fifth Jamaica has missed.**

**Jamaica is talking about transitioning from older players to a younger group, especially with competitions like the Gold Cup coming up. How has your role changed in the national team and do you see yourself in a more leadership role now?**

**A:** It's kinda funny, the way it all played out, because at 24 you no longer have guys calling you the younger player. (You're now) the senior man. So you have to smile about it. But at the same time I try to do what I used to see everyday. I try to be that person ... To be on time, be a leader on the field, make sure I bring the energy and the right attitude. The right mental attitude, as well, to training every day. And players automatically follow those things. You don't have to be extra about it or anything like that. Just do simple things. Just being the right professional player.

**Q: You accept, though, it's a responsibility that you have to take on?**

**A:** It is. It is a responsibility. And yeah, I'm happy to, like, take up that responsibility, because the guys look up to me ... All of them respect me as a player. But not only as a player, but as a big brother, even though some of them are older ... It's something I used to do in the past. So I know what it feels like. I know I have to live up to that responsibility. It helps me and it helps my game,

because all I want to do now is be better, push myself, continue to be a better leader. So it does help, and I know I'm gonna be a good leader.

**Q: You're talking about the national team?**

**A:** Yeah, the national team. Not saying the past camps had been divided, but there's a difference in the camp now that we didn't have in the camps that I used to go to. There's a big difference now. Maybe it's the age group. All of us are the same age, or close to the same age. But it's fun now. Everyone has the same goal in mind and the ultimate goal is not to miss a next World Cup.

**Q: Do you understand also the responsibility that you represent Jamaica and the Caribbean and the MLS represents an opportunity (for the region)?**

**A:** Yeah, I do understand that and sometimes it's a slightly heavy burden, because you have to carry yourself a particular way every single day. But ... this is the path I took. So, I'm gonna live up to that responsibility and be that type of person.

**Q: Red Bulls had quality players last year. But you didn't win the cup and New York is a very demanding city. How much pressure do you feel from that, from not winning MLS Cup?**

**A:** Not a lot of pressure at all. It's more like self-pressure than pressure from the fans or even management or the coaches ...

**Q: The perception of the Caribbean players has changed in Major League Soccer.**

**A:** It's different now than it was before ...

**Q: What (do MLS coaches and players) think about the Caribbean player?**

**A:** ... Look in every one of the MLS teams where there is, and I'm being specific, a Jamaican player. Three quarters of us that's in a MLS team are starting in our team. And, you know, that alone says a lot about it.

But I don't think the respect is where it needs to be same way. And it has to do, like, a lot more things, you know. It has to do with salary. Because look at the way they pay any European player that is coming in. And I'm not talking about my coaches, because I think my team understands me in that aspect and they try to deal with me like any other player ... But the league overall can do a lot better in the way, financially, they pay the players coming from the Caribbean, you know. Because I think, like, if we compare what we get to some players that not even getting on the field sometimes, it's a big joke.



## ASK GOOGLE: Why worry when information is only a click away

builder around the house. Many of my colleagues, when stumped while effecting repairs, simply turn to Google and they know exactly what to do.

Sure enough, Google will supply you with 1,000 different ways to fix that leak, along with information about the history of the toilet bowl, the inventor, how many types of bowls exist and where they are

located. It's up to you to sift through the tons of information needed to fix that leak.

No longer do people go to libraries to do research. Instead, they just ask Google and it appears on their smart phones or laptop.

Google also helps with interpersonal relationships, although the answers may not always be to the person's liking. I know a man who

Googled: "Why has my wife lost interest in me?" He got so many answers his computer crashed. What Google won't tell him is that his wife has another lover.

I recently came across some medical research where doctors were warning people not to self diagnose themselves using Google. Every human being is different and that's why the same symptoms in different people may not mean the same illness.

### POSSIBILITIES

Google gives almost all of the possibilities so that persons either are lulled into a false

sense of security or freak out at the medical possibilities. Someone will have a headache for days, and instead of going to the doctor, they Google "headache". What pops up is as frightening as reading Revelations in the Bible. The causes of headaches range from lack of sleep, a blow to the head, hunger, blood clot on the brain, tumor, parasites in your head, stress, migraine, or a prelude to a brain aneurism. The possibilities are endless - and scary - and Google lists them all.

This other guy was urinating frequently, so he Googled to find out why. When he saw

that the causes ranged from kidney problems, urinary tract infection, sexually transmitted disease, prostate problems, to simply drinking too much water at night, he swore that he was going to die.

Some people even counter what the doctor says, for Google has all the answers.

Oh yes, Google is the new source of diagnosis, and maybe pretty soon doctors will become obsolete. Now if only Google could write prescriptions some people would be happy.

seido1@hotmail.com



## 'Screw you all poor Americans'

(CONTINUED FROM PAGE 9)

erally pay for it by giving up much needed social services. And so far, many U.S. companies - more than 600 - are lining up to submit ideas on how to build the Great Wall to the U.S. Customs and Border Patrol and cash in on your tax dollars.

But don't worry Trump

voters! Those immigrants you wanted to keep out will be kept out while you starve and struggle, suffer with no health care, watch that dream of owning a home slip further and further into oblivion and have no legal resource if you can't pay for your own lawyer.

"Screw you all poor Americans," is what Donald

Trump seems to be saying. "One border wall is coming right up!"

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



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## 'The State of Black Miami Forum' April 12

A conversation about development and achieving economic prosperity in the black South Florida community will be the focus of a public forum to be held from **9:30 a.m. to 3:30 p.m. April 12** in Miami Gardens, Florida.

Haitian-born Commissioner Jean Monestime and the Miami-Dade Board of County Commissioners, in association with Florida Memorial University, will present "One

Heritage: The State of Black Miami Forum" at FMU's Lou Rawls Theater, 15800 N.W. 42nd Ave.

Other scheduled panelists include commissioners Barbara J. Jordan, Audrey M. Edmonton and Dennis C. Moss. Miami Gardens Mayor Oliver G. Gilbert III is also expected to participate.

For more information, call **305-694-2779**. Registration begins at **8:30 a.m.**



## JADE celebrates 23rd year with awards banquet, dance

The Jamaican Association of Miami-Dade Educators (JADE) will hold its annual awards banquet and dance on **May 6** in South Florida.

During the event, to be staged at the Miami Marriott Dadeland Hotel and is part of JADE's 23rd anniversary celebrations, the organization will award scholarships to high school graduates.

For more than two decades JADE has offered service to the local community. The organization has also assisted in Jamaica.

According to a release issued by JADE, activities from 2016 included:

Five scholarships, totaling \$5,000, donated to high school graduates. Winners included Ashley Kirkland (Norwood Senior High School); Nikita



A student at Park Hall Primary School tries on shoes.

Morrison (Keys Gate Senior High School); Andoni Asencor (Coral Reef Senior High School); Justin Lee (Terra Environmental

Research Institute); and Toussaint Lewis (Felix Varela Senior High School).

Backpacks containing school supplies were donated to students at Park Hall Primary School in Clarendon, Jamaica. They were also given toiletries. Some received shoes. The school was presented a digital projector and computer.

Monetary donations - \$500 each - were made to the Western Regional Foundation for Disabled Children, also known as West Haven Children's Home, and the Jamaican National Foundation. Eyeglass frames were donated to the Lions Club of Old Harbor in Jamaica.

- Edited from article contributed by JADE.



### COMMON GROUND



Audrey Marks, left, Jamaica's ambassador to the United States, meets Grammy Award-winning artiste, actor, poet and film producer Common, center, at last month's Howard University Charter Day dinner in Washington, D.C. Common was master of ceremonies. At right is Jamaican-born George Wile, senior partner at the accounting firm Bert, Smith & Co.

### Gala in Fort Lauderdale

Juliet Holness, wife of Jamaica's prime minister Andrew Holness, is expected to be among the guests at this month's "Protect the Children Gala" in South Florida.

According to organizers, the event, from **7 p.m. to 11 p.m.** April 29 at Hyatt Regency Pier 66 in Fort Lauderdale, is being held in aid of child sexual abuse prevention.

For more information, call **954-504-3554**.

**Jamaica diaspora conference**  
Jamaicans overseas are being wel-

comed back to the Caribbean island for the "Jamaica 55 Diaspora Conference", scheduled for July 23-26 at the Jamaica Conference Centre in Kingston.

According to Jamaica's Foreign Minister Senator Kamina Johnson Smith, the conference will focus on consolidation and expansion of partnerships between the diaspora and Jamaica.

- Compiled from various sources.



## Blogs offer key information on Social Security

At the blog Social Security Matters, there's information about online services, warnings about protecting citizens against fraud and tips to start preparing for a secure retirement.

It's never too late to join the conversation by commenting on these blog posts:

Social Security and Veterans Affairs Partnership Speeds Disability Decisions for Veterans at [blog.socialsecurity.gov/social-security-and-veterans-affairs-partnership-speeds-disability-decisions-for-veterans](http://blog.socialsecurity.gov/social-security-and-veterans-affairs-partnership-speeds-disability-decisions-for-veterans)

How I Navigated the Social Security Disability Process at [blog.socialsecurity.gov/how-i-navigated-the-social-security-disability-](http://blog.socialsecurity.gov/how-i-navigated-the-social-security-disability-process/)

[process/](http://blog.socialsecurity.gov/reporting-changes-is-your-responsibility/)

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The Disability Insurance Program - Securing Today and Tomorrow for 60 Years at [blog.socialsecurity.gov/the-disability-insurance-program-securing-today-and-tomorrow-for-60-years/](http://blog.socialsecurity.gov/the-disability-insurance-program-securing-today-and-tomorrow-for-60-years/)

Have You Seen Your Social Security Card Lately? at [blog.socialsecurity.gov](http://blog.socialsecurity.gov)

[/have-you-seen-your-social-security-card-lately/](http://blog.socialsecurity.gov/your-social-security-statement-is-now-at-your-fingertips/)

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A Special Arrival! Top Baby Names in 2015 at [blog.ssa.gov/a-special-arrival/](http://blog.ssa.gov/a-special-arrival/)

What is Social Security at [blog.socialsecurity.gov/what-is-social-security/](http://blog.socialsecurity.gov/what-is-social-security/)

Going Online with Social Security isn't Hard Work at [blog.socialsecurity.gov/going-online-with-social-security-isnt-hard-work/](http://blog.socialsecurity.gov/going-online-with-social-security-isnt-hard-work/)



## 'WANNA JAM' JAMAICA



Jamaican carnival excitement descended on South Florida last month with the staging of the Caribbean Airlines' "Wanna Jam" promotion on Hollywood Beach. The promotion featured dance competitions and steel pan lessons.

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# SUMMER EDUCATION



~ A CARIBBEAN TODAY SPECIAL FEATURE

## How digital technologies can prep students for college, jobs



- Photograph (c) Monkey Business - Fotolia.com  
New tools help students get ready.

Did you know that advanced digital technologies can help grade school and high school students become better prepared for college and careers?

From interactive platforms and applications to high-tech hardware, digital learning is empowering educators and helping prepare students for their futures. Here are a few new learning tools that are transforming education today:

**Do the math** - Graphing calculators are getting an enhanced look and feel, enabling students to solve the most challenging equations and enhance their understanding of math.

For example, cutting edge calculators, such as fx-CG50,

the newest model in Casio's calculator portfolio, offer a three-dimensional graphing function that allows students to view their graph from various angles to better analyze their shape. Other new capabilities include cross-section and zoom functions for greater analysis. Students can also plot graphs over pictures of real-life scenes on a full color textbook-style display, making math education a more visual experience.

**Go the distance** - These days, classroom-style learning doesn't always have to take place within the four walls of a physical classroom. Distance learning offers a greater number of people access to the same educational opportunities, and is made possible by new technologies.

Educators and schools are embracing platforms like Blackboard and Schoology to help connect students with educational content 24 hours a day. These platforms also enhance traditional classroom learning. Known as blended learning, students still attend class, but can hone their skills

(CONTINUED ON PAGE 13)

## HIGH TECH LEARNING



The fourth graduating class in a program to train students in the automotive industry earned their certificates last month. The program, product of a partnership between Braman Motors and Miami-Dade County Public Schools, offers six-month paid internship experience at a dealership. Norman Braman, chief executive officer of Braman Motors, sought to create a program of mentorship and education for technicians. He and Lindsey Hopkins Technical College brought the Braman Automotive Training Center Program to life. The program, which is free for the students 18-25 with a high school diploma or GED, lasts 18 months and offers free tuition, equipment, uniforms and tools to select applicants. The next class is slated to begin Aug. 21. For more information, visit [careerinayear.com](http://careerinayear.com) or call 305-558-8000.

## Mid-year motivation for students, educators

The school year can seem long for students and educators alike. However, a mid-year infusion of new technology and tools can provide just the motivation needed to ace the rest of the year.

Here are several tools and technologies that can pave the way to better, more enthusiastic learning at home and in the classroom:

**Social media** - Seventy-one percent of teens use more

than one social media site already, according to recent Pew research. However getting comfortable using these tools in a more formal capacity can

(CONTINUED ON PAGE 13)

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~ A CARIBBEAN TODAY SPECIAL FEATURE

# JWOF: Preparing the next generation of Jamaican American women

DAWN A. DAVIS

As the cost of higher education continues to increase, it is getting harder for most young people to attain the goal of university graduate.

Unless one chooses to be saddled with school loans, options are few.

However, bucking this dilemma is the Jamaica Women of Florida (JWOF), a non-profit organization of Jamaican American women offering mentorship and a path to tertiary education.

JWOF, now four years old, offers full-term scholarships to young Jamaican American women to pursue undergraduate degrees. To date, three recipients have been fully funded, with one expected to graduate this year. Jaime Noicely is scheduled to complete Florida Atlantic University's (FAU) criminal justice and philosophy program with honors. A dean's list recipient, Noicely has her sights set on the legal field. She is preparing to take LSAT, the

law school entry examination. She wants to graduate magna cum laude a semester early in December. Finishing her bachelor's degree won't be easy.

"Indubitably, this year will be my most challenging," Noicely explained.

She has also been working with lawyer Hilary Creary, partner at the firm Benjamin-Wise Creary & Associates, as part of the volunteer and mentorship requirement of the JWOF scholarship.

The other scholarship recipients include Adrianna Jones, a biology major enrolled at University of Florida, and Rachael Wildman, who is completing her first year at University of South Florida in



Noicely



Walker

bio-medical sciences.

## IMPRESSIVE

Noicely has impressed JWOF.

"Jaime is exceptional," said Dahlia Walker-Huntington, the organization's immediate past president.

"... She epitomizes the strength of a Jamaican woman and also what the organization is all about. It's helping people, providing this comfort to women in the community in need ... and that really was the genesis for the organization."

Walker-Huntington explained that scholarship beneficiaries must be Jamaican or Jamaican American with great academic achievement, a desire to give back and a riveting story of why they are deserving of this scholarship.

Walker-Huntington recounted a story about a homeless Jamaican woman with terminal cancer who JWOF helped. With the help of radio host Winston Barnes, the Jamaica Ex-Police Association and members

Florida's Jamaican community, the woman got her wish to return to Jamaica to live out her remaining days and die in dignity.

JWOF has also adopted residents at Melody House Girls' Home in Montego Bay, Jamaica in their effort to give back, mentor and actively participate in the development of young ladies.

"We have been able to achieve these milestones because of the support of our members and the support from our community," said newly elected JWOF President Camille Edwards.

"We are focusing on building alliances with similar organizations," she added. "And we want to have a presence in Jamaica as well as develop our next generation of young women."

## GROWTH

Admitting that JWOF is still working to build its community strength, Walker-Huntington noted that the organization has accomplished

plenty in four years. It has scheduled events such as women's conferences, and health and wellness conversations. The annual scholarship attests to its growth, she said.

As part of its fourth anniversary celebration, JWOF hold its third "Women's Empowerment Conference and Scholarship Luncheon" on April 8 at Jungle Island in Miami. The scheduled guest speaker is Jamaica's Political Ombudsman Donna Parchment-Brown.

Noicely has embraced JWOF's assistance.

"JWOF is not just a scholarship to me, it is an extended family which I can come to for support, prayer, love and opportunity," she said. "I know that JWOF will continue to do great things and make waves in next generational lives, and hopefully, I can be a part of the blessings to come."

*Dawn A. Davis is a freelance writer for Caribbean Today.*



## How digital technologies can prep students for college, jobs

(CONTINUED FROM PAGE 12)

and knowledge during off-hours at a personalized pace with technology-mediated instruction.

Music to one's ears - Music education isn't what it used to be, thanks to new technology and gear.

For example, Chordana Play, a new app, can be linked with several Casio electronic keyboards as a learning tool for beginners and advanced musicians. The app displays notes graphically in real time, along with the correct keyboard positions for both hands. Users are

welcome to import song data into the app and expand their repertoire over time. To learn more, visit

**CasioMusicGear.com.**

As technology evolves, enhanced tools and processes are changing the way educators teach and students absorb content. And these changes also are making teachers more efficient, enabling greater freedom for students to benefit from a more personalized approach to learning.

*- Edited from StatePoint.*



(CONTINUED FROM PAGE 12)

have real world implications for students, as more industries and professions require social media proficiency.

Making music - Students and teachers of music know the varied benefits of a high-quality arts education. Learning music can help develop math and pattern recognition skills, increase coordination and foster left brain development, according to the National Association for Music Education. Be sure your tools of the trade are up to the task.

For students learning to

play a keyboard, be sure their instrument features the same sound quality as a traditional piano, but with the additional benefits a higher-tech option brings.

Noise canceling headphones - Peace and quiet are not always available during crunch time, particularly for students with many siblings, or college students living in a dorm room. Help scholars achieve greater serenity with a good set of noise canceling headphones that don't compromise the quality of the audio.

Classroom revamp - Many schools are looking to go

green and save some money while upgrading technology. By combining a laser and LED light source, Casio's LampFree projectors are a unique, high-brightness, mercury-free tool that uses half the amount of power per unit than its traditional lamp-based counterparts. They save educators time and money because they require minimal maintenance and eliminate the cost of replacement lamps, as they have a 20,000-hour lifespan.

*- Edited from StatePoint.*



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# SUMMER CAMP



www.caribbeantoday.com

~ A CARIBBEAN TODAY SPECIAL FEATURE

## WORK 'N' PLAY: Miami-Dade offers summer camp June through August

DAWN A. DAVIS

The end of the school year is just around the corner. Before you know it, some kids will have a full two months off with no structured daily schedule to keep them engaged.

What do busy working parents do?

Summer camp is a viable option and the Miami-Dade County Public Schools (M-DCPS) system is offering an easy choice.

According to Victor Ferrante, M-DCPS system's executive director for community education programs, summer programs typically take place in about 70 school locations throughout the county. The sessions are scheduled to run **June 12 through Aug. 18, from 7 a.m. to 6 p.m. Monday through Friday**, at most sites.

Any child in the M-DCPS system with student identification is eligible to tap into the summer programs, explained

Ferrante, adding that two-thirds of the camps are principal-operated, while the rest are outside agencies, such as the YMCA (Young Men's Christian Association), YWCA (Young Women's Christian Association) and FCAA (Family Christian Association of America).

### BENEFITS

Ferrante stressed advantages of putting children in summer camp programs which should be considered by parents.

"One of the most important benefits is the ability to keep kids in a safe environment," he said. "Parents have to work, and when schools shut down they depend highly on this program so that they can continue to work and support their families."

He called the program "affordable," which opens it up to a wider community.



qualify.

"The bottom line is we keep children engaged, so they don't have a brain drain through the summer," Ferrante said. "And aside from that, a lot of locations have extracurricular activities and educational field trips, things that some of the children would never get an opportunity to do."

"Most will find this to be less expensive than most programs out there," said Ferrante. "We try to keep it affordable because we know that 73 percent of our students receive free or reduced lunch."

The cost is \$100 per week for the full day program and \$60 per week for half day (11:30 a.m. to 6 p.m.). Subsidies are available through the Early Learning Coalition (ELC), a Florida state-run partner that provides assistance to parents who

### ACTIVITY

Studies have shown children can experience learning decline during the summer because of lack of activity. The camp environment offers youngsters opportunity to develop a new skill or hobby, sharpening their focus and critical thinking.

"Every site has indoor and outdoor games, arts and crafts, recreational activity, reading and math tutorials, homework assistance, music, ceramics, chess, drama, and

free breakfast and lunch," said Ferrante. "But each location is unique, so parents can inquire at the specific site they choose as to what is offered."

He said "typically, children that participate in the summer programs do better than those who do not ... So, these extra hours of aftercare or summer camp always benefit our kids. It keeps them engaged."

According to Ferrante, parents can begin signing up children.

A list of summer camp locations can be found at [www.dadecommunityschools.net](http://www.dadecommunityschools.net) under the "2017 Summer Camp Programs" link. Parents can also contact the Community Education staff at **305-817-0014**. ELC can be contacted at **305-646-7220**.

*Dawn A. Davis is a freelance writer for Caribbean Today.*

## 'Fit2Play' to keep kids active, engaged kicks off April in Miami

South Florida children can keep active, fit and engaged during the spring school break with by participating in "Fit2Play™" Spring Break Camps being offered by the Miami-Dade County Parks, Recreation and Open Spaces Department.

Registration is underway for the camps, to be held from

**9 a.m. - 5 p.m. April 10-14**, with early drop-off available at 7:30 a.m. and late pick-up until 6 p.m.

General camp programs for ages 6-12 offer a variety of activities from fitness, sports, and arts-and-crafts to games and field trips.

There are also specialized camps, which focus on a spe-

cific interest or need, including these camps for nature and wildlife-lovers.

For a complete list of camp locations and contacts, visit the Miami-Dade Parks Fit2Play™ Spring Break Camps web page: <http://www.miamidade.gov/parks/activities-spring-camps.asp>. The public

may also dial **3-1-1** for the Miami-Dade County Information Hotline.

Children with disabilities are welcome in all park pro-

grams. Contact the park manager to develop an inclusion plan.

## Great gear for outdoor enthusiasts

Shopping for a hunter or outdoor enthusiast? Thoughtful, useful items will be well-appreciated on special occasions.

"When it comes to hunters, think lightweight and packable," says Louis Chalfant, director of product development at Smith's Consumer Products. Here are a few ideas to consider:

### Get them prepared -

Those whose adventures take them off the beaten path need certain lightweight, compact tools to be prepared for a variety of situations. A fire starter is a must-have for any avid outdoorsman, hunter or backpacker.

Other handy items to consider for gifts are a high-quality first aid kit with all the essentials, a multifunctional pocket knife or even an IOU promising to cover the cost of this seasons' hunting and fishing licenses.

### Sharpen their game -

Those who hunt, fish and go on outdoor expeditions know just how important it is to keep tools sharp. You can hone gamesmanship with

essential gear like a knife sharpener.

For instance, a versatile tool like the Jiffy-Pro Handheld Sharpener is quick, safe and easy to use whether one is in the field, back at camp, or at home. It functions both to set the edge on a dull or damaged blade and to achieve razor sharpness. Plus, the scissors sharpening slot is large enough to accommodate game shears as well.

Lightweight enough to be a stocking stuffer, consider, the four-inch Diamond Combination Bench Stone, which features coarse and fine grit sharpening surfaces. Its innovative design speeds sharpening by collecting and holding the metal filings, which ordinarily build up during use. Each stone has a groove for fish hooks or pointed tools, and when one is finished sharpening; he or she can store the stones in the handle for safekeeping.

*- Edited from StatePoint.*

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## 'Old Cuba' reveals Caribbean jewel

• **TITLE:** Old Cuba  
• **AUTHOR:**  
Alicia E. Garcia  
• **PHOTOGRAPHER:**  
Julio A. Larramendi  
• **REVIEWED BY:**  
Dawn A. Davis

From Old Havana to Cardenas, to Santa Clara, to Baracoa and more, we see the magnificence of historic Cuba in brilliant images and vivid descriptions in a new publication titled "Old Cuba".

Authored by Alicia E. Garcia, with photography by Julio A. Larramendi, the book takes readers on a nostalgic journey of Cuba, once referred to as "the jewel of the Caribbean".

Once an exotic vacation hideaway for rich Americans, with nightclubs, intoxicating cigars, rum, and rich traditions of salsa, today's Cuba has lost its shiny veneer. But, with the relaxing of the United States' 50-year-plus economic and travel embargo on the island, the crippling effects are slowly easing as Americans, curious about this hidden treasure, start to travel to the largest island in the Caribbean.

This colorful coffee table book should be a must-read for "treasure hunters" to the island as Garcia and Larramendi have created a detailed "map" for tourists seeking the richness of the Cuba of old.

### HISTORY

It's not just about destination descriptions and grand photos. "Old Cuba" is also a history book, marking the island's major milestones. In chronological order, the author walks through Cuba's development, beginning with the year

Christopher Columbus landed on the Taino-inhabited island in 1492.

Unfortunately, there is only a cursory mention of the indigenous people as highly advanced and skilled. There is no reference to their extinction at the hands of the European colonizers.

The Spaniards' expansion and development of the island, through the establishment of cities and government centers at the beginning of the 1500s,

highlights the importance of this island and other Caribbean territories at the time.

### FORTRESS

The growing Spanish population also had to protect its new territory, hence the creation of military fortifications, barracks and castles in Cuba and around the region. Many still stand unchanged centuries later as testament to the architectural skills of their creators.

Old Havana, for example, is a step back in time. One of the oldest cities in the Americas, according to Garcia, it's rich in history, culture and architecture. She describes its important marine setting, the "beloved" Havana Cathedral, and that the old city was declared a UNESCO World Heritage Site in 1982. Accompanying images show the perceived opulence of the period.

There is so much to "Old Cuba". The combined descriptions, history and images starts the journey that must be taken if one is to go beyond 30-second news clips and sound bites.

*Dawn A. Davis is a freelance writer for Caribbean Today.*



## Nobel Prize-winning St. Lucian poet Derek Walcott dies at 87

CASTRIES, St. Lucia – St. Lucian-born Nobel Laureate Sir Derek Walcott died last month after a prolonged illness. He was 87.

According to relatives who were by his bedside, the 1992 Nobel Prize for Literature winner died at his home on the morning of Mar. 17. Up to press time no details of his illness had been disclosed.

Sir Derek was professor of poetry at the University of Essex from 2010 to 2013. He

was the second St. Lucian to win the Nobel Prize, following Sir Arthur Lewis who won the award for economics in 1979.

Sir Derek's works include the Homeric epic poem "Omeros" (1990), which many critics view "as Walcott's major achievement." Sir Derek is survived by three children, Peter, Elizabeth and Anna.

*- Edited from CMC.*



## Cops handcuff Wyclef Jean, mistaking him for robber

Haitian-born rapper/singer Wyclef Jean was last month handcuffed after police officers in Los Angeles, California mistook him for a suspect in a robbery.

According to reports, Jean said he was returning from a recording studio early in the morning when he was pulled over by the police. He claimed he told the cops they had the wrong person and that they never informed him about the reason for the stop.

"They proceeded to ignore me and I was treated like a criminal until other police showed up and pointed out they had wrong person," he tweeted.

According to the Sheriff's Sergeant Charles Duncan, Jean's vehicle was stopped because it matched the descrip-

tion of one driven by the robbery suspect who, like Jean, was wearing a red bandana. The real suspect had allegedly pistol-whipped and robbed

two persons in West Hollywood, California. Jean, in another tweet, blasted the Los Angeles Police Department (LAPD) for the incident.

### 'HANDS UP'

"LAPD another case of mistaken identity," he tweeted. "Black man with red bandana robbed a gas station as I was in the studio working but im in handcuffs? "

Jean tweeted that the



Wyclef Jean

police asked him "to Put my hands up. Then I was told do not move. I was instantly handcuffed before being asked to identify myself."

After the police realized Jean was not the suspect, they released the artiste. He had been detained for roughly six minutes, police said. Jean was still fuming after the incident.

"I am sure no father wants his sons or daughters to see him in Handcuffs especially if he is innocent," the founding member of the hip-hop group the Fugees tweeted.

The real suspect has since been arrested, according to the police.

*- Compiled from various sources.*



## Little Haiti Book Festival set for May 27, 28 in Miami

Authors from Haiti and its diaspora will showcase their work at a two day book fair scheduled for next month in Miami, Florida.

"The Little Haiti Book Festival", a free public event set for **May 27 and 28** at the Little Haiti Cultural Complex, is also expected to feature

activities for children, a writers' workshop, film screenings, dance and music performances.

The program is a result of a partnership between Miami Dade College's "Miami Book Fair International" (MBF) and Sosyete Koukouy of Miami Inc. It is part of MBF's

"ReadCaribbean" programming.

The cultural complex is located at 5919 N.E. Second Ave.

For more information, visit [miambookfair.com](http://miambookfair.com) or call **305-237-3258**.



May is Haitian Heritage Month. Come with Caribbean Today as we celebrate this most exciting and eventful time of year, while we salute the wonderful people of Haiti. The Haitian culture is one filled with strength, beauty, and grace. Let us be the conduit for showcasing your tribute to Haitian Heritage Month in this special Issue of Caribbean Today. Have your ad message in front of over 108,000 esteemed readers eagerly awaiting this special edition.

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# TOURISM/TRAVEL



## Turks and Caicos national gets top post in Caribbean tourism

MIAMI, Florida – Turks and Caicos Islands native Stacy Cox has been appointed president of the Caribbean Society of Hotel Association Executives (CSHAE).

Cox, who is executive director of The Turks and Caicos Hotel and Tourism Association (TCHTA), was appointed to the CSHAE leadership position during board meetings that preceded its annual Caribbean Travel Marketplace event in The Bahamas last month.

CSHAE is an independent

organization aimed at advancing professional development and strengthening networking among Caribbean hotel and tourism association executives.

Cox has more than 20 years of hospitality experience. She represents the membership of TCHTA on matters affecting the tourism and hospitality industry, both locally and internationally, including advocacy issues and marketing initiatives.

- Edited from CMC.



## Jamaica lines up loads of attractions this spring

Jamaica has planned a variety of attractions this month. Activities are based on themes of music, health/wellness, fashion and food. Below is a sampling:

### Carnival season, through

**April 23** - Events place the spotlight on the capital city Kingston and the resort town of Ocho Rios, with special shows featuring local Jamaican and international soca artistes.

Several high-energy, fun-filled events, from beach parties to breakfast fetes, weekly mas camps to jouvert and street parades of costumed revelers will mark the celebrations, which culminate with the "Road March" on April 23.

Other highlights include: Beach Jouvert (April 15), Reveler's Fete (April 19) and

Bacchanal Jouvert and Road March (April 21). Visit [www.visitjamaica.com](http://www.visitjamaica.com) for more information.

### April 24, Westmoreland Curry Festival, Savanna-La-Mar

- This festival honors Jamaica's Indian legacy. It features curry dishes and celebrity cook-offs. Chefs from across the island showcase their exclusive curry cuisine. Live musical entertainment provided.

For more information, go to [www.visitjamaica.com](http://www.visitjamaica.com).

### April 29, Jakes Off-Road Triathlon, St. Elizabeth

- The 22nd staging takes place at Treasure Beach. It comprises a 300 meters swim, a 25 kilometers bicycle ride and a seven kilometers run.



## Bahamas regains control of airspace from U.S.

NASSAU, The Bahamas - The Bahamas government has signed an agreement with the United States-based Federal Aviation Administration (FAA) which it said shows the "maturation of a sovereign country" as it relates to its aviation sector.

The Ministry of Transport and Aviation signed the "Declaration of Intent on Flight Information Region" (FIR) with the FAA last month.

The Perry Christie government also signed a Radar Data Sharing partnership document.

Transport and Aviation Minister Glenys Hanna-Martin said the signing signals "maturation of a sovereign country" as it relates to its aviation sector.

The Bahamas gained sovereignty over its geographical airspace when it gained Independence in 1973. However, the FAA has continued to manage and control its airspace as part of its Flight

Information Region, under arrangements that pre-date Independence.

"The signing of these documents is a culmination of a journey that started a while back," Hanna-Martin said. "This is also a significant intervention for domestic travel in the country."

### 'LARGER DIALOGUE'

She said that the documents formalize arrangements between the two sovereign states and also point to the beginning of a "larger dialogue" between The Bahamas and the U.S.

According to a government statement, the new FIR means that The Bahamas will be able to manage its own airspace after a 10-year arrangement with the FAA. The FAA will be paid for providing air traffic management services during this period as the country builds capacity in the sector.

Discussions between the FAA and the Bahamas over

the management and control of the upper levels of the country's airspace began in earnest with the first round of talks held in 2014. The last meeting took place in Miami in mid-December.

"As part of the deal, all Bahamian aircraft operators will be exempt from paying over flight fees to the FAA on flights that take off and land in The Bahamas", the statement noted. "The exemption, which took place earlier this year, will translate into significant savings for local aircraft operators, including Bahamasair".

It added that the Radar Data Sharing agreement will replace the former one-sided relationship with the FAA and will now feature a mutual sharing arrangement with the U.S.

Last month, the government announced the plan to install four new Doppler radars throughout the country.

- Edited from CMC.



## USVI IN STYLE



Beverly Nicholson-Doty, second left, commissioner for tourism in the United States Virgin Islands, was recently in the U.S. to promote travel to her country. While in South Florida, the USVI delegation, led by Governor Kenneth E. Mapp and which also included representatives from the Virgin Islands Port Authority and The West Indian Company, participated in Seatrade Cruise Global. Also in the photograph, taken at the Miami studios of NBC, are reporter Johanna Gomez and dancers Lydia Tyson, left, and Jenee Reynolds.

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## Four Caribbean nations in top 25 global destinations

Four Caribbean islands have earned coveted spots among the top 25 best destinations in the world.

Making the cut are Jamaica, Belize, St. Maarten and the Cayman Islands, according to the 2017 Traveler's Choice Award for Top 25 Destinations in the World, which was unveiled last month by TripAdvisor.

Jamaica took the title as best Caribbean destination, while finishing 12th on the global rankings.

Ambergris Caye, Belize Cayes in Belize took the spot as second best Caribbean destination and 17th globally.

St. Maarten-St. Martin took the 19th global spot while finishing third best Caribbean destination.

Grand Cayman, Cayman Islands rounded out the list as fourth best Caribbean destination and the 22nd best in the world.

- Edited from News Americas





# RULERS: Calabar, Edwin Allen extend winning streaks at Jamaica's 'Champs'

**GORDON WILLIAMS**

KINGSTON, Jamaica - Calabar and Edwin Allen, the reigning kings and queens of Jamaica's illustrious high school track and field competition, extended their grip on the throne at the national championships here.

When the dust finally settled at the 2017 ISSA/Grace Kennedy Boys and Girls Championships, popularly known as "Champs and widely regarded as the biggest meet of its kind in the world, both schools had withstood robust challenges from fierce rivals across the Caribbean island to emerge winners.

This year's meet - from Mar. 28 to April 1 - drew an estimated 70,000 fans to the National Stadium, with thousands more tuning in locally and in the diaspora, especially in the United States, during an

event which annually ignites fever-pitched passion from students past and present.

Calabar endured the tougher road to victory, finishing on 317 points to clinch the boy's section, three points ahead of arch rival Kingston College, with Jamaica College, 203, third. But Calabar's win came only after securing the final event, the 4x400 meters relay, to stop a furious late rally from K.C. It was the sixth consecutive championship for the young men in green and black, 27th overall.

Edwin Allen's victory was decided long before the 4x400

as the school in sky blue cruised to its fourth straight crown with 304.5 points. Hydel finished second with



Taylor

255 and, along with Holmwood, 238, threatened Edwin Allen throughout the brutal five-day competition.

Champs - again - pro-



Davis

duced numerous top quality age group performances. For locals, the raw excitement generated by the spectacle is intoxicating, as alumni and bandwagon fans ride the roller coaster of emotions during magnificent athletic competition.

The massive crowds on the final two days were especially intense, immersing fans in a boiling cauldron of deafening noise - cheers, drum-beating and horn-blowing - accompanied by frantic flag waving and constant

motion, all while decked out in the colors of the schools they support. Visually, the sight was breathtaking. Visitors who witnessed it for the first time were left in awe.

"This is crazy," said Erica Hideshima, a producer for a sports television channel in Brazil who was in Jamaica to film an interview with superstar sprinter and Champs product Usain Bolt. Except for her country's legendary passion for soccer, Hideshima said, she'd "never seen anything like" Champs.

The competition didn't disappoint either, with numerous records sent tumbling over five days, starting with the first day of preliminary events. Outstanding performances were common. Among them was Calabar's Christopher Taylor, who dominated the 200 meters, 400, 4x100 and 4x400 in his first year competing in Class 1, for ages 16 to 19.

## SPECTACULAR

Similarly spectacular were the likes of St. Jago's Brianna

(CONTINUED FROM PAGE 18)

## Caribbean nations get CONCACAF Gold Cup soccer group draw

Five Caribbean countries now know who and where they'll play in the group stages of this summer's Gold Cup in the United States.

Following the draw last month Jamaica, which reached the final of soccer's premier international tournament for countries in the Caribbean, North and Central America (CONCACAF), was placed in Group C, where the Reggae Boyz will face Mexico, which beat them in the 2015 Gold Cup

final.

Jamaica will play "El Tri" in the preliminary round on July 13 at the Sports Authority Field in Denver, Colorado. Also in Group C are Central American team El Salvador and Caribbean nation Curacao.

Jamaica will open its campaign against Curacao on July 9 at the Qualcomm Stadium in San Diego, California and play El Salvador in its final preliminary outing on July 16 at the

Alamodome in San Antonio, Texas.

New CONCACAF President Victor Montagliani said he expected this year's tournament to unearth similar excitement as Jamaica's unexpected run to the 2015, which included a semi-final victory over the U.S.

"With so many compelling matches set to take place in great stadiums from coast to coast, culminating at Levi's Stadium on July 26, it's

going to be an exciting summer of (soccer) for fans across the region," Montagliani said.

Other Caribbean teams in the Gold Cup have been handed challenging assignments. French Guiana has been drawn in Group A, alongside Honduras, Costa Rica and Canada. Martinique will clash in Group B with the U.S., Panama and Haiti, which defeated Nicaragua last month to earn the Caribbean's final place.

The quarter-finals of the tournament are scheduled for Philadelphia, Pennsylvania and Glendale, Arizona on July 19 and 20, with the semis on July 22 and 23 in Arlington, Texas and Pasadena, California.

The July 26 final will be played at Levi's Stadium in Santa Clara, California.

- Edited from CMC.



## T&T struggle in W.C. soccer bid

Trinidad and Tobago recorded mixed results last month which left its campaign to play in soccer's premier global tournament, the 2018 World Cup, still alive, but struggling.

The Soca Warriors entered their third match in the six-team final round of qualifiers for CONCACAF, which features countries from North and Central America and the Caribbean, without a point after two games. They managed to beat Panama 1-0 on Mar. 24 in Trinidad, but lost to Mexico by the same score four days later.

Those results, after four games, left T&T at the bottom of the group with three points. Mexico leads the hexagonal with 10 points, followed by Costa Rica on seven. Panama has five points, with the United States and Honduras on four.

## PROSPECTS

The competition resumes later this year. The top three finishers in the regional group will advance to the World Cup, with the fourth place finisher



Lawrence

playing against a nation from another group.

T&T coach Dennis Lawrence has urged the country to start believing in the national team, despite the huge task it faces in qualifying for the World Cup in Russia.

"We have to start believing as a nation that it can be done," said Lawrence last month. "Of course it is very difficult but it can be done.

"We just need to get away from the idea that when it looks like it's going to happen, then we get on board. Let's get behind the boys now, let's give them every single thing to try and get us there."



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# Jamaica's 'L.A.' Lewis looks to rekindle pro soccer fire in U.S.

**GORDON WILLIAMS**

HOUSTON, Texas - A Hollywood smile still comes easily to Andre "L.A." Lewis. Still, it masks a bruising journey the Jamaican's professional soccer career has taken so far in North America.

For Lewis, so much had been expected for such a long time, it's hard to believe he's still only 22. His fairy tale run kicked off as a top player at St. George's College, at that time the best high school team in the Caribbean island. That earned him a starring role at the 2011 FIFA Under-17 World Cup - where he scored a spectacular goal against France - and a call-up to the senior Reggae Boyz World Cup qualifying squad.

After a brief stint with the New York Cosmos, the N.A. Soccer League (NASL) club made famous for signing all-time greats like Pele and Franz Beckenbauer in the '70s, Lewis became a surprising top 10 draft pick by Vancouver Whitecaps of Major League Soccer (MLS), N.A.'s top professional competition.

**'BIG WALL'**

But what seemed a sweet

career climb came to a vicious halt following a nasty knee injury in July 2014.

"Yeah, that gave me a big setback, because at the time I was doing well," said Lewis just hours before finally making his senior national team debut against Honduras here on Feb. 16.

"... The injury made a big stop in my life. Like it was a big wall for a lot of people that was looking out for me to say 'yes, Andre will come up to be ... the next great Jamaican player'."

The torn right anterior cruciate ligament, suffered while Lewis was on loan at United Soccer Leagues (USL) club Charleston Battery from Vancouver, sidelined the silky smooth midfielder for almost a year. But it forced Lewis to beef up his fragile physique. He also built mental toughness, even while accepting he would have to start over in second tier leagues like NASL and USL.

"I learned a lot about myself," Lewis explained. "Like, it doesn't matter where you play, there's always stages where you have to adjust. Because you're not gonna just



- Photograph by Gordon Williams

Lewis is on the way back.

walk in and expect to like dominate the league. You have to adjust and adapt to whatever situation it is."

Last season he signed with MLS's Portland Timbers, which covets his technical abilities - control, passing, dribbling - and composure. It's the skill set which pleasantly surprised clubs at the 2014 MLS Player Combine. Lewis spent 2016 with Portland's sec-

ond team - "T-2" - in USL, making 24 appearances and scoring a goal.

**'BONUS'**

Better yet, he finished 2016 hurt-free.

"For me to play that season without getting an injury, it was like a bonus for me," Lewis said.

Going into 2017, he was still assigned to Portland's "T-2". But Lewis wants to challenge for a role with the first team, where he did spot duty in pre-season. He knows he must wait his turn.

"You have to be patient and it will come," Lewis said.

He doesn't lack belief. Rehab made him stronger, allowing him to be more physical on the field. He's focused, absorbing the pro game's nuances.

"I am very confident right now that I can compete at that level," said Lewis. "But, as I

would tell myself, there's always room for improvement. So right now I'm happy, but I still think I can go more. There is a lot more to learn right now."

He's eyeing not just club success, where Lewis's goal is to make his MLS debut in 2017, but international as well. Jamaica's upcoming assignments include the Caribbean Cup semi-final round in June and the Gold Cup, for top countries in the Caribbean, North and Central America, in July. The Boyz declared they'll bank on youth, after another failed World Cup campaign. Lewis wants in. The remainder of his goals he guards closely.

"The rest I'll keep to myself," he said, easing into a smile.

Yet the word is already out: L.A. is back.



## BRIEFS

**Bahamas hosts World Relays**

The 2017 international outdoor track season shifts into high gear this month with the staging of the IAAF World Relays April 22 and 23 in Nassau, The Bahamas.

Track powerhouse nations, including several from the Caribbean, plus the United States, Europe and Africa, are set to compete in a variety of events ranging from 4x100 to 4x800 meters at the T. Robinson Stadium in a preview of this year's World Championships in Athletics.

**Kim Collins set to retire**

Former world champion Kim Collins said he will retire from track and field following this year's IAAF World Championships in London.

"I think London will be my last," said the 41-year-old St. Kitts and Nevis sprinter last month. "My oldest son is now 19. The kids are growing. But it's been great for the younger generation as it shows that if you take care of your body, you

can have a long-lasting career."

He won the 100 meters title at the 2003 championships. The 2017 championships are scheduled Aug. 4-13.

**Reggae Boy leads EPL club in Champions League**

Wes Morgan became the first ever Jamaican to score in a Champions League game as reigning English champions Leicester City dramatically overturned a first-leg deficit to beat Sevilla 2-0 and storm into the last eight of the Europe's most celebrated competition last month.

Entering the home contest trailing 1-2 following an away defeat last month, Leicester ensured its European fairytale continued as defender Morgan and Marc Albrighton scored in either half to snuff out the threat from the Spanish side.

**T&T's Hoyte signs with Cincinnati FC**

Trinidad and Tobago defender

Justin Hoyte has signed a one-year deal with the United Soccer League's (USL) Cincinnati FC, the club announced last month.

The England-born 32-year-old, who has been capped multiple times for T&T, joins the mid-western United States unit.

Hoyte spent six seasons at English Premiership giants Arsenal. That experience, according to Cincinnati FC coach Alan Koch, was important to his side's upcoming campaign.

"To add a player that has Premier League experience is a major addition to our squad," said Koch. "Justin's personality and humbleness for someone who has already achieved a significant amount in the game is enriching for our group."

- Compiled from multiple sources.



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## RULERS: Calabar, Edwin Allen extend winning streaks at Jamaica's 'Champs'

(CONTINUED FROM PAGE 17)

Lyston, competing Class 4 for girls 10 to 12, who stunned the crowd with a 100/200 meters double, including a record-shattering 23.70 seconds in the longer sprint which would make many world class senior female competitors blush.

Champs also exposed one of the key reasons for Jamaica's marquee place in world track and field. The athletes are highly trained, not just in the physical requirements of competition, but the mental as well. In one example, Kivona Davis of Edwin Allen, the huge favorite to win the Class 3 girls 100 meters for

13 to 14-year-olds, after a sensational early season, false-started in the final of the event and was disqualified. The disappointment forced her to tears. However, the following day the 14-year-old bounced back in the 200, championship heart in firmly place, to demolish the field and take gold.

In another example, Aryamanya Rodgers, whose move from native Uganda to Kingston College ignited a firestorm of controversy over his eligibility to compete at Champs, shrugged off that distraction to place second in boys Class 2 (14-15) 1500 and

then returning to dominate the 5000 meters open on final day, winning by an alarming margin and to earn deserved applause.

When the curtain came down on Champs, where 114 schools competed in the girls section and 111 in the boys, the wild flag-carrying around the stadium track and the fireworks display that followed saluted the victorious teams, while the stone silence elsewhere showed that everyone else were beaten, but unbowed.





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# 'COOL RUNNINGS': Jamaican serves up Caribbean treat for Texans

**GORDON WILLIAMS**

HOUSTON, Texas – In the land where big steaks still dominate American taste buds, Caribbean cuisine is steadily carving out a place on

Texas menus.

Among those serving up Caribbean dishes is Jamaican-born Terron Henry, whose "Cool Runnings Bar and Grill" here has become a popular spot to discover the

region's delicacies.

According to Henry, Houston residents have been lured by his passion to apply Caribbean flavor to almost everything - from fish to chicken, vegetables and beef.

## Spicy, filling bulla, down home dessert treat

**MINNA LAFORTUNE**

Growing up in Jamaica there is an array of freshly baked goods to eat, especially during lunch time at school.

Among them is the bulla.

I loved bulla because it, like the other baked goods, is spicy and filling. It is also cake-like and the size of the palm of your hand.

Bulla is it usually paired with avocado, cheese, butter or eaten by itself. The paring of bulla with avocado, cheese or butter gives a different delicious and satisfying taste. Here's the recipe for the Jamaican bulla:

### Ingredients

- 3 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda

- 1/4 teaspoon salt
- 2 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 teaspoons ginger powder
- 1 teaspoon allspice
- 1/2 pound wet sugar or dark brown sugar
- 2 tablespoon melted butter
- 3/4 cup water

### Method

Mix all dry ingredients together. Add water and melted butter.

Put mixture in a well floured board and roll the mixture to 1/2 inch thickness. Put enough water to combine all ingredients.

Cut the mixture into circles. Place on a lightly greased and floured baking sheet. Bake at 400 degrees for



Jamaican bullas.

roughly 20 minutes.

*Edited from News Americas. Minna LaFortune is a trained Caribbean caterer and president of the Society for the Advancement of the Caribbean Diaspora (SACD).* ✨

"(People) just find us as a unique place," said Henry recently. "The thing with Jamaican food is that it's seasoned and that's what separates us from all the other foods.

"It's the seasoning, the spices, the herbs you rub into it. They can get a barbecue, but when you really taste some barbecues it's kind of dry and smoky. So, when you give them some seasoned jerk, that's marinated about 24 hours, trust me, they find you and the thing sell off."

### NOTICE

The public has taken notice. Television's Food Network decided to film a segment at Cool Runnings for its "Triple D" program. According to Henry, his Facebook account boomed from 5,000 to 12,000 followers a few days later.

"It was exhausting but fun," he said. "It was just crazy. It was a good feeling to represent Jamaica as a whole and that they're choosing us."

More and more people are sampling what he's serving, which includes popular dishes such as jerk chicken, steamed, brown stewed and escovitched fish, oxtails and rice and peas. Customers span a cross-section of America. In each of his eight years as owner, Henry claimed, the restaurant has shown "at least a 20 percent increase" in business.

"I get everybody," said Henry. "In fact, I think less than 20 percent of my clientele is Jamaican. I get the entire Caribbean population and if you come into my spot any given day, there's white man, Chinese and there's everybody. So I'm not limited to Jamaicans, not in any way."

### PUSH

Henry said he's always avoided traditional restric-



Henry, decked out before a Reggae Boyz soccer match, is proud to represent Jamaica.

tions. The former bartender, who worked at famous hotels such as the Ritz Carlton and Four Seasons, started out catering small gatherings - "two little people" - and events, like local festivals. But his food caught on.

"(Customers were) like 'man, your food is good, you need to be out everyday,'" Henry recalled. "'You can't just be out just seasonal'."

So he pushed on. Now Henry, who also has a food truck which goes around Houston, is trying to take what is typically seen as a "mom and pop" Caribbean venture into a bigger arena.

"If you just put the product out there, just limit yourself to a small scale Jamaican clientele, you will get that," he said.

"But my thing, coming from the Ritz Carlton, coming from the Four Seasons, coming from (his high school Kingston) College, coming from Jamaica, I want the best of the best and I just opened up the market to everybody.

"... Not everybody can cook. But you have to be in it. Basically, if you're not in it to win it, better you don't even bother playing with it."

It's part of 44-year-old Henry's plan to create something he can appreciate before he's too old.

"I don't want to be in it at 60," said Henry. "I want to build it so it is where it is and I can relax and enjoy it, really."



## Jamaica's culinary championships

The first Regional Culinary Championship, organized by the Jamaica Cultural Development Commission (JCDC), will served up this month in the Caribbean island's northern region.

Budding chefs and foodies will be allowed to showcase their talents and compete in several categories, including - special diets (live cooking), fruit and vegetable carving, sweet treats, mixology,

"dutchie dash" and "hot-off-the-grill".

The featured competitors will be primarily from the parishes of St. Mary, St. Ann and Portland.

The Northern Region Culinary Champs will be staged at the St. Mary's Anglican Church, Port Maria. There will also be a farmers' market, sponsors' booth, and children's village.



## SALUTE TO THE BAHAMAS

In June, Caribbean Today will spotlight the Bahamas-3000 islands, cays and inlets located in the Atlantic Ocean. With a population of over 385,000 people, this nation continues to influence its Caribbean cousins and The United States mainland, Florida in particular. The Bahamas is located in the same island chain as Cuba, Hispaniola (Dominican Republic and Haiti) and is one of the richest countries in the Americas per capita. Come with Caribbean Today as we focus on the great people of The Bahamas and learn of their contributions to the Caribbean region and the U.S.

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~ A CARIBBEAN TODAY SPECIAL FEATURE

## Simple ways to incorporate exercise into daily life



You are never too busy to work out.

When constantly struggling to juggle the unending daily responsibilities of both work and family life, trying to squeeze in time to exercise can be a daunting task.

Throughout the day, you may be faced with the difficult choice: to move or not to move. Luckily, there are many simple changes you can incor-

porate into your daily routine to squeeze in that extra bit of movement, such as parking a bit farther away from your destination or opting to take the stairs versus riding the elevator.

Additionally, experts recommend isometrics, a form of exercise that involves tensing muscles without moving them, which has been shown to be an effective way to increase strength and boost metabolism, as well as maintain a healthy weight and improve overall health - all in ways that fit a busy schedule.

With just 15 minutes per day, isometric exercises have proven to increase strength by 30 percent over six weeks, according to studies. Among its many health benefits, isometrics can also improve stamina, combat osteoporosis,

reduce pain and even lower blood pressure.

While it's often today's technology that keeps people strapped to their chairs and chained to their couches, certain new technological advancements encourage just the opposite, serving as exceptional healthy lifestyle resources. One such program harnessing the benefits of isometrics is Activ5 from Activbody. This new portable,

(CONTINUED ON PAGE 22)

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## T&T issues yellow fever advisory for some travelers

PORT OF SPAIN, Trinidad – The Ministry of Health here has placed restrictions of travelers coming from six countries in the wake of outbreaks of the yellow fever.

The health minister said effective Mar. 22, travelers coming from Brazil, Colombia, Ecuador, Peru, Bolivia and Suriname would be required to show documentation in their respective countries proving that they have been vaccinated against yellow fever before they are allowed to travel to this coun-



The virus is transmitted by mosquitoes.

try.

Minister of Health Terrence Deyalsingh said this became necessary in order to prevent an outbreak of the virus in Trinidad and Tobago.

(CONTINUED ON PAGE 22)

## Getting to know tuberculosis

Tuberculosis - or TB - is one of the world's deadliest diseases.

It is caused by a bacterium called mycobacterium tuberculosis that usually attacks the lungs, but can attack any part of the body, including the kidney, spine and brain.

Latent TB can live within the body without making you sick. People with latent TB do not have symptoms, are not infectious and cannot make others sick.

TB is spread through the air and symptoms of the disease include:

- \* A bad cough that lasts three weeks or longer;
- Pain in the chest;
- Coughing up blood or sputum; and
- Weakness or fatigue, weight

loss, loss of appetite, chills, fever and sweating at night.

Through its statewide TB program and its support of the Florida System of Tuberculosis Care, the department is aiming to eliminate TB in the state. Cases of TB in Florida have gone down by 35 percent from 988 cases in 2007 to 639 in 2016. Cases of TB in Miami-Dade County have gone down by 43 percent from 203 cases in 2006 to 116 in 2016. The department has implemented improved testing and treatment technologies, making it easier for clients to successfully complete therapy.

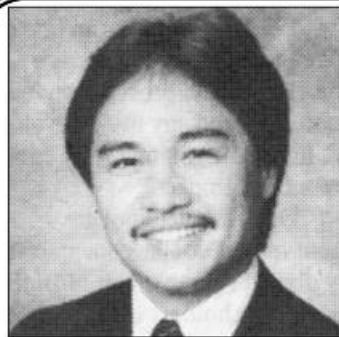
To learn more about TB, visit the Florida Department of Health's website.



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# SPRING HEALTH



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~ A CARIBBEAN TODAY SPECIAL FEATURE

## SEEING IS BELIEVING: What to know about eye health

Did you know that doctors now recommend that children as young as six months old should have their first comprehensive eye exam?

Not only is correcting

vision problems crucial for happiness and success, but an eye exam can detect such health problems as diabetes, high blood pressure and high cholesterol.

Experts say eye care should be a lifelong commitment, with eye exams beginning in infancy and progressing at different intervals as you age. VSP has built a free

online service at vsp.com to assist patients needing eye doctors.

- Edited story, graphic from StatePoint.

**WHAT YOUR EYES CAN TELL YOU**  
#EYEOOPENINGMOMENTS

**EYE EXAM MILESTONES:**  
**6 MONTHS OLD:** INFANTS SHOULD HAVE THEIR FIRST COMPREHENSIVE EYE EXAM AT 6 MONTHS OF AGE.  
**3 YEARS OLD:** FOLLOWING THE INITIAL EXAM IN INFANCY, CHILDREN THEN SHOULD RECEIVE AN ADDITIONAL CHECKUP AT 3 YEARS OF AGE.  
**SCHOOL-AGE:** THE NEXT EYE EXAM SHOULD OCCUR AT 5 YEARS OF AGE OR BEFORE ENTERING KINDERGARTEN AND EVERY YEAR THEREAFTER.

**OTHER THINGS YOUR EYES CAN TELL YOU**  
**ONE STUDY FOUND THAT EYE DOCTORS WERE THE FIRST TO IDENTIFY SIGNS OF DIABETES 34% OF THE TIME, HIGH BLOOD PRESSURE 39% OF THE TIME, AND HIGH CHOLESTEROL 62% OF THE TIME.**

“ Good eye care is more than just seeing signs or being able to read. As we learned, it really can affect more than that. Your eyes are too precious not to have them checked out regularly. ”  
 - Tracie Fobes, Penny Pinchin' Mom

**WHAT TO EXPECT AT AN EYE EXAM**  
 MAKE AN APPOINTMENT: VSP.COM  
 FIND A DOCTOR, SEARCH FOR A VSP DOCTOR NEAR YOU BY VISITING VSP.COM.

**DURING YOUR EXAM:**  
 COMPLETE MEDICAL FORMS  
 LOOK AT AN EYE CHART

**GENERAL VISION CHECK AND PRESCRIPTION**  
 Eye Teaming Test  
 Glaucoma Test or "puff test"  
 Refraction  
 Pupil Dilation  
 Slit Lamp Exam

**AFTER YOUR EXAM:**  
 SELECT YOUR FRAMES OR CONTACT LENSES.  
 START SEEING CLEARLY.

vsp  
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## T&T issues yellow fever advisory for some travelers

(CONTINUED FROM PAGE 21)

The virus normally spreads in what is known as a jungle or sylvatic cycle, with transmission between mosquitoes and monkeys. It is common among red howler monkeys native to forests in the twin island republic.

Deyalsingh said while most citizens of are vaccinated against yellow fever from a very young age, there are still thousands of people who are yet to be immunized.

The health minister added that the people most at risk of contracting yellow fever are those who go into the forests where infected monkeys may reside. He said it was, therefore, imperative that hikers,

farmers, hunters and other people visiting or living near the forests be vaccinated.

Regional carrier Caribbean Airlines has advised passengers to liaise with travel agents for a list of vaccination requirements before their scheduled departure.

The yellow fever virus is transmitted to humans by the bite of an infected mosquito. Yellow fever is diagnosed based on symptoms, physical findings, laboratory testing, and travel history, including the possibility of exposure to infected mosquitoes.

- Edited from CMC.

## Simple ways to incorporate exercise into daily life

(CONTINUED FROM PAGE 21)

handheld fitness device works with a downloadable companion app to coach users through fun and simple five-minute, low-impact isometric workouts that can be performed discreetly at work, in the comfort of home or when traveling.

### FUN

Featuring over 100 unique workouts personalized for users' individual fitness levels, it includes a suite of games to make fitness more fun — as though you have an enthusiastic, animated personal trainer right in your pocket.

“Most of us sit way too much. Although we all want to be more fit, for many of us it's nearly impossible to carve out time to get to the gym,” says Activbody Chief Executive Officer Leo Griffin. “We wanted to create a way for people to get a full body workout quickly and effectively during their downtime,

while still having fun and being entertained.”

The Activ5 app also measures data such as strength, precision and other personal metrics, giving users an opportunity to track their progress. To learn more about isometric exercise or to download the app, visit TryActiv5.com.

While the idea of heading to the gym after a jam-packed day may sound exhausting, making health a priority and incorporating some extra movement in your day is easier than ever before. Whether it's as simple as playing with the kids in the yard or squeezing in a five-minute game using a fitness app at your desk, by keeping fitness fun and convenient, you will be more likely to embrace it as part of a healthy lifestyle.

- Photograph and edited story from StatePoint.

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## PRICE IS RIGHT: Selective supermarket shopping for your health

They say the first rule of grocery shopping is, don't go on an empty stomach. It's true.

It can lead to all sorts of temptations, like the smell from the bakery or that fried chicken. Walk away!

If you have a grocery list, you are already a star. Organize the list into sections such as fresh produce, dairy, etc.

I shop the perimeter of the supermarket first to find produce, meat, fish and dairy. Most times, those foods are all I need for my family.

I keep track of sell-by dates so I know when I will use those products. I hate wasting food. By the weekend, the fridge and cabinets are bare – just the way I like it.

### PRODUCE

I love the produce department, so colorful and full of nutrients. Each color reflects the different vitamin, mineral and phytonutrient content of each item.

I didn't grow up with many fruits and vegetables, but I have developed a taste for them. On Sundays, I make a big salad, ready for dinner



Careful choices leads to better health.

and lunch the next day.

If you work upfront, it's easier to stay on track. When I know I'm baking potatoes or roasting chicken, I also roast vegetables at the same time.

I like to feel that what I put into my body is doing me good. Don't get me wrong, I love chocolate and ice cream, but I try to keep them in small portions. If it's in the house, I eat it, so I try not to have those temptations.

### DAIRY

Don't forget dairy prod-

ucts. Low-fat milk for cereal is a perfect way to get the calcium you need. Add a banana and you're set to start your day. Yogurt comes in many forms now, but check the sugar content. My current favorite is plain. I add fresh strawberries or a little honey.

When I go to the middle aisles, I pick up a few items like coffee and canned goods, such as beans and tomatoes (low sodium, of course) for soups, stews and chicken or vegetable stock.

When it comes to bread, I look for high fiber, low sugar.

Just because it says whole wheat doesn't mean it is good for you.

It's important to read all labels. You will be stunned to see the amount of sugar some foods contain.

It takes a bit of time, but you will find a product that suits you and you can stick with. Your palate adjusts quicker than you think.

If you are looking for frozen meals as a quick go-to for work lunch, choose meals low in carbohydrates and high in protein.

*Edited from an article submitted by Kristin Halldorsdottir, a registered nurse with the Florida Department of Health, which also supplied the photograog.* ★

## What to know before taking vitamins

As people look to improve their health, many will turn to vitamins and supplements as part of their healthier routines.

However, experts stress the importance of understanding the potential interactions supplements can have with medications and some brands of medical test results.

One notable example is Vitamin B7, also commonly known as biotin, which is frequently the top selling supplement online and found in a number of multivitamins. Among its many benefits, biotin can help keep your eyes, liver and nervous system healthy, as well as contribute to healthy skin, hair and nails. Some doctors are recommending using biotin to help with multiple sclerosis and diabetes, too.

### SIDE EFFECTS

It's important to research side effects or ask your doctor about them before taking any supplement. For example, while biotin supplements are not associated with any side effects, taking biotin can affect certain brands of blood test results, which can lead to a misdiagnosis or unnecessary treatments for heart disease, thyroid conditions, breast cancer, pregnancy and fertility.

"If you take a multivitamin, biotin supplements or pre-natal vitamins, be sure to talk to your doctor before your next blood test, so that



- Photograph (c) Puhhha - Fotolia.com

Do research before popping vitamins, supplements.

he or she can ensure the lab uses a test that is not affected by biotin," says Ramani Wonderling, associate director for scientific relations in diagnostics at Abbott, a global healthcare company.

Wonderling advises patients to ask their doctors the following questions.

- Will the tests you order be impacted by my taking biotin?

- I prefer not to stop taking my supplements. Can you use a blood test that is not impacted by my taking biotin supplements?

Wonderling also advises that those who take supplements read labels carefully and do their own research about supplement brands, for optimum safety and health benefits.

*- Edited from StatePoint.* ★

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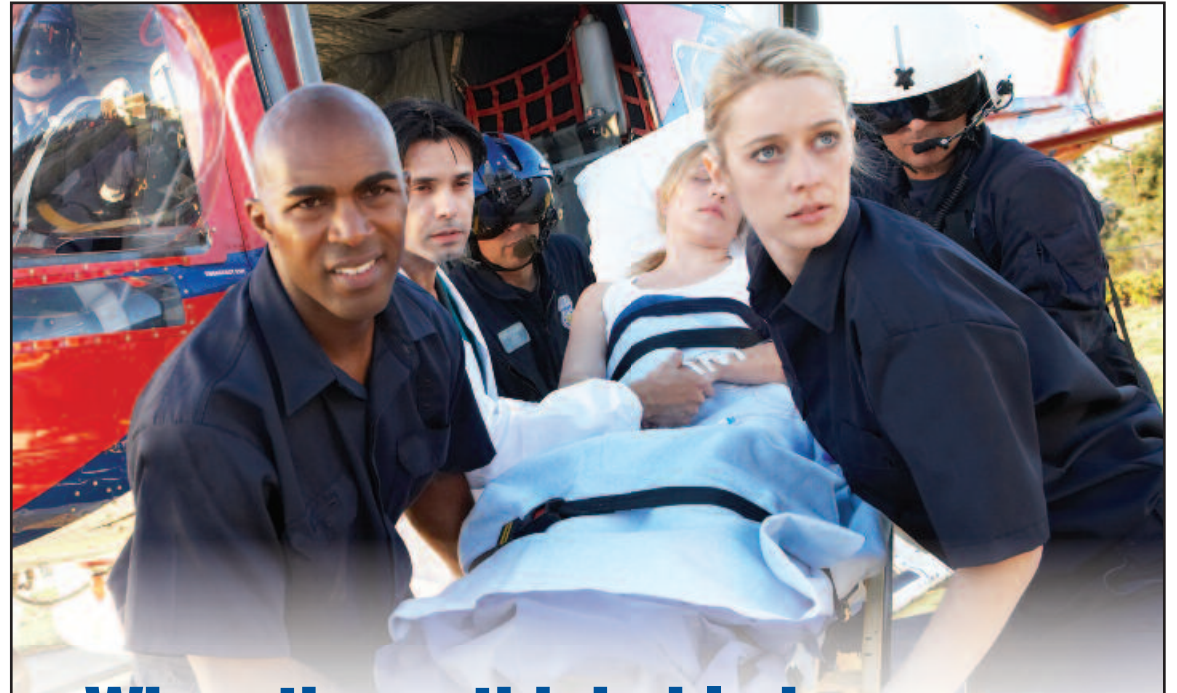
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Made possible with funding from the Centers for Disease Control and Prevention. A message from the Florida Department of Health in Miami-Dade County.