

Caribbean Today

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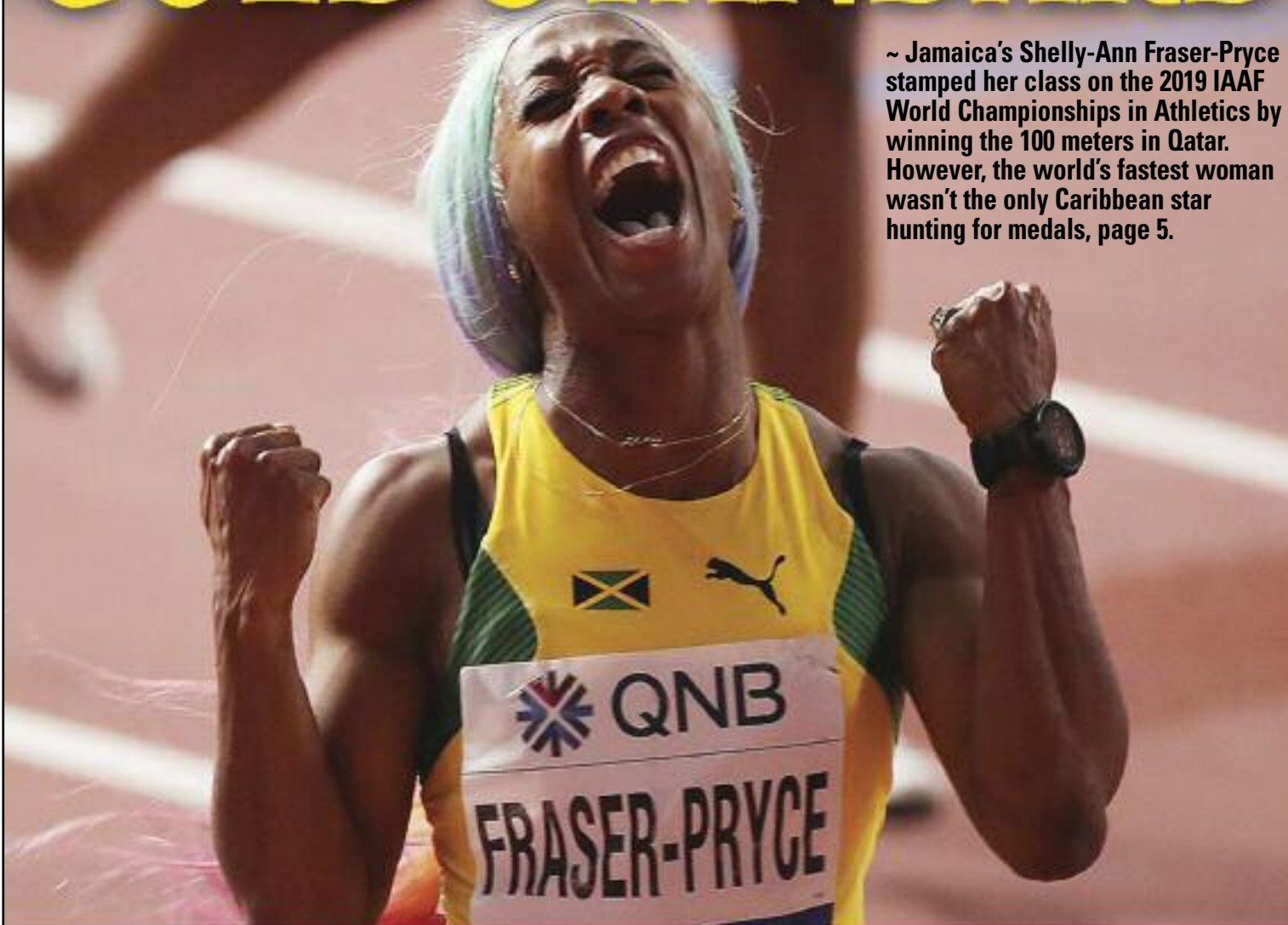


A man who acted as a United States government witness in a case which led to the arrest, extradition and incarceration of Jamaican drug kingpin Christopher "Dudus" Coke, is claiming he will be killed if forced to return to the Caribbean nation, page 2.



Caribbean nations and the United States have rallied to provide aid to victims of devastating Hurricane Dorian in The Bahamas. However, support from the administration of U.S. President Donald Trump comes with limits, page 2.

GOLD STANDARD



~ Jamaica's Shelly-Ann Fraser-Pryce stamped her class on the 2019 IAAF World Championships in Athletics by winning the 100 meters in Qatar. However, the world's fastest woman wasn't the only Caribbean star hunting for medals, page 5.

'WE CAME TO UPLIFT'



~ The Bahamas went to the World Championships determined to raise the hopes of their compatriots battered by Hurricane Dorian. Star athlete Shaunae Miller-Uibo said: "We're trying to ... uplift their spirits a little more and give them something to look forward to and be happy about." She and her teammates were not alone, page 3.

- Photograph by Getty Images

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U.S. informant in Jamaican 'Dudus' Coke's conviction faces deportation, death threats

A man who acted as a United States government witness in a case which led to the arrest, extradition and incarceration of Jamaican drug kingpin Christopher "Dudus" Coke, is claiming he will be killed if forced to return to the Caribbean nation.

The **New York Daily News** last month reported that a man, identified in court documents as "Sean B.", had worked with U.S. law enforcement starting a decade ago. Coke was eventually convicted in the U.S. and, according to Sean B., that made him a target in Jamaica if deported.

"If I return to Jamaica, I am dead as soon as I get off the plane," a sworn statement from Sean B. noted. "I testified against one of the most powerful men in Jamaica.

"Being a snitch in Jamaica is one of the worst things you can do and I am branded as one for the rest of my life. I will be killed in



Coke

Jamaica if I return."

GANG LIFE

According to the Daily News, Sean B. was once a member of the Shower Posse Gang, which Coke allegedly led. In a ruling last month, New Jersey District Judge Kevin McNulty appeared to support Sean B's claim that the witness is in danger. He wrote: "Since (Sean's) testimony, his sister's house was burned down, the house of his

children's mother was bombed, six of his cousins have been murdered, and his father was forced to flee the country."

Earlier this year the U.S. Immigration and Customs Enforcement (ICE) agency ordered Sean B's return to Jamaica. He reportedly spent a few days on the island. While there, the

Daily News reported, Sean B's attorney claimed his client had to flee potential attackers armed with "a machete and sawed-off shotgun". McNulty reportedly ordered his return to the U.S. Up to press time he was in ICE's custody.

Sean B. had been previously arrested for entering the U.S. illegally multiple times. In 2009 he admitted to trafficking illegal drugs and later chose to be a government witness.

"(Sean B.) was a critical witness in the Coke investigation," the Daily News reported federal prosecutor John Zach, who worked on the Coke case, as saying.

"He testified at great personal risk to himself and offered firsthand insight into Coke's organization and how it operated in Jamaica and the United States."

In 2010 Jamaican law enforcement launched a massive search for Coke on the Caribbean island. At least 70 people were reportedly killed during clashes between law officers and civilians in west Kingston, a Coke stronghold.

Coke eventually surrendered and was extradited to the U.S. where, in 2012, he received a 23-year prison sentence.

Sean B. continued to live in the U.S., working, until he was arrested by ICE earlier this year. He was scheduled to attend immigration hearings in the U.S. last month.



Bahamas looks to rebound after hurricane, U.S. help

GORDON WILLIAMS

Dozens have died and hundreds remain unaccounted for almost a month after Hurricane Dorian devastated sections of The Bahamas.

However, while fellow Caribbean nations and the United States have rallied to provide aid to victims of the record-breaking storm, thousands who were left homeless and hungry, it became clear U.S. support will come with strict limits.

Up to press time, more than 50 had been declared dead since Dorian smashed into The Bahamas Sept. 1. The devastation forced hundreds of Bahamians to flee to the U.S. after their homes and businesses were destroyed and family and friends killed.

The U.S. immediately pledged to support The Bahamas and Prime Minister Hubert Minnis praised President Donald Trump as a "true friend" of his country. A delegation from the U.S. Agency for International Development (USAID) met Minnis in the hurricane's aftermath and the prime minister said



Trump

Trump promised "a full and complete response from the government of the United States."

WARNING

However, despite offering support on the ground in the Caribbean nation, the Trump administration did not extend unconditional embrace to the storm's victims.

Trump warned that the U.S. would not accept "very bad people" who may be among those fleeing the disaster. "We have to be very careful," the president said last month. "Everyone needs totally proper documentation."

The president provided no evidence criminals were among those coming to the U.S. from The Bahamas.

The U.S., meanwhile, set up another roadblock when Ken Cuccinelli, the acting U.S. Citizenship and Immigration Services, announced that the Trump administration would not offer temporary protected status (TPS) to Bahamians fleeing the hurricane-ravaged nation.

"The Bahamas is a perfectly legitimate country capable of taking care of their own," Cuccinelli told U.S. broadcast outlet CBS.



Cuccinelli

CONTRAST

His declaration contrasted initial U.S. sentiments. Earlier last month, acting Commissioner of U.S. Customs and Border Protection Mark Morgan called granting Bahamians TPS "appropriate."

TPS is usually granted by the U.S. Department of Homeland Security to people fleeing natural disasters and violence. It allows victims time in the U.S. until their home country is secure enough for them to return home.

Almost 60,000 Haitians, for example, were granted TPS in the U.S. by the administration of former President Barack Obama after an earthquake hit the French-speaking Caribbean nation in 2010. The Trump administration has since ordered an end to TPS for Haitians.

Trump's response prompted immediate backlash from some political adversaries in the U.S., including Caribbean nationals.

"I am disheartened, but not surprised by the Trump administration's inhumane decision to deny Bahamian nationals temporary protected status in light of the devastation they are facing in recovery from Hurricane Dorian," U.S. Congresswoman Yvette Clarke, daughter of Jamaican immigrants, told the **Caribbean**

(CONTINUED ON PAGE 4)

Phillips returns as PNP, Jamaica Opposition leader

KINGSTON, Jamaica – Dr. Peter Phillips has been returned as leader of the main Opposition People's National Party (PNP).

Phillips, 69, last month defeated Peter Bunting - 1,427 votes to 1,351 - in a challenge for the leadership of the party.

The Electoral Office of Jamaica reported a 96 percent voter turnout in the election,

which took place at the National Arena here. Almost 3,000 delegates were eligible to vote in the election.

General Secretary of the PNP Julian Robinson, who announced the election result, urged delegates to accept the results and work towards uniting the party.



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Global track and field community rallies to support hurricane-hit Bahamas at World Championships

GORDON WILLIAMS

DOHA, Qatar - Bahamian competitors at the 2019 IAAF



- Photograph by Gordon Williams

Lotharo Collie-Minns, left, and his twin Lathone, believe the WCA is about inspiring compatriots.

we have other great athletes coming right behind. They can still lift up the spirit, you know."

AWARE

Athletes and track supporters from around the world, fully aware of the massive destruction caused by the worst storm ever to hit the Caribbean nation, chimed in with messages of hope and encouragement for The Bahamas.

"I wish them the best," said United States sprinter Mike Rogers, who has friends and training partners from The Bahamas.

"I hope they can get

(CONTINUED ON PAGE 5)

World Championships in Athletics (WCA) here embraced the heavy responsibility of lifting the bruised spirits in their storm-battered homeland and the global track and field fraternity rallied alongside them.

Despite the devastation inflicted on The Bahamas by Hurricane Dorian Sept. 1, which up to press time had left more than 50 dead, hundreds missing and homeless, plus millions of dollars in property damage, the Caribbean nation's team arrived at the WCA late last month determined not only to win medals, but also put a smile on the faces of their compatriots.

"It (the hurricane) was devastating," admitted Bahamian athlete Latario Collie-Minns.

"We came here as a team to try and uplift the country, to try and shed some light. That's our main goal at the World Championships ... even though the country is going through so much right now."

NEW ROLE

The performances of Collie-Minns and his brother Lathone were not good enough to advance the identical twins from the first round of the triple jump on Sept. 27, the first of the 10-day WCA, this year's premier track and field meet. Yet they warmed to their additional role of trying to inspire their weather-beaten compatriots.

"Whenever we face devastation we've always gotta be strong, no matter what," said Lathone who, along with his brother lives and trains in The Bahamas but were not directly hit by the hurricane.

"...I really wanted to put on a show and get in the finals, just to uplift their spirits, but

Sprint star out of Jamaica's World Championships team

DOHA, Qatar - Florida-based teenage sprint star Briana Williams withdrew from Jamaica's team at the IAAF World Athletics Championships (WCA), which began here late last month, despite being cleared to compete after failing a doping test.

Williams, 17, who was born in the United States but eligible to represent Jamaica through family connections, tested positive for hydrochlorothiazide at Jamaica's senior national trials in June where she finished third in the 100 meters booking a spot in the event at the WCA, plus possible inclusion in Jamaica's 4x100 meters relay team.

But the doping test result cast immediate doubts over



Williams

her participation. Williams, who is coached by former Trinidad and Tobago sprinter Ato Boldon, was selected provisionally to the WCA team by the Jamaica Athletics Administrative Association. Following a hearing by the Independent Anti-Doping Disciplinary Panel (IADP) in Jamaica last month, Williams was given a reprimand, but allowed to compete at the WCA.

However, Williams, who has dominated youth level sprinting in the Caribbean and globally and was gearing up for her first major senior inter-

national competition, announced on social media she would not run at the WCA, which began Sept. 27.

"I have decided to forgo competing at the World Championships considering the long trip to Doha and that the team has already started training for the relays," Williams stated on Sept. 26.

However, despite the IADP ruling, there appeared to be some controversy over whether or not Williams was eligible to compete here following the doping test result. According to Section 9 of the 2019 IAAF Anti-Doping Rules, "An Anti-Doping Rule Violation in connection with an In-Competition test automatically leads to Disqualification of the Athlete's individual results obtained in that Event ... In addition, further results obtained by the Athlete in other Events may be Disqualified ..."



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Ex-T&T minister, soccer boss to fight U.S. extradition at U.K. Privy Council

PORT OF SPAIN, Trinidad – Former international soccer strongman and Trinidad and Tobago government minister Austin “Jack” Warner last month received conditional leave to take before the London-based Privy Council his challenge against being extradited to the United States to face corruption charges.

A three-member Court of Appeal here also set out reduced time frames for the procedural steps to be taken by Warner, who had his initial claim for judicial review dismissed by High Court Judge James Aboud in 2017.

The new time frames include paying a fee and settling the record before final leave can be granted for Warner to take his case to the court in London, T&T’s final

and highest court.

Senior Counsel Fyard Hosein told the Appeal Court the state has indicated his client had a valid appeal. He also submitted that the country’s extradition treaty with the U.S. was inconsistent with the Extradition (Commonwealth and Foreign Territories) Act. Senior Counsel Douglas Mendes, who is representing the state, agreed to the stay, but urged Warner’s legal team to seek an expedited hearing of the appeal at the Privy Council since, according to him, the case could impact all extraditions to the U.S.

CHALLENGE

The 76-year-old Warner is contesting the process by which the extradition proceedings against him were



Warner

being carried out and seeking to quash the authority to proceed, which was signed in 2016 by Attorney General Faris Al-Rawi.

Warner, a former senior T&T government minister and a former vice-president of FIFA, world soccer’s governing body, is also challenging the legality of the Extradition (Commonwealth and Foreign Territories) Act and the treaty signed between this country and the U.S.

In a 40-page written decision dismissing his latest claim

in June, the Court of Appeal said the extradition treaty had not been shown to lack conformity with the Act and there was no merit in Warner’s case that the U.S. order, which declared that country as a declared foreign territory was not valid.

“Therefore, the pending extradition proceedings in respect of the appellant before the magistrate are valid,” the Court of Appeal ruled, adding that “there was no denial of justice in the issuance of the ATP by the Attorney General.”

INDICTMENTS

Warner, who is on TT\$2.5 million (one TT dollar = US\$0.16 cents) bail, was one of nine former and current FIFA executives to be named in a 47-count indictment by then U.S. Attorney General Loretta Lynch, back in 2015.

The indictment alleged racketeering, wire fraud and money laundering conspiracies among other offenses - spanning 24 years - in a

scheme “to enrich themselves through the corruption of international soccer.”

Cayman Islands’ Jeffrey Webb, who replaced Warner as president of CONCACAF, which governs soccer in the Caribbean, North and Central America, and FIFA vice-president following the cash-for-votes scandal of 2011, was also indicted. He subsequently pleaded guilty.

Warner is charged with 12 offenses related to racketeering, corruption and money laundering allegedly committed in the jurisdiction of the U.S. and T&T dating as far back as 1990.

However, Warner has claimed the case against him is politically motivated, accusing the U.S. of seeking revenge because it lost to Qatar in its bid to host the 2022 World Cup. He surrendered himself to police here in 2015, after learning of the provisional warrant for his arrest.

- Edited from CMC.



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CREDIT CARDS ACCEPTED

Bahamas looks to rebound after hurricane, U.S. help

(CONTINUED FROM PAGE 2)

Media Corporation (CMC).

“Donald Trump is a bigot who has chosen to essentially close the border to victims of a devastating natural disaster.”



Clarke

STATUS QUO

No special arrangements were made for Bahamians trying to escape the hurricane’s tragedy. Those allowed entry in the U.S. were required to have a valid American visa, regardless of their status.

“Bahamians interested in

traveling to the United States or Canada should ensure that they have all of the usual immigration documents required by those countries for entry,” Carl Smith, spokesman for the National Emergency Management Agency, told reporters last month.

“While most inquiries have come in respect to movement to the United States or Canada, NEMA can confirm that the Ministry of Foreign Affairs is not aware of any new arrangements for any other country.”

The Bahamas is located about 50 miles southeast of the U.S. state of Florida. Category 5 Hurricane Dorian caused massive damage to the country’s infrastructure, especially in

places like Great Abaco and Grand Bahamas, two of the most northern islands. However, most of the nation’s 700-plus islands remained untouched by the hurricane, the most powerful to hit the Caribbean nation.

Following a tour of Abaco and Grand Bahamas, António Guterres, secretary general of the United Nations, declared the hurricane’s destruction “Category Hell”.

However, The Bahamas tried to bounce back almost immediately. The Bahamas, which relies heavily on tourism, launched a mission to inform the public that the nation is open for business after the hurricane.

“Maintaining a robust tourism industry will be vital in helping the country to recover and rebuild,” Dionisio D’Aguilar, Bahamas’s minister of tourism and aviation, noted in a press release from the government issued last month. “... Our beautiful island nation is ready to welcome you.”

Among the islands offering services and attractions, such as airports, cruise ports and hotels, in the immediate aftermath of Hurricane Dorian were: Nassau and Paradise Island, The Exumas, Eleuthera and Harbor Island, Bimini, Andros, The Berry Islands, Cat Island, Long Island, San Salvador, Rum Cay, Acklins and Crooked Island, Mayaguana and Inagua.

Persons interested in making a monetary contribution towards the hurricane relief efforts in The Bahamas can find partners at www.bahamas.com/relief.



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Caribbean wins multiple medals at World Championships in Athletics

GORDON WILLIAMS

DOHA, Qatar - Athletes representing the Caribbean took a rollercoaster path in their hunt for medals as the IAAF World Championships in Athletics (WCA) unfolded here.

More than half-way through the WCA the region, led by Jamaica, had survived extreme heat, doubts, injuries

and mishaps to win five medals, including two gold, two silver and a bronze.

However, up to press time after Day 6 of the 10-day meet, which began Sept. 27, the Caribbean appeared poised to win more.

Shelly-Ann Fraser-Pryce led the region's medal charge, producing a brilliant run to win women's 100 meters gold. Compatriot

Tajay Gayle also won gold in the men's long jump.

HEAT

Athletes and fans battled roasting outside temperatures during the championships, although the Khalifa International Stadium, where almost all the events were staged, served up cooler climes but disappointing crowds.

The Caribbean got its medal haul going on Day 2 when Gayle jumped 8.69 meters, a national record, to become world champion.

"(This is) the best thing ever," he said.

Cuba's Juan Miguel Echevarria earned bronze with 8.34.

In Fraser-Pryce's first major global meet since her son's birth in 2017, the 32-year-old captured the hearts of fans globally, blasting out of the blocks to win in a world leading time of 10.71 seconds.

"It took a lot of hard work and sacrifice to get to this point," Fraser-Pryce said while explaining her journey from being "a wreck," after learning she was pregnant



Gayle

with Zyion, to becoming the world's fastest woman.

"A lot of persons said I should retire, and do it gracefully and I was like 'O.K., that's what you think'," Fraser-Pryce said after her fourth WCA title. "... It's a win for mothers."

Jamaica also earned silver in the 4x400 mixed relay and the men's discus. The relay was won by the United States in world record time of three minutes 9.34 seconds. Jamaica's 3:11.78 for second was a national record.

Jamaica earned another silver in men's discus. Fedrick Dacres threw 66.94 meters to finish second behind David Stahl of Sweden (67.59).



Global track and field community rallies to support hurricane-hit Bahamas at World Championships

(CONTINUED FROM PAGE 3)

things back up and running ... If anybody can do anything, please give back to The Bahamas. Please give prayers to their families and friends."

Caribbean representatives also showed love for their regional siblings, with athletes claiming The Bahamas's tragedy was an active topic of discussion leading up to the WCA.

"Definitely, before we even came here," said Jamaica middle distance runner Natoya Goule. "(Bahamas runner) Shaunae Miller (Uibo), she's my friend. Basically all the persons on The Bahamas team are my friends, and when I heard about what happened it actually affected me. I felt really bad and also knowing that I have family that live in

The Bahamas."

HIT HARD

Despite being eliminated in the heats of the 100 meters, Antigua and Barbuda's Cejhae Greene appeared even more upset by the tragedy in The Bahamas.

"For me personally, that hit me a little bit hard because, for one, my training partner Warren Fraser is from Bahamas," said Greene. "So is his family. Also Alonso Russell (another athlete) ... he's from The Bahamas."

Most of the athletes who represented The Bahamas here live and train in the U.S. and were not directly affected by the hurricane. Among the exceptions was Terrence Jones, a sprinter from Grand Bahama which, along with Abaco, were the areas hardest hit by Dorian.

The 2019 WCA was the teenager's first major championships but, sources said, he was determined to compete and help inspire his nation.

However, he would have to share that challenge with teammates such as Shaunae Miller-Uibo, the reigning Olympic Games 400 meters champion and The Bahamas's best hope for a gold medal at the WCA.

"She would like to do nothing better than to lift the spirits of our people," explained Bahamian journalist Brent Stubbs.

"She even has a contingency of people who came down (to Doha) to support her. That's how serious she is."

Serious enough, Miller-Uibo hoped, to make her people smile.



Ex-U.S. cop guilty of killing St. Lucian

TEXAS, United States - A former police officer, who shot and killed a 28-year-old St. Lucian national in his apartment here last year, has been found guilty of his murder.

Amber Guyger, 31, had argued she shot Botham Jean after mistakenly thinking she was in her own flat and he was

an intruder.

The verdict came after a seven-day trial which began last month. Guyger acknowledged she had "shot an innocent man."

She was sentenced to 10 years in prison.



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CHAMPIONS ON ICE



Members of the Jamaica men's ice hockey team celebrate with championship trophy and medals after winning the 2019 Amerigol LATAM Cup tournament last month in Florida. Jamaica defeated Colombia 3-2 in the final. Latin American nations participated in the tournament.

Caribbean author receives U.K. recognition for 2020

Caribbean national Marva McClean is one of two authors chosen as Gladstone's Library Political Writers in Residence for 2020.

According to a recent press release announcing the honor, The Gladstone's Library politics in-residence program in the United Kingdom "recognizes the best written expressions of political thought, particularly that which encourages political debate with a public audience."

McClean is being recognized for her work "From the Middle Passage to Black Lives Matter: Ancestral Writing as a

Pedagogy of Hope" published by Peter Lang Publishers in 2019. Jonathan Heawood will join her in-residence in recognition of his work "The Press Freedom Myth", published in 2019 by Biteback.

According to the release, "Gladstone's Library is Britain's only Prime Ministerial library and the national memorial to William Gladstone. It is home to a unique collection of more than 150,000 printed items and offers a comfortable, sociable and stimulating environment in which to read, relax, converse and become inspired."



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To learn more about the Ticket to Work Help Line at **1-866-968-7842** or **1-866-833-2967** (TTY) **Monday through Friday, 8 a.m. to 8 p.m. ET.**



Black Women at Greater Risk for Aggressive Breast Cancer

Access to Care: How Broward Health is Closing the Breast Cancer Disparity Gap

Breast cancer is the most commonly diagnosed cancer in the U.S., according to the American Cancer Society. For every 100,000 women in Florida, there are about 116 women diagnosed with breast cancer, according to 2016 data from the U.S. Cancer Statistics Working Group.

Across America, the statistics are sobering for black

women. African-American women are more likely to have late-stage breast cancer compared to white women. The odds get worse for black women who are living in areas where poverty rates are high. Study after study bears out these grim statistics.

In a 2017, two university professors looked at five years of data and found that black

women were 1.3 times more likely to have late-stage breast cancer diagnosed compared to white women. For black

women who lived in an area where extreme poverty was higher, they had a greater chance – 14% more – of having a late-stage of the disease.

Black women are also more likely than white women to get triple-negative breast cancer, reports the Centers for Disease Control and Prevention. This kind of cancer is aggressive and comes often recurs. Scientists are working to find out why and how to better treat triple-negative cancer.

"When the cancer lacks estrogen and progesterone receptors, such as with triple-negative, the receptors are not able to receive certain treatments such as Tamoxifen that help with treatment and to prevent recurrence of the breast cancer," said Margaret Lott, M.D., an internal medicine expert with the Broward Health Physician Group.



Lott

Black women are also at risk for being diagnosed with breast cancer at an earlier age.

"Twenty percent of Caucasian-American breast cancer patients are younger than 50 years of age, compared with 30% to 40% of African-American breast cancer patients. What we also know is that women diagnosed at a younger age have higher rates of the breast cancer returning." Overall, the risk of a black woman getting breast cancer is about 12%, said Lott, who sees patients at Annie L. Weaver Health Clinic in Pompano Beach.

Broward Health's team of caregivers is passionate about helping women in the community get the access to breast cancer care to save their lives. One way Broward Health accomplishes this is through a grant-funded program to help women.

"The Every Woman Matters program allows residents to be diagnosed at an earlier stage when chances of survival are higher and treatment is less toxic," said Sarah Sabin, Broward Health corporate director of oncology services.

Since first getting the grant in 2005, Broward Health has provided more than 2,100

mammograms, about 1,300 diagnostic tests and found breast cancer in 53 women, she said.

"Through this program, our passionate healthcare team at Broward Health works to improve the overall health of and reduce the impact of cancer on our community," said Pia Delvaille, manager of cancer services at Broward Health Medical Center.

There are things that black women can do to help lower their chances of getting breast cancer. Lott said to ditch the diet sodas, stop drinking alcohol or at least drink less of it.

"A healthy lifestyle is important. Be sure to eat lots of fruits and vegetables, drink water, exercise daily, and manage your stress levels," said Lott. "Breast cancer sounds really scary but it is treatable disease and can be associated with high rates of survival if it is detected early. I encourage all women 40 to 50 years of age to talk with their doctor about having a screening mammogram."

Sources: Centers for Disease Control and Prevention, American Cancer Society, Sisters Network Inc., Susan G. Komen, and National Center for Biotechnology Information.



THOMAS COOK: Collapse of travel company impacts Caribbean tourism

BRIDGETOWN, Barbados – Three of the major tourism destinations in the Caribbean have given contrasting views on the impact the collapse of the British-based travel company Thomas Cook would have on their tourism product.

Thomas Cook, which had struggled against fierce online competition for some time and blamed Brexit uncertainty for a recent drop in bookings, declared bankruptcy last month after failing to secure £200 million (US\$250 million, 227 million euros) from private investors.

Colin C. James, chief executive officer of the Antigua and Barbuda Tourism Authority, said the impact of the collapse would be insignificant. James said Thomas Cook has been operating a once weekly service into Antigua and Barbuda since Dec. 2013.

“There are no passengers stranded in Antigua and Barbuda at the moment because that service operates only from November to April,” he explained. “But we have approximately 992 bookings that have already been on the books.”

James noted that while the nation enjoyed a good working relationship with the British-based company, pas-



The travel company's absence sends mixed messages to the region.

sengers utilizing its services only represent a small fraction of the United Kingdom market.

“Last year for example, Thomas Cook did approximately 1,600 passengers to Antigua and Barbuda out of a total of 70, 670 from the U.K.,” he said. “So it is less than a half percent impact. So the impact will be very negligible.”

“Also Thomas Cook comes out only from Manchester in the north of England and we have checked with our tour operators and also major hotels on island and very few did any major business with Thomas Cook. So most of that traffic appears to

have been seat only,” he added.

James said that the airlift from the U.K. remains strong, adding “the U.K. numbers for the year so far are very strong, at the end of August we had 49,512 U.K. visitors, which is up in spite of Brexit” and other challenges.

NEGATIVES

Jamaica's Tourism Minister Edmund Bartlett, who held talks with the British High Commissioner to Jamaica Asif Ahmad last month, was expected to lead a delegation to London late last month as part of the efforts to mitigate the impact of the closure of the company.

“We will be working feverishly over the next few weeks to mitigate the impact of it and to ensure that the fallout to our market will be minimized,” he said, acknowledging that the closure of the British tour company will negatively affect Jamaica's tourism.

Bartlett said Thomas Cook was responsible for bringing up to 14,000 passengers to Jamaica annually.

“The impact on our tourism industry will be huge because they have long-staying guests averaging 14 days,” Bartlett explained. “When you multiply that, it is a couple hundred million dollars.”

In Barbados, tourism stakeholders acknowledged that the collapse would have an impact on the industry.

“We were aware of the company's ongoing financial challenges for some time. It is a major blow to the industry to lose the world's oldest travel company,” the Barbados Tourism Marketing Inc. (BTMI) said.

It said it was working closely with other stakeholders, including the Ministry of Tourism and International Transport and the Barbados Hotel and Tourism Association (BHTA), to mini-

mize the impact to Barbados's tourism business.

PRIORITY

“Our first priority is working with the BHTA to facilitate solutions for the visitors currently on island who would have booked Thomas Cook packages,” the BTMI noted.

“While customers are entitled to refunds from the Civil Aviation Authority (CAA), we are committed to ensuring minimal discomfort and disruption to their Barbados holidays due to the fallout.”

“It is estimated that there are currently only 44 Thomas Cook guests on the island, all booked through scheduled airlines and it is likely that they will not be considered as stranded passengers.”

Thomas Cook currently operates three flights to Barbados from Manchester in the winter, as well as a direct flight from the London Gatwick airport, providing a total of approximately 24,000 seats to the destination each year.

Condor, a subsidiary of the Thomas Cook Group, provides 12,600 seats through its summer and winter business to

(CONTINUED ON PAGE 8)

Surinamese women tap into cassava's food security potential

PARAMARIBO, Suriname – Taking a stroll through the village of Kapisikele, by the sandy banks of the Suriname River, on a relentlessly sunny afternoon, a visitor may be struck that almost everyone encountered is a woman or a child.

Like many places in the interior of Suriname, Kapisikele is a place where a large proportion of the men spend most of their time away from the village, often working in the informal mining sector, while most of the women stay behind, making ends meet through farming or other traditional activities while also running their households.

And yet, in this Maroon village in the Brokopondo District, the women have a plan to take their agricultural production to the next level, and to leverage knowledge gained over years of producing cassava to tap into the tuberous root's global value chain.

Through their association with the female agricultural cooperative, Wi! Uma Fu Sranan, the women, and others in villages across Suriname, are taking part in an Inter-American Development (IDB) project supported by the Japanese Social Fund to increase the quality, quantity and commer-

cialization opportunities of the cassava crop for female farmers, producers and marketers.

'BLESSING'

“For the women of Wi! Uma Fu Sranan, the journey of learning about a value chain, the importance of a well structured value chain and being part of the development and strengthening of this chain is truly a blessing,” said Tania Lieuw-a-Soe, founder of the cooperative.

“We now understand better what it is like to work towards a sustainable source of income. There are many challenges, it is a rocky and hard road, but we definitely can see the light at the end of the tunnel, and we are happy to be part of this journey.”

“We have the privilege of giving hope to women through the implementation of this project, and it is a big joy to experience how the training is giving them a self-esteem boost and the inspiration to do much more in agriculture.”

Lieuw-a-Soe's sentiment was echoed by Vera Pinas, a participant in one of the training sessions.

“Today, I want to tell you something,” she said in a testimonial. “I am a 46-year-old woman and already working for 27 years, never before have I received a piece of



Women working to produce cassava in Suriname.

paper in my hand, this paper which is called certificate and can be seen as a diploma.”

Specifically, the IDB project supports training activities for the women of Kapisikele, to improve their processes and meet market quality standards. In total, 700 women from Kapisikele and other villages will be trained in agricultural practices, including the use of modern technologies with an integrated crop processing model that coordinates variety selection, planting density, and mechanization, among other operations.

ENTHUSIASTIC

The women have responded with enthusiasm to

the training opportunities, as well as to the opportunities for community development that they represent.

“Thank you for bringing this course in our area. We want more training to bring development in our community,” noted attendee Cornelia Bodji of a training session.

In addition, under the project, a select group of women will receive a Global Gap certification for their farms, while some beneficiaries will be in position to achieve the certification after the program ends in 2020. Armed with this certification, the women aim to export their cassava, either in its natural state or as an intermediate

input to cassava-based products such as cassava bread or cassava porridge, which are exported to Surinamese diaspora market in places such as The Netherlands and the United States.

“We are very excited by the knowledge being created in these communities, though the training activities, the practical application of good agricultural practices and through the feedback that they will be receiving as they integrate into the global value chain for cassava,” said Michael Hennessey, a specialist with the IDB's Competitiveness, Technology and Innovation Division.

“We expect that the know-how being developed here will lead to more economic opportunities for the women of these communities, and a more diversified export basket for the country.”

Cassava is indigenous to the Latin American and Caribbean region. Its starchy tubers are often consumed boiled, roasted or fried, although they can also be processed and used as flour, tapioca, confectionary, starch and animal feed, among other uses.

It is naturally gluten-free, with a relatively high starch

(CONTINUED ON PAGE 8)

WHAT'S NEXT?: U.K., Caribbean ponder approach to possible post-Brexit era

ELIZABETH MORGAN

KINGSTON, Jamaica - There have been several articles in the regional press speculating about the relationship between the United Kingdom and Caribbean after U.K.'s scheduled departure from the European Union (EU), scheduled for Oct. 31 (Brexit day).

The Caribbean should be examining its relationship with the U.K. post-Brexit.

The U.K./Caribbean Forum, aimed at strengthening cooperation between the U.K. and Caribbean countries, meets biennially, but has not met since 2016. It is not likely to meet until 2020, when the political situation in the U.K., hopefully, will be more stable and predictable.

Currently, as Oct. 31 approaches, the British political situation is most unsettled and it does appear that general elections are on the horizon. This does not mean, however, that the U.K. administrations have not been considering their relationship with the Caribbean countries. Since 2016, there have been high level contacts between foreign and trade ministers at the bilateral, regional, Commonwealth, African Caribbean and Pacific (ACP) and United Nations (U.N.) levels.

Though in a climate of uncertainty, there should have been opportunities for engagements at the U.N. General Assembly, where a summit on the U.N. Sustainable Development Goals (U.N. SDGs) was scheduled last month in New York, and also at the Commonwealth Trade

Ministers Meeting, London on Oct. 10.

MANDATE

In Oct. 2018, the Guyana Chronicle reported that British high commissioners to Guyana, Barbados/OECS and Trinidad and Tobago, then meeting with the former Vice President of Guyana Carl Greenidge, were part of a team working on a strategy to strengthen U.K./Caribbean relations. This indicates that the British high commissioners in the region have a mandate to develop a Caribbean strategy.



Greenidge was part of a team working on a strategy to strengthen U.K./Caribbean relations.

An Aug. 12 press release from the U.K. Department of International Trade (U.K. DIT) reported that it hosted an event in Bristol, in partnership with the Caribbean Development Bank and the Caribbean Council, showcasing opportunities in the region for U.K. companies, including Small and Medium-sized Enterprises (SMEs), in energy, infrastructure and other sectors.

In March, the U.K. and the ACP Caribbean Forum (CARIFORUM) members signed the continuity Economic Partnership Agreement (EPA)



Even without May, the Caribbean must still find solutions.

(which includes Haiti and Suriname) or CARIFORUM (which includes the Dominican Republic).

So while former U.K. Prime Minister Theresa May did not visit the Caribbean as she did Africa, the U.K. has been making progress in designing a post-Brexit strategy for its relationship with the Caribbean.

On the Caribbean side, focus has been on concluding the continuity trade agreement, with some bilateral contacts and expressions of interest.

What is not clear is whether the Caribbean is actively developing its strategy for engagement with a post-Brexit U.K. (Global Britain) pending convening of the U.K./Caribbean Forum.

Edited from an article published by CMC and written by Elizabeth Morgan, a specialist in international trade policy and international politics.



The relationship between the Caribbean and Britain, post-Brexit, has become a hot-button issue.

to ensure trade under preferential terms post Brexit. Bilaterally, the U.K. has been moving to strengthen its engagement with individual Caribbean countries, particularly Guyana.

KEY PARTNER

The U.K. Department of International Development (DFID), in its Caribbean profile, states that the U.K. sees the Caribbean as a key partner and indicates that it will continue development support focusing on specific U.N. SDGs – (7) affordable and clean energy; (8) decent work and economic growth; (9) building sustainable and resilient infrastructure; (13) promoting climate action; and (16) fostering peace, jus-

and strong institutions. The U.K. has keen interest in reducing crime and in promoting trade and business opportunities.

DFID states: "As we leave the EU, we will strengthen bonds with the Commonwealth Caribbean, with DFID providing U.K. aid to poorer countries." This could be a reference to the high and upper middle income status of Caribbean countries. DFID's emphasis on opportunities for U.K. businesses and trade seems to be highlighting trade over aid.

The U.K. also has to determine how it defines the Caribbean, whether it is the Commonwealth Caribbean (only the anglophone Caribbean), CARICOM

THOMAS COOK: Collapse of travel company impacts Caribbean tourism

(CONTINUED FROM PAGE 7)

Barbados from Frankfurt. The 178-year-old company officially ended its operations on Sept. 22 after last-minute negotiations aimed at saving it failed.

PLAN B

The BTMI said it estimated that about 60 percent of Thomas Cook's winter business to the island would have been booked in advance, and

that it was already working on a strategy to assist any displaced passengers.

"The Honorable Kerrie Symmonds, minister of tourism and international transport, is already in the U.K. meeting with other airline partners who currently service Thomas Cook's routes," the BTMI stated.

The Barbados Hotel and Tourism Association (NHTA)

has also expressed concern at the closure.

"The Barbados Hotel and Tourism Association is very concerned about the recent failure of Thomas Cook and its impact for the winter season when the service would be operating," said BHTA Chief Executive Officer Rudy Grant, who was also part of the Barbados delegation in the U.K.

"Our initial discussions are concentrated on ensuring that we are able to secure the long-stay visitor arrivals that would have utilized Thomas Cook for the winter, but also to identify the possible options available to assist in the cruise-and-stay home-porting area as well," he added.

- Edited from CMC.



Surinamese women tap into cassava's food security potential

(CONTINUED FROM PAGE 7)

content, and is a source of Vitamin C and several B vitamins, as well as other minerals such as magnesium, zinc, cal-

cium and iron.

While cassava is the fourth most important staple food in Suriname, after rice, wheat and plantain, it is the

main food security crop for the Amerindian and Maroon communities, especially in remote areas.

- Edited from a feature submitted to CMC by IDB.



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Storm's devastation sparks illegal immigration debate

It's hard for many to imagine that illegal immigration is also a problem for some Caribbean nations, including the hurricane devastated The Bahamas.

Many see it as mainly a United States or European dilemma. But unfortunately, in the largely black and brown region of the Caribbean, the same sort of xenophobic sentiments expressed by some Americans towards immigrants in the U.S. also exists in many regional countries.



FELICIA J. PERSAUD

In the midst of the catastrophic Hurricane Dorian, which unleashed its Category 5 strength on Abaco and Grand Bahama islands in The Bahamas, the conversation has quietly turned to the hot button issue of illegal immigration in the country.

Why? Because Abaco was home to many Haitian immigrants, some undocumented, who lived in the Haitian shantytowns called The Mudd and Pigeon Peas in Great Abaco Island's Marsh Harbor area. It is unclear how many were undocumented.

REPRESENTATION

What is known, according to data compiled by W.J. Fielding, et al. from 2005 for *The Stigma of Being "Haitian"* in The Bahamas from The College of The Bahamas Research Journal, is that Haitians represented conservatively 16.9 percent of the population on Abaco. Haitian children accounted for some 31.3 percent of those enrolled in schools on the island. Overall, they represent about 80,000 of the 350,000 people across The Bahamas.

As Dorian receded from the island last month, and the reality of the widespread devastation came into view for the world, it became quickly obvious that the shantytowns many of these Haitians called home, far away from the flashy tourist resorts, had completely disappeared.

Nassau Guardian reporters on the ground in Abaco reported seeing several dead bodies in The Mudd area even as shell-shocked residents, like Haitian born Aliana Alexis, stood grief stricken on the concrete slab of what was left of her home,

arms outstretched, head raised to heaven as if asking silently: "Why me God?"

Geoffrey Farquharson, who practices law in Nassau, told the Catholic Diocese newspaper in Miami that the settlements were built illegally on waste ground because nobody had good use for that land.

"When the hurricane came it was obliterated — many there were completely off-the-grid persons living in the shadows with no passport or papers," he was quoted as saying.

SPOTLIGHT

Dorval Darlier, Haitian charge d'affaires in The Bahamas, brought the issue of illegal immigration more into the spotlight on Sept. 5 outside the National Emergency Management Agency (NEMA) headquarters in Nassau. There to offer his country's help to get supplies to desperate Haitians in Abaco, he urged many fellow Haitians who are in the country "illegally" to call the consulate for help and not be concerned with fears of deportation.

"It is not about fear right now ... These people, they are here. It is not about who is legal or illegal. It is about helping people," he was quoted as saying in the Guardian.

But Darlier's most profound statements followed. "The tragedy transcends issues of nationality and origin. In the aftermath of Hurricane Dorian," he stated. "It's not about Bahamian. It's not about Haitian. It's not about the flag color, as the prime minister said. It's all about helping."

Darlier is right. In a country where the attitude of many, including the government, has been hardening towards Haitians and especially those undocumented in recent years, one can only pray that all storm victims, legal or not, will receive the same level of support and help that transcends nationality and status. And, most of all, that the government of The Bahamas may find it prudent in the weeks and months to come, to grant the undocumented Caribbean brothers and sisters among them some sort of pathway to earned legalization.

After all, we are supposedly one Caribbean aren't we?

Felicia J. Persaud is publisher at NewsAmericasNow.



TIES THAT BIND: Caribbean suffers under woeful West Indies cricket teams

GORDON WILLIAMS

KINGSTON, Jamaica - Not every Caribbean person likes reggae or soca. Food tastes in the region vary too, as do religious beliefs. The accents spit in different directions.

Yet there's always been a common thread that binds the Caribbean: Cricket.

Or at least it used to.

For years the people of the region, represented by players performing under the banner of the West Indies, were provided joy by their Caribbean ambassadors on the field. The team, assembled from multiple small nations, won. It beat bigger, richer teams. We celebrated and, even for a fleeting moment, believed we were one nation.

Today, however, Caribbean cricket fans do not have much to cheer about. Their "flanneled knights", who once proudly ruled world cricket for more than a dozen years, have been dumped among the game's minnows, scratching for a win here or there, mostly losing and, in many instances, being outclassed and embarrassed. All the while promising to turn things around. Today, even the players know idle wishes when they hear them.

"I guess enough talking has been done," said West Indies Test and one-day international (ODI) player Jason Holder after India completed the series sweep of the home team in all three formats of the game - which also includes Twenty20 - last month.

NOT PLEASED

The once loyal fans don't mind showing their disgust. When India beat the West Indies in two T20 games in South Florida the overwhelming majority of those in attendance supported India, despite South Florida being home to one of the largest Caribbean American communities in the United States.

India wrapped up the T20 series 3-0 in the Caribbean, then blanked the West Indies 2-0 in a three-game ODI series (one game ended without result due to rain). The winless streak continued in the two Test series, which India won 2-0.

The West Indies is cur-

rently ranked eighth in Test cricket, the game's longest format, by the International Cricket Council. In the ODIs (50-overs), West Indies is rated ninth by ICC, the same position for T20, despite being reigning world champion in the game's shortest format.

HURT

Yet what sticks in the craw of Caribbean cricket fans, what "bun dem", as Jamaicans say, is the lackluster,



Holder is hoping for solutions to Windies failures.

ter, even pride-less manner in which they believe the game is being approached by some West Indies players. In the final Test at Sabina Park, here, a match where India pummeled the West Indies, players misfielded balls in such a nonchalant manner it appeared they would prefer to be elsewhere.

In many cases they didn't play smart. As one former West Indies player used to say, they don't play "the wicked cricket" - the tough, no-nonsense, intelligent brand.

FALSE HOPE

After the final Test, Holder tried to impress that the "guys work really well as a unit." No doubt some players, including Holder, are putting in maximum effort.

Unfortunately, too many others do not. Faulty techniques fester. Sources inside the West Indies camp recently revealed that multiple players failed a fitness test.

What? They are getting paid far better than players who came before them and won consistently. Fans notice. The biggest crowd attending any day of the four days of actual cricket (a Test match is

supposed to last five days, but West Indies lost well before that) was just over 1,000, according to unofficial sources. And that seemed a generous count.

As a boy attending Test matches at "Bina", I remember the place being so jammed, some spectators had to take to the trees or position themselves, nose pressed against wire fences, to see play. Today Sabina Park is a majestic place, with massive modern stands, inviting fans to come. But when the West Indies plays Test cricket there, they don't. One international cricket website recently wrote an article about the death of Test cricket in Jamaica.

LOSING

It's all because the West Indies keep losing; and losing without much fight. High-priced professionals fail time and again, yet still retain their place in the teams. Regional administrators squabble. They point fingers, hold elections, juggle selectors and selection formats, switch personnel. But the losing continues.

Yet even Holder, an articulate and promising young cricketer, seems bent on grasping for a silver lining somewhere ... anywhere.

"I think we're good enough in this Test group to encourage us to keep going," he told reporters. "We just got to put it together more often."

Fact is, India was a far better cricket team than the West Indies - in all formats. Nothing criminal about that. What's disheartening, skipper, is the attitude, the approach. West Indies players didn't join the Indian team on the field for the trophy presentation at Sabina. It would have been nice - not to mention respectful - to stand there and pay respect to your conquerors. Maybe that would have drilled a sense of embarrassment - humility maybe? - into the players, enough to inspire them to do better next time.

"If these guys don't take the opportunity to develop themselves, we are going to be stuck where we are," former West Indies great Andy Roberts told a radio program last month.

By the time the West Indies finally "turns the corner" there may not be many Caribbean fans left to see it. Holder claiming the West Indies is heading in the "right direction" isn't convincing.

(CONTINUED ON PAGE 10)

VIEWPOINT



CARIB Comments

Jamaican expletives being used in dance-hall lyrics.

• **“We must, and we will rebuild, and restore Grand Bahama and Abaco stronger and more resilient. We are one Bahamas. When any part of our nation is affected, we are all affected. In rebuilding Abaco and Grand Bahama, we are restoring our Commonwealth”** - Prime Minister Dr. Hubert Minnis vows The Bahamas will recover from Hurricane Dorian.



• **“Too many aspects of our culture have been unnecessarily vilified. These little things, these words contribute to the uniqueness of the Jamaican culture and is what sets us apart from countries across the world”** - Dr. Andre Haughton, an Opposition legislator, has no problem with

• **“This administration’s revocation of the Haitian Family Reunification Parole Program (HFRPP) ... reverses considerable progress in addressing the immigration backlog facing Haitian American families while lessening U.S. support of long-term Haitian development, and significantly delays immigrants’ pursuit of the American Dream and further extends family separation”** - U.S. Congresswoman Yvette Clarke, daughter of Caribbean immigrants.

• **“We have lost sight of our moral obligation to human decency, choosing instead to divide our nation along racial lines”** - Haitian American New York City Councilwoman Farah Louis also criticizes the revocation of HFRPP.

- Compiled from various sources.



Boys will be boys, but that sometimes spells trouble

Now, between the genders, boys seem to be more spirited, rambunctious, adventurous, rowdy, exciting, daring and troublesome.

No wonder many people shake their heads and justify the behavior of boys. “Oh, boys will be boys,” or in Jamaican parlance, “A suh bwoy pickney stay.”

Listen, not even some dogs like it when young boys walk by their yard and will growl and bark at them. All because many young boys love to harass and stone dogs.

Boys have always been a handful, not only to their parents, but to society. In any school situation, it’s the boys who mostly get into scuffles, fights, altercations and general mayhem.

Well, the girls seem to be catching up, but it’s still the boys who hold sway when it comes to troublemaking. In the same way that girls outnumber boys in the educa-



recently spoke passionately about the breakdown of discipline, he was accused of holding a grudge against the institution. No one wanted to hear what he was saying.

I remember my days at school, teachers were respected, adored even, and no one even thought about back-chatting or abusing them. I heard a respected past student of a high school state

that back in his day, if a student even gave a teacher a dirty look, he would be disciplined.

What I see now hurts my heart. I was a boy once and we all did boyish things, but we feared the consequences of our actions. It is the responsibility of adults to guide youngsters and let them know right from wrong.



TONY ROBINSON

tional stream, the boys outnumber the girls in the troubled stream.

GUIDANCE

As a result, boys constantly need supervision and guidance. This applies even in the animal kingdom. Years ago I saw this documentary on **National Geographic** about this group of adolescent male elephants that were bad to the bone. They ran amok in the jungle, uprooting trees and attacking other animals without provocation. They were out of control.

So what did the game wardens do?

They introduced a few adult male elephants into the area and instantly the teenage rebel elephants quit their un-elephant-like behavior and settled down. The mere presence of adult males was enough to put the fear of elephant god into the upstarts. They showed respect and toed the line.

Now, if even elephants can do that, what about humans?

FAILING

Many adults placed in authority are failing our boys and then we wonder why they turn out the way that they do.

When a former head boy of a prominent high school

NO FEAR

We all have chanted and said nasty stuff about each other, describing genital size and other body parts. But we did it out of earshot of adults. Not so nowadays, as boys say and do anything, even before teachers.

There is no regard for authority, no fear of authority, for authority let them down. When boys are allowed to do as they please, they will do as they please, with no fear of consequence.

I do not solely blame the boys, but put the onus squarely on the shoulders of the adults who should have guided them better.

Boys will be boys, yes, and boys will always push the envelope. But no boy should show disrespect to adults and made to feel that he is above consequences.

For every action there should be a reaction. Our boys spell trouble.

seido1yard@gmail.com



TIES THAT BIND: Caribbean suffers under woeful West Indies cricket teams

(CONTINUED FROM PAGE 9)

What Caribbean fans are seeing, the few still watching, is many West Indies players lacking quality on the field and mentally inadequate for the highest level of the game, a point made by Roberts.

The one thread that usually binds the Caribbean is looking awfully weak.

Gordon Williams is a Jamaican living in the United States. He has been watching international cricket for close to 50 years. Your comments are welcomed. Send responses to editor@caribbeantoday.com.



Help Us to Help Them



Help Caribbean Today to educate our children, and thereby providing a leg up for all.

Caribbean Today has established “The Caribbean Today Foundation for Journalistic and Healthcare Excellence” which will provide scholarships to students attending Miami Dade College. Donations can be made in the following way:

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Series spotlights immigration issues for Caribbean nationals

A news web series focusing on immigration issues and how they affect Caribbean nationals in the United States was scheduled for release late last month.

“Green Card: A Love Story”, created and written by B. Nandi Jacob and directed by Roderick A. Warner with Renaldo Pelerin as director of photography/cinematographer, follows the story of Caribbean-born “Petra”, who has been in the U.S. illegally for 15 years, but won’t give up on her American dream.

According to a press release promoting the launch of the film, the once-aspiring scientist focuses not on the looming deportation force, but on life’s other wildcards, like “fixing” her fiancé, Philo, who sings for donations on the Q train as he awaits his big break. They struggle on his meager takings and her erratic under the table earnings and bunk in a Brooklyn, New York tax office, weighing the



“Petra”, played by Asha John, and “Philo” (Cameron Bhola) star in the series.

cost of love and the price of dreams.

REAL

“Although these are fictional characters, the challenges portrayed are real,” Jacob explained in the release.

“We are bringing another perspective to the conversation. We are saying that

undocumented immigrants are not pariahs. They are people barely able to take a breath who simply want a chance at life, like anyone else.

“I chose to examine these issues through comedy because in times of duress, people bend toward laughter. It is a unifying emotion.”

“The timeliness of the subject is not lost on the cast and crew,” added Warner. “We understand and embrace the responsibility and opportunity to illuminate the lives and humanity of so many who are forced to live in the shadows.”

Viewers can follow @greencardalovestory, #GCALS team on Instagram or subscribe to the Green Card: A Love Story Channel.



Nicki Minaj retires from music; T&T rapper plans to start family

Love has - at least for now - conquered Nicki Minaj and swept her out of the entertainment business.

According to the Trinidad and Tobago-born rap star, she is retiring from music to start a family.

“I’ve decided to retire & have my family. I know you guys are happy now,” Minaj wrote last month on the social media platform **Twitter**.

“To my fans, keep reppin me, do it til da death of me, in the box- cuz ain’t nobody checkin me.”

To her fanbase, known as Barbz, the 36-year-old Minaj added: “Love you for LIFE.”

‘MRS. PETTY’

She also appears to be in love with Kenneth “Zoo” Petty, who she began dating in 2018 and who became her fiancé in December. Minaj has changed her name on Twitter to “Mrs. Petty”.



Minaj

In June, Minaj said on her Queen Radio show that the couple had acquired a marriage license. They said the wedding

would take place in “about 80 days,” although Minaj said she is working on a new album.

“I have to work on my album and I have a lot to focus on that I don’t want to do the big wedding now. We’ll do the big wedding later,” she explained in August on her show.

Minaj fans expressed shock at the rapper’s retirement announcement.



Alexander explores Caribbean, American influences on new ‘Wareika Hill’ album

Jamaican musician Monty Alexander pays tribute to the influences in his 75-year life, including his Caribbean roots and jazz trailblazers, on his most recent album.

Kingston-born Alexander’s “Wareika Hill RastaMonk Vibrations” is a compilation of roots, reggae, ska and jazz. It takes listeners on his musical journey, starting at age eight observing Rastafarians going up Wareika Hill behind his house in Mountain View and hearing the sounds of their drums. It continues with Alexander sneaking into the Federal Recording Studios at age 14 to play piano rhythms with the musicians accompanying Jamaican singers, like Keith and Enid Laurel Aitken, and

recording for producers such as Coxsone Dodd, Duke Reid and Chris Blackwel.

Alexander then moved on to learning of American jazz musician Thelonious Monk, Rasta trumpeter Jackie Willacy, a North Carolina-born jazz musician.

“Maybe it was just my childhood memories connecting the two, but I was left with a deep impression that the world of Monk and Rasta were one spirit,” Alexander explained in a press release promoting the album.

“I always thought that Monk’s compositions naturally lent themselves to West Indian and Rastafarian rhythms, perhaps accidentally or perhaps because as a child in Jamaica I had unconscious-

ly merged and fused Rastafarians with Thelonious Monk.”

DEDICATION

The album has 14 tracks, dedicated to Theodore “Sonny” Rollins and the memory of Melbourne Bob Cranshaw. It features Alexander’s adaptation of several songs written by Monk, such as “Misterioso”, “Rhythm a ning” and “Nutty”, as well as two songs Monk played but did not write - “Abide with Me”, a Christian hymn, and “Bemsha Swing”, written by Barbadian-roots Denzil Best drummer, a friend of Monk.



“This should have been spelled ‘Bimsha’, which is how Barbadians refer to themselves,” Alexander explained.

“‘Bemsha Swing’, Barbados and swing - the connection with Monk and jazz

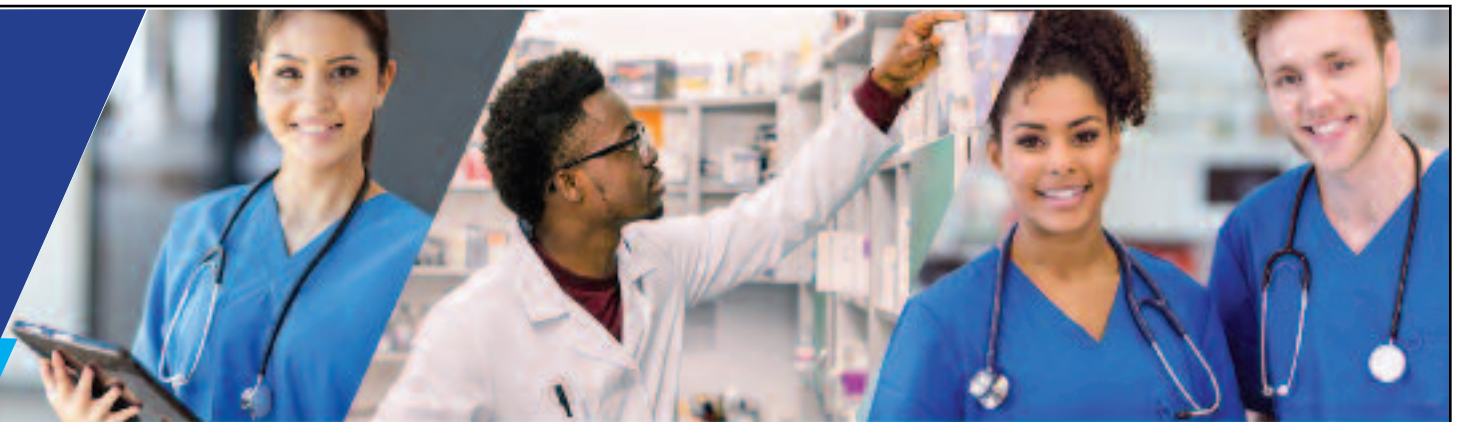
and island rhythms was there all along given that Monk vibrated with West Indian roots musicians like Herbie Nichols, Russel Procope, Matthew Gee, Blue Mitchell, Fats Navarro, ‘Tricky’ Sam Nanton, Carmen McRae, Arthur Taylor, Leonard Gaskin and a host of others,” Alexander added.

Musicians Ron Blake, Wayne Escoffery, Andrae Murchison, Joe Lovano John Scofield, J.J. Shaktur, Jason Brown, Obed Calvaire, Karl Wright, Leon Duncan, Courtney Panton, Junior Wedderburn, Abashani Wedderburn, Bongo Billy and Earl Appleton appear on Alexander’s new album.



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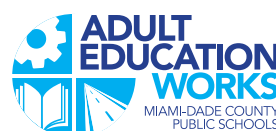
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CARIBBEAN AT THE UNITED NATIONS



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~ A CARIBBEAN TODAY SPECIAL FEATURE

'CLOCK IS TICKING': Caribbean warns world about climate change

UNITED NATIONS – Caribbean community (CARICOM) leaders have warned the international community that the “the clock is ticking” as the impact of climate change continues to severely affect their countries.

St. Lucia's Prime Minister Allen Chastanet, chairman of the 15-member CARICOM grouping, in his address to the United Nations Secretary-General's Climate Action Summit here last month, praised Antonio Guterres for his “one-man crusade” in pressing countries to meet their commitments to the global fund to deal with climate change. Chastanet said it was important to beef up international disaster relief before the next hurricane made landfall.

“The clock is ticking for us,” he said. “We are in the middle of our hurricane season and nine months away from the next hurricane season yet our voice is not heard.”

He said while governments have increasingly turned towards insurance to cushion climate-vulnerable countries against disasters, these were anything but a silver bullet.

“We are soon going to be uninsurable,” Chastanet said. “Some businesses on the island now had to devote 20 percent of their budget to insurance.”

SYSTEM

The CARICOM chairman said that the international community also had to put a more solid system into place for the next climate refugees.

“In the case of Bahamas, 50,000 are going to be evacuated before those countries are going to be rebuilt,” Chastanet added. “Who is going to sustain those people?”

The Bahamas was battered by Hurricane Dorian, a Category 5 storm on Sept. 1 that left at least 53 people dead and millions of dollars in damages. Chastanet called for gov-



Chastanet

ernments of the Organisation for Economic Cooperation and Development (OECD) to create a dedicated fund for small island developing states and reconsider how the organization classified debt.

REFORM

His Jamaican counterpart, Andrew Holness told the conference that the global financing system must be reformed. He outlined the need for cli-

mate risk to be mainstreamed into every part of the financial sector, noting the announcement from around 50 banks to assess their assets against their contribution to climate change.

Holness said that climate finance is being prevented from getting to where it is most needed, but he said initiatives that are removing barriers to finance are encouraging.

In her speech, Barbados Prime Minister Mia Mottley

said one degree centigrade has already caused catastrophic damage to small islands.

Mottley ignored attempts to cut her speech short by the U.N. moderator, saying she spoke for 20 percent of the world's population in small islands. Mottley warned that the devastation of Hurricane Dorian will supersede all existing mechanisms for rebuilding.

“Make no mistake there will be mass migration by climate refugees that will destabilize countries not on the front line,” she said.



T&T to host 2020 U.N. confab combating terrorism in Caribbean

UNITED NATIONS – Trinidad will early next year host an international conference focused on combating the threat of terrorism in the

Caribbean.

The announcement was made following talks between T&T Prime Minister Dr. Keith Rowley and United Nations Secretary General António Guterres here last month.

According to a statement issued by the Office of the



Rowley, left, met with Guterres at U.N. in New York.

Prime Minister in Port of Spain, Rowley also met with Vladimir Voronkov, the under-secretary general of the U.N. Counter-Terrorism Office (UNCOT).

The conference will be held in Port of Spain. It is expected to support collaboration between UNCOT and the Caribbean community (CARICOM) for the implementation of a regional counter terrorism strategy.

“Dr. Rowley welcomed the opportunity to discuss and deepen Trinidad and Tobago's co-operation with the United Nations on matters related to counter-terrorism which remains a matter of significant importance to the government,” a T&T government statement noted.

Rowley was among CARICOM leaders who attended the U.N. General Assembly, which was held under the theme “Galvanizing multilateral efforts for poverty eradication, quality education, climate action and inclusion”.



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*Conditions apply. Schedule is subject to change without advanced notice. Booking is from immediate to 6th January 2020 and travel period is from 15th December 2019 to 7th January, 2020. Triple Miles promotion applies to Caribbean Miles members. Bonus miles are applicable only between (1) Montego Bay and Ft. Lauderdale and (2) Ft. Lauderdale and Montego Bay. Triple miles will awarded for each leg of travel. Visa may be required. Other conditions may apply.

~ A CARIBBEAN TODAY SPECIAL FEATURE

MAXIMUM EFFECT: Three ways to make the most of summer produce

Summer may be coming to an end, but one of the best ways to ensure you make the most of the season is by enjoying the generous harvest of fruits and vegetables it brings.

Here are three ways to make the most of summer produce:

Get produce at its peak - Produce tastes best when enjoyed during its peak season. Before shopping, check produce guides to see what's at its peak near you.

A few easy ways to be sure you're getting the cream of the crop are to join a community-supported agriculture (CSA) group, visit a farmer's market and to look for the local label at your supermarket. In a culinary rut? Because CSA members don't always have the option of selecting the exact items they receive, a subscription is a particularly good idea for those with adventurous spirits looking to expand their horizons.

Be safe - In your efforts to feed your family nutritious produce this summer, be mind-



Always clean fruits and vegetables.

ful that many fruits and vegetables contain contaminants like pesticides, wax and soil on their outer layer.

While independent studies show that washing produce with water or bleach solution still leaves behind large traces of pesticides, there is now a better way to protect your family. With just a spray and rinse, Arm & Hammer's Fruit & Vegetable Wash claims to eliminate more than 90 percent of residue from the commonly used pesticide thiabendazole, when used as directed - four times better than water alone.

For more information, as well as cleaning tips, visit armandhammercleans.com.

Use it up - Don't let any produce go to waste. Here are five fun uses for fruit and vegetables:

• **Fruit popsicles** - Chop fruit into small chunks and mix with juice and even a bit of honey. Pour the mixture into a popsicle mold and freeze. You'll have a delicious, healthy snack for later.

• **Fruit or veggie kebabs** - The grill is not just for burgers and dogs. Make veggie skewers using mushrooms, zucchini, green peppers and onions. For a light dessert, grill pears and peaches to be eaten on their own or topped with a bit of ice cream.

• **Pesto** - Go beyond the classic basil recipe to get creative with your pesto sauces. From cilantro to spinach to mint, many of summer's richest green herbs and vegetables make great stand-ins.

• **Cold soups** - The weather may be hot, but that doesn't mean you need to put soup on the back burner - or any burner at all. From gazpacho to

borscht served chilled, you can cool down with soup this summer.

• **Preserves** - Certain fruits - such as strawberries - can technically be found any time of year, but are absolutely unparalleled in summer. Capture that magic for the months ahead by turning your

favorite fruits into jams.

With a bit of planning, you can thoroughly enjoy the vast array of fruits and vegetables harvested during the summer months.

- Edited from *StatePoint*.



The sweet, buttery stuff: Bermuda Johnny bread

This recipe is mostly known in Bermuda as Bermuda Johnny bread. It is simple and easy to make. Here's how you make it:

Ingredients

- 1/4 cup sugar
- 1 1/2 cups flour
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1/2 cup milk
- 2 tablespoons butter

Method

Mix together sugar, flour, salt and baking powder. Add egg and milk and mix to a consistent batter.

Melt butter in a frying pan. Spoon a third of the batter into the pan. Fry on low heat until



Bermuda Johnny bread

brown. Turn and brown the other side. Repeat twice with the remaining batter.

Split bread in half and serve with plenty of butter and jam.

- Edited from *News Americas*.



Learning about wine can improve the way you drink

The world of wine can sometimes feel intimidating to the uninitiated, but a bit of knowledge about wine from experts can help anyone navigate everyday situations.

"Once the basics are demystified, you'll not only impress friends with your newfound knowledge of wine, you'll better appreciate what you are drinking," says Chelsie Petras of ChelLovesWine, a wine influencer and Wine & Spirit Education Trust (WSET) Wine Education Week ambassador.

"Learning basic things like what you do or don't like in a particular wine can change how you drink and teach you to drink better!"

Whether you are starting from scratch or have some experience with the subject already, there's always more to learn, explains Petras, who is sharing three ways that a deeper understanding of wine will increase your enjoyment of the drink:

1. Happier hosting - Smart pairings make both food and wine taste better, and the wrong pairing will do quite the opposite. If you enjoy hosting dinner parties or any get-together, it is helpful to know basic pairings that will impress your guests

2. Better gifting - A bottle of wine makes a good gift when you're attending a party and don't know what to bring. By learning more about wine,



- Photograph by © lithian/ stock.Adobe.com
Demystify wine.

you will be able to better choose a bottle to bring that is certain to be a crowd pleaser.

3. Confident ordering - A lengthy wine list can be tricky to navigate, and many people shy away from being the one to order. A wine education can transform you from someone who hides behind the menu to being the go-to friend everyone relies on to make the right selection.

So where to turn for instruction? There are programs designed by those same education providers targeted at everyday wine enthusiasts and novices.

"Don't let the idea of learning more about wine intimidate you," says Petras.

"A wine education is for anyone who enjoys and is interested in wine."

- Edited from *StatePoint*.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

FIRED UP GRILL: Getting ready for tailgating season



Firing up the grill is a year-round pastime for many, especially in fall, when tailgating takes over stadium parking lots.

“Grilling for a tailgate crowd can be just as high stakes as the game itself,” says The Pit Crew of Pit Boss Grills. “Being prepared sets you up for an easy victory on the grill and in the lot.”

Whether it's your first time hosting a parking lot party or you just want to master your technique, use these tips from Pit Boss to keep your favorite football fans fed:

• **Bring more than you think you'll need** - Once you're parked, you're there to stay. Be sure to have more supplies - particularly fuel - than you think you'll need, so there are no surprises.

• **Do the prep work before you go** - Doctoring your food can be tricky in the heat of the moment. Cut out the onsite prep and go for surefire flavor by pre-seasoning and pre-marinating your meats.

• **Use a portable grill** - When it comes to grill choice, it's all about efficiency. You

want to be able to start feeding friends and family quickly after staking out space and pack it all up just in time for kick-off.

With fast set-up and no messy cleanup, a portable wood pellet grill gives bold, smoky-hardwood flava, and makes a solid choice for tailgates, camping trips, picnics or any outdoor adventure.

• **Satisfy all taste buds** - Bring an assortment of barbecuing and dipping sauces. From sweet and spicy to tangy and mild, everyone wins with a little of what they want.

• **Kick back** - Just because you're manning the grill doesn't mean you can't kick back and enjoy the party. Use a remote thermometer to monitor your food while you step away from the cooking site. This is especially helpful to prevent babysitting or lifting the lid when doing slower cooked meats, like ribs and pork shoulder.

• **Keep your crowd full** - Food is the best part of tailgating. Keep your crowd full with lots of finger foods like

burgers, dogs, homemade chips and dips, or this recipe for sticky bourbon chicken wings:

Ingredients

- 20 chicken wings, patted dry
- 1 cup ketchup
- 1/2 cup honey
- 1/3 cup brown sugar
- 4 tablespoons apple cider vinegar
- 2 tablespoons bourbon
- 2 tablespoons hot sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Pit Boss Sweet Rib Rub Seasoning

Method

The day or morning before the game, create your marinade by combining the ketchup, honey, brown sugar, apple cider vinegar, bourbon, hot sauce, Worcestershire sauce and Sweet Rib Rub in a bowl. Whisk well to combine.

Next, add the chicken wings to the marinade and toss them until they are well coated. Cover with plastic

wrap and refrigerate for two to 24 hours.

When it's time to cook, fire up your wood pellet grill and set the temperature to 350 degrees F. If using a gas or charcoal grill, set it up for medium heat.

Let the marinade drip off the chicken wings, and place them directly on the grill grates to cook for 10 minutes. Turn them over and grill for an additional seven to 10 minutes, or until the skin is crispy and dark golden brown.

Remove the chicken wings from the grill and enjoy them while they're nice and hot! For an extra kick of flavor, set aside some of your marinade before adding the chicken to coat the wings with later as a finishing sauce.

More tailgating grilling recipes and ideas can be found by visiting pitboss-grills.com/recipes.

- Edited from StatePoint.

Tribute to The Bahamas:
Scorched conch salad

As a tribute to the people of The Bahamas, we feature a Saturday favorite - Bahamian scorched conch salad. Here's how it's made:

Ingredients

- 6 large conchs
- 1 medium tomato
- 1 medium onion
- 1 sweet pepper
- 1 chili pepper (optional)
- 2 oranges
- 1 cucumber
- 10 limes
- Salt and pepper to taste

Method

Slice the thin side of the conch meat from the fatter trunk and cut it into quarter-inch dice. Slice the trunk into strips, cut the strips in half, and cut into quarter-inch dice. Place the conch in a large glass bowl.

Chop tomato, onion, sweet pepper, cucumber and set aside. Dice chili pepper and set aside. Peel and dice



Scorched conch salad

one orange and set aside.

Juice limes and oranges. Add all chopped and diced ingredients to bowl with conch. Pour in the lime and orange juice. Add salt and pepper to taste.

Cover with a plastic wrap placed flush against the surface and chill for an hour before serving.

- Edited from News Americas.



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BRIEFS

Angostura challenge open

The deadline is Oct. 10 for bartenders and mixologists in the Caribbean to apply to compete in the 10th ANGOSTURA® Global Cocktail Challenge (AGCC) on Feb. 23, 2020 in Trinidad.

Caribbean entrants may submit their written and video applications at <https://angosturaglobalcocktailchallenge.com/how-to-enter>, after which

six will be selected for the regional competition on Nov. 10 in Barbados.

Jerk festival

The Jamaican Jerk Festival will be held Nov. 10 at Miramar Regional Park in Miramar, Florida.

- Compiled from multiple sources.



~ A CARIBBEAN TODAY SPECIAL FEATURE

Caribbean food prep on display in South Florida exhibition



Artifacts which produce Caribbean cuisine are on display.

The culture of Caribbean food preparation is the focus of an exhibition currently on display in South Florida.

The “Caribbean Culinary Museum Exhibition”, presented by Bailey Contemporary Arts, will run through Oct. 25 at 41 N.E. 1st St., Pompano Beach.

“The Caribbean culinary culture has been influenced over the centuries with multiple nations adding to the distinct flavor of the islands’ rich cuisine,” Phyllis Korab, Bailey’s cultural affairs director, noted in a recent press release promoting the exhibition.

“The melding of different

global styles makes Caribbean food preparation such a rich history lesson.”

EXPLORATION

According to the release, “The Caribbean Culinary Museum includes culinary artifacts from around the Caribbean region. Each item is labeled according to its name on the multiple islands where it is used. There is also a description of each item’s traditional use(s) on these islands.

“The exhibition also includes a series of graphic narratives exploring the history of Caribbean cuisine, presented on large-format foam

boards. The information is organized based on flavor profiles, looking at how certain culinary staples made their way into the region, how certain items, preparations and serving methods are used differently or in the same way from island to island, and how certain food traditions bring the region together.”

The exhibition was developed by Taste of the Islands Experience and Jamaican David Muir.

For more information, www.baileyarts.org.



Guava duff pudding is an amazing dessert

Guava duff pudding is an amazing dessert popular in the islands of The Bahamas.

Give it a try this weekend. Here’s how to make it:

Ingredients

- 12 fresh guavas
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon allspice, ground
- 4 cups flour
- 3 teaspoon baking powder
- 1 teaspoon salt
- 3/4 cup shortening
- 3/4 cup milk
- 1 egg, beaten
- Rum/brandy butter ingredients
- 1 cup confectioners’ sugar
- 1/4 cup butter
- 1 teaspoon boiling water; dash of salt
- 2 tablespoons rum or brandy to taste

Method

Peel guavas then cut in half and remove seeds. Dice the fruit and strain to remove juice. Save juice to flavor sauce if desired.

Put fruit in saucepan with water to cover. Add sugar, cinnamon and allspice. Simmer until fruit is soft.

Combine flour, baking powder and salt. Cut in shortening. Stir in milk and egg to form a soft dough. Knead until



Guava duff pudding

smooth. Roll out like a jelly roll on a floured board.

Place the guava pieces on the center of the dough and roll over until the dough is spiraled with guava. Seal edges carefully.

Wrap dough in a cotton or linen bag, or foil and parchment paper, tie the top securely and put into a large pot of boiling water for one hour or more if necessary to set the duff.

Rum/brandy butter directions

Cream butter until soft, but not melted. Beat confectioners’ sugar in gradually. Add boiling water, salt and rum or brandy. Beat until smooth and fluffy.

Serving suggestions: Cut the guava duff loaf into one-inch wide slices and add a dollop a tablespoon of the rum/brandy butter over the top so it soaks into the steamed, sweet duff.

- Edited from News Americas.



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Caribbean Airlines to open Kingston to Havana route

Caribbean Airlines will begin non-stop service between Jamaican and Cuba on Nov. 6.

The flight from Kingston to Havana will operate on Wednesdays and Fridays.

"We are thrilled to start this non-stop service between Kingston and Havana, Cuba from November 06, 2019," Garvin Medera, Caribbean Airlines chief executive officer,

was quoted as saying in a recent press release.

"... We are working closely with our valued stakeholders to ensure that this route is a success."

Cuba is the Caribbean's largest island, almost 800 miles from end to end, with a population around 11.48 million.



Grenada revs up 'Spicemas' carnival promotion in U.S.

The organizers of "Spicemas" are eager to spread the word about Grenada's carnival in the United States.

Kelvin Jacob, the carnival's chief executive officer, said that in the wake of what the Grenada Tourist Board (GTB) described as a phenomenal 24.9 percent growth in arrivals for the 2018 carnival season, he is on a mission to promote the event.

Jacob recently concluded an eight-day trip to New York to "discuss the creation of a collaborative network of exchange, and sharing of ideas and support that will enhance our cultural product output in 2020 and beyond."

He also told the Caribbean Media Corporation (CMC), prior to his departure for home, that his purpose was to "discuss operations as it relates to understanding WIADCA's (the Brooklyn-based West Indian American Day Carnival Association) festival and that of Grenada and other countries in the region, geared towards learning from and supporting the growth of each other."

OPPORTUNITIES

Additionally, Jacob said he discussed the "initiation of the planning of opportunities for our Grenadian artistes to come to New York to participate in Labor Day activities based on a criterion that takes popularity (status as National Calypso/Soca/Groovy Monarchs and National Carnival Queen) and inclusive national representation into consideration."

His mission also served to promote Spicemas 2020 and observe logistics relative to the various WIADCA events, and "network with key personnel and create partnerships aimed at improving the Spicemas Carnival Brand."

Jacob said the first point of contact was Gerry Hopkin, whom he met initially when they were guests on a television program in Grenada in Aug. 2018, discussing Grenada's carnival. Hopkin is

a Grenadian-born, Brooklyn-based international consultant and community organizer. Jacob said soon after he was appointed



Kelvin

CEO of Spicemas Corp., on Feb. 1, Hopkin congratulated him, and offered his services to help in building relationships with key personnel to foster the growth of Spicemas on the international level.

'THE CONVERSATION'

He credited Hopkin with initiating "the conversation" with WIADCA's Dominican-born president Dr. Jean Joseph "about having WIADCA explore ways to expand their collaborative working relationship with carnival-celebrating countries in the Caribbean, and reached out to me about engaging WIADCA accordingly."

"I immediately embraced the idea, because it is consistent with my vision of finding ways to collaboratively preserve, optimally develop and gainfully showcase the value of our cultural products and festivals at home and in the diaspora," Jacob said. "Hence, on the heels of a successful Spicemas 2019, I have already started working on 2020."

"I have already held a meeting with Dr. Joseph that was arranged by Mr. Hopkin to begin the conversation about how Spicemas and other Caribbean carnival-celebrating countries can collaboratively and deliberately work, share ideas and cross-market with WIADCA in ways that produce results that would be of mutual benefit to the goals of our organizations, and toward the preservation and the appropriate monetization of the showcasing of our talent from across the region in the diaspora," he added.

- Edited from CMC.



Gov't urges Jamaicans to register with missions

KINGSTON, Jamaica – Foreign Affairs Minister Kamina Johnson Smith has called on Jamaicans who work or travel overseas, to register with the country's missions so that they can be easily located in the event of an emergency.

Johnson Smith, who was speaking in the Senate mid-September in the aftermath of the recent devastation of several islands in The Bahamas by Hurricane Dorian, said efforts are continuing to reach the estimated 8,000 Jamaicans in the country.

"When you travel, register at the missions of Jamaica

in the country where you are either traveling, living or working,"

Johnson Smith said. "Register with the honorary consul, the embassy or high commission, so they know that you are there."

She argued that while some persons register at the various overseas missions, The Bahamas experience, where communications were still down up to the time of Johnson Smith's speech, calls



Smith

for a formal process of knowing where Jamaicans reside so that the government can help in assisting family members at home to ascertain the safety of their loved ones more speedily.

"We are looking at creating a formal template, and to work with Caribbean airlines and travel agents, to help outgoing persons to be more conscious because whenever there is a national disaster, the ability to make contact with you is very important," Johnson Smith told the Upper House.



JetBlue to open Guyana route April 2020

GEORGETOWN, Guyana – JetBlue will be offering non-stop flights between the United States and Guyana beginning April 2020.

The Guyana government last month welcomed the announcement by the U.S.-based carrier that it would expand its service to the Caribbean country.

"The introduction of this immensely popular low-cost carrier will see lower ticket prices to Georgetown and provide travelers with an opportunity to fly on an airline of choice to their favorite destination," said Public Infrastructure Minister David Patterson.

"This agreement with JetBlue is timely and comes on the heels of continued and



sustainable growth in several sectors of our economy, including, service, tourism, mining and oil and gas," he added.

JetBlue said that the new service would begin April 2 between Georgetown and New York.

DIVERSITY

Andrea Lusso, JetBlue's director of route planning, said the Guyana service intro-

duces a diverse and underserved destination to the JetBlue route map which will benefit both leisure travelers, as well as those visiting friends and relatives.

To this end, the airline said it will be introducing, "a new, low fare high-quality choice to travelers in Guyana."

At present, American Airlines, the Trinidad-based Caribbean Airlines (CAL) and COPA Airlines operate the Guyana-U.S. route.

- Edited from CMC.





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~ A CARIBBEAN TODAY SPECIAL FEATURE

JOSEPH RHODEN: Jamaican rides waves to success in shipping

DAWN A. DAVIS

For a man who “fell” into the customs brokers and shipping industry, Joseph Rhoden has become synonymous with what it takes to be successful and an honored veteran in this competitive business.

As a youngster growing up in Jamaica, this was not his career choice, but it seems his foray into freight forwarding was meant to be.

“It really happened by luck,” Rhoden told Caribbean Today recently. “My plan was to go to university to do medicine. But, shortly after leaving high school, I got a call from Pan American World Airways in Jamaica. They had a vacancy for a cargo account executive, which basically means I would solicit and try to develop business for PanAm in

Jamaica from importers anywhere in the world and also export shipments out of Jamaica.”

This was in the late 1960s after he left Jamaica College. Now, more than half a century later, Rhoden has no regrets about his accidental path to the freight forwarding industry.

PASSION

He worked with PanAm for six years and developed skills and passion for the business. Rhoden was named one of the top 25 sales executives worldwide for the airline. He made connections with other customs brokers and the Jamaica Exporters Association and formed business links with some in the industry. In 1973 Rhoden co-founded the Kingston and Montego Bay-



Joseph

based Ocean Air International Limited, which still exists.

As an agent for a shipping company in the United States, Ocean Air grew in reputation, and Rhoden’s skills were noticed. He was eventually recruited by Econocaribe, a freight forwarding company in Miami and in 1979 migrated to the U.S. with his family.

“I worked with them for nine years traveling the Caribbean to develop their business in most of the English-speaking countries,” Rhoden explained. “After nine years, a group of us from that company decided that it was time to move on and start our own business, which we did in 1988. Antilles Freight Corporation is now 31 years old and has expanded and developed throughout the English-speaking Caribbean.”

‘GIFT OF GAB’

Rhoden credited his ability to relate to others for his success. When he talked, they listened.

“I think I have the gift of gab and I communicate with people well,” he said. “Being a Jamaican, I was able to relate to the Trinidadians, the Barbadians and all the other Caribbean countries. And so I was able to develop some form of a following with these people to support our company, which they have done up to today.”

Asked how he manages the two freight forwarding companies, Rhoden explained that Ocean Air International represents Antilles Freight in Jamaica, so he wears two hats.

“I have management and staff in Jamaica running the operations there, in Kingston and Montego Bay,” he said. “I do make regular visits to the island to make sure everything is in order, and I speak to them two or three times daily.”

Rhoden said Antilles

Freight Corporation primarily serves the Caribbean.

However, it also services customers in Central American and South America, providing warehousing and full-load service to companies in Costa Rica, Panama, Brazil and the Dominican Republic. Antilles Freight offers a variety of services.

“We have a 55,000 square foot warehouse in Miami which is bonded,” said Rhoden. “When we receive shipments we advise the customer that we are in receipt of their merchandise. They will then advise us when to ship.”

“We consolidate smaller shipments into container loads. We do not own a ship, we actually buy space on vessels that ply the Caribbean. We have service contracts with several of these ocean carriers for container rates. Basically what we do is, we have our own tariff which is controlled and governed by the Federal Maritime Commission. So we are bonded and insured.

“At most of our destinations, we have partnerships with companies that operate private customs bonded warehouses,” he added. “So, our containers are then transported from the port of destination to a private off-the-dock facility that’s staffed by customs, whether it’s in Jamaica, Trinidad, or Barbados. What this does is it makes it more convenient for our customers. They don’t have to go to the port. Instead they will go to daily.”

(CONTINUED ON PAGE 19)

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Caribbean Airlines sign pacts to ship cargo to multiple ports

Caribbean Airlines has entered multiple agreements which will enable the carrier to provide cargo service for several countries in the region and destinations in North America.

According to information obtained from the airline, Caribbean Airlines Cargo (CAC) recently “signed a new interline agreement with Air Canada, which enables it to ship into and out of all major cities in Canada” to Caribbean destinations such as Trinidad and Barbados, in addition to Miami, Fort Lauderdale in the United States, plus Toronto, Vancouver and Montreal in Canada.

Another interline agreement with Alaska Airlines will



Caribbean Airlines is spreading its wings.

enable CAC to ship to another 16 destinations, including U.S. states Alaska, Hawaii, Utah, Oregon and Nevada.

Meanwhile, CAC said it has “formed an alliance with ground transportation handlers Forward Air, to facilitate the trucking of large volume cargo from New York and Fort Lauderdale to the cargo hub in Miami, for shipments into the Caribbean.”



~ A CARIBBEAN TODAY SPECIAL FEATURE

HELPING HAND: Miami entities rally to ship aid to The Bahamas

A group of South Florida entities - public and private - have announced a partnership to ship relief to the victims of Hurricane Dorian in The Bahamas.

Miami-Dade County is partnering with MSC Group for the purchase and shipment of humanitarian supplies to the Caribbean nation, which was badly damaged by the storm last month.

MSC Group is a container shipping and logistics conglomerate and parent company of MSC Cruises. PortMiami and other maritime partners are expected to pitch in with the effort to help the people of The Bahamas with humanitarian aid.

According to a press release issued last month, the

relief effort includes “a shipment of over 200 gas generators, tarps, cords, water, canopies and gas cans, among other items of necessity for the victims of Hurricane Dorian.

“MSC Group, through its container shipping arm, MSC Mediterranean Shipping Company, has been present in the region for the past 20 years and has long been the leading cargo import and export operator in The Bahamas, with local headquarters based in Freeport, Grand Bahama,” the release added.

“The operation will involve several MSC hubs in the U.S., the Caribbean and beyond, with its U.S. cargo shipping arm, MSC USA,



MSC containers load onto ship.

loading and carrying the containers of relief aid to The Bahamas.”

SUPPORT

“Despite our global presence and large-scale operations, MSC is ultimately a family company and we are fully committed to supporting

both immediate and longer-term relief and recovery efforts in The Bahamas,” Fabio Santucci, managing director of MSC USA, noted in the release.

“In this initial phase, MSC’s extensive land and sea operations and services, along with our regional as well as local knowledge and our gracious partners have allowed us to quickly mobilize to collect and begin delivery of these items of necessity. In the meantime, together with our charitable arm, the MSC

Foundation, we are continuing to work closely with local officials in The Bahamas, community leaders, and key relief and recovery organizations to identify additional ways in which our group can support the immediate and longer-term needs of the local population and businesses, as they look to rebuild in the aftermath of Hurricane Dorian.”

The first shipment arrived at Freeport on Sept. 10 in 16 MSC 40-foot and two 20-foot containers. Up to press time, according to the release, further shipments were being arranged, based on the needs of the population.

For information about hurricane relief efforts, visit www.miamidade.gov/cares.



JOSEPH RHODEN: Jamaican rides waves to success in shipping

(CONTINUED FROM PAGE 18)

the off-the-dock facility, which makes it much easier to clear their shipments.”

CORE

The company’s core business is handling commercial shipments. Primarily shipments will include goods for

hotels throughout the Caribbean, commercial goods such as computers, auto parts, air conditioning units and building materials. It mostly handles less than container load shipments, referred to as LCL (less than container load) or LTL (less than trailer load). The company also offers air

freight service and is certified by the U.S. Transportation Security Administration.

Rhoden was recently inducted into the Florida Customs Brokers and Forwarders Association in recognition for his service to the industry. However, with the competition in the busi-

ness, he’s not resting on his laurels.

“What is new business for us is really taking away business from the competition,” said Rhoden. “And at the end of the day, it depends on how much you have taken versus how much business you have lost.

“Really, there is very little new business, so to speak. You just have to keep the base that you have and try to keep our customers happy.”

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



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FALL HEALTH



~ A CARIBBEAN TODAY SPECIAL FEATURE

PAHO pitches in with fund to aid Bahamas hurricane victims

NASSAU, The Bahamas – The Pan American Health Organization (PAHO) has established a special Bahamas Health Relief Fund to receive “unrestricted and unear-marked funds” from donors who would like to support the

Ministry of Health of The Bahamas in its relief and response efforts related to Hurricane Dorian.

PAHO Director Dr. Carissa Etienne said “all moneys deposited into The Bahamas Health Relief Fund

will be used for response and relief efforts related to the current emergency, according to the needs defined by the Ministry of Health of The Bahamas.

“For this purpose, a dedicated account has been estab-

lished at the Nassau branch of Citibank, which will accept local and international transfers in Bahamian dollars, US dollars and Euros from individuals and donors who wish to contribute to and provide financial support for the Ministry of Health of The Bahamas in the aftermath of Hurricane Dorian,” PAHO said.



Etienne

ing, sadness, fear, guilt, anger, difficulty sleeping and grief are among the common physical and emotional responses that a person can experience for a short period following a disaster such as Hurricane Dorian,” PAHO said.

“With the right support, the majority of people will be able to overcome these difficult experiences,” it added, stating this is highlighted in the Inter-Agency Standing Committee’s (IASC) “Guidelines on Mental Health and Psychosocial Support in Emergency Settings” and PAHO’s “Guidance on Mental Health and Psychosocial Support in Disaster Situations in the Caribbean”.

- Edited from CMC.



ACCESS

Dr. Esther de Gourville, PAHO’s representative in The Bahamas, said the organization is working closely with the Bahamas Ministry of Health and emergency teams to help those affected to have access to health care and secure food supplies, safe drinking water and sanitation.

PAHO has deployed more than a dozen experts to The Bahamas and is providing technical assistance on water sanitation and hygiene, health infrastructure, logistics, civil-military coordination, information management, epidemiological surveillance, public information and coordination.

PAHO said it is also “finalizing detailed health damage and needs assessments.”

In addition, PAHO issued a statement on “how to cope with the psychological impact of disasters.

“Shaking, sense of fatigue, loss of appetite, cry-

... Keys on clinical care

NASSAU, The Bahamas – The Pan American Health Organization (PAHO) says it is focusing on clinical care to save the lives of persons who survived Hurricane Dorian and keeping people safe, with three Emergency Medical Teams arriving here last month.

“Clearly it is a desperate situation for some persons on Abaco,” said Dr. Esther de Gourville, PAHO’s representative in The Bahamas.

She explained that PAHO is working with the Bahamas Ministry of Health and emergency teams to help those who survived secure food supplies, safe drinking water and sanitation.

According to Dr. de Gourville, even before Hurricane Dorian struck, PAHO “pre-deployed” water and sanitation experts and health services experts to Bahamas and had experts in logistics, disease surveillance, coordination, information management and civil-military

cooperation in place in its Bahamas office. She said assessment of needs has begun and that an expert on structures reviewed damaged health facilities.

PAHO said it has pledged health sector infrastructure and public health support, and is acting quickly with the support of the Bahamas Ministry of Health to assess needs and damage assessments. PAHO has also established an Incident Management System in its country office.

“Due to floodwaters and potential contamination with sewage and lack of safe water, the risk of diarrheal and waterborne diseases is high,” warned PAHO.

The team includes six physicians, two surgeons, 16 nurses, two anesthesiologists, allied health personnel and logistics and management staff. An emergency medical team from Team Rubicon was deployed to Abaco for a 15-day mission.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

FLORIDA MEDICAL: A hospital with strong Caribbean connections

DAWN A. DAVIS

For more than 40 years Florida Medical Center (FMC) has been an important part of medical care for the large - and growing - Caribbean community in Lauderdale Lakes.

Now FMC is reflecting the multi-national composition of the South Florida city, run by a Jamaican-born mayor, Hazel Rogers.

"We have an incredibly diverse nursing crew, many of them Jamaican," Jeffrey Welch, chief executive officer of FMC and Tenet Health's Miami-Dade Group of hospitals, told Caribbean Today.

"In fact, I was recently with a patient who said to me, 'you have a lot of Jamaican nurses here', and I love that we were talking about where we are from."



Welch

Yet FMC has not always enjoyed favorable reviews. At times it was seen as sub-par in areas such as cleanliness, outcomes and medical technology. Today it is aiming to rebuild its reputation as a hospital with a "community heart" and, over the past several years, has secured new and advanced medical equipment, plus a qualified staff.

TURNAROUND

Steering the turnaround is Welch, a 12-year veteran in the

Tenet system who took the top position at FMC about a year ago, declaring his commitment to changing the perception.

"One of the things I like to do is bring in a team that's a lot smarter than me, good people who really care and make decisions that's best for our patients," Welch explained.

"That's what lifts the whole culture of this organization, one in which we are very focused on patient care, physician satisfaction, quality, safety. "I wish I could go into any hospital and change the culture. But, it takes time. I think this hospital has really made some headway over the years."

Welch said decisions on infrastructure and equipment at the hospital are based on what's best for the patients and community, including the acquisition of high-tech equipment.

"We have two robots for robotic surgery, which actually cost the hospital more, but it's better for the patients," he said. "It's less invasive for a lot of the procedures and it gets the patients out of the hospital faster.

"Our focus is trying to keep the community healthy, so they don't have to come back."

Among the newest pieces



- Photograph by Dawn A. Davis

The Philips 256-slice CT Scanner at FMC.

of medical technology is the Philips 256-slice CT Scanner which, according to Welch, can scan any organ, particularly the heart or brain, and produce super clear 3-D images at every angle possible in less and a minute. Importantly, he added, it emits less radiation than the traditional 64-slice version.

According to Welch, FMC is recognized as the first Comprehensive Stroke Center, and the first Center of Excellence for Bariatric Surgery and Robotics in Broward County, Florida, as well as being a certified Chest Pain Center. It's part of the plan to earn respect, trust and ultimately become the hospital of choice for residents.

"So, all these accolades that we get for certification, it's not just words," Welch said.

"We have to go through a lot of regulatory review to get these certifications. It's a lot of work and it takes a lot of time and effort, but it's important

Community oral health summit in Miami Nov. 19

A summit to address the oral health needs of the community and support policies that increase oral health access will be held next month in Miami, Florida.

The Miami-Dade Oral Health Network will hold its fifth Oral Health Equity Summit from 11 a.m. to 2 p.m. Nov. 19 at Miami Dade College's Hialeah campus.

The summit will be expected to bring together community members, elected officials and experts in oral health advocacy. It will also feature a keynote speaker, panel discussion and an interactive advocacy session where participants will have the opportunity to practice oral health advocacy.

for us to have those certifications to be able to serve our community. That way, our patients, our community members don't have to leave the community for healthcare."

Lauderdale Lakes includes undocumented and/or unin-

sured residents who may be reluctant to seek help from institutions like FMC. However, Welch wants residents to know they are welcome and that immigration sta-

(CONTINUED ON PAGE 22)

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~ A CARIBBEAN TODAY SPECIAL FEATURE

U.S. offers 'Comfort' medical services in Caribbean

The United States naval ship Comfort is currently on a tour of the Caribbean and other regions offering medical services.

The ship and its 956 medical staff is on a five-month multi-national medical assistance mission. At its completion, Comfort will have made 14 port calls in 12 countries throughout the Caribbean, South America and Central America, including three and three Organization of Eastern Caribbean State territories of Grenada, St. Lucia and St. Kitts and Nevis.

In addition to surgeries done onboard Comfort, doctors from the ship will hold clinics, where they will offer healthcare in several areas, including wound care, urology, orthopedic, eye care and general surgery.

POSITIVE

Prime Minister Dr. Keith Mitchell, Grenada's acting health minister, described the initiative as one that will have a powerful positive effect on the healthcare system of Caribbean nations while



Comfort is scheduled to visit several nations in the region.

strengthening the relationship between the U.S. and countries which will benefit.

"This initiative is a very strong partnership for the people of the region," said Mitchell while welcoming the Comfort to his country last month. "The impact of this initiative is something that Grenadians will feel for a long time."

Chief Medical Officer Patrick Amerbach sought to assure Caribbean nations that the medication distributed by

Comfort has been approved by the U.S. Food and Drug Administration.

"Everything we are using here is FDA approved, everything that we do here is of a quality standard as done in the U.S. healthcare system," Amerbach said last month.

The FDA is the U.S. federal agency responsible for protecting public health.

- Edited from CMC.



Tips for parents to help teens make the most of doctor's visits

The transition from childhood to adolescence is a complex time for kids, but it's also a complex time for you, and you may find yourself unsure how to give your children more independence and when to stay involved.

But when it comes to doctor's visits, medical experts emphasize the importance of empowering teens to talk to their doctors one-on-one.

"During routine doctor visits, it's important for adolescents to feel comfortable discussing their health care needs with their physicians," says Dr. Maria Trent, chair of the American Academy of Pediatrics Section on Adolescent Health.

"Often, it is only during confidential, one-on-one conversations that teens are able to get the information and resources that they need to be healthy and safe."

When teens and young adults aren't sure if what they tell their doctors is confidential, they are less willing to discuss sensitive topics or may skip care altogether, suggests research published in the Journal of Adolescent Health. This is especially true for adolescents who report engaging in risky behaviors or report experiencing psychological distress, meaning those who need care the most may not be seeking it from their doctors.

You, your teens and their doctors should work together to ensure that confidential, one-on-one care is a part of every visit.

TIPS

In an effort to increase the number of adolescents and young adults receiving preventive services, and to help you support your teen's journey towards independence and responsibility, here are some tips developed by the Adolescent Health Consortium, a collaborative effort between the American Academy of Pediatrics, American Academy of Family Physicians, the Society for Adolescent Health and Medicine, and the American Congress of Obstetricians and Gynecologists:

- Understand the benefits



- Photograph by © JackF/iStock / Getty Images Plus
It's important teens are able to talk about health issues.

of one-on-one time between adolescents and doctors and make it a priority - Confidential care is good for teens' health. If one-on-one time isn't offered or encouraged during the visit, consider volunteering to leave the room.

• **Prepare your teen for one-on-one time with their doctors by explaining its purpose and benefits, and encouraging them to come to the visit with a list of questions to have answered** - Let teens know that it's their bodies, their health, and their life, and that they should feel empowered to get the information they need. Explain how patient confidentiality works, so teens feel comfortable addressing any health concerns they have.

• **Talk to teens about healthy relationships, positive choices, social media, as well as potentially sensitive topics, such as substance use and sexually transmitted infection prevention, gender identity and sexual orientation and more** - Regular communication at home can lead to greater trust and a bigger chance that teens will open up about health concerns.

More parent resources and tips can be found at healthychildren.org.

Experts say that confidential, one-on-one care can help teens make the most of their doctor's visit. As a parent, you can actively promote discussions between doctors and patients that will allow teens to get the care they need.

- Edited from StatePoint.



FLORIDA MEDICAL: A hospital with strong Caribbean connections

(CONTINUED FROM PAGE 21)

tus is not a factor in treating patients.

"Hospitals are responsible to take care of anybody that comes through our doors," he explained.

"If you have an inability to pay we take care of you as if you have the ability to pay. That's what is so important

about Florida Medical Centre and the importance of our location.

"We serve a diverse community, from people who can't afford to pay, the charity care, the uninsured. We are a community built on care."

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



What you need to know about
Breast Cancer

This information is provided as a service by Broward Health. As always, consult with your doctor. If you need to find a doctor, visit BrowardHealth.org/Find-Doctor.

1. **What is breast cancer?** Breast cancer starts as a tumor in the breast. It can attack surrounding tissues or spread to other parts of the body.
2. **What is a mammogram?** It's the best way to detect breast cancer before physical symptoms develop. A low-dose x-ray can help find signs of tumors earlier.
3. **Who should get a mammogram?** Doctors say women ages 40 - 44 can start getting mammograms every year. Women ages 45 - 54 should get a mammogram every year. Women 55 and older can get a mammogram every other year.
4. **Who should get a mammogram before age 40?** It's recommended that women who are at a high risk for breast cancer should be tested. Some high risks include dense breasts, having a close relative who had breast cancer or having a BRCA 1 or BRCA 2 gene mutation.
5. **How to get a mammogram:** Talk with your doctor. Breast cancer screening services are available at Broward Health's four hospitals and diagnostic imaging centers. Depending on your circumstances, free or low-cost screenings may be available. To find out if you're eligible, call 954.355.5442.

Sources: Florida Department of Health
American Cancer Society

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~ A CARIBBEAN TODAY SPECIAL FEATURE

NEEDLE POINT: Six things you need to know about vaccinations

As misinformation continues to spread about vaccines, medical experts are reminding parents and the general public that vaccinations save lives.

“Overwhelming scientific evidence shows that vaccines are among the most effective, safest interventions to prevent illness and protect public health,” says Dr. Patrice A. Harris, president of American Medical Association (AMA).

To help dispel misconceptions about vaccinations, the AMA is offering answers to six commonly asked questions.

1. Are vaccines safe?

Yes, vaccines prevent individual illness and protect the health of the public. The most common side effects are typically very mild, such as pain or swelling at the injection site.

2. Is it true that if everyone else is vaccinated, my family doesn't need to be? - No. Vaccines not only protect the child or adult who receives them, but also the health of their communities.

Some people cannot be vaccinated - including young children, cancer patients and

those who are immunosuppressed. When immunization rates are high, people in these categories are protected because they're less likely to be exposed to the disease.

As evident from recent measles outbreaks in several states in the U.S., when individuals aren't immunized as a matter of personal preference or misinformation, they put themselves and others at risk of disease.

3. What vaccinations do my children need? - Children should be vaccinated according to the recommended schedule of the Advisory Committee on Immunization Practices, which is designed to protect young children before they're likely to be exposed to potentially life-threatening diseases and when they're most vulnerable to serious infections.

For the latest recommended childhood vaccination schedule, visit cdc.gov/vaccines/schedules.

4. I don't want my children to get vaccine-preventable diseases. What's the earliest age they can be vaccinated?



- Photograph by © Monkey Business / stock.Adobe.com

It's good to keep up to date with your shots.

ed? - Children can receive their first flu vaccine starting at six months old. The recommended age for the first dose of measles, mumps, and rubella (MMR) vaccine is 12 to 15 months of age.

If you live in a community experiencing an outbreak, or if you travel internationally, your baby may be vaccinated as early as six months. Talk to

your pediatrician for additional information about when early vaccination may be appropriate.

5. I'm an adult, do I need to get vaccinated? - Yes, adults need vaccines too. Sometimes immunity from childhood vaccines can wear off over time. Adults may also need vaccinations because of their age, job, travel and

health conditions.

Talk with your doctor to determine which vaccines you need, and visit www2a.cdc.gov/nip/adultimmsched for an online assessment tool.

6. Hasn't the U.S. eradicated the major diseases that require vaccines? - One of the country's greatest public health success stories is the remarkable decrease in infectious diseases as the result of vaccines.

Unfortunately, that success has led some parents to stop vaccinating their children against diseases like measles, meningitis, polio and diphtheria.

However, these diseases still exist, and can still debilitate and kill. If people stop getting vaccinated, diseases that were once considered eradicated could reemerge - which is what's been happening with measles outbreaks across the U.S.

More information can be found at cdc.gov/vaccines.

- Edited from StatePoint.



Get in your favorite jeans with these weight loss tips

American women want to lose an average of 16.8 pounds to fit into their favorite pair of jeans and nearly 39 percent say they like to keep jeans in their closet that don't fit to motivate them to lose weight, according to a survey by Nutrisystem.

Being equipped with the right tips can help you get on the weight loss track and back in those jeans.

1. Eat smart and often

Aim to eat smaller meals every two to three hours, six times a day so that you don't binge or overdo it. You'll feel full and satisfied, which will help you make smarter choices

2. Keep the good stuff where you can see it - It may sound overly simple but it's true, you are more likely to eat healthy foods if you put them in a visible, easy-to-reach location.

And for the fridge? Don't put your fruits and veggies in the produce bin! The middle shelf is the sweet spot. That's where to keep your celery, carrots, apples, oranges and all that good stuff.

3. Don't go it alone

Losing weight isn't exactly a cakewalk. But it doesn't have to be impossible. Find a weight loss plan that works for you and fits in with your



- Photograph © New Africa / stock.Adobe.com

You can get back in shape in a short time.

lifestyle.

4. Drink up - Hunger and thirst are easily confused, so stay hydrated. But don't make the mistake of drinking your calories.

Opt for water. If you're looking for a more flavorful option, add fresh fruit slices, a few squeezes of lemon or some sprigs of mint leaves.

5. Find your routine and stick with it - It's important to make a plan for what you'll eat and when you'll exercise each week. Carve out part of your day that works for your schedule and you'll be much more likely to follow through.

For more information, visit theleaf.nutrisystem.com.

- Edited from StatePoint.



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