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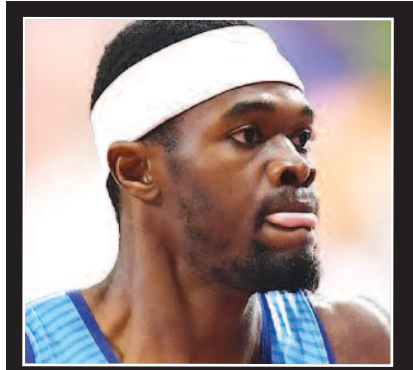
Vol. 31 No. 1

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Rai Benjamin proved he will bleed for the United States. Yet, the New York-born star isn't shy to acknowledge the blood he shed at the IAAF World Championships in Athletics also comes from deep Caribbean roots, page 7.



The holidays are fast approaching, but soon it will be time for our children to go back to school. Caribbean Today offers some tips to help them cope in the classroom in our "Spring Education" feature, pages 17-19.

# GUILTY

~ The Military Court in Caribbean community nation Suriname has convicted and sentenced President Desi Bouterse to 20 years in prison for his involvement in the 1982 murders of 15 political opponents, page 2.

# 'DREAMERS' IN DOUBT

~ The fate of possibly hundreds of young Caribbean nationals in the United States, who have benefited from the Deferred Action for Childhood Arrivals (DACA) program, is now in limbo after being placed in the hands of the Supreme Court, the highest judicial body in the U.S., page 4.

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# Suriname's president gets 20 years in prison for murder of 15 political foes

PARAMAIRBO, Suriname – The Military Court here late last month sentenced President Desi Bouterse to 20 years in prison for his involvement in the 1982 murders of 15 political opponents of his then military government.

The trial had been going on for several years in the Caribbean community nation. In a lengthy verdict the court on Nov. 29 did not order Bouterse's detention. The president was on an official visit to China at the time of the sentencing.

The prosecution had asked for a 20-year jail term and the court ruling took over four hours to deliver. Bouterse was allowed two weeks to file an appeal.

In an immediate statement following the verdict, France, Germany, the Netherlands, Spain, the United Kingdom and the United States said they had closely monitored the progress of the trial over the years.

"We appreciate the challenging circumstances under which the Military Court operates and commend the Court on reaching a verdict in the cases before the Civilian Chamber," the Heads of Mission of the Western coun-

tries said in their joint statement.

## 'TRAITORS'

Last year, the lawyer for President Bouterse asked the Military Court to acquit his client after brandishing the victims as "traitors".

In 2017, Bouterse along with 23 co-defendants appeared in the Military Court after the Court of Justice had earlier rejected a motion to stop the trial. The former military officers and civilians had been charged with the Dec. 8, 1982 murders of the 15 men, that included journalists, military officers, union leaders, lawyers, businessmen and university lecturers.

The prosecution alleged that the men were arrested on the nights of Dec. 7 and 8 of that year and transferred to Fort Zeelandia, then the headquarters of the Surinamese National Army. They said the men were tortured that night and summarily executed.

The Court of Justice ruled that the criminal case should be continued by the Military Court since the prosecutors' request to end the trial wasn't based on any provision in the



Bouterse

Surinamese criminal law.

In June 2016, the Military Court ruled that the Amnesty Law, which was criticized by human rights groups as an attempt to shield Bouterse, was unlawful.

## RESPONSIBILITY

Several years ago, the former army commander claimed political responsibility for the murders since he was head of government at the time of the massacre, but has denied any

personal involvement in the killings.

The military government claimed the men had conspired to stage a coup. Bouterse later became president of Suriname through democratic elections in May 2010 and won re-election in May 2015.

In Dec. 2017, Ruben Rozendaal, one of the co-defendants in the mass murder trial involving Bouterse, died, after allegedly commit-

ting suicide by bleeding to death following a cut on his left arm.

The Military Court convicted Bouterse on the charges of murder and provocation to murder. The other criminal offenses, such as deprivation of liberty and torture, are time-barred.

In their statement, the Western countries said the trials have been instrumental in reconstructing the events and political context of Dec. 8, 1982.

"The integrity and independence of the Judiciary is a pillar in Suriname society. It is critical that the final verdicts in the killing of 15 innocent citizens — whatever those verdicts may be after the appeals process is complete — are implemented and upheld in accordance with the rule of law," the statement noted.

"Lastly, our thoughts go out to all of the families and loved ones of those who have been a part of this tragedy. The verdict will undoubtedly prove instrumental in helping the nation move towards reconciliation," the heads of the missions said.

- Edited from CMC.



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## Caribbean children caught in U.S. family separation policy at Mexico border

Caribbean children are believed to be among thousands separated from their families as part of United States President Donald Trump's policy of stemming the tide of illegal immigration through the U.S.-Mexico border.

While most immigrants trying to cross the border are from Mexico and the so-called Northern Triangle of Guatemala, Honduras and El Salvador, some have come from the Spanish-speaking Caribbean nation of Cuba as well, reports indicate.

According to the American Civil Liberties Union (ACLU) late last month, U.S. immigration authorities said more than 5,400 children were separated from their family since July 2017. More than 1,500 of the number were separated during the period June 1, 2017 to June 26, 2018.

Several nationals from Cuba are believed to be among them. Although the precise number could not be determined up to press time, published reports indicate it may be significant.

"Tens of thousands of Central Americans and Cubans have been returned to Mexico this year to wait for immigration court hearings, instead of being released in the United States with notices to appear in court," the **Associated Press** reported late October.

The U.S. government appears uncertain of the number of children separated from families.

### DAMAGE

The separation of families has been a vexing political issue. Scientists have argued that separation can damage a child's brain. Dr. Jack Shonkoff, director of Harvard University's Center on the Developing Child, told the U.S. Congress this year research has shown that keeping children from their parents can harm their development.

"If these relationships are disrupted, young children are hit by the double whammy of a brain that is deprived of the positive stimulation it needs, and assaulted by a stress response that disrupts its developing circuitry," Dr. Shonkoff said.

Human rights groups, including the ACLU, have blasted the Trump administration's policy. Meanwhile, the administration has not been totally successful in reuniting separated families. Caribbean lawmakers have joined the chorus blasting the Trump administration's "zero toler-

ance" policy.

"Donald Trump's policy of separating immigrant families at the border is not only cruel, inhumane, and immoral, but is also deeply unsettling to the majority of American people and our global community," declared U.S. Congresswoman Yvette D.

Clarke, daughter of Jamaican parents, in a statement.

"The border crisis was manufactured by Trump. He could put an end to all of this, but instead, he has chosen to use children and families as leverage to enact divisive immigration policies including his unnecessary \$25

billion wall."

### ORDER

Judges in the U.S. have ordered the Trump administration to identify children separated under its 2018 "zero tolerance" policy and reunite them with their family. However, up to press time,

reports indicated that hundreds of children, some younger than age five, were still being separated despite the courts' orders

Cubans apprehended by law enforcement while trying to enter the U.S. illegally, like others taking the same path,

(CONTINUED ON PAGE 4)

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**U.S. Supreme Court takes on DACA, fate of young Caribbean 'Dreamers' in limbo**

The fate of possibly hundreds of young Caribbean nationals in the United States is now in limbo after being placed in the hands of the Supreme Court, the highest judicial body in the U.S.

The court last month heard arguments surrounding Deferred Action for Childhood Arrivals (DACA), a program designed to protect undocumented youth - also called "Dreamers" - from deportation.

DACA was implemented through executive order in 2012 by former President Barack Obama. In 2017 President Donald Trump announced he wants to end it as part of his plan to stem the flow of illegal immigration into the U.S.

Facing the Supreme Court is the decision of whether or not Obama went beyond his presidential powers under the U.S. constitution by ignoring the U.S. Congress to implement DACA, which is what the Trump administration claims.

The court must decide if the Trump administration used proper procedures and explanations in trying to end DACA. It could make its decision by June 2020.

**AIM**

The aim of DACA is to provide protection to youngsters who came to the U.S. illegally before age 16 and are no older than 30. Most were brought by their parents. Some, including many from the Caribbean, used valid visas to enter, but overstayed the time allotted by immigration authorities.

The program does not offer a direct path to U.S. citizenship.

DACA allows the youngsters to remain in the country



DACA is on the line at Supreme Court.

as long as they meet certain requirements, including attending school. Recipients are also able to get a driver's license and work permit.

Approximately 700,000 DACA recipients are in the U.S., with hundreds believed to be from Caribbean nations.

While Trump has sought to end it, including refusing to renew DACA applications, his administration has not offered an alternative for the "Dreamers".

**REJECTION**

The Trump administration brought the matter to the Supreme Court after lower courts in multiple states, including California, District of Columbia and New York, rejected the current administration's attempt to end it, allowing DACA to continue.

"The president's decision to end DACA ... was not only illegal, it ran contrary to American values," California Attorney General Xavier Becerra said.

However, Trump has lumped DACA recipients with various criminal atrocities allegedly committed by undocumented immigrants. He has

also repeatedly claimed that illegal immigration is not fair to those who live in the U.S. legally.

The nine-member Supreme Court includes two justices each appointed by Obama and Trump. During oral arguments last month, it appeared the justices generally had compassion towards the Dreamers.

"I hear a lot of facts, sympathetic facts, that you've put out there, and they speak to all of us," said Justice Neil Gorsuch.

**ILLEGAL**

Some legal scholars argue that it is likely the Supreme Court will back the Trump administration. Chief Justice John Roberts's reasoning indicated that the Trump was correct in saying the program was illegal. However, he added, the court could rule in a manner which makes any impact against the Dreamers more tolerable for them.

"It's not always the case when the government acts illegally in a way that affects other people that we go back and untangle all of the consequences of that," Roberts said.

Justice Sonia Sotomayor argued it could possibly be inhumane to end DACA.

"This is not about the law. This is about our choice to destroy lives," she said.

In recent times Trump has been even harsher to DACA recipients.

"Many of the people in DACA, no longer very young, are far from 'angels. Some are very tough, hardened criminals," the president wrote on Twitter.

- Gordon Williams



**Caribbean children caught in U.S. family separation policy...**

(CONTINUED FROM PAGE 2)

have been sent back to Mexico. There, they have been asked to wait to be summoned to U.S. court where their case will be tried.

In September, the Trump administration announced the U.S. would deny asylum to immigrants who pass through another country on their way to the U.S. if they did not seek that nation's protection before

arriving at the U.S. border.

- Gordon Williams. Multiple sources contributed to this story.



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## 'DIPLOMATS FOR SALE': Caribbean politicians linked to corrupt jobs-for-money scheme

Politicians in multiple Caribbean nations have been linked to a corrupt scheme involving the trade of money for diplomatic posts, according to a news organization.

Al Jazeera's Investigative Unit last month reported, in "Diplomats for Sale", the allegations against politicians who reportedly took campaign funding from rich foreigners in a swap for diplomatic passports.

The Caribbean politicians have denied the allegations. Up to press time, Caribbean Today could not verify Al Jazeera's reporting.

However, Al Jazeera claimed secret filming of transactions allegedly show, for example, former



Seraphin

Dominica Prime Minister Oliver Seraphin offering to arrange a deal which would offer an ambassadorship in Asia in return for receiving \$470,000.

With Dominica's general elections looming on Dec. 6, the report also indicated that Prime Minister Roosevelt Skerrit, who

is seeking re-election, accepted large sums of money into his 2014 campaign from Alireza Monfared in exchange for making the Iranian businessman ambassador to Malaysia.



Skerrit

### IMMUNITY

Foreigners reportedly desire the diplomatic status because they provide immunity from law enforcement. In Monfared's case, it would prevent him from being troubled by the Iranian government. However, he was arrested last month by Iranian authorities and sentenced to 20 years in prison for stealing revenues generated from the sale of oil.

Skerrit and Seraphin have denied any involvement in the alleged corruption scheme. Skerrit also said he did not discuss any money for ambassadorship swap with Seraphin.

A similar corrupt scheme also occurred in Grenada, the news organization reported, where an American business-

man reportedly claimed a partner was offered a diplomatic job in exchange for funding future government projects. The reporting also indicated that an American conman claimed he gave \$500,000 to Grenada's Prime Minister Keith Mitchell as partial payment for being appointed ambassador-at-large. Mitchell, it was reported, claimed he received \$15,000 for travel expenses.

Grenada's government has denied the overall allegations.

Usually ambassadors are citizens of the appointing nation, according to the 1961 Vienna Convention. Al Jazeera reported that multiple Caribbean nations did not hire citizens for the professional diplomatic posts and those non-citizens were also engaged in other businesses, a practice opposed by the U.N.



Mitchell

- Compiled from multiple sources.



## Guyana government official gives up U.S. citizenship

Another senior government official in Guyana has relinquished his United States citizenship.

Joe Harmon, director-general in the Ministry of the Presidency last month announced he is no longer the holder of U.S. citizenship.

Harmon was among four government ministers who were forced to resign from Parliament and their ministerial portfolio after the court reaffirmed it is illegal for the holder of dual citizenship to serve in the Guyana Parliament.

The constitution makes clear on the issue, but the clause was ignored by all of the political parties in Parliament as both sides had dual citizens serving as members of the House of Representatives.

During a press conference last month, Harmon disclosed he applied to relinquish his U.S. citizenship and was informed in early October that the application had been approved. With Harmon relinquishing his U.S. citizenship,



Harmon

the way is now clear for him to be a candidate on the coalition's list for the Mar. 2020 elections.

Harmon served as minister of state before he was forced to resign from the position after the court's ruling.

He is the second former government minister to relinquish foreign citizenship. A few months ago, former Foreign Affairs Minister Carl Greenidge formally renounced his British citizenship. Greenidge has also indicated his readiness to serve as a candidate for the coalition at the upcoming elections.



## Jamaican jailed for revenge porn involving ex-girlfriend

A Jamaican man was sentenced to prison for posting revenge porn featuring his American ex-girlfriend.

Several months ago Donovan Powell, 53, pleaded guilty to three counts of malicious communication under Jamaica's Cybercrimes Act.

Powell reportedly posted nude pictures and videos of his ex-girlfriend, American television anchor Darieth Chisolm, after the woman ended their romantic relationship.

Last month, Powell was sentenced in the Corporate Area Criminal Court to one year in prison at hard labor for counts one and two and ordered to pay J\$1,000,000 or serve four months in prison. The sentences for counts one and two are to be served concurrently.

### NO CONSENT

However, Powell was granted bail pending the outcome of an appeal against the penalty.

The court heard that during the relationship between Powell and Chisolm he captured nude pictures and videos of her without her consent.

Deputy Director of Public Prosecutions Martin Swaby said when the relationship ended Powell used the material to create sexually explicit videos. The videos and pictures were also sent to Chisolm and posted to a website he created.

Powell had also reportedly threatened Chisolm that he would ruin her credibility and destroy her career.

- Edited from CMC.



## Opposition reverses 2014 loss, wins in Montserrat

BRADES, Montserrat – The main Opposition Movement for Change and Prosperity (MCAP) last month won the general elections in Montserrat, a reversal



Taylor-Farrel

of its 2014 electoral defeat in the British Overseas Territory (BOT).

Outgoing Premier Donaldson Romeo, who had been ousted as leader of the People's Democratic Movement (PDM) weeks before the polls, was the only

(CONTINUED ON PAGE 6)

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## CBP seizes millions in cash, drugs; arrests 100s in raids of U.S. Caribbean territories

Illegal immigrants were apprehended and thousands of pounds of narcotics and millions in currency seized by the United States Customs and Border Protection (CBP) during operations in U.S. Caribbean territories during fiscal year 2019.

CBP's Air and Marine Operations (AMO), working with other federal, state and local law enforcement agencies, made the interceptions primarily in Puerto Rico and the U.S. Virgin Islands (USVI).

According to the CPB last month, the operation has become "an integral part" of its procedures, "in order to manage illicit activity throughout the area."

In total, AMO said agents seized 67,615 pounds of narcotics and \$28 million in currency. Some 1,434 immigrants were apprehended throughout Puerto Rico and USVI.

### CRIMINALS

The Ramey Border Patrol Sector arrested and processed 562 immigrants and other fed-



- File photograph

CPB has been active in fiscal year 2019.

eral, state and local partners' interdicted 876 migrants in the Caribbean Sea. The report also stated that immigrants with prior criminal history represented 28 percent of the total apprehensions.

After a decade-long \$12 million investment, with the Operation Stonegarden Grant Program, CBP said "municipal and territorial law enforcement have been able to work with the Ramey Border Patrol Sector to make

a difference in protecting the border."

CBP officers also denied entry to more than 737 people attempting to illegally enter the U.S. through air or sea ports of entry in Puerto Rico or the USVI. In addition, CBP said \$16 million of undeclared currency and over 34 firearms were seized.

- Edited from CMC.

## Barbados marks 53rd Independence

BRIDGETOWN, Barbados – Barbados celebrated its 53rd anniversary of political Independence from Britain on Nov. 30, with the traditional military parade, honoring nationals and differing positions from the main political leaders on the Caribbean island's present and future achievements.

Prime Minister Mia Mottley, in her message, noted that Barbados has been able to effectively implement measures that would improve its socio-economic environment.

But Opposition Leader Bishop Joseph J.S. Atherley said there are a few "significant and enduring challenges" which Barbadians must face up to as a nation.

Mottley told Barbadians the island's financial indicators

have all shown significant improvements.

"Simply put, the economy of Barbados, at the end of November 2019 – is on the right track; moving, in the right direction," she said.

But Atherley said that there is "an obvious and persistent challenge to the notion of our sovereignty."

"It is a challenge faced by all small developing states in this globalized environment of supra-national dominance and market internationalization," he said.

The United States also told Barbados it is "proud of our strong history as neighbors and partners."

- Edited from CMC.

## ... Suriname celebrates 44th

PARAMARIBO, Suriname – CARIBBEAN community (CARICOM) nation Suriname late last month celebrated its 44th anniversary of political Independence from the Netherlands.

The celebrations included the traditional military parade and awarding of national honors to citizens.

CARICOM praised Dutch-speaking Suriname for its role

in the development of the regional integration movement.

"We are particularly grateful for Suriname's leadership within the CARICOM Quasi-Cabinet in matters pertaining to Culture, Gender, Youth, and Sport, matters that bolster the CARICOM identity and spirit of Community," Secretary General Irwin La Rocque wrote.

- Edited from CMC.

## Caribbean American quits campaign for U.S. president

Kamala Harris, once the lone remaining Caribbean American with a realistic chance of challenging Donald Trump for the job of United States president, has dropped out of the race.

Harris, daughter of a Jamaican father, ended her campaign for nomination as the Democratic Party candidate to run against Trump in next

November's presidential election. The decision of the U.S. senator from California to withdraw followed a steady



Harris

decline of political poll numbers, after earlier being among the frontrunners. Recent reports of discontent among her staff and confusion over strategy had also plagued her campaign.

In an e-mail written Dec. 3, Harris stated: "To you my supporters, it is with deep regret - but also with deep gratitude - that I am suspending my campaign today."

She blamed lack of campaign funding for ending her run for the highest elected office in the U.S.

"... My campaign for president simply doesn't have the financial resources we need to continue," Harris stated.

- Edited from CMC.

## Opposition reverses 2014 loss, wins in Montserrat

(CONTINUED FROM PAGE 5)

successful independent candidate in the elections, according to preliminary results issued early Nov. 19.

The MCAP, which is led by former Agriculture Minister Easton Taylor-Farrell, won five of the nine seats in the Legislative Assembly, while the PDM headed by the outgoing Communications, Works, Energy and Labor Minister Paul Lewis, won three seats.

With 95 percent of the votes counted up to press time, MCAP's Crenston Buffonge led all 35 candidates in the elections, receiving 1,311 votes, ahead of Lewis (1,195) and Taylor-Farrell (1,149) votes in the island's post-volcano single-constituency, nine votes-per-person system. Romeo had polled 1,009 votes so far.

- Edited from CMC.



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## RAI TIME: Benjamin runs for U.S., but embraces strong Caribbean heritage

**GORDON WILLIAMS**

DOHA, Qatar - Rai Benjamin will bleed for the United States.

He proved it here on his way to a silver medal at October's IAAF World Championships in Athletics (WCA).

Yet, New York-born Benjamin isn't shy to acknowledge the blood he shed in the final of the men's 400 meters hurdles is Caribbean American too.

"Yeah, I did," he told **Caribbean Today** shortly after the final while pointing to the fresh gash on his left knee caused by banging into multiple hurdles.

Benjamin's parents, Winston and Jeanette, are from Antigua and Barbuda. He's spent chunks of time there and maintains a binding connection to the Caribbean nation, attending school there and representing it internationally in track as a youth.

But at age 22 the rookie professional is taking another path, hoisting another flag. He sifted through the lines of loyalty and chose to represent

the U.S. as a senior. It's a balance Benjamin believes works for him.

"My family is from (Antigua and Barbuda) so part of me is still gonna represent that country," he explained. "But I'm here running for the U.S. and at this level that's what it's all about."

### ROOTS

Still, Benjamin retains a keen sense of his roots. He noticed the Antigua and Barbuda and U.S. flags were placed next to each other in a medical tent here prior to his first round race. His accent is clean American but, occasionally in conversation, Benjamin calls Antigua and Barbuda "home." He often thinks about residents he's still close to there. They rally to his defense, although he now competes in different national colors.



- Photograph by Gordon Williams

Benjamin loves Antigua and Barbuda.

"Yeah, back home, you know, (I have) some family members who support me a lot," said Benjamin here. "Some friends of my mom, some friends of my dad. So, I do feel (the love)."

He doesn't second guess his choice to compete for the U.S. After discussing options with his family, the decision,

he explained, came easy.

"It wasn't that difficult," Benjamin said. "It's just the right thing for me to do."

His family, steeped in the demands of sports at the highest level, backed him fully.

"My dad? He's like all in," said Benjamin. "My dad always supported me no matter what I did."

### MOVING ON

Even if his choice led him away from the Caribbean.

"He was born in the U.S., so I have no issue with (Rai competing for the U.S.)," Winston Benjamin told **Caribbean Today**.

Dad understands the demands of sports and making choices. Soccer was his favorite. He could also run fast. But he chose cricket professionally and played for the West Indies, which represents the Caribbean.

"I was not the slowest," said Winston Benjamin, who is a licensed youth track and field coach. "But I did not love track to participate. I was more a footballer."

Winston Benjamin played for the West Indies when the

team ruled the global game. But he never pressured his son when it was time for him to choose. After attempting cricket, Rai decided it wasn't for him. He turned to track. Dad wasn't sad.

"I was proud of him from the time he was born, track and field or not," his father said. "He tried the cricket for a short period of time then gave it up."

### NO PRESSURE

Rai, now 6' 3", wiry and fast, never felt pressure either.

"(Dad) never, ever forced any of us to go into any sport," he said.

Yet his interest in cricket came during a time Rai Benjamin, who fancied himself as a fast bowler back then, was immersed in the Caribbean. He went to Antigua and Barbuda as a baby, his father said, and lived there until about age 11. Then he left for the U.S., but returned to the Caribbean "around a year or two later," attending high school up to around age 14. Then he left again, blossomed into an out-

(CONTINUED ON PAGE 8)

## U.N. marks transition after 15 years peacekeeping in Haiti

UNITED NATIONS – The United Nations Security Council has marked the end of 15 years of peacekeeping in Haiti, committing the global institution to strengthening and stabilizing the French-speaking Caribbean community (CARICOM) country now faced with political uncertainty as Opposition forces demand the resignation of President Jovenel Moise amid allegations of corruption.

Jean-Pierre Lacroix, U.N. under-secretary general for peace operations, told the Security Council that, although 15 years of U.N. peacekeeping in Haiti has drawn to a close, there's still a commitment to strengthening and stabilizing the country.

"This chapter, which comes to an end today, was characterized by shared successes with the people of Haiti, the tragedy of the (2010) earthquake, and by lessons in what we should have done better," Lacroix said on Oct. 14.

"Today, we must think together about all these aspects: They are the basis on which we can go into the next stage of the partnership of Haiti with the United Nations," he added.



Time for soldiers to say goodbye.

U.N. peacekeeping in Haiti began in 2004 with the United Nations Stabilization Mission in Haiti (MINUSTAH), established in response to a deteriorating political and security situation. MINUSTAH concluded its mandate in 2017 and was followed by a smaller mission that supported reinforcement of the Haitian National Police, rule of law institutions and promotion of human rights, known by the French acronym MINUJUSTH.

### TURNING THE PAGE

Effective, Oct. 15, the United Nations Integrated Office in Haiti (BINUH) was scheduled to begin work on "strengthening political stability and good governance through

(CONTINUED ON PAGE 8)

## Successful Women in Business



In March **Caribbean Today** will spotlight Successful Women In Business. Join **Caribbean Today** as we showcase these hard working women who have left their mark on the business community in South Florida. If you would like to nominate someone please send your nominees to [Editor@caribbeantoday.com](mailto:Editor@caribbeantoday.com) or [Peter.Webley@caribbeantoday.com](mailto:Peter.Webley@caribbeantoday.com)

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## Life expectancy of Caribbean men drops years below women ~ report

WASHINGTON, D.C. – Risk-seeking behavior and societal pressures have helped lower the life expectations of men in the Caribbean 5.8 years below that of the region's women, according to the Pan American Health Organization (PAHO).

The new PAHO report, titled "Masculinities and Health in the Region of the Americas", was launched on the eve of "International Men's Day", Nov. 19.

The report notes that societal expectations of men to be providers, engage in risk-seeking behaviors, to be sexually dominant, and to avoid discussing their emotions or seeking help, behaviors commonly referred to as "toxic masculini-

ty," are contributing to higher rates of suicide, homicide, addictions, and road traffic accidents, as well as chronic non-communicable diseases among men.

The report also highlights that one out of five men die before the age of 50 and many of the leading causes of death in the Americas, including heart disease, interpersonal violence and road accidents are directly related to socially constructed "macho" behaviors.

### NEGLECT

According to the report, the gender roles, norms and practices socially imposed on men reinforce a lack of self-care and neglect of their own

physical and mental health.

It said that this concept of masculinity, or "machismo" as it is known in the Americas, leads to three overarching risks; risk to women and children, in the form of violence, sexually transmitted infections, and lack of shared responsibility in the home; risk to other men, such as accidents, homicides and other violence; risk to self, such as suicide, accidents, alcoholism and other addictions.

The report also highlights that discrimination around age, ethnicity, poverty, employment status and sexuality further compound these negative health outcomes for men.

Differences in male and female mortality in the

Americas begin to emerge at around age 10, and rapidly increase from the age of 15 when violent causes of death, such as homicide, accidents and suicide, predominate. As a result, the mortality rate of young men is around four to seven times higher than that of young women.

### CHRONIC

PAHO notes that, from age 50, chronic non-communicable diseases begin to disproportionately affect men, who are less likely to engage in self-care or seek medical attention early.

"As a result, while there are more boys than girls born in the world – 105 boys for every 100 girls -, this number

starts to invert between the ages of 30 and 40, and by the age of 80, there are 190 women for every 100 men as men die at younger ages."

PAHO said to address issues around male socialization and achieve gender equality in health, women and men need access to health services that take their particular needs into account.

The report calls on countries to implement nine recommendations to help improve the health of men. These include improve, systematize and disseminate data on masculinities and health, develop public policies and programs for health to prevent and address the main problems affecting men through the life course, as well as eliminate the barriers that prevent boys and men from accessing care.

- Edited from CMC.



## U.N. marks transition after 15 years peacekeeping in Haiti

(CONTINUED FROM PAGE 7)

support of an inclusive national dialogue," the U.N. said.

Lacroix said the U.N. was turning the page on peacekeeping in Haiti, "but we are not closing the book on United Nations support." He said the two U.N. peacekeeping missions contributed to Haiti's progress, including in improvements to policing, strengthening of the justice sector, and implementing community violence reduction programs.

Although they created an enabling environment for political and democratic processes to take root in Haiti, Lacroix said more political solutions are "clearly needed."

The U.N. said Haiti is currently in the midst of a political crisis, with thousands taking to the streets in recent weeks to demand Morse's resignation and that at least 30 people have

been killed since mid-September.

Moise has issued a call for national dialogue and the formation of a unity government, but Opposition groups want him to stand down, as a precondition for talks.

### DIALOGUE

United States Ambassador Kelly Craft said an inclusive national dialogue is critical.

"We encourage the government of Haiti to continue a peaceful dialogue that results in a parliamentary government that strengthens the rule of law and anti-corruption institutions," she told the Security Council.

"Likewise, we urge Haiti's political, economic and civil society stakeholders to work peacefully to address the most pressing economic and social challenges facing the country,"

she added.

The U.N. said the new office, BINUH, will continue to work with the government and partners on legacy issues from the peacekeeping period, such as eliminating cholera, and addressing cases of sexual exploitation and abuse, including paternity cases.

Patrick Saint-Hilaire, chargé d'affaires at the Haitian Mission to the U.N., said there is need for continued training for the security forces, which also require proper equipment and other resources.

"It is urgent for state authority to be restored in an unlimited, bloodless fashion in all areas which are unfortunately described as not being under the rule of law," he said.

The U.N. said BINUH signifies a transition from peacekeeping to peace-building, adding that the office will have

benchmarks that reference the U.N.'s sustainable development goals. For example, the U.N. said the national police and related institutions, such as those in corrections and justice, will operate under improved legal frameworks and oversight mechanisms "in line with the development objective of promoting peaceful and inclusive societies.

"The progress in Haiti over the past 15 years is considerable, but the achievements of stability are still fragile and must be deeper rooted in democracy and development," said Lacroix, adding that "the beginning of BINUH's operations tomorrow is a renewal of the U.N. commitment to Haiti's stability and prosperity."

- Edited from CMC.



## RAI TIME: Benjamin runs for U.S., but embraces strong Caribbean heritage

(CONTINUED FROM PAGE 7)

standing track athlete and earned a scholarship to the University of Southern California.

In 2018, he turned pro after dropping some outstanding performances. He's currently ranked second in the world in the 400 meters hurdles. Rai's world class at 400 meters as well.

Meanwhile, his family paid keen attention to Rai's progress, even if their predictions are not always accurate. Father believed son could win the 400 meters hurdles here in a time around 46.72 seconds. Son finished second in 47.66. Still, Rai listens to dad, although he missed a phone call here because Winston didn't understand the time zone differences.

"I was sleeping," Benjamin said smiling. "I

don't think he knows that I'm like 10 hours ahead. I think when I'm sleeping it's midday his time (in Antigua)."

Rai vowed to always return the call, because he knows he can learn from his father. He trusts him.

"He's a ... track and field coach," Rai explained. "He knows what he's talking about. He gives me input here and there. Again, I listen to my coaches, but (dad) is always gonna give that advice and I take it into consideration too."

Rai may have had a better chance to make his father look like a genius if it wasn't for a serious setback. Days before he left his U.S. training base for the WCA, he hurt his left heel during practice. The injury left him on crutches. Team medical staff advised him not to run, fearing he could hurt his career long

term. Benjamin decided to take the 400 hurdles one round at a time and progress based on how he felt after each race. He wore a sleeve on his injured leg for the first round and semi-final, but discarded it for the final.

Then he ran the final, bounced off a few hurdles and bled. Benjamin was beaten by defending WCA champion Karsten Warholm of Norway, the world's top ranked athlete in the event, who clocked 47.42.

But Benjamin believes competing here was worth it. He was primed to surpass his personal best of 46.98, which he set in late August in Zurich. Warholm had clocked 46.92 at the same meet. The injury slowed Benjamin's march. But the WCA was his first major global championships. He capped it by win-

ning gold, anchoring the U.S. 4x400 relay team.

There are lessons Benjamin has learned. Next year is the Olympic Games, track and field's pinnacle. He'll get another shot at Warholm. Rest and healing, Benjamin said, will make him ready.

"I'm focused on myself ... my country," he said here. "... I just wanna win gold for my team."

That team is huge, spreading from the U.S. to Antigua and Barbuda. Because Rai Benjamin's blood flows through both nations.

**Grenadian Kirani James, a former world and Olympic champion, made his long awaited return to the track from serious illness, Sports, page 15.**



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## High crimes, misdemeanors Trump should be impeached for



Trump

While Democrats are hard at work trying to cull enough evidence to possibly impeach Donald Trump on that now infamous Ukraine *quid pro quo* event, a new book, titled “A Warning” and released on Nov. 19, tells the real “high crimes and misdemeanors” that this United States president should be impeached for.

FELICIA J.  
PERSAUD

In previews published by the **Washington Post**, the anonymous author, who is reportedly a current or former official of the White House, wrote that during an Oval Office meeting Trump began impersonating migrants using a fake Hispanic accent.

“We get these women coming in with like seven children,” Trump reportedly said, according to the book. “They are saying, ‘Oh, please help! My husband left me!’ They are useless. They don’t do anything for our country. At least if they came in with a husband, we could put him in the fields to pick corn or something.”

This is the president of the U.S. mocking innocent people fleeing for their lives and seeking asylum in the U.S.

### NOTHING NEW

But what else is new? This is the same person who kicked off his campaign claiming Mexico was sending rapists here. It’s the same man who ran an anti-immigrant, build-the-wall campaign and the same president who last year also reportedly grew frustrated with lawmakers in the Oval Office when they discussed protecting immigrants from Haiti, El Salvador and African countries as part of a bipartisan immigration deal.

Trump reportedly said: “Why are we having all these people from shithole countries come here?” referring to countries mentioned by the law-

makers.

He then reportedly suggested that the U.S. should instead bring more people from countries such as Norway, whose prime minister he met with that week. In addition, Trump then reportedly singled out Haiti, telling lawmakers that immigrants from that country must be left out of any deal, these people said.

“Why do we need more Haitians? Take them out.”

### SCAPEGOATING

This is the same president who has tried to implement a Muslim ban, put children in cages, ended DACA and TPS and is now making legal immigrants a target and trying to roll back citizenship for some immigrants. Not to mention the continued scapegoating of immigrants and the fake stories told of immigrants pouring over the border and coming in to kill native-born Americans.

The U.S. Constitution adopted “high crimes and misdemeanors” from the British parliamentary system with little discussion, since historians claim that most of the framers knew the phrase well. Since 1386, the English Parliament had used “high crimes and misdemeanors” as one of the grounds to impeach officials of the crown. In Federalist Paper No. 65, Caribbean-born immigrant and a framer of the Constitution, Alexander Hamilton, defined impeachable offenses as “those offenses which proceed from the misconduct of public men, or in other words from the abuse or violation of some public trust.”

The one common denominator in all these accusations was that the official had somehow abused the power of his office and was unfit to serve.

Trump has repeatedly abused his office when it comes to scapegoating immigrants. His xenophobic immigration policies prove he is unfit as he is blinded by hate and bigotry, which are reflected in his anti-immigrant comments, his mimicking, his lies about immigrants and his continued need to denigrate and decimate them.

It is the same rhetoric and diatribe that has now led to many hate attacks in the U.S. against immigrants and a rise in hate groups in America.

These are the “high crimes and misdemeanors” Donald Trump should be impeached for in 2019!

*Edited from News Americas. Felicia J. Persaud is publisher of NewsAmericasNow.*



## WAR ON WOMEN: U.N. urges Caribbean to fight back

BRIDGETOWN, Barbados – Caribbean countries are being urged to do more to deal with the issue of violence against women.

On Nov. 25, the region joined the global community in observing International Day for the Elimination of Violence Against Women. In a statement, Alison McLean, the United Nations Women Multi-Country Office (MCO) Caribbean representative, said research conducted in the Caribbean in the past two years reinforced that violence against women and girls (VAWG), including rape, is so entrenched and normalized that both men and women have a high tolerance for its manifestations.

McLean said notwithstanding women’s well known and often touted gains in public life and the introduction of laws, policies and initiatives to promote women’s equality, prevailing socio-cultural attitudes that perpetuate unequal and hierarchical power relations reinforcing notions of female subordination and male domination, mitigate against these gains and in turn fuel VAWG.

The U.N. secretary general’s UNiTE by 2030 to End Violence against Women Campaign is focusing on rape as a specific form of harm committed against women and girls, in times of peace or war. The U.N. System’s 16 Days of Activism to End Violence Against Women and Girls activities is taking place under the global theme “Orange the World: Generation Equality Stands against Rape”.

### RESEARCH

McLean said that the U.N. Women-supported research, which is available for four Caribbean countries to date, shows non-partner sexual violence (NPSV), which includes rape, attempted rape, unwanted sexual touching and sexual harassment, is reported at significantly higher rates than intimate partner sexual violence and a significant risk factor is being young.

In Guyana, most women reporting sexual IPV reported being forced to have sexual intercourse when they did not want to and nearly as many women reported having sexual intercourse with their partner because they were afraid to refuse.

On the other hand, one in every five women in Guyana reported non-partner sexual abuse in their lifetime, with a significant number experiencing this abuse before age 18.

One-fifth of Jamaican women reported being sexual-



Time to stop the violence.

ly abused before reaching 18. Furthermore, one in seven women reported that their first sexual experience was before age. Under Jamaican law, the age of consent is 16. Any sexual intercourse under that age is statutory rape.

### DOUBLE

The Suriname GBV prevalence survey revealed that the prevalence of NPSV among all women is almost double that of sexual IPV/intimate partner violence.

In Trinidad and Tobago, the prevalence of NPSV is almost four times higher than that of sexual IPV.

McLean said that without reliable and relevant data, it is not possible to adequately treat, reduce and prevent violence against women and girls.

“U.N. Women has invested significantly in supporting member states in strengthening capacities to fill the data gaps on violence against women and girls,” she said. “Working with regional partners, the Caribbean Development Bank and CARICOM, we developed the CARICOM Prevalence Survey Model.

“The CARICOM Model is based on the long-tested

global World Health Organization (WHO) model which is considered internationally to be the best practice for national, population-based studies on prevalence data on GBV.”

She said this CARICOM model also “allows us to capture information on the consequences of GBV for women, their children and families, women’s help-seeking behaviors and risk and protective factors for violence. It allows in a real way for the voices of women and girls to be heard.”

### DE-STIGMATIZE

McLean said national-level efforts should seek to destigmatize the experience of intimate partner violence and to shift gender norms and roles in order to create a society in which violence against women is openly rejected and firmly addressed.

“Information on where women seek help and where they do not, should inform how services to support victims should be designed and located. Data on women and girls’ vulnerabilities, partner characteristics and other socio-demographic factors

(CONTINUED ON PAGE 10)

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# VIEWPOINT



## FAMILY FEUD: When you can't take money with you, others may try to grab it

Wanting other people's things is not just confined to taking from the living, but also from the dead.

People have always desired what other people have and even go as far as to destroy them for their wealth. But why destroy them, why go to all that trouble when you can simply wait until the person dies then claim what they had as your own?

If you can wait, so be it. After all, they can't take it where they're going. What's true, is that even after departing this life, people who are supposed to be family and loved ones will still be taxing you for what you left behind.

The fights, quarrels and even mayhem and murder that take place can be terrible. I was exposed to this at an early age, as a friend had just lost a grandfather. When the will was to be read, it was a scene that I will never forget. All the relatives flew in from near and far and descended like vultures. In typical fashion, they circled the carrion and waited for their pound of flesh.

With bated breath they

held their breath, only to have their breath taken away when the will was read. The old man continued his crafty ways even after he departed. He knew his grown children well and treated them accordingly, knowing how they would react as he left what he thought was appropriate for each. For one daughter he left a house, for a son he left a rocking chair. For yet another child he left lots of money, but for another, a dining table.



**TONY ROBINSON**

You can just imagine the pandemonium that broke out at that reading, as those adult children that got little, felt cheated out of what they thought was their legacy, even though they had neglected their dad and had no time for him while he was alive.

### REVELATION

Things left can cause so much trouble for the living and often brings out the worst



in people and shows them up for who they really are.

Many developed countries are notorious for this, quietly killing spouses for insurance money.

In some cases, one spouse learns that he or she is the beneficiary of an insurance policy and then hastens the demise of the partner.

*"Honey, guess what? I took out a policy for two million dollars U.S. and made you the beneficiary."*

*"That's great honey. Back soon, gone to the farm goods store."*

Farm goods store? Hmmm, weed killer, rat poison?

No wonder they say it's not good to tell people who is the beneficiary of your insurance policy that they are.

### BLESSING/CURSE

Passing away and leaving things behind can be a blessing or can be a curse. Some

may take it and squander it, while others appreciate it and put it to good use. Many parents leave a thriving business to their children, only to have it destroyed by incompetence and greed.

Many children treat the windfall like it's the lottery, and spend too much without making plans for development. Conversely there are stories of wealthy people leaving nothing for their children, saying that they should create their own fortune in life.

In ancient times some wealthy persons actually tried to take it with them, as the pharaohs of ancient Egypt did. They were buried with their wives, concubines, slaves and wealth in order to have a wonderful afterlife. Who says that you can't take it with you?

There's this joke about this man who insisted that he be buried with all his money. So his wife simply wrote him a check and buried him with it. He certainly took it with him.

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## CARIB Comments

**"There will be no moving on as though nothing happened. We are not listening to that kind of talk. The world knows what happened to our people during slavery because it is well documented"** - Jamaica's Minister Without Portfolio in the Office of the Prime Minister Mike Henry makes it clear his government does not intend to back down from its push for reparation for the descendants of the enslaved.

**"Donald Trump has abused his power and betrayed his oath office"** - U.S. Congresswoman Yvette Clarke, daughter of Jamaicans, makes her views of



the president clear.

**"There's irrefutable evidence that our fore-parents are owed trillions of dollars for their work over a period of 400 years with little or no compensation ... And we should be clear, reparation is not aid. It is not a gift. It is justice to correct the atrocities of the past that have left our people poor and vulnerable to diseases and the ravages of climate change"** - Antigua and Barbuda Prime Minister Gaston Browne calls for the establishment of a global equity restoration tax by developed countries to assist Caribbean countries with a history of slavery, even as he maintained that seeking reparation was not a handout.

**Compiled for various sources.**



## WAR ON WOMEN: U.N. urges Caribbean to fight back

(CONTINUED FROM PAGE 9)

should guide how to prevent and respond to this violence," she said.

The MCO Caribbean Representative said U.N. Women, along with other U.N. agencies will be using the data gathered from these surveys to support national efforts to prevent intimate partner violence through

school-based and community-based initiatives; including working with men and boys through Batterer Intervention and Prevention programs and private sector initiatives that prevent work-related spillovers of family violence to create safe spaces at work.

- Edited from CMC.



## Easy-to-make chocolate treat for upcoming holiday season

Whether you're hosting a party, taking along treats to someone else's gathering or you just want to bring some joy and sweetness into your own home, experts say that on-trend flavors evocative of the season will be sure to please friends and family.

To get inspired, check out special seasonal editions of your favorite ingredients. For example, Hershey's Hot Cocoa Kisses.

"We know that people love curling up with a cup of hot cocoa during the holidays," says Heather Seamans, associate brand manager of Holiday at Hershey's.

"Now they have more than one way to do that!"

Enjoyed on their own or as an accompaniment to a cup of hot cocoa, you can also incorporate them into this recipe for hot cocoa cookie cups:

### Ingredients

- brownie bites
- marshmallow fluff
- white, ready-to-spread frosting
- miniature marshmallows
- mini pretzels
- Hershey's Kisses Hot Cocoa



Hot cocoa cookie cups

with Marshmallow Chocolates

### Method

Buy brownie bites at your favorite bakery. Add marshmallow spread equal parts marshmallow fluff and fluffy white read-to-spread frosting and top with miniature marshmallows.

Use half small pretzels for mug handle.

Top off with a couple Hot Cocoa Kisses.

More holiday recipes and tips can be found at hersheys.com.

The good news is that impressive holiday desserts don't need to be tricky or time consuming to prepare. With easy recipes and on-trend ingredients, you can make fun creations to savor and share.

- Photograph and text edited from StatePoint.



## FRENCH TWIST: Creole court bouillon of fish

This month we take you on a culinary journey to French St. Martin where we spotlight creole court bouillon of fish. Here's how to make it.

### Ingredients

- Choose any filleted white fish
- 3 limes
- 2 cloves of garlic
- 5 spring onions
- 3 tomatoes
- 2 sprigs of thyme
- 1 small hot pepper
- 2 tablespoons rum
- 2 tablespoons vinegar
- salt to taste
- oil for frying fish
- 1 cup water or fish stock

### Method

Wash the fish in vinegar and rum. Cut the cleaned fish into slices.

Squeeze the lemon juice and add to a bowl. Dice and add hot pepper. Clean and chop the garlic and add along with salt.

Add the pieces of fish and soak in the mixture of some of the lemon juice, salt, one clove of garlic and pepper for an hour. Heat a pan with oil.

Dice tomatoes, spring onion and thyme. Once hot, add tomatoes and thyme. Add the marinated fish pieces to the mix.

Coat fully then add the water or stock along with scal-



Creole court bouillon of fish

lion. Cover the simmer and cook over low heat for 15 to 20 minutes.

When cooked add the rest of the crushed garlic, lime juice and hot pepper. Serve hot.

- Edited from News Americas.



## Crab and callaloo, a T&T classic delight



Crab and callaloo

Let's take a culinary journey to Trinidad and Tobago to spotlight the classic crab and callaloo dish. Here's how to make it.

### Ingredients

- 1 bundle dasheen leaves (approximately 12 leaves), stalks removed and finely chopped
- 12 okra, finely chopped
- 1 large onion, chopped

- 4 sprigs fresh thyme
- 6 cloves garlic, crushed
- 4 ounces salted pig's tail (optional)
- 1/2 cup peeled, cubed pumpkin
- 1 cup water
- 1 habanero pepper
- 3 cups coconut milk
- 4 blue crabs, cleaned and chopped
- salt to taste
- 2 tbsp salted butter
- 1 bouillon cube, optional
- 4 green onions, chopped

### Method

Clean the taro leaves by removing the skin from the stalks and removing the tip from the center rib. Rinse, and cut into bite size pieces.

Place the taro leaves, okra, onion, thyme, garlic, salted pig's

tail, pumpkin, water, habanero pepper (whole) and coconut milk into a large pot. Cover and simmer over low heat for 30 minutes.

Add the crab to the pot being careful not to puncture the habanero pepper. Cover, and continue to simmer for 30 minutes. Salt to taste.

Remove the hot pepper and crab pieces with a slotted spoon and set aside. Puree the rest of the liquid mixture using an immersion blender until smooth. You could also puree in small batches using a blender.

Return the blended sauce, crab, and hot pepper to the pot. Serve with rice.

- Edited from News Americas.



## TOP CHEF



Nickel Stennett, of Jamaica Pegasus hotel, displays his medals after winning "Chef of the Year" at the 2019 Taste of Jamaica Culinary Competition held recently in Jamaica. Some 300 chefs from across the Caribbean island competed in this year's "Taste".

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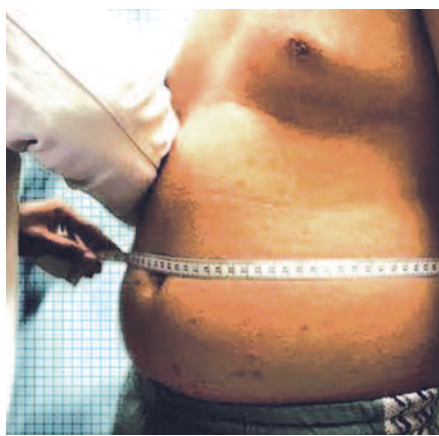
## Adult obesity rates quadruple in Caribbean ~ report

SANTIAGO, Chile – A New United Nations Report has warned that the prevalence of adult obesity in the Caribbean has quadrupled since 1975 in a region where hunger has grown.

The Panorama of Food and Nutritional Security 2019 report has been developed by the Food and Agriculture Organization (FAO), the Pan American Health Organization / World Health Organization (PAHO / WHO), the United Nations Children's Fund (UNICEF) and the World Food Program (WFP). It calls on Caribbean countries to develop urgent actions to address the increase in malnutrition.

The report highlights the need to promote healthier food environments through taxes and incentives that favor healthy food, social protection systems, school feeding programs and the regulation of food advertising and marketing.

The U.N. agencies also stress the importance of improving food labelling with frontal nutritional warning systems, ensuring the safety



There's urgent need for healthier eating.

and quality of food sold on the street, and reformulating the composition of certain products to ensure their nutritional contribution.

According to the Panorama report, the most significant increase in adult obesity was observed in the Caribbean, where the percentage quadrupled, rising from six percent in 1975 to 25 percent, an increase in absolute terms from 760,000 to 6.6 million people.

### DEATHS

According to the report, every year 600,000 people die

in the Caribbean and Latin America due to diseases related to poor diets, such as diabetes, hypertension and cardiovascular diseases.

Inadequate diets are associated with more deaths than any other risk factor, something that threatens future generations, since the rates of both childhood and adolescent obesity have tripled between 1990 and 2016.

"We must act now to reverse this trend and prevent children from suffering the consequences of poor diets on their health and their future quality of life," said PAHO/WHO Director Dr. Carissa F. Etienne, who was born in Dominica.

"To achieve this, we need the commitment of the whole society and public policies that regulate unhealthy food products, create environments conducive to physical activity and promote healthy eating at school and at the family table."

- Edited from CMC.



## How to handle holiday blues

While others are decking the halls, many people find the holidays trigger anxiety and depression.

"For many people, the financial stress of gift and event obligations can be too much," said Dr. Sandeep Mendiratta, chair of psychiatry at Broward Health

Imperial Point and vice chair of psychiatry at Broward Health Medical Center.

"For other people with minimal family support, the holidays can promote feelings of loneliness and further isolation."

According to a study by the National Alliance on Mental Illness, 64 percent of people with an existing mental illness reported that the holidays made their condition worse. Moreover, less natural sunlight during the winter months can also exacerbate these symptoms.

### REDUCE RISK

There are things you can do to help reduce the risk of stress and mood problems during the holidays, experts say.

**Go outdoors** - Being in nature and in the sunlight is known to reduce depression. Reduced exposure to light and less Vitamin D from sunlight have been linked with depression. Be sure to use sunscreen and stay hydrated when outside.

**Get plenty exercise** - If you can't get outdoors, try a gym or walk the halls at work or at a mall. Exercise benefits both mind and body.

**Simplify your life** - For example, get dinner delivered

## Jamaica explores biological methods to fight dengue

KINGSTON, Jamaica – The Jamaica government is exploring biological interventions to tackle the dengue outbreak in the country that has resulted in the deaths of 63 people between Jan. 1, 2018 to Nov. 21, 2019.

Health and Wellness Minister Dr. Christopher Tufton, speaking on a local radio program here recently, said "we are actually in the midst of carrying out a sterilization program and we are doing that in conjunction with a company that has its head office in Europe."

Tufton was responding to Professor Winston Davidso, head of the School of Public Health at the University of Technology, who earlier told RJR News that Jamaica should look seriously at the possibility of using biological



Holidays don't bring cheer to everyone.

and don't feel obliged to go to every holiday get-together put on by family and friends.

It's also recommended that if family time is stressful or you don't have family to spend time with, make plans with friends or get away for the holidays.

### REACH OUT

Dr. Mendiratta also suggests you reach out to a friend or relative who appears to be depressed.

"If family and loved ones appear to be isolating themselves and struggling in their work and social obligations, the first step is to be supportive and engage them in various ways," he said.

"If symptoms appear to be markedly more severe than their norm, urge your loved one to seek out help with their primary doctor, a therapist or even a psychiatrist to further intervene. Call 911 if suicidal symptoms appear."

If you or a loved one are suffering from depression, you can find a doctor to help at [BrowardHealth.org/Find-Doctor](http://BrowardHealth.org/Find-Doctor).

Edited from article submitted by Broward Health.



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- Edited from CMC.



## UNESCO names T&T's capital Port of Spain a 'City of Music'

PORT OF SPAIN, Trinidad – The United Nations Educational Scientific and Cultural Organization (UNESCO) has designated Trinidad and Tobago's capital Port of Spain a "City of Music".

The announcement was made last month by the city's Mayor Joel Martinez.

Martinez said the director-general of UNESCO decided to designate Port of Spain as a member of the creative cities network in the field of music.

"Almost every festival or cultural activity that passes through the streets of the city has some sort of musical accompaniment," Martinez said.

### DRIVER

The music zones seek to

establish locations within Port of Spain to promote music heritage as a driver for sustainable urban development. The intention is to provide year-round opportunities for artists, musicians, entrepreneurs, residents, nationals, visitors and the community to experience the twin island republic's music and creativity.

"We are looking at ways to maximize our cultural potential and our creative city of music designation does just that," Martinez said.

Port of Spain joins five other cities in the region with this status. They are Nassau, The Bahamas; Jacmel, Haiti; Havana, Cuba; San Domingo, Dominican Republic; and Kingston, Jamaica.



## T&T writer wins Canada's top literary honor

TORONTO, Canada - A Caribbean-born immigrant and first-time novelist is the 2019 winner of Canada's top literary honor, the Scotiabank Giller Prize.

Trinidad national Ian Williams took home the award for "Reproduction", published by Random House Canada. The win also earned Williams \$100,000, courtesy of Scotiabank.

The novel tells the story of a sober-minded teenager from a small island nation and the listless heir to a German family fortune meet in the hospital room where their mothers lay dying. From there, Williams unspools a narrative so entangled it strains against novelistic convention.

Of the winning book, the jury wrote: "Ian Williams' 'Reproduction' is many things at once. It's an engrossing

story of disparate people brought together and also a masterful unfolding of unexpected connections and collisions between and across lives otherwise separated by race, class, gender and geography.

"It's a pointed and often playful plotting out of individual and shared stories in the close spaces of hospital rooms, garages, mansions and apartments, and a symphonic performance of resonant and dissonant voices, those of persons wanting to impress, persuade, deny, or beguile others, and always trying again."

### MEANINGFUL

"You have no idea how special this is for me," Williams said as he accepted the prize, telling the story of how the first book he bought with his own money was one by Margaret Atwood, who was

## Numerous Caribbean roots artistes up for Grammys

Some 15 Caribbean-born and Caribbean roots artistes are among the 2020 Grammy nominees announced last month.

Cuban-born singer Camila Cabello was nominated, along with Shawn Menes, for "Senorita" in the "Best Pop Duo/Group Performance" category, while Puerto Rican-born David Sánchez's "CARIB" was named in the "Best Latin Jazz" category.

Canadian singer Daniel Caesar, who is of Barbadian and Jamaican descent, received another nomination this year in the "Best R&B Performance" category for his collaboration with Brandy on "Love Again". Caesar, 24,



Cabello

born Ashton D. Simmonds, won the award last year. His parents are mother Hollace and Norwill Simmonds. Father Norwill is a gospel singer who released his first album as a high schooler in Jamaica.



Caesar

### REGGAE

Jamaican-born singer Koffee, along with Jamaican drum and bass

duo Sly & Robbie and the Jamaican bands Roots Radics and Third World, are among this year's "Best Reggae" nominees, along



Koffee

with Jamaican Julian Marley

and British band Steel Pulse.

Puerto Rico had several nominees as well this year. They include Luis Fonsi, who is among the nominees in the "Best Latin Pop Album" category, as well as iLe and Bad Bunny, who were nominated in the "Best Latin Rock, Urban or Alternative Album" category.

Also making this year's Grammy nominations were Puerto Rico roots singer Marc Anthony, who was nominated in the "Best Tropical Latin Album" category along with Cuban-born Aymée Nuviola and the Dominican Republic's Juan Luis Guerra 4.40 and Vicente García.

The 62nd Grammy Awards will be broadcast live on CBS television from the Staples Center in Los Angeles, California on Jan. 26, 2020.

- Edited from News Americas.



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## Inner Circle 'Reggae Jam' in North Miami Beach

Legendary reggae band Steel Pulse will be among the headliners at the Inner Circle "Reggae Jam" from **1 p.m. to 11 p.m. Dec. 29** at the Ronal L

Book Athletic Stadium, North Miami Beach, Florida.

Also scheduled to appear are Amara La Negra, Redlyte, Jahfe, The Resolvers and

## Bahamas court orders prison, fines for Canadian designer

NASSAU, The Bahamas - The Bahamas Supreme Court last month sentenced Canadian fashion designer Peter Nygard to 90 days in prison and fined him \$150,000 for contempt of court in a long-running legal dispute centered around stolen e-mails.

The e-mails belonged to Save the Bays (STB), a non-profit environmental group that has fought Nygard over illegal dredging and develop-

ment activities at his waterfront home in The Bahamas since 2013. Those activities have affected marine life and habitat in Clifton Bay, an area made famous in the James Bond movie "Thunderball".

In 2016, STB's e-mails were reportedly stolen and read aloud in Parliament. A Bahamian judge ruled that two members of Parliament had violated the constitutional rights of STB and its members

in the audience.

Williams and his family, emigrated from Trinidad to Canada in the late 1980s. He is the author of "Personals", shortlisted for the Griffin Poetry Prize and the Robert Kroetsch Poetry Book Award; "Not Anyone's Anything", winner of the Danuta Gleed Literary Award for the best first collection of short fiction in Canada; and "You Know Who You Are", a finalist for the ReLit Prize for poetry.

Williams was named one of 10 Canadian writers to watch by CBC. Williams completed his Ph.D. in English at the University of Toronto and is currently an assistant professor of poetry in the Creative Writing program at the University of British Columbia.

- Edited from News Americas.



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and ordered the e-mails remain private.

In October, Nygard was found to have breached the injunction. Nygard did not appear for some hearings in the court case nor show up at a Nov. 15 hearing where he was ordered by Justice Ruth M.L. Bowe-Darville to make a full written apology.



## Bahamian's winning basket, boosts aid for hurricane victims

A drop in the bucket has set off an outpouring of support for victims of hurricane-hit The Bahamas.

Bahamian Nathan Bain scored the winning points for Stephen F. Austin State University (SFA) to beat Duke University last month in arguably one of the biggest upsets in the history of major college basketball in the United States.

The enthusiastic fallout led to a flood of contributions to a GoFundMe account set up by Bain to help family and friends still recovering in the Caribbean nation from the devastation caused by Hurricane Dorian in September.

At the time of the game

Duke, a traditional powerhouse in the college game, was ranked number one in the U.S. SFA was 222nd. But Bain's late game layup helped Stephen F. Austin to a shocking 85-83 win and set off a wave of support for his two-month-old GoFundMe account.

### BOOM

Up to press time, the account had secured more than \$100,000. Before the game on Nov. 27, it had raised



Bain

about \$2,000. The original goal was \$25,000. That may have shocked Bain more than the upset over Duke.

"I was just in disbelief at what basketball had done for my family," the fifth-year senior guard told The **Associated Press**. "It was truly a blessing."

According to Bain, his family "lost everything inside"

its single-story Freeport, Grand Bahama home. A church run by his father Norris, which also has an affiliated K-12 school with about 800 students, was also severely damaged by the Category 5 hurricane.

More than 60 people were killed in The Bahamas by Hurricane Dorian and close to 300 missing up to October.

Nathan Bain hopes the funding surge will help ease the burden for some in his homeland.

"We just want to make sure we get the people around us taken care of at the church, at the school," he said.

- *Compiled from multiple reports.*



## Former BVI Premier Ralph T. O'Neal dies at age 85

TORTOLA, British Virgin Islands – Ralph T. O'Neal, a former premier of the British Virgin Islands (BVI), died last month. He was 85.

O'Neal became the second speaker of the Legislative Council in 1958. In 1975, he

became the elected representative for the 7th District and later the 9th District, which he represented until 2015 when he retired from active politics.

O'Neal held the positions of minister for social services, minister for natural resources

and labor and deputy chief minister. In May of 1995, he became chief minister and was appointed BVI's first premier in 2007.



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## TOKEN OF APPRECIATION



- Photograph by Derrick Scott

Audrey Marks, center, Jamaica's ambassador to the United States, accepts a token from Jamaican hand-writing specialist Beverley East, right, during a reception held last month at the Embassy of Jamaica in Washington, D.C. to celebrate the 30th anniversary of East's company Stroke and Slants. At left is Andrea Dubidad Dixon, deputy chief of mission at the embassy.

## Broward Commission selects Jamaican American as mayor

The Broward County Commission in Florida last month unanimously selected Jamaican-born Dale V.C. Holness as its mayor.

Holness, who represents District 9 in the county, served

the past year as vice mayor. He was selected for the one year term by the nine-member commission.

Broward County residents do not vote for mayor.

Holness was sworn in as mayor by Pastor Henry Fernandez, of The Faith Center Ministries.

He is the first Jamaican American to serve as mayor. Holness was first elected in 2010 to represent residents in Broward's District 9, which includes a population in excess of 200,000 and covers over eight municipalities in the county.

Broward County is home to thousands of Caribbean nationals.

### CAREER

Before he became Broward commissioner, Holness served as a City of



Holness

Lauderhill commissioner from 2004 to 2010, including two terms as vice mayor in 2007 and 2010.

He replaced Mark Bogen as Broward

mayor, promising to deal with the county's immediate economic issues, such as jobs with livable wages and health care. Holness said poverty is affecting nearly 15 percent of Broward's residents. He has also expressed concern about the arrest rate for young blacks in the county.

Holness has been a practicing real estate broker for more than 30 years. He is president and chief executive officer of All Broward Realty.



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## KIRANI JAMES: Grenadian star rises from Graves

GORDON WILLIAMS

DOHA, Qatar - The final result didn't quite meet the high standard Grenada's Kirani James sets for himself.

Fifth place in the men's 400 meters at the 2019 IAAF World Championships in Athletics (WCA) in October isn't what the former Olympic and world champion is used to.

Yet considering the WCA was his first major global event in more than two years, James had reason to celebrate his comeback from Graves disease, which threatened his career, life and kept him away from competition.

"Oh, yeah," James said smiling broadly after his first round race here, his fifth since his track exile. "It's good to be back."

Graves is an auto-immune disorder that causes the thyroid to become overactive. It cannot be cured. If not treated properly, the disease can kill.

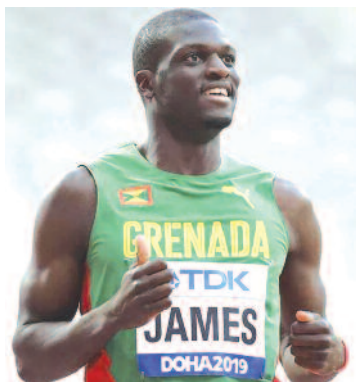
James said he first noticed what he called a "strange feeling" in early 2017. He began to lose weight and often felt sluggish. After he struggled at an April meet in the United States that year, James knew there was a problem.

"Nobody knows your body better than yourself," he explained. "When your body is telling you something, it's like 'O.K., something is wrong' ... The worst point was when I wasn't feeling like me."

Graves put James out of action and under constant medication. At times his weight ballooned to "almost 200" pounds, he said, about 20 to 25 more than he's used to while competing.

### FAN

James was forced to watch the 2017 WCA in London, England "as a fan," from home. Today he undergoes regular doping tests and must stick to his medication routine. But he knew other athletes, like former U.S. Olympic great Gail Devers, had battled Graves to be successful. James never thought



James is back on track after illness.

about quitting, but for a man used to running fast he knew he had to slow down.

"I understood the situation," he said. "So it wasn't anything like that ... The main thing was having patience and I think that was it."

Now he's back, James admitted he missed the competition. Lots have changed since he left. He smiled crossing the finish line in his heat after noticing how Japan's Julian Drummi Walsh, who has family connections to Jamaica, had finished strongly for second.

"His last 100, 110 meters, usually when I finish he'd kind of fade away," James said. "(Here) he was still going. When you see something like that you just have to kind of acknowledge it."

### WORRY

Walsh won't be his only worry going forward. World 400 meters record holder Wayde Van Niekerk didn't compete at WCA 2019 as he recovered from injury. Steven Gardiner of The Bahamas clocked 43.48 seconds to win gold, with James more than a second behind. Fifth in 44.54 didn't make him happy.

James's best is 43.74, Grenada's national record, which he ran in July 2014. He won the event at the 2011 WCA and 2012 Olympics. He also has medals for the 2015 WCA (bronze) and 2016 Olympics (silver).

James turned 27 in September, but he expects more. Rivals admire his comeback and, at least in public, they embrace his return.

"He's been missing for a while," said Gardiner. "Ever

since I've been pro I've been seeing him out there (on the track). It's just good to see him back."

"(James) makes competition more exciting, more competitive," added Trinidad and Tobago's Machel Cedenio, who finished seventh in the 400 here.

### RIVALS

James said he missed the rivalries too, although he admitted he's doesn't even know some of today's rising stars.

"I'm like 'who's this guy, who's this guy, who's this guy?'" he said.

Yet he's fully aware of the quality some bring. Van Niekerk, Gardiner, Cedenio are only a small part of a much longer list of 400 contenders, which includes Americans Michael Norman, the World Indoor champion, and WCA bronze medalist Fred Kerley. Then there are Jamaicans Demish Gaye and Akeem Bloomfield, finalists here, to consider, as well as Anthony Zambrano, Colombia's WCA silver medalist.

That makes the event an automatic highlight of next year's Olympics. Van Niekerk's world record of 43.03, set at the 2016 Olympics, could fall and a once unheard of sub-43 seconds is in play. James's appetite is whet.

"That's the beauty for our event," he said. "I always say our event is volatile, man. Like every two years you see new guys come around and that's why I like it."

His "challenge," said James, who trains in the U.S., "is just to try to stay consistent, because there are so many guys coming through." Here, he felt the "championship feeling" finally flooding back. Fifth place or not, James has regained the look of a champion. Rivals admit he can prove it on the track again.

"You know," said Cedenio, "you have to always respect Kirani James."



## BRIEFS

### West Indies beats Afghanistan in Test

West Indies defeated Afghanistan by nine wickets on the third day of the one-off cricket Test between the teams, which was played at Atal Bihari Vajpayee International Stadium in India, late last month.

Scores in the match: Afghanistan 187 and 120 all out. West Indies 277 and 33 for one wicket.

Afghanistan had earlier beaten the West Indies 2-1 in the three match

Twenty/20 series. The West Indies won all three one-day internationals.

### Jamaica books spot in lacrosse World Cup

Jamaica last month qualified for the 2021 Women's Lacrosse World Cup after beating Mexico to earn third place at the Pan American Championship in Florida.

### Bermuda misses medal at worlds

Bermuda wheelchair sprinter

Jessica Lewis said she was "happy" with her progress despite narrowly missing out on a medal last month in the T53 100 meters final - her main event - at the World Para Athletics Championships in United Arab Emirates.

Lewis, 26, finished fourth after "giving it her all", crossing the line at the Dubai Club for People of Determination in 16.84 seconds.

- Compiled from various sources.



## Caribbean athletes expected at Florida Senior Games

Athletes from the Caribbean are again expected to participate in this month's Florida Senior Games in the Greater Fort Lauderdale/Broward County area.

The 28th annual version of the event, described as an Olympic-style competition for athletes age 50 and over, is being presented by Humana and the Florida Sports Foundation in partnership with Jamaican-born Lauderdale Lakes Mayor Hazelle Rogers.

A ribbon-cutting event, to mark the opening of the 10 days of competition, is scheduled for noon Dec. 6 at The City of Lauderdale Lakes Multi-purpose Building.

Competition for 24 sports and events will be held at 16 different sites.

### SPORTS

Some sports, including

## Jamaica leads Caribbean in world soccer rankings

Jamaica leads all Caribbean nations in the most recent men's rankings revealed by FIFA, soccer's world governing body.

The Reggae Boyz are at 48, three places down from the last rankings, but remain the only Caribbean nation in the top 50.

Curacao is the next highest ranked team from the region at 80, with Haiti following at 86, Trinidad and Tobago (104), Antigua and Barbuda (126), St. Kitts and Nevis (140) and Suriname (142) rounding out the top 150 nations.

## Windies celebrates Malcolm Marshall

BRIDGETOWN, Barbados - Legendary West Indies cricket captain Clive Lloyd has recalled one of the "greatest and most courageous acts" he ever witnessed during his playing career, in paying tribute to ace fast bowler Malcolm Marshall on the 20th anniversary of his death.

Marshall, considered among the greatest fast bowlers ever, died on Nov. 4, 1999 at age 41 after battling cancer.

In the summer of 1984, on a tour of England, Marshall sustained a double fracture to the left thumb during the third Test at Headingley and, under normal circumstances, would have been ruled out of the match. But after applying a protective plaster, he batted in West Indies's first innings of 302 - helping Larry Gomes to reach his hundred - and then returned to take seven wickets for 53 runs in England's second innings, as the Caribbean side stormed to an eight-wicket win.

### 'SPECIAL'

"Malcolm was a special cricketer ... actually I would have to say he was an 'extra-special cricketer'," said Lloyd,

archery, bag toss, three-on-three basketball, billiards, dominoes, powerlifting, power walk/race walk, racquetball, road race, tai chi and volleyball, are open competitions with no qualifying performance required.

Others, such as basketball shooting, bowling, cycling, golf, pickleball, shuffleboard, swimming, table tennis, tennis and track and field, require qualification.

Last year, athletes from multiple Caribbean nations, including Barbados and the Cayman Islands, participated. More than 2,000 athletes are expected to participate this year.

Admission to the competition, which runs through Dec. 15, is free and open to the public.

The City of Lauderdale Lakes Multi-purpose Building is located at 4340 N.W. 36th St.



Caribbean nations in the top 200 are Dominican Republic (158), Grenada (159), Barbados (162), Guyana (166), St. Vincent and the Grenadines (167), Bermuda (168), Belize (170), St. Lucia (176), Puerto Rico (178), Cuba (179), Montserrat (183), Dominica (184), Cayman Islands (193) and The Bahamas (195).

Belgium is the top ranked nation in the world. France, Brazil, England and Uruguay round out the top five in descending order.



who oversaw the capture of the first two World Cups in England.

"He got his wickets with three other great fast bowlers alongside him, so in many ways the wickets were 'shared' yet he ended with a remarkable record as a bowler.

"... The one thing I remembered most was everyone said he couldn't play and we would be depleted. I was sitting with him and asked 'you think you can play?' He replied: 'Skip, if you want me to play I will play'."

Marshall arrived at the crease with Gomes on 96 and defied England's bowlers for nearly 20 minutes, batting one-handed. Even more amazing was the bowling effort to follow, scything through the England second innings to send the hosts crashing for 159.

Marshall was the first West Indies fast bowler to take 300 Test wickets and ended with 376 at 20.9 runs each. Overall, Marshall snared 1,651 wickets, at an average of 19, in 408 first-class matches.

- Edited from CMC.



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Peter A. Webley, Publisher

Most of us try to attract other people by the friends we keep and the way we carry ourselves. If you are going to a party or a formal function, don't you dress well? We all want to promote a favorable impression of ourselves to other people we meet and talk to.

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~ A CARIBBEAN TODAY SPECIAL FEATURE

## Are you ready for college entrance examinations?

While a student's long record of academic achievement is generally the most important measure that colleges take under consideration during the admissions process, getting as prepared for one's college entrance exams as possible is a great idea.

Here are a few things to know going into the process:

- Almost all four-year institutions of higher learning require that candidates submit either SAT or ACT scores with some requiring strictly one or the other. Certain selective schools also require SAT Subject Tests and AP Tests.

Check which tests you'll need to take to apply to your schools of choice. You may also want to check the average scores of last year's incoming freshmen.

- Find out whether the schools to which you are applying look at the score of every test you take or only your top score. If they look at every score, you may want to avoid taking the test until you're feeling completely confident. If they look at only the top score, consider taking the test multiple times (if money and time allow) until you get the score with which you're

satisfied.

- Each institution weighs scores a bit differently. Some colleges use entrance exam scores in order to place incoming freshmen in classes. Some schools use the scores to award scholarships. Understanding what the scores are used to determine, can help you get motivated to succeed.

- When it comes to the mathematics portion of the exam, it's important to know that graphing and scientific calculators are allowed. Whatever calculator students choose to use for their exams they should familiarize themselves with completely so that come exam day, they can easily manipulate its features and functions. To that end, students should use the calculator when taking practice tests and consider using it in the classroom and when doing homework.

- Testing rules and format have evolved over time. Be sure any preparation materials you use are current so that they deliver accurate information about what to expect and reflect the kind of questions you'll actually face on test

(CONTINUED ON PAGE 19)

## Great ways to make education more affordable

As most parents know, even a free public school education comes with certain expenses that over the course of a school year can really add up.

While many of these expenditures feel unavoidable, there are certain ways that families can save money on the hidden costs of schooling.

**Skill share** - Is your child struggling in one class and excelling in another? Before coughing up the cost of a tutor to get your child up to speed, consider a skill share as a free and friendly alternative. There is likely a student in your child's class who possesses the opposite strengths and challenges. Encourage your child to team up with that student and become cooperative study buddies.

**Online calculators** - All-in-one web-based mathematics resources can eliminate the expense of a calculator and other math supplies. A user-friendly tool that's also offering educators an innovative way to share lesson plans, among its many features are a virtual protractor and compass, and a math-based text editor that provides a rich assortment of mathematical templates.

This web-based calculator is designed to be equally usable by keyboard and mouse as with touch-based



- Photograph © monkeybusinessimages / iStock via Getty Images Plus  
Getting to know a child's specific needs can help provide solutions.

platforms and gives users the ability to create folders, organize and share work. For more information, visit **ClassPad.net**.

**Organize a fundraiser** - From band uniforms to chess club fees, participation in extracurricular and after school activities frequently comes with a price tag. To reduce or eliminate such expenses for not only your child, but for every club or team member, consider spearheading a fundraiser and get-

ting everyone involved.

From car washes to silent auctions, fundraisers do more than the name implies, building team spirit among participants and community awareness of the club's goals and accomplishments.

With a few tricks and some new tech, your family can save significantly on the cost of school.

- Edited from *StatePoint*.



## BOOK WORMS: How to get children hooked early on reading

Want to get kids - and the entire family - hooked on books? It may be simpler than it sounds, as reading to and with children at a young age has the potential to form a life-long habit.

What's more, experts say that personalized books can offer children a greater motivation to read while helping them to build certain skills



Early start reading can develop into lifelong habit.

more effectively.

Research compiled by National Literacy Trust demonstrates that personalized books can help children perceive themselves as read-

ers, boost vocabulary recall, improve reading comprehension and give children increased opportunities to see their gender, ethnicity and cultural background represented in literature.

### ENGAGED

To keep young minds active and engaged, consider the following personalized

books for kids:

- Recommended for ages through age eight, "The Little Boy or Girl Who Lost Their Name" tells a story based on the letters of a child's name, so a kid named Charlie might meet a chameleon, hippo, aardvark, robot, lobster, imp and elephant. The story is as unique as the child's name.

(CONTINUED ON PAGE 19)

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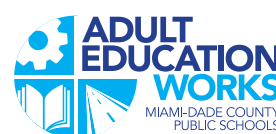


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~ A CARIBBEAN TODAY SPECIAL FEATURE

## New program empowers parents to boost children's early learning

Science has consistently shown that the first three years of life are vital to a child's developing brain, and new research confirms that families play an important role in language develop-

ment and educational readiness.

"We've seen first-hand in our research what a positive impact parents can have in the process," says Dr. Dana Suskind, professor of

surgery and co-director of the TMW Center for Early Learning + Public Health at the University of Chicago.

Preliminary results from a five-year study, supported through a \$3 million grant

by the PNC Foundation and conducted by the TMW Center, reveal that parents improved their toddler's language environments by increasing conversational turns almost four times

more than parents in the control group. These findings are particularly meaningful because they mirror new and emerging research that points to the importance of conversational turn-taking in building a child's language and cognitive skills.

These results are generating attention and investment in programs like "Any Time is 3Ts Time," a campaign launched by the TMW Center that's designed to empower parents with the knowledge and skills needed to make the most of everyday interactions with their young children.

### '3Ts'

The campaign, which is supported by an additional \$3.3 million grant from the PNC Foundation, is built on the "3Ts" - Tune In, Talk More and Take Turns - and includes the distribution of online and print materials to parents through a network of community partners, particularly in underserved neighborhoods.

The free resources at the3Ts.org is scheduled to become available in both English and Spanish in early 2020 and eventually include access to an interactive web-based app.

The grant, which is supported through PNC Grow Up Great, a bilingual \$500 million, multi-year initiative helping prepare children from birth to age 5 for success in school and life, also will support the TMW Center's "Let's Talk!" parent group program, which is designed for deeper 3Ts engagement and includes real-time coaching and in-person sessions. The group program is scheduled to debut in Chicago and later extend to early education programs in other U.S. cities.

"We recognized an opportunity to develop high-quality, early educational resources for families with children under age three. Now, with proven research from the TMW Center, we are able to support their effort to make new resources accessible to millions of parents and caregivers across the country," says Sally McCrady, chair and president at the PNC Foundation.

- Edited from *StatePoint*.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

## Four cool ideas for broadening skills, becoming a lifelong learner

Lifelong learners know that it's never too late to broaden one's personal and professional skills. Here are four cool ideas for doing so:

- **Learn to dance** - Dance is a beautiful art form offering opportunities to immerse yourself in different cultures and musical genres. There's also evidence that taking up dance can boost mental and physical health, reduce stress

and improve memory.

From ballet to ballroom to salsa to swing, there's a dance style for everyone. So, consider taking that first step of learning the steps.

- **Play piano** - Playing the piano helps develop motor skills and improves cognitive learning. Now, thanks to new tools, you can develop your musical skills faster. For example, using the Casio Tone LK-

S250 keyboard's Key Lighting System, which features a voice-guided step-up lesson system, you can quickly learn its 60 built-in songs and sound great in no time.

- **Take a writing course** - From e-mail correspondence to meeting agendas to thank you notes, you are likely doing at least a little writing in your daily life. But is your message clear?

You don't need to have designs on writing the next great American novel to benefit from tightening your prose. A writing course can help anyone become more powerful, effective communicator.

- **Get mathematical** - Whether you're a student in school or a student of life, you can delve into math and improve your comprehension

of related concepts using ClassPad.net, a web-based calculator which serves as a one-stop shop for enhancing analytical thinking, and making math come alive for people of all ages. Usable on a desktop or tablet, the program also makes it easier for students and teachers to collaborate.

- Edited from StatePoint. ✨

## BOOK WORMS: How to get children hooked early on reading

(CONTINUED FROM PAGE 17)

- A personalized search-and-find extravaganza, "Where Are You ..." includes fun challenges where children

can explore alternate universes - and spot different versions of themselves in the pages of the book.

Recommended for ages five and up, and full of vibrant

colors, characters and detail, kids will get lost in the illustrations for hours.

- Great bedtime reading can bring sweet dreams. Personalized from cover to

cover, "Bedtime for You" is written in rhyme and each book is nine inches by nine inches - ideal for little hands.

To learn more about personalized books and to create

your own for your children, visit [wonderbly.com](http://wonderbly.com).

- Edited from StatePoint. ✨

## Are you ready for college entrance examinations?

(CONTINUED FROM PAGE 17)

day.

- Your practice tests should resemble the real test day as much as possible, so have handy only tools which are allowed in the testing facility, putting away any other reference materials or distractions.

While the process of



Taking college entrance exams can be nerve-wracking.

- Photograph © monkeybusinessimages / iStock via Getty Images Plus

preparing for and taking college entrance exams can be nerve-wracking, sufficient preparation and the right tools can give you the confidence you need to be successful on test day.

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