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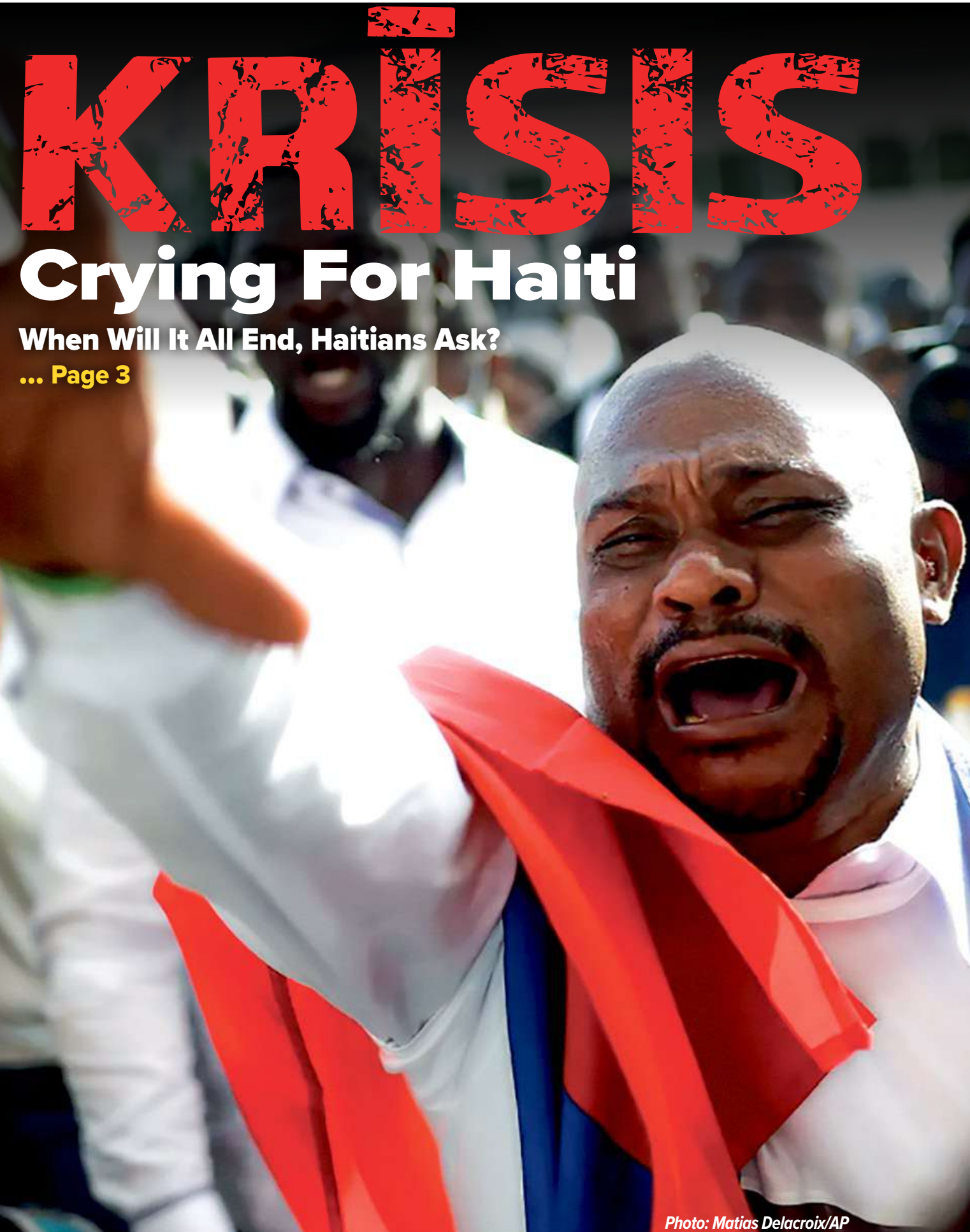


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Regional Caribbean News Round Up

Here's a synopsis of all the major Caribbean news from the region you can use:

REGIONAL

The Chairman of the 15-member regional grouping, the Caribbean Community (CARICOM), has sought to assure Haitians that the region stands in solidarity with the French speaking CARICOM member state.

In an address at the funeral service on July 23rd, held for the late Prime Minister, Jovenel Moise, who was assassinated on July 7th, PM Gaston Brown offered condolences and said that the circumstances of his death, shocked the entire Caribbean.

Browne, who is also the Prime Minister of Antigua and Barbuda, implored Haiti, the region and the world, not to forget the circumstances of Moise's death.

The CARICOM chairman also said that Haiti must not become "trapped in a vicious cycle of retribution and recriminations. "Instead, the circumstances of Jovenel's death, must shock everyone in Haiti to seek pathways for peace, stability, and prosperity, whether they were his political friend or political foe," he added.

Brown also urged the people

of Haiti to strive for a country in which "freedom reigns for the individual and your democratic institutions and values are respected by all.

"You want a Haiti where children can attend school, get a solid education and build a good future; and you want a nation which creates jobs; provides lands to the landless; delivers health care; empowers workers, and improves the quality of life for all," he added.

IMF

Meanwhile, the Executive Board of the International Monetary Fund (IMF) has approved a set of reforms to the fund's concessional lending facilities to better support Low Income Countries' (LICs), such as those in the Caribbean, during the COVID-19 pandemic and the recovery.

The Executive Board also approved an associated funding strategy to support the long-term sustainability of the Poverty Reduction and Growth Trust (PRGT).

The Washington-based financial institution said these reforms are set to ensure that the fund has the capacity to respond flexibly to LICs' needs over the medium term while continuing



CARICOM saluted murdered Haitian President, Jovenel Moise, virtually at his funeral on July 23, 2021. (Credit: EPA)

to provide concessional loans at zero interest rates. The IMF said lending to LICs increased dramatically in 2020 - an eight-fold increase from average lending levels in 2017-2019 - and is projected to continue at elevated levels for several years, "as LICs seek financial assistance to help them respond to and recover from the pandemic.

It said the centerpiece of the approved policy reforms is a 45 percent increase in the normal limits on access to concessional financing, coupled with the

elimination of limits on access to the poorest countries provided their economic programs meet the requirements for obtaining above-normal access.

JAMAICA

Prime Minister Andrew Holness, says Jamaica's business process outsourcing (BPO) industry has recorded a 15 per cent increase in employment, despite the economic fallout resulting from the coronavirus (COVID-19) pandemic.

Addressing the opening of the IBEX BPO facility at the G-Tech Park in Portmore, St. Catherine, southeast of Kingston, Holness said approximately 44,000 persons were employed across the sector as of June 2021, relative to 38,400 for the corresponding period last year. He said that the sector was among the few managing to navigate the ravages of COVID-19 to record growth.

The G-Tech Park was conceptualized to meet the emerging demand for services provided by the growing PBO industry, which is a major contributor to Jamaica's economy. Against this background, two additional buildings are slated to be opened at the facility in early 2022.

ANTIGUA & BARBUDA

Health authorities in Antigua & Barbuda have confirmed the presence of the Delta variant of the coronavirus (COVID-19) and are urging nationals to get vaccinated as a means of combating the disease.

The Ministry of Health Wellness and the Environment said it has received confirmation the Trinidad-based Caribbean Public Health Agency (CARPHA) of the delta variant strain, first identified in India in October 2020. It said that the strain was detected in one of a group of seven samples taken in Antigua and Barbuda between May 5th and July 2nd this year.

GUYANA & TRINIDAD

Tragic fires in both Guyana and Trinidad and Tobago

recently left four dead.

In Guyana, an 83-year-old pensioner died on Monday, July 26th, after a fire of unknown origin swept through her home in Linden, the second largest city situated on the north-eastern section of the country. Police said that Norma Semple, lived alone in the one-story wooden structure. The authorities said that her body was discovered after fire officials, who had responded to a call from Semple's neighbors as they tried unsuccessfully to out the blaze.

And in Trinidad, three children died after a fire swept through a house in Maraval, just outside the capital also on Monday morning, July 26th, fire officials confirmed. They said that the unidentified children were aged 17, six and three years old respectively. The cause of the fire has not yet been disclosed and eyewitnesses said that at least two children were able to escape the inferno with assistance from the public. The screams of the children were heard in videos posted on social media and Assistant Chief Fire Officer, Marlon Smith, said that fire fighters found the three bodies after the fire had been extinguished.

CUBA

Twenty-two nations have joined the US in condemning the mass arrests and detentions of protesters in Cuba by the government there.

Foreign Ministers of Austria, Brazil, Colombia, Croatia, Cyprus, Czech Republic, Ecuador, Estonia, Guatemala, Greece, Honduras, Israel, Latvia, Lithuania, Kosovo, Montenegro, North Macedonia, Poland, Republic of Korea, Ukraine joined the United States of America's Secretary of State in criticizing the arrest and jailing last week of people who took to the streets in protests on July 11th.

In a statement, issued by the US State Department, they called on the Cuban government "to respect the universal rights and freedoms of the Cuban people, including the free flow of information to all Cubans."

DOMINICA

The government of Dominica has temporarily suspending the importation of a number of products brought into the country from the more developed countries of the Caribbean Community (CARICOM), including aerated beverages; aerated waters, as well as wheat or meslin flour.

The Ministry of Trade, Commerce, Entrepreneurship, Innovation, Business and Export Development, said that the measure, which goes into effect on August 3rd, will also ban the

(CONTINUED ON PAGE 5)



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When Will It All End, Haitians Ask?

BY DAWN A. DAVIS

Haitians at home and in the Diaspora, like so many across the world, are still stunned by the assassination of the island's 58th President, Jovenel Moïse, on July 7, 2021. With the country in yet another crisis, the population is now faced with the gargantuan task of hunting for solutions to unify a state left pretty much rudderless, despite the eventual swearing in of a seventh Prime Minister, Ariel Henry, on July 20th. And many are asking: "When will it all end?"

Just two weeks after the assassination, Haitian-based activists and those from the Haitian American Diaspora, political groups, and civil society representatives met on a virtual platform, after forming a Commission, with the sole purpose of finding answers to Haiti's crumbling political and



A man wrapped in the flag of Haiti watches the coffin of former Haitian President Jovenel Moïse, during his funeral ceremony in Cap-Haitien on Friday, July 23rd. (Photo: EPA-EFE)



Martine Moïse, the widow of President Jovenel Moïse, gives his eulogy at his funeral on July 23, 2021.

social systems.

However, before answers can be found, the problem must first be clear. Many believe the source of the turbulence comes from outside Haiti.

IMPERIALISM

David Oxygene, from

the group Mouvement de Liberté d'Égalité des Haïtiens pour la Fraternité, blamed imperialism for the chaos Haiti has descended into.

"This crisis has a name, it is imperialism," he said. "It is a crisis that is made in a laboratory by a powerful nation,

it is American imperialism. We have a lot of bourgeoisies in Haiti, people who own all the land, control everything in Haiti. They are all serving the American imperialists. All the institutions in the country, all the agencies, we can feel that they are just serving the imperialism

with the coup."

Oxygene also pointed out that the cultural activities that are conducted in Haiti - economic, agriculture, political - are all being controlled by American imperialism."

President of the association Solidarité Fanm Ayisyen, Sabine Lamour, agrees.

"1915 was the first US occupation," said Lamour. "There has been always structures that the US put into motion that help them arrange everything that is going on in the country."

Lamour further explained that since 1986, there's been a lot of change, a lot of shifts in Haitian politics. "In 1990 there was a fair election, and people went to the polls and there was an attempt at democracy in the society, but this did not last," Lamour noted. "And as everyone

(CONTINUED ON PAGE 4)

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St. Lucia Gets New Prime Minister

St. Lucia has a new prime minister. Philip J. Pierre was sworn in at around 4 p.m. on July 28, 2021, by Governor-General Sir Emmanuel Neville Cenac, two days after his St Lucia Labour Party won the July 26th election by a landslide 13 seats.

In his inaugural address, Pierre promised not to fail the people of St. Lucia and to be a prime minister for all of the people.

“The Saint Lucia Labour Party has won the general elections; however we now have to manage an inclusive, equitable and just society,” Pierre asserted after taking the oath of office.

He added: “I will not fail you. I thank you for the opportunity to serve. I won’t do it alone. I will seek the counsel of the wise and if you stand firm with me, together, we shall not fail.”

The new PM also asked for “patience in the coming weeks and months,” saying his government will need “to try to assess the state of the country’s financing and capacity to deliver as early as possible the commitment made to the people of St Lucia.”

And he expressed the belief that Saint Lucia can be an island where dignity of the human



St. Lucia has a new prime minister. Philip J. Pierre was sworn in at around 4 p.m. on July 28, 2021 by Governor-General Sir Emmanuel Neville Cenac, two days after his St Lucia Labour Party won the July 26th election by a landslide 13 seats.

Outgoing Prime Minister Allen Chastanet of the United Workers Party on Tuesday, had congratulated Pierre, but said the results of Monday’s general elections has come as a “shock.”

The UWP won a mere 2 seats. The two other of the 17 seats were won for the first time by independent candidates.

In addition, voters created history in the Caribbean Island by electing two independent candidates to the country’s 17-member Parliament. Among them is the former prime minister

Stephenson King, who quit the ruling UWP to contest the Castries North constituency, which he has been representing for nearly three decades as an independent. And independent candidate, Richard Frederick defeated the incumbent Foreign Affairs Minister, Sarah Flood Beaubrun in the Castries Central seat.

Also winning on Monday, July 26th, was former prime minister Dr. Kenny Anthony, who won the Vieux Fort south seat, defeating National Security Minister, Hermangild Francis by a margin of 2,747 to 1364.

~ *Rewritten from NewsAmericasNow.com*



person is preserved and respected and citizens are treated equally, while being given the opportunity to grow and achieve their full potential.

history in the Caribbean Island by electing two independent candidates to the country’s 17-member Parliament. Among them is the former prime minister

When Will It All End, Haitians Ask?

(CONTINUED FROM PAGE 3) knows in September 1991 there was a coup. In less than 2 weeks, why is there already the appointment of different ministers. We want to be the ones writing the story so we can end this legacy from the US 1915 occupation.”

FRACTURED

Miami-based radio host and business consultant, Dr. Marie Flore Lindor-Latortue, made reference to the ongoing turmoil in Haiti, in speaking with Caribbean Today.

Lindor-Latortue noted that while many Haitians are in shock over the events of July 7th, the country has gone through a number of similar events in history.

“Haiti, in its history has had four presidents assassinated,” said Lindor-Latortue. “The father of our independence, Emperor Jean Jacques Dessalines, in 1806 was assassinated as well as President Sylvain Salnave in 1870, Michel C. Leconte in 1912, Vilbrun Guillaume Sam in 1915, and now President Jovenel Moise.”

She noted that the people of the Island are used to coups, but they are resilient and “now have to work together to rebuild Haiti.”

“On balance, we need to admit that the President had many enemies,” Lindor-Latortue added. “His scorecard for not delivering on his promises, for example on health, and the nightmare of leaving the county to be ‘ruled’ by syndicated gangs was totally unacceptable and created a very fractured and frightened society.”

Velina Elysee Charlier, an activist and member of the Haitian anti-corruption group, Nou Pap Dòmi, agreed that gang violence has created a lawless society in Haiti. Charlier warns against installing a new government too hastily.



Security forces in a military salute at the July 23rd funeral of Haitian President Jovenel Moise.

“There are no laws, we are outside of the law (right now) so, there shouldn’t be a rush for elections when thousands of people are displaced because of gang violence, and the link between these elections and the gains in territorial control,” said Charlier. “This is not a context for free and fair elections.”

Magali Comeau Denis, former Haitian Minister of Culture and Communications, and spokesperson for the newly formed Commission, explained that it is why they have culled together as a coalition, with actors from civil society, from political parties and from people in the Diaspora.

Denis pointed out that it’s not just about the corruption or the political choices Haitian people have, but it’s more deeply a question of participation and re-appropriation of the election process by citizens, by the wider population.

She explained that in 1990 there was massive participation in elections. But not long after the international community took over, voting rates went down to 60-70 percent of the population. That has now degraded to less than 15 percent, one of the lowest participation rates in the world, Denis remarked.

So, fixing the problems

means acknowledging where it all started said Charlier, as she reminded Haitians of their revolutionary history.

Denis said they are to hoping to make proposals and find solutions while mobilizing to help stop what seems like endless dilemmas in their country.

“We are the first Black Republic. We are the first country to abolish slavery, even that they tried to take it from us. Instead of recognizing that, they call us the poorest nation in the Caribbean, the country that’s in pure chaos, the country that can’t manage itself,” said Charlier. “All of this is part of the building of this current crisis. And it didn’t happen in one day, It was a systematic process to destroy Haitian identity... It is time for civil society, time for the political parties, time for the private sector, everyone who is living through this situation, to sit down and discuss how we are going to live in this space. Because we are dying, we are all dying. We are dying as a nation, as citizens, and as individuals. It’s up to us to make sure that we don’t let them win this war to destroy black pride, to destroy our desire of excellence.”



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“No Justice, No Peace!” Says Haiti’s Gang Boss

“No justice, no peace!” That was the rallying cry call Monday of Jimmy “Barbecue” Cherizier, Haiti’s now notorious gang boss of the “G9” or “Force Revolution G9 & Family Allies.”

Cherizier on Monday led over 1,000 demonstrators in his own tribute to murdered President Jovenel Moise in the seaside of Port-au-Prince in the slum of La Saline.

Cherizier, a former police officer who heads the federation of nine gangs that officials have blamed for a spike in violence and kidnappings in recent months told his followers: “Everyone needs to wait on my order before we respond to the killing of Jovenel Moise.”

Sending a clear message, he added: “Just as you invested your money to kill President Jovenel Moise, we are going to invest ourselves with all our strength to get you off this land.”

Earlier, the crowd sang



Jimmy Cherizier, alias Barbecue, a former police officer who heads a gang coalition known as “G9 Family and Allies,” pours spirits on a bonfire before setting it on fire during a Voodoo ceremony to demand justice for slain Haitian President Jovenel Moise in La Saline neighborhood of Port-au-Prince, Haiti, Monday, July 26, 2021. (AP Photo/Matias Delacroix)

as they made a circle around a bonfire and threw salt into it as part of a voodoo ceremony to honor Moise. Many had their faces covered so as not to be identified. Wearing a white suit and black tie, Cherizier knelt down before a large portrait of

Moise and began to light candles as a nearby truck played music. He poured libation with alcohol onto the fire.

Moise was shot several times during a July 7th attack at his private home; his wife Martine

Moise was injured in the attack. At least 26 people have been arrested in the investigation of the president’s murder, including 18 former Colombian soldiers. On Monday, authorities arrested Jean Laguel Civil,

coordinator for Moise.

Civil’s attorney, Reynold Georges, called his client’s arrest politically motivated.

~ NewsAmericasNow.com



Haiti PM Pledges To Hold Elections As Quickly As Possible

Haiti’s new Prime Minister Ariel Henry has said his government plans to create conditions for the Caribbean nation to hold elections as swiftly as possible following the assassination of President Jovenel Moise on July 7th.

Western powers have encouraged Haiti, the poorest country in the Americas, to elect a new leadership as early as possible to give democratic legitimacy to the government. Presidential and parliamentary elections had been due to take place in September.

Henry said he would be

working to restore confidence in the government, and that there would be dialogue with civil society and political leaders to reach consensus on how to move forward.

The discussions would strive to eliminate “all irritants” that could get in the way of holding elections, he said, without elaborating. Nor did he give a target date for the elections. Henry did not mention the constitutional reform in his remarks.

~ Rewritten from Reuters



Cuban Americans Rally Biden

Thousands of Cuban Americans, including in South Florida, have been taking their protest to the White House in support of continued anti-government demonstrations in Cuba.

“Libertad! Patria y vida!” chanted demonstrators recently outside the White House as they called on the Joe Biden administration to take more aggressive action against the island nation’s regime.

Rallies have been taking place in Miami and all around the world as Cubans endure the worst economic crisis in 30 years, with chronic shortages of electricity, food and medicine amid an uptick in COVID-19 cases.

Thousands of people in Cuba had marched through the streets on July 11th calling for democracy and sweeping economic reform in the country



Dozens of Americans showed up to a rally outside the White House in Washington, D.C. on Saturday, July 17, 2021, to stand in solidarity with the Cuban people fighting for their freedom. (Alexandra Rodriguez/7News)

amid major food and medicine shortages. About 60 Cubans have so far been prosecuted for participating in unprecedented demonstrations against the

Cuban government.

~ Rewritten from NewsAmericasNow.com



Regional Caribbean News Round Up

(CONTINUED FROM PAGE 2) importation of these products from outside the region.

The ministry said that the decision to temporarily suspend the importation of the goods had been taken under the Community origin treatment on imports, which means the access accorded to goods which are of Community origin to the markets of member states without the application of import duties or quantitative restrictions.

BARBADOS

The Barbados government insists that the Grantley Adams

International Airport (GAIA), is not for sale as the first virtual bidders’ consultation under the planned the public-private partnership concession took place.

“The Grantley Adams International Airport is not being sold, but it is being leased to a private service provider who will bring the expertise in airport development, including infrastructure expansion over the lifecycle of the lease,” said Tourism and International Transport Minister, Lisa Cummins. “We have appointed a college of negotiators now

to lead the Grantley Adams International Airport, through the process of engaging with the IFC, so we have created double redundancy. The International Financial Corporation (IFC) of the World Bank, who is the advisor on the PPP, they’ve done PPP’s all around the world, they have been doing capacity building [and] also, for the Grantley Adams International Airport.”

~ Rewritten from CMC and NewsAmericasnow.com




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NEWS



Look Out For The Colombian COVID Variant - Now In South Florida



The new Colombia variant, spread likely from travel, is now in South Florida.

The Colombian variant is now part of the “new” COVID-19 crisis, and it is already here in South Florida.

Carlos Migoya, CEO of Jackson Health, revealed that 10% of COVID-positive patients whose results are being sequenced at the University of Miami’s pathology lab, have the strain that originated out of Colombia.

“And here’s a real shocking thing that’s spreading in Colombia quite a bit,” Migoya told Local 10 News. “And they haven’t seen it anywhere else outside of Colombia. Well, guess what? In the last week, 10% of our patients had the Colombian variant. Why? Because of the travel between Colombia and Miami.”

That sequencing lab reports the following percentages of

variant cases among COVID positives:
 Delta 49%
 Brazilian 26%
 Colombian 10%

The Delta variant that’s spreading the fastest accounted for just 2% of the cases just two months ago. The unvaccinated are hosting the mutating variants that are rapidly spreading in the South Florida community.

“The more people we leave unprotected from vaccines, the more opportunities there are for variants to emerge,” Jennifer Nuzzo, a Johns Hopkins epidemiologist, was quoted as saying.

~ *Rewritten from Local News 10*



NYC’s Caribbean American Public Advocate Is Single No More

New York’s politicians came out in droves on July 15th to celebrate Public Advocate Jumaane Williams’ wedding to fiancée India Sneed.

Photos seen of the wedding by News Americas showed the newly-wed couple celebrating in clear Caribbean style with Caribbean music, including soca, at the W Loft in Williamsburg, Brooklyn.

Williams is the son of Grenadian immigrants while Sneed’s parents are Jamaicans. She is now a lobbyist with Greenberg Traurig but previously worked for the mayor and in the Brooklyn District Attorney’s Office.

The couple reportedly invited guests to attend the receptions in two shifts — 6:30 p.m. and 8:30. p.m. to respect COVID-19-protocols.

Williams, 45, is reportedly eyeing a run for governor. His parents, Greg and Patricia Williams, are from St. Andrew, Grenada. His father was a footballer and cricketer who represented the students of Grenada Boys Secondary School



New York’s Public Advocate, Caribbean American Jumaane Williams share an intimate moment with his new bride at their wedding reception on July 15, 2021. (Facebook image)

(GBSS) before moving to the U.S. to study medicine.

He is an alumnus of Brooklyn Technical High School and Brooklyn College, from which he received a B.A. in political science in 2001 and an M.A. in urban policy and administration in 2005. Williams was diagnosed with Attention

Deficit Hyperactivity Disorder (ADHD) and Tourette syndrome as a child and has been an outspoken advocate for people living with those conditions.

~ *NewsAmericasNow.com*



Nominations For In the Company of Women Awards Now Open

Do you know an amazing woman leader, activist, or hero? She may be someone who inspires and motivates. From now through Sept. 3, 2021, consider nominating her for the 33rd Annual In the Company of Women Awards.

The annual award recognizes the achievements of exceptional Miami-Dade women leaders who have shaped the community. Nominate someone at miamidade.gov/global/service.page?Mduid_service=ser1539114258088854

Presented by the Miami-Dade Parks, Recreation and Open Spaces Department, in partnership with the Miami-Dade Commission for Women and the Parks Foundation of Miami-Dade, the In the Company of Women awards honor women who have shown professional development, community responsibility, contribution to women’s progress, leadership and vision, and promotion of pluralism.

Nominations are being accepted now through September 3, 2021 for the following categories:

- Outstanding Woman in Arts and Entertainment
- Outstanding Woman in Business and Economics
- Outstanding Woman in Communications and Literature
- Outstanding Woman in Education and Research
- Outstanding Woman in Government and Law, Elected Official and Other
- Outstanding Woman in Health and Human Services
- Outstanding Woman in Science and Technology
- Outstanding Woman in Sports and Athletics
- Outstanding Young Professional (must be age 40 and under)
- Community Spirit Award
- Mayor’s Pioneer Award

Nominations with supporting entry materials must be submitted online by 11:59 p.m. on September 3, 2021. The awards ceremony, scheduled for March 10, 2022, at the Coral Gables Country Club, commemorates March’s Women’s History Month and International Women’s Day.



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Modernizing Jamaican Heroes

BY DAWN A. DAVIS

Many Jamaicans may know the names of the country's 7 national heroes. But do they know why they are so celebrated? When they look at the dull grey pictures of the heroes, are they inspired to learn more? Probably not.

Well, proud Jamaican, Charles 'Mark Phi' Smart, is working to change that. As Founder/Executive Producer and ARTivist of the organization, Jamaica Heroes Modernized (JHM), Smart intends to "Back the Culture" by transforming the portrayal of the National Heroes and connect the world to Jamaica's unique culture.

His vibrantly colored portraits of Queen Nanny, Samuel Sharpe, Paul Bogle, George William Gordon, Marcus Garvey, Normal Manley, and Alexander Bustamante will re-energize interest and conversations about these important figures that helped shape Jamaica.

The vision also includes a 10-episode film series, original Jamaican music, print material such as a coffee table book, and a dedicated digital platform bringing it all together.

ACTIVISM

"The project came about

because of activism. It's something that I've been involved in with my art for some time. Over the years, I've used my art to help charitable organizations raise funds, and more recently to express my personal views about social issues," explained Smart in a conversation with Caribbean Today.

With a rich cultural heritage - Smart is Jamaican and Sierra Leonean — he is carrying on the legacy passed down from his great-great grandfather, Gombu Smart, an ex-slave who became a powerful chief in Sierra Leone during the 18th and 19th centuries and is considered a national hero.

"Understanding that legacy and having lived that legacy, I lived in Sierra Leone for some time, and seeing what that's like versus living in the western world, especially as a black person, it's made me more conscious about our place in the world collectively and what needs to be done to create change in a way that's going to move us forward," Smart said.

He explained that a huge part of understanding is awareness about who we are and warned that the information that is being disseminated to the minds and



Smart's portrait of Queen Nanny.

consciousness of people of color contributes to the way we feel about ourselves, our identity, and the value that we place on who we are.

"So, when I looked at our Jamaican heroes, I saw the opportunity to do something about highlighting their worth," said Smart. "It really started with the portrayal of the heroes. The black and white sketches or photos were not giving life or dignity to the significance of what those heroes did in terms of the sacrifices and contributions that they made."

MULTI-DIMENSIONAL

This multi-pronged project will feature large fine art portraits on gallery canvas that will be on permanent exhibition in Jamaica. Music about the National Heroes

will be created by Jamaican musicians, supplemented by creative dances to help tell the stories. Indeed, by connecting the music with dance the aim is to engage the young generation in a very engaging and interactive way. Print material will include coffee table books, post cards, and posters that will be extensively used in schools, especially at the primary level.

"Of course, the kids might know the heroes and see the faces, but through these posters we will be showing the major accomplishments that those heroes have made to Jamaica. We will give them the information chronologically so they can see where the heroes fall and what their specific contributions were," said Smart.

The multi-dimensional approach being undertaken by JHM, will engage well respected Jamaican scholars, producers, writers, musicians, directors, historians and communications specialists. Professor Verene Shepherd, Dr. Carolyn Cooper Dr. Clinton Hutton, Dr. Sonjah Stanley Niah, Dr. Amina Blackwood-Meeks, Fae Ellington, Oliver Samuels, Sherando Ferril are just a few of the many who support this important project.

Asked if the for-profit organization has the support of the government, Smart and Producer/Writer Sherando Ferril responded in the affirmative: It is supported by the Ministry of Culture and will be part of the Diamond Jubilee Celebration in August 2022. However, government approval is not needed to create a groundswell or support from Jamaicans at home and abroad. But it important to have them on board to help legitimize the work JHM is doing. Government support helps create an institutionalized positioning for the project to carry on for the next generation.

"We are anchoring everything around Jamaican culture to create what we call cultural unity. Empowering independence is our tagline," said Smart. "So, Jamaica Heroes Modernized is empowering independence. And we are empowering independence through these ethos - cultural unity, national pride, cultural preservation, national legacy, and culture."



Peter London Creating Dance That Empowers

BY DAWN A. DAVIS

Peter London was born to dance. From the age of six, the Trinidadian-born Londoner, 'felt the spirit' to move as he mimicked adults taking part in West African Yoruba religious rites. There was no turning back.

Today, he leads his own company, the Peter London Global Dance Company, based in Miami, Florida. As founder, artistic director, and choreographer, London reflected on his rich past that he continues to draw from.

"I was director of a folk-dance group, the Barataria Dance Group in Trinidad. And the idea was to go to New York because I wanted to choreograph fusing the traditional Trinidadian dance with modern dance," London reminisced. "So, I thought the best place to do it was at the Juilliard School of Dance that had the best teachers doing this work in a conservatory form. So, I ended up at Juilliard."

Recognizing his talent and background, London's teachers at Juilliard suggested he join the Jose Limon Dance Company or the Martha Graham Dance Company because of their unique techniques that incorporated different cultural voices in their choreography. He danced with both for a number of years, as well as the Alvin Ailey Dance Theatre.

JOURNEY

London knew he wanted



Peter London, founder, artistic director, and choreographer, of the Peter London Global Dance Company.

to teach and choreograph, with a plan to start his own dance company. His move to Miami would start that journey, beginning with his role as dance teacher/choreographer at the New World School of the Arts.

London also fed his passion to pass on his creative knowledge to children, teaching community groups at the African Heritage Cultural Arts Center in Miami. His modern dance company officially emerged in 2011.

"We have sold out shows," London explained. "We are an arts partner at the Adrienne Arsht Center for the Performing Arts, the leading Performing Arts Centre in South Florida for the past nine years. We also perform at the Little Haiti Culture Center and throughout Miami."

But now, in the grips of a global pandemic, London has

had to change the way he works with his dancers as he creates new pieces.

"Like everybody else, it has been devastating because we're not able to have live performances. And so, A lot of the work was suspended. But what I decided to do right away is to put everything online," he explained. "So instead of live performance we film the work that would have been done in front of a live audience. I got filmmakers and videographers, we rented space at the Adrienne Arsht Center, following the protocol rules. We filmed everything and presented the production online."

London added that dancers who would normally come from different parts of the world to be part of the show, created their dances, filmed it and sent in the videos that became part of the production.

TOUCH

For this year, London produced new choreography and filmed it on the beach in addition to rehearsing for a live performance in December. In January 2022 the company will present a new production, depending on the COVID-related status, called, "Touch and Rain on Me."

"The title is based on us having to live with this pandemic," London explained. "Touching became, for almost everybody, a possible death

sentence. The hardest thing was not being able to touch a family member dying in hospital affected with Covid-19. So, that's why part of the program is around the concept of touch. Rain on me has to do with the deep desire to say healthy. So, dancers are dancing in the fresh air, communicating with the earth and water."

London's work has been recognised by grants from prestigious organizations such as the John S. and James L. Knight Foundation. His concepts are inspired by his environment, African struggle for freedom and justice, ancestral voices.

"Sometimes ideas come from nature, the natural surroundings. Sometimes it's around the biography of an individual such as a piece called "Black Men Stories" that dealt with the lives of Frederick Douglass, Marcus Garvey. I've been inspired by Nina Simone, Sarah Vaughan, and it's usually about their lives as revolutionaries fighting for black people to go forward," London explained. "Then there are the traditional dances. I'm influenced by the stories of the Orishas, the goddesses, my African heritage."

It is brutal hard work, but definitely worth it, said the choreographer who continuously strives for new ideas through the use of vivid imagery and creative elements based on history, literature, and African spirituality to create a sense of empowerment.



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VIEWPOINT



The Future Of DREAMERS Lies In The Hands Of Manchin And Sinema

DACA – or the Deferred Action for Childhood Arrivals program of 2012 – was sent into a tailspin again on Friday, July 17, 2021, when Republican appointed Judge Andrew S.

Hanen ruled the program was “illegal” and put a halt on all new applications.

Hanen, who was nominated by President George W. Bush in 2002 to be a District Judge and was confirmed in May of 2002 by a 97-0 Senatorial vote, serves in the Brownsville Division of the Southern District of Texas. He ruled that the Barack Obama administration failed to follow federal administrative rules in launching DACA and that the Department of Homeland Security cannot grant any new applications from people who have never been in the program.

But the good news is that Hanen put the most of his ruling on hold while the case is appealed by the Joe Biden administration’s DOJ. President Joe Biden has said the U.S. will appeal the federal judge’s ruling. And on Saturday, he again renewed his call for the US Congress to agree on a permanent solution.

The House approved legislation in March, creating a pathway toward citizenship for all

DREAMERS impacted, but the measure has stalled in the Senate.

To that end, West Virginia Sen. Joe Manchin and Arizona’s Kyrsten Sinema are to be blamed. They hold the key to moving the DREAM act forward to passage, and to finally becoming law once and for all.

The Democratic holdouts over efforts to pass immigration and federal voting rights legislation is jeopardizing the entire future of the Democratic Party and control of power currently.

It is immigrant and black voters who came out in great numbers to hand Biden and Kamala Harris a victory in 2019, while helping Democrats to wrest back control of the Senate.

Now is the time for Democrats to deliver for immigrant voters, beginning with DACA, or they will face a major blow-back in 2022.

Manchin instead headed to Texas for a fundraiser on the same day the Texas judge ruled against DACA. The host committee of the fundraiser included several wealthy Republican donors, including titans of the Texas oil and gas industry, many of whom donate almost exclusively to Republicans.

The fundraiser came just a day after Manchin met with Texas House Democrats on Capitol Hill who are desperate for his support of congressional efforts which could preempt the statewide GOP’s push to pass bills that

would restrict voting access for many Texas, chief among them immigrant and Black voters. His attendance is a slap in the face to all people of color, who in 2021 find themselves fighting what is simply a racist attempt to wrest back control by the White dominated Grand Ole Party.

Manchin and Sinema must decide if they are Democrats or Republicans. They cannot be both. Republicans have no problem holding the line and sticking together. Manchin and Sinema obviously have no such loyalty. They are fast heading to claiming the award of most hated Democrats in America, but sadly, their selfish actions will impact the Democratic Party and the Biden administration’s agenda and commitment to immigrant voters.

Immigrant voters, disgusted with being scapegoated again, will once more turn their backs on them come 2022 and beyond. Time is running out for DACA to become law and for comprehensive immigration reform that also curbs the border crisis. And time is also slip, sliding away for Democrats to deliver for the immigrant and Black voters who handed them power in 2019.

The future of DREAMERS is completely now in the hands of Manchin and Sinema. It’s time to put up or shut up.

~ The writer is publisher of NewsAmericasNow



FELICIA J. PERSAUD

Never Letting Go



You cannot force yourself on someone or force them to love you. Too many people cling desperately to relationships that have run their course; when the sparks no longer flicker and the embers have lost their glow and turned to ashes.

Unfortunately, this often ends violently, as one party refuses to accept that the relationship has ended, the party’s over. This applies to men and women, but the men do seem to have a penchant for violence because they refuse to let go.



TONY ROBINSON

There is something about clinging, hanging on, never letting go that must be a singularly human characteristic. I say humans, because animals certainly do not exhibit this condition. All mothers love their offspring desperately, and yet in the animal kingdom, the mothers know when to let go, sever the navel string.

Even after the mother bird has reared her chicks after they emerged from the eggs, at some point, she literally kicks those fledglings out of the nest to fend for themselves.

That is the only way that they will grow. But not so with many human mothers, who cling to their children, especially their sons, extending an invisible womb and an everlasting umbilical cord, long after the child has turned into an adult.

Some of these mothers cannot let go and have their grown sons still living with them way up into their forties.

Young ladies, take my advice, if you meet such a man, a man in his thirties still living with his mother, beat a hasty retreat, for that relationship with that man-boy will be going nowhere.

But let’s jump to other types of relationships where people refuse to let go. In many instances the writing has been on the wall for a very long time. So much so that it’s etched on the faces of the couple, or at least on one of them, written in stone, embossed and burnished on the souls of the

aggrieved party.

“How you look so sad and miserable all the time? If it’s not working leave the man.” “I just can’t let go.” Even though the person is hurting and suffering from the emotional poison that they are subjected to, they still refuse to let go.

“Why do you stay with her even though she treats you like crap?” “I can’t help it; I just can’t let go.” That’s when the couple is ambling along with the illusory semblance of a healthy relationship and refuse to let go of each other. When it gets dangerous though, is when one party decides to end it, and the other refuses to sign those emotional release papers.

In many cases the man refuses to accept that it has ended and that she doesn’t want him anymore. That can turn deadly. They refuse to let go of a relationship that she no longer wants and really bring a literary meaning to the term: ‘Til death do us part.’

It’s a temporary insanity, a crime of passion that the French have in their legal lexicon. Whatever it is, there are men who simply refuse to let go, and women who get involved with them have literally signed their death warrant. “Do you take this man to love, honor and obey until death do you part?” “Er, whose death, mine?”

Should you show strength and fight to hold on, or be deemed weak when you walk away? Some think holding on is strong, but sometimes it is letting go.

Never letting go can have deadly consequences, but sadly it’s nothing new, as people, mostly men, have exhibited an adhesion to women who have left them that no glue can match.

In extreme cases it’s the crime cliché of ‘a love triangle gone bad’ or a ‘murder suicide,’ because he couldn’t deal with the breakup.

If you love something set it free, if it comes back, it’s yours, if it doesn’t, hunt it down and kill it. That is the mantra of many men who are incapable of letting go.

~ EDITOR’S NOTE: Tony Robinson can be reached at seido1yard@gmail.



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Why Caribbean Governments Should Make The Shift To A Human Rights-Based Approach To Crime Prevention Now

BY ALBERTO BRUNORI

People in the Caribbean face some of the highest levels of violence in the world. Of the 22 Latin American and Caribbean countries surveyed in 2020 by the independent think-tank Insight crime, three Caribbean countries ranked in the top-six with most violence. Jamaica tops the list with the highest numbers of murders (46.5) per 100 000 inhabitants, with Trinidad & Tobago (28.2) and Belize (24.3) ranking respectively as the fourth and sixth.

The Caribbean region is in fact particularly exposed to the presence of organized crime groups, which contributes in part to high violence levels. While Caribbean countries are not the only ones facing this threat, the characteristics of Small Island Development States (SIDS) pose specific challenges in implementing effective responses. High crime rates impact the lives of everyone. However, women, ethnic minorities, migrants, young men, and people living in poverty are amongst those most at risk of falling victims to human rights violations stemming from insecurity.

Unfortunately, a strictly security-focused approach to the problem continues to be the norm. This includes at times an emphasis on so-called “Anti-Gang legislation”, the extended use of state of emergencies or harsher punishments, including the death penalty, which remains on the books in several countries. As regularly pointed out by UN Human Rights treaty bodies, these measures increase the risk

of human rights violations, such as extra-judicial or arbitrary killings, unnecessary or excessive use of force by security forces or unlawful or arbitrary arrests and detention.

A security-focused approach has proved to be ineffective in preventing crime, costly for governments and increases mistrust between communities and government institutions, including in security forces. Instead of combating the symptoms, a human rights-based shift is urgently needed to tackle the underlying root causes.

In line with the Sustainable Development Goals (SDGs) it is essential to prioritize resources to social protection, health and education systems and employment to curb discrimination, social exclusion, and inequality, which all remain key drivers for crime and social conflicts

Reforms towards strengthening an independent, impartial and efficient judiciary improve access to justice for all and are fundamental to counter impunity and reoccurrence. This includes strengthening capacities of the judiciary and ensuring effective investigations, prosecution and victim-centred punishment of perpetrators in compliance with judicial guarantees of defendants.

Supporting access to justice for victims is key, such as by countering discrimination, promoting legal aid programmes and awareness raising campaigns. As Caribbean countries continue to present some of the highest levels of sexual and gender-



Crime in Haiti has spiked astronomically.

based violence in the Americas, there is a particular need to step up efforts to promote access to justice for victims, especially women and girls, strengthen protection mechanisms, protocols and capacities within the police and judiciary to ensure a gender-sensitive approach.

Investment in human rights compliant policy-, training- and accountability frameworks of security forces. Security forces play an important role in countering crime, but they require detailed internal guidance that is compliant with international human rights standards. One good example in the region is the Caribbean Human Rights and Use of Force Model Policy, which, if adopted by governments and security forces, would significantly strengthen internal guidelines in relation to use of force and human rights.

International experience shows that governments must support security forces with sufficient resources to ensure training and internal oversight, but also avoid political interference in day-to-day-activities. Security forces need to be held accountable for any unlawful or arbitrary actions. This would translate into operational independence, establishing trust with communities and, most importantly, countering crime. Finally, it is important to strengthen rights of members of security force who often put their lives on the line to protect rights of others.

Strengthening rehabilitation and community reintegration of offenders. Harsher prison sentences, overcrowding and dire prison conditions do not deter crime. On the contrary, such measures contribute to re-occurrence and therewith feed into the cycle of violence. Humane custodial measures accompanied by the better use of alternatives of imprisonment and a focus on rehabilitation will reduce crime.

As part of community-based interventions religious leaders and the private sector can be important actors of change in preventing stigmatization and supporting reintegration, especially of juvenile offenders.

Ensuring that human rights are protected today contributes to the prevention of violations and possible violence tomorrow. Making the shift to a human rights-based approach to crime prevention doesn't require reinvention of the wheel. As the leading UN entity on human rights, the Office of the United Nations High Commissioner for Human Rights (OHCHR) has been supporting countries across the world, including in the Caribbean, to tackle many of these issues.

This includes building judiciary capacity in incorporating international human rights standards into domestic legal frameworks, reforming and implementing new legislation relating to domestic and sexual violence and human rights training of civil servants, law enforcement and other security forces.

While challenges persist, many countries in the region have shown commitment to make the shift. OHCHR stands ready to support governments and all partners involved in this endeavor.

EDITOR'S NOTE: Alberto Brunori is the Regional Representative for Central America and the English-speaking Caribbean of the United Nations High Commissioner for Human Rights (OHCHR). Contact him at pregionaloffice@ohchr.org or on Twitter at @Albrunori or @OACNUDH.

~ NewsAmericasNow.com



Every Child Matters

BY DR. WINSTON WHYTE

As I pondered about the difficulties facing our education arena here in the United States and throughout the world, I thought about the many Special Education students who were not sufficiently serviced during the Pandemic for a myriad of reasons. My mind took me back to my position of Administrative Director in charge of Special Education in the South-Central Office of Miami-Dade County Public Schools, and the plea for help that I got from a desperate mother.

I kept her letter and would like to share it, as it echoes the voice of many of our parents, Rich, and Poor.

“Sept. 18, 2008

To: The School System

I don't ordinarily open up to strangers like this, but you're not really a stranger. You're the person responsible for my child's education—a principal, an assistant principal, a teacher, and a guidance counsellor. The object of this is not to make you feel sorry for me. Far from it. It's to try to help you to understand me and my child. If you can understand something about the places I've been, you may

be able to understand where I'm coming from today.

I tried to adopt a child for three years. After 2 failed trips and loss of thousands of dollars, I finally completed J's adoption. I spent 2 months living in Ukraine during the hard process of the adoption. While in Ukraine I lived in a house across the street from the orphanage where Jana lived for 2 years. During this time I learned that children are like fish, they grow depending on their environment, I learned that children cross their eyes to entertain themselves while they are constraint to their cribs waiting for someone to pay attention to them, I learned that children eat a soft diet at 3 years of age, some days not even this, I learned that adults can prohibit a baby from drinking water so that they don't waste pampers, I learned that children can be so neglected that their nervous system can be damaged, I learned that children can be bathed twice a year, and when they get to be bathed, It is done with a hose. First, I had to get through all these newly learnt experiences, then I had to accept that my daughter had actually gone through all of it. There was grief. A lot of that. But I've seen miracles

too. I've seen the first time she called me mom, I thought it would never happen, she did not speak at 3 years of age. I've seen the light of recognition in my child's eyes when she finally grasped the “meaning of something.”

Her life was meaningless, before I met her. What may seem ordinary to you has taken on a whole new significance for me. I've learned a whole new language too. It's called “medically” to speak in words you don't hear every day. At first, I thought I'd never be able to keep all the terms straight, but I speak to it fairly fluently now. I can thoroughly explain “sensory integration Deprivation”. I know that a child can rock just to calm down, not because he suffers from any of the “Ism” terminology, I'm beginning to learn “teacherly” now. You use a lot of abbreviations and numbers, FAB, IEP, but I know I can learn your language too.

You may only see the bad things about my child. It may not seem fair to you to spend more time with her, and do things differently for just one child, when you have a classroom full of children who learn things in

(CONTINUED ON PAGE 10)

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Two Reggae Songs Make Barack Obama's Summer Playlist

Two reggae songs have made the 38-summer play list of the 44th U.S. President, Barack Obama.

Obama recently revealed his 38-song summer playlist and Jamaican reggae star Protoje's "Switch It Up" feat. Koffee ranked at number 2.

The track is from his 2020 album *In Search Of Lost Time* and comes on the heels of his latest video for "Self Defense," another gem from 'In Search of Lost Time,' released this week.

Also making the Barack Obama playlist is the classic reggae anthem, *Exodus*, by reggae legend Bob Marley and the Wailers.

Obama's list also features Caribbean born star Rihanna's 'Desperado.'

"Switch It Up" was produced by Winta James. The Xtreme Arts-directed video also includes Lila Iké, Sevana, Jaz Elise, Royal Blu and Jesse Royal. All, with the exception of the latter, contributed background vocals on the song. Jamaican contemporary Chronixx also lends his voice to the track's chorus.

The collective effort of "Switch It Up" encapsulates how Protoje is playing an important role in Jamaican music as a whole. Protoje is the founder of the label



Protoje and Koffee's "Switch It Up" has made former President Barack Obama's summer playlist. (Yannick Reid Image)

and artist management company In.Digg.Nation Collective, which houses some of the island's most promising acts including himself, Iké, Sevana and Elise. The contingent is redefining what Jamaican music sounds like, a genre-infused palette while still holding true to the sounds of their native island.

~ *NewsAmericasNow.com*



Mr. Easy's Back With "Friends Fi Life"

The summer heat is scorching just like Mr. Easy's new single "Friends Fi Life," featuring De Alpha. In just a short time since its release, "Friends Fi Life" is blazing national and international radio, the sound fraternity, the Dancehall and music lovers far and wide! The red-hot song speaks to Mr. Easy's proven track record of cranking out hit music over his long-running career.

Produced by DJ Jason and Romie Fame Records on



Mr. Easy

the Legacy Riddim, "Friends Fi Life" boasts both an upbeat

tempo and message. Mr. Easy and rising star De Alpha are the ideal voices to bring the melodic ode to friendship loyalty to life. "Friends Fi Life" is likely resonating so well with listening audiences because of its catchy hook, impactful verses and theme that never grows old, especially during such trying times.



Haitian Film Makes Cannes Film Festival Debut

The country of Haiti may be in turmoil following the murder of its President, but a Creole-language film is dazzling at the 74th edition of the Cannes Film Festival.

Haitian director, singer and actress, Gessica Geneus, danced with cast members as they arrived for the screening of the film "Freda" in southern France on July 14, 2021.

The cast includes Nehemie Bastien as Freda, Gaëlle Bien-Aimé, Djanaina Francois, Cantave Kerven, Rolapthon Mercure, Fabiola Remy and Jean Jean.

The 94-minute film, shot in Port-au-Prince in 2019 and 2020,

is a fictional autobiography on the plight of women in working-class neighborhoods, said Geneus.

The film was produced by Ayizan Prod from Haiti, Sanosi Prod (France) and Merveille Prod (Benin), and tells the story of three women, who decided to leave a disadvantaged town plagued by growing insecurity, after an event traumatic. Geneus weaves aspects of her own life and experience into the film.

Cinematographer Karine Aulnette places the viewer right in the heart of Port-au-Prince and appears to have filmed in the middle of protests as people run through the streets demanding an end to corruption.

Scenes in the family store, spilling on to a sidewalk of brightly painted house fronts, feel theatrical, yet others, such as those the streets of Port-au-Prince, have a documentary-like urgency. The fervor of a Christian service brushes up against the growing agitation of ritual dances

during the Day Of The Dead commemorations. Classroom conversations between Freda and her peers have the air of Ken Loach's *Land And Freedom* (1995) as they debate politics, religion and the heavy shadows of colonial rule. They argue over the merits of peaceful protest, revolution and direct action.

A large part of the bigger picture of "Freda" is an understanding of the oppression faced by women in a country where beauty is a prize for a powerful man, education is dismissed as a pointless luxury and change will only come if the women themselves break with tradition and defy expectations.

The odds stacked against Freda and the problems facing Haiti make her defiance all the more engaging and makes the film so pertinent at this specific moment in Haiti's history.

~ *NewsAmericasNow.com*



Every Child Matters

(CONTINUED FROM PAGE 9)

standard ways. My child may disrupt your class and may not seem to be learning much. I don't expect you to ignore other students for her sake. I don't want her forgotten in a back seat classroom like a "different" kid either, although she may have to spend some time in a smaller classroom with more individual attention. My goal is to make her understand she is no longer in the dark hole she was before. I believe some of the brighter students in her class may be able to help her.

You'll be teaching them about responsibility, and they'll learn acceptance. It will take some understanding on both our parts to work this out. As a parent, I know I'm not perfect. I make mistakes every day. I realize teachers are only human too. I also remember the time when some of my teachers were up there with God, in my estimation. They had such an impact on my life! My kindergarten teacher was my godmother! Your lives probably aren't as worry free or stress free as I used to think, and my child may only add to a day that's too full and too underpaid. My attitude may not be the

best you've seen lately. I may already have had some run-ins with the "system" before I ever talk to you. I may come on too forcefully and seem too demanding. Maybe I've had to get services for my child. Or maybe the professionals I've dealt with before having done everything they could to help me. Maybe I'll assume that you will too, and I won't remember all the hard lessons I've learned along the way. Or I may remember each one too vividly. I may be a combination of all these feelings. Whatever the case, I am just a normal person who wants the best for my child.

If you take all the things I've confided in you, you may understand me and my child better. If we work together, maybe we can do what I pray for each night. That is to give my child as many opportunities as possible to strive and be a normal kid, in a world that isn't fair.

A Concerned Parent."

EDITOR'S NOTE: Dr. Winston Whyte is a Jamaican-born, US-based educator who can be reached at winstonwhyte1@gmail.com.



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Top Caribbean Chef Brings 'Canje' To Texas

A Caribbean chef, who last year was named one of Food & Wine magazine's best new chefs, is set to bring the taste of his region and homeland to Austin, Texas.

Guyanese immigrant Chef Tavel Bristol-Joseph, and his partners in the Emmer & Rye Hospitality Group, are set to open the Caribbean-inspired restaurant Canje this fall at 1914 E. Sixth St. in East Austin, Texas.

Named after the national bird of his homeland, the canje pheasant, the new restaurant will allow Bristol-Joseph the first opportunity of his culinary career to bring the flavors of his homeland and region to the palettes of diners in the lone star state.

He acknowledges Austin diners are likely to have limited knowledge of the cuisine of Guyana, but says he is excited to share Guyana's array of flavors through dishes like roti and pepper pot as well as Caribbean dishes like jerk chicken and spiced beef patties.

"The beauty of the Caribbean is all of these influences. It's a beautiful blend. And I want to make sure the food represents that because I think we need it now more than ever," Bristol-Joseph told the American-Statesman.

"The goal is to put these dishes in front of you and you not to have realized these dishes are Caribbean. If you are eager enough to know, you are going to find out," he added.

The chef and his team are also set to travel to Guyana in the



Guyana-born Chef Tavel Bristol-Joseph, and his partners in the Emmer & Rye Hospitality Group, are set to open the Caribbean-inspired restaurant Canje this fall.

months ahead to tour the villages and taste the cuisine that inspired his long-gestating project.

Bristol-Joseph, born and raised in Guyana, had a difficult childhood. His father, a drug dealer, died when he was 7, and his mother was stuck in the United States due to visa restrictions. He moved to the United States shortly after graduating high school with dreams of playing professional basketball, but he quickly realized he had more game in the kitchen than on the court and enrolled in pastry school in New York City instead. Today, Bristol-Joseph has become an undeniable force in the kitchen and is a co-owner alongside 2016 F&W Best New Chef Kevin Fink and executive pastry chef at five different restaurants throughout Austin including Emmer & Rye, Hestia, Kalimotxo, Henbit, and TLV.

~ NewsAmericasNow.com



Caribbean Recipe Of The Month

In celebration of Trinidad and Tobago's independence anniversary on August 31st, here's a popular recipe from the twin-island Republic that is a favorite globally. It's Chicken Roti. Here's the recipe:

INGREDIENTS

Marinade

- 2 -3 pounds chicken skinned thighs cut in bite-sized pieces
- 1 teaspoon black pepper
- 1 teaspoon minced garlic
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 teaspoon Lemon Juice
- Chicken Filling
- 1 cup vegetable oil
- 2-3 tablespoon curry powder
- 1 large onion diced
- 1 teaspoon ground allspice
- 1-teaspoon ground nutmeg spice
- 1 teaspoon smoked paprika
- 1 fresh or dried thyme
- 1 teaspoon smoked paprika
- 1 teaspoon cumin spice
- 1 teaspoon black pepper.
- 1 can of chickpeas, drained
- 2 cups of cubed potatoes
- 3-4 cups chicken broth/water
- 1 teaspoon cayenne pepper(optional)
- Salt to taste

INSTRUCTIONS

Place chicken in a large bowl or saucepan then add salt, garlic, thyme, white pepper and

curry powder.

Mix chicken with a spoon or with hands until they are well coated, set aside in the fridge and marinate for 30 minutes or overnight.

Heat a large saucepan with oil, and add onions, garlic, thyme, cumin spice, all spice, smoked paprika, nutmeg and curry powder, stir occasionally for about 2-3 minutes until onions is translucent.

Add chicken, stir and sauté for about 2-3 more minutes.

Add chicken stock if necessary to prevent any burns next add chickpeas, chicken bouillon, potatoes and chicken broth.

Bring to a boil and let it simmer until sauce thickens, it might take about 20-30 minutes.

Adjust for salt, pepper and stew consistency.

ROTI INGREDIENTS

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup oil
- 1 cup water
- 1 tablespoon butter, melted

METHOD

Combine the dry ingredients in a mixing bowl. Gradually add the oil and water while mixing and kneading the dough. Set the dough aside for 15 minutes.



Chicken Roti Trinidad Style

Divide the dough into 6 equal-sized balls. Flatten each slightly and roll out with a rolling pin into 8-inch squares.

To cook the roti, place butter on a skillet over high heat until it sizzles.

Reduce the heat to medium and place the roti on to the pan.

Cook for 2-3 minutes, until the crust is light brown.

Turn with a wide spatula and continue cooking.

Repeat the process with the remaining roti.

TO SERVE

Fill the middle of each cooked Roti with about 1/2 cup of Chicken filling mixture.

Wrap the dough around the mixture to seal the filling inside.

Serve Hot.

Bon Appetite!

~ NewsAmericasNow.com



Proud
to honor
Trinidad and
Tobago's
Independence
Day.

August 31





CITIZENS' INDEPENDENT TRANSPORTATION TRUST

Chair's Message



As the world began to recover from a pandemic, we entered 2021 achieving many of the People's Transportation Plan accomplishments, including the delivery of the final pair of new Metrorail vehicles, and breaking ground on the South Corridor rapid transit project.

The new Metrorail fleet is an important investment in the future of Miami-Dade County's transit system, providing a vehicle fleet that the riding public can be proud of and enjoy for many generations to come. That is why the Citizens' Independent Transportation Trust (CITT) continues to closely monitor the maintenance and care of this significant investment.

We are also making great progress with the rapid transit corridors outlined in Strategic Miami Area Rapid Transit (SMART) Plan, including the South Corridor.

As one of the corridors in the original People's Transportation Plan, I am pleased that the CITT was able to approve approximately \$100 million in local 'half-penny' surtax funds for its design and construction. The development of the South Corridor will greatly improve mobility, foster economic growth along the corridor, and enhance the safety and convenience of transit services.

It will offer a seamless transit connection to our Metrorail system, which in 2012 was extended to Miami International Airport – an extension also funded with 'half-penny' dollars.

As a cyclist, I am particularly happy to see that the South Corridor will have a shared-use path and bicycle amenities at all stations, which will enhance first/last mile connectivity to the County's rapid transit services.

I am confident that as people experience the new South Corridor, word will spread of its effectiveness and it will take more cars off our roads, giving us more mobility and a cleaner environment.

Joe Curbelo, Chair
Citizens' Independent Transportation Trust

Miami-Dade County Receives the Last Pair of New Metrorail Cars



Earlier this year, the Miami-Dade Department of Transportation and Public Works (DTPW) received the last pair of new Metrorail vehicles, completing the upgrade of its 136-vehicle fleet.

Funded by approximately \$385 Million of surtax funds from the People's Transportation Plan, the new fleet has already greatly improved the reliability and quality of service of the Metrorail system.

"This is a very important investment in the future of the County's transit system and a vehicle fleet that the riding public can be proud of," said Joe Curbelo, Chair of the Citizens' Independent Transportation Trust.

The assembly of the new rail cars began in 2016. In late 2017, the first new Metrorail train was placed into service, making the new rail cars the first to be placed into service since the Metrorail opened in 1984.

On-Demand Service Enhancements Provide Additional Mobility Options

In the spring of 2021, the Miami-Dade County Board of County Commissioners (BCC) approved an Ordinance that gives municipalities greater flexibility in the use of their transportation surtax funds by eliminating a requirement that municipal on-demand services only be used for trips within certain boundaries, and by expanding the coverage area up to five miles.

Under the new Ordinance, cities can provide on-demand service to places such as clinics, pharmacies, grocery stores, employment centers, schools, and more.

Services, such as Miami-Dade County's Go Connect, are also helping to close first/last mile connectivity gaps. Go Connect recently expanded to provide service in the Dadeland, South Miami, Civic Center, West Kendall, and Town of Cutler Bay areas. To learn more about Go Connect, visit: goconnect.miamidade.gov.



Photos courtesy of the Miami-Dade Department of Transportation and Public Works and the Town of Cutler Bay.

Continue >

MOVING FORWARD



The South Corridor Rapid Transit Project Now Under Construction



In early June 2021, the Miami-Dade County Department of Transportation and Public Works broke ground on the South Corridor Rapid Transit Project, one of six corridors in the Strategic Miami Area Rapid Transit (SMART) Plan, and one of the original rapid transit corridors in the People's Transportation Plan.

Anticipated to begin service by early 2023, the South Corridor will provide high-quality transit service that will have similar features to those of rail service. These will include pre-empted signals, and pre-paid and level boarding, among other features.



The CITT supported this project with the approval of \$100 Million of local 'half-penny' surtax funds towards the project's design and construction. The remainder of the project's nearly \$300 Million cost is being funded by matching federal and state dollars.

The Trust Adds Three New Members and Welcomes Back Two Members

In February 2021, the Citizens' Independent Transportation Trust (CITT) welcomed the Honorable Peggy Bell, former Mayor of the Town of Cutler Bay, and Meg Daly, Founder and President of Friends of The Underline, to the Trust membership.



Honorable Peggy Bell

Ms. Bell, who was appointed to represent Miami-Dade County Commission District 8 on the Trust, played an important role in shaping the Town of Cutler Bay, first as a Council Member, and later as the town's first female Mayor.



Meg Daly

Ms. Daly heads the non-profit organization for The Underline – an innovative project that is actively transforming the underutilized land below Miami's Metrorail into a 120-acre linear park, urban trail and public art destination spanning 10-miles in the urban core. Ms. Daly is representing Miami-Dade County Commission District 7 on the CITT.



Mary Street, Esq.

In May 2021, the CITT welcomed attorney Mary Street, who is representing Miami-Dade County Commission District 5 on the Trust. Ms. Street lived for many years without a car, choosing instead to walk, bike and ride transit as her principal modes of transportation in several cities. She is an advocate for improving transit and mobility services, safety, and access throughout Miami-Dade County.

The CITT also welcomed back veteran Trust Members Paul J. Schwiep, Esq. an attorney with Coffey Burlington, who is now representing the Miami-Dade County Mayor's Office; and Alfred J. Holzman, who is now representing Miami-Dade County Commission District 6 on the Trust.

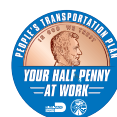


Paul J. Schwiep, Esq.



Alfred J. Holzman

Opportunities to serve as a volunteer member of the Trust frequently arise. Citizens interested in serving on the Trust are encouraged to visit our website at www.miamidade.gov/citt for additional information.



Citizens' Independent Transportation Trust
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 Miami, Florida 33128-1994
 305-375-1357 • www.miamidade.gov/citt

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What Did CARICOM Do On Haiti?

BY ELIZABETH MORGAN

Since the assassination of Haitian President Jovenel Moïse on Wednesday morning, July 7, 2021, the reaction in some parts of local media has been, why didn't the Caribbean Community (CARICOM) act to address the political instability in Haiti?, and to urge CARICOM to act in the aftermath to assist Haiti.

In my view, this response is overlooking the complexity of international relations, the complex political situation in Haiti, the power relations in this hemisphere, and the situation within CARICOM itself. Even though Haiti is a CARICOM member, it remains a sovereign State and the Community could not want to foist itself into its affairs having not received a formal invitation to use its good offices.

SEQUENCE OF EVENTS

I thought it would be useful to outline the sequence of events in CARICOM since President Moïse took office on February 7, 2017 as follows:

1. President Moïse attended the 38th CARICOM Heads of Government Conference in Grenada making his inaugural address on July 4, 2017, in which he committed to fully becoming a member of the CARICOM Single Market and Economy

(CSME). He wanted his country to be seen as one of life and hope, and a destination for investment. He was a member of the CARICOM Heads Bureau as incoming chair;

2. Haiti hosted and chaired the 29th Intersessional Meeting of CARICOM Heads in Port-au-Prince, February 26-27, 2018;

3. President Moïse attended the 39th CARICOM Heads in Montego Bay, Jamaica, July 4-6, 2018;

4. On July 7, 2018, protest broke out in Haiti against gas price increases by the government. Protest would continue thereafter [Note: statement issued on July 9, 2018, by PM of Jamaica as CARICOM Chair, on the unrest in Haiti];

5. At the 30th Intersessional Heads Meeting in St. Kitts/Nevis, February 26-27, 2019, Haiti was represented by its Foreign Minister, Bocchit Edmond. The unstable situation in his country was addressed at this meeting;

6. At the 40th Heads in St. Lucia, July 3-5, 2019, with President Moïse in attendance, the Heads agreed that a CARICOM delegation would visit Haiti on a fact-finding mission. President Moïse was to follow-up with



Haiti is in turmoil. Police had to abandon their vehicle during a demonstration that turned violent in which protesters demanded justice for the assassinated President Jovenel Moïse in Cap-Haitien, Haiti, Thursday, July 22, 2021. (AP/Matias Delacroix)

a formal invitation. It was not forthcoming, I understand;

7. At the 31st CARICOM Heads Intersessional Meeting in Barbados, February 18-19 2020, Haiti was represented by Foreign Minister Bocchit Edmond, and Heads again addressed the troubling situation in Haiti. This time, the decision was to send a delegation of Senior Officials on the invitation of Haiti. Again, no invitation was received, I gather;

8. From March 2020, the COVID-19 crisis unfolded, and CARICOM Members went into lockdown. Also at this point, there were general elections in Guyana with the ensuing crisis concerning the outcome from March-July 2020. Community involvement was invited by Guyana which was then also under threat of international sanctions. There was then no

position on Haiti from USA et al;

9. Haiti's Foreign Minister, Dr. Claude Joseph, chaired the CARICOM Council of Foreign and Community Relations (COFCOR) held virtually in May 2020. Minister Joseph, in his address, declared that CARICOM was an important element of his country's foreign policy and renewed their commitment to the Community;

10. The 41st CARICOM Heads was held virtually on October 29, 2020 chaired by St. Vincent and the Grenadines. President Moïse attended. This meeting focused on COVID-19 containment and its severe economic repercussions.

11. Trinidad and Tobago chaired the virtual 32nd CARICOM Heads Intersessional Meeting in February 2021. With President Moïse in attendance, CARICOM again issued a statement on the political instability in Haiti.

12. The Organization of American States (OAS) addressed the situation in Haiti on March 17 and June 7, 2021. They received formal approval from the Haitian Government to visit on June 8-10. St. Vincent and the Grenadines, a CARICOM Member and a current non-permanent Member of the UN Security Council, was a member of this delegation;

13. The US Biden Administration supported the

OAS position that President Moïse remain in office until February 2022, when they agreed his term would end, and that free and fair elections should then be held to select his replacement;

14. The 42nd CARICOM Heads was held virtually, July 5-6, chaired by Antigua and Barbuda. President Moïse was scheduled to attend. In the end, Haiti was absent. CARICOM Heads again issued a statement on the political situation in that country.

15. President Moïse was assassinated at his home in Port-au-Prince in the early hours of July 7.

So, from this chronology, did CARICOM do nothing to assist Haiti in another of its political turmoil, or was CARICOM limited in what it could do given the lack of response by the Haiti President to their overtures? In the aftermath of the assassination, the Haiti authorities have turned to the USA primarily for assistance. I add this to commentary on the critical situation in Haiti for consideration.

EDITOR'S NOTE: Elizabeth Morgan, who writes for CMC, is a specialist in international trade policy and international politics.

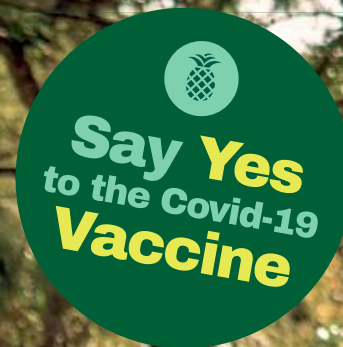
~ Rewritten from CMC



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Independence Message 2021 - From Jamaica's Ambassador To the US

BY H.E. AUDREY P. MARKS

"My fellow Jamaicans and Friends of Jamaica,

As we commemorate the 59th Anniversary of Independence of our great Nation, Jamaica, it is an opportune time for us to come together to celebrate this milestone with the usual sense of triumph and jubilation.

While fifty-nine years in the life of any nation is relatively short, we have much to celebrate and even more to reflect on, as we contemplate our progress over the past years. Jamaica, with its strong democratic principles and global influence in so many spheres within the multilateral fora, has long been "punching admirably above its weight."

Alongside the rest of the world, Jamaica continues to be impacted by the lingering effects of the COVID-19 pandemic. We will however not be daunted in this unparalleled period of challenges, as there is indeed much to be celebrated as our COVID -19 recovery efforts have been steady and consistent.

The Government of Jamaica has begun to mobilize investment locally which will

help us to 'build back better.' There are positive signs that our economy is steadily rebounding with our tourism industry set to welcome 1.7 million visitors by the end of 2021. Despite the challenges, Jamaica has also gone a far way in bridging the digital divide in the education sector owing to the significant support of you, the members of the Diaspora and Friends of Jamaica.

On the matter of national security, the Government continues to prioritize this issue with significant investments being made in improving our infrastructure including police stations, enhancing our human and technical capacities and advancing the procurement of the necessary tools to fight crime.

Jamaica still has the distinction of having the world's fastest man and woman and Brand Jamaica remains internationally known and



H.E. Audrey P. Marks

respected. These are but some of the achievements of the past year for which we ought to be justly proud.

As is customary, independence celebrations are marked with family gatherings, balls and parades as we gather to celebrate the achievements of our country. Regrettably, this year, we are again called upon to celebrate

in our own unique ways even as we continue to be apart. Nevertheless, this need not mean we have to diminish the flair of our festivities. As touted by the Independence theme, I invite you to 'rally around the flag' and 'Come Let Us Celebrate Online.'

As was the case last year, the spirit of Independence, albeit in the virtual space, remains alive and is illuminated through our individual actions. I therefore encourage us all to participate in the online activities being hosted both at home as well as here in the Diaspora.

Importantly, let us also celebrate our collective efforts in the continued fight against COVID-19.

Our health workers and other frontline workers who have remained committed and continue to work tirelessly to keep us safe, must be saluted. We thank all the members of the Diaspora and Friends of Jamaica for their understanding and unrelenting support during this challenging time. You, the members of the Diaspora, have used your self-confidence,

creativity and determination to make a home for yourselves here, while not turning your backs on those you left behind in Jamaica and for this, we applaud you.

Just as the black, green, and gold epitomize our past achievements and inspires future successes, let us be reminded of its true message: The sun shineth, the land is green and [we] the people are strong and creative." It is this spirit of resilience that makes us truly Jamaican.

With this in mind, let this Independence be a day of national pride which serves as a reminder of the passion for life that pulses through our veins wherever we are.

Let us all continue to unite as we all work to make Jamaica the place of choice to live, work, do business, raise families, and as our Prime Minister likes to add, "retire in paradise." Happy Independence Day to all Jamaicans!"

EDITOR'S NOTE:
H.E. Audrey P. Marks is Ambassador of Jamaica to the USA and Permanent Representative to the OAS



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HEALTH



Cleaning Lady Among First In Haiti To Get COVID-19 Vaccine

Solange Février, a cleaning lady at the Hospital Universitaire de Paix (HUP) in Port-au-Prince, Haiti, was among the first persons to get a COVID-19 vaccine in the country.

This follows the delivery of 500,000 doses of COVID-19 vaccine donated by the United States through the COVAX mechanism on July 14th. The first vaccination session was held on Friday, July 16th by the Ministry of Public Health and Population (MSPP), where many health professionals and elderly people came to receive the first dose of Moderna vaccine.

“I work at the hospital, I am happy and it is a very good thing for the country. Moreover, after receiving my first dose, I feel very good,” Février commented. “I am happy, and it is a very good thing for the country.”

This donation of 500,000 through the COVAX mechanism is part of the U.S. government’s efforts to increase COVID-19 coverage in other countries around the world, to counter



Solange Février, a cleaning lady at the Hospital Universitaire de Paix (HUP) in Port-au-Prince, Haiti, was among the first persons to get a COVID-19 vaccine in the country.

new waves of infection, and to prioritize the vaccination of health care workers and other vulnerable populations in neighboring countries in need of vaccines.

The U.S. government has committed to donating approximately 12 million doses of COVID-19 vaccine to countries in the Caribbean and Latin America. Most other CARICOM countries have yet to receive any US donations.



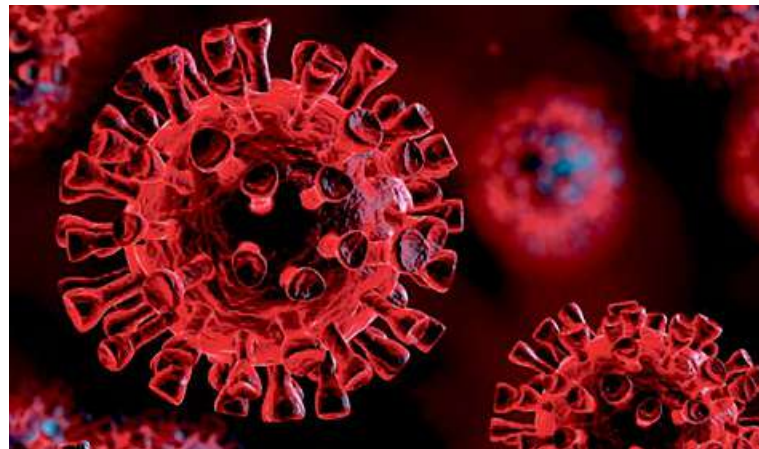
Staying Safe During Your Summer Escapes From COVID-19 And The Delta Variant

BY DARRYL SELLERS

The long, hot days of summer are giving many Americans the burning desire to travel and escape COVID-19 fatigue after being mired in its throes for more than a year. The good news for travel this summer is that COVID-19 deaths in the United States have dipped to their lowest level since March 2020 in the earliest days of the virus outbreak.

While the recent precipitous drop in COVID-19 deaths and infections in the United States are cause for celebration, the emerging Delta variant and low vaccination rates in several states, including Mississippi and Tennessee, are reasons to pause and make sure you’re fully vaccinated in order to stay safe and healthy.

The Delta variant is likely to become the dominant strain in the United States this summer. However, a new study from the Centers for Disease Control and Prevention (CDC) found that two doses of the Pfizer-BioNTech vaccine are 96 percent effective against hospitalizations from the



The Delta Variant

variant. The one-dose Johnson & Johnson vaccine provides only 33 percent protection against symptomatic disease from the Delta variant.

The start of the peak for summer travel being upon us was the theme for a recent Jump In with Jumi Facebook Live, Black Doctor.org event. This health and wellness show focused on how we can stay safe as we venture away from our homes.

As countries continue to open travel to fully vaccinated Americans, it’s important to do your homework before traveling globally, especially with vaccination rates all over the map overseas. Many countries are dealing with vaccine inequity as well as availability and quality of healthcare, the issues people in the United States aren’t facing. We should seriously keep these considerations in mind before traveling internationally.

“I’m very concerned if people are not including what’s going on in their destination and in their risk calculus,” said Jessica Malaty Rivera, an infectious disease epidemiologist and expert contributor for CNN. “I really think it says a lot about our inability to check our privilege before we jump on a plane,” she said. “I think that if you’re vaccinated and that you’ve taken your precautions when it comes to just testing, you’re being safe and going to a place not experiencing a burden of the disease, I think it’s fine to go.”

As vaccination rates continue to rise in the United States with around 67 percent of Americans ages 18 and older receiving at least one dose of a vaccine, many countries are on the other end of the spectrum. For example, only 4 percent of residents in South Africa have received a vaccine. For the foreseeable future, traveling to countries with low vaccination rates is not recommended, especially considering the recent surge and more contagious nature of the Delta variant.

“It’s going to take a while unless we are as a country

being more benevolent and generous with our excess doses and getting COVAX to actually support all of these countries that need it,” Rivera said. “It’s going to take a long time for some countries to kind of catch up in that regard,” she said. “There are some estimates that some countries in Africa will not be fully vaccinated until 2023. I am concerned about travel to places like that, mostly because of what is happening with transmission and what is happening with variants and what is happening with their populations not being protected. It’s just not fair.”

The path to traveling overseas is rough right now, but it’s not the end of the world. Jumi reminds us that we need to continue taking the necessary safety precautions and be patient. That is part of a fabulous formula that will lead to safe and enjoyable travel this summer. “You can still have fun,” Jumi said. “You might not be able to do the crazy 1,000 people in one place kind of situation, but you can still do it.”

That sums it up very well. Taking safety precautions, being patient, and getting vaccinated equals safe and fun travel this summer. Together “We Can Do This!”

To view the Jump In with Jumi Facebook Live event in its entirety, go to BlackDoctor.org. For a list of upcoming events, COVID-19 health and wellness information, and other events, go to BlackDoctor.org, the world’s largest and most comprehensive online health resource specifically targeted at African Americans.

For more information about COVID-19, health, and wellness, see Black Coalition Against COVID-19, a key health resource for African Americans.

Darryl Sellers is the Director of Public Relations Team for Creative Marketing Resources, a strategic marketing agency in Milwaukee and a partner of the BCAC.





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HIT & RUN FATALITY



VICTIM/PEDESTRIAN

Rupert Webley
B/M, 68 years old

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

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

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

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

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

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

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

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So many of us are unprepared financially when our Love One dies, or more unfortunate, when we die.

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Jamaica's Sprint Queens Complete Triple 100-M Sweep

Jamaica's sprint queens on Saturday completed a triple 100-m sweep in the women's 100-m finals of the Tokyo 2020 Olympics.

Jamaican sprinter Elaine Thompson-Herah blazed into history, becoming the fastest woman alive to claim the gold medal and lead a Jamaican 100-m podium sweep.

Thompson-Herah's win denied compatriot Shelly-Ann Fraser-Pryce a third Olympic title as the former fastest woman had to settle for silver in a time of 10:74.

Fraser-Pryce had initially clocked the fastest time to reach the women's 100 metres final and was on course to become the first woman to win a single individual Olympic athletics event three times.

Jamaica's Shericka Jackson claimed the bronze with third in 10:76.

Thompson-Herah's blistering 10.61 seconds time has only ever been bettered by the late Florence Griffith-Joyner, who set a world record of 10.49 in 1988. It was also a national record and her first medal since she won the double in Rio in



Jamaican sprinter Elaine Thompson-Herah celebrates as she realizes she was blazing into history in the women's 100-m Olympics finals on July 31, 2021.

2016, after she was fifth in the World Championships final in London in 2017 and fourth in the finals in Doha in 2019.

"I put everything in there I gave it 100 and I would say that I'm ready, super ready, but I had to just hold my composure to come out here take it runs by runs," she said. "It shows tonight that Elaine is back. She wasn't gone anywhere."

Jamaica's Prime Minister Andrew Holness described the performances of the country's top female athletes as "scintillating" and

"unforgettable." And executive chairman of Sandals Resorts International, Adam Stewart, offered complimentary luxury vacations as a reward to the three Jamaican athletes. "The Worlds Best" deserves "The Worlds Best," complimentary vacations when the Olympics is all over for our girls! #TeamSandals #TeamJamaicaJMJJM," tweeted Stewart shortly after the historic run on Saturday.

~ *Rewritten from Reuters News*



The Caribbean Region's First Olympic Gold Medal Scored By A Bermudian

Bermuda's Flora Duffy made history on July 27th in Tokyo, Japan, when she won the Caribbean region's first Olympic gold medal and the first for her country.

Duffy won the historic first Olympic gold medal for Bermuda in the women's triathlon, triggering ecstatic celebrations in the small island in the North Atlantic.

After high winds and rain delayed the start, the 33-year-old pre-race favorite, who has had to overcome a serious foot injury since finishing eighth at the 2016 Games in Rio de Janeiro, dominated the race almost immediately after finishing the 40-kilometre cycle within an ultimate lead group of four.

American Katie Zaferes was the first out onto the run course from the bike transition, but 33-year-old Duffy – the women's world champion in 2016 and 2017 – passed her and then did it on her own, winning in one hour, 55:36 minutes in a stunning show of front-running.

The medal is only Bermuda's second at an Olympiad, coming 45 years after heavyweight boxer Clarence Hill won bronze at the Montreal Games.



Bermudian Flora Duffy celebrates her gold medal at the Tokyo Olympics.

Georgia Taylor-Brown of Britain suffered a flat tyre on her rear wheel on the bike, but the 27-year-old from Manchester recovered to claim the silver. After losing 22 seconds and dropping to fifth because of the puncture, she overtook three of her rivals to take a deserved second, with Zaferes claiming bronze.

Duffy, who turned down the chance to represent Britain as a teenager, finished one minute and 15 seconds ahead of Taylor-Brown.

After the race Duffy said: "I've had an extra year [after the Games were postponed last year because of the coronavirus pandemic] with this pressure on

me. Although it was difficult to manage and navigate all that pressure, what a special moment to come down the finishing chute and just to enjoy it and have my moments. It's incredible." "It was worth it," she added. "There's been many tears, many heartbreaks. Many times I was like 'am I ever going to be healthy again, can I ever race at the top?' I just kept believing and I have a really great support system around me."

As she entered the home straight Duffy pumped her fists, waved at the crowd and then collapsed in joy over the line.

Three years ago, Duffy won the gold medal at the Commonwealth Games in Australia.

After the race, car drivers started tooting their horns in Bermuda's capital Hamilton and Premier David Burt was among the first to congratulate Duffy, saying on his social media site: "You've worked so hard, and you've made an entire island proud."

~ *Rewritten from CMC*



TOKYO 2020 ATHLETICS SCHEDULE

Date and Time: Thu 5 Aug. 19:00 - 21:45

Venues: Olympic Stadium

- Men's Shot-Put Victory Ceremony
- Men's Triple Jump Victory Ceremony
- Men's Decathlon Javelin Throw
- Women's Pole Vault Final
- Women's 4 x 400m Relay Round 1
- Men's 1500m Semifinals
- Men's 110m Hurdles Victory Ceremony
- Men's 400m Final
- Women's Heptathlon 800m
- Men's Decathlon 1500m

Date and Time: Fri 6 Aug. 5:30 - 10:00

Venues: Sapporo Odori Park

- Men's 50km Race Walk Final
- Men's 50km Race Walk Venue Ceremony

*Session tickets not for sale

Date and Time: Fri 6 Aug. 16:30 - 18:15

Venues: Sapporo Odori Park

- Women's 20km Race Walk Final
- Women's 20km Race Walk Venue Ceremony

*Session tickets not for sale

Date and Time: Fri 6 Aug. 19:50 - 22:55

Venues: Olympic Stadium

- Men's 20km Race Walk Victory Ceremony
- Women's Pole Vault Victory Ceremony
- Women's Heptathlon Victory Ceremony
- Men's Decathlon Victory Ceremony
- Men's 4 x 400m Relay Round 1
- Women's Javelin Throw Final
- Men's 5000m Final
- Men's 400m Victory Ceremony
- Women's 400m Final
- Women's 1500m Final
- Men's 5000m Victory Ceremony
- Women's 400m Victory Ceremony
- Women's 4 x 100m Relay Final
- Women's 1500m Victory Ceremony
- Men's 4 x 100m Relay Final

Date and Time: Sat 7 Aug. 7:00 - 10:15

Venues: Sapporo Odori Park

- Women's Marathon Final
- Women's Marathon Venue Ceremony

*Session tickets not for sale

*The victory ceremony of Women's Marathon will take place at the Olympic Stadium during the closing ceremony.

Date and Time: Sat 7 Aug. 19:00 - 22:20

Venues: Olympic Stadium

- Men's 50km Race Walk Victory Ceremony
- Women's 20km Race Walk Victory Ceremony
- Women's 4 x 100m Relay Victory Ceremony
- Men's 4 x 100m Relay Victory Ceremony
- Women's High Jump Final
- Women's 10,000m Final
- Men's Javelin Throw Final
- Women's Javelin Throw Victory Ceremony
- Men's 1500m Final
- Women's 10,000m Victory Ceremony
- Men's 1500m Victory Ceremony
- Women's 4 x 400m Relay Final
- Men's Javelin Throw Victory Ceremony
- Men's 4 x 400m Relay Final
- Women's High Jump Victory Ceremony
- Women's 4 x 400m Relay Victory Ceremony
- Men's 4 x 400m Relay Victory Ceremony

Date and Time: Sun 8 Aug. 7:00 - 9:45

Venues: Sapporo Odori Park

- Men's Marathon Final
- Men's Marathon Venue Ceremony

*Session tickets not for sale

*The victory ceremony of Men's Marathon will take place at the Olympic Stadium during the closing ceremony.

WHAT IS THE TIME DIFFERENCE?

Tokyo is 13 hours ahead of Eastern time. So, when it is evening in Japan, it is morning in the United States and vice versa.

HOW CAN I WATCH?

NBC says it plans more than 7,000 hours of coverage on NBC stations, various NBCUniversal-owned cable channels, NBCOlympics.com and the NBC Sports app. Dozens of other broadcasters hold the rights to the Games in other countries.

WHERE CAN I FIND A FULL OLYMPICS SCHEDULE?

At the Tokyo Olympics site at olympics.com/tokyo-2020/en/. The events are listed in Tokyo time, so try the handy converter at worldtimebuddy.com/?pl=1&lid=1850147,5,8&h=1850147&hf=2



Here's What You Should Know If Travelling To The Caribbean This Summer

Most Caribbean islands have reopened to international tourism, and several islands have begun adopting two-track entry regulations for vaccinated and unvaccinated travelers.

ANGUILLA

Open to U.S. travelers. Only fully vaccinated travelers are allowed entry, effective July 1. U.S. travelers must apply through the visitor portal, submit a negative Covid-19 test result three to five days before travel and provide proof of medical insurance. Visitors must take a PCR test - free of charge - upon arrival and remain in place at their hotel or villa while awaiting test results. All travelers to Anguilla connecting through St. Maarten must comply with St. Maarten's health screening application form. For more information see: visitanguilla.com.

ANTIGUA AND BARBUDA

Open to U.S. travelers. U.S. travelers must submit proof of a negative PCR test taken seven days before boarding and complete the Traveler Accommodation form upon arrival in Antigua. Visitors who complete a successful screening - temperature check - by health officials are not required to quarantine once booked at a certified accommodation. At least 160 hotels and villa properties are certified and can participate in certified tours/activities, including destination weddings, dining out and certain land and sea activities. For more see visitantiguabarbuda.com.

ARUBA

Open to U.S. visitors. All travelers are required to fill out an Embarkation/Disembarkation card between 72 and four hours prior to travel. U.S. visitors have the option of taking the PCR test at their own expense upon arrival at the airport in Aruba (\$75) or can upload a negative COVID-19 test result from a test taken at within 72 hours at least 12 hours prior to departure. If they opt for a test upon arrival, they must quarantine at their hotel until the test results are received. All visitors must purchase and pay for the Aruba Travel Insurance within 72 hours prior to departure; they can use their existing medical insurance to supplement the Aruba policy, but it cannot replace the Aruba Travel Insurance, which is \$30 per person for those 15 and older, and \$10 for those under 15. For more information see visitaruba.com.

BAHAMAS

Open to U.S. visitors. Fully vaccinated travelers are exempt from the COVID-19 PCR test for entry and all interisland travel. They must upload proof of vaccination confirming they have passed the two-week immunity period. Unvaccinated travelers must upload a negative PCR test result taken within five days of arrival in the Bahamas. All visitors must complete and upload a Bahamas Travel Visa and are required to opt into the mandatory health insurance plan when applying for the health visa. The fee is paid in advance and the price depends upon the length of stay. All visitors must complete a daily health questionnaire during their stay. All visitors staying more than five days must take a rapid antigen test on day five. Testing centers are located in many hotels, resorts, medical centers, marinas and municipal locations. A curfew is in place on New Providence, Grand Bahama, North and South Eleuthera - including Harbour Island - from 10 p.m. to 5 a.m. (local time). For more information: log.on.to/bahamas.com/travelupdates.

BARBADOS

Open to U.S. visitors. All visitors must complete the Immigration and Customs form between 24 and 72 hours prior to arrival and present proof of a negative PCR test result taken with three days of arrival. Fully vaccinated travelers must take a free rapid or PCR test upon arrival and wait 8 to 12 hours for results at their approved accommodation but are free to move about the resort, hotel or villa and go to the pool and not to the beach. Unvaccinated travelers must take the standard PCR test upon arrival, quarantine in their room at their accommodations for five days and take second PCR test on day five and await results before being released from quarantine. All travelers must take a rapid antigen test 24 hours prior to departing Barbados for the U.S. The test is \$50 and can be done at one of several sites on the island. Many resorts offer on-site testing. For more information see: visitbarbados.org.

BERMUDA

Open to U.S. visitors. Travelers are required to complete the Bermuda Travel Authorization process online within 48 hours of departure. The fee is \$75, which includes the cost of all Covid testing in Bermuda. Children nine and younger do not have to be tested at any point, and their Travel Authorization fee is \$30. Visitors ages 10 and up must submit proof of a negative COVID-19 test taken no more than five days before departure. Visitors must take a COVID test upon arrival and quarantine in hotel room until results are obtained (usually six to eight hours). Visitors are required to wear a Traveler Wristband for the first 14 days of their stay; the wristbands will be distributed during testing at arrival. Tests also are required on day 4, on day 8 and on day 14 of their trip at pop-up testing centers, with immediate results. For more information see gotobermuda.com.

BELIZE

Belize has attained the Safe Travels Global Protocol Stamp from the World Travel and Tourism Council. No testing is required to enter Belize if you are fully vaccinated but you must submit proof of COVID-19 immunization. Travellers should have completed full immunization 2 weeks or more prior to travel.

All others must test negative for COVID-19 and present a negative COVID-19 PCR TEST taken within 96 hours of travel or a negative rapid test (Rapid Antigen, Sofia, SD Biosensor and ABBOTT (Panbio) taken within 48 hours of travel. If no test is presented, a COVID-19 test will be administered at the airport for USD \$50 per passenger.

All travelers returning to the USA must have a negative COVID-19 test done in Belize, even if vaccinated. Masks are required at all times in public, including on the beach, except when exercising, swimming, or driving in a motor vehicle with members of the same household. Kids under 6 are exempt. You can be ticketed for not having, or not properly wearing a face mask. For more see: travelbelize.org/health-safety/

BONAIRE

Open to U.S. travelers. Visitors must produce proof of a negative PCR test done within 72 hours of arrival and take an antigen test within 24 hours of arrival; Bonaire has added the availability of rapid antigen testing at its Flamingo Airport to help travelers adhere to the current testing protocol. Travelers must complete a health questionnaire. All businesses, including hotels, car rentals, tour operators, watersports operators, taxis and restaurants, will carry a Bonaire Friendly Safety Seal certifying that they have been inspected and approved regarding health and safety standards.

BRITISH VIRGIN ISLANDS

Open to U.S. travelers but the CDC and the US State Department is warning against travel there. The British Virgin Islands adjusted entry procedures for visitors, effective July 19th, due to an uptick in COVID-19 cases. Fully vaccinated travelers must undergo a rapid antigen test at the port of entry. The cost of the test is \$50, and results will be available before visitors leave the port of entry in approximately 25 to 35 minutes.

Other entry requirements remain the same. All travelers must provide a PCR test or rapid antigen test within five days of arrival, and vaccinated travelers must show proof of vaccination. Travelers partially vaccinated or unvaccinated must quarantine for seven days.

Everyone must show proof of medical insurance that provides coverage for COVID-19 and must register on the online portal within five days of planned travel date to obtain the Traveler Authorization Certificate (\$35 for vaccinated travelers, \$105 for all others).

When fully vaccinated travelers are with one or more unvaccinated children, the kids between ages 5 and 17 will be tested upon arrival and will get a second test on day four.

A curfew from 7 p.m. to 5 a.m. is in effect through July 23, although the date could be extended. All restaurants, including those in hotels and resorts, are restricted to takeout only. All businesses are limited to 65 people at a time and are subject to social distancing protocols. All ferries are restricted to 65 passengers at time. Salons, gyms, bars, clubs and entertainment establishments are closed through July 23, although this date could be extended. See more at bviturism.com.

CAYMAN ISLANDS

The Cayman Islands has laid out a plan for a phased reopening to tourism. The phased approach is subject to achieving an 80% on-island vaccination rate. While details are still being worked out, the plan will allow entry to a limited number of tourists with secure verification of their vaccination status, beginning Sept. 9, 2021. Travelers will apply for entry via the Travel Cayman Portal and will be subject to quarantine. Quarantine requirements will be removed for all verified, fully vaccinated travelers beginning on Oct. 14, 2021. Unvaccinated visitors will be subject to a 14-day quarantine. Unvaccinated children under age 12 will be allowed to travel with vaccinated adult tourists as of Nov. 18, 2021. No quarantine period will be required. Unvaccinated children above age 12 will be required to quarantine for 14 days. Following assessments from the government and health officials, the Cayman Islands plans to celebrate its grand reopening on Jan. 27, 2022, welcoming all travelers without quarantine or travel restrictions. For more information, visit the Cayman Islands website.

CUBA

Open to U.S. visitors. All arriving passengers must submit a health declaration, produce a Cuba Tourist Card (available from the airlines) and produce a negative PCR test result taken within 72 hours prior to arrival and take another PCR test upon arrival, with results available within 24 hours. The test upon arrival is free. All incoming travelers must have travel insurance that covers Covid-19 during their stay. Visitors must quarantine in accommodations until results arrive and be PCR tested at their own expense on Day 5. American visitors are barred from strictly tourist vacations to the all-inclusive resorts on the north coast but can travel to Cuba under 12 specific categories, the most popular of which is Support for the Cuban People. All regulations are detailed at <https://cu.embassy.gov/covid-19-information>.

CURACAO

Open to U.S. visitors. All visitors, including those fully vaccinated, must complete a Digital Immigration Card, fill out and upload a Passenger Locator Card within 48 hours of departure for the island (carry a printed copy as proof upon arrival). Unvaccinated visitors must upload proof of a negative PCR test taken within 72 hours of departure (and carry a printed copy, as well) and must take a rapid antigen test at a local lab on the third day of the stay. If test result is positive, the travel must quarantine per local guidelines. Appointments must be booked and paid for in advance. Travelers will receive a pre-confirmation email including a booking reference number, the local lab website and instructions after submitting their Passenger Locator Card. Children six and under are exempt from the



test requirement. More information: curacao.com.

DOMINICA

Open to U.S. visitors. All travelers must submit a health questionnaire at least 24 hours prior to travel and upload a negative PCR test taken between 24 and 72 hours prior to arrival. Fully vaccinated travelers must also upload a vaccination certificate or medical record as proof of previous infection of Covid-19. Prior to boarding and upon disembarkation in Dominica, all travelers must show proof of negative PCR test and notification of health clearance to travel. A rapid antigen test is administered upon arrival to all unvaccinated travelers. Fully vaccinated travelers will be transported to a government-maintained quarantine facility or a managed experience at a Safe in Nature-certified property for a minimum of two days. A PCR test will be administered on day two; results will be available in 24 hours. If negative, travelers will be medically cleared to travel about the island. Unvaccinated travelers must quarantine for five to seven days, with a PCR test on day five. If negative, travelers will be medically cleared. Travelers who test positive will be admitted to Covid isolation unit until released by medical professional, and hospital fees will apply. Visitors who transit in Antigua, Barbados, the Dominican Republic, Puerto Rico and St. Lucia must follow the entry regulations of that island as well as adhere to the entry requirements for Dominica. More information: godominica.com.

DOMINICAN REPUBLIC

Open to U.S. visitors. All travelers are required to fill out a Traveler's Health Affidavit. Travelers will get a temperature check upon arrival. A rapid Breathalyzer-style test will be performed on randomly selected travelers upon arrival. The test takes five minutes and detects if a traveler was exposed or infected within the last four hours. If positive, the traveler quarantines in a designated area within his hotel and is regularly tested until symptoms are gone. Health and travel insurance coverage that covers hospitalization for coronavirus in the DR, telemedicine services, costs for extended hotel stays and airline ticket changes is required and is free to travelers through July 30. More information: godominicanrepublic.com.

GRENADA

Open to U.S. visitors. Fully vaccinated travelers entering Grenada only have to quarantine for 48 hours, pending a negative PCR test upon arrival. They must book approved accommodations for a minimum of two nights, apply for a travel authorization and provide proof of a negative PCR test done 72 hours prior to travel. Unvaccinated travelers must provide proof of a seven-day booking in approved accommodations, provide proof of negative PCR test done 72 hours prior to arrival (for anyone aged five and over). All information must be entered digitally no later than 48 hours prior to the date of travel. Unvaccinated travelers must quarantine at their approved hotel for the first five days of their visit; on day five, take a second PCR test. If negative, they can then move about the island. All travelers must prepay for the PCR tests in Grenada, which costs approximately \$150 each.

GUADELOUPE

Open to U.S. visitors. Entry requirements for all travelers include proof of a negative PCR test taken within 72 hours of arrival or a negative antigen test done within 48 hours of arrival on the island. Vaccinated travelers must show proof of vaccination by Pfizer, Moderna, Astra Zeneca or Johnson & Johnson vaccines and are not subject to quarantine measures. Unvaccinated travelers aged 11 and older must quarantine for seven days. More information at guadeloupe-islands.com/.

GUYANA

Guyana is open to US and international travel. However, travelers must present a negative RT COVID-19 PCR test result taken within 72 hours prior of departure. The Rapid COVID-19 test will not be accepted for travel. If the test was done within 4-7 days of travel, passengers will be retested upon arrival in Guyana. NB. The passenger will bear the cost for the second test: A cost of US\$85.00 is payable at check-in with partnering airlines. If payments are not made during the check-in process with airlines, a cost of US\$85.00 or equivalent of G\$16,000.00 will be payable upon arrival to Guyana. Travelers must also complete the Passenger Locator Form at least 24 hours before travel that is located on the site visit.guyanatravel.gy.

HAITI

Open to U.S. visitors despite the ongoing political trials there and the gang violence. All visitors must produce a negative COVID-19 antigen or PCR test result taken no more than 72 hours prior to boarding a flight to Haiti. Passengers who have previously had Covid may present a positive test together with documentation from their attending physician as evidence of their recovery. For

passengers traveling to the U.S., the departure terminal at Toussaint Louverture Airport offers the Covid-19 rapid test that meets CDC criteria for all airline passenger two years and older. All travelers flying into the country will get their temperature screened, and will be required to submit a valid address where they will be during their stay. The government has required a 14-day quarantine for all international travelers arriving in Haiti. See more at <https://visithaiti.com/>

JAMAICA

Open to U.S. visitors. Travelers from the U.S. must get a negative Covid-19 PCR or antigen test taken within three days of travel. Arriving passengers are required to complete and submit the online Travel Authorization between two and five days prior to their planned arrival in Jamaica. Once travelers are approved, they receive a certificate that must be submitted during the airline check-in process. Once on the island, visitors must remain in the Resilient Corridors on the north and south coasts and must stay at a Covid-19 Protocol Compliant Approved accommodation. More at: <https://www.visitjamaica.com/travelauthorization/>

MARTINIQUE

Open to U.S. visitors. Entry requirements for all travelers include proof of a negative PCR test taken within 72 hours of arrival or a negative antigen test done within 48 hours of arrival on the island. Vaccinated travelers must show proof of vaccination by Pfizer, Moderna, Astra Zeneca or Johnson & Johnson vaccines and are not subject to quarantine measures. Unvaccinated travelers aged 11 and older must quarantine for seven days.

MONSERRAT

Most nonresident leisure travelers remain banned from traveling to Montserrat. Entry is restricted to Montserratian citizens, permanent residents, and homeowners and their dependents; business travelers, technicians, disaster aid workers, persons traveling for legal purposes, and authorized family members are also allowed to enter. Aircraft and ship crew members are exempt from the entry restrictions. There is no travel ban on international cargo transport. See more at visitsMontserrat.com/travel-advisory/

PUERTO RICO

Open to U.S. visitors Fully vaccinated travelers arriving from U.S. states do not need to provide a negative Covid-19 test result. They must present a valid vaccination card upon entry. Covid-19 test results continue to be required for all unvaccinated travelers and those arriving on international flights. The test must be done 72 hours prior to arrival, and a Travel Declaration Form must be filled out through the Puerto Rico Health Department's portal to obtain an Airport Exit Confirmation Number and a QR code. Passengers arriving without a negative test will be fined \$300 and will be required to obtain a molecular PCR or antigen test on the island within 48 hours of arrival; if negative, the fine will be dismissed. Since Puerto Rico is a U.S. territory, a negative Covid test is not required for Americans on the return flight. See more: discoverpuertorico.com/info/travel-guidelines

ST. BARTS

Open to U.S. visitors. All visitors 18 and over must be fully vaccinated, and all those 10 and older need proof of a negative PCR test taken no more than three days prior to travel or a rapid antigen test done no more than two full days prior to travel. Visitors who transit through St. Maarten need to pre-register to enter and must show results of the negative PCR test. U.S. visitors traveling to St. Barts through San Juan must show results of the negative PCR test. More information at saintbarth.com.

ST. KITTS AND NEVIS

Open to vaccinated U.S. travelers. Visitors must complete the Travel Authorization Form and submit a copy of their official vaccination card, along with their arrival date and KN number generated on their completed travel form via email or WhatsApp. Once these documents are accepted, travelers must upload their negative PCR test result taken with 72 hours prior to departure. Upon receipt, the traveler will receive the approval letter to enter the Federation. They must undergo a health screening at the airport on arrival, which includes a temperature check and a health questionnaire. Fully vaccinated travelers must "vacation in place" at one of seven Travel Approved hotels for three days. Travelers will be tested on day 4 (\$150). When a negative result is obtained, they are free to participate in tours, visit attractions, restaurants, beach bars and go shopping. Unvaccinated children under age 18 are subject to the same three-day protocol. More information at stkitstourism.kn/travel-advisory-update and nevisisland.com.

ST. LUCIA

Open to U.S. visitors. Fully vaccinated travelers must upload proof of vaccination when they fill out the pre-arrival travel authorization form. They must travel with their vaccination card. Upon arrival in St. Lucia, they are expedited via a dedicated Health Screening line and receive a non-electronic wristband which must be worn during their stay. Vaccinated visitors can book rental cars, dine at local restaurants, explore shops and markets and take part in additional activities on the island. Non-vaccinated travelers continue to be permitted to stay at up to two certified and approved properties for the first 14 days of their stay. All travelers ages five and up must obtain a negative PCR test taken no more than five days before arrival, submit the online travel registration form, stay at a Covid-19 certified hotel, submit to a health screening upon arrival and adhere to safety protocols in place, which include mask wearing in public places. More information at stlucia.org/covid-19.

ST. MAARTEN/ST. MARTIN

Both the Dutch side and the French side of the island are

open to U.S. visitors. A completed health declaration must be uploaded before departing for the island; U.S. visitors must submit proof of a negative Covid test result taken within five days of arrival or an FDA-approved rapid test taken within 48 hours of departure. The completed health declaration will include a QR code, which travelers must print out. It will be scanned at the airport in St. Maarten. Effective July 1, the negative Covid PCR test must be taken within 72 hours before arrival. The St. Maarten SXM Protection Plan is mandatory health coverage for visitors. The plan covers hospital costs, ICU costs, doctor consultations, Covid-19 tests and, if necessary, medical evacuation. For those 15 and up, the cost is \$30 for visits up to 180 days; it is \$10 for those under 15 years of age. More information at

SABA

Open to U.S. travelers. Travelers need to obtain approval before arriving in Saba. Fully vaccinated adults must provide proof of a negative PCR test taken 72 hours before arrival and are not required to quarantine. Nonvaccinated travelers must quarantine for five days and take a rapid antigen test on day five. Transit travelers connecting through St. Maarten prior to visiting Saba must follow St. Maarten's entry requirements in addition to those for Saba.

SURINAME

A negative SARS-CoV-2- RT PCR test no older than 72 hours must be submitted for travel to Suriname. Children younger than 12 years are exempt for taking the test. Fully vaccinated passengers who can provide the proof are advised to self-quarantine at home for 7 days after arrival. Passengers who are not fully vaccinated or unvaccinated will only be permitted for essential or repatriation travel. For these passengers there is a mandatory quarantine period of 7 days in a SHATA hotel with security.

Not fully vaccinated or unvaccinated passengers need to provide proof of a confirmed accommodation booking (no reservation) of at least 7 days at a registered SHATA hotel or accommodation. For more information about the accommodations visit <https://bogsuriname.com/protocollen-reizigers/>

Non-Residents must also have and submit Travel Insurance with COVID-19 coverage, submit a NCCR questionnaire, a Passenger Locator Card and Port Health Assessment form.

ST. VINCENT AND THE GRENADINES

Open to U.S. travelers. All visitors must complete the pre-arrival form, show results of a negative PCR test done 72 hours before arrival and arrive with a fully paid reservation. Fully vaccinated visitors must show proof of vaccination, be retested upon arrival, quarantine for 48 hours and can then move to a "bubble protocol" hotel (three in Canouan, one in Bequia, one in Mustique and Petit St. Vincent Island & Resort. Unvaccinated visitors must quarantine for 14 days in a tourism-approved hotel at their own cost and be retested on day 4 and day 7 of quarantine.

TURKS AND CAICOS

Open to U.S. visitors. International travelers will be required to obtain certification using TCI Assured, an online portal. The portal will require travelers to submit the following information: a negative Covid-19 PCR test result taken within five days of travel; proof of medical/travel insurance that covers medical evacuation, costs related to quarantine, ambulance care or care at a local hospital; and a completed online health screening questionnaire. Once uploaded, the documents will be verified and a TCI Assured certification issued. The TCI Assured travel authorization must be presented at time of check-in. No quarantine is required for visitors once they have tested negative. More information: turksandcaicos.com

TRINIDAD & TOBAGO

International flights resumed to Trinidad on July 17th. Fully vaccinated nationals and non-nationals can enter through the airports in Trinidad AND Tobago. Unvaccinated nationals will be required to enter through the Piarco International Airport in Trinidad ONLY and will be required to enter into a mandatory 14-day quarantine at an approved state-supervised hotel. Unvaccinated non-nationals will NOT be permitted entry into Trinidad & Tobago at this time. ALL travelers, regardless of nationality or residency, will be required to acquire a TTravel Pass, available at <https://travelpass.gov.tt/travel-requirement>. This digital document is a mandatory requirement for anyone who is eligible to enter the country. Visitors can apply online for a TTravel Pass and get more information about travel requirements to Tobago at <https://travelpass.gov.tt/>

The following outlines travel requirements for nationals and non-nationals:

U.S. VIRGIN ISLANDS

Open to U.S. visitors. Every U.S. traveler 5 and older is required to use the USVI travel portal and submit either a negative COVID-19 test result or a negative COVID-19 rapid antigen test taken within five days of travel or a COVID-19 antibody (rapid) finger stick or blood draw test with a positive result received within four months of travel to the territory. Upon arrival travelers must submit the original test result and travel certification received from the portal. Travelers unable to produce the required test result are subject to a 14-day self-quarantine in their booked accommodations or until they receive a negative test result. Since the USVI is a U.S. territory, Americans returning from the islands do not have to produce proof of a COVID test as per the new CDC guidelines.

*Updated and rewritten from Travel Weekly.com



BACK TO SCHOOL



www.caribeantoday.com

How To Have An Affordable And Easy Back-To-School Season

As your family gets ready for a new academic year, you may be wondering how to spend less on back-to-school season essentials.

The team at Dollar General is sharing some tips and savings opportunities to easily and affordably help get everyone prepared.

Check School Supplies

Consider checking school supplies off your list in the weeks ahead to help avoid any last-minute stress. Whether starting fresh or filling in the gaps from the previous school year's supply, you can find binders, folders, pens, pencils, paper, crayons, scissors and other items at affordable prices at more than 17,000 Dollar General stores across the country. With convenient locations and buy-online-pickup-in-store options through the DG smartphone app, it can be easy to make a quick trip and stock up. Digital coupons offer additional ways to save on everyday low prices. Through September 6, 2021, special offers this year include



Here are a few tips and tricks, your family can save time and money on essentials this back-to-school season. (PHOTO SOURCE: © artisteer / iStock via Getty Images Plus)

a 30% off teacher appreciation coupon, which is available for qualifying customers and can be used up to four times, as well as a one-time \$2 off \$10 qualifying school supply purchases.

Further Savings

Switching to private brands can allow you to shop the items you need at lower prices, helping you save money to go toward the items you want. From snack items for the lunch box to essential school supplies, private brands can be found in a

wide variety of categories and often come with a 100 percent satisfaction guarantee. During your next shopping trip, consider ways to switch to private brands and save.

Quick Weekday Meals

The new school year also brings the start of nightly homework and extracurricular activities, which can make juggling schedules feel like a balancing act. When it comes to meal planning, be prepared to make nutritious, tasty and simple meals. The DG Easy Meals site is a good place for inspiration. Its "Better for You" recipes created in partnership with a nutritionist showcase healthier breakfast, lunch, snack and dinner ideas.

Preparing your family for a new routine can be both exciting and stressful. However, with a few tips and tricks, your family can save time and money on essentials this back-to-school season.

~ StatePoint



Florida's Back-To-School Week-Long Sales Tax Holiday Will Run Through August 9th

This year's annual Back-to-School "Sales Tax Holiday" has been expanded through Monday, August 9, 2021. Parents will get a break from the state's 6 percent sales tax representing significant savings for families as the summer break ends and the new school year begins.

No Florida sales tax or local option tax will be collected during this time on the following items:

- Purchases of clothing, footwear, and certain accessories selling for \$60 or less per item.
- Certain school supplies selling for \$15 or less per item.
- The first \$1,000 of the sales price of personal computers and certain computer-related accessories, when purchased for

noncommercial home or personal use.

Among the allowed school supplies are the following: binders, calculators, colored pencils, crayons, pens, construction paper, lunch boxes, notebook filler paper, glue, paste, poster paper, rulers and scissors.

Examples of taxable school supplies include: correction tape-fluid-pens; masking tape; printer and computer paper; staplers and staples.

For more information about the sales tax holiday, and for lists of specific items and their taxable status during the tax-free period visit: floridarevenue.com/bactoschool.



Tips To Pay For College This Fall



Here are some tips for paying for college. (PHOTO SOURCE: (c) artisteer / iStock via Getty Images Plus)

What does paying for college during life's "new normal" and current economic climate look like? A new survey highlights parent plans and concerns regarding the upcoming 2021-2022 school year.

The College Ave Student Loans survey of parents of undergraduate students conducted by Barnes & Noble College Insights found that of those planning to help their child pay for college, 52% said the pandemic will make it more difficult to pay this fall and 45% said it's changed how they plan to pay, with 51% using more savings, 45% borrowing more in student loans, and 27% taking out a parent loan.

Despite new challenges, the commitment to higher education remains steadfast: 93% of families agree obtaining a college degree is more important than ever.

"The pandemic has presented new obstacles, yet as this survey highlights, families are incredibly resilient and determined to help their child obtain a higher education,"

says Angela Colatriano, chief marketing officer of College Ave Student Loans.

If higher education costs are on the horizon for you, the survey results suggest keeping these tips in mind:

- Anticipate spending more. Parents across the board reported college expenses being more than they expected, including college tuition and fees (81%), room and board/rent and food (77%), school activities and fees (61%) and books and supplies (57%). Plan and budget accordingly.

- Plan to use multiple sources. While 78% of parents put money aside for their child's education, only 17% said savings could cover the full cost. Be prepared to look at a variety of funding sources.

- Maximize financial aid. Complete the FAFSA (Free Application for Federal Student Aid) every year your child attends college. This important form is the gateway to scholarships, grants, work-study and federal student loans.

(CONTINUED ON PAGE 21)



The October issue of Caribbean Today will feature a comprehensive examination of how the healthcare industry serves the Caribbean community. With a proven track record now in our 32nd year of service to readers in the United States and the Caribbean Basin, Caribbean Today reaches an audience of over 108,000 highly qualified readers.

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76% are between 25-54 years of age (readership study conducted by Circulation Verification Council). Caribbean Today is uniquely positioned to deliver product, retail and services messages to a community with which it is identified. Miami Dade Communications Department ranks Caribbean Today sixth overall out of the 72 publications that it does business with, and number one, as a Black publication.

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5 Campus Essentials for College-Bound Students



Here are some essentials for college-bound students this year. (PHOTO SOURCE: © artisteer / iStock via Getty Images Plus)

College bound this fall? Let this round-up be your guide for a smooth start to the fall semester:

1. Easy reading. Eliminate the need for lugging heavy textbooks between the dorm, the classroom and the library by opting for an eReader. Look for a model offering a large display, tons of storage and a long battery life. Prefer to get studying done on the quad? Be sure to prioritize a glare-free screen.

2. Synced schedules. The right timepiece will help keep scholars on top of classes, club meetings and other appointments. An Edifice Watch from Casio that uses Bluetooth to link to a smartphone, offers minute-by-minute coordination of daily schedules. Its Auto

Time Zone feature updates automatically, ensuring timekeeping is accurate, whether students are studying on campus or studying abroad. Also, a featured Schedule Timer links with a smartphone's calendar and shows appointment start times and end times on the watch display. Wearers can even configure settings to have an alarm sound to alert them of these important reminders.

3. Dorm design. Peel-and-stick wall decals can instantaneously turn a humdrum dorm room into a place that feels like home. From floral and tropical patterns to inspirational messages, they're easy to apply at the start of the year and easy to remove when it's over.

4. Crunching numbers. Both those majoring in STEM fields as well as liberal arts students fulfilling key credits need an advanced graphing calculator. Get equipped with one designed for education, like the FX-CG500Prizm. Jam-packed with features, including three-dimensional graphing, programming and a computer algebra system, this non-traditional graphing calculator has a double sized screen for easier number-crunching and concept visualization. USB connectivity offers students the option of dropping their results directly into classwork.

5. Making music. Musicians of all levels need equipment and instruments that are right for campus living. Enter the Casio CDP-S150, a lesson-ready compact digital piano delivering an authentic piano sound and playing feel in a sleek chassis that's not much bigger than the keys themselves, making it the perfect fit for any dorm room or off-campus apartment. Packed with 10 great sounds and educational features, the CDP-S150 brings music to life. And because it's equipped with a newly designed scaled and weighted hammer-action keyboard and has the response of an acoustic grand piano, it's a solid choice for students who need to rehearse when the piano

practice lab is closed.

As you do your back-to-campus shopping, consider tools and products that can help a student begin the fall term

with academic confidence and personal style.

~ StatePoint



Tips To Pay For College This Fall

(CONTINUED FROM PAGE 20)

If your financial situation has substantially changed since last year, reach out to your school's financial aid office for help and resources.

- Search for scholarships. Grants and scholarships were the top method used to pay for college, ahead of parent savings and income. One easy one to consider is the \$1,000 monthly scholarship sweepstakes from College Ave.

- Tune up your credit. Of those surveyed, 53% plan to use student loans and 26% plan to use parent loans. Get a copy of your credit report and review your credit score, particularly if you think you may need private student loans in addition to federal. Reach out to the credit reporting agency to address any errors. Credit history and credit score will impact whether you're approved for a private student loan, as well as the interest rate.

- Encourage your child to contribute. Sixty-nine percent of parents expect their child to help chip in and 52% expect their child to find a job while in

college.

- Balance other financial commitments. When it comes to balancing other commitments, you can take comfort that you're not alone. Fifty-eight percent of parents are stressed about balancing their retirement and paying for college. Look at your balance of retirement savings, obligations, and goals to give you a clearer picture on where you stand and what you can afford to contribute towards college.

A majority of families surveyed wish more planning resources existed. If that describes you, check out the savings strategies and insights from college and personal finance experts available at collegeave.com.

While funding the 2021-2022 school year may be more difficult than you previously anticipated, having a solid plan and knowing all your options can help ensure a college education remains within reach.

~ StatePoint



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BACK TO SCHOOL



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M-DCPS + Posse Partnership = \$100M+ In Student Scholarships

BY ALBERTO M. CARVALHO

The word posse conjures up images of old westerns in which a sheriff puts together a group for assistance. Colloquially, this common law term also has come to refer to a group of friends or associates. This idea of putting people together so they can reinforce one another, compensate for each other's weaknesses, and build on each other's strengths, is the theory that fueled Dr. Deborah Bial's Posse Foundation.

Founded in 1989, the Posse Foundation identifies students who might otherwise be overlooked by the traditional college selection process. The program recruits outstanding young people from urban high schools across 10 U.S. cities, and sends them to one of 63 partner colleges and universities as part of supportive, multicultural teams or "Posses" of 10 students.

Miami is one of those fortunate Posse cities where we have had the opportunity to witness the success and impact of this outstanding organization. Miami-Dade County Public Schools, (M-DCPS), has been proud to partner with Posse Miami and we are grateful for the support of our young local leaders whose lives have been transformed by the Posse

Foundation.

I remember flying to New York and getting a 10 minute-meeting with the remarkable Dr. Bial. We ended up speaking for an hour. Twelve years later, we are here to recognize Posse. Hundreds of students have benefitted from this illustrious foundation with more than \$113 million having been invested by Posse into our South Florida community with direct benefit to our students. Our collaboration with Posse has been one of the most impactful partnerships that we've had. As a member of Posse's national board, I have attended Posse Scholar events for over a decade and have had the opportunity to engage with many Posse Scholars and their families.

This past January, more than 1,400 students from schools across South Florida were nominated and participated in the Dynamic Assessment Process (DAP), offering students an opportunity to demonstrate their intrinsic leadership abilities, interpersonal skills, and motivation for success. Of the nominees, 60 South Florida high school students were chosen to receive a four-year, full-tuition scholarship and leadership awards.

Chosen for their academic potential, this group of diverse students will have the



Mount Holyoke Posse 4

opportunity to pursue personal and academic excellence at one of Posse Miami's six partner schools: Davidson College, Franklin & Marshall College, Hamilton College, Mount Holyoke College, Pomona College and Syracuse University.

I have heard the amazing stories of many young leaders who have enjoyed remarkable personal and academic success and who are truly changing and

impacting our world thanks to the support of the Posse Foundation.

One such student is Dominique Mortimer, a 2011 graduate of Coral Reef Senior High School and a Posse alumna who attended Mount Holyoke College. Dominique's experiences at Mount Holyoke and the support of the Posse network have helped her along her career path in law. She was recently hired as counsel at the

U.S. Senate Select Committee on Ethics.

"The Posse Foundation is an extraordinary program that seamlessly integrates community and academic success. My Posse was and continues to be a saving grace and safe space. I am indebted to the Posse Foundation for supporting me at every turn with internships, fellowship opportunities and mentoring," said Mortimer. "If I could provide one piece of advice to Posse scholars and seniors in general: since you become what you think about, focus on being the best you possible."

Thanks to the generosity of the Posse Foundation, our brilliant students have the resources to further develop their leadership abilities and pursue post-secondary academic degrees at prestigious universities.

EDITOR'S NOTE: Alberto M. Carvalho is superintendent of Miami-Dade County Public Schools



Miami Dade College Launches New Presidential Scholars Program

In its continuing efforts to provide greater access, Miami Dade College, (MDC), has launched the Presidential Scholars Program, a new initiative offering high-performing graduating high school students in Miami-Dade County the opportunity to complete an associate degree at no cost beginning this fall term. More importantly, the program offers scholars a unique opportunity to join a society of changemakers with individualized services and hundreds of seamless transfer opportunities to the nation's top universities.

Presidential Scholars must have cumulative weighted GPA of 3.50 or above. The scholarship award will cover tuition and fees, and provide a stipend for

those who qualify. In addition, students will have access to assigned advisors and support in a number of areas, including program orientation, learning resources, career tracks, student life, community involvement, financial coaching, mentoring and much more. They will also have the opportunity to regularly meet with the College President, distinguished alumni and top industry leaders.

MDC remains committed to enhancing equity and access for all students, offering a wide range of scholarships, other financial assistance to support students during every step of their education pathway and wrap around services with additional resources. In addition to the new Presidential Scholars Program, the College recently created the

Rising Black Scholars Program, which provides Black high school graduates with free tuition for up to two years, and Fast Track Sharks, designed to help incoming freshmen transition to college.

"Helping students reach completion is more important than ever and doing so with comprehensive support mechanisms and concierge services makes all the difference, said MDC President Madeline Pumariega. "We are extremely pleased to provide these new opportunities."

To apply now and for more information, visit www.mdc.edu/presidential-scholars.





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What To Know When Shopping In Stores This Back-To-School Season

Is your family returning to brick-and-mortar stores to prepare for the return of brick-and-mortar school? A new survey offers insights into what you can expect and how you can prepare for the experience.

The survey, conducted in June by Sensormatic Solutions, finds consumer confidence reaching new highs, with 73% of back-to-school shoppers saying they were neutral or unconcerned about shopping in-store currently. This is a major leap from previous pandemic-era surveys. In spring 2021, only 50% of shoppers were neutral or unconcerned about shopping in-stores, and only 35% of shoppers felt that way in winter 2020.

“The survey highlights a likely return to many pre-pandemic back-to-school shopping habits,” says Kim Melvin, global leader of marketing, Sensormatic Solutions, a leading retail solutions provider. “Families now have an increased confidence about shopping in stores and they are going to be shopping earlier and spending more on apparel and school supplies.”

As part of its mission to solve



Is your family returning to brick-and-mortar stores to prepare for the return of brick-and-mortar school? (PHOTO SOURCE: © artisteer / iStock via Getty Images Plus)

complex retail challenges related to consumer confidence, health and safety, Sensormatic Solutions is providing its top three strategies to improve your back-to-school shopping experience.

1. During the pandemic, retailers large and small implemented and perfected an array of shopping options in an effort to keep customers and staff healthy and safe. The good news? These options are not going away. While in-store shopping is the most popular way people plan to stock up on school essentials this year, according to survey results, options like buy online, pickup in stores (BOPIS), curbside pickup and online shopping allow you to leisurely comparison shop

from the comfort of home. And, thanks to innovations in inventory tracking software, these options have become a highly reliable way to get what you need when you want it.

2. With the high demand in apparel and school supplies – 70% and 53%, respectively, say they plan to spend the most on those categories this year – it may be a good idea to get a head start on preparing your children for in-

person learning. Consider going to stores earlier than you may have in the past to beat the rush and get the products you and your children need.

3. Find out whether your state offers a tax-free shopping period. Timing your shopping to occur during this period can help you save substantially at checkout, especially if you're among the 12% of consumers planning to spend more this year compared to

last.

For more back-to-school shopping insights and tips, visit sensormatic.com.

“Overall, you can expect this shopping season to look more like 2019 than 2020, a welcome change for both consumers and retailers,” says Melvin.

~ StatePoint



Tips To Keep Kids' Minds Active All Summer Long

School is out and already parents are hearing the dreaded, “I’m bored.” Unfortunately, too much mental downtime in summer can leave kids floundering in fall.

To keep minds active all summer long, check out these brain energizing tips and ideas:

• **Take a hike:** Whether your children were learning remotely or in-person this past school year, they are likely due for some quality time spent outdoors. Take a hike with your kids or go on a camping trip. Exploring the natural world offers a geology, biology and ecology lesson wrapped up into one experience.

• **Make math fun:** Keep students' mathematics skills honed during the summer months by visiting the Casio Education website. Found at casioeducation.com/activities, this free resource features tons of tools that help incorporate technology into mathematics learning. Plus, Casio's free all-in-one web-based mathematics software ClassPad.net offers a personalized approach to math and can be fun for kids to use whether on a road trip or home on a rainy day. Finally, Casio's YouTube channel is another good summer resource, as it offers tutorials and webinars in a range of subjects, including elementary and middle school math, algebra I and II, geometry, pre-calculus, calculus



This summer, be sure you mix up the down time with opportunities to exercise the mind. (PHOTO SOURCE: © artisteer / iStock via Getty Images Plus)

and statistics.

• **Hit up the library:** Many schools, local libraries and other entities dedicated to childhood literacy host annual summer reading challenges. Encourage your kids to not only participate, but to actively choose books they are looking forward to reading.

• **Get moving:** Exercise is critical for a healthy brain, so make sure kids are moving each day. Take a bike ride together as a family, visit a playground or pool, round up the neighbors for a game of flag football -- there are many fun ways to boost physical activity, particularly during the summer months.

This summer, be sure you mix up the down time with opportunities to exercise the mind. Doing so will keep kids happy, entertained and intellectually challenged.

~ StatePoint



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