

# The Miami Times

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Congresswoman Frederica Wilson escorts Tyler Perry, actor and director, into the ballroom before the start of the annual breakfast.



More than 1,000 people attended the annual breakfast. Tyler Perry donated \$100,000 to the Role Models scholarship fund.

Miami Times photos/Greg Reed

## 'YOU ARE WORTHY'

### Tyler Perry donates \$100,000 at Role Models' breakfast

**MARGARITA SWEETING**  
Special to the Miami Times

On a day when America honored Dr. Martin Luther King, Jr., Tyler Perry expressed the importance of a praying mother and hope as he delivered the keynote speech during the 5000 Role Models of Excellence Scholarship Breakfast.

Then the actor, director and entrepreneur, made an unexpected donation of \$100,000

that brought down the house.

The breakfast, held annually, is the leading fundraiser of the 5000 Role Models of Excellence Project, a mentoring program for Black and Hispanic boys in Miami-Dade and Broward counties. The sold-out event drew more than 1,000 people.

Perry challenged the young men to keep their eyes on their goals.

"You don't want to live your life looking over your shoulder. Find people who will

challenge and encourage you, who will lead you in the right direction," said Perry.

Born in New Orleans, Perry reminisced about growing up in an area where the stark realities of poverty and the benefits of wealth confronted him every day.

"I lived literally in the middle, two blocks ahead of me were these beautiful mansions that lie on St. Charles Avenue. If I wanted to go the drugstore, I had to walk past all these mansions. I would look inside the windows,

and I would dream. But, then when I had to go to school that was behind my house. So, I had to walk through the ghetto, stepping over prostitutes and pimps and drug addicts, trying not to get caught up in any of that stuff," said Perry.

He was faced with choosing between a job at Toys 'R Us and selling crack after a friend told him he could turn \$100 into \$300 in 24 hours.

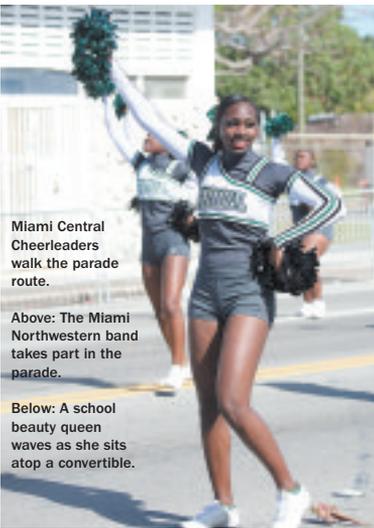
**SEE BREAKFAST 3A**



“

We're training them for the next level of life, for manhood, to be good husbands and fathers for their children,

Congresswoman Frederica Wilson



Miami Central Cheerleaders walk the parade route.

Above: The Miami Northwestern band takes part in the parade.

Below: A school beauty queen waves as she sits atop a convertible.

## PEACE reigns on King celebrations

### Miami celebrates with revelry

**TAMMY REED AND ANDREA ROBINSON**  
arobinson@miamitimesonline.com

A veteran U.S. lawmaker from Harlem took to a pulpit in Liberty City, and urged the congregation to raise their voice for the betterment of Black people.

By not telling the story, former Congressman Charles Rangel said, young Black children won't know, and they will never learn.

Rangel was one of several speakers who delivered messages over the Martin Luther King Jr. holiday weekend to encourage Black Miamians to speak out, especially on behalf of young people.

The city of Opa-locka engaged its youth with a parade and its first MLK Kickball Challenge. More than 20 people took part in the challenge, including children, adults and

**SEE PARADE 6A**



Miami Times photos/Gregory Reed



### CITY OF MIAMI

## Gonzalez and West Grove CRA win big at meeting

### Miami commissioners vote in favor of new changes

**ANDREA ROBINSON**  
arobinson@miamitimesonline.com

One by one, West Grove residents reminded Miami leaders of broken promises. Hours later, they cheered Thursday as the Miami Commission voted unanimously on a first step to extend the Omni Community Redevelopment Agency (CRA) into their

neighborhood.

Later, Mayor Xavier Suarez cheered after commissioners voted 4-1 to name Emilio T. Gonzalez as the new city manager. Gonzalez, the former director of the county's Aviation Department started his job on Friday.

The vote for the manager was pushed back into the afternoon session of the regular

**SEE MEETING 6A**



Lines of Coconut Grove residents wait in line to speak to city commissioners about the expansion proposal sponsored by Commissioner Ken Russell.

Miami Times photos/Andrea Robinson

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# VIEWPOINT

BLACKS MUST CONTROL THEIR OWN DESTINY | JANUARY 17-23, 2018 | MiamiTimesOnline.com

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## EDITORIAL

### The power of words

Words do matter. They can inspire, and yes, they can destroy. How we express ourselves with words conveys much, so yes, our words are powerful.

More than a matter of semantics is the rhetoric behind remarks made by Sens. Tom Cotton and David Perdue, who are apparently lying when they insisted that President Donald Trump's "shithole" remarks were "grossly misrepresented" by Democratic Sen. Richard Durbin. This is despite the fact that Sen. Tim Scott has reported that fellow South Carolina Republican Sen. Lindsey Graham, who was at the meeting, told him the reported comments are "basically accurate."

These are the words that the president of the United States have spoken, and it isn't the first time that he has spoken hateful, malicious words about people who are not white. Maya Angelou said that "when people show you who they are, believe them." Trump has shown us who he is. His supporters, especially those who are elected government officials, seem to uphold him when they without a doubt know he is wrong.

The poet Josiah Gilbert Holland wrote these lines from "God Give Us Men":

A time like this demands  
Strong minds, great hearts, true faith and ready hands;  
Men whom the lust of office does not kill;  
Men whom the spoils of office can not buy;  
Men who possess opinions and a will;  
Men who have honor; men who will not lie;  
Men who can stand before a demagogue  
And damn his treacherous flatteries without winking!  
Tall men, sun-crowned, who live above the fog  
In public duty, and in private thinking;  
For while the rabble, with their thumb-worn creeds,  
Their large professions and their little deeds,  
Mingle in selfish strife, lo! Freedom weeps,  
Wrong rules the land and waiting Justice sleeps.

Those words today are powerful and very relevant.

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### Credo Of The Black Press

The Black Press believes that America can best lead the world from racial and national antagonism when it accords to every person, regardless of race, creed or color, his or her human and legal rights. Hating no person, fearing no person, the Black Press strives to help every person in the firm belief that all persons are hurt as long as anyone is held back.

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## 'The New Jim Crow' vs New Jersey

SHAUN KING, [Blackamericaweb.com](http://Blackamericaweb.com)

America's jails and prisons have long since banned and censored books that they determined posed a material danger to the safety of inmates and employees. It makes sense to prohibit how-to manuals on crafting homemade weapons or escaping confined spaces, but at least two prisons in New Jersey have decided to ban Michelle Alexander's groundbreaking work on the rise of mass incarceration in America — The New Jim Crow.

According to a memo obtained by The Intercept from the ACLU of New Jersey both the New Jersey State Prison and the Southern State Correctional Facility of New Jersey have banned The New Jim Crow as a matter of prison policy. The ACLU of New Jersey initially received multiple complaints from incarcerated individuals and their family members concerning the ban of the book, but actually confirmed that the text had been placed on a banned book list through

an Open Public Records Act request.

"Michelle Alexander's book chronicles how people of color are not just locked

to injury."

New Jersey continues to lead the nation in the racial disparity between black and white inmates. While

staggering 60 percent of its states prisoners.

These disparities are not accidental. They are not simply a result of poverty. That's exactly what Michelle Alexander sets out to explain in The New Jim Crow. Blacks dominate America's jails and prisons because a deliberate set of complex policies and practices, often disguised as the war on drugs or even the war on poverty, were actually a war against Black people. But the State of New Jersey clearly feels that such knowledge is dangerous.

The ban on The New Jim Crow violates the right to free speech enshrined in the First Amendment to the U.S. Constitution, and the correlative protection of Article I, paragraph 6 of the New Jersey Constitution.

So... some great news... — we just learned that New Jersey lifted this ban and announced they will revisit their policies on how they ban books.



in, but locked out of civic life, and New Jersey has exiled them even further by banning this text specifically for them," said ACLU-NJ Executive Director Amol Sinha. "The ratios and percentages of mass incarceration play out in terms of human lives. Keeping a book that examines a national tragedy out of the hands of the people mired within it adds insult

to the disparity nationwide is gross, with Blacks having a national average of a 5 to 1 incarceration rate of that of whites, in New Jersey the rate more than doubled the national average and ballooned up to an outrageous 12 to 1 ratio. What that effectively means is that Blacks make up less than 15 percent of New Jersey's overall population but represent a



## The lowest white man thinks he's better

CHARLES M. BLOW, [The New York Times](http://TheNewYorkTimes)

I guess Donald Trump was eager to respond to the impression in Michael Wolff's book that he is irascible, mentally small and possibly insane. On Tuesday, he allowed a bipartisan session in the White House about immigration to be televised for nearly an hour.

Surely, he thought that he would be able to demonstrate to the world his lucidity and acumen, his grasp of the issues and his relish for rapprochement with his political adversaries.

But instead what came through was the image of a man who had absolutely no idea what he was talking about; a man who says things that are 180 degrees from the things he has said before; a man who has no clear line of reasoning; a man who is

clearly out of his depth and willing to do and say anything to please the people in front of him.

He demonstrated once again that he is a man without principle, interested only in how good he can make himself look and how much money he can make.

Trump is not committed to that wall on principle. He is committed only to looking good as a result of whatever comes of it. Mexico is never going to pay for it, and he knows it. He has always known it. That was just another lie. Someone must have stuck the phrases "chain migration" and "diversity lottery" into his brain — easy buzzwords, you see — and he can now rail against those ideas for applause lines.

But he is completely mal-

leable on actual immigration policy. That is because Trump is man-as-message, man-as-messiah. Trump support isn't philosophical but theological.

Trumpism is a religion founded on patriarchy and white supremacy.

As President Lyndon B. Johnson said in the 1960s to a young Bill Moyers: "If you can convince the lowest white man he's better than the best colored man, he won't notice you're picking his pocket. Hell, give him somebody to look down on, and he'll empty his pockets for you."

In a way, Donald Trump represents white people's right to be wrong and still be right. He is the embodiment of the unassailability of white power and white privilege.

To abandon him is to give up on the pact that America has made with its white citizens from the beginning: The government will help to underwrite white safety and success, even at the expense of other people in this country, whether they be Native Americans, African-Americans or new immigrants.

For white supremacy to be made perfect, the lowest white man must be exalted above those who are Black.

No matter how much of an embarrassment and a failure Trump proves to be, his exploits must be judged a success. He must be deemed a correction to Barack Obama and a superior choice to Hillary Clinton. White supremacy demands it. Patriarchy demands it. Trump's supporters demand it.

## Revising the constitution with caution

JOSEPH HATCHETT, *Former justice of the Florida Supreme Court*

One of the first things you learn in any American history class is the fundamental importance of our nation's constitution. This founding document has laid the groundwork for how the United States operates to this day, from the rights to which we are entitled as citizens to the role of government in our lives. My career path took me to positions as a Florida Supreme Court justice and a federal appeals court chief judge, and I simply could not have gotten there without the rights enshrined in the constitution.

Equally important, is Florida's state constitution. The Florida Constitution operates similarly to our nation's constitution, outlining the structure of our government and our freedoms. But the Florida Constitution has one very significant difference: Every 20 years, a 37-member Constitution Revision Commission is convened to conduct a thorough review of the state charter to determine what changes

are best for our state.

Starting in February, the commission will travel the state, holding public hearings to gather input from the Florida residents about changes to our constitution. Awareness about this, participation and voting are key to protecting

develop their own proposals and have reviewed hundreds of ideas submitted by Floridians suggesting changes they would like to see made, from the use of tax dollars to gun rights. The commission's proposed amendments go directly to a statewide ballot next No-

any other state's constitution, which is a double-edged sword. It means that necessary changes can be made as needed, but it also means it can be comparatively easy for provisions to be added to the constitution that do not truly belong there.

The judiciary is the lone nonpolitical branch under our system, and was built to be fair and impartial. If amendments are added to our constitution that do not uphold that standard, it will unduly tip our delicate balance.

I urge Floridians to amend the Florida Constitution only with caution. Our democratic form of government is rooted in the delicate balance of powers, and to upset that balance would be detrimental to Florida and Floridians on many levels. In November 2018, when it comes time to vote, take a moment to consider the ramifications of each amendment you vote on. It could have a direct impact on you, and the people and things that matter to you, for years to come.



our democratic process.

The commission is composed of individuals appointed by the Governor, the House Speaker, the Senate President, and the Chief Justice of the Florida Supreme Court, along with the Florida Attorney General. Members can

be amended in more ways than

## CARTOON CORNER



The Miami Times welcomes and encourages letters to its editorial commentaries as well as all other material in the newspaper. Such feedback makes for a healthy dialogue among our readership and the community. Letters must, however, be 300 words or less, brief and to the point, and may be edited for grammar, style and clarity. All letters must be signed and must include the name, address and telephone number of the writer for purposes of confirming authorship. Send letters to: Letters to the Editor, The Miami Times, 900 N.W. 54th Street, Miami, FL 33127, or fax them to 305-757-5770. Email: [editorial@miamitimesonline.com](mailto:editorial@miamitimesonline.com).

LOCAL

# New Opa-locka city manager still has no contract

## Commissioners can not reach decision

JANIAH ADAMS  
jadams@miamitimesonline.com

Opa-locka City Manager Ed Brown has worked without a contract since his appointment last July. After a special meeting on Friday, he's still without a contract.

Opa-locka commissioners deadlocked with a 2-2 vote to reject a deal to give Brown a contract. During a special commission meeting that lasted less than an hour on Friday, the motion to approve the contract failed.

Under the proposed contract, Brown would be entitled to a severance pay not exceeding 20 weeks; he would receive an annual base salary of \$137,500; he would receive the city's executive insurance package, and the city would pay the amount of premium due for term life insurance in the amount of two times his annual base salary, and more.

Mayor Myra Taylor and Commissioner John Riley voted in favor, while Vice Mayor Joseph Kelley and Commissioner Matthew Pigatt voted against. The fifth commissioner, Timothy Holmes, was absent.

Riley argued that Brown's contract be ratified so that it matches the contracts of the city managers that came before him.

"The last four city managers had a contract," Riley said. "The city has a policy that it does not discriminate."

Riley said the last four managers had family insurance and car allowances, which is not in Brown's contract. He said they were also paid an additional 20 weeks after leaving the position.

"None of these things are in this contract, thus saving the city money," Riley said.

Pigatt, who voted against the contract, said he did not believe it was in the best interest of the residents and the city.

"I had a problem with the process of the hiring of the city manager, and I don't believe it was a national process where we look for the best and brightest minds throughout the nation with a good enough time to make sure we get the best person for the job," Pigatt said.

The contract has been a contentious issue. During a previous commission meeting, Pigatt and Commissioner Timothy Holmes voted against Brown's appointment.

Some residents said they are leery of signing a long-term contract.

Steven Barrett, a former Opa-locka commissioner and vice mayor, said the commission should start Brown off



Ed Brown, left, Myra Taylor, right, speak to reporters.

with a one-year term without a contract.

"Don't give him a contract, he can work without a contract. You do not need to have a contract to do your job," Barrett said. "That's what the commissioners have done in the past. We give them everything and the taxpayer is caught carrying the bag."

Barrett does not think the contract protects the city.

"If it don't protect the city, [the commission] should be brought up on some type of charges because they don't

listen to the city attorney, they pretend to be the attorney themselves, and they don't involve the attorney," he said. "If we're not going to involve the city attorney, then we don't need one."

Alvin Burke, a 30-plus-year resident of Opa-locka and commission candidate for the city's election in November, said the contract is in the best interest of the city manager.

"It does not benefit the city at all," Burke said. "I have a lot of respect for Mr. Brown, and I thought he was com-

ing in to help our city, but a contract like that would only hurt our city."

Burke thinks Brown should get a 12-month contract.

"We're going to have a new mayor and two new commissioners in November," he said. "Let the new mayor and commissioners negotiate a new contract if they want to. If they came in and can't work with Mr. Brown, the city would have to pay him \$275,000 to watch him walk away."

Concerns about the city's

financial shape are long-standing, dating back to 2015 when then-City Manager Steve Shiver alerted Gov. Rick Scott that Opa-locka was nearly broke. Months later, in 2016, Taylor made a formal request to Gov. Rick Scott to appoint a state panel that would assume oversight responsibilities while the city straightened out its finances.

Commissioners had hoped that the state also would loan Opa-locka money to pull the city out of massive debt, which according to some estimates is at least \$4 million.

U.S. Congresswoman Frederica Wilson, Miami-Dade County Mayor Carlos Gimenez and Commissioner Barbara Jordan each had urged Scott to intervene in Opa-locka to avoid a financial collapse.

The executive order declaring the emergency was issued shortly after the City Commission voted 4-0 on June 1 to pass a resolution declaring a financial emergency and asking the state for help.

The emergency declaration marks the second time the embattled city of 16,000 has sought state help. The first time was 2002, during the Jeb Bush administration. The city had a budget deficit that was created because of mounting water and sewer expenses.



Tyler Perry

## BREAKFAST

CONTINUED FROM 1A

"I had no money. Food, needed it," Perry said, adding that "\$300 back then would have saved my life, but I had a praying mother, who taught me right from wrong and took me to church."

A few months after that his friend was killed.

Later, he worked with a someone who was involved in stealing credit reports and again he was offered a chance to earn money. "I said no because I had a praying mother, her voice inside me. I tell you all this to say this, you got to have integrity to stand on your own no matter what people are saying. Integrity is what you do when no one is looking. If I had fallen into that trap I wouldn't be here today."

Devery Russell, 18, a senior at Miami Lakes Technical Education Center, was one of the 58 Wilson Scholars honored at the breakfast. He

said he could "really relate to what he was saying, about having a praying mother. Listening to that small voice inside is so important."

Role Model founder Congresswoman Frederica Wilson echoed his thoughts reiterating the goals of the Role Model foundation.

"We're training them for the next level of life, for manhood, to be good husbands and fathers for their children, so they can end up being good men in society and a not a menace to society," said Wilson.

So moved by Wilson and the scholars in attendance, Perry unexpectedly donated \$100,000 to the foundation.

"You all are giving me so much hope right now. I'm so moved, so inspired. I want to be one to help you," said Perry. "I want you to know this. You are worthy. You don't have to come from millions of dollars to be worthy. You don't have to have some great legacy to be worthy. Your mother may not have



Congresswoman Frederica Wilson poses with her children, their spouses and grandchildren during the MLK Role Model Breakfast.

been a praying woman, your father may not have been in the picture, but you're still worthy. You're smart enough, strong enough, you're still good enough. My prayer and my hope for you is that every dream that you have comes true and don't stop till you get it."

Photo captions from LA Role Model program mentors and supporters were on hand to hear Tyler Perry.

Miami-Dade Commissioner Barbara Jordan, center, and Tyler Perry applaud scholarship recipient. At right, a young Role Model sings.



Leaders of Miami-Dade County, Miami, Miami Gardens and other municipalities join Congresswoman Frederica S. Wilson in presenting proclamations and other honors to Tyler Perry.

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# Missile-alert error reveals attack uncertainty

Residents and tourists remained rattled, scared

JENNIFER SINCO KELLEHER AND BRIAN MELLEY  
*The Associated Press*

HONOLULU (AP) — When Jonathan Scheuer got an alert on his phone of a ballistic missile headed for Hawaii, he and his family didn't know what to do. They went to their guest bedroom, then decided it would be safer on the ground floor of their Honolulu home.

"What do we do?" he wondered. "Where do we go?"

People should immediately seek shelter in a building "or other substantial structure," once an attack-warning siren sounds, according to guidance the state distributed previously. The state recommends having 14-day survival kit of food and water.

Residents and tourists alike remained rattled after the mistaken alert was blasted out to cellphones across the islands with a warning to seek immediate shelter and the ominous

statement: "This is not a drill." "Clearly there is a massive gap between letting people know something's coming and having something for them to do," Scheuer said Sunday. "Nobody knew what to do."

Lisa Foxen, a social worker and mother of two young children in east Honolulu, said the best thing to come out of the scare was that it pushed her family to come up with a plan if there is a real threat.

"I kind of was just almost like a deer in headlights," she said. "I knew what to do in a hurricane. I knew what to do in an earthquake. But the missile thing is new to me."

The blunder that caused more than a million people in Hawaii to fear that they were about to be struck by a nuclear missile fed skepticism about the government's ability to keep them informed in a real emergency.

"My confidence in our so-called leaders' ability to dis-

seminate this vital information has certainly been tarnished," said Patrick Day, who sprang from bed when the alert was issued Saturday morning. "I would have to think twice before acting on any future advisory."

The erroneous warning was sent during a shift change at the Hawaii Emergency Management Agency when someone doing a routine test hit the live alert button, state officials said.

That employee has been reassigned to a job without access to the warning system amid an internal investigation, agency spokesman Richard Rapoza said Monday. No other personnel changes have been made, he said.

Officials tried to assure residents there would be no repeat false alarms. The agency changed protocols to require that two people send an alert and made it easier to cancel a false alarm — a process that

took nearly 40 minutes.

The error sparked a doomsday panic across the islands known as a laid-back paradise. Parents clutched their children, huddled in bathtubs and said prayers. Students bolted across the University of Hawaii campus to take cover in buildings. Drivers abandoned cars on a highway and took shelter in a tunnel. Others resigned themselves to a fate they could not control and simply waited for the alert.

The 911 system for the island of Oahu was overwhelmed with more than 5,000 calls. There were no major emergencies during the false alarm, Mayor Kirk Caldwell said.

President Donald Trump said Sunday the federal government will "get involved," but didn't release details.

An investigation into what went wrong was underway at the Federal Communications Commission, which sets rules for wireless emergency alerts sent by local, state or federal officials to warn of the threat

of hurricanes, wildfires, flash flooding and to announce searches for missing children.

The state of Hawaii "did not have reasonable safeguards or process controls in place to prevent the transmission of a false alert," FCC Chairman Ajit Pai said in a statement, calling the mistake "absolutely unacceptable."

Saturday's mistake was not the first for the state's warning system. During a test last month, 12 of the state's 386 sirens played an ambulance siren. In the tourist hub of Waikiki, the sirens were barely audible, prompting officials to add more sirens and reposition ones already in place.

People need to step back from questioning who pushed the button and why and focus on military de-escalation, Scheuer said.

The false alarm triggered a broader discussion about national security at a time when North Korea has been flexing its muscles by launching test missiles and bragging about

its nuclear capability. Its leader, Kim Jong Un, has also exchanged insults on Twitter with President Donald Trump about their arsenals.

The standoff has whipped up nuclear fears on Hawaii and led the islands to revive Cold War-era siren tests that drew international attention.

Rep. Tulsi Gabbard, a Hawaii Democrat, said officials should be held accountable for the "epic failure of leadership" behind the warning. She said the nuclear threat underscored the need for Trump to meet with Kim to work out differences without preconditions.

"The people of Hawaii are paying the price now for decades of failed leadership in this country" by setting "unrealistic preconditions," she said. "The leaders of this country need to experience that same visceral understanding of how lives are at stake."

*Melley reported from Los Angeles. Tom Strong in Washington contributed to this report.*



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NATIONAL

# Medicaid recipients may have to work

RICARDO ALONSO-ZALDIVAR  
Associated Press

In a major policy shift that could affect millions of low-income people, the Trump administration said Thursday it is offering a path for states that want to seek work requirements on Medicaid recipients.

Seema Verma, head of the Centers for Medicare and Medicaid Services, said work and community involvement can make a positive difference in people's lives and in their health. Still, the plan probably will face strong political opposition and even legal challenges over concerns people would lose coverage.

Medicaid is a federal-state collaboration covering more than 70 million people, or about one in five Americans, and that makes it the largest government health insurance program. It was expanded under President Barack Obama, with an option that has allowed states to cover millions more low-income adults; many have jobs that don't provide health insurance.

People are not legally required to hold a job to be on Medicaid, but states traditionally can seek federal waivers to test new ideas for the program.

The administration's latest action spells out safeguards that states should consider to obtain federal approval for waivers imposing work requirements on "able-bodied" adults. Technically, those waivers would be "demonstration projects." In practical terms, they would represent new requirements for beneficiaries in those states.

The administration said 10 states — mostly conservative ones — have applied

for waivers involving work requirements or community involvement. They are: Arizona, Arkansas, Indiana, Kansas, Kentucky, Maine, New Hampshire, North Carolina, Utah and Wisconsin. Advocates for

Medicaid that for the first time would allow people to be cut off for not meeting a work requirement, regardless of the hardship they may suffer," said Judy Solomon of the Center on Budget and Policy

priorities, which advocates for the poor. The Obama administration would have never approved such waivers, she added.

A study from the nonpartisan Kaiser Family Foundation found that a surprising number of working-age adults on Medicaid are already employed. Nearly 60 percent work either full time or part time, mainly for employers that don't offer health insurance. Most who are not working report reasons such as illness, caring for a family member or going to school. Some Medicaid recipients say the coverage has enabled them to get healthy enough to return to work.



Getty Images

President Donald Trump and Vice President Mike Pence attend a meeting on health care at the White House on March 13.

low-income people say they expect Kentucky's waiver to be approved shortly.

"Medicaid needs to be more flexible so that states can best address the needs of this population," Verma said in a statement. "Our fundamental goal is to make a positive and lasting difference in the health and wellness of our beneficiaries." For close to a year, the administration has signaled an interest in helping states that want to institute work requirements.

Advocates for low-income people said work has never been a requirement for Medicaid, a program originally intended as a health program for the poor and disabled. It now covers a broad cross-section of people, from many newborns to elderly nursing home residents, and increasingly working adults.

"It is a very major change

States should try to align their Medicaid work requirements with similar conditions applying in other programs, such as food stamps.

"People who participate in activities that increase their education and training are more likely to find sustainable employment, have higher earnings, a better quality of life, and, studies have shown, improved health outcomes," Verma said.

Solomon, the advocate for low-income people, said the federal government's waiver authority doesn't provide carte blanche to ignore the basic purposes of the program, and promoting work has not been on that list up to now.

States must fully comply with federal disability and civil rights laws, to accommodate disabled people and prevent those who are medically frail from being denied coverage.

# NEWS BRIEFS

COMPILED BY MIAMI TIMES EDITORIAL DEPT.

## M-DCPS graduation rate rises

According to Miami-Dade County Public Schools (M-DCPS), the district's graduation rate has risen to 80.7 percent for the 2016-2017 academic year. This rate marks the highest graduation rate M-DCPS has achieved since the Florida Department of Education began tracking graduation statistics with modern methods in the late 1990s. The graduation rate rose despite what the district called the "more rigorous" Grade 10 Florida Standards Assessments English Language Arts component.

The District's graduation rate for ESE students exceeded those of the state by 4.3 percentage points, and the rate for economically disadvantaged students exceeded those of the state by 2 percentage points.

## OCYC General Membership Meeting

Overtown Children and Youth Coalition (OCYC) General Membership Meeting will take place at 3:30 p.m. Jan. 17, at 1951 NW Seventh Ave., Sixth Floor, Amazon Row. Organizers will be providing updates on the Work Readiness Fair, an update on the collective grant proposal to the Children's Trust as well as several other OCYC initiatives.

## Centralized parking in Coconut Grove

Parking customers in

Coconut Grove will be able to use a centralized valet program at one of five different locations throughout the Coconut Grove Business Improvement District (BID). The daytime rate will cost \$5.00 and in the evenings after 6 p.m., parkers will pay \$8. Special event rates will be offered and will be flexible to provide good quality service. The hours of operation will be: Sunday through Wednesday from 10 a.m. to 11 p.m.; Thursday through Saturday from 10 to 2:00 a.m. or until the last car leaves. The five valet parking stands will be located at: 3176 Commodore Plaza; 3067 Grand Ave.; 2820 McFarlane Road; 1958 Main Highway and 2901 Florida Ave.

## FIU business workshop

Florida International University will hold a business workshop titled "How to Make Your Business Bankable." The workshop will be held at 8:30 a.m. on Thursday, Jan. 25 at 2300 NW 14th St., Miami, FL. There is no cost to attend and continental breakfast is included. The workshop will cover how to make your business loan-worthy and participants will receive insights from experienced business-banking experts. To register, go to [go.fiu.edu/bankable](http://go.fiu.edu/bankable). For more information, call 305-779-9230 or e-mail [sbdc@fiu.edu](mailto:sbdc@fiu.edu).

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# PARADE

CONTINUED FROM 1A

members of Opa-locka's police force.

Vice Mayor Joseph Kelley also attended the kickball challenge and acknowledged it over Facebook.

"Hats off to the Opa-locka Police Department for winning the 1st Annual MLK KICKBALL Challenge," he said.

Those activities were among the activities throughout Miami-Dade County, including the Martin Luther King Parade and Festival in Liberty City. That event, which was closely watched following a shooting that injured eight a year earlier. The incident had some residents on edge.

However, the festival went on without a hitch. In the parade, more than 100 floats, bands and marching units with children and adults walked the 20-block route

along Northwest 54th Street from 12th to 32nd avenues.

On Sunday, Rangel told parishioners at the Church of the Incarnation "we have a purpose. God has given us all that we need."

In his typical jovial fashion, the stately Rangel addressed a multi-generational, largely Black, audience outlining the gravity of the nation's current political landscape while still finding opportunities to pepper his talk with humor and anecdote—a skill that came to define his political acumen in Washington.

After nearly five decades as a United States Congressman, Charlie Rangel is just as passionate, just as thoughtful, just as ardent a thinker as he was the day he stepped into Congress in 1971. Age may have shortened the stride of the 87-year-old Rangel, but certainly not his pension for candor and straight talk. A New York Democrat, Rangel was the second-longest incumbent serving continuously in the House of Representatives

when he retired in 2017.

The church's MLK service is part of an annual observance jointly sponsored by Alpha Phi Alpha Fraternity, Beta Beta Lambda Chapter and The Greater Miami Chapter of The Links, Incorporated. Rangel is a member of the fraternity and proudly shares the story of how his wife of more than 50 years, Alma, encouraged him to pledge when he went to college. Hundreds filed into the church not only to hear Congressman Rangel, but also to see him, shake his hand and say, "job well done."

"Congressman Rangel is a national treasure," said city of Miramar Mayor Wayne Messam. "It's an honor to have him in our community." Messam, also a member of Alpha Phi Alpha Fraternity, presented Rangel with a proclamation from the city, and the local

chapter of Alpha Phi Alpha also made presentations to Rangel.

Gracious, elegant, and genial, it was apparent that Rangel is still very much in his element addressing large groups. Sharing words of encouragement and empowerment, he inspires faith and a determination to fight for what is right until the last breath. In the spirit of Dr. King's "I Have a Dream" speech, Rangel assured everyone, "God has a beautiful future planned for us."

*Miami Times Staff Writers Vennia-Rei Gibson and Janiah Adams contributed to this report.*

The Children's Trust was among the many groups that sponsored a float in the parade.



# MEETING

CONTINUED FROM 1A

commission meeting. The morning session went long as residents — both Black and white — and business owners of Coconut Grove gave impassioned speeches asking commissioners to expand the CRA.

"This is a chance to right the wrongs of yesterday," one resident said.

Proposed by Commissioner Ken Russell, the extension could bring the existing Omni agency a few miles south into the Black section of Coconut Grove. Land in that area is a hot commodity. Both homeowners and renters fear they will be priced out of the market and their homes because of demands by developers.

Thelma Gibson, the former city commissioner and community icon, made a special appearance before the dais to plead for the expansion.

"It's important for us to have this," said Gibson, 91. "I want to leave this a better place than when I got here."

Gibson gave a brief history lesson about how Theodore Gibson, the Episcopal priest who later would become her husband, fought for "lights and running water" for Black residents of Coconut Grove.

"So many new people don't realize what we've gone through in this town," Gibson said.

Although the vote was unanimous, getting to that result was a tad contentious.

Russell's resolution was to approve a document called a finding of necessity, which experts stated that the West Grove meets the criteria established under Florida statutes to be designated as "slum" and "blight." The area meets two of the three of the criteria to be designated as slum (one is required), and eight of the criteria to be designated as "blight" (only two are required). The area also meets the "blight" requirement of the existence of deteriorated structures.

That finding makes it easier to extend the redevelopment agency into a small section of the Grove.

Commissioners Joe Carollo and Manolo Reyes, the two newest members, initially argued against CRA expansion. Carollo questioned if the strategy would yield new affordable housing. He argued that at most, a CRA would generate funds for 3.5 homes in the first year.

"This is not the solution,"

Carollo said. "The commission has to commit to bring serious funds for housing."

Carollo instead announced that he would propose the creation of a trust fund dedicated to workforce housing in the city.

Russell argued the designation was "an imminent first step" for positive change to benefit West Grove.

"This is a stick of dynamite," Russell said.

However, this is just a first step in what could be a long process. Reyes, who represents Little Havana area, asked if that neighborhood could be included in the expansion area. That idea did not gain traction.

The proposal now goes to the Miami-Dade County Commissioners, who ultimately will approve or reject the expansion.

The vote for Gonzalez to become the city manager was fairly straightforward. Carollo, who wanted a national search for the city's chief executive position, asked for a delay until after the Martin Luther King Jr. holiday. His colleagues disagreed.

Gonzalez, who holds a doctoral degree from the University of Miami, is a retired U.S. Army colonel and previously served as director of United States Citizenship and Immigration Services, a Senate-confirmed executive position within the United States Department of Homeland Security during the George W. Bush administration.

In the weeks before his confirmation, Gonzalez visited several Miami neighborhoods, including West Grove, Liberty City and Overtown.

In an earlier interview, he said he wanted to let residents and community stakeholders get to know him and what he is about for the city where he hopes to be the top administrator.

"I'll be able to add value, and make the right priorities" that will benefit everyone, Gonzalez said, adding that he wants all neighborhoods to benefit. "I want to make sure that everyone is taken care of."

On Tuesday evening, Gonzalez said he was ready to work.

"I am a true believer in public service and I hold myself and all who work at the City of Miami to the highest standards," Gonzalez said. "I look forward to working closely with Mayor Suarez to help carry out his vision for the city."

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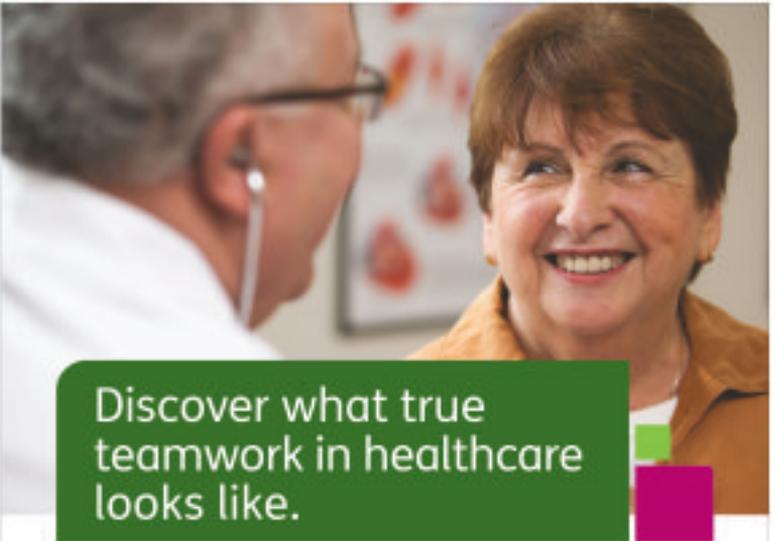
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THE MIAMI TIMES | JANUARY 17-23, 2018 | MIAMITIMESONLINE.COM

Miami-Dade Public Schools Superintendent Alberto M. Carvalho (center), flanked by Board Member Dr. Steve Gallon III; King's parents, Monica and Santonio; and School Board Vice Chair Martin Karp; officially open the King Carter Global Trade & Logistics Academy.



## KING CARTER

# ACADEMY OPENS OPPORTUNITIES

The trade and logistics programs sets up jobs for at-risk students

**NYAMEKYE DANIEL**  
ndaniel@miamitimesonline.com

Miami-Dade Public Schools officials held a ribbon-cutting ceremony for the King Carter Trade & Logistics Academy at Miami Northwestern Senior High School on Friday.

The academy, which operates at Northwestern and Miami Central Senior High schools, was created in memory of 6-year-old King Javon Carter, who was shot to death in February 2016 while he was on his way to buy candy from a nearby store.

An anonymous benefactor donated \$1 million to the school board to create the academy in June 2017.

Alberto Carvalho, Miami-Dade County Public Schools' superintendent said the occasion represented "triumph over tragedy."

"This program, named after King Carter, will never allow us to forget the beautiful memory of his life," he said. "His legacy will empower young men and women with employment opportunities through the training they receive."

Advocates for inner city schools cheered the expansion, and the anonymous donation. Previously, they criticized the school district as paying lip service to creating the school at Central High in name only.

William "D.C." Clark, a member of Inner City Activists for Responsible Education (ICARE), said Central's version of trade and logistics initially didn't have the proper resources and funding to properly run the program.

"With this donation, both Northwestern and Central now have identical programs," Clark said. "It's a win-

win for everybody."

The magnet program offers students training and post-graduation career opportunities in the corresponding field.

The \$1 million-dollar donation expands an existing trade and logistics program at Central, which started in the 2015-2016 school year, to capture about 50 new students who have enrolled at Northwestern High.

At Northwestern, the King Carter Academy is designed like a warehouse.

The room is equipped with storage racks, a conveyor belt, packing and shipping tools, a dock scale, dollies, hand trucks and more.

The classroom was designed by a distribution center specialist, Brad Wechsler of Zoma DC Solutions. Zoma DC was recruited to recreate the warehouse experience for the students with the essentials that would be used in any manufacturing or logistics center, according to Wechsler.

"This is a real good jump on what they will see in this industry, and what they will see when they go into the real world," said Wechsler. "They will probably be about 10 to 15 steps ahead of anyone else that would be coming in."

The students are taught basic trade practices and acquire internship experience and certificates, which can prepare them for jobs at PortMiami and Miami International Airport.

Miami-Dade's job market has vast opportunities in trade and logistics because of its close proximity to Latin America and the Caribbean. In addition, many international companies are represented in Miami-Dade's inter-



Students from the King Carter Trade & Logistics Academy at Miami Northwestern Senior High School pose with King Carter's family; his mother, Monica Smith; his father Santonio Carter; his aunt, Tawana Akins and founder of the Parents of Murdered Kids, Tangela Sears.



Alberto Carvalho, Miami-Dade Public Schools superintendent speaks at the ribbon-cutting ceremony for the King Carter Trade & Logistics Academy at Miami Northwestern Senior High School on Jan. 12, 2018.

national trade and logistics community, according to the Beacon Council.

PortMiami is also undergoing a \$2.2 billion renovation that will open more career

opportunities in the two industries.

Northwestern ninth-grader Antonio Tharpe said he likes attending classes in a warehouse. He learned how to operate a forklift, use a jack and a floor scale and how to prepare items for shipping.

Antonio said that he feels prepared for the future after only a few months in the program.

"I can get a job at a warehouse," Antonio said. "I am going to be able to graduate with a certificate."

The student said that he wants to be a firefighter but with a trade certificate, he is securing a "Plan B."

King's father Santonio Carter said that if the teens who were charged in connection with the shooting of his son had a similar plan, then maybe his son would still be alive today.

"This community really needs it," said Carter. "Those guys who did that horri-

fic tragedy that day, maybe if they had a trade and logistics school, that probably would've stopped it."

Clark said he was happy with Carvalho's announcement. "He acknowledged the fact that ICARE brought the idea to the table. The first time he heard about trade and logistics was through ICARE."

The organization's members wanted an educational experience for students who have interest in careers that don't require a college education.

"All kids are not college bound. Many could get a trade that ties in to the immediate economic situation in Miami-Dade County. You can do everything from operate a crane to coding products, then graduate from high school and be able to get job at the port," Clark said.

"That was our vision. To see it come to fruition is a great thing for everyone involved."

# Wolff's book on Trump sells a million copies

Publisher says a million copies of 'Fire and Fury' had been sold in various forms after two days of its release

**JEFFREY A. TRACHTENBERG**  
*The Wall Street Journal*

Sales of Michael Wolff's book "Fire and Fury: Inside the Trump White House" have gotten off to a sizzling start.

John Sargent, chief executive of publisher Macmillan, confirmed that a million copies had been sold by the close of business on Monday, including e-books, audiobooks and hardcover editions that have been sold or are on order from consumers. The New Yorker reported the

figure earlier, citing an interview with Mr. Wolff.

The book about President Donald Trump and his administration has sold out in many bookstores across the country, and the hardcover is out of stock on Amazon.com and BarnesandNoble.com.

Book tracker NPD BookScan said on Wednesday morning that 29,000 hardcover copies were sold in its first two days, topping its print best-seller list for the reporting week. NPD BookScan tracks 85

percent of retail book sales in the U.S., but it doesn't report e-book or audiobook sales.

By comparison, Hillary Clinton's "What Happened" sold an average of 33,000 copies a day in its first week, according to NPD BookScan, but the title was well stocked, the book tracker noted.

President Trump and his onetime chief strategist Steve Bannon are feuding over revelations from a new book in which Bannon is quoted as saying that a 2016 meeting in Trump Tower between Don-

ald Trump Jr. and some Russian representatives was "treasonous." WSJ's Gerald F. Seib explains the implications of the rift. Photo: Getty

"Fire and Fury" was published last Friday, four days sooner than Macmillan imprint Henry Holt & Co. had originally scheduled, as criticism from White House helped stoke interest in the title.

NPD BookScan's weekly tracking report ends at midnight each Saturday, which means it only had data on the first two

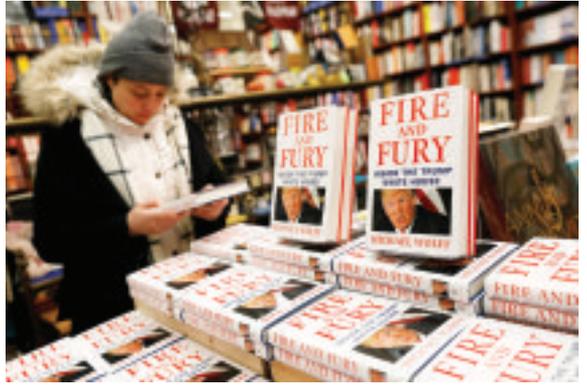


Photo: Shannon Stapleton/Reuters

Copies of "Fire and Fury: Inside the Trump White House" on sale at the Book Culture bookstore in New York on Friday.

# KweliTV is Netflix streaming for Black people

It was created by Black people and stars Black people to share content

**MEGAN ROSE DICKEY**  
*TechCrunch*

KweliTV aims to be the go-to streaming media platform for Black filmmakers all over the world to share their content and make money from its distribution. KweliTV handpicks all of its content, with 98 percent of the content having been official selections at film festivals worldwide.

"There are a lot of really great filmmakers out there globally," KweliTV founder

DeShuna Spencer told me. "For us, we're offering an avenue for filmmakers of color to make money off of their work and be celebrated for the work they do."

Perhaps, more importantly, KweliTV wants to be a source of authentic storytelling of the Black community from the Black perspective. A recent study showed the mainstream media (news and opinion media) offers a consistently warped view of Black people and Black fam-



ilies. For example, Black families represent 59 percent of the poor in mainstream media even though they make up just 27 percent of low-income people, according to Color of Change. Meanwhile, white families make up just 17 percent of low-income people while they officially represent 66 percent of the country's low-income population.

Kweli, which means "truth" in Swahili, aims to tell all sides of the Black experience. In order for content to be featured on KweliTV, the main character needs to be of African descent and "not the sidekick, the friend of the

fairy godmother," KweliTV founder DeShuna Spencer told me. "The Black person has to be the main character."

An example of some KweliTV content is a film called Something Necessary. Created by Kenyan filmmaker Judy Kibinge, Something Necessary explores life after the civil unrest in Kenya following the 2007 elections through the eyes of a woman named Anne. In 2013, the film was nominated for audience choice award at the Chicago International Film Festival and screened at the Toronto International Film Festival.

SEE NETFLIX 10B



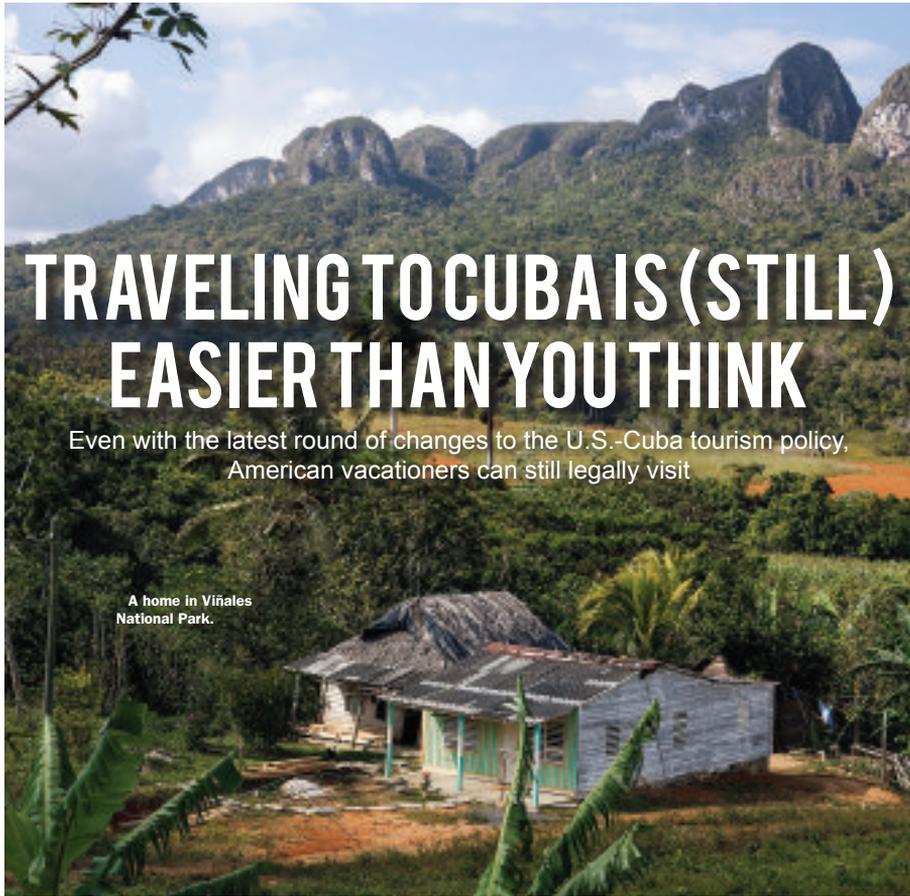
Today the natural gas and oil industry supports nearly 10.3 million American jobs. Many of these well-paying jobs, which are all along the skills continuum, require a background in one or more of the STEM disciplines: Science, Technology, Engineering or Mathematics. **In the coming decades, the industry could create almost two million job opportunities.** Ensuring that our industry's workforce is comprised of the best talent from all regions, all demographic groups and every skill level is essential to creating the innovations of the future and continuing an energy renaissance that has made the United States the world's leading producer and refiner of oil and natural gas.

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A home in Viñales National Park.

## TRAVELING TO CUBA IS (STILL) EASIER THAN YOU THINK

Even with the latest round of changes to the U.S.-Cuba tourism policy, American vacationers can still legally visit

### Our reporter sets out on a weeklong cycling trip in the Cuban countryside

BY ROBERT P. WALZER  
*The Wall Street Journal*

My last trip to Cuba had been in 1997 when the country was still enduring the periodo especial — the euphemistically dubbed “special period” of deprivation after the Soviet Union’s collapse. At that time, traveling under a journalist visa, I noted roads devoid of cars and bare store shelves. Despair and paranoia pervaded the air, with Cubans miming a long beard when criticizing Fidel Castro rather than speaking his name out loud.

I found things distinctly different during my trip to Cuba two months ago, nearly two years into the U.S. government’s easing of travel restrictions. Cars abounded (new Japanese and Chinese models among the more common ‘50s Chevys and Fords). Small private businesses were ubiquitous, especially the B&Bs called casas particulares and restaurants called paladares. Most Cubans were still struggling, though many had accumulated some wealth as capitalism made strides.

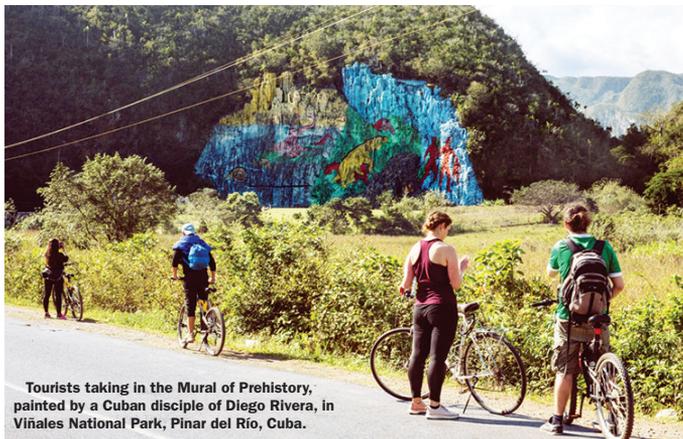
For weeks, I had planned a cycling trip in Cuba with my old friend Rob from London. We would meet in Havana and ride about 120 miles west on rented bicycles through small towns until we reached Viñales, a rural tobacco-cum-tourist town surrounded by farms and limestone outcroppings. Upon our arrival, it took Tito Servitje, the Spanish-Catalan owner of Bike Rental & Tours Havana, five minutes to talk us out of our plan. “You’ll waste a lot of time riding there,” he said. “Grab a bus to Viñales and then take day trips from there. It’s gorgeous.” After taking one look at the “good” bikes Tito had promised us by email — actually old, heavy, steel clunkers with worn tires — we decided this was sage advice. (Newer models have since arrived, I’m told.)

We rode our bulky rentals to Havana’s Viazul Bus Station, a microcosm of Cuba’s unpredictability and underdeveloped infrastructure. The experience involved waits on multiple lines, a broken computer and indifferent staff. Cuba has long had unique rules of engagement. But personal relations and humor



Joel Castillo, leads a cigar rolling demonstration at Viñales National Park, in Pinar del Río, Cuba.

Photos: Rose Marie Cromwell for The Wall Street Journal



Tourists taking in the Mural of Prehistory, painted by a Cuban disciple of Diego Rivera, in Viñales National Park, Pinar del Río, Cuba.

helped grease the wheels of cooperation. So, Rob and I, who are both fluent Spanish speakers, chatted up various agents, baggage handlers and a bus driver for intel. We snagged two handwritten tickets, finessed our bikes into the bus and hopped on.

Alighting from the bus in Viñales we were swarmed by business-card-thrusting owners of casas particulares eager to host us. We took one of their offers and headed to Villa El Croto in a quiet spot outside the bustling center, where our affable host Tita rented us her two rooms for \$19 a day, including full breakfasts. The rooms, typical of a Cuban B&B, were basic (mine lacked a toilet seat) but bright and clean, with air conditioning.

The next day, Tita contacted a friend to guide us on a walking tour in Viñales National Park. Cuba bans motorized farm equipment in the park’s Unesco-protected valley, where farmers guide oxen-pulled

SEE CUBA 10B

## Wellness resorts in ultimate bucket-list

A spa in the African bush? Forest bathing in the Himalayas?

SARA CLEMENCE  
*The Wall Street Journal*

Who says you have to hit the ground running? It’s natural to want to maximize your travel time, but that doesn’t mean you have to plunge straight from every grueling long-haul flight into a museum marathon or street-food binge. The next time you’re headed to a faraway spot, consider reserving the first few days for recovery — from jet lag, cramped muscles and life generally. Destination spas and wellness-focused resorts offer Ayurvedic treatments, meditation sessions and soaks in natural hot springs that are a potent antidote to travel weariness.

And you don’t even have to choose between indulgence and adventure — the best properties let you dabble in cultural and wilderness experiences while unwinding, too.

### THE OBEROI SUKHVILAS RESORT & SPA, INDIA

Oberoi hotels are known for their palatial feel and hyper-attentive service, but the year-old Sukhvilas Resort & Spa, in the forested foothills of the outer Himalayas, puts an extra emphasis on wellness. At the new spa, guests can take advantage of an infrared sauna for intensive muscular relaxation, a Turkish hammam and a Roman tepidarium (where heated walls and floors gently relax the body). More ambitious health-seekers can sign up for one of the intensive programs — for stress, weight management, detoxing or rejuvenation — which last for seven to 28 days and are personalized by an Ayurvedic doctor. The plans might involve Ayurvedic treatments, yoga, dietary changes or mindfulness activities like gardening and forest bathing — meditative guided walks in the woods. Several of the 60 guest villas and tents come with a private pool, and the three eateries source their ingredients from local growers and the on-site farm. From about \$375 a night, oberoihotels.com

### BUSHMAN’S KLOOF, SOUTH AFRICA

If you’re eager to look your very best when staring down wildlife, you’re in luck. Set in an 18,530-acre game reserve a few hours outside of Cape Town, this Relais & Châteaux property has four spa treatment rooms plus a stand-alone treatment gazebo with views over the Boontjes River. Many offerings incorporate indigenous ingredients, such as rooibos, Cape aloe and baobab tree oil. The foot ritual is especially geared toward tired travelers. Guests can go on hikes, fishing expeditions, mountain bike outings or game drives in search of the resident zebras, lynx and antelope, then sample the seasonal cuisine at the property’s three restaurants. From about \$273 a night, including meals and activities, karkloofsafarispa.com

### ARO HA WELLNESS RETREAT, NEW ZEALAND

Aro Ha, a 40-minute drive from New Zealand’s adventure hub of Queenstown, offers a more rigorous approach to wellness. Here the rooms are comfortable but simple, featuring recycled wood and organic cotton linens, and the bathrooms are shared (though only between two rooms). Aro Ha’s signature health program, which lasts for at least four nights, includes daily yoga sessions, hiking, interval training and massage; the food is entirely plant-based

SEE RESORTS 10B

# CUBA

CONTINUED FROM 9D

tillers through rust-red soil. The guide, 30-year-old Maikel Valdez, comes from generations of tobacco farmers but now works in tourism. He led us along a tree-shaded path past fields and fruit trees to a tobacco-processing facility, where we sampled cigars with the tips dipped in honey, as is local custom. Valdez praised Cuba's universal health care and education, but frankly discussed the contradictions of farm life. His family owns their land, but must give the gov-

A few years ago, President Barack Obama began to normalize relations between the U.S. and Cuba, culminating in the renewal of diplomatic ties in 2015 after a 54-year schism. President Donald Trump's new rules and rhetoric against the Cuban government sparked angst in Cuba, where erratic internet and media censorship often give way to conspiracy theories and misperceptions. Many locals worry about the loss of dollar-toting Americans, hundreds of thousands of which have visited Cuba in the past two years. "People were starting to get more money and make more political demands," said the owner

into juice called guarapo, with an old iron contraption, and serving it with crushed ice. Some time later we rolled up to the white sands of Cayo Jutías, stripped off our sweaty gear and plunged into the warm, clear waters. On a fall weekday, the beach hosted only a handful of people — mainly Europeans. We sat at a seafront food shack and enjoyed cold beers and fresh snapper as a live salsa band serenaded us.

The next day we set off from Viñales southwest by bike with two destinations in mind, the Caves of St. Thomas and the Mural of Prehistory. The color-saturated mural — painted in 1959 on a mas-

man roasting two pigs on a wood fire alongside the road. He invited us for lunch at his family-run paladar, Finca Emilio, and we spent the next couple of hours chatting, drinking Bucanero beer and eating a farm-to-table feast of beans, yucca, rice and a wild pig that was reared on the area's nuts and herbs. Rosa García Martínez served us the food and a tea made from local herbs. We sat on a wooden deck looking over the spectacular Viñales Valley where Martínez's husband toiled in the fields just below our perch. It began to rain and a rainbow arched across the valley. "We are simple people, not educated,"

## THE CUBA QUANDARY DISSECTED

Visiting the island nation is simpler than most American travelers realize. Here, the essential intel.

### Is it legal to travel to Cuba on your own?

Yes. New Trump-era rules allow individuals to visit Cuba in "support for the Cuban people"—one of 12 categories of travel that require no special authorization.

### How can I arrange such a trip?

Simply visit the website of any airline that flies to Cuba, including American, Delta and JetBlue, and make a reservation just as you would with any other flight — then choose "support for the Cuban people" when the airline website prompts you.

### Does Cuba require a visa?

Yes. It'll cost \$50 at your U.S. airport check-in. Be sure to hang onto it. Cuban immigration authorities will require you to show the visa when you leave the country.

### What did the Trump administration change?

In November 2017, the administration tweaked the policies established by the Obama government. The new rules bar independent travel under the "people-to-people educational travel" category, now requiring people who choose that category to travel in guided tours booked through U.S. agents. But you can still travel as an individual under the above-mentioned "support" category. "It's a misunderstanding that you must only travel to Cuba with a U.S. company or representative accompanying you during your travels," said Manny Kopstein of California-based Cuba Travels Adventure Group.

The Trump government also banned Americans from patronizing about 180 Cuban military-associated entities, including hotels and some products (check the Cuba Restricted List at state.gov). Among the better known are the luxury Gran Hotel Manzana Kempinski and the former Ernest Hemingway haunt Hotel Ambos Mundos, two state-owned lodgings in Old Havana. Certain products such as the rum brands Ron Carney and Ron Varadero also are banned.

### How can I avoid running afoul of those rules?

wheels ahead with Tito Servitje at Bike Rental & Tours Havana (about \$15 a day, bikarentalhavana.com) or try one of several small, informal bike rental outfits in Viñales for about the

It's easy. Still permitted are the private B&Bs, known as casas particulares, and restaurants, called paladares, among many other businesses. Not on the banned list, for example: The Sheraton Four Points Hotel and Hotel Inglaterra as well as the Gran Teatro de la Habana and the famed Havana ice cream parlor Coppelia.

The rules require American visitors to have meaningful interactions with residents, a policy aimed at spurring democratic change in the communist country. Visitors must keep proof of their interactions with Cubans for five years. Receipts count, as do selfies with locals. "You'll be ok if you just make sure you stay in private lodging and eat at private restaurants, or visit a gallery or a community project," said Collin Laverty, owner of Miami-based Cuba Educational Travel.

### So, why are some people worried about traveling to Cuba now?

After Trump first issued threats and later acted to modify the Obama-era policies, many Americans, confused about the new rules, canceled or postponed trips. It didn't help that, in September 2017, the State Department issued a travel warning after U.S. officials said American diplomats in Havana were attacked with sonic weapons, and then reduced the American Embassy staff in Cuba.

### What remains of the Obama-era détente with Cuba?

Most everything. The U.S. and Cuba retain diplomatic ties. Airbin still operates there. U.S. airlines still fly to Cuba, albeit on more limited schedules since reservations have fallen in recent months. Still, locals worry. One B&B owner in Havana told me, "It's like a Michael Jackson dance: Sometimes it's hard to say whether we're stepping forward or stepping backwards."

### What's the risk that a sudden U.S. policy change will ruin my trip?

"Changes in policy rarely take effect overnight," said Michael Baney of iJET International, a risk management firm. "And there isn't significant desire, momentum or even ability in Washington to effect an immediate change."

same place. **Traveling There:** For help with reservations or an organized tour to Cuba, try Cuba Education Travel with offices in Miami. cubaeducational-travel.com.

An ox-drawn cart in Viñales National Park, Pinar del Río, Cuba.



Photo: Rose Marie Cromwell For The Wall Street Journal

ernment 90 percent of their crops' yield. They also own cattle and horses, but can't slaughter them for food. "This is the only country where you can't eat the animals you own," Valdez said. "If you kill an ox you can go to jail for more years than if you kill a human."

My journey from New York to Viñales, via Havana, was surprisingly easy. In the '90s, as an American, I could only travel on a journalist visa through third-world countries with the help of foreign travel agents. This time, I booked my Delta ticket online, paying \$480 for the four-hour trip. On the Delta site, I ticked the "people to people" education category and paid \$50 for a visa. No questions asked. The week we were in Cuba, the U.S. rules changed (see "The Cuba Quandary Dissected") but independent travelers are still permitted.

of a casa particular in Havana. "Now we're going back to the Dark Ages."

Three days into our week-long Cuba cycling trip, having barely mounted our bikes, we set off on a 40-mile ride northwest to the beach at Cayo Jutías. Several people warned us about the poor conditions of the road. But nothing prepared us for the giant potholes that forced us to perform a new sport: bike slalom. Yet the rural route's scenery was sublime, with jagged mountains covered by fat-bellied palm trees and turkey vultures soaring gracefully above. We passed two farmers on a horse-drawn carriage enthusiastically belting out a song about "life as a vaquero," and oxen dragging a lumber-filled sled.

Arriving hot and tired in the town of Santa Lucia, we rejoiced at the discovery of a shack where a man was pressing sugar cane stalks

sive rock face by Leovigildo González Morillo, a Cuban disciple of the Mexican muralist Diego Rivera — depicts natural history up until the age of humans. We found it garish, and viewed it briefly from a distance without paying the \$2 entrance fee before moving on. Further outside Viñales, about 11 miles from the town, we arrived at the Caves of St. Thomas, the largest cave system in Cuba. We joined a group of Germans and Norwegians for a guided tour, donning helmets with headlamps, then walking up a steep forested path to the cave opening. Inside we saw unusually shaped stalagmites and stalactites, bats, blind crickets and underground pools. Deep in the cave, the guide instructed us to shut off our headlights for a few seconds of delicious darkness.

Biking back to Viñales, we stopped and chatted with a

he said. "We do what we can to survive."

Her words lingered the next day as Rob and I crammed, along with several others and our bikes, into a '50s-era Cadillac hearse converted into a taxi for our journey back to Havana.

### A SELF-GUIDED CYCLING TRIP IN CUBA

**Staying There:** To see how a typical Havana family lives, try Casa Jorge Coalla Potts, a simple B&B on a residential street in the centrally located Vedado section. From about \$45 a night, havanaroomental.com. For more luxury, book the Iberostar Parque Central in Old Havana. From about \$448 a night, ibero-star.com. In Viñales, Villa El Croto, a few blocks from the main drag, provides basic accommodations. From about \$19 a night, 53-048695979, villaelcroto@nauta.cu.

**Cycling There:** Reserve

## NETFLIX

CONTINUED FROM 8B

There are currently 200 titles on the platform, with KweItTV adding about three titles a week in the categories of documentary, shorts and full-length features. Subscribers can watch KweItTV on the web or via Roku, Apple TV or Google Play. Unlike Netflix, the goal is not to have an endless library of content. Instead, KweItTV wants to keep it intimate with no more than 500 titles at a time.

KweItTV, which launched out of beta just a few months ago, currently has 2,000 paying subscribers. By the end of the year, the goal is to hit 30,000 paid subscribers. An annual membership costs \$49.99/year and a monthly one costs \$5.99.

As a value-add to the streaming content, KweItTV partners with other Black-owned businesses to offer discounts and other perks to its subscribers. Subscribers can access discounts at companies like Heritage Box, Black Card Revoked, African Ancestry and others.

On the creator side, film-

makers get paid based on how many minutes people spend viewing their content. More specifically, 60 percent of KweItTV's revenue goes to filmmakers, who get paid quarterly.

In alignment with Spencer's desire to keep it intimate, KweItTV is going to start hosting in-person events for its members to connect with each other. The first event will be next month.

"We really see KweIt as being a community more than a streaming service," Spencer said. "Our customers are asking us to be more community-oriented."

desist letter to Henry Holt last week that threatened legal action and demanded a retraction and apology.

The publisher proceeded with publication anyway, and Macmillan's Sargent called the demand to cease publication "flagrantly unconstitutional" in an internal memo to staffers. Separately, an attorney for Wolff and Henry Holt sent a letter to Mr. Harder on Monday, refusing to halt publication or offer an apology.

Steve Bannon, the former chief strategist in

KweItTV is a bootstrapped company in the traditional sense, meaning it hasn't raised funding from any angel investors or VCs. The company has, however, won \$65,000 from a couple of startup competitions.

"It's a full-time job to raise money," Spencer said. "That's not to say we'll never raise but today, my focus is on revenue."

One of KweItTV's competitors, Afrostream, shut down last August, despite raising \$4 million in capital. Spencer pointed to Afrostream as a bit of a cautionary tale of trying to grow too quickly.

the Trump White House, stepped down as executive chairman of the Breitbart News Network on Tuesday after he was harshly criticized for his comments in the book about the president, his family and the administration.

Bannon's relationship with Trump, as well as billionaire benefactors Robert Mercer and Rebekah Mercer, unraveled last week because of his quotes, which paint an unflattering picture of the president and his family.

## BOOK

CONTINUED FROM 8B

retailers have been selling it at a discount. The e-book is \$14.99 at Amazon and elsewhere.

Wolff's book, which focuses on the early months of the Trump administration, offers a harsh view of the president and his family.

The president on Saturday called it "a work of fiction, and I think it's a disgrace that somebody's able to...do something like that."

"The libel laws are very weak in this country," he added. His lawyer, Charles Harder, sent a cease-and-

## RESORTS

CONTINUED FROM 9B

and gluten-free, to cleanse and restore the body. The resort is environmentally friendly — solar- and hydro-powered, with the food kept cool in cellars — and intimate, maxing out at 18 guests per retreat. From about \$3,250 for a four-night retreat, aro-ha.com

### PUYUHUAPI LODGE, CHILE

Bid your Insta feed goodbye. On the edge of a fjord in northern Patagonia, this lodge doesn't lack cell service, Wi-Fi or TVs. What it does have are mineral springs, views to the snow-capped Andes and an escape from digital inundation. The spa focuses on water-based therapy, with indoor and outdoor thermal pools; treatments include an algae wrap, in-water massages and varied baths (including a yin soak). Opened in 1990, Puyuhuapi has serious eco-cred: It was originally built from fallen trees, the springs provide bathing water and heat, and the resort generates shockingly little nonorganic waste. Off-property you can go kayaking, hik-

ing or boating—or just enjoy the fresh-as-can-be air. From \$130 a night, puyuhuapilodge.com

### AMANEMU, JAPAN

Set among natural hot springs and sacred sites on Japan's southwestern coast, Amanemu is a modern and luxurious take on traditional Japanese homes, with pale-wood interiors and broad blue-tiled roofs. The nearly two-year-old resort, the Aman group's second in Japan, offers reflex digestive health, stress relief and antiaging programs that last from three to 14 nights and are customized for guests. Offerings involve everything from acupuncture to movement sessions, macrobiotic meals to healing baths, in the 21,500-square-foot spa. When you're not engaged in self-care, you can venture out to nearby attractions around the surrounding Ago Bay, including one of Shinto's holiest sites, the centuries-old Ise Grand Shrine, or go fishing for catch that the hotel chef will later fry up, tempura-style. The property accommodates 24 suites and four villas, each with a private onsen (hot-spring bath). From about \$987 a night, aman.com.



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## Don't thank Donald Trump for the low Black unemployment rates

SELENA HILL  
Black Enterprise

President Donald Trump took to Twitter to boast about the historic drop in African-American unemployment and blast the Democratic Party. According to a new report by the Bureau of Labor Statistics, Black unemployment fell to 6.8 percent in December, marking the first time that the rate for Black workers dipped below 7 percent in the 45 years that the government has been tracking this data.

Likewise, in a tweet, White House Principal Deputy Press Secretary

Raj Shah praised the president's policies for the overall low unemployment rate, which dropped to 4.1 percent.

### THE FACTS

Despite the Trump administration's celebratory tone, experts agree that the decline in U.S. unemployment was not triggered by any one policy executed by the Trump administration. Rather, one reason unemployment has been declining is due to the decision made by Janet Yellen, the retiring Federal Reserve Chair appointed by President Barack Obama, to suppress interest rates. Job

growth also stabilized under the Obama administration as U.S. employers hired more than 2 million workers for seven consecutive years. Meanwhile, the economy gained a whopping 5.7 million jobs in 2014 and 2015, alone. "The data and the evidence clearly show that the recovery of employment was well underway before President Trump took office," Valerie Wilson, an economist at the Economic Policy Institute, told The Atlantic.

The drop in Black unemployment can be accredited to several factors over the last decade, including the growth

of college-educated African-Americans and years of steady hiring and economic growth. Another reason can be attributed to employers who tend to hire a diverse pool of candidates in a tight job market. "When the national unemployment rate falls to ultra-low levels, employers typically cast wider nets to find the workers they need. As they do so, they typically start pulling in more people from historically disadvantaged groups. These include job-seekers with less education as well as racial minorities," reports *The Associated Press*.

### Invitation to Bid Elevator

W. G. Yates & Sons Construction Company and Jackson Health Systems cordially invite subcontractors to complete and submit their bids by Friday January 26, 2018 no later than 2pm for the following project:

**Jackson Health System  
JHS West Medical Campus**

The Invitation to Bid includes the following packages:

- Conditions of the Contract and Specifications – Issued for Construction – December 11, 2017
- Architectural Drawings – December 11, 2017
- Small Business Enterprise (SBE) & Responsible Wages – Attached Form A-6, A-14 & A-16

Bid requirements and bid forms, specifications, drawings and other construction documents will be available through [www.ISQFT.com](http://www.ISQFT.com). Respond to Jessica Miller at [jmiller@wgvyates.com](mailto:jmiller@wgvyates.com) to get access to bid documents.

All bids must be delivered in a sealed envelope to Jackson Memorial Hospital Facilities, Design and Construction Department trailer located at the corner of NW12th Ave. and NW 19th St. Complete address is listed below:

**Jackson Memorial Hospital – FD&C Command Center Trailer 1**  
**Attn: Mike Posey**  
**1811 NW 12th Ave.**  
**Miami FL 33136**

Yates is committed to supporting the economic development of certified Miami-Dade county small business enterprise-construction (SBE-C) firms. Miami-Dade County certified SBE-C entities are encouraged to submit a bid package for this and future projects. W.G. Yates & Sons Construction Company and associated partners are an equal opportunity employer minorities/females/veterans/individuals with disabilities/sexual orientation/gender identity.

All questions can be directed to Mike Posey at [mposey@wgvyates.com](mailto:mposey@wgvyates.com).



**Attention Business Owners**

**Mom and Pop Small Business Grant Program**  
For Miami-Dade County District 1

Grant Money Available!  
Up to \$5,000 Per Business

Applications available  
**January 17, 2018 through February 1, 2018**

**PICK UP APPLICATIONS AT:**  
Commissioner Barbara J. Jordan's District Office  
2780 NW 167 Street  
Miami Gardens, FL 33055  
Phone: 305-474-3011  
Attn: Larry Gardner

Or  
Neighbors And Neighbors Association (NANA)  
5120 NW 24th Ave (School building)  
Miami, FL 33142

Applications online January 17, 2018 [www.miamidade.gov/district01](http://www.miamidade.gov/district01)

There will be an information workshop explaining the requirements on February 1, 2018 at 6:30 p.m.  
North Dade Regional Library  
2455 NW 183 Street, Miami Gardens, FL 33056  
Please be on time!

Completed applications will be accepted from February 2 – February 9 by 4:00 pm  
Hand deliver application to District Office or NANA  
**No late applications will be accepted!**

For additional information contact: Ms. Gloria Rice 305-756-0605  
Neighbors And Neighbors Association (NANA)

Submit 1 original completed application with requested documents

We suggest you keep a copy for your records!





**Attention Business Owners**

**Mom and Pop Small Business Grant Program**  
For Miami-Dade County District 3

Grant Money Available!  
Up to \$10,000 Per Business

Applications available  
**January 17, 2018 through February 5, 2018**

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5400 NW 22nd Ave 7th Floor Miami, FL 33142  
Phone: 305-636-2331  
Attn: Marcus Barfield

Or  
Neighbors And Neighbors Association (NANA)  
5120 NW 24th Ave (School building)  
Miami, FL 33142

Online January 17, 2018 at [www.miamidade.gov/district03](http://www.miamidade.gov/district03)

There will be a mandatory workshop explaining the requirements held on February 5, 2018 at 1:00 p.m.  
Neighbors And Neighbors Association (NANA) - Cafeteria  
5120 NW 24th Ave, Miami, FL 33142  
Please be on time!

Completed applications will be accepted from Feb. 6 – Feb. 13 by 4:00 pm.  
Hand deliver application to NANA  
**No late applications will be accepted!**

For additional information contact: Gloria Rice 305-756-0605  
Neighbors And Neighbors Association (NANA)

Submit 1 original completed application with requested documents

We suggest you keep a copy for your records!





Venus Williams' Australian Open campaign was ended by unseeded Swiss Belinda Bencic on the opening day in the women's draw in Melbourne.

MAJOR LET DOWN FOR U.S. WOMEN

## Venus, Stephens out in Melbourne

The Associated Press

MELBOURNE, Australia — U.S. Open champion Sloane Stephens was first to go, followed quickly by last year's Australian Open

runner-up, Venus Williams. CoCo Vandeweghe went out next as things really started to go crazy for the U.S. women, who eventually lost nine out of 10 first-round matches on a bleak

opening day of the Australian Open.

Four months after American women filled all four semifinal spots at the U.S. Open — for the first time in 36 years — three of them

are out of contention at the next Grand Slam.

Monday's major letdown was compounded when eighth-seeded Jack Sock and No. 16 John Isner joined the procession of U.S. first-round losers.

In her first match at Rod Laver Arena since a vintage run in 2017 ended in a championship loss to sister Serena, Venus Williams lost her opener to Belinda Bencic 6-3, 7-5 to ensure the title won't stay in the family.

Serena Williams hasn't played a Grand Slam tournament since winning her 23rd major in Australia last year because of her pregnancy and the birth of her first child.

Fifth-seeded Venus was considered a serious contender in her 77th major to break a Grand Slam title drought dating back to 2008.

Bencic, who had never taken a set off Venus in four previous matches and had lost to Serena in the first round last year, had other ideas.

"I think I had a little bit too much respect, played a little bit careful and safe," Bencic said of her four previous losses to Venus. "This time I really tried to come out and hit it big."

Bencic saved five break points in the eighth game before a rain delay caused an almost half-hour suspension of play as the roof was closed on Rod Laver Arena. She returned on a roll, winning the next six points to clinch the first set, and then dominated the second.

Venus had 26 unforced errors and 22 winners, and said she didn't get the luck of the draw by having to play somebody who has been ranked as high as No. 7.

"I don't think I played a bad match. She just

played above and beyond," Williams said. "I just have to give her credit for that."

The 20-year-old Bencic, who was born a couple of months after the last time there was no Williams in the second round at the Australian Open (1997), hit 32 winners, had 12 unforced errors and converted five of 11 break-point chances.

She credited playing with Roger Federer at the Hopman Cup — where they teamed up to win for Switzerland — with helping her recent improvement. Having Federer's parents supporting her in the crowd also helped.

Stephens was the first American to falter, losing 2-6, 7-6 (2), 6-2 to No. 34-ranked Zhang Shuai to extend her losing streak since the U.S. Open to eight matches.

"Tennis is definitely a roller coaster," said the 13th-seeded Stephens, who was broken while serving for the match in the second set. "But I have learned to just not panic. It will be OK."

It wasn't OK for the 10th-seeded Vandeweghe, a semifinalist in Melbourne and at the U.S. Open last year, who was feeling sick and frustrated in a 7-6 (4), 6-2 loss to Timea Babos.

She yelled an obscenity late in the second set, and then got a time violation for waiting too long for a banana to be brought to the court between sets, earning a point penalty.

"I was just trying to wait for what I asked for to come and the chair umpire deemed that it wasn't a good enough reason," she said.

Cici Bellis, Sofia Kenin — who lost to No. 12 Julia Goerges, now on a 15-match winning streak — Alison Riske, Taylor Townsend and Jennifer Brady all lost before Nicole Gibbs beat Viktoriya Tomova 6-1, 6-1 to end the streak of eight losses for the U.S. women. Irina Falconi lost 6-1, 6-1 to No. 23-seeded Daria Gavrilova in the night match, making it 1 for 9. "Yes we were talking

about it in the locker room and some of them were ribbing me that I had to carry the flag for us," Gibbs said. "It was a tough day, and this is a tough sport. This isn't an indication of anything except we have a lot of depth and we had a bad day."

Sock, the highest ranked of the American men, lost 6-1, 7-6 (4), 5-7, 6-3 to Yuiichi Sugita, while Isner lost to Australian journeyman Matt Ebden and qualifier Kevin King lost to No. 15 Jo-Wilfried Tsonga.

Ryan Harrison beat Dudi Sela in a sometimes heated five-setter in front of a partisan crowd and qualifier Mackenzie McDonald also bucked the trend for the Americans.

Not everyone found the going tough on a mild opening day in Melbourne.

Top-ranked Rafael Nadal and No. 3 Grigor Dimitrov opened with routine wins, as did second-seeded Caroline Wozniacki and No. 4 Elina Svitolina on the women's side.

Nadal, returning from time out with a sore right knee, had a 6-1, 6-1, 6-1 win over Victor Estrella Burgos in a night match played at the same time as local hope Nick Kyrgios beat Rogerio Dutra Silva 6-1, 6-2, 6-4.

No. 6 Marin Cilic, No. 10 Pablo Carreno Busta, No. 23 Gilles Muller, No. 24 Diego Schwartzman, No. 28 Damir Dzumhur, No. 30 Andrei Rublev and No. 31 Pablo also advanced.

U.S. Open finalist and No. 11-seeded Kevin Anderson lost in five sets to Kyle Edmund.

French Open champion Jelena Ostapenko started with a 6-1, 6-4 win over 37-year-old Francesca Schiavone, the 2010 French Open winner. Olympic gold medalist Monica Puig saved a match point before recovering for a win over former U.S. Open champion Sam Stosur.

Other seeded players falling included No. 24 Dominika Cibulkova, the 2014 Australian Open finalist, No. 25 Peng Shuai and No. 31 Ekaterina Makarova.



United States' Sloane Stephens reacts while playing China's Zhang Shuai during their first round match at the Australian Open tennis championships in Melbourne, Australia, Monday, Jan. 15, 2018.

**INSIDE**

**NICOLE MITCHELL**

Inventive flutist,  
sounds of Blackness

6C



RECIPE  
**Boneless Barbecue Wings**

2C

## Miami HBCU grad praises alma mater

Children's book features Tuskegee University

**MARGARITA SWEETING**  
*Special to the Miami Times*

Tuskegee University is one of the top 10 historically Black universities in the country, however many don't know that its foundation is built on a long history of excellence, said Robert Constant, author of a new children's book called "Hey Tuskegee!"

Although Tuskegee founder and first president Booker T. Washington is well-known, Tuskegee, located in Alabama, represents a myriad of other landmarks in Black history that Constant wants to share. Tuskegee University was founded in 1881.

"Tuskegee is a very special place. I love its history, but a lot of people don't know its history. They have no idea who the Tuskegee Airmen were," said Constant. "My goal is to introduce you to the world of Tuskegee."

Constant is hosting a book signing for "Hey Tuskegee" at 1 p.m. Jan. 27, at Barnes & Noble Bookstore, 11820 Pines Blvd in Pembroke Pines.

SEE GRAD 4C

“

**"Tuskegee is a very special place. I love its history, but a lot of people don't know its history. They have no idea who the Tuskegee Airmen were," said Constant. "My goal is to introduce you to the world of Tuskegee."**



**Robert Constant**

Photos courtesy of Robert Constant



# JENIFER

## Lewis

Black Hollywood legend pens new memoir

LAUREN POTEAT  
NNPA Newswire

**J**enifer Lewis, affectionately nicknamed "Auntie" in Black Hollywood, recently made a special appearance at the Duke Ellington School of Performing Arts in Washington, D.C., where she shared the trials, tribulations and triumphs of her journey to superstardom, while sending a strong message to millennials to stand up and find a purpose.

"There's no foolproof way to live this thing called 'life.' I can't save the world, I can't save you and ain't nobody coming to rescue you," said Lewis. "Do the work, look in the mirror and know this ain't no rehearsal. This is life."

Lewis continued: "Live, pursue happiness—sometimes it's easier said than done—but we have to strive for that. You've laid down in front

SEE LEWIS 5C

Jenifer Lewis, who now plays the mom of Anthony Anderson's character on "Black-ish," has written a new book called "The Mother of Black Hollywood," recalling her many roles as a mom, aunt, grandmother.

Andre Chung/for The Washington Post

# Women's HEALTH ISSUES

Jackson HEALTH SYSTEM PUBLIC HEALTH TRUST

THE MIAMI TIMES | JANUARY 2018

## Gastric sleeve surgery gives 21-year-old a new beginning

During the summer of 2016, Robert Toledo was on a trip to Washington, D.C., when he realized that walking through the historical sites was particularly arduous. He grew fatigued quickly and even tying his shoes was challenging.

"It was my second year of college and I gained a lot of weight from the stress of school," said Toledo. "I had to Uber everywhere in D.C. because I would quickly feel lethargic."

Toledo had been overweight his entire life, but by that summer he weighed 297 pounds at six feet tall. Making matters worse, he was pre-diabetic, had high blood pressure, and was just 20 years old.

"I was supposed to be living my best years and I knew I was not looking my best," said Toledo. "I knew I could do better."

The Hialeah resident was becoming impatient as he had to prioritize work, school, and sleep over the gym. He was starting to lose hope.

He finally allowed himself to regain faith in having a chance to reset his life when his neighbor's granddaughter told him about her experience with Jackson South Medical Center bariatric surgeon Moises Jacobs, MD. Toledo met Dr. Jacobs shortly after returning from his vacation in Washington.

During his appointment, Toledo learned about gastric sleeve surgery – and that he would be a great candidate for it.

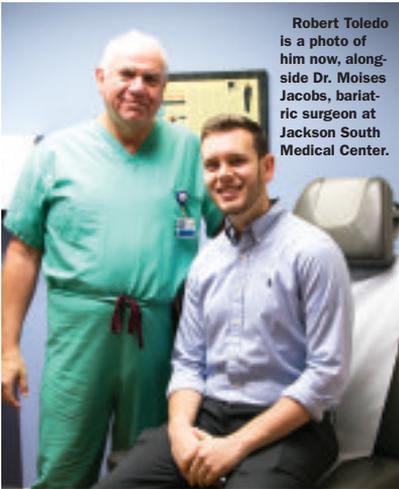
"I was immediately convinced that Dr. Jacobs was the right person to do the surgery," said Toledo. "I appreciated his humility and he conveyed a confidence that made me comfortable to have this second chance."

As Toledo prepared for his

**SEE GASTRIC 4C**



Robert Toledo



Robert Toledo is a photo of him now, alongside Dr. Moises Jacobs, bariatric surgeon at Jackson South Medical Center.



### Boneless Barbecue Wings

#### INGREDIENTS

- Cooking spray
- 2 tablespoons whole-wheat flour or all-purpose flour
- 1/4 teaspoon salt-free seasoned pepper blend
- 1/4 cup low-fat buttermilk
- 1 teaspoon red hot-pepper sauce
- 1 cup crushed corn flake cereal (about 2 1/2 cups flakes)
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 28 strips
- 1/4 cup barbecue sauce (lowest sodium available)
- 1 tablespoon cider vinegar
- 1 tablespoon honey

#### PREPARATION

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
2. In a medium shallow dish, stir together the flour and seasoned pepper blend. In a second shallow dish, whisk together the buttermilk and hot-pepper sauce. Put the corn flake crumbs in a third shallow dish. Working in batches, dip the chicken in the flour mixture, then in the buttermilk mixture, and finally in the corn flake mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating mixture so it adheres to the chicken.
3. Arrange the chicken in a single layer on the baking sheet. Lightly spray the top of the chicken with cooking spray.
4. Bake for 25 minutes, or until the chicken is no longer pink in the center and the coating is crisp.
5. Meanwhile, in a medium bowl, whisk together the barbecue sauce, vinegar, and honey.
6. Add the chicken to the sauce, stirring gently to coat, or serve the sauce on the side.

Source: American Diabetes Association

Jackson Health System's expert bariatric surgeons created South Florida's only surgical weight-loss program focused primarily on sleeve gastrectomy – The Gastric Sleeve Center at Jackson North Medical Center and Jackson South Medical Center.

These two programs have already helped hundreds of men and women collectively lose thousands of pounds and transform their lives. Most importantly, the majority of patients who have undergone these surgeries at Jackson have freed themselves from the dangers and despair of obesity-related conditions like diabetes, high blood pressure, and constant fatigue.

For more information about Jackson's gastric sleeve centers, call 305-585-TRIM (8746). To register for a free seminar, visit [www.JacksonCanHelp.org](http://www.JacksonCanHelp.org).

## New year, new you – weight loss surgery options

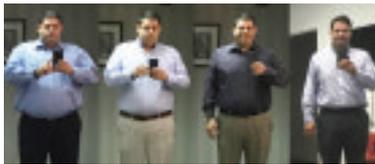
DR. ELIAS CHOUSLEB



Dr. Elias Chousleb

It's that time of the year when one of the most popular resolutions for the new year is to lose weight. The lines at the gym grow longer in January but unfortunately, they typically do not last through February.

If you are only looking to lose the few pounds that you gained during the holidays that may be okay; however,



Robert Rodriguez shows Jackson North Medical Center bariatric patient Robert Rodriguez losing weight in the months after his surgery.

if you suffer from severe obesity, this is one resolution you want to see all the way through.

Severe obesity is one of the largest epidemics of this century. More than 30 percent of the American population is obese. Unfortunately, diet and exercise are insufficient for almost 90 percent of patients. It is estimated that only 10 percent of people will be successful in losing their

excess weight and maintaining it long-term with diet and exercise alone.

Although bariatric surgery is not for everyone, it has been proven to be the only successful tool to help severely obese patients lose weight – and keep it off. This comes with many benefits, such as improvement or resolution of medical problems like diabetes, hypertension,

**SEE WEIGHT 4C**

## Obesity.

It's not always about willpower.

It's not always about exercise.

It's not always a choice.

Obesity is a real medical condition with life-threatening side effects, like diabetes and high blood pressure.

We understand, and we may be able to help you become healthier. Call 305-585-TRIM or visit [JacksonCanHelp.org](http://JacksonCanHelp.org) to register for a FREE seminar.

I'm Ready To Be Healthy!



Jackson HEALTH SYSTEM  
Miracles made daily.



## Keep marching

March because "darkness cannot drive out darkness, only light can do that." March because "injustice anywhere is a threat to justice everywhere." March because "hate cannot drive out hate, only love can do that."

Comcast celebrates Dr. Martin Luther King, Jr. with an exhibit inspired by his words.

Take a virtual tour of the artwork created by Philadelphia area students by visiting

[VoicesOfTheCivilRightsMovement.com](http://VoicesOfTheCivilRightsMovement.com).



# Life after retirement: Insight on 'Aging Thoughtfully'

## Book explores options for aging

**TERRI SCHLICHENMEYER**  
bookwormsec@yahoo.com

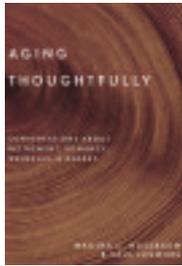
Knitting and screaming.

That's how you'll go into your twilight years: the calendar might say one thing but you're not going to pay it any mind. There's still a lot of pep in your step so shouldn't, as in the new book "Aging Thoughtfully" by Martha C. Nussbaum & Saul Levmore, how you spend your golden years be your decision?

Once upon a time in the not-too-distant past, the average life expectancy was around 50 years, while the median retirement age was 74. Back then, retirement

didn't involve Social Security or other government programs; instead, people worked until they couldn't. Today, there are "more choices, and this book is about these choices."

First of all, why retire at all? Says Levmore, there are laws in the United States that say you don't have to but he's in favor of changing them — especially if businesses institute "defined benefit plans," which are often seen in government jobs but rarely in the private sector. These changes would benefit employers, who could better maintain productivity; younger workers needing



jobs, and older workers, if Social Security was tweaked a bit. It would also help with "the people normally labeled as the elderly poor," since defined benefit plans would

give them more month-to-month income.

But retirement: one can only guff so much — what next? Says Nussbaum, retirement allows for a "second career," either one that pays or one of volunteerism. For those kinds of choices, she looks at Finland, where retirement is mandatory at a relatively young age. It works because the Finns have excellent health care, they have ample time for better retirement preparation, and because they are treated equally.

Statistically speaking, as we age, we rely less on plastic surgery and more on the idea that wrinkles are "glamorous" — a notion that can

absolutely be pushed "too far." We tend to live our lives "backwards," which is okay; doing so offers time to deal with negative emotions and unfulfilled regrets. Here, we learn the reasons for those pearl-clutching May-December ruminations we see in the tabloids. And we get advice on giving while we can still say where our assets should go.

I struggled a lot with this book, and I'm ultimately disinclined to recommend it. Here's why: though "Aging Thoughtfully" is a series of "conversations" about getting older, its basis is really old — as in, ancient philosophy and Shakespeare.

While that doesn't make

it a bad book by any means, it does mean that its usefulness is limited. Readers looking for advice will have to look harder because that's buried in Cicero and King Lear; those in search of solid research will find it scattered between philosopher John Rawls and Cato the Elder. Yes, there are conversations within these pages and they're thought-provoking, maybe even comforting, but they're not really very accessible for the average reader.

Should you decide to tackle this book, do so with awareness for what you're in for here. "Aging Thoughtfully" isn't bad but, for most people, it's going to make you scream.

## WEIGHT

CONTINUED FROM 2C

sleep apnea, and many others. There are multiple options available and your doctors can help you pick an option that is right for you to lose weight and improve additional illnesses that combine with obesity, or comorbidities.

Non-surgical alternatives such as endoscopic scarless procedures are also available

to help combat the obesity epidemic. With procedures ranging from different types of gastric balloons to novel suturing interventions, we have something that is right for you.

At the Sleeve Gastroenterology Center at Jackson North Medical Center, a multidisciplinary team works together to make your resolution to lose weight a reality.

If you are between 18 and 70 years old, and your Body Mass Index (BMI) is greater than 35, bariatric surgery

may be right for you. If your BMI is between 28 and 35 we also have suitable options. Let us help you regain control of your life.

Operations are generally performed with the most advanced, minimally invasive techniques that include laparoscopy and endoscopy, so there is very little down time following the operation. Most patients spend only one night in the hospital, and they are back to their regular activities within a week or two. Endoscopic procedures can be

performed in an ambulatory basis without spending the night in the hospital.

Our options range from a wide variety of endoscopic procedures performed through the mouth without the need of incisions in the abdomen to surgical interventions such as gastric banding, gastric sleeve and gastric bypass. It is important to be familiar with how the procedures work and what to expect during your recovery period. The better you understand the process, the better off you will be in

reaching your coveted goal.

If you are serious about losing weight, or even if you are interested in finding out if any of the options are right for you, come and learn more at one of our monthly seminars. This is the first step in gaining control of your health. Surgery is not a failure, nor does it represent lack of will. It represents hope for those who have struggled with weight gain most of their lives.

With trackable and measurable outcomes, Jackson North can provide results compa-

table to those of the most prestigious institutions in the United States and worldwide.

Elias Chousleb, MD, FACS, is a bariatric surgeon with the Weight-Loss Surgery Center at Jackson North Medical Center. He is also the Medical Director and Associate Chief of Surgery of The Gastric Sleeve at Jackson North. He leads the center's free monthly information sessions at Jackson North. For more information, visit [www.JacksonCanHelp.org](http://www.JacksonCanHelp.org) or call 305-585-TRIM(8746).

## GASTRIC

CONTINUED FROM 2C

weight-loss surgery in mid-December 2016, his determination led him to slowly change his lifestyle. He stopped eating out, prepared his own meals, and became more physically active. He came to understand that surgery was a catalyst to weight loss, but that the lifestyle change was entirely up to him.

"There's a stigma that might make people my age embarrassed, but it's more embarrassing to display yourself as overweight," said Toledo. "When you are at a point of no return, it's very beneficial - it changed my life 100 percent for the positive."

The bariatric surgery was a success. The very same day, Toledo was walking around the hospital surrounded by his supportive family.

"I had a positive experience with the staff at Jackson South," said Toledo. "The

hospital amenities made me feel like I was in a hotel with top-quality care."

Now, a little more than a year after his surgery, Toledo has more confidence and energy, and works out in the gym three to four times a week. He has been able to enjoy outdoor activities that he previously couldn't participate in due to his weight — such as biking more than 20 miles, an 8-mile hike in the Everglades in ankle-deep water, and spearfishing.

"I started seeing the bene-

fits of weight loss which fueled my energy for life and self-esteem," said Toledo. "Small, everyday tasks like tying my shoes became easier."

More than one-third of American adults are obese, as determined by an individual's Body Mass Index (BMI), according to the Centers for Disease Control and Prevention (CDC). Bariatric surgery helps people change their physical appearance by shedding pounds, but it also has shown to help them mentally.

"The younger they are,

the easier it is that it changes their life psychologically — it's incredible," said Dr. Jacobs. "Robert was shy and now he comes here more confident."

Toledo graduated from Florida International University with an undergraduate degree in chemistry and is currently applying to medical school. In the meantime, he's shadowing the doctor he now idolizes: Dr. Jacobs.

"I shadow Dr. Jacobs now to learn more about bariatric surgeries," Toledo said. "He is in the business of changing

lives; I hope to be half as successful as him."

To date, Toledo has lost about 120 pounds. He's been able to maintain a weight of 180 pounds — a first for him as he has never been able to keep a resolution to lose weight.

For his part, Jacobs enjoys seeing patients like Toledo living their best lives after having weight-loss surgery.

"This is the most gratifying surgery that exists in the world," said Dr. Jacobs. "It brings people happiness and health."

## GRAD

CONTINUED FROM 1C

Constant attended Miami Norland Senior High and earned his bachelors in business administration from Tuskegee in 1998. Additionally, he graduated from St. Thomas University with a degree in sports administration. He lives in Scotch Plains, New Jersey with his wife of 17 years, Sherette Flowers Constant, also a Tuskegee graduate and their two children.

Using his own children, Robert, 10, and Saniyah, 3, he takes his readers on a visit to the school focusing on homecoming and the surrounding events. On this journey, readers are introduced to the Tuskegee Airmen, the first African-American pilots who fought during World War II; the Carver Museum, named after inventor George Washington Carver; and St. Andrew's Episcopal Church, a focal point of protesters on their way to marches during the Civil Rights Movement.

"Tuskegee is not just local, regional, or national, it's a worldwide phenomenon. This is a place where students physically helped build the school. I want every graduate to read this book to at least one child in their lifetime," said Constant, because it can not only educate a new generation of children but can also be used as a recruiting tool.

According to Constant, there are several books about Carver, Washington and the Tuskegee Airmen, but his book is unique in that it combines all three using the university at its center.

Constant was drawn to Tuskegee after spending a summer with a cousin who attended the university. He shared the school's history, and how members of his own family had made their

mark there.

"He told me about his time there, about my great grand-uncle playing tennis there, and I just knew it was the right place for me."

While at Norland, where he graduated in 1991, Constant played defensive back on the football team and developed a rapport with his coach, Allan Wilson, and his son, Alkenyatta Wilson.

"Robert was very pleasant with a positive attitude and was very confident in what he was doing. He was also determined to succeed in life," said Allan, a Miami Gardens resident. He was a math teacher at Myrtle Grove Elementary School while he coached for Norland. "Robert was the type of person to always have a plan, and he had a willingness to learn what he didn't know."

According to Allan, Constant was always writing things down as well, keeping notes about his future and what he wanted to accomplish.

"He was very motivated and inspired," said Allan.

"I'm always writing everything down, a lot of lists and goals. My brain would be thinking of all these great ideas, but the next day I would forget them. So, I just started writing everything down. It's something I do to this day," said Constant.

After graduating from Norland, Constant attended Defiance College in Defiance, Ohio before transferring to Tuskegee a year later. He was drawn to Tuskegee after spending spring break with a cousin who attended the university. He shared the school's history, and how members of his own family had made their mark there.

"He told me about his time there, about my great grand-uncle playing tennis there, and I just knew it was the right place for me," said Constant.

**Audrey M. Edmonson**  
Vice Chairwoman, Miami-Dade County

Presents

# Family Movie Night at the Park

Bring your blankets, lawn chairs & picnic baskets  
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For accessibility information for persons with disabilities please call 305-755-7048

# LIFESTYLE HAPPENING

COMPILED BY THE MIAMI TIMES STAFF  
EDITORIAL@MIAMITIMESONLINE.COM

■ **The Miami Northwestern Class of 1968** meets every 4th Saturday at 2 p.m. at The African Heritage Cultural Arts Center. Call 305-218-6171.

■ **The George Washington Carver Alumni Association** meets the 3rd Wednesday each month at 4 p.m. in Rm. 6 at George Washington Carver. Call 954-248-6946.

■ **The Miami Northwestern Class of 1973** meets every 3rd Sunday at 4 p.m. Call 786-877-1176 or email msoguns@aol.com.

■ **The Miami-Dade Chapter of Bethune-Cookman University**, meets the 2nd Thursday of each month, 6:30 p.m. at the Omega Center.

■ **Tennessee State Alumni Association/Miami-Dade Chapter**, meets every 3rd Saturday, 9 a.m. at The African American Cultural Arts Center. Call 305-336-4287.

■ **The Morris Brown College Miami-Dade/Broward Alumni Association** monthly meetings are held at North Shore Medical Center, Room C each 3rd Saturday from 9:30-11 a.m. Call 786-356-4412

■ **The Miami Jackson Class of 1968** meets every second Monday at the VFW located at 11911 West Dixie Highway and is planning for their 50th Reunion June 14-18, 2018. Call 305-336-7663.

■ **The Miami Carol City Class of 1968** meets every 4th Sunday at 4 p.m. Call 305-494-6265.

■ **The George Washington Carver High School Class 1966** meets the 2nd Saturday each month at 1234 N.W. 79th St. at 12 p.m. Call 305-300-7630.

■ **The Miami Carol City Class of 1968** meets every 4th Sunday at 4 p.m. We are planning our 50th Reunion for September 14-16, 2018. Call 305-494-6265.

■ **Women in Transition of South Florida** offers free computer classes for women. Call 786-477-8548.

■ **The Surviving Twin Network** welcomes the support of twins or siblings, who have experienced such loss, to share with others, as a source of comfort. Call 305-504-4936.

■ **The Northwestern Class of 1962** meets every 2nd Saturday at 3 p.m. at The African Heritage Cultural Arts Center. Call 305-681-3330.

■ **Florida A & M University (FAMU) National Alumni Association (NAA) South Dade Chapter** invites you to join them the 4th Wednesday of each month at Community Health Center of South Florida at 6 p.m.

■ **Booker T Washington**

**Class of 1967** meets every third Saturday from 4-6 p.m. at the African Heritage Culture Arts Center East Portable #1. Call 305-333-7128.

■ **Inner City Children's Touring Dance** will have free Introductory Classical Ballet Workshops for girls ages 6-8 and 9-12 on Monday and Wednesday evenings. Call 305-758-1577 or visit www.childrendance.net.

■ **Karate Classes** at Range Park on Monday, Wednesday and Thursday from 6-8 p.m. Call 305-757-7961.

■ **Top Ladies of Distinction, Inc.** meets 10 a.m. every second Saturday at the African Heritage Cultural Arts Center. Call 305-439-5426.

■ **The Miami Central High Alumni Association** meets every second and fourth Wednesday in Miami Central High library at 7 p.m. Call 305-370-4825.

■ **Northwestern Alumni Class of 61** meets at YET Center every second Tuesday 12 p.m. Call 305-696-1154.

■ **The South Florida Alumni Chapter of North Carolina Central University** meets 11 a.m. every second Saturday at Denny's in Miami Gardens.

■ **The Miami Jackson Class of 1971** meets at 2:30 pm every first Saturday at Gwen Cherry Park NFL / YET meeting area. Call 786-285-2533.

■ **Unspoken Dance Company** is now recruiting dancers ages 5 and up. To register call 305-409-7490 or email unspokendanceco@gmail.com.

■ **The Northwestern Class of 1959** meets every third Saturday from 10:30 a.m. to 12 p.m. at the African Heritage Cultural Arts Center. Call 786-897-2646.

■ **Division of Blind Services Vocational Rehabilitation Program** provides services to the visually impaired. Call 305-377-5399.

■ **The North Dade/Miami Carol City H.S., Class of 1967** invites you to join them aboard the Carnival Conquest Sept. 24-30, as they celebrate their 50th Class Reunion. Call 305-336-6293 or 305-333-7613.

■ **The Booker T. Washington Class of 1959** meets every first Tuesday from 11:00 a.m. to 1:00 p.m. at the Golden Corral Buffet. Call 305-989-0994.

■ **Florida SBDC at FIU & Wells Fargo** will host "How To Make Your Business Bankable," 8:30-11 a.m. on Jan. 25 at 2300 NW 14th St. There is no cost to attend and breakfast is included. Register: <http://go.fiu.edu/bankable> 305-779-9230.

*The deadline for the Lifestyle Calendar is on or before 2 p.m. Fridays.*



Nicole Mitchell, one of the most innovative jazz flutists of the past 30 years, is the artist-in-residence at Winter Jazzfest in New York.

## Nicole Mitchell, inventive flutist, sounds of Blackness

GIOVANNI RUSSELLONELLO  
*The New York Times*

Nicole Mitchell, 50, the artist-in-residence at this week's Winter Jazzfest in New York, brings an eclectic ear and a frothy vigor to her instrument. The flute is rarely given much of a chance in jazz — maybe it seems too quiet, too liquid, too fey — but she has transcended all that, becoming a leading voice of the music's cutting edge.

Yet Mitchell has the demeanor of an author more than a protagonist. Her projects typically begin with a conceptual narrative and end with many voices spilling into a collective expression. What can sometimes be forgotten is that Mitchell is probably the most inventive flutist in the past 30 years of jazz. So too can the fact that all her music — from its fetching melodies and shadowy harmonies to the synergistic resolve of her bands — flows from her careful engineering.

That was the case with Bakamako\*Chicago Sound System, a group that Mitchell coleads with the Malian kora player Ballake Sissoko, but that began as her brainchild. And it's borne out particularly on the two remarkable albums she released last year: "Mandorla Awakening II: Emerging Worlds," featuring her Black Earth Ensemble; and "Liberation Narratives," a collaboration with the poet and activist Haki Madhubuti, her mentor for over 25 years. Drawing in part on his influence, Mitchell founded the Black Earth Ensemble, a midsize group with a rotating cast, in the mid-1990s. The music she writes for it focuses on a storytelling sen-



—Armando L. Sanchez / Chicago Tribune

Flutist Nicole Mitchell will present the world premiere of a collaboration with Malian musicians on Saturday at the Hyde Park Jazz Festival.

sibility. She started working on "Mandorla Awakening" — the ensemble's most recent project and, so far, its masterpiece — after reading "The Chalice and the Blade," the Riane Eisler book that sorts societies into two columns: those guided more by the will toward domination, and those that are more partnership-based and collaborative.

The album proves that grand artistic ambitions can serve to catalyze as much as to proclaim. The dynamics shift dramatically — from strong, full-sail solos by Mitchell that are bluesy and chromatic and abstract to powerful beats carried by the cello and the cajón. The poet Avery R. Young recites Mitchell's free verse, relating the futurist tale of Mandorla to the contemporary Black freedom struggle.

As a child Mitchell remembers drawing inspiration from her mother, a painter whose imagery of-

ten featured Black women in distant worlds, with seemingly superhuman powers. Her mother also read the politically laced science fiction of Octavia Butler, years before Afrofuturism became an established idea.

Living in Syracuse in the 1970s, her mother helped start the Black Folk Art Gallery, now called the Community Folk Art Center, and became close with a coterie of artists. But when Mitchell's father pursued a job in the Los Angeles area, the family had to move. Attending a nearly all-white school in Anaheim, Mitchell experienced racist bullying far more bitter than what she'd seen in upstate New York.

"Roots" came on TV, which is supposed to educate people, but the result was boys chasing me around with ropes and trying to whip me and calling me Kizzy," she said.

She feels the area's racial hostility contributed to

her mother's suicide, when Mitchell was 16. She pledged after her mother's death that she would become an artist, espousing the same ideas of pride and invention that she had.

Mitchell attended college at the University of California at San Diego, then transferred to Oberlin, but she dropped out and moved in 1990 to Chicago. It was her mother's hometown, and Mitchell had spent her happiest days of childhood there, visiting extended family. She soon found community at Third World Press — Madhubuti's esteemed African-American bookstore, school and publishing house — and at the Association for the Advancement of Creative Musicians. (Nowadays, Mitchell finds herself unexpectedly back in California, where she lives part-time, and is a music professor at the University of California, Irvine.)

Filled with comedy, sex, glamour, sorrow, pain, and good advice, Lewis' latest over the top production — the story of her life — is a terrific read for anyone who has ever felt like they were ignored, but longed to have a voice.

Lewis said that she recently completed work on a new Disney animated TV series based on the movie "Big Hero 6" and plans to reprise her role as Jackie Washington in the mockumentary "Jackie's Back! 2," that will pick up where the original 1999 Lifetime channel movie left off.

## LEWIS

CONTINUED FROM 1C

of these police barricades, now get up, stay up and keep it moving, but don't miss the beat of feeling . . . don't just go willy nilly into the world."

Detailing traumatic and heroic moments from her past throughout her special performance, Lewis talked about being molested as a teenager, her first encounter with illegal substances and growing to understand and cope with a bipolar disorder diagnosis.

"Feel your feelings. If you're disappointed you feel, if you're hurt you feel," said Lewis. "Don't you stay in a dark room and be quiet and if somebody inappropriately touches you or abuses you, you tell somebody."

Compelled by the actress's gripping, yet comedic words, audience members gushed over the opportunity to engage with the Hollywood legend and to share their own personal stories.

"Jennifer, I just wanted to say my daughter — she would of been 27 — she was bipolar," one district

# THE SOCIAL WHIRL

BY VENNDA-REI GIBSON | VENNDAL43@GMAIL.COM

The giving season should never end, and for some folks it doesn't. **T. Y. Hilton**, and his family continue to give and give to their community, and that's exactly what was done during the Christmas season,

when **Hilton** inaugurated **T.Y. Hilton's First Annual Christmas Festival** for the children at **Gwen Cherry Park** in Liberty City. **T. Y.**, a grad of **Miami Springs Senior High**, an NFL wide receiver for the **Indianapolis Colts** who was named for the 2018 Pro Bowl makes us proud and appreciative. He and his wife **Shantrell** have two sons **Eugene Marquis Jr.** and **T.Y. Maurice** and a daughter **Eugenia**.

This first festival included multiple activities including a petting zoo, bounce house, games for prizes and a toy giveaway. The program began with a welcome from **PROS**, (Parks, Recreation and Open Spaces ), **Miami-Dade County, Gwen Cherry Community Center Manager Bobby D. Johnson**. Included in the entertainment were performances by members of **Simone's Just Dance Performing Arts Studio**. The company was started by **Simone Beauford**, Northwestern Class of 1999. Noted attorney **H.T. Smith**, Chairman, **Gwen Cherry Park Foundation**, seven as Master of Ceremonies. Other guests on program included **James Bush III**



**Rawls**

and **Maria Nardi**, Director, **Miami-Dade County Parks, Recreation and Open Spaces Department.** (PROS), who honored **Ms. Ruby Cleare**, Administrative

Assistant at the **Gwen Cherry Park**. The highlight of the program was a special presentation by **Andrew Crenshaw, Esq.** with a \$50,000 donation from **T.Y.** to the Boys and Girls Club at **Gwen Cherry Park**. Over 600 kids were in the gym at the park for the toy giveaway where gifts including bikes were given out. The toys were donated by **T.Y. Hilton** and **The Hilton Family Foundation**. His parents **Cora** and **T.Y. Sr.** feel very blessed to give and which was shown as he gave closing remarks at the festival.

I'm very grateful to **Caleb Crosby, Jr.** who makes sure that he shares with me news that I can share with you. **Caleb's** mother **Jackie**, was my family's neighbor in Overtown and his father, **Caleb** was a beloved member of the faculty, at Northwestern, his sister **Sylvia Crosby Guilford** was a dear friend...when we sit and think about it there are connections that reach out everywhere.

The many sponsors, volunteers, staff and parents who give much to help our kids really shows how working together

brings results.

Dear readers, yes, I'm a proud graduate of Northwestern Class of '61', however our connections reach far beyond that. We know each other through our churches, communities in Overtown and Liberty City, attending kindergarten together at **Booker T. Washington, Elementary School at Dunbar** and through numerous family ties. We are all connected.

I write this to say that I'm not partial to Northwestern. I want to share your news about your high school, or college, church or organization. I can't be everywhere, so you can email me news. It's news to share, and I certainly would welcome your stories, and hope to hear from some of the classes about their 2018 reunions coming up this year, especially from friends who graduated **Mays, George Washington Carver, Booker T. Washington and North Dade** over 50 years ago. Some classes are already preparing for their 60th Reunions in 2018 and 2019. Members of the Northwestern Class of 1958 are revving up for their 60th this year, and they're putting out the call for this notable celebration.

**Jackie Rawls**, Class of '59' says they're also preparing for their 60th in 2019. The class is inquiring about and wants to hear



**Beauford**

from classmates **Marvalena Adderly Smith, John Souter, Bertha Mayes Bivens and Betty Martins Wells.**

In our community we all have an opportunity to serve and give in many small ways. Alumni members of Northwestern are asking that former students, family and other make a donation to the Alumni Association to benefit Northwestern players who won the Class 6A state championship in Orlando last December. Alumni members would like to help purchase jackets for these kids to have and wear proudly. Making a difference makes a difference.

The **W.I.S.H.** Foundation in partnership with **Gamma Zeta Omega Chapter of Alpha Kappa Alpha Sorority, Inc.** presented a **Rev. Martin Luther King Youth Symposium: A Conversation on Race.** Featured speakers were **Dr. Steve Gallon**, **Miami-Dade School Board Member District 1** and **Bacardi Jackson, Esq.**, **The Tucker Law Group.** **Gallon's** topic was 'A Conversation with Parents' and **Bacardi Jackson** closed the symposium with a challenge to the youth participants. The event was held at **Universal Truth Center for Better Living.**

It was a celebration for the Alpha line of **The Dade County Alumnae Chapter of**



**The Hilton Family**

**Delta Sigma Theta Sorority**, which was established on January 10, 1981. Members of this first line were: **Lillie Thompson, Mary McCray, Annette Williams, Janice Hopton, Gwendolyn Bryant, Eddy Rodgers, Retha Boone-Fye, Sonja Ingraham, Lucia Davis-Raiford, Gloria Newbold, Patricia McCartney, Mae Bryant, Evelyn Davis, Shirley Funches, and Alice Pearl Sidney**, who died. Congratulations ladies.

120 years is a memorable milestone for a church that has been an integral part of the Overtown community. In the life of any church, families are connected in worship with nostalgia and memories of events from births and Baptisms, Confirmations, weddings, funerals and the myriad activities that make up parish life. And so it is that **The Historic Saint Agnes' Episcopal Church** observes its **Patronal and 120th**

**Church Anniversary** this January. In this vein, the parish will hold a black-tie dinner dance at the **Stadium Hotel** in **Miami Gardens**. The chairs are **Margaret Moncur, Robin Margaret Moncur, Robin Fisher, Connections...**

The church is much more than the brick and mortar used to build an edifice. The church lives and thrives through the community of people who breathe their lives into the church and their community through faith and religion. **Khalil Gibran** penned these words on religion: *"Is not religion all deeds and all reflection, And that which is neither deed nor reflection, but a wonder and a surprise ever springing in the soul, even while the hands hew the stone or tend the loom? Who can separate his faith from his actions, or his belief from his occupations? Your daily life is your temple and your religion."*

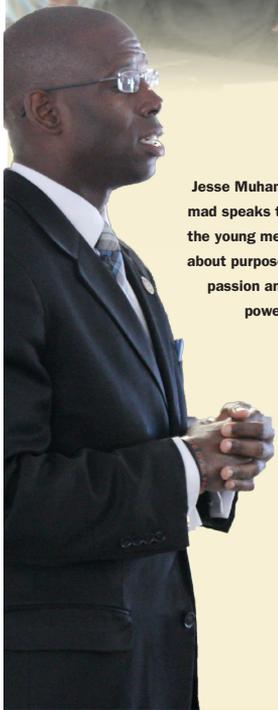


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City Commissioner Keon Hardemon speaks to the young men about consistency.



Jesse Muhammad speaks to the young men about purpose, passion and power.

## SUMMIT CHANGES THEIR DIRECTION

Young men show up to receive guidance, direction

JANIAH ADAMS  
jadams@miamitimesonline.com

Since 2010, the Smart'n Up Black Male Summit has aimed to change the direction of young Black men.

Usually, the summit occurs once a year. However, this year, the summit will tour around different Miami neighborhoods. The cities include Overtown, Liberty City, Little Haiti, Miami Gardens, South Miami and Coconut Grove.

"We know that the youth and dealing with them, the youth from Liberty City won't go to Overtown, the youth from South Miami won't go to Coconut Grove," said Nikki Cancey. "In

SEE SUMMIT 8D



Participants listen to the speakers' stories and guidance for life.

—Miami Times photos/ Janiah Adams



Maasai girls singing and dancing at a rite-of-passage ceremony, conducted as an alternative to genital cutting, in Lenkiseem, Kenya.

Credit: Andrea Bruce for The New York Times

## She ran from the cut and helped others

Nice Leng'ete protects girls from this tribal ritual

JINA MOORE  
The New York Times

The first time cutting season came around, Nice Leng'ete and her older sister ran away and hid all night in a tree. The second time, her sister re-

fused to hide.

For Maasai families, the cutting ceremony is a celebration that transforms girls into women and marks daughters as eligible brides. But to 8-year-old Nice, it seemed like a threat: She'd be held down by big-

ger, stronger women, and her clitoris would be cut. She'd bleed, a lot. Most girls fainted. Some died.

Still, her sister gave in.

"I had tried to tell her, 'We are running for something that's worth it,'" recalled Ms. Leng'ete, now 27. "But I couldn't help her."

SEE RITUAL 8D

## The AME church issues a statement

Stands up against the recent racist policies of the Trump Administration

RNS  
Religion News Service

Since its inauguration, the African Methodist Episcopal (AME) church has consistently opposed the racist rhetoric and social policies of the Trump administration. We have issued formal statements, published editorials, encouraged our members to engage with ecumenical partners, and visited public officials to advocate for all of God's people.

When the Trump administration announced that the temporary protective status (TPS) granted to Haiti, El Salvador and Nicaragua would be revoked in 2019, we urged our church leaders, members, and friends to organize against this racist immigration policy. While it took the U.S. president 15 hours to deny his alleged

SEE RACIST 11D



**INSIDE**  
**Pastor**  
OF THE WEEK  
Bishop Walter H. Richardson 10D



**HEALTH**  
**THE FLU SHOT**  
IT PROTECTS YOU AND OTHERS 9D



**FAITH CALENDAR** 8D



Left to right, Byron "B" Trice, Arthur "Silky Slim" Reed and Jesse Muhammad.

## SUMMIT

CONTINUED FROM 7D

order to reach more teens, we decided to do a tour."

Cancey is the founder of Teens Exercising Extraordinary Success (T.E.E.S.), and an organizer of the summit. She is also an executive at Headliner Market Group, which supports the summit.

"This particular event is to expose Black males to critical information presented in a way that inspires them to make better choices," Cancey said. "We inspire them to see past mistakes as stepping stones and in all adversity there's always opportunity."

T.E.E.S. started out in Houston in 2011, then relocated to Miami in 2014. Its mission is similar to that of the summit - helping youth to make good decisions.

"Our organization was started to give youth a safe atmosphere to encourage them to make the proper decisions in life," Cancey said. "So we hold weekly Teen Talk sessions. We recently started a business academy which meets two days out of the week, then we host the summit once a year."

The Overtown summit was held on Friday, and attracted youth from elementary school all the way to college.

Speakers included Byron "B" Trice, Arthur "Silky Slim" Reed and Jesse Muhammad.

The summit started out with participants getting to know facts about one another, then presenting them to the rest of the audience. Some other sessions were about body language and the messages you send, how well you follow directions and trivia concerning statistics about Black men.

Trice, who served time in prisons in Florida, South Carolina and Georgia, spoke to the youth about choices and consequences.

"I wasn't paying attention to

what's important," Trice said. "Patience is important."

"Trice shared stories about his childhood and losing his friends to federal prison while in middle school.

"They don't care that you decide you want to be better," Trice said. "They lock you up, throw away the key because they don't want you out there making kids that could disrupt things. They don't care about you once you're behind those bars."

Trice currently co-manages artists such as Rico Love, Ball Greezy and Zoey Dalzai while hosting Bible Study at the prison he once served time in.

Attendees also heard from Arthur "Silky Slim" Reed, who grew up in a Baton Rouge neighborhood called "The Southside." While coming up, he co-founded two gangs that are credited with launching the gang violence that still affects Baton Rouge today.

"We're glorifying a lifestyle that means nothing to the rest of the world," Reed said.

He wrote two books while serving time in prison, where he also learned to read. One of his books is now being taught in the Baton Rouge school system. He also founded a Baton Rouge based nonprofit organization called Stop The Killing, Inc.

"Look for the hero that's inside of you," Reed said. "There are a million heroes inside of you. It's the right one you choose that will make a change."

Another speaker that the participants heard from was Jesse Muhammad, an award-winning journalist, blogger and community organizer. He has also helped to mobilize and organize for social justice issues.

He spoke to participants about purpose, passion and power.

"This has nothing to do with external things," Muhammad said. "But everything to do with what's inside of you that you're holding back from us that the world is

waiting on."

Muhammad gave the youth methods to finding their purpose and passion, and spoke about the power of Black ownership.

"They have robbed us of believing that there is a divine reason for us being born," Muhammad said.

Hip-Hop artists Ball Greezy and Trick Daddy came as a special guest and shared his story. Miami Commissioner Keon Hardemon also came to speak to the youth about consistency.

Hardemon said it's important for the youth to see and hear from Black men who are doing positive things.

"If they can't interact with someone who is positive, who is just like them, who has been through what they've been through, or knows them personally, then they don't see themselves in a successful life," Hardemon said. "So we all need those examples to set the tone and let them know that we care about who they are and they should continue to strive to do positive things."

Martha Whisby-Wells, an Overtown resident and mother of two young adult sons, became emotional during the summit because of the support she has received from Hardemon. She also said she is appreciative of T.E.E.S.

"These events that T.E.E.S. are sponsoring and Headliner Market Group are so important, especially in this community because we do have a lack of father figures and what you would call role models," Whisby-Wells said. "And our community, we are blessed to have teachers from Booker T., coaches and directors at Gibson Park, we do have some business owners and pastors here, but a lot of them have their own lives, you know. They have their nine to five and what have you, but when you have group sessions such as this that are straight to the point, raw, no scheduling, you know, it's really good."

## CHURCH Listings

**CATHOLIC**  
**Holy Redeemer Catholic Church**  
 Rev. Alexander Ekechukwu, CSSp  
 1301 NW 71 Street • 305-691-1701

**BAPTIST**  
**New Philadelphia Baptist Church**  
 Pastor Rickie K. Robinson Sr.  
 1113 NW 79th Street • 305-505-0400

**Greater Harvest Baptist Church**  
 Rev. Kenneth McGee  
 2310 NW 58th Street • 786-717-5818

**MISSIONARY BAPTIST**  
**New Christ Tabernacle Church**  
 Rev. Harold Harsh  
 1305 NW 54th Street • 305-835-2578

**Walking in Christ M.B. Church**  
 Rev. Larry Robbins, Sr.  
 3530 NW 214th Street • 305-403-0443

**New Mount Zion Missionary Baptist Church**  
 Elder William Walker  
 5895 NW 23rd Avenue • 305-635-3866

**New Christ Tabernacle M.B. Church**  
 Rev. Harold Marsh  
 1305 NW 54th Street • 305-835-2578

**Valley Grove Missionary Baptist Church**  
 Elder Johnnie Robinson  
 1395 NW 69th Street • 305-835-8316

**New Mount Calvary Missionary Baptist Church**  
 Rev. Bernard E. Lang, Pastor/Teacher  
 7103 NW 22 Avenue • 954-433-2028

**NON DENOMINATION**  
**Lively Stone Church of Miami**  
 Pastor David Dorisarc  
 8025 NW Miami Ct 754-400-0899

**Pilgrim Rest Missionary Baptist Church**  
 Rev. Van Gaskins, Jr., Pastor/Teacher  
 7510 NW 15th Avenue • 305-418-0012

**True Faith Missionary Baptist Church**  
 Pastor John M. Fair

1890 NW 47th Terrace • 786-262-6841

**AFRICAN METHODIST EPISCOPAL Metropolitan A.M.E. Church**  
 Rev. Michael H. Clark, Jr., Senior Pastor  
 1778 NW 69th Street • 305-696-4201

**New Resurrection Community Church**  
 Rev. Dr. Anthony A. Tate  
 2167 NW 64th Street • 305-342-7426

**PENTECOSTAL**  
**New Faith Deliverance Center COGIC**  
 Pastor Dr. Willie Gaines  
 3257 NW 7th Avenue Circle • 305-335-4389

**New Life Christian Center**  
 Rev. Bruce Payne  
 5726 Washington Street • 786-536-9039

**MORAVIAN CHURCH**  
**New Hope Moravian Church**  
 Pastor Gregorio Moody  
 6001 SW 127th Avenue • 305-273-4047

**CHURCH OF CHRIST**  
**Church of Christ at Coconut Grove**  
 Minister William D. Maddox  
 3345 Douglas Road • 305-448-0504

**ASSEMBLY OF GOD**  
**Revival Tabernacle Assembly of God**  
 Pastor Leonard Shaw  
 2085 NW 97th Street • 305-693-1356

## RITUAL

CONTINUED FROM 7D

Leng'ete never forgot what her sister suffered, and as she grew up, she was determined to protect other Maasai girls. She started a program that goes village to village, collaborating with elders and girls to create a new rite of passage — without the cutting.

nized relies, in one way or another, on that ritual.

So the fight against female genital cutting, experts agree, needs Ms. Leng'ete's kind of work: persuading village after village, and elder after elder, to overturn centuries-old custom.

"Every community has their own reason for why they cut their girls," said Christine Nanjala, who leads the special prosecution unit.

wanted to run away from him forever, he said: 'Let's leave her. When she wants to go, she will tell us,'" Leng'ete remembered.

Her grandfather was an elder, so he couldn't be overruled. But the community still ostracized her.

"Families wouldn't let me play with their daughters," she said over lunch at a Nairobi cafe. "Everyone saw me as a bad example, someone



Credit: Andrew Remington for The New York Times

Nice Leng'ete, left, cooking dinner with her sister Soila Leng'ete, center, and her cousin Elizabeth Soila in Nairobi. Nice Leng'ete has helped 50,000 girls avoid the cutting ritual.

In seven years, she has helped 50,000 girls avoid the cutting ritual.

Her work mirrors national — and global — trends. Rates of female genital cutting worldwide have fallen 14 percent in the last 30 years. Here in Kenya, cases have fallen more than twice that fast.

New laws have made a difference, here and elsewhere. Kenya outlawed female genital cutting in 2011, and a special unit for investigating cutting cases, opened in 2014, prosecuted 76 cases in its first two years.

But laws made in the capital often have little effect on culture in the countryside, where custom is deeply ingrained and men's power is virtually absolute.

In Maasai country, male elders enforce the customs, and the cut has long been one of the most important. The belief has been that women aren't women unless they are cut, which means men can't take them as wives. Much of how Maasai society is orga-

"You're dealing with culture, and when you're dealing with culture, you're dealing with the identity of a community,"

"Some rural old men asked us, 'What will it call this woman who is all grown up, married, has children and is not circumcised?'" she added. "They do not have a name for such a kind of woman."

Leng'ete's community did have a name for her. "It's a very bad name in my native tongue," she said, one meant to shame a whole family.

That shame is one reason families pressure reluctant girls. Ms. Leng'ete's grandfather, her guardian, took a gentler approach and asked her, after her second escape, to explain herself.

"I'm only 8," she remembered telling him. "Wait until I am nine.'" She added, "I was trying to bargain."

But when he brought it up again, she still refused.

"I told him, 'I will never come back even if it means being a street child,'" she said. "When he realized I

who disrespected her family and went against the ways of the community."

Things were different for her sister. After the cutting ceremony, she was taken out of school and, at age 12, married off to an abusive, older man. She had three children.

Ms. Leng'ete, meanwhile, began to remake her reputation. When she became the first girl in her village to go to high school, she noticed that younger Maasai girls admired her uniform. She asked them if they wanted to be like her. "I wanted to show them I am happy with my life," she said.

She told the girls that she had refused the cut, and soon some turned up at her house, fleeing the ceremony just as she had.

Because she helped them, she had to hide — again. "The morans wanted to beat me," she said, using the Maasai word for younger men who assist the elders in defending the community's customs.

## FAITH CALENDAR

COMPILED BY THE MIAMI TIMES STAFF | EDITORIAL@MIAMITIMESONLINE.COM

■ **The Historic Saint Agnes' Episcopal Church** will celebrate its 120th Patronal Anniversary with activities that include a Patronal Dinner Dance on Jan. 14 from 7 p.m. - midnight at the Stadium Hotel. Call 305-613-1354 or 305-336-6535.

■ **New Corinth Missionary Baptist Church** invites you to their 60th church anniversary on Jan. 28 at 3 p.m. Call 305-588-5030.

■ **Greater New Bethel Baptist Annex Bldg.** in Miami Gardens provides behavioral health, intervention and treatment services for Black men at risk for HIV or substance abuse disorders. Call 305-627-0396.

■ **Sistah to Sistah Connection Women's Empowerment** meetings are held every second and fourth Saturdays from 10 a.m. to noon at Parkway Professional Building in Miramar. Women only.

Call 954-260-9348.

■ **The Elks Historical Business and Conference Center** invites you every Sunday from 12 p.m. to 6 p.m. for Gospel Kickback entertainment and fine dining. Call 305-224-1890.

■ **Metropolitan A.M.E. Church** hosts a food and clothing giveaway every third Saturday. Call 786-277-4150.

■ **Zion Hope Missionary Baptist Church** has a food and clothing distribution every Wednesday at 4 p.m. Call 786-541-3687.

■ **First Habitat Church of God** hosts a food drive every Saturday from 10 a.m. to 1 p.m. Call 786-362-1804.

■ **New Day N Christ Deliverance Ministry** holds free mind, body and soul self-improvement and Zumba fitness classes. Call 305-691-0018.

■ **Florida Independent Restoration Ministries (FIRM)** offers family assistance with drugs and alcohol. Call 800-208-2924 ext. 102 or prayer line, ext. 104.

■ **A Mission with a New Beginning Church Women's Department** provides community feedings. Call 786-371-3779.

■ **Bethany Seventh Day Adventist Church** holds bereavement sharing groups every second Sunday from 3 to 4 p.m. Call 305-634-2993.

■ **Street Outreach Ministries** conducts free courses on evangelizing without fear. Call 786-508-6167.

■ **MEC Ministries** holds healing services every fourth Friday at 7:30 p.m. Call 305-693-1534.

The deadline for the Faith Calendar is on or before 2 p.m. Mondays.

## When it's cold out, am I going to get sick?

KATIE HEANEY  
*Huffington Post*

I have heretofore taken as self-evident truth — a sizable change in temperature, in either direction, can give you a cold, or a cough, or a sore throat. The reason is ... well, I didn't know the reason, actually. (Something about barometric pressure, maybe?) Many places experience a number of wacky weather reversals at every changing season, but not every one falls sick every time. So who is susceptible, and why?

As Ray Casciari, a pulmonologist at St. Joseph Hospital in Orange, California, told me, changing weather can make you sick, but it has less to do with the actual temperature change, and more to do with environmental effects associated with those changes. Research shows that, despite what your mom has told you, simply existing in cold weather isn't, itself, likely to make you get sick. A 2002 meta-analysis examined related studies, and concluded



that exposing one's skin to cold temperatures does not put one automatically at risk for contracting the common cold. As such, there is no direct link between avoiding the cold and staying healthy. As Casciari puts it, "Staying indoors, bundling up, and not exercising is supposed to make you get better faster. Not so."

If you're exposed to a sudden drop in temperature, your risk of infection does increase, but not simply because of the temperature itself. It's because of the drop in humidity that likely accompanies it. For that reason, "real" temperature changes in the weather and artificial ones (like walking into brisk air-conditioning from outside on a hot day) can both affect your health in different ways, depending on the types of environments these temperatures help create. In a low-humidity environment, "your eyes tend to dry out, the mucous membranes in your nose dry out, and your lungs dry out, and you're therefore much more susceptible to bacteria and viruses," Casciari says. It's more likely that someone would get sick after a rapid

SEE SICK 10D



## VACCINATION PROTECTS YOU AND OTHERS

# THE FLU SHOT

RICHARD WEBBY  
*TIME*

The Centers for Disease Control and Prevention (CDC) estimated that last year in the United States alone, 25 million people suffered from influenza-related illnesses, resulting in 11 million flu-associated medical visits. Although the flu virus typically peaks between December and February in the U.S., last year was one of the latest peaks on record and did not occur until mid-March. Needless to say, we've only just begun.

For scientists like me who study the flu virus as part of the World Health Organization's team responsible for developing the vaccine each year, this time of year is also our "World Series" when we must be on top of our game, ready to prepare the public with the best medical and scientific information available. It is our responsibility to recommend the best possible flu vaccine based on the latest research to help minimize the impact of the disease on the public.

While the symptoms remain similar from year to year, strains of the flu virus vary depending on where you live and how much the viruses have changed. Since we know the flu is a winter disease in temperate countries, we look at countries in the Southern Hemisphere that have already experienced their winters to see or get a little hint of what might be coming our way for winter in the Northern Hemisphere. However, this year the Southern Hemisphere has been a mixed bag, which means we can't say with certainty what's going to happen in the United States. Some countries, such as Australia, had one of their most severe flu seasons in a number of years. Brazil, on the other hand, has had a very mild season.

We also researched bird flu strains by visiting a New England shoreline each year to take samples from birds that travel from the



According to the CDC, "Overall vaccine effectiveness varies from year to year, depending upon the degree of similarity between the influenza virus strains included in the vaccine and the strain or strains that circulate during the influenza season."



We get flu shots 'cos of Nanna's asthma

Flu shots are free for Aboriginal people and they're really important for keeping the whole mob safe.

The Flu. It's Not Just About You.

Flu vaccination is our best defence. Talk to your doctor or health worker today.

southern tip of South America and take a break to feed on horseshoe crabs. This research is critical in order to understand what the next flu threats to humans may be.

Despite this rigorous research, the flu virus is nasty and changes constantly. It's a game of cat and mouse trying to chase the newest strain. That's why flu vaccines also

change each year. As part of a team that comes up with the vaccine for the season, I am the first to acknowledge that we don't always get the vaccine exactly right.

But preventing a flu outbreak isn't just the responsibility of scientists and immunologists. The other half of the equation is the public's civic duty to help protect one another by

getting the flu vaccination even if you don't think you need it.

Getting the flu shot isn't just about protecting your health. Vaccinations are also about protecting others.

Think of those who are most at-risk: your grandmother, your kids and other people with chronic

SEE FLU 11D




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# Pastor OF THE WEEK



Bishop Walter H. Richardson

PRESENTED BY



## The meaning of 'holiness'

Bishop Walter H. Richardson explains what it is

GREGORY W. WRIGHT  
Special to the Miami Times

When the Lord blesses a pastor with a ministry, he is truly blessed. Take Bishop Walter H. Richardson for example. He has been the pastor of The Church of God Tabernacle (True Holiness) for over 52 years, and preaching there even longer than that.

Originally from North

Carolina, Bishop Richardson is still preaching, still ministering to the congregation of about 200 people, still actively involved with the church. However, even the Bishop must admit, "But not as much these days." He recently turned 95.

Yet Bishop Richardson was nice enough to sit with us to help our readers understand the meaning of "holiness", as the church is

named. The Church of God Tabernacle is located at 1351 NW 67th St. in Liberty City, Richardson explains that the church is of the Pentecostal denomination, and with the term holiness, the expectation is, "To get closer to God," said Richardson, "to live a clean life, not just on Sunday when you are in church, but seven days a week."

SEE PASTOR 11D

AS A FREE COMMUNITY SERVICE PROGRAM BY NORTH SHORE MEDICAL CENTER, WE ARE PLEASED TO OFFER THE FOLLOWING INFORMATIVE EVENT:

### HEALTHY LIVING LECTURE SERIES

#### Depression After the Holidays

Presented by Melaine Burnett Grizzle, MSN, BSN, RN  
Director of Behavioral Health Services



Many people experience sadness when the holidays are over. Some people feel blue and find that it's difficult to function normally in their daily rhythm. Experiencing the "blues" after a busy and stressful festive season may be common in some adults.

**Come and join us for an interactive presentation and discussion on strategies to cope with post-holiday depression.**

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**NORTH SHORE**  
Medical Center

## SICK

CONTINUED FROM 9D

drop in temperature than after a rapid increase in temperature, because viruses themselves can survive longer in the cold. "Many viruses live longer and can replicate faster in colder temperatures. As a result, a highly contagious virus such as influenza can stay active and linger for up to 24 hours on a hard surface," says Katharine Miao, the medical director at CityMD. It's not so much that the cold creates the infection; rather, colder temperatures allow it

to survive and spread.

There is a social component to this phenomenon, too — as Casciari explains it, where people congregate, illness spreads. This could mean a crowded day at the park or the zoo on an unseasonably warm day, but more often, people gather indoors, in more enclosed spaces, when the weather gets cold.

"When you're [gathered indoors], where you're all really close together, and it's hot and humid because you've got a lot of people in there, that's when viruses like the common cold and influenza and certain bacteria actually spread," says Casciari. While you can

pick up a virus anywhere (hot or cold, indoors or out), they're more likely to spread in crowded, humid environments. Like many human mouths in close proximity. So if you were looking for an excuse to skip your office holiday party, there you go.

There is good news here: Because getting sick after a rapid temperature change is largely due to correlational factors like humidity and crowdedness, there is something you can do to prevent it. Casciari suggests liberal use of alcohol wipes in public, and particularly on airplanes. Miao suggests combating winter's dry air by using a humidifier.

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# PASTOR

CONTINUED FROM 10D

For almost 19 years, Richardson has been married to Betty Richardson, who now has been named evangelist in order to assist him in the ministry. Originally from Nassau, Bahamas, Evangelist Richardson, says, "Every Tuesday night, the Bishop continues to teach the church, how they should live, what they should do. I think that is very important because, he's not just sitting at the pulpit. He is an intricate part of the on-going church."

In addition to his preaching in Liberty City, the church has sister-church relationships with churches in Vero Beach, Belle Glade, and Valdosta, Georgia. Regularly, Bishop Richardson was called to preach and to teach at these churches until his health and age called for a less active schedule.

Being located across the street from the Liberty Square Housing Development, the Church of God Tabernacle (True Holiness), has been responsive to the needs of its members and the surrounding community. "We had a food bank," said Evangelist Richardson, "where we not only delivered to church members, but we included members of the community who were in need. We had a mission where the saints would give clothes to people of the community. Whenever there is a hurricane, we would ask our church members to donate to those effected. If Bishop saw that is was not enough, Bishop would get money from the church treasury to donate. We have done it for the Red Cross, and the Haitian community. When the Bahamas was hit so badly with storms, we had the Prime Minister come over to thank us for the way we handled the processing of the donations for the Ba-



Bishop Walter H. Richardson, pastor of The Church of God Tabernacle (True Holiness), has been in ministry for more than 52 years.



hamian people. We did it for Jamaica, St Johns, and Antigua. We are a small church, but we have a big heart, and we try to help the community as it is." Evangelist Richardson, herself, has worked as a missionary for many years.

Each Sunday, the church produces a 15-minute radio broadcast, between 1:45 to 2 p.m. on station WEXY-1520 AM. "That's what we are about," said Evangelist Richardson, "That's what we are all about, trying to reach souls. This highway to heaven is a holy one. You have to be holy, because if you are not, you can't seek God's face in peace."

Bishop Walter H. and Evangelist Betty Richardson

# RACIST

CONTINUED FROM 7D

"s\*\*thole remarks", there is no denial of his previous statements maligning Mexicans as "rapists", Haitians carrying "AIDS", Nigerians living in "huts". We continue to abhor and be alarmed by the bigoted rhetoric of a U.S. president that is only outdone by his immigration policies which can be construed as a war on people of color.

Recognizing that the president claims he did not use profanity, U.S. Senate Minority Whip Dick Durbin (D-IL), asserts that the president made the "vile" and "hateful" remarks.

The Council of Bishops of the African Methodist Episcopal church and the Social Action Commission of our church demand not only a public apology but inclusive and "just" social and immigration policies. We stand with the public summoning of U.S. diplomats by the countries which were slandered by the president.

Because, in 1787 and

1816, our founders chose to proudly affirm the important role of Africa in world history and culture we are horrified that the president of the United States continues to denigrate people of African, Asian and Latin American descent throughout the world. We would remind this president that it was enslaved Africans, poor Chinese people, and oppressed Latinos whose genius built the wealth of the United States. We would remind him that immigrants from the maligned countries come with a high level of education and a work ethic can only make the U.S. greater.

Sadly, a statement from our church about the racist roots of Trumpism, that endangers democracy as we know it in the United States, is not enough. We stand with our ecumenical and interfaith partners in supporting the National Council of Churches campaign to end racism and the launch of that initiative on April 4, 2018. We will continue to speak out and hold the United States government accountable as our faith commands us to.

# FLU

CONTINUED FROM 9D

health problems. Even if you're not worried about getting sick yourself, if you're infected with the virus, you're still a potential source of infection for vulnerable populations. In my role at St. Jude, I see firsthand the devastating effects this virus can have on the treatment of pediatric cancer patients whose immune systems are already severely weakened by cancer treatments. When more people are infected with the flu, there's more of a chance that these kids will become infected.

Regardless of the advice from health care professionals, unfortunately only about half of Americans will end up getting the flu shot.

The flu vaccine may not be 100 percent effective for everyone. But it does re-

duce the amount of virus that a person will potentially spread to others. This helps to avoid a larger, more serious health emergency. Last year alone, the CDC estimated that the vaccine prevented 5.1 million flu illnesses.

In addition to getting the flu shot, it is important to follow these four simple tips to prevent getting the flu:

- Clean and wash your hands thoroughly
- Avoid close contact with those who are sick
- Cover your mouth and nose
- Disinfect dirty areas in your home

And if you do get sick, stay home and rest. Remember that this flu season, it's not just about you — it's about friends, family and neighbors in your community. Get your flu shot today and do your part in preventing a more serious flu outbreak for everyone.

## COMMUNITY OUTREACH MEETINGS

The Carrie Meek Foundation invites you to attend a meeting about the **Carrie Meek International Business Park** that is under construction at the Miami-Opa-Locka Airport.

**Monday, January 22, 2018**  
Charles Hadley Park  
1350 NW 50th Street  
Miami, FL 33142  
**6PM**

**Monday, January 29, 2018**  
Sherbondy Village Community Center  
215 N. Perviz Avenue  
Opa-Locka, FL 33054  
**6PM**

For more information contact: (786) 613-7399

Come hear information about:

- ✘ **Business Park Development** including an **Amazon Fulfillment Center**
- ✘ **Workforce Development** including **Job Readiness Training**
- ✘ **Community Benefits** from the **Development**

CarrieMeekFoundation.org  
#CarrieMeek\_FDN

## CHURCH DIRECTORY

**Apostolic Revival Center**

**Services**  
Wed. Interspersal Prayer 9 a.m.-12 p.m.  
Morning Service 11 a.m.  
Sun.-Eve. Worship 7:30 p.m.  
Tues. Prayer Meeting 7:30 p.m.  
Fri. Bible Study 7:30 p.m.

G. S. Smith

**6702 N.W. 15th Avenue**  
305-836-1224

**Liberty City Church of Christ**

**Services**  
Sunday Morning 8 a.m.  
Sunday School 10 a.m.  
Sunday Evening 5 p.m.  
Tue. Bible Class 6:30 p.m.  
Thurs. Fellowship 10 a.m.

Evangelist Eric W. Doss

**1263 N.W. 67th Street**  
305-836-4555

**New Vision For Christ Ministries**

**Services**  
Early Sunday Worship 7:30 a.m.  
Sunday School 9:30 a.m.  
Sunday Morning Worship 11 a.m.  
Sunday Evening Service 6 p.m.  
Tuesday Prayer Meeting 7:30 p.m.  
Wednesday Bible Study 7:30 p.m.

Rev. Michael D. Screen

**13650 N.E. 10th Avenue**  
305-899-7224

**Brownsville Church of Christ**

**Services**  
Lord Day Sunday School 9:45am  
Sunday Morning Worship 11 a.m.  
Sunday Evening Worship 5 p.m.  
Tuesday Night Bible Study 7:30pm  
Thurs. Mon. Bible Class 10 a.m.

Min. Harrell L. Henton

**4561 N.W. 33rd Court**  
305-634-4850

**93rd Street Community Missionary Baptist Church**

**Services**  
7:30 a.m. Early Morning Worship  
11 a.m. Morning Worship  
Evening Worship  
1st & 3rd Sunday 6 p.m.  
Tuesday Bible Study 7 p.m.

Pastor Rev. Carl Johnson

**2330 N.W. 93rd Street**  
305-836-0942

**St. Mark Missionary Baptist Church**

**Services**  
Sunday 7:30 and 11 a.m.  
Worship Service  
9:30 a.m. Sunday School  
Tuesday 7 p.m. Bible Study  
6:30 p.m. Prayer Meeting

Rev. Dr. C.A. Iwey, Pastor

**1470 N.W. 87th Street**  
305-691-8861

**Jordan Grove Missionary Baptist Church**

**Services**  
Early Worship 7 a.m.  
Sunday School 9 a.m.  
NBC 10:05 a.m.  
Worship 11 a.m.  
Worship 4 p.m.  
Mission and Bible

Pastor Douglas Cook, Sr.

**5946 N.W. 12th Avenue**  
305-751-9323

**New Birth Baptist Church, The Cathedral of Faith International**

**Services**  
Sunday Worship 7 a.m., 11 a.m., 7 p.m.  
Sunday School 9:30 a.m.  
Tuesday (Bible Study) 6:45p.m.  
Wednesday Bible Study 10:45 a.m.

1 (800) 254-188C  
305-685-3700  
Fax: 305-685-0705  
www.newbirthbaptistmiami.org

Bishop Victor T. Curry, D.Min., D.D. Senior Pastor/Teacher  
**2300 N.W. 135th Street**

**Pembroke Park Church of Christ**

**Services**  
SUNDAY Bible Study  
Morning Worship, 10 a.m.  
Evening Worship, 6 p.m.

Minister Kevin D. Jones, Sr.

www.PembrokeParkChurchOfChrist.com  
954-962-9327  
**3707 S.W. 56th Avenue, Hollywood, FL 33023**

**Hosanna Community Baptist Church**

**Services**  
Sunday School 8:30 a.m.  
Worship 9:30 a.m.  
Bible Study  
Thursday 7:30 p.m.  
Youth Ministry  
Mon.-Fri. 2:45-3:00 p.m.

Rev. Charles Lee Dinkins

**2171 N.W. 56th Street**  
305-637-4404

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. — Romans 8:28

## Paradise

**VELMA BURKES**, died. Service 11 a.m., Saturday in the chapel.



**JATAVIOUS WILLIAMS**, died January 7. Service 10 a.m., Saturday at Second Baptist Church, Richmond Heights.



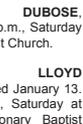
**NANCY DOVE**, died. Service 11 a.m., Friday at Sweet Home Missionary Baptist Church.



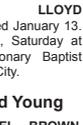
**FRANCES TATE**, Services were held.



**ERICA DUBOSE**, died. Service 1 p.m., Saturday at Second Baptist Church.



**VIRGINIA LLOYD FERGUSON**, died January 13. Service 11 a.m., Saturday at Covenant Missionary Baptist Church, Florida City.



## Wright and Young

**AVERY SEREL BROWN, SR.**, 58, maintenance, died January 7. Service 11 a.m., Saturday at Abundant Life Deliverance Center.



**MARY CALLOWAY**, 81, domestic, died January 9. Service 11 a.m., Saturday at New Birth Baptist Church.



**TYRONE MITCHELL BROWN**, 55, died January 5. Service 11 a.m., Saturday in the chapel.



## Hadley Davis

**MATTHEW HARRIS**, 73, died January 9 at Jackson North Hospital. Service 10 a.m., Saturday in the chapel.



**ISAAC NAISHAUN BROWN, JR.**, 17, died January 7 at home. Service 2 p.m., Saturday at Antioch of Miami Gardens.



## Gregg L. Mason

**DOREEN A. DAVIS**, 89, retired dietetic technician, VA Hospital, died January 8. Survivors include: husband, Alfred Davis; son, Aubrey Davis; five grandchildren; three great grandchildren; and other relatives and friends. Viewing 2-9 p.m., Friday. Service 11 a.m., Saturday at Glendale Missionary Baptist Church, 14580 SW 117 Avenue, Interment: Caballero Rivero Dade South.



## Erís S. George

**EDITH TOMLINSON**, 89, died January 2. Service 10 a.m., Saturday in the chapel.

## Mitchell

**NORWOOD R. HARRELL, SR.**, 74, plaster, died January 15 at home. Survived by wife, Patricia; daughters, Antoinette, Debra, Teresa, Debra; sons, Norwood, Jr., Maurice, Sr., Trevor, Zachary; brother, OC, Sr. Service 11 a.m., Saturday at Antioch of Brownsville.



**ROWENA GLASS WILSON**, 93, died January 12. She was born the second child of Wilfred and Leona Glass (both deceased). She had three brothers that preceded her in death: Cleophus, Thomas, and Rudolph. She was educated in Miami Dade Public Schools, and was a graduate of Clark College, Atlanta, Georgia. She attended courses at FAMU, Barry University and was among the first students of color to be enrolled at Florida International University in 1972.

In March of 1947, she married Julian Wilson (deceased) and they had two children, Marilyn "Connie" Stephenson (deceased) (Johnny) and Dwight E. Wilson, DDS (Diedre). Rowena taught in North Dade and Broward County School Districts and retired after 36 years of teaching.

Rowena has three loving granddaughters: Diedre, Keisha and LaTonya; 11 great grands, and loving nieces, nephews, cousins, other family members, and friends too numerous to mention.

In lieu of flowers, the family requests that donations in the name of Rowena Glass Wilson's memory be sent to the University of Miami Cancer Research Center, University of Miami.

Viewing 6-8 p.m., Thursday at Mitchell Funeral Home Inc., 8080 NW 22 Avenue, Miami, FL 33147.

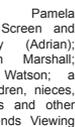
Celebration of Life Service 11 a.m., Friday at The Episcopal Church of the Holy Family, 18501 NW 7 Avenue, Miami Gardens, FL 33169.

## Range

**MAGNOLIA FAGG**, 81, retired LP nurse for Jackson Memorial Hospital died January 11. Survivors include her daughters, Pamela Screen, Harriet Screen and Tonda Kennedy (Adrian); stepson, Shawn Marshall; sister, Francis Watson; a host of grandchildren, nieces, nephews, cousins and other relatives and friends. Viewing 4-7 p.m., Friday in the chapel. Service 11 a.m., Saturday at Christian Fellowship Missionary Baptist Church.



**ETHEL ALLEN**, 59, retired unit secretary for University of Miami, died January 6 at University of Miami Hospital. Service 11 a.m., Saturday at House of God Miracle Temple.



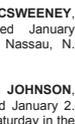
**WILLIAM CHESTER ROLLE**, 63, construction worker died January 6. Service 2 p.m., Saturday at Apostolic Revival Center.



**SHAQUILLE MCSWEENEY**, 25, student, died January 9. Final rites in Nassau, N. P. Bahamas.



**JIMMIE LEE JOHNSON**, 75, musician, died January 2. Service 3 p.m., Saturday in the chapel.



**CHRISTOPHER LUKE**, 22, student died January 4. Final rites in Philadelphia, PA.

## Hadley Davis MLK

**HENRY COLEMAN, JR.**, 69, died January 8 at home. Service 10 a.m., Saturday in the chapel.



**ISAAC FORD, SR.**, 92, died January 6 at Jackson Hospital North. Service 2 p.m., Saturday in the chapel.



**CHARLES MCARTHUR, JR.**, 56, maintenance supervisor, died January 3 at Methodist Hospital in San Antonio, TX. Service 12 p.m., Saturday in the chapel.



**CURTIS ROGERS**, died January 10 at Jackson North. Service 11 a.m., Saturday at St. Mark Missionary Baptist Church.



## Range Grove

**MARTHA BAIN SMITH aka "MURLENE"**, 94, waitress, died January 4 at Aventura Hospital. Service 10 a.m., Saturday at St. James A.M.E. Church.



**TSCHUCCARRI STANLEY**, 31, dishwasher, died January 2 at Kendall Regional Medical Center. Service 2:30 p.m., Saturday at St. Matthew Community Baptist Church.



## Royal

**SYLVESTER LEWIS, JR.**, 76, self-employed contractor, died January 13 at North Shore Hospital. Viewing 4-9 p.m., Friday at Royal Funeral Home. Family receiving guest at 2248 NW 89 Street, Miami. Service 11 a.m., Saturday at Peaceful Zion Missionary Baptist Church.

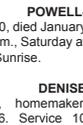


**ETHEL MAUD BURKE**, affectionately known as "BIG", 80, private duty nurse for over 30 years, died January 13 at Aventura Hospital. Service 10 a.m., Saturday at Church of the Open Door, 6001 NW 8 Avenue, Miami.

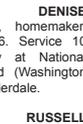


## Eric L. Wilson

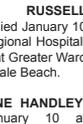
**DOREEN POWELL-TOMLINSON**, 70, died January 5. Service 10 a.m., Saturday at First Baptist of Sunrise.



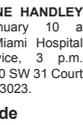
**SHARON DENISE WAITERS**, 50, homemaker, died January 6. Service 10 a.m., Saturday at National Church of God (Washington Park), Fort Lauderdale.



**ROSALIND RUSSELL PINKNEY**, 73, died January 10 at Memorial Regional Hospital. Service 2 p.m. at Greater Ward Chapel, Hallandale Beach.



**MARY ELAINE HANDLEY**, 67, died January 10 at University of Miami Hospital. Memorial Service, 3 p.m., Saturday at 3800 SW 31 Court, West Park, FL 33023.



## Wade

**RODNEY EUGENE**, 39, self employed, died December 29, 2017. Arrangements are incomplete.

## Richardson

**ZAKIA ASHLEY JONES**, 24, housekeeper, died January 6 at Grady Hospital in Atlanta. Service 11 a.m., today at Refuge Church of Our Lord.



**BRURAW GELAH ISRAEL**, 69, nurse, died January 6 at Memorial Regional Hospital. Service 11 a.m., Saturday in the chapel.



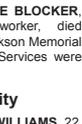
**DAVID CRUMP, SR.**, 65, supervisor, died January 13 at Jackson Memorial Hospital. Service 12 p.m. at 93rd Community Baptist Church.



**JANIE M. MOORE**, 84, nurse, died January 15 at home. Service 1:30 p.m., Saturday at Northside Church of God.



**LINDA LOUISE BLOCKER**, 69, daycare worker, died January 9 at Jackson Memorial Hospital North. Services were held.

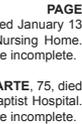


## Trinity

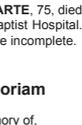
**LAWRENCE WILLIAMS**, 22, died January 2 at home. Service 12 p.m., Saturday at Hosanna Community Baptist Church.



**TOWANADA PAGE POWELL**, 42, died January 13 at Sinai Plaza Nursing Home. Arrangements are incomplete.



**AMALIA INCIARTE**, 75, died January 13 at Baptist Hospital. Arrangements are incomplete.



## In Memoriam

In loving memory of,



**JOHN H. BARFIELD, III**  
01/21/1962 - 04/12/2017

It's been almost a year since you went to rest with our Heavenly Father. But it's not a day that goes by that we don't think about you. You are truly missed. Love, Mom, Sharon, David.

## Happy Birthday

In loving memory of,



**CHARLIE J. JONES, JR.**  
08/03/1949 - 01/17/2014

Gone but never forgotten. You will always be in our hearts.

Love always, wife, daughter and grandchildren.

## In Memoriam

In loving memory of,



**LOUISE L. FLOWERS**  
01/16/1941 - 10/02/1996

Happy 77th Birthday Mom. Words can't express how much we love and miss you. Love, your husband Willie T. Flowers; daughters; Vanessa, Dorothy, Loretta, Jackie, Angela, Nita, Mary, Cynthia and Cassandra; sons; Willie Jr., Thomas and Joe; grands and great grands.

**CHARLES ALTON TAYLOR**  
11/30/1933 - 01/22/2017

The day God call you home. We all miss you very much. Your smile, Your fun way, Your encouragement, but we all know you had to travel this road alone. The entire Taylor Family.

# Denise LaSalle, R&B singer, writer, dies at 78

**JON PARELES**  
The New York Times

country music and blues on the radio.

Denise LaSalle, a durable blues and soul singer and songwriter who in a half-century-long career delved in song into love, cheating, pleasure and heartache, mixing romance with raunchiness, died on Monday in Jackson, Tenn. She was 78.

She died in a hospital from complications of surgery, according to her longtime label, Malaco Records.

In October, LaSalle, who lived in Jackson, underwent a leg amputation resulting from complications after a fall. She never fully recovered.

LaSalle recorded blues, soul, gospel and even zydeco music. But at the core of her catalog were down-to-earth stony-roses, written or chosen by Ms. LaSalle, that revolved around lust. She wrote hundreds of songs, among them "Your Husband Is Cheating on Us," "Married, but Not to Each Other," "I Wanna Do What's on Your Mind" and "It's Lying Time Again."

In some of her songs, like "Snap, Crackle and Pop," she gave explicit tips on sexual technique.

LaSalle was born Ora Denise Allen on July 6, 1939, near Sidon in Leflore County in the Mississippi Delta. She moved with her family to the Delta town of Belzoni when she was 7. She sang in church and heard

turned to writing poems and, soon, songs.

She took her stage surname, LaSalle, from a French character in a newspaper comic strip. Her first single, in 1967, was "A Love Reputation," a boast about man-stealing skills.

Chees Records released her next few singles before she and her husband at the time, Bill Jones, started their own production company, Crajon. In 1969, LaSalle also supplied songs for other Crajon performers; one composition, "Get Your Lie Straight," was a hit in 1971 for the singer Bill Cody.

For her next singles LaSalle chose a Memphis producer, Willie Mitchell, who also produced Al Green's hits. "Hung Up, Strung Out" got her signed to a Detroit label, Westbound, in 1970, and in 1971 she wrote and sang the biggest hit of her career, the million-selling No. 1 R&B single "Trapped by a Thing Called Love." After divorcing Jones in 1974, LaSalle moved to Tennessee, where she met the disc jockey James E. Wolfe Jr., who would found the radio station WFKX in Jackson.



LaSalle

## Happy Birthday

In loving memory of,



## Happy Birthday

In loving memory of,



**THELMA BROOMFIELD**  
01/17/1931 - 07/15/2015

Alma Blair and family.

## In Memoriam

In loving memory of,



**LORNA DAMES**  
10/13/1962 - 01/13/2008

Happy 77th Birthday Mom. Words can't express how much we love and miss you. Love, your husband Willie T. Flowers; daughters; Vanessa, Dorothy, Loretta, Jackie, Angela, Nita, Mary, Cynthia and Cassandra; sons; Willie Jr., Thomas and Joe; grands and great grands.

**MILDRED CASH DAMES**  
08/09/1932 - 01/22/2008



It has been ten years since the both of you left us. You left precious memories that will never be forgotten. We love and miss you both. Your loving family, The Dames

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305-694-6210