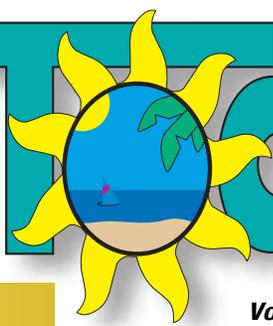


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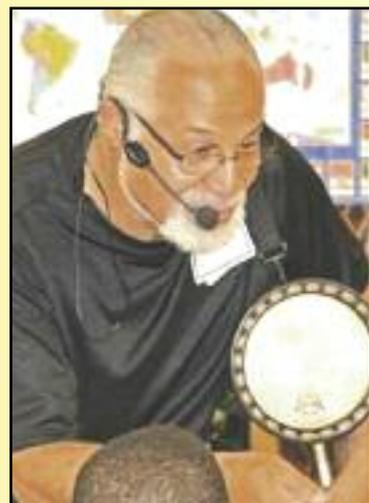
THE MULTI AWARD-WINNING NEWS MAGAZINE



Reputed Jamaican drug lord Christopher "Dudus" Coke has pleaded with a United States judge for leniency in his sentence, page 4.



Popular Jamaican dancehall artiste Vybz Kartel has been charged with murder, illegal possession of a firearm and conspiracy to murder in Jamaica, page 5.



Former Third World drummer Willie Stewart, with the help of youth and professionals, is bringing the "Rhythms of Africa" to South Florida this month, page 7.

SUPREME TEST

~ The highest court in the United States is starting its new session with issues vital to Caribbean people, including U.S. residency and deportation, high on its agenda, page 2.



CHANGING OF THE GUARD



~ Bruce Golding, right, is surrendering his posts as Jamaica's prime minister and leader of the ruling Jamaica Labour Party in the wake of the 'Dudus' Coke scandal. Young Andrew Holness, left, is emerging as the front-runner to take his place, page 3.



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Caribbean issues hot on U.S. Supreme Court's new agenda

~ Appeals on immigrants' residence, region's tax havens among cases

WASHINGTON, D.C. – The United States Supreme Court has agreed to hear two cases that will decide whether to deport the children of Caribbean and other immigrants based on the length of time their parents held permanent residence or a “green card”.

The court also agreed to hear six other cases when it begins its new law term early this month. Also among the new cases the court is expected to hear are technical questions about tax shelters in the Caribbean.

Federal immigration law already allows people who have been lawful permanent residents for at least five years, and have lived continuously in the U.S. for at least seven years, to ask the government for leniency if they are threatened with deporta-

tion. Now the nation's highest court is to decide whether to uphold rulings by the federal appeals court in San Francisco that allowed immigrants who entered the U.S. as children to count their parents' years in America to satisfy the residency requirements.

The Supreme Court accepted two appeals from such rulings and consolidated them into a single case. One of the appeals, U.S. Attorney General Eric Holder v. Sawyers, involves Damien A. Sawyers, a Jamaican citizen whom the government sought to deport after he was convicted of “maintaining a dwelling for keeping a controlled substance.”

The conviction came six years and 10 months after Sawyers became a lawful permanent resident of the U.S. in 1995 at the age of 15.

The other appeal concerns a Mexican citizen who became a legal permanent resident of the U.S. when he was 19, but was caught trying to drive across the border from Mexico with three undocumented minors in his car.

APPEAL

On their own, neither man could himself satisfy the criteria that would have allowed him to seek leniency and avoid deportation. But the federal appeals court ruled that the time their parents had spent legally in the U.S. could be counted.

The administration of U.S. President Barack Obama wants the Supreme Court justices to overturn the lower court's interpretation of the law, which it said was at odds with those of other appeals courts.

The ruling “impedes the government's high-priority efforts to remove criminal aliens”, U.S. Solicitor General Donald B. Verrilli Jr. wrote in



The U.S. Supreme Court

one of the briefs.

Lawyers for the two men, in briefs urging the justices not to hear their cases, said the government had ignored the U.S. Congress's policy that favors keeping families intact. They also acknowledged that the attorney general remained free to deny leniency even if it accepted the ruling.

Caribbean governments

have long argued that the U.S. government's policy of deporting legal immigrants who break the law is often arbitrary and does not take into account that most of them were brought up in the U.S. and have no real ties to the Caribbean.

- Edited from CMC.



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U.S. deportation program sows distrust ~ task force

WASHINGTON, D.C. – A task force advising the administration of United States President Barack Obama on a program aimed at deporting “the worst of the worst” immigrant felons, has sharply criti-

sion about its purpose and sowing seeds of distrust.

The task force has also found that the program has an “unintended negative impact” on public safety in local communities.

from the U.S.

TENSIONS

In addition, the report said that immigration officials have created tensions with local authorities by making inconsistent statements on whether states and cities were required to participate.

In the most significant of its recommendations, the task force said that fingerprint identifications through the program should no longer lead federal agents to deport Caribbean and other immigrants arrested by local police officers for minor traffic violations.

The task force, which included law enforcement chiefs from four major cities, as well as immigrant advocates



Some have criticized ICE's actions.

cized the U.S. immigration authorities for creating confu-

remove “the worst of the worst” immigrant criminals

(CONTINUED ON PAGE 4)

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Holness becomes clear front-runner to replace Golding as Jamaica's P.M., JLP leader

KINGSTON, Jamaica – Education Minister Andrew Holness has gained the support of the parliamentary group of the ruling Jamaica Labour Party (JLP) to be the party's next leader and subsequently prime minister.

The legislators held a news conference this month to announce their backing for the 39-year-old Holness after Prime Minister Bruce Golding announced his intention to step down as both party leader and prime minister in November.

The decision by the parliamentary group, made up of senior JLP members, should give strong support to confirming Holness as Jamaica's new leader and head of the JLP. However, the party's secretariat and delegates must ratify the group's decision.

The JLP will accept nominations for the party's new leader up until Oct. 20. The new leader is scheduled to be elected by party delegates next month.

Other members of the ruling party have expressed interest in the leadership of the JLP since Golding



Holness

announced he was stepping down. Among them are current Deputy Prime Minister and Minister of Foreign Affairs Kenneth Baugh, Transport Minister Mike Henry and Finance Minister Audley Shaw.

- Edited from various reports.



HOLNESS BIO

Andrew Holness was born on July 22, 1972. He attended St. Catherine High in Jamaica and later graduated from the University of the West Indies.

Holness served as executive director in the Voluntary Organization for Uplifting Children from 1994 to 1996. He then joined the Premium Group of Companies and functioned as a special assistant to for Jamaica Prime Minister Edward Seaga.

In 1997 he became Member of Parliament for West Central St. Andrew and served as Opposition spokesperson on land and development from 1999 to 2002. In 2002 he switched portfolio to housing and then education in 2005. He was sworn in as minister of education in Sept. 2007.

- Edited from Wikipedia.



Golding admits losing Jamaicans' confidence

KINGSTON, Jamaica, CMC – Outgoing Prime Minister Bruce Golding admitted he had lost the confidence of Jamaicans to run the country and breached the Jamaican constitution in the scandal surrounding his handling of the extradition of the convicted drug lord and gang leader Christopher "Dudus" Coke.

"It was never about Coke's guilt or innocence," Golding told Jamaicans in a national broadcast on Oct. 2.

"It was about a breach of our constitution and had it been a person other than Coke it perhaps would never have become the cause celebre that it had turned out to be."

A public inquiry revealed that information gleaned from wiretapping Coke's interceptions were used in Coke's extradition. In his speech, Golding appeared to pivot his resignation on the legality of the action.

CHANGE

Golding said that the government has since amended the country's wiretapping law - the Interception of Communications Act - "to



Golding

permit in the future the action that was taken in Coke's case but which at that time was in violation of our constitution."

The scandal also revealed Golding's role in the hiring of an American law firm, Manatt Phelps and Phillips, to lobby Washington in an initial bid to stave off the extradition of Coke, a drug and arms kingpin of the Tivoli Gardens West Kingston constituency.

The text of Prime Minister Bruce Golding's address to Jamaica appears in Viewpoint, page 9.



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'DUDUS' DRAMA: Jamaican drug lord asks U.S. judge for leniency

NELSON A. KING

NEW YORK – Reputed Jamaican drug lord Christopher “Dudus” Coke has pleaded with a United States judge for leniency in his sentence.

Last month, in a letter to Justice Robert P. Patterson Jr., of Federal District Court in Manhattan here, Coke, described by prosecutors as “one of Jamaica’s most brutal drug lords,” said he accepted responsibility for his actions.

Although he did not apologize in the letter for his actions, Coke, in his seven-page, neatly hand-written letter released to the media last month, asked Justice Patterson to use his “discretion” to sentence him “below the guideline range.”

Coke, 42, was arrested in Jamaica last year and extradit-

ed to Manhattan, where he has since pleaded guilty to conspiracy charges. He could receive a 23-year sentence.

“Good day to you, sir,” he said in the letter to “Justice Patterson,” “I am humbly asking if you could be lenient on me.”

REASONS

Coke listed 13 reasons why the judge should be lenient, stating, among others, that he recently lost his mother, who had bemoaned his incarceration.

“I was told that while she was on her deathbed, she was crying and kept calling my name,” he wrote.

He also said his eight year old son has been traumatized by his arrest.

“I was told that he is constantly asking for his daddy.

He cries all the time. He literally says this, and the originals are going up on the Web since I am gone.”

Coke told Justice Patterson that, after serving his sentence, he would be deported back to Jamaica and would not get the “possibility of ever visiting” his brother or other relatives who reside in New York. In addition, Coke said his “charitable deeds and social services” helped many in his West Kingston community, including the elderly, the unemployed, parents and a “back-to-school treat” for students that included school bags, pens, pencils and uniforms.



Coke

Coke’s lawyers said he wrote the letter unaided.

Frank A. Doddato, one of his lawyers, said Coke “humanized” his client.

TWO SIDES

“There are two sides to Christopher Coke,” said another lawyer, Stephen H. Rosen. “Everyone only talks about one side.”

Prosecutors charged that Coke led a trafficking ring from an armed stronghold in Kingston, “moving guns and drugs between Jamaica and the United States.” They charged that Coke and his “soldiers patrolled the streets and guarded stash houses.”

Prosecutors also charged that Coke ordered murders, shootings and beatings, and, when one man stole drugs, Coke killed him with a chain

saw. Judge Patterson is expected to also hear from prosecutors and victims. At least one victim has already written. Maxine Riley, who described herself as a resident of the western Kingston area, asked the judge to impose a life sentence. She charged that Coke was personally responsible for the deaths of hundreds of Jamaicans, including her son, Dexter, who she said was killed by Coke’s gunmen when he was 16.

“I hope that you exercise your judicial discretion to put him away forever,” she wrote.

“Mr. Coke is the Hitler of the Caribbean. This is an opportunity for him and his murderous organization to be permanently dismantled.”



U.S. deportation program sows distrust ~ task force

(CONTINUED FROM PAGE 2)

and state homeland security officials, urged Immigration and Customs Enforcement (ICE), the agency that operates the program, to start over to “reintroduce” it in many places where local opposition has swelled.

The report added to the controversy surrounding the Secure Communities program, a centerpiece of the Obama administration’s efforts to curb illegal immigration by deporting as many as 400,000 foreigners a year.

DISSENSION

ICE Director John Morton named the task force in June to channel and address resistance from state officials, local police chiefs and immigrant organizations. But, in the final hours of work on the report, new dissension arose in the task force. Five of its 19 members, including all three who represented trade unions, resigned last month, rather than endorse the final report.

The report shows that divisions persisted among the remaining members of the

diverse group.

Some thought the program was too deeply flawed to continue. Others, especially the police officials, argued that information-sharing among law enforcement agencies under the program was too vital to halt.

Under Secure Communities, fingerprints collected from anyone arrested by local or state police are checked against FBI criminal databases as a routine police procedure. The fingerprints are also run through the U.S. Department of Homeland Security databases, which record immigration violations.

OUTCRY

After initiating the program in 2008, ICE extended it across about half of the country, recently to growing outcry. The task force’s Chairman Chuck Wexler, who also heads the Police Executive Research Forum, said there was a “strong consensus” in the group that Secure Communities should focus on deporting serious and violent felons.

But many local police officials told the task force that the program has eroded trust between them and immigrant

communities by leaving the impression that they were doing the federal government’s work for it by enforcing US immigration laws. Since then, some communities have become reluctant to report crimes, they said.

“You can’t mix in low-level offenders and not lose credibility in the communities,” Wexler said.

In four public hearings, the task force learned of many cases of illegal Caribbean and other immigrants swept into deportation after being stopped by the police for minor traffic offences or, in some cases, for no offense at all - all of them were flagged by a Secure Communities check.

“To the extent that Secure Communities may damage community policing,” the task force report found, “the result can be greater levels of crime”.

The task force said immigration officials also made confusing statements about the legal authorities underpinning the program.

Edited from CMC report.



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Caribbean nations demand reparations for slave trade

UNITED NATIONS, New York – The Antigua and Vincentian prime ministers, in separate speeches to the United Nations last month,



Gonsalves

demand reparations for injustices suffered by African slaves and their descendants, whose legacy has slowed their advancement as people and nations.

Antigua and Barbuda Prime Minister Baldwin Spencer and his St. Vincent and the Grenadines counterpart Dr. Ralph Gonsalves told the U.N. that segregation and violence against people of African descent have impaired their capacity for advancement as nations, communities and individuals.

“Antigua and Barbuda has long argued that the legacy of slavery, segregation, and racial violence against peoples of African descent have severely impaired our advancement as nations, communities and individuals across the economical, social and political spectra,” Spencer said.

HEALING

The appearance of reparations in the political rhetoric of two predominantly African-descended countries comes as the world marks “International Year for People of African Descent”. Spencer argued that redress for the injustices meted out to African slaves and their descendants would advance general healing for the peoples on both sides of the Atlantic Slave Trade’s Middle Passage.

“Those who choose to differ have argued that, unlike victims of the Holocaust or those who have been interred during wars and have subsequently received remunerations, neither the victims nor the perpetrators of slavery are alive today, and it is unfair to hold the descendants of slave-

owners responsible for the actions of their ancestors,” he added.

“On this, we strongly disagree. However, none should disagree that racism and other legacies of slavery continue to shape the lives of people of African descent; thus reparations must be directed toward repairing the damage inflicted by slavery and racism.”

BLUEPRINT

Last month, the U.N. held a one-day, high-level meeting to commemorate the 10th anniversary of the adoption of the Durban Declaration and Program of Action, an international blueprint to fight racism.

The document was adopted by consensus at the 2001 U.N. World Conference



Spencer

against Racism, Racial Discrimination, Xenophobia and Related Intolerance, in Durban, South Africa.

Spencer said the declaration remains “an innovative

(CONTINUED ON PAGE 6)

Dancehall star Vybz Kartel on murder charge

KINGSTON, Jamaica - Popular Jamaican dancehall artiste Vybz Kartel has been charged with murder, illegal possession of a firearm and conspiracy to murder in Jamaica.

Kartel, whose real name is Adidjah Palmer, who had been in police custody since late last month, was charged on Oct. 3.

The charges were laid after the singer had been questioned by officials from the Major Investigation



Cops hold Vybz Kartel.

Taskforce (MIT) in the presence of his lawyer.

The police allege that on July 11 Kartel, along with other men, conspired to murder Barrington “Bossie” Burton, a 27 year-old businessman/promoter from the neighboring parish of St. Catherine.

Burton was murdered while he was standing with friends along Walkers Avenue in Gregory Park.

- Edited from CMC.



Amnesty International wants ‘Baby Doc’ prosecuted for Haiti human rights abuses

PORT-AU-PRINCE, Haiti - Amnesty International wants Haitian authorities to bring former President Jean-Claude “Baby Doc” Duvalier to justice, but his supporters crashed a press conference in Haiti and slammed AI as imperialists.

AI last month called for Duvalier to be brought to justice for the human rights abuses committed under his regime from 1971 and 1986, even as the rights group released a new report with evidence of arbitrary detentions, torture, deaths in custody, killings and disappearances during Duvalier’s rule.

“Please get out!” said Osner Fevry, an attorney long hired by political figures with ties to the Duvalier regime as he and others crashed the press conference at Le Plaza Hotel.

“We don’t need people to come to divide us.”

Javier Zúñiga, special advisor at Amnesty International, insisted “there’s sufficient evidence to prosecute Jean-Claude Duvalier for

the widespread arbitrary detentions, torture, deaths in custody, killings and disappearances that took place during his regime, some of which amount to crimes against humanity.

“What is needed is political will from Haiti’s new administration to comply with their international obligations and their duty to the survivors and victims of abuses,” he added.

FREE

Duvalier returned to Haiti in Jan. 2011, after 25 years in exile in France. He was indicted by Haitian authorities for embezzlement, theft of public funds and crimes against humanity committed during his presidency. But to date he has yet to be tried and remains free, dining out publicly in jazz clubs and top restaurants.

At the time, Amnesty International provided Port-au-Prince’s public prosecutor with documented evidence of human rights abuses committed during his rule to help inform the investigation. Between 1971 and 1986, polit-

ical leaders, journalists, trade unionists and those suspected of being opponents of the government were particular targets of arbitrary detentions, torture, political killings and



Duvalier

disappearances.

Deaths in custody were common among political prisoners, who regularly suffered torture, illness, and a lack of food and sanitary facilities. Duvalier’s government never recognized the existence of political prisoners.

- Edited from News Americas.



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St. Lucia minister resigns after U.S. revokes his visa

CASTRIES, St. Lucia, CMC – Housing Minister Richard Frederick last month announced that he had resigned from the Cabinet of Prime Minister Stephenson King less than a week after the United States Embassy revoked his diplomatic and ordinary visa.

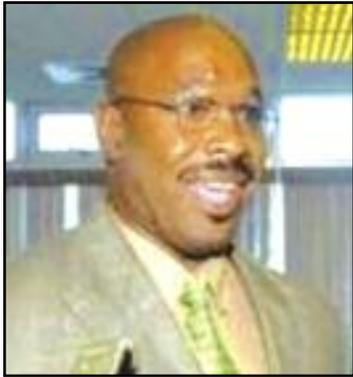
In a 20-minute television broadcast, Frederick said that his resignation took effect Sept. 26, but indicated that he intends contesting the upcoming general elections on behalf of the ruling United Workers Party (UWP).

“The latest blow from the American Embassy has certainly hurt me,” he said. “I now understand how the commissioner of police from Guyana felt, I now understand how the minister from Jamaica felt, I now understand how the Venezuelan ambassador to the United States felt, all of them having their visas revoked,” Frederick said, blaming his “sworn political enemies” for the situation.

“...I am still at a loss though as to the reasons for the revocation of my visas, although I believe that what done in the dark will one day be preached from the house top.”

‘DISTURBING’

Frederick, 46, who first



Frederick

entered Parliament as an independent and later on a ticket of the ruling United Workers Party (UWP) in 2006, said he has been advised to reserve further comment on “this very disturbing turn of events.”

“In the meantime my political enemies are rejoicing, for them the revocation of my visa is like manner from heaven, they see this as the vehicle from which they will regain power.

“...You may rest assured that I am innocent of all those allegations leveled at me by my political enemies,” he told constituents.

Prime Minister King has already indicated he intends calling the polls, constitutionally due by Mar. 2012, later this year.



U.S. Coast Guard makes big drug haul in Caribbean

FLORIDA - The United States Coast Guard said it seized 4,355 pounds of cocaine from a boat while on patrol in the Caribbean last month.

The Coast Guard said it was working with U.S. Customs and Border Protection to patrol the region in search of suspect drug traffickers when its crew spotted the go-fast vessel.

“When a Coast Guard

helicopter flew over the vessel for a closer look, the suspects on the boat began throwing bales overboard and then tried to speed away in the boat,” the statement explained.

It noted that crew members managed to stop the boat a short time later and discovered the more than two tons of cocaine the vessel had been carrying.

The U.S. Coast Guard estimated the drugs to be worth \$58 million if sold on the street.

Five people on the boat were detained and taken to the U.S. Naval Station in Guantánamo Bay, Cuba. The Coast Guard did not identify the nationalities of the alleged drug traffickers.



Drug carrying sub discovered in region's waters

MIAMI, Florida – The United States Coast Guard have discovered a second makeshift submarine for drugs smuggling in the Caribbean Sea, according to officials.

Mohawk, a Coast Guard cutter sailing out of Key West, Florida, interdicted what it termed a self-propelled, semi-submersible vessel – SPSS, the coast guard said in a statement late last month.

The Coast Guard's first interdiction of a drug sub was in the western Caribbean Sea took place on July 13.

“Used regularly to transport illegal narcotics in the Eastern Pacific, this interdiction is only the second Coast Guard interdiction of an SPSS in the Caribbean”, the statement read.

A C-130 Hercules patrolling the area for suspect vessels and search and rescue mission spotted a suspicious

vessel and notified the Mohawk crew of the location, the Coast Guard added. A Coast Guard helicopter and pursuit boat crew from the Mohawk intercepted the submarine and detained its crew, the statement noted.

“The (sub) sank during the interdiction, but not before a quantity of cocaine was recovered”, it added.

CHALLENGE

“The use of self-propelled semi-submersibles is relatively new in the Caribbean so it's a serious operational challenge for the cutter fleet,” said Commander Mark Fedor, Coast Guard Cutter Mohawk's commanding officer.

Built in the jungles and remote areas of South America, the typical SPSS is less than 100 feet in length, with four to five crewmembers. It carries up to 10 tons of illicit

cargo for distances up to 5,000 miles, the Coast Guard said.

The Coast Guard said drug traffickers design SPSS vessels to be difficult to spot and to rapidly sink when they detect law enforcement, hampering the authorities' efforts to recover the contraband.

“They are a significant threat to our nation and our friends throughout Central and South America because they can smuggle massive amounts of narcotics, as well as other illicit goods or people,” Fedor added.

The Coast Guard said the current case is under investigation, disclosing that “the contraband and suspects were turned over to other U.S. law enforcement agencies for disposition.”

- Edited from CMC.



Caribbean nations demand reparations for slave trade

(CONTINUED FROM PAGE 5)

and action-oriented agenda to combat all forms of racism and racial discrimination,” adding that the 10th anniversary should be used as “a chance to strengthen political commitment in fighting racism and racial discrimination.”

In addition, the Antiguan leader said it should also an “opportune time to revisit the issue of reparations for slavery, which is central to any discussions about racism, colonialism, and poverty.”

AWARENESS

Gonsalves said he was grateful to the United Nations for hosting a number of events to raise awareness of the challenges facing people of African descent and foster discussions on potential solutions to tackle these challenges.

“Racial discrimination was justified and became itself the justification for a brutal, exploitative and dehumanizing system of production that was perfected during the transatlantic slave trade and ingrained over the course of

colonial domination,” he said.

“The structure of our modern world is still firmly rooted in a past of slavers and colonialist exploitation,” he added. “While we celebrate the noble heroism of the famous and the faceless, who resisted racist colonial hegemony, we must continue to confront the legacy of this barbarism and continuing injustice.”

“The wounds of this era are deep, the crimes against humanity are clear, and the necessity for apology and reparations are undeniable,” continued Gonsalves, stating that, in the remaining months of this important year, “we must ramp-up efforts to confront the challenges facing the people of African descent, seek justice for historical and modern wrongs, and celebrate the rich and diverse African culture, in all of its glorious manifestations.”

He said the peoples of African descent remain disadvantaged, individually and systemically, by this “entrenched and unyielding cycle of dis-

crimination.

“Indeed, many of the wars that the U.N. struggles mightily to quell or avoid are rooted in the ignorant and avaricious cartography of European colonizers,” said Gonsalves, noting that the people of St. Vincent and the Grenadines have a “long and proud history of resistance to slavery, bigotry and genocide,” dating back to the resistance of the indigenous Garifuna peoples against British aggression in the late 1700s.

Some 200 million people of African descent live in the Americas. After Haiti abolished slavery and declared itself independent, slavery was progressively abolished by European powers in the Caribbean and South America between 1834 and 1865, officially ending a practice that began shortly after European colonization in the 1500s decimated native Amerindian populations.

- Edited from CMC.



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South Dade finally gets great cultural venue in its backyard



Colorful carnival dancers added spice to the grand opening of the center in the backyard.

The new, long awaited South Miami-Dade Cultural Arts Center has officially opened its doors. The \$51 million state-of-the-art center, located at 10950 S.W. 211 St. in the village of Cutler Bay, South Florida, welcomed a throng of

local, county and state representatives to its colorful opening ceremony on Oct. 1. Commissioner Dennis Moss, among the driving forces behind the creation of the center, proclaimed "Promises Made, Promises Kept" and explained that the project came in under budget.

A series of lively outdoor performances, which continued through Oct. 2, marked the occasion. On both days free pre-show outdoor activities and events took place in the plaza. The grand opening performance spanned the many genres and cultures that made South Miami Dade the unique place that it has evolved into over the years. From gospel to jazz, to classical, Latin and Caribbean fusions and dance electrified the air, and the wonderfully diverse crowd that makes up the community. Among the performers was the South

Florida Boys & Girls choir, which lifted the spirit of the crowd. The pulsating drum beats from the all female drum and dance group Venus Rising had crowd jumping to the catchy African beats. Carnival dancers, shaking and gyrating to the sounds of soca, added to the excitement. The official ribbon cutting ceremony for the event, which brought together residents, community leaders and government officials, took place on the night of Oct. 1. The crowd then moved into the wonderful facility to enjoy performances from the inside.

Organizers made sure that everyone in the community got a piece of the overall event. The general feeling was that the area of South Dade was coming into its own and residents would no longer have to flock to venues elsewhere. "Finally we have a great cultural venue right in our back yard," said Partick Richard a resident of Country Walk. "We won't always have to go downtown (Miami) or to Broward (County) anymore."

'Rhythms of Africa' return to Florida Oct. 15

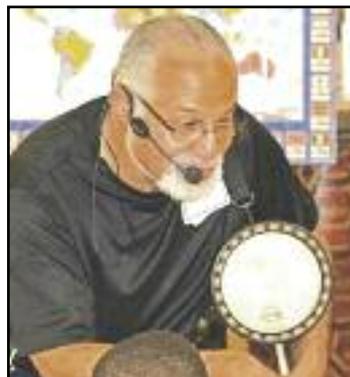
The musical sounds of a continent far away, but which retains a strong connection with people across the globe, especially the Caribbean diaspora, returns to South Florida this month. Two shows in the second

and carried from Africa to the Caribbean, South America and the New World. Under the direction of Willie Stewart, who played percussion for 23 years with the legendary band Third World, this theatrical, inspirational and educational production aims to unite the entire community in a celebration of music.

working alongside more than a dozen professional musicians. By the time the performers hit the stage, some 60 students, ages 13 to 16, will have undergone six weeks of instruction provided by Stewart, at no cost, as part of the educational complex's after school program.

Presented by Willie Stewart's Embrace Music Foundation, it features at-risk youth from Lauderdale Lakes Educational Complex's Smart School Charter Middle and Eagle Charter Academy

For more information, visit www.RhythmsOfAfrica.net, www.ParkerPlayhouse.com, Facebook.com/RhythmsOfAfrica or call the Parker Playhouse Box Office at 954-462-0222.



Stewart

annual "Rhythms of Africa: Music Around the World", will be staged at 2 p.m. and 7 p.m. Oct. 15 at Parker Playhouse in Fort Lauderdale. The concerts are free. "Rhythms of Africa" describes the movement of ancient rhythms sprung from the souls of vibrant cultures

BRIEFS

- Miami Broward Carnival**
 The spirit and flavor of Caribbean celebration takes the spotlight in South Florida from 11 a.m. to midnight on Oct. 9 with the staging of the Miami Broward One Carnival at Sun Life Stadium in Miami Gardens. For more information, visit www.miamibroward-carnival.com.
- Caribbean comedy**
 A Caribbean stand-up comedy and variety show will be staged on Oct. 15 at The Porter Sanford III Performing Arts Center & Community Center, 3181 Rainbow Dr. in Decatur, Georgia. Nikki Crosby, Drew Thomas and Errol Fabien, plus soca artiste Boogaloo are scheduled to perform. For more information, check www.theramblerstales.com.
- Mavado in Georgia**
 Jamaican dancehall artiste Mavado is set to make a stop on

- his "Welcome to the Gully Tour" in Georgia on Oct. 22 at The Atrium, 5479 Memorial Dr. in Stone Mountain. Doors open at 10 p.m. For more information, call 678-668-5594 or 404-932-2474.
- World Creole Music Festival**
 Dominica will celebrate its music, dialect and culture by hosting the 15th annual World Creole Music Festival Oct. 28-30.
- 'Bayside Rocks' Nov. 19**
 Some of the top performers in reggae music are scheduled to take the stage during "Bayside Rocks", beginning 2 p.m. Nov. 19 at Bayfront Park, downtown Miami, Florida. For more information, call 305-763-4509 or visit info@baysiderocksfestival.com or www.baysiderocksfestival.com.

Compiled from various sources.

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Jamaican is Lauderhill's new top cop

The City of Lauderhill in Florida last month swore in a Jamaican man as its new police chief.

Andrew Smalling, who is originally from Jones Town in Kingston, but left Jamaica for the United States as a young child, was sworn in last month.

Smalling once held a similar position in Lauderdale Lakes, a nearby community.

Lauderhill, with some 70,000 residents, has long been home to a large Caribbean community. The city's has a police force of



Smalling, is flanked by Rogers, left, and Grant-Griffiths.

some 140 officers.

"I want to take this opportunity to thank my higher authority, my heavenly father, for ordering my steps to be where I am right now,"

Smalling said during the swearing ceremony at city hall.

"I pray that he will continue to guide me in my decisions and keep and protect the men and women he has given me charge over."

Among those attending the ceremony were Hazel Rogers and Jamaica's Consul-General in Miami Sandra Grant-Griffiths. Jamaican pastor Bishop Clinton Ruddock said prayers.

Hazelle Rogers and Miami pastor Bishop Clinton Ruddock said prayers.



Jennifer Carroll gets Caribbean American civic award

Jennifer Carroll, Florida's Trinidad-born lieutenant governor is being honored for her work in public service.

Carroll was named to receive the Caribbean American Civic Duty Award this month.

The award is presented by Infiniti Global Media LCC, a Caribbean American multi-media firm located in Atlanta, Georgia. The Caribbean

Media Network is a division of Infiniti Global Media LLC.

Carroll is Florida's 18th lieutenant governor. She was a state legislator for over seven years, a small business owner, former executive director of Florida Department of Veterans' Affairs and a Navy veteran.

She was born in Port of Spain and migrated to the

United States as a young child. Carroll enlisted in the U.S. Navy in 1979, rising from enlisted jet mechanic to retire as a lieutenant commander aviation maintenance officer after 20 years.

Carroll is married to Nolan Carroll of Miami and they have three children, Nolan II, Nyckie and Necho.



Jamaican American gears up to contest Pembroke Pines seat

Another Caribbean American has declared his intent to enter the United States political arena.

Jamaican-born businessman Chris Ziadie, 45, said he plans to run for the District 3 seat on the City Commission in Pembroke Pines, a South Florida community with a significant Caribbean American population. The election for the seat is due in Mar. 2012.



Ziadie

"I'm running because our district does not have good representation," Ziadie said recently.

"These people don't know how to run a budget."

Ziadie, who migrated to South Florida in the late 1970s, claims to have more than 27 years of business management/consulting experience and to have worked for several Fortune 500 companies.

The District 3 seat is currently held by Iris Siple. The community has an estimated population of 30,000 to 35,000, of which Ziadie estimates

"about 15 percent, 20 percent" is Caribbean American. Pembroke Pines is located north of Miami and south of Fort Lauderdale.

REGULATION

Ziadie claims the city is plagued by rising taxes and wasteful government spending. In addition, he believes, city regulations are stifling businesses.

"There is too much regulation," he said. "Pembroke Pines needs to ease up on regulation...The small businesses, it's very hard for them now. They're struggling."

Ziadie is a well-known name in Jamaica. In South Florida, many Caribbean Americans also associate the name with sport, specifically soccer. His previous political experience included running for the District 8 seat on the Broward County Commission last year. He lost that race.

However, Ziadie plans to do better next March, through connecting with Caribbean Americans in District 3.

"The bottom line is reaching out to these folks," he said.



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Golding explains resignation

The following is an edited version of the text of an address delivered by Bruce Golding in a national broadcast Oct. 2, 2011 to explain his decision to step down as leader of the Jamaica Labour Party and prime minister of Jamaica:

“Last Sunday, I advised my party’s central executive that I would not seek re-election at the annual general conference to be held next month and I would step down as Prime Minister as soon as a new leader had been elected. I had come to this position after deep contemplation and prayer, seeking to do what is best for the country and the party.



Golding

“The timing of my announcement might appear to have been awkward since I was preparing for my mother’s funeral, but it was unavoidable...Let me explain the timing.

“The annual general conference of the JLP is scheduled to be held on November 19th and 20th. As stipulated in the party’s constitution, the deadline for nominations is October 19th. Sufficient time, therefore, had to be allowed for potential candidates to consider offering themselves and meet the October 19 nomination deadline. Sufficient time had to be allowed, as well, for the delegates to contemplate their choices since they would not have been anticipating that a vacancy would arise. But it was important not to have too long a period of uncertainty regarding the leadership and direction of the government.

“In addition, the central executive which meets quarterly was, last Sunday, holding its last meeting before the annual general conference. I had to make my decision known then.

CHALLENGES

“In the brief statement I issued on Sunday, I stated that the challenges of the last four years had taken their toll and it was appropriate now to step aside and make way for new leadership.

“The last few years, perhaps, have been the most difficult period that any government has had to face. Like most other countries, we have taken a battering from the global recession and the recovery we are so anxious to see has been slow, the global environment still uncertain.

“We have managed to avoid the kind of disaster we have witnessed in many other countries but the effects of the recession have still been painful for many Jamaicans.

“I have worked hard these past four years, 16-18 hours a day most days, in navigating our way through these treacherous waters. We are beginning to see positive results: far-reaching macro-economic reforms have been implemented; the economy has returned to a growth path, modest though it is; we are once again creating new jobs even though we have not yet restored the jobs that were lost; the rise in poverty has been cauterized.

“While the worst may have passed, we are not yet out of the woods. There are challenges that remain on many fronts that will require strong leadership to overcome and absolute confidence in the authority of that leadership.

COKE ISSUE

“Questions about the role I played in the Coke/Manatt matter have remained a source of concern in the minds of many people. It was never about (Christopher) Coke’s guilt or innocence.

“It was about a breach of our Constitution and had it been a person other than Coke it perhaps would never have become the cause célèbre that it turned out to be. We have since amended the Interception of Communications Act to permit in the future, the action that was taken in Coke’s case but which, at that time, was in violation of our Constitution.

“However, the entire episode has affected me deeply and the perceptions that are held by some people have not been dispelled, notwithstanding the exhaustive deliberations of a Commission of Enquiry.

“I cannot allow the challenges we face and the issues that we as a people must confront to be smothered or overpowered by this saga and the emotions that they ignite. It would not be fair to my country; it would not be fair to my party.

“There are other considerations that led to my decision. It is time for my generation to make way for younger people whose time has come, who are more in sync with 21st century realities, whose vision can have a longer scope and who can bring new energy to the enormous tasks that confront us.

“The leaders of major

(CONTINUED ON PAGE 10)

Furious females are no fantasy

Hell hath no fury like a woman spurned.

The female of the species is deadlier than the male.

Have you ever wondered why some women are always angry? Sure, now you’re going to say that men get angry too, and of course they do. But I’m talking about this perpetual, perennial, permanent, pouting vexation that many women saddle themselves with.

Maybe you’ve seen articles, or books, that state that men are essentially happier than women, so my facts are based on extensive research. In most cases, the object of her anger is a man. Let’s face it, from the dawn of time, it has been documented that women nag, torment, get on men’s cases, needle, harass and harangue their men.

It’s written in folklore, cemented in fact, experienced by many men. Even the cockney slang for wife is, “trouble and strife”. We rarely hear of men being nags. Of course, men have their faults and bad ways too, serious defects, but that trait of constant anger is attributable mostly to women.

FEAR

Many big, grown men cower in fear at their women’s fury. Many are afraid to speak, act or even go home because of the little woman’s wrath.

I even heard this guy ask his woman, “Are you going to spend your entire life just cussing me every day...can’t I do anything right...even once..?”



Are women born with this fury gene, or is the trait acquired over the years, honed to perfection after a series of broken relationships?



TONY ROBINSON

Yes, much of this fury is directed at men, either from women who have men and enjoy their favorite pastime of cursing them every day, or by women who have no man, but live every day cursing all men.

Hello, have they ever thought that it’s this anger that keeps men away?

BITTER PILL

Yes, the man-less are the most bitter, and this bitterness keeps them man-less. It’s a self-fulfilling prophecy, fueled by an angry upbringing. This anger usually lasts forever, and is often inflicted on other women

in her proximity. That’s why they say that misery loves company. It sure does.

This fact needs no verification, but I saw this film, titled “Diary Of A Tired Black Man”, that highlighted these issues, how woman are always angry at their men. And guess what, the women who were interviewed actually defended this anger. And that’s from women with men.

Those without men are equally furious, but usually with men from their past, and they hate to see other women with men of their own. Whenever an angry woman sees another woman on the verge of happiness, or even deeply entrenched in happiness, her mission is to venture forth and destroy it.

Angry women hate to see other women who are not angry like them. So they either fly solo or gather other angry women, assemble a coven and

(CONTINUED ON PAGE 10)



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Golding explains resignation to the nation

(CONTINUED FROM PAGE 9)

countries around the world – for example, the United States, Britain, Canada, Mexico, Spain, the Netherlands, Finland, Austria, Belgium, Denmark, Norway, Australia, and New Zealand – are all more than 10 years younger than I am. It is a worldwide trend and we in Jamaica should not resist it.

TIME

“I was first elected to Parliament almost 40 years ago. In the next two months I will be 64. I feel it is time for me and people like me to make way and allow a new crop of leaders to step forward and unleash their energies and creativity. There are young people in my party, indeed in both parties, who are capable of providing the leadership that the country requires at this time. We must not, for the sake of personal ambition, block their emergence. My advice and counsel will always be available if and when required.

“I told my central executive last Sunday that the next few weeks will be crucial not only for us as a party but for the country. The election of a new leader is a process that must be conducted in a

mature, transparent and dignified manner. This is especially so since we form the government.

“In the past few days, I have been in contact with our major international partners and I have assured them that the direction of the government is firmly in place and that the transition will be smooth and seamless. The financial markets remain sober while they await the appointment of a new Prime Minister and confirmation that we will not deviate from the economic reforms on which we have embarked. In my remaining few weeks, I will continue to work as hard as I have ever done and hand over the reins of office gracefully to my successor.

NOTICE

“The General Secretary of the party has already outlined the procedures for the election of a new leader. The Electoral Office of Jamaica has been asked to manage the voting process and everything will be done to ensure an orderly transition.

“I have an abiding faith in my country and in the people of my country. Despite the formidable challenges we face, we can overcome; we will

make it if we try and try hard enough, if we remain focused and committed not just to the next elections but to the future and the possibilities that are within our reach and

must be placed securely within our grasp. This is not a time to be fearful or bewildered. It is a time for renewed hope and renewed effort.

“I hope to address you

one more time before I leave office and, as always, I pray God’s blessings on our nation and all its people.”



Furious females are no fantasy

(CONTINUED FROM PAGE 9)

set out to mash up any dolly house that they may see.

They will criticize the girl’s man, tell her that he is no good for her, talk about his past exploits, and what they don’t know, they’ll make up, with liberal embellishments until the poor woman starts to have doubts, believes the venom of the furious women and starts to first question, and then harass her man. She now turns into an angry woman, needling, nagging, asking questions, doubting his every word.

SPURNED

Women are angry for other reasons, and few things can compare to the fury of a woman who was loved and left. Hell hath no fury like a woman spurned, and that hell can last forever, especially if she has a child for the man, and he left and married someone else. That anger will be permanent, like a tattoo, etched

into her every fiber.

Sometimes these women are so vexed at their exes, that they misplace this anger to their children. Oh yes, the sins of the father shall certainly be visited on the children, is their fervent belief.

“You are just like your worthless father, same bad ways, same bad character.”

That’s what many children grow up hearing - a constant, never ending, deluge of vitriol, spoken at them, but really directed at their fathers. I know of boys who virtually hate their mothers because of this.

SYMPTOMS

What are the symptoms of this anger? Well, women always pick fights, have something to quarrel about and are always on combat alert.

“What did I do now?”

Brother, you haven’t got to do a thing today. Your past deeds of yesteryear will come

back to haunt you today, for the furious woman does not forget. Her database is large, and she can retrieve files faster than you can say, “So what’s wrong with you now?”

Even if things are going okay, and the man is doing his best, the angry woman will find something to bitch about and pick a fight.

There are so many men who welcome the hiatus between quarrels with their vexed women...until the next time. For as sure as night follows day, an angry woman will have her way.

People, I don’t make these things up, and Lord knows, women berate me for writing them, but facts are facts, and many women are furious all the time, so angry, and usually at their men.

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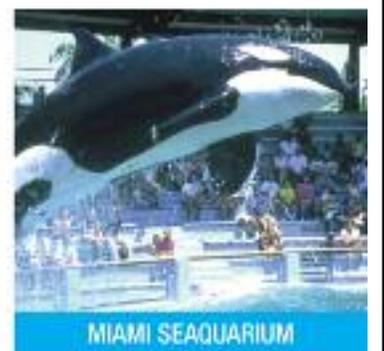
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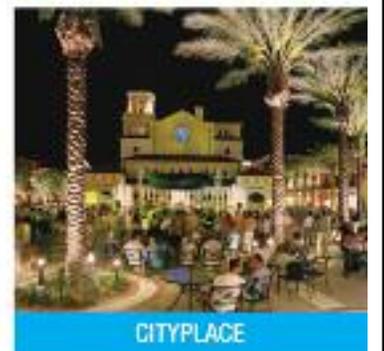
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CITYPLACE

~ A Caribbean Today special feature

MIND GAMES: Fighting mental health stigma

DAWN A. DAVIS

“Fifty percent of mental illness starts by age 14, 75 percent by age 27. We need to start looking for and accepting help,” implored Dr. Joycelyn Elders, the first African American surgeon general in the United States, who served under President Bill Clinton.

Dr. Elders, speaking at a recent Florida Memorial University (FMU) Mental Health Symposium, noted that mental illness also impacts the African American community and stressed the critical need to eliminate the social stigma around the disorder.

The Miami Gardens-based university hosted one in a series of programs, dubbed “Mind the Gap: Improving Mental Health Eliminating Stigma”, that is touring the U.S. Hosted in partnership with the National Black Nurses Foundation (NBNF), the conference aims to build bridges between the commu-



Elders

nity and mental health professionals by increasing awareness and education about treatment and access to healthcare services.

“We have mental health problems in our community, in most of our families,” said Dr. Elders. “...We want to begin to recognize it, we want to bring more of these things out in the open and we want to be able to treat it because most of the mental disorders

have treatment and we can make a difference.”

BURDEN OF DISEASE

The former surgeon general acknowledged that the closure of many neighborhood health clinics and facilities, plus cuts in health services because of the depressed economy, have had a negative impact on the African American community, many of whom are already burdened by lack of medical insurance. Add to that the stigma of mental illness and the formula becomes volatile.

“Most of us don’t want to go to a mental health clinic, we would rather go to the emergency room for that headache that we’ve been there 50 times for, or the backache we’ve been complaining about for ten years,” Dr. Elders said. “We need to go in and see the appropriate doctors and get proper treatment.”

According to a Report of the Surgeon General, “In the

(CONTINUED ON PAGE 12)

Kids help kids fight cancer

Schools can now join the fight against leukemia, which affects more children than any other cancer.

Although research has led to nearly 90 percent of children with acute lymphocytic leukemia being cured, the need for support research is still critical. The Leukemia & Lymphoma Society’s (LLS) School & YouthSM Programs is offering a meaningful way for kids to help kids.

Each spring thousands of students across the United States learn about the value of community service while raising money to help find cures for leukemia, lymphoma and myeloma. Students spend three weeks during school year contributing their spare change and participating in other special fundraising events. The School & Youth programs also include special lesson plans that support service learning and character education within the classroom.

Across the U.S. and

Canada more than 26,000 schools – 15 million students from kindergarten to high school – participated in the programs during the 2010-11 school year, raising approximately \$25 million to help fund blood cancer research and patient services.

INSPIRING

“It’s inspiring to see young people volunteer and really care about helping others,” said Joanne Davis, executive director of LLS Southern Florida Chapter in a recent press release.

“It’s a program that is truly meaningful because kids learn that their efforts really make a difference.”

For more information on the School & Youth Programs, or to learn how to register your school, visit www.schoolandyouth.org or contact Rhonda Siegel at 954-744-5313, Rhonda.siegel@lls.org or www.schoolandyouth.org/sfl.



ENERGIZED: Soca queen takes healthy path to success

JASON WALKER

As far as fans of Alison Hinds are concerned, the so-called “Soca Queen” is showing as much power and energy as she did two decades ago, when, as a teenager she became the first woman to front a soca band.

To keep executing at a high level with quality, the English-born, Bajan star, who has churned out hits like



Hinds

people around her, including a manager that understands her, a daughter she loves, and family and friends who offer support in her life and career.

“Staying in connection with the fans” also helps, said Hinds, “and you have to keep up with what is going...and not just musically but in terms of the region, what’s happening as well, especially staying in connection with younger people and what they are interested in and what attracts them.

“Also I have to look at the fans that have grown up with me and are in my age group.”

BALANCE

All this helps keep the balance. To meet the challenges mentally and physically, Hinds said she keeps a demanding training regimen bolstered by a diet that works. It takes plenty commitment.

“Day by day, almost hour by hour,” she said.

“Your mind has to be ready,” she added. “There are certain things that you have to sacrifice, you cannot work out and then have a cake!

“You have to mentally put yourself in a place where you (want to be and) say this is where I am. Even if you give yourself a time frame...your mind is there and then your body will follow. “

That wasn’t easy. She also

needed help.

“I was in the gym for years,” Hinds explained. “I had personal trainers, I did all kind of stuff and I got results after a certain point.

“Then what happened is that I started getting problems in my knees, my knees were hurting. It got to a point where I would be on stage performing and my knees were killing me, hurting really, really bad. I had to figure

(CONTINUED ON PAGE 14)



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“Faluma”, “Togtherness” and the ladies’ anthem “Roll it Gyal”, explains she needs to always be healthy and fit.

For mental and emotional health, Hinds underlines the importance of having the right

~ A Caribbean Today special feature

South Florida children find a medical home of their own

DAWN A. DAVIS

South Miami's underserved children have a health facility they can call their own.

Since opening its doors in 2007, South Miami Children's Clinic (SMCC) has been serving the healthcare needs of the area's uninsured and low-income families.

Under the leadership of pediatrician and Medical Director Dr. Tina Carroll-Scott, the clinic offers free pediatric care, immunizations, flu shots, and exams for children from birth to age 18.

SMCC was the brainchild of Wayne Brackin, chief operating officer of Baptist Health South Florida system, who also served as chief executive officer of South Miami Hospital. An active participant in the South Miami community, Brackin was inspired by the children in the area to create a facility that would

take care of their health needs without direct cost to their families. With the support of Baptist Health Systems, and other partners such as the Lennar Foundation and United Healthcare, the clinic opened in Mar. 2007 to provide not just healthcare, but health education to the most needy.

Although SMCC was set up to serve the uninsured and families which earn at, or below, 200 percent of the federal poverty level, the reality is that the majority of the families that live in the neighborhood are low-income African Americans who qualify for some kind of insurance, for example Medicaid, Medipass or one of the HMOs. As such, some would not qualify for treatment at the clinic.

SAFETY NET

The medical director was determined to change that.

"For us to make a differ-



Carroll-Scott

ence in the community, it has to be a medical home," explained Dr. Carroll-Scott.

"Whether they are insured or uninsured I need to be able to see them. The reality is some of the children would be insured one month then uninsured the next because of a whole host of issues.

"So, I went to my board and told them we have to be

all-inclusive, we need to be a safety net whether they have insurance or not. So, we started accepting insurance such as Medicaid and the Medicaid HMOs as of last year.

"We see those without insurance and a limited amount of those with insurance. It works well because there is continuity of care and I can make sure they are getting what they need."

Dr. Carroll-Scott also enlisted the services of specialist doctors from Miami Children's Hospital who volunteer their time to the clinic, specifically for the uninsured. But, from early on, she realized that it would take much more than her medical training to bring the community back to health.

"I came in thinking that as a pediatrician I would be providing primarily medical care," she said. "But, what I found very quickly is that I am not only the doctor, but I am

the social worker and the psychologist. A lot of the families have so many other problems that affect their medical status that it was hard for me to push forth the medical agenda if I didn't take care of everything else that was affecting them.

"If you don't have proper housing, if you don't have electricity, if you don't have food to put on your table, if your kids are having academic problems, anything I tell them about preventive medicine is going in one ear and out the other. So, I have to address all those issues as well if I am going to make any difference as far as helping them to improve their health status."

LITERACY

Part of the problem affecting the community is literacy, the pediatrician explained. If parents and

(CONTINUED ON PAGE 14)

MIND GAMES: Fighting mental health stigma

(CONTINUED FROM PAGE 11)

United States, mental disorders collectively account for more than 15 percent of the overall burden of disease from all causes and slightly more than the burden associated with all forms of cancer".

Researchers stress that these statistics point to the urgent need for treatment and education, particularly because 80 percent to 90 percent of

mental disorders can be treated. The unfortunate fact is stigma associated with mental illness is part of the problem.

Although there have been advances in understanding mental illness, which run the gamut from depression to bipolar disorder and schizophrenia, society's proclivity to sweep the problem under the carpet has kept many away from seeking help.

Embarrassment, fear, and denial are typical patterns when it comes to mental illness. So entrenched are these feelings, some communities are even reluctant to contribute to mental health insurance according to the Report of the Surgeon General.

FAITH-BASED

As part of the strategy to break down the barriers to

treatment in the African American community FMU, a historically black university, and the NBNF in collaboration with the National Medical Association are actively working with faith-based groups in local communities. It is recognized that clergy are often the first point of contact for congregants with mental issues. Thus, increasing the level of awareness and training within this group may well serve to reduce the stigma and fear often associated with mental illness.

Faith-based communities have always been a solace to the grief stricken, unemployed and those going through relationship problems. Ministers can effectively use their roles as spiritual advisors to help change the negative connotation around mental health so that those affected can seek help without shame.

Recognizing the dilemma, Elders underscored the point: "We have all this stigma about being diagnosed and taking

drugs... We've got to be educated so we can get over some of our problems."

But, even with education quality community mental health services cannot be accessed without adequate funding. The NBNF and its partners are thus actively advocating for change at the policy level through dialogue with political and economic forces.

As this themed symposium is presented in cities such as Dallas, Washington, D.C., Baltimore, Los Angeles, with speakers such as Dr. Elders, it's hoped that the program of relationship building and education will break down the wall of stigma around mental illness in African American communities.

Story and photograph submitted by Dawn A. Davis, a freelance writer for Caribbean Today.



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~ A Caribbean Today special feature

Plaza Medical Center: A senior sanctuary in South Florida

DAWN A. DAVIS

Plaza Medical Center has been serving the needs of the South Miami community of Richmond Heights since 1980.

Today, it has spread its wings across Miami-Dade County with offices in the cities of North Miami, Kendall, and Broward County's Oakland Park and Plantation.

Lead physician Dr.

Michael Cavanaugh and his partners recognized the need for a health-care facility for the increasingly aging commu-



Cavanaugh

nity and, in 2005, took over the small medical practice on 152nd Street in Miami with a mission to serve seniors, many from African American and Caribbean backgrounds.

"Our focus is to buy doctors' offices, make them into stronger practices with better medicine for the patients and

not lose the personal touch between the doctor and the patient," Dr. Cavanaugh explained.

Dr. Cavanaugh, board-certified in internal medicine and geriatrics with more than 33 years of clinical practice, explained that treating the aged is not the same thing as treating young people.

"I also have to take into account their tolerances to the treatment," he said. "So, by focusing on seniors we have been able to specialize in the frail and the diseases and conditions that affect the aged."

AMAZING STORIES

But looking after the elderly is not just about frailty and disease, said Dr. Cavanaugh. He is often amazed at the strength, agility, and sharpness of the elderly patients he sees everyday.

"We have 95-year-old people who are still driving," he said. "They take care of their own bills, manage their own lives, and make everyday decisions without difficulty, and many have fascinating histories."

With an average patient

load of 20 per day for each doctor throughout the six owned and seven managed centers, Dr. Cavanaugh and his partners have plans to expand their brand of personal medicine across South Florida.

The physical space within the Richmond Heights Center is inviting. Building an accommodating practice translates into preventive medicine.

"We practice a proactive style of medicine. We believe in the philosophy of the primary care doctor being responsible for coordination of all the patients' care," said Dr. Cavanaugh.

The geriatrician recognizes that some seniors use the Emergency Room as a means to get regular medical care, and has made the commitment to re-educate them.

FAMILY PRACTICE

Although the centers' mainly focus on

seniors, the thriving family practice side of the business attends to younger patients, 25 years and older. Dr. Marcelle Tharmarajah, who is

of Haitian descent, is from the South Miami community and finds providing medical

(CONTINUED ON PAGE 14)

D'Limers brings Caribbean flavor to Komen race for breast cancer cure

MIAMI, Florida - A collaboration of Caribbean businesses and support organizations, known as D' Limers, will this month celebrate its eighth year of participation in the annual Komen Race

This year, the Susan G. Komen Foundation will celebrate its 26th anniversary of the "Race for the Cure", which raises funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who lost their battle with the disease.

IMPACT

"Each year, we raise the volume within our disproportionately impacted Caribbean and African American communities," said Marlon Hill, a partner with delancyhill, P.A. law firm and husband to breast cancer survivor Carla Hill.

"This year, our mas band, D' Wassi Ones, will be including a section dedicated to breast cancer awareness in the annual Miami Broward One Carnival," added Giselle Blanche, bandleader of D'



Breast cancer survivor Carla Hill, left, and Blanche at last year's event.

for the Cure for breast cancer.

The event is scheduled for **Oct. 15** at Bayfront Park in downtown Miami.

In an effort to raise awareness for early detection within Caribbean American community, the D'Limers team will incorporate the flavor of Caribbean music, food, and culture in hosting the team's participation. After the race and walk, participants can enjoy a full Caribbean breakfast and Caribbean music at the host tent.

Wassi Ones.

To register with the D' Limers team, visit <http://tinyurl.com/3br4maw> and RSVP at raceforthecure@delancyhill.com. For more information about the D'Limers team, call **786-777-0184**.

For more information about the Susan G. Komen Foundation, visit www.komenmiami.org.



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~ A Caribbean Today special feature

South Florida children find a medical home of their own

(CONTINUED FROM PAGE 12)

guardians are having difficulty reading or communicating, the children are not getting the at-home support they need to succeed in an educational environment, which in turn creates a vicious cycle. Many children were being misdiagnosed with Attention Deficit Disorder (ADD) when the problem was distraction or frustration because of what was going on at home, Dr. Carroll-Scott noted.

To help address some of those issues, she partnered with several non-profit organizations, among them medical-legal partnership Children's Health Advocacy Project, which provides free legal services and advocates for proper educational resources for children with mental health problems. For example, Kevin Probst, attorney and Equal Justice Works fellow, represents children who are labeled, punished, or being held back in the school system without being tested, evaluated, treated or tutored for their special problems.

The community is also facing high teen pregnancy rates, Dr. Carroll-Scott explained, noting that many young girls come from families where pregnancy at an early age is the norm.

"It is really engrained in this community," she said. "So, my role is not to judge, but to say to them, 'if you are going to engage in this type of activity you need to be smart, you need to be responsible'."

COUNSEL

Because Baptist Health is a faith-based health system, Dr. Carroll-Scott went to the board to seek permission to give advice on contraception. She now counsels young people on safe sex and sexually transmitted diseases, and distributes condoms and gives contraceptive injections to girls engaged in sexual behavior.

However, as difficult as it is to accept the fact that many of the youth, some as young as 12, are having sex, Dr. Carroll-Scott is gratified that a majority of her patients now come to her willingly for help and advice.

She explained that part of the problem for young girls is low self-esteem. To validate themselves, they seek the attention of boys and inevitably engage in risky behavior. This is where much of Dr. Carroll-Scott's social and mental health counseling advice kicks in. Perhaps the most important advice she can give to the children, said Carroll-Scott, is the value of education, for with that comes the drive to do better.

"I try to lead by example," she said. "And so I tell them, 'the advice that I give you is exactly what I give to my own children. I have your best interest at heart'."

Creativity, too, is at the heart of Dr. Carroll-Scott's practice. To reach her youthful patients, the doctor started educating through poetry. What better way to catch the ear of a 13-year-old about a subject as yucky as HPV.

Photograph and story submitted by Dawn A. Davis, freelance writer for Caribbean Today.



Plaza Medical Center: A senior sanctuary in South Florida

(CONTINUED FROM PAGE 13)

services to her neighbors and friends rewarding.

"I went to junior high school in this neighborhood so I am very familiar with the people and I relate to them pretty well," Dr. Tharmarajah explained.

Born in New York, but raised in Haiti since she was a child, the family medicine physician has been a clinician for more than seven years. She delivers a range of services, such as managing chronic illness, immunizations, routine checkups and healthy lifestyle counseling.

Like the other doctors at the practice, Dr. Tharmarajah spends time with patients, counseling and advising them on medication safety or simply serving as a listening ear.

D. Tharmarajah added that she also counsels patients about the herbs they are taking, especially those from the Caribbean who grew up on alternative treatments. The



Tharmarajah

practice will consider any alternative practice that works, and has incorporated therapeutic massage as part of its range of services.

ANCILLARY SERVICES

Part of what makes Plaza Medical Center different is the range of ancillary services it provides. For example, the facility has partnered with the Department of Children and Families to help families recertify their children for Medicaid benefits, subsidies and cash assistance. There is no charge for this service, a huge benefit to community residents served by the centers.

It is this balance of quality healthcare, free social services and personal attention that has earned the Plaza Medical Center Humana's Five Star Award for six years running.

Photograph and story submitted by Dawn A. Davis, freelance writer for Caribbean Today.



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ENERGIZED: Soca queen takes healthy path to success

(CONTINUED FROM PAGE 11)

what was going on.

"I went to a therapist, I did all kind of things and I was icing my knees a lot."

ADJUSTMENTS

She found out what was wrong. Among other things there was too much pressure on her knee. Still, she went back to exercising, but her knees hurt so much she could do not do some exercises, such as lunges and squats.

A friend told Hinds that she had been swimming, so the entertainer started a training regimen in the sea this year. It brought greater fitness. She also changed her diet, reducing sugar intake and drinking a gallon of water a day.

"You can never drink enough," she said.

Hinds did a variety of exercises on the beach - making use of rocks for weights - and in the sea, using the resistance from the water. It made a big difference. So she set targets.

"When I was getting ready for Crop Over my goal was that by August 1st I have a costume to wear, I need to be in it and I need to look good!" she said.

She achieved that goal. "You also have to set goals for yourself...you have

to find something to jumpstart your metabolism," Hinds added.

"You have to do something that will use your muscles."

Hinds recommended using a variety of exercises. She also advised to "set short-term goals," then moving to another set after achieving the first set.

"Every woman has some dress in the wardrobe that you want to wear," she said. "Put it on every couple weeks and see where you are."

POSITIVES

Hinds's new regimen has had positive effects. She said her energy, comfort level and confidence escalated. She also feels healthier.

"(It) is not just how you look but how you feel inside out," she said.

Hinds advised training with someone who will offer encouragement. The potential reward is immeasurable.

"Nothing tastes as good as skin feels," she said.

Armed with a healthier outlook, Hinds is eyeing future goals such as performing on Broadway, releasing a new album and reaching new markets where soca is not popular.

Jason Walker is a freelance writer for Caribbean Today.



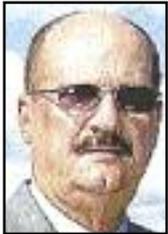
Caribbean Shipping's AGM set for Oct. 10-12 in B'dos

BRIDGETOWN, Barbados - The Caribbean Shipping Association's (CSA) annual general meeting will be held over three days this month in Barbados.

The meeting is scheduled for Oct. 10-12 at the Hilton Barbados hotel.

The CSA is the voice of the region's shipping industry and a major regional forum where matters relevant to the growth and development of Caribbean shipping are discussed.

Officials of the CSA, which is headquartered in Jamaica, were in Barbados recently finalizing the plans for the event with local partners Barbados Port Inc. and the Shipping Association of Barbados (SAB).



Rivera

Immediate CSA Past President Fernando Rivera said that he was pleased with the headway that Barbados had made in planning for the AGM and with the social events planned.

MILESTONE

SAB President Marc Sampson said Barbados plans to put on a good show as host.



Sampson

"This year is also a key milestone in the shipping industry for Barbados because we at CSA are celebrating our 30th anniversary while Barbados Port Inc. is celebrating 50 years of service to Barbados," he explained.



Port Everglades' cargo growth doubles U.S. national average

Port Everglades' 14 percent growth in containerized cargo during the first six months of calendar year 2011 is nearly twice the national average of 7.1 percent for all U.S. seaports, based on the latest Journal of Commerce PIERS Port Ranking Report.

"Port Everglades is climbing back to its pre-2007 cargo levels, before the downturn in the global economy," said Port Everglades Director Phil Allen in a recent press release.

"Cargo volumes have increased each month this year over 2010 and we expect the trend to continue."

According to the release, containerized cargo volumes at Port Everglades increased 14

percent from 292,673 TEUs during the period of January to June 2010 to 333,546 TEUs during the same time period in 2011. Nationally, TEUs increased from 13,611,797 during the first half of 2010 to 14,571,482 in 2011. A TEU is a 20-foot equivalent unit, a shipping industry measurement term for a standard 20-foot container.

The increase in the overall cargo volume for the port reflects volume increases for nearly all of the port's cargo terminal customers, according to Port Everglades Director of Business Development Carlos Buqueras.



U.S. company delivers aid to hurricane hit Bahamas

As one of the warehouses contracted by the United States Agency for International Administration (USAID) to provide pre- and post-disaster relief commodity storage services for the U.S., Crowley Maritime Corporation's logistics group recently provided the deployment of emergency aid commodities for The Bahamas in the aftermath of Hurricane Irene.

Crowley's Miami warehouse is a distribution center for USAID relief supplies held for disbursement within

the Western Hemisphere. Supplies are frequently called for, on an emergency basis, following natural disasters or in response to foreign governmental requests for assistance from the U.S.

Crowley maintains both inventory and reporting processes allowing USAID representatives access to real time supply lists. From these lists, USAID can make shipment decisions following situational assessments from personnel stationed within the disaster area.



Tropical launches 'Express' service to The Bahamas

RIVIERA BEACH, Florida - Tropical Shipping, which offers ocean-freight service to the Caribbean, recently celebrated the christening and launch of the new Tropic Express, a 348-foot-long vessel that will be deployed in the company's Bahamas trade.

"We're very excited about the christening of our newest vessel," said Mike Pellicci, president of Tropical Shipping.

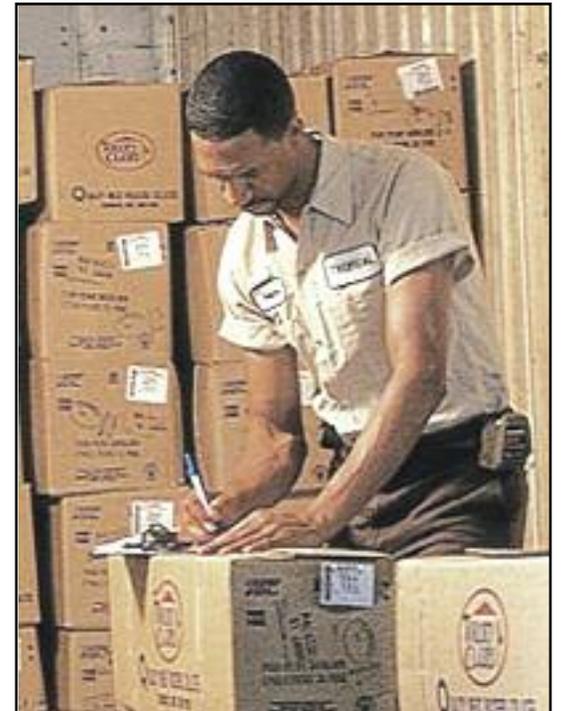
The new vessel became the 15th ship in Tropical's fleet.

According to Pellicci, the Tropic Express is a 368 teu shallow draft container vessel that will transport dry and refrigerated containers between Florida and The Bahamas, with a service speed of 12.5 knots. Roughly the size of a football field, the vessel is equipped with two 45 ton cranes and also has a ramp to

transport out of gauge, oversized and heavy cargo, typically used in construction projects.

The \$14-million Tropic Express was built by CSC Chongqing Dongfeng Shipbuilding Corporation. The vessel was first launched in the Yangtze River in Dec. 2010 and was delivered in June to the Port of Palm Beach for the August christening.

When the ship arrived, it also carried 225 new refrigerated containers, bringing the total number of containers in



the Tropical fleet to more than 11,000 units.



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Caribbean quartet in line for 'World Athlete of the Year'

Four of the Caribbean's outstanding track stars – all world champions – are among the nominees for the IAAF's 2011 World Athlete of the Year award.

A trio of Jamaicans, Usain Bolt, Veronica Campbell-Brown and Yohan Blake, joins Grenada's Kirani James on the IAAF's shortlist. All four earned individual gold medals at the 2011 World Championships in Athletics



Bolt

this summer.

For the men, Blake won the 100 meters, Bolt the 200 meters and James the 400 meters. Bolt and Blake were also part of Jamaica's winning 4x100 meters relay team, which broke the world record.

Campbell-Brown was second in the women's 100 meters to the United States' Carmelita Jeter, but turned the tables on the American in

the 200 meters to win gold. However, Jeter anchored the U.S. 4x100 meters team to victory over Campbell-Brown and Jamaica.

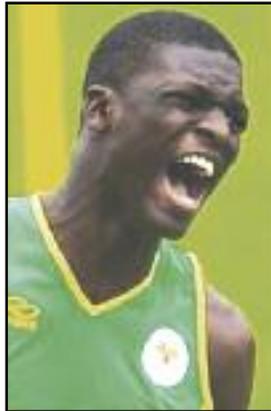
QUALIFICATION

Ten male athletes and 10 female have been listed as candidates for the award by an IAAF



Campbell-Brown

panel. Three athletes from each group will be chosen via an e-mail poll, which closes Oct. 23. The winners in each category will be chosen by the Council of the International Athletic



James



Blake

Foundation and announced during the 2011 World Athletics Gala on Nov. 12 in Monaco.

Bolt, who won the award in 2008 and 2009, faces his stiffest competition from club mate Blake, James, Mo Farah of Britain, Kenyans David Rudisha and Patrick Makau. Jesse Williams, Koji Murofushi, Christian Taylor and Robert Harting. Rudisha won the award last year.

Campbell-Brown and Jeter are joined by a host of WCA champions, including Amantle Montsho, Lashinda Demus, Sally Pearson and Vivian Cherulyot. Anna Chicheroya, Valerie Adams, Mariya Abakumova and heptathlete Tatyana Cheronova

are also among the nominees.



Windies' Samuels cleared to bowl following ICC ban

DUBAI, United Arab Emirates – West Indies all-rounder Marlon Samuels has been given the go-ahead to bowl again in international cricket.

The 30-year-old Jamaican, who bats right-handed and bowls right-arm off-spin, recently underwent tests on his bowling action in Perth, Australia. He passed the tests and the International Cricket Council (ICC) has granted permission resume bowling.

Samuels received the good news late last month while here with the West Indies team on a one-week camp to prepare for the tour of Bangladesh. He was pleased to hear.

"It feels really good to know that I can bowl again in international cricket," said Samuels.

"I have been waiting for this moment for a while now. I am mainly a batsman in the team, but it feels good to know that I can again contribute to the team in another area – with the ball. I am the kind of player who likes to be always involved in the game so this is great news for me and for the team."

Samuels, who made his debut for West Indies in Australia 11 years ago, has so far taken seven wickets in 32 Test matches and 57 wickets in 117 one-day internationals, at an economy rate of 4.8 runs per over.

GRATITUDE

He thanked former West Indies captain Jimmy Adams and West Indies head coach Ottis Gibson for their help and advice.

"I really want to thank Jimmy Adams for working with me in the nets and helping me through this process," Samuels said. "After I came back into the West Indies set-up Ottis Gibson continued the work from where Jimmy left off and helped me to get the positive result I was aiming for."

"I have been spending a lot of time doing a lot of bowling in the nets so that I could get my body accustomed to the work, so that anytime the captain calls on me, in any of the three formats of the game, I will be ready."



T&T climbs, but Jamaica still tops Caribbean soccer rankings

PORT OF SPAIN, Trinidad, CMC – Trinidad and Tobago's strong start to qualification for the 2014 World Cup in Brazil has given the twin island republic a boost in the latest FIFA World Rankings released last month.

T&T made the most significant jump of all the teams in the Caribbean Football Union (CFU), moving up 11 places to 80th in the world.

This has reinforced the Soca Warriors in the CFU number two spot behind undisputable CFU number one Jamaica.

T&T opened their 2014 World Cup campaign with a 1-0 victory over Bermuda on home soil and followed up

with a 2-0 win over sporting arch-rival Barbados on the road. The Warriors are second in Group B of the second stage of CONCACAF qualification on six points – the same as Guyana – but T&T has a weaker goal difference.

T&T meets the Bermudians on Oct. 7 on the road in Hamilton. The Guyanese will also travel to face the Barbadians in Bridgetown.

Jamaica, the reigning Caribbean champion, has not yet entered the World Cup qualifying campaign, but suffered a dip in the rankings, dropping two places to 45th, following a couple of weak recent performances in friend-

ly internationals. The Reggae Boyz were beaten 5-2 by Ecuador in Quito, and Colombia stopped them 2-0 in Fort Lauderdale in the United States.

SHAKE UP

In a shake-up of the top five, Antigua and Barbuda has achieved its highest standing in the CFU, rising to third following a four-place leap up to 102nd in the world.

The Antiguans have also benefited from strong results in their first two World Cup qualifying fixtures, after a 5-2 demolition of Curacao on home soil, and an 8-1 dismissal of the United States Virgin Islands on the road in

CONCACAF Group F.

Cuba dropped six places to 105th in the world, and is now the CFU number four, but has been inactive, since the country is yet to enter the qualifying phase, while Haiti, comfortable 6-0 winner over the USVI and 4-2 over Curacao, has moved to number five in the CFU, following an eight-place jump – the second highest behind T&T – to 108th in the world.

All the other teams in the region have either trended downwards or remained stagnant, with Anguilla the only side to buck this, moving up two places to be 198th in the world and 24th in the CFU.



Team Jamaica Bickle gears up for 2012 with '5K Run' in N.Y.

Team Jamaica Bickle (TJB), which supports Caribbean athletes,

especially at the annual Penn Relays in Philadelphia, is gearing up for a 2012 season of activities by organizing a "5K Run" at Baisley Park in Queens, New York.

The meet is set to start at 10 a.m. Oct. 15. Race day registration is at 8 a.m. The event is being used to promote healthy lifestyles and raise funds to support Team Jamaica Bickle's various pro-

grams throughout the year.

The Team Jamaica Bickle 5K is being staged in conjunction with New York-based Awesome Power Track Club, and is a USA Track & Field (USATF) sanctioned event.

In addition to the "5K Run", there will be a "5K walk" and a "1 Mile Run".

"We are excited to stage the Team Jamaica Bickle 5K," said Irwine Clare, founder and

chief executive officer. "This effort has in its genesis a broader vision for the community. It is a significant step in driving grassroots support for our programs while promoting a healthy lifestyle."

Persons interested in registering for the events may call 347-676-1969 or 718-523-2861.



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~ A Caribbean Today special feature

Reduce salt intake ~ Bajan chef

“Cut back on table salt!” That’s the message from a Barbadian chef and entrepreneur who wants Caribbean people to abstain from over-consuming salty foods following reports of tragic life-altering strokes and other serious medical conditions.

Chef Derek Went, of Went Caribbean, a company which offers healthy Caribbean lifestyle support, said while the Caribbean region is known worldwide for its culinary exploits, and some of the most flavor-filled foods, the region was playing “Russian roulette” with its food preparation and consumption habits.

Went Caribbean is focused on reducing the high incidence of chronic, non-communicable diseases by offering a variety of products and services which promote a healthy lifestyle.

“I am all for maintaining the diverse culinary traditions of the Caribbean, but let’s make sure we do so without compromising good health,” said Went, who is proposing a switch from table salt to mod-

erate amounts of sea salt as a healthier alternative.

HEALTHY EATING

He promotes sodium-free, healthy spices and herbs. Went also urges drinking pure water, checking blood pressure, daily exercise and other dietary habits - as recommended by medical doctors and qualified nutritionists - which are keys to a healthier Caribbean and an economically sustainable health care system.

Went Caribbean, supported by the Barbados Entrepreneurs Venture Capital Fund (known as BIM Ventures), promotes WentWorx line of all natural, seasoning blends which contain no salt, no sugar, no MSG and no artificial preservatives.

“You can definitely reduce the salt in your meals without sacrificing authentic Caribbean flavor when you use WentWorx blends,” the chef emphasized.

For more information, visit Went Caribbean on Facebook.



MDC’s Culinary Institute hosts open house Oct. 11

Miami Dade College’s (MDC) Miami Culinary Institute (MCI) will share its blend of food, culture and innovation with the community when it hosts its first fall open house events from **10 a.m. to 6 p.m. Oct. 11.**

The MCI, located in downtown Miami, plans to offer guests and prospective students a tour of the building and details about MCI’s academic and non-credit programs, including the associate in science degree programs in

hospitality management and culinary arts management, food certification courses, the Culinarium Enthusiast Learning Series, MDC’s admission process and financial aid.

The MCI opened in the spring.

To make reservations to attend the open house, contact Lisa DeCastro at ldecast1@mdc.edu. For more information about MCI, call **305-237-3276** or visit www.miamidadeculinary.co



‘TASTE OF JAMAICA’



The University of Miami recently got a “Taste of Jamaica” courtesy of the Grace Jamaican Jerk Festival, in collaboration with the Organization for Jamaican Unity (OJU). Jamaican jerk chicken and other tasty delights were served on “The Rock”, a popular meeting place in the center of campus. Chef Stafford, left, served jerk chicken to hundreds of students. Grace drinks, Golden Krust cocktail patties, potato pudding and Grace plantain chips were also available.

The Grace Jamaican Jerk Festival will celebrate its 10th anniversary on **Nov. 13**, with the organizers promising patrons “Ten Times the Fun and Ten Times the Excitement” in a series of promotions leading up to the event. The one-day food festival is will be held from 10 a.m. to 10 p.m. at Markham Park, in Sunrise, Florida.

For more information, contact Jamaican Jerk Festival USA, Inc. at **786-361-1103**, e-mail info@jerkfestival.com or log on to www.jerkfestival.com.

Fire up the grill! Just be careful

While grilling food outdoors is a favorite pastime of many Caribbean Americans, it’s important for those with gas grills to know what to do when that empty propane tank is ready for proper disposal.

“Empty propane tanks should be taken to one of our two Home Chemical Collection Centers for recycling, or check with a propane dealer to see if they will accept it,” said Miami-Dade’s Solid Waste Director Kathleen Woods-Richardson.

“The one thing residents

should never do is dispose of a propane tank in their garbage or recycling cart because, even if it appears to be empty, the tanks can explode and injure people or damage property nearby.”

Standard 20-pound propane tanks, as well as the smaller 1-pound or 16.4-ounce containers used for camping or hurricane preparedness, can be taken to the Home Chemical Collection Centers for recycling and proper disposal. Both centers are open to all Miami-Dade residents (no commercial or institutional waste is accepted, howev-

er), whether they are serviced by the Miami-Dade County Department of Solid Waste Management (DSWM) or not.

The Home Chemical Collection Centers are open from 9 a.m. to 5 p.m. Wednesday through Sunday. They’re located in West Dade at 8831 N.W. 58th St. and in South Dade at 23707 S.W. 97th Ave. Gate-B.

For more information on Home Chemical Collection Centers, visit the DSWM website at www.miamidade.gov/dswm or dial **3-1-1**, the county’s answer center.



BRAND NEW KACEY’S TREAT

Last month the City of Coconut Creek in Florida welcomed Kacey’s Jamaican Restaurant during an official ribbon cutting ceremony attended by a host of local public officials, members of the Caribbean American community, and business leaders. The restaurant, owned by Marlene Omphroy and Michael Smith, is located at 4301 Coconut Creek Parkway. It relocated from Margate to the new location in August. “At Kacey’s expect great prices, delicious food, friendly service, and a warm charming Caribbean atmosphere,” said Marlene Omphroy, at the ceremony. Photograph shows Vice Mayor Mikkie Belvedere cutting the ribbon, flanked by Smith and Omphroy.



~ A Caribbean Today special feature

Chicken calypso with island peas and rice

Chicken calypso

Ingredients

- 1 3/4 lb boneless, skinless chicken thighs
- 1 1/2 teaspoons Complete seasoning
- 1/4 teaspoon pepper
- olive oil cooking spray
- 1/4 cup pre-sliced green onions
- 1/4 cup molasses
- 3 tablespoons Asian sweet chili sauce
- 1 tablespoon cilantro herb paste
- juice of 1 lime

Method

Preheat grill. Sprinkle both sides of chicken with seasoning and pepper; coat with cooking spray.

Place on grill and close lid; grill five to six minutes on each side or until chicken is 165°F.

Combine in medium bowl: remaining ingredients,



Chicken Calypso

including juice of one-half lime (1 tablespoon). Stir in chicken until evenly coated; cover (with foil) and let stand five minutes, turning occasionally, until flavors have blended. Serve.

Island peas and rice

Ingredients

- 1 (13.5-oz) can coconut milk
- 1 1/2 cups reduced-sodium chicken broth
- 1/4 cup raisins (optional)

- 1 1/2 teaspoons jerk seasoning
- 1 (10-oz) package yellow rice mix
- 1 cup frozen green peas

Method

Combine coconut milk, chicken broth, raisins, and jerk seasoning in medium saucepan; cover and bring to boil on high.

Stir rice mix into boiling mixture. Cover and reduce heat to low; cook 22 to 25 minutes (covered, do not stir) or until most of liquid is absorbed and rice is tender.

Stir in peas; cover and cook four to five more minutes or until peas are heated. Fluff rice with fork and serve. Makes six servings.

- *Publix Apron's Simple Meals.*



Enjoy chef Smith's Potter's Cay conch balls

Chef Charles Smith, from Abaco Beach Resort in The Bahamas has offered his special recipe for conch balls. Enjoy.



Smith

Ingredients

- 1 lb. conch
- 1 lb. plantain

- 1 lb. mozzarella cheese
- pepper (hot) 2 each
- Eggs 2 each
- 4 oz. onions
- 1 tbs. fresh thyme
- 1 oz. bacon

Method

Ground conch, plantain and onions together. Add eggs finely chopped pepper and thyme. Finely chopped bacon sautéed a little and added.

Mix all ingredients together.

Cut mozzarella cheese into half-inch dice. Form into balls with a dice of cheese in the center.

Cook in deep fryer at 375 degrees.



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Chicken curry and grilled asparagus with vinaigrette

Chicken curry

Ingredients

- 1/2 lb fresh sugar snap peas
- 2 green onions, thinly sliced
- 3 boneless skinless chicken breasts (about 1 3/4 lb)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1 tablespoon canola oil
- 3 tablespoons curry powder
- 1 cup reduced-sodium chicken broth
- 1 cup coconut milk
- 2 (10.75-oz) cans condensed reduced-sodium cream of chicken soup

Method

Cut peas into bite-size pieces. Slice green onions.

Cut chicken into bite-size pieces (wash hands); season with salt and pepper.

Preheat medium saucepan on medium-high two to three minutes. Place oil in pan, then add chicken; cook six to eight minutes or until browned. Stir in curry powder; cook one more minute.

Stir in peas, broth, coconut milk, and chicken soup; bring to a boil. Reduce heat to low, stir in green onions; cook five more minutes for flavors to blend. Turn heat off; can stand 10 to 15 minutes for additional flavor development.

Curries are traditionally served over white rice.

Grilled asparagus with caramel vinaigrette

Ingredients

- 1 lb fresh asparagus spears
- 3 tablespoons canola oil, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/4 cup brown sugar
- 2 tablespoons unsalted butter
- 2 tablespoons rice vinegar

Method

Cut one inch from tough root end of asparagus; place in medium bowl.

Stir in a tablespoon of the oil, salt, and pepper; toss to coat.

Stir together in a microwave-safe bowl, brown sugar, butter, and vinegar. Microwave on high for one to three minutes or until butter melts and mixture boils. Slowly whisk in remaining two tablespoons oil until well blended.

Preheat large grill pan (or sauté pan) on medium-high two to three minutes. Place asparagus in pan; cook and turn three to four minutes or until tender. Transfer asparagus to serving dish and top with caramel vinaigrette. Serve warm.

- *Publix Apron's Simple Meals.*



Caribbean paella

Ingredients

- 1 mango
- 1 red bell pepper
- 1 medium sweet onion
- 1 poblano chile pepper, finely chopped
- 1 (12-oz) package fully-cooked apple chicken sausage
- 3 cups water
- 1 cup orange juice
- 2 tablespoons butter
- 2 cups white rice
- 1/2 teaspoon ground allspice
- 1/4 teaspoon saffron threads
- 3/4 lb peeled/deveined shrimp
- 1 tablespoon fresh lime juice

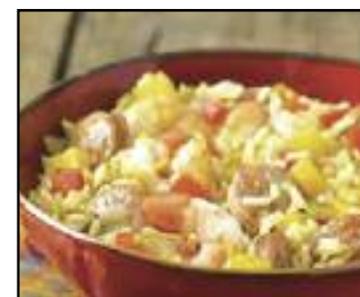
Method

Peel mango; cut into bite-size pieces.

Cut bell pepper and one-half onion into bite-size pieces.

Chop one half of poblano pepper. Cut sausage into bite-size pieces (wash hands).

Preheat large stock pot on medium-high two to three minutes. Add water, orange juice, and butter; bring to a



Caribbean paella

boil. Stir in all remaining ingredients (except shrimp and lime juice). Return mixture to a boil; cook one to two minutes.

Reduce heat to medium-low and cover with tight-fitting lid; cook 20 minutes (without removing lid) or until rice is tender.

Stir in shrimp and lime juice, then cover; let stand five minutes or until shrimp is opaque. Serve.

- *Publix Apron's Simple Meals.*



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