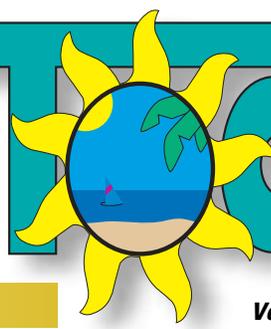


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FREE FROM FRISK



~ A United States federal district judge has ruled against the New York Police Department's policy of stop-and-frisk against Caribbean immigrants, blacks and other minorities, page 5.



Vittel Smart left the Caribbean aiming for success in America. But it was a mouth-watering recipe, which traces its roots to his homeland, that has helped him make his mark as an entrepreneur, page 14.



After a long stint as Jamaica's consul general to the southern United States, Sandra Grant Griffiths is moving on to another assignment. The career diplomat talks about her work in the U.S. and what's up next, page 9.

PAR FOR THE COURSE

~ It takes a special and specific talent to be a successful golfer. The professional level represents a coveted elite group. Jamaican-born Peter Horrobin has risen to that class, page 7.



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New York renames street honoring Jewish Jamaican

NEW YORK - New York City has renamed a street in Brooklyn in honor of an Orthodox Jewish Jamaican man killed while trying to protect his girlfriend during a botched robbery of a liquor store.

The city re-named Ave. J and Nostrand Ave. in the Midwood section of Brooklyn "Yoseph Robinson Ave" in honor of the 34-year-old clerk gunned down in Aug. 2010.

Police said the masked assailant, Eion Klass, held up Robinson and his girlfriend, Lahavah Wallace, demanding she turn over her jewelry. Klass then shot Robinson twice in the chest when he tried to grab his gun, police said. In January, Klass, 35, an ex-convict, pleaded guilty to manslaughter and robbery, and was sentenced to 35 years in prison.

After the killing, Wallace urged Grenadian American New York City Councilman Jumaane Williams, who represents the area, to honor her boyfriend's memory with a street sign.

"It was meant to be," she told reporters after the ceremony.

CONVERT

Robinson, a Jamaican who converted to Judaism, helped form a bridge between the Caribbean and Orthodox Jewish communities of Midwood and East Flatbush in Brooklyn, the New York **Daily News** newspaper reported. It noted that Robinson overcame a checkered past of drug dealing and petty crime, becoming an Orthodox Jew at age 23 and incorporated Torah verses into the hip-hop he used to write.

"Yoseph died a hero," Williams said, adding "I'm hoping that the street sign serves as a reminder of that."



SCARED TO DEATH: Haitian collapses, dies after cops enter N.Y. home seeking suspect

NEW YORK - Already under intense fire for its stop-and-frisk policies against Caribbean immigrants, blacks and other minorities, the New York Police Department (NYPD) is now being accused of contributing to the death of a Haitian father of eight.

Outraged family members have accused NYPD police of literally scaring to death Carlos Alcis, 43, after officers last month swarmed his Brooklyn apartment while searching for someone who stole a cell phone from a woman.

Relatives said Alcis dropped dead from an apparent heart attack as his helpless wife and four of his children protested the fruitless intrusion into their home in the Brownsville section of Brooklyn.

The **New York Daily Times**

reported that to compound the tragedy, the police asked Alcis's 16-year-old son Emmanuel, whom they roused out of bed and wrongly suspected of being the thief, to help perform cardio-pulmonary resuscitation (CPR). The family also claimed it took nearly 30 minutes for an ambulance to reach their home "just blocks from Brookdale University Hospital in Brooklyn."

"They scared him to death," Alcis's Haitian-born brother Stevenson Alcis, told reporters. "He was healthy and fine."

ROBBERY

The fatal encounter started early Aug. 15 when a 21-year-old woman was punched in the face by a man who took her iPhone, police said. A witness

followed the robber to the two-story brick building, where the Alcis family lives in a basement apartment. The witness told the police that the alleged pilferer, wearing red pants, ran into the building. Police went door-to-door searching for the robber.

NYPD officials claim they knocked on the Alcis family's door, and Carlos Alcis let them in. But neighbors on the first floor of the building said police pried their door open.

Lissage Alcis, 21, said everyone in his apartment was asleep when the cops stormed in and woke them up.

"My father kept asking, 'What happened? Why are you here?'" he said.

Emmanuel Alcis, who was wearing red basketball shorts at

(CONTINUED ON PAGE 4)

Cuban-born musician Arturo Sandoval among U.S. Medal of Freedom recipients

Cuban-born musician Arturo Sandoval has been named among 16 recipients of the 2013 Presidential Medal of Freedom in the United States.

The jazz trumpeter, pianist, and composer, who was born outside Havana, became a protégé of jazz legend Dizzy Gillespie and gained international acclaim as a dynamic performer.

He defected to the U.S. in 1990 and later became an American citizen. He has received nine Grammy Awards and is widely considered one of the greatest living jazz artists.

This year marks 50th anniversary of President John F. Kennedy's Establishment of



Sandoval

the Presidential Medal of Freedom. It is the nation's highest civilian honor, presented to individuals who have made especially meritorious contributions to the security or national interests of the U.S., to world peace, or to cul-

tural or other significant public or private endeavors. Some 500 people have received the honor since its inception.

"The Presidential Medal of Freedom goes to men and women who have dedicated their own lives to enriching ours," President Barack Obama said in a recent press release to announce the honorees.

"This year's honorees have been blessed with extraordinary talent, but what sets them apart is their gift for sharing that talent with the world. It will be my honor to present them with a token of our nation's gratitude."

HONOREES

The 2013 awards will be presented at the White House later this year.

In addition to Sandoval, other recipients include baseball player Ernie Banks, newsman Ben Bradlee, former U.S. President Bill Clinton, the late Senator Daniel Inouye, psychologist Daniel Kahneman, former Senator Richard Lugar, country music singer Loretta Lynn, Mexican-born chemist and environmental scientist Mario Molina, America's first female astronaut the late Sally Ride, late civil rights activist Bayard Rustin, former basketball coach Dean Smith, writer and women's rights activist Gloria Steinem, minister, author and organizer Cordy Tindell "C.T." Vivian, Judge Patricia Wade, and television icon Oprah Winfrey.



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U.S., PortMiami sign pact to enhance Caribbean shipping security

MIAMI, Florida – The United States Department of State has signed a partnership agreement with PortMiami aimed at helping to enhance port security in the Caribbean.

As enforcement pressures increase against drug traffickers in Mexico and Central America, William R.

Brownfield, assistant secretary of state for international narcotics and law enforcement affairs, said late last month that it is logical that criminals will try to resurrect old drug routes through the Caribbean.

He, therefore, urged regional governments to begin preparation to combat the threat.

Brownfield said his goal is to build partnerships and relationships now, so that as “the inevitable laws of market economics” come into play in 2014 to 2016, with traffickers seeking the paths of least resistance, “we’re not caught with our pants down.”



Brownfield

‘GRAY-HAIRED’

He told the **Miami Herald** newspaper that the Caribbean drug trafficking routes of the 1970s and 1980s are “gray-haired in some respects”, but “they are still around, and will begin to look more attractive” to traffickers as law enforcement puts more of a squeeze on Central American routes.

Under the arrangement, Brownfield said PortMiami, a hub for Latin and Caribbean travel and trade, will provide training and mentoring on anti-crime and port security matters to its counterparts in

the Caribbean. The partnership will also give ports in the Caribbean access to the technology, experience and personnel at PortMiami.

The top State Department official noted that in the 1970s and 1980s Miami was at the center of the Caribbean drug trade.

“We have been there before, and we did learn some lessons,” he said, adding that, among the things, Miami can share with its counterparts is its expertise in cargo container inspection and control programs.

When such programs work, Brownfield said, “they work for everyone,” eliminating long port delays that can tie up shipments for two to three days as inspectors search for drugs and other contraband.

He said PortMiami would function more efficiently if ports around the Caribbean have better procedures and better inspection techniques.

“If you want your port, tourism and cargo to flourish

and grow, it’s in your interest to have a port that’s compatible” with one of the largest ports in the southeast United

States,” he said.

- Edited from CMC.



Jamaican in Florida charged with fraud linked to lotto scam

A Jamaican man was last month arrested in Florida and charged by United States federal prosecutors with fraud linked to a lottery scam, which filtered the profits to the Caribbean island.

According to prosecutors, Oneike Mickhale Barnett, 27, was involved in a scheme that fooled mostly American seniors into sending money – fees – to people in the U.S. under the guise that they would be awarded huge cash prizes. The money was then passed to co-conspirators in Jamaica.

Barnett, prosecutors said, ran the illegal operation out of Broward County, an area with a large Caribbean population. He had been wanted by U.S. law enforcement since last year on a telemarketing conspiracy charge and 37 counts of wire fraud.

hundred to several thousand dollars” were often collected from people “in order to collect their purported lottery winnings,” according to U.S. prosecutors.

No prize money was ever awarded to victims.

Jamaica’s Major Organized Crime and Corruption Task Force teamed up with the U.S. Postal Inspection Service, Immigration and Customs Enforcement’s Homeland Security Investigations and the U.S. Marshals Service to nab the suspects.

Barnett could serve up to 30 years in prison for each count if convicted. He would also be required to pay victims restitution.

Information obtained from the Sun Sentinel contributed to this report.



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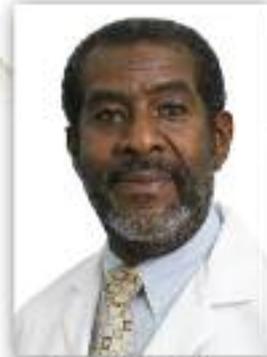
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B'dos requests information on citizens' use of Facebook

BRIDGETOWN, Barbados, CMC – Barbados is the only Caribbean community (CARICOM) country to have made a request of the social website Facebook for information regarding how its nationals use the facility.

Facebook has for the first time published data on how often governments around the world request data on its users, and according to the social media group, Barbados made three requests in the last six months.

Facebook does not specify the nature or type request, but said it set “a very high legal bar with each individual request in order to receive any information about any of our users”.

There has been no official comment from Bridgetown, but Facebook has outlined the conditions under which requests are accepted from governments.

PROCESS

“As we have made clear in recent weeks, we have stringent processes in place to handle all government data requests. We believe this process protects the data of the people who use our service, and requires governments to meet a very high legal bar with each individual request in order to receive any infor-

mation about any of our users”, noted Facebook.

“We scrutinize each request for legal sufficiency under our terms and the strict letter of the law, and require a detailed description of the legal and factual bases for each request. We fight many of these requests, pushing back when we find legal deficiencies and narrowing the scope of overly broad or vague requests.

“When we are required to comply with a particular request, we frequently share only basic user information, such as name”.

It said that it hopes the report published at <https://www.facebook.com/safety/groups/law/guidelines/> will be “useful to our users in the ongoing debate about the proper standards for government requests for user information in official investigations.

“And while we view this compilation as an important first report, it will not be our last. In coming reports, we hope to be able to provide even more information about the requests we receive from law enforcement authorities”, Facebook added.

- Edited from CMC.



U.S. arrests Suriname president's son on drugs, gun trafficking charges in Panama

PARAMARIBO, Suriname – The Ministry of Foreign Affairs here late last month confirmed that Dino Bouterse, the son of President Desi Bouterse, was arrested in Panama. However, the reason for his arrest remained unclear.

“He has been arrested and handed to American Justice Authorities. The cause for his arrest remains unclear,” the Ministry declared in a statement issued Aug. 30.

Earlier, the United States Embassy here issued a “Security Notice” confirming the arrest in Panama.

“Agents from the Department of Justice have arrested the President's son Dino Bouterse on August 29th. Key Surinamese officials have been notified and though

we have not received any negative responses from Government, this is undoubtedly a personal issue for the president”.

WARRANT

Panamanian authorities said Dino Bouterse was arrested on an international warrant issued by the U.S. for drug and weapons trafficking, crimes he reportedly committed in the state of Florida. Bouterse, who travelled to Aruba and Panama on a diplomatic passport, is reported to have indicated on his arrival in Panama that he was on private business.

Up to press time President Bouterse had not made any comment on his son's arrest.

This isn't Dino Bouterse's first brush with the law. In

2005 he was convicted in a Surinamese court and sentenced to eight years in jail on drugs and arms trafficking charges. He was released in 2008 due to good behavior.

His links with the illegal arms trade had also caught the attention of the U.S. government several years ago. In a Wikileaks cable from then U.S. Ambassador to Guyana Roland Bullen, he noted that “Desi Bouterse's son, Dino, organized a Surinamese soccer team's trip to Buxton a few years ago. It is believed that the team bus carried weapons to Buxton.”

For many years Buxton had the reputation of being a safe haven for heavily armed gangs in neighboring Guyana.

- Edited from CMC.



U.S. court rejects appeal by Haitian bomb suspect

NEW YORK – A United States court panel has rejected the appeal of a Haitian man and three others convicted of terrorism in 2010 for planting what they believed were bombs outside synagogues in the Bronx, New York.

Two of the three federal judges on the U.S. Court of Appeal for the Second Circuit in Manhattan, rejected arguments that Laguerre Payan and

the other men – James Cromitie, David Williams and Onta Williams - were entrapped by an FBI informant posing as a Pakistani terrorist. The third judge found that Cromitie, 59, the chief defendant, was entrapped.

The men were convicted in 2010 in a plot to shoot Stinger missiles at military planes at an Air National Guard base in Newburgh, an update New York town, and blow up synagogues in the Bronx.

tions, government creation of the opportunity to commit an offense, even to the point of supplying defendants with materials essential to commit crimes, does not exceed due process limits,” said Judge Jon O. Newman, writing for the majority in the 78-page appeals court decision.

According to court documents, the FBI investigation relied primarily on an informer who had posed as a Pakistani terrorist, who secretly recorded conversations with Cromitie.

Cromitie, who had first approached the informant at a mosque in 2008, wanted to “do something to America” and die like a martyr, the court documents revealed. The FBI said Cromitie recruited Payan and the other defendants in the conspiracy as lookouts.



SENTENCES

Payan and the other defendants each received a 25-year sentence from the trial Judge Colleen McMahon, who had said they were not martyrs but “thugs for hire, pure and simple.” The appellate opinion lauded Judge McMahon for her handling of the trial.

“As with all sting opera-

SCARED TO DEATH: Haitian collapses, dies after cops enter N.Y. home seeking suspect

(CONTINUED FROM PAGE 2)

the time, said he was in his bed when a cop shone a flashlight in his face.

“They took me out to the backyard. They asked a girl, ‘Is that him?’ She said, ‘It's not him’,” said Emmanuel, who was allowed to go back inside.

TRAGEDY

He said his father suddenly collapsed and started shaking.

Emmanuel said police continued to search the apartment, checking under beds and piles of clothes, even as blood started coming from his father's mouth. He said an officer finally checked his father for a

pulse, then asked him to blow air into his father's mouth as they started chest compressions.

By the time an ambulance arrived, Carlos Alcis, who migrated from Haiti in 2000 and worked as a stockman at department store, was dead, family members said.

“This is a wrongful death that should never have happened,” said Sanford Rubenstein, the family's lawyer.

Police said they later found the woman's cell phone nearby, using her Find My iPhone app. No one has been arrested.



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Judge rules against NYPD's stop-and-frisk of Caribbean immigrants

NEW YORK - A United States federal district judge last month ruled against the New York Police Department's (NYPD) policy of stop-and-frisk against Caribbean immigrants, blacks and other minorities.

In a ruling in Manhattan Federal District Court, Judge Shira Scheindlin said the policy was unconstitutional, appointing a monitor to reform the practice. She said

the city "adopted a policy of indirect racial profiling by targeting racially defined groups for stops based on local crime suspect data," rejecting the NYPD's claim that more stops occur in minority neighborhoods because of alleged high-crime rates there.

"I also conclude that the city's highest officials have turned a blind eye to the evidence that officers are conducting stops in a racially dis-

criminatory manner," she wrote.

Judge Scheindlin, however, said she was "not ordering an end to the practice of stop-and-frisk," noting that the U.S. Supreme Court had ruled that the tactic was "constitutionally permissible under certain conditions."

PURPOSE

"The purpose of the remedies addressed in this opinion is to ensure that the practice is carried out in a

manner that protects the rights and liberties of all New Yorkers, while still providing much needed police protection," the judge added.

"No one should live in fear of being stopped whenever he leaves his home to go about the activities of daily life," she ruled, finding that blacks and other minorities, including Caribbean immigrants, were "more likely to be subjected to the use of force than whites, despite the fact that whites are more like-

ly to be found with weapons or contraband.

"Blacks are likely targeted for stops based on a lesser degree of objectively founded suspicion than whites," Justice Scheindlin said, stating police let the person go, without an arrest or ticket, in 88 per cent of the stops.

The ruling came after a two-month, nonjury trial in Manhattan Federal District Court over the NYPD's policy.



Jamaican woman arrested on healthcare fraud in New York

BUFFALO, New York - The United States Immigration and Customs Enforcement (ICE) agency says special agents from the Department of Homeland Security Investigations (HSI) have arrested a Jamaican woman for health care fraud, identity theft and unauthorized use of social security numbers.

Georgia Bowen, also known as Georgia Bennett, 38, who resides in Lackawanna near Buffalo in upstate New York, faces a maximum sentence of 10 years in prison and a \$250,000 fine if convicted.

According to the criminal complaint, Bowen applied for Medicaid benefits through the Erie County Department of Social Services in Dec. 2010.

Bowen claimed to be a U.S. citizen and used a Social Security number assigned to another person, in Jan. 2011, Erie County terminated Bowen's Medicaid eligibility.

During that time, Medicaid, a federal-state program was billed for more than \$7,000 for medical services rendered to Bowen.

Previously, in Aug. 2010, ICE said Bowen was sentenced in U.S. federal court to two years in prison for identity theft. Based on that conviction, ICE initiated deportation proceedings against Bowen. The proceedings, up to press time, were being litigated before an immigration court.



U.S. cops arrest T&T national for cyber child pornography in Miami

MIAMI, Florida - Police last month arrested a 39-year-old Trinidad and Tobago national soon after he arrived at the Miami International Airport in connection with cyber child pornography.

Dafod Narinesingh was detained by agents with the Florida Department of Law Enforcement Orlando Regional Operations Center Cyber Task Force and Miami Regional Operations Center Cyber High Tech Squad on his arrival from Trinidad and Tobago.

Media reports indicated that Narinesingh was held after a month-long investiga-

tion by United States law enforcement authorities and charged with 15 counts of promoting the sexual performance of a child and one count of soliciting a parent to engage in sexual activity with a child.

Police said that Narinesingh was identified by law enforcement officials utilizing Internet chat rooms to seek out children in the U.S. for sexual activity.



Grenada announces restrictions on citizenship

ST. GEORGE'S, Grenada, CMC - The Government of Grenada has implemented restrictions surrounding the Grenada Citizenship by Investment Program.

According to Winston Garraway, parliamentary secretary for information in the Office of the Prime Minister, nationals from some countries will be restricted and some who were turned down by other countries will also be turned down by Grenada.

He said all applicants applying for citizenship will be asked if they were previously rejected by another country.

"Once that person answers yes or if we have proof that the applicant was turned down by a country to which we can travel freely, we will also reject that person," Garraway said.

Grenada first established



an Economic Citizenship Program in 2001, but rescinded the initiative due to several challenges including abuse by agents and the lack of due diligence which resulted in criminals of other countries becoming citizens of the countries allowing them to have a Grenada passport.

DILIGENCE

However, Garraway said that in-depth due diligence will be concluded on all applicants and becoming a citizen will be not an immediate achievement.

"The due diligence that

was lacking in the previous program is no longer an issue. No stone will be left unturned and it will be mandatory for all applicants to reside in the island for at least 14 days after getting

their citizenship," he said. The Citizenship by Investment Program is one of the initiatives that the ruling Keith Mitchell Administration believes can bring in millions in revenue to the country. However, several organizations and individuals have objected to this move including Government Senator Raymond Roberts, who described the legislation to legalizing the program as "prostituting" the island's passport.



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U.N. pledges commitment to Haiti's development in wake of 2010 'quake

UNITED NATIONS – The Caribbean community (CARICOM) says it remains committed to working with the international community in the development of Haiti, still recovering from a 2010 earthquake that killed an estimated 300,000 people and left more than a million others homeless.

Trinidad and Tobago's Ambassador to the United Nations Rodney Charles told the United Nations Security Council debate on Haiti that the 15-member regional grouping was appreciative of the work done so far in the re-development of the French-speaking CARICOM country.

"For us, in CARICOM,



Charles

the stability and economic development of Haiti is inextricably linked to the wider development agenda of our

sub-region. Consequently, CARICOM lauds the efforts of MINUSTAH (United Nations Stabilization Mission in Haiti), which has facilitated increased stability in Haiti," Charles said in his address on behalf of the CARICOM grouping late last month.

He said CARICOM also welcomed the decision of the Security Council to renew MINUSTAH's mandate until Oct. 15 and support the recommendation of

the secretary general that the mandate be extended until 2014.

PRIORITIES

But the Trinidad diplomat said that CARICOM countries "submit that international assistance must be aligned with Haiti's national priorities to ensure that there is appropriate national ownership of programs intended to benefit the Haitian people."

He said CARICOM also welcomed the strides made by the Haitian government to achieve certain political milestones which are indicative of progress.

He said CARICOM had taken note of the progress made in upholding the rule of law in Haiti as exemplified in

the government's "5 E" policy program, which lists the rule of law as one of its pillars.

"We are heartened by the reduction in civil unrest and the incidences of homicides and kidnappings and encouraged by the fact that the political and security situation in the country has remained relatively stable with a notable decrease in major crimes," said Charles.

"We are encouraged by the appearance in court in February of this year of two former presidents. We view these as positive signals of an emerging trend towards stability and evidence of an increasing acceptance of the judicial process."



Western powers seize over \$24M in cocaine

SAN JUAN, Puerto Rico, CMC - The United States Coast Guard said it collaborated with the Royal Navy and U.S. law enforcement partners last month to seize 1,500 pounds of cocaine in the Caribbean Sea.

The Coast Guard said the drug shipment is estimated to have a wholesale value of more than \$24 million. In addition, it said law enforcement authorities have also seized a go-fast vessel and detained three suspected smugglers.

The interdiction was a result of an international, multi-agency law enforcement effort in support of Operation Unified Resolve, Operation Caribbean Guard, Operation Martillo (a joint, interagency, 15-nation collaborative counter narcotic effort), and the Caribbean Corridor Strike Force (CCSF).

"Our collective aggressive efforts involving international, federal and local enforcement authorities continue to yield positive results," said Rear Admiral Jake Korn, commander of the Coast Guard

Seventh District.

"We stand united in our unwavering commitment to protect the citizens of Puerto Rico and the U.S. Virgin Islands from the threats that come from the sea by interdicting these major drug shipments as far from shore as possible and bringing those responsible to justice" he added.

SUCCESS

U.S. Attorney for the District of Puerto Rico Rosa Emilia Rodríguez-Vélez said the arrests and multi-kilogramme seizure are a clear indication of the success of the Caribbean Corridor Strike Force Initiative.

"Along with our domestic and international law enforcement partners, we will continue to bring our resources to bear to ensure that drug traffickers and their associates are brought to justice for the damage they inflict on our communities," she added.

Since Sept. 2012, the Coast Guard has seized 20,500 kilograms of cocaine and 8,500 pounds of marijuana

during 22 law enforcement interdictions under Operation Unified Resolve, in partnership with regional law enforcement authorities in the Caribbean. The wholesale value for these seizures is worth more than \$690.3 million, the Coast Guard said.

"The Coast Guard's efforts under Operation Unified Resolve contribute to the interagency results being achieved each and every day locally under Operation Caribbean Guard, which coordinates efforts between the Coast Guard, its DHS, Commonwealth and Territorial law enforcement partners, who are working diligently to deter, detect and disrupt illicit maritime trafficking to Puerto Rico and the US Virgin Islands", the statement said.

The Coast Guard said CCSF is an initiative of the U.S. Attorney's Office created to disrupt and dismantle major drug trafficking organizations operating in the Caribbean.



U.S. Coast Guard repatriates 17 Cubans

MIAMI, Florida – The United States Coast Guard says crewmembers aboard the cutter Margaret Norvell repatriated 17 migrants to Cuba last month.

On Aug. 23, Customs and Border Protection and Coast Guard Air Station Miami reported that aircrews detected "two suspicious and unseaworthy vessels in the Florida Straits" a few days earlier.

"The aircrews vectored in

Coast Guard surface assets who safely embarked the migrants," the Coast Guard said.

It said the migrants were later transferred to the Margaret Norvell for repatriation.

"The Coast Guard and our partner agencies continue to diligently patrol the waters around the United States to deter illegal migrant activity," said Captain Mark Fedor, chief of Response

Enforcement for the Seventh Coast Guard District here.

"Our main concern is the safety of life at sea," he added. "When migrants put their lives in the hands of smugglers, or take to the sea aboard unseaworthy vessels, they put their lives at grave risk."

The Coast Guard Cutter Margaret Norvell is a 154-foot Fast Response Cutter based in Miami.





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TOP SHOT: Jamaican golfer makes mark on senior professional tour

DAWN A. DAVIS

It takes a special and specific talent to be a successful golfer. The professional level represents a coveted elite group. Jamaican-born Peter Horrobin has risen to that class.

The 52-year-old recently won the Florida Senior Open Championship Golf Tournament in Winter Park, taking the top prize with a total score of 14 under par in the three-day event, the first Jamaican to win the title.

"Every state tournament is big because it is telling you that you are the number one player in the state," Horrobin told Caribbean Today recently. "I



Senior pro golfer Peter Horrobin.

am the champion and it's a great feeling. I feel like I am on top of my game."

Horrobin, who competed in the 2012 European Senior

Tour which took him to several countries throughout the continent, was also the first Jamaican to qualify to play in the U.S. Senior Open in July. He represented Jamaica in both events.

Born in Kingston, Horrobin was first attracted to the game by watching golfers at nearby Constant Spring Golf Club. Curiosity got the best of him.

"I found a broken club and decided to put it back together," he explained. "So I built my own golf club from that broken club and a piece of PVC pipe. I would use it for 10 to 20 balls and it would come apart. So I had to do it over and over again. That's how I became good. I had to make sure I wasn't hitting so many balls, and thereby minimize my score."

FUN

But, it was all for fun. Horrobin said he never dreamed of becoming a professional until he won became junior champion in Jamaica at age 13. He migrated to the United States in 1976 and enrolled at Miami Central High

School where he was inspired by a teacher who was an avid golfer. The teacher loaned him some clubs and Horrobin started playing again. A year later he bought his first set of clubs with money he earned from a part-time job. It wasn't all smooth.

"Traveling to the practice range one day, walking with my new golf clubs, I was stopped by a policeman and thrown in the back of the squad car because he thought I stole them, obviously because I was black," recounted Horrobin.

"They let me go eventually after they spoke to my family and were convinced I wasn't a thief. But, that incident really affected me. After that day I put up my golf clubs and didn't pick it back up for a year."

Eventually, Horrobin returned to the sport he had come to love and respect. In 1979 he joined the golf team at his high school and became the number one player. As a result, Horrobin received scholarships to Miami-Dade Community College and Florida International University (FIU), spending two years at each institution.

"Again, there were all kinds of criticisms about me being black and playing golf, but I kept my cool," Horrobin recalled. "That's when I started getting motivated, I had to prove I was good player and that my skin color was not a deterrent."

STARTING OVER

After FIU Horrobin got married and started a family. Golf took a back seat. The father of three took a four-to-five-year break. But he returned to the game.

"No matter what I did in life, I found myself free-swinging and practicing without clubs," Horrobin said. "So, I started playing with four of my best friends. We played every weekend."

Two years later Horrobin played as an amateur in a pro-am (professionals and amateurs) tournament and beat the pro by about seven shots. That's when he decided to become a professional. It paid off. Horrobin finished third in his first pro tournament.

Along with playing as a pro, Horrobin got a job at the

(CONTINUED ON PAGE 8)

T&T native lends support to U.S. minority business

DAWN A. DAVIS

Trinidadian-born Ann-Marie Richards has been successfully implementing Office Depot's Supply Chain Diversity Program for the past 11 years.

The merchant assistant builds relationships with minority and women-owned underserved companies competing in Florida's tough business market.

"I help them navigate and help them to get their foot in the door," said Richards.

"What I try to do pretty much is level the playing field. It's not an entitlement. It's not a handout. It's the right thing to do. Small businesses (are) the backbone of our economy. Their success is my success. My success is my company's success. So, that's how I look at it."

The Office Depot supply chain holds a Schedule 75 contract with the United States federal government that allows it to provide office products to varying agencies. As a contractor, Office Depot then sources products not in their regular assortment from minority owned companies.

"By investing in small businesses we are investing in ourselves," explained Richards. "We help them reach capacity and grow their business and at the same time we also grow. It's a symbiotic relationship.

"It's about making them feel comfortable and being honest enough with them to the point where they are comfortable with you so that they will want to partner with you," added Richards. "So, you get the best from them and you give them your best."

SUPPORT

Richards stressed that supporting minority businesses is more than economic survival.



Richard

It's also about building communities.

"If you think about it, who supports our colleges, who supports our young men and women attending local schools, the small businesses?" she asked. "They will employ our young people coming out of colleges, and in that way the community grows and maintains stability."

To be small businesses partner with Office Depot, Richards said her company relies on a third-party agency to certify the businesses are women and/or minority owned. Among the "gatekeepers" are The Minority Council, The Women's Council and the Small Business Association.

"Once we have the certifications, we manage the small businesses through a protegee-mentorship program," she said. "We take them under our wings.

"For example, if a company has accounts payable issues they are not left out there on their own to figure it out, I will be their liaison. I will work with accounts payable to make sure that we resolve any issue," added Richards.

She explained that these businesses are treated with respect and maintain their independence.

(CONTINUED ON PAGE 8)

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STEPPING DOWN: Vin Martin retires as Jamaica's honorary consul in Atlanta

Vin Martin recently ended a 16-year tenure as honorary consul general for Jamaica in Atlanta, Georgia. Martin revolutionized the position by his involvement with not just the Jamaican community, but the larger Caribbean community as well, working to advocate their needs and also help them become available to the Caribbean. Martin was honored by the Jamaica Diaspora Conference on his retirement. *Caribbean Today* freelance writer Jason Walker spoke with him recently. Below are excerpts of that interview.

J.W.: Tell us some of the highlights of your 16-year career.

V.M.: Major highlights, one, welcoming several prime ministers and leaders of the Opposition to Atlanta. Two, organizing celebration of Jamaica's Independence, through UJOIA, for over 15 years. Three, assisting Jamaican students to become acclimated to Atlanta. Four, assisting destitute Jamaicans. Five, celebrating Jamaica's 40th, 45th and 50th anniversaries.

J.W.: Tell us about the award you just received at the diaspora convention.

V.M.: Jamaica Diaspora Award of Excellence for contribution to the development of the Jamaican diaspora in the United States. Was quite a surprise, but was most welcomed. Presented at the diaspora luncheon on Wednesday, June 19th and the biennial convention.

J.W.: How did you get chosen for this position?

V.M.: Recommended by (Jamaica's) former Ambassador (to the U.S. (Richard) Bernal.

J.W.: What was your perspective of the position before getting the position, during your tenure and now?

V.M.: Understood the position to involve handling passport visa services, protocol and assisting Jamaicans.

J.W.: What did you learn about the community?

V.M.: Learnt that the community has great demand and is heavily dependent on the leadership of their honorary consul.

J.W.: How has your philosophy of the position and the community evolved over the years?

V.M.: Matured beyond my initial expectation. Phenomenal growth in the Jamaican community over the 16 years was quite surprising. Recognized the great love that Jamaicans have for their country.

J.W.: What are some of the most fun, rewarding and challenging moments that you have experienced as honorary consul?

V.M.: Had great fun representing the Jamaican governments and community. Greatest challenge was trying to serve the over 50,000 Jamaicans as an individual honorary consul, with limited staff.

J.W.: What are some things

about being honorary consul that surprised you; that people would be surprised about?

V.M.: Most people are surprised to learn that this position carries no compensation and that one serves out of true commitment to their country.

J.W.: Tell us about your background. Where you grew up, what made you come to the U.S., how you arrived in Atlanta.

V.M.: Born in Jackson Town, Trelawny, grew up in Kingston while attending Excelsior High School. Worked at (National) Water Commission in Kingston. Came to the U.S. to attend college. Worked at Federal National Mortgage in Washington, and transferred to Atlanta after completing law school at American University.

J.W.: What are some interests you look forward to after retirement?

V.M.: More travel and time with grand children. Will continue to focus more time on my leadership of the Atlanta Montego Bay Sister Cities Committee.

J.W.: When someone asks about you about your legacy what would you say it is?

V.M.: Legacy would be my being able to elevate the position of Jamaican honorary consul in Atlanta into one of the most visible such consulates among the Jamaican honorary consular corps.



T&T native lends support to U.S. minority business

(CONTINUED FROM PAGE 7)

"They will never be gobbled up by Office Depot," said Richards. "We understand what their expectations are. We understand small and medium-sized businesses. They are the backbone of our economy. We are able to buy in bulk from them and their costs stays the same. So they are not losing anything. They are actually increasing their business."

RECOGNITION

Richards has been recognized for her support of a sector that often struggles to survive. Earlier this year she was chosen one of the Top 25 Women In Power Impacting Diversity. Her advocacy does not stop at the office. She serves on the board of directors of the Florida Association of Minority Business Enterprise and the Council on Small and Minority Business Development.

"We put solutions together," she said. "We impact legislation and try to get them implemented."

Richards is also active with Resource Depot, a non-profit organization that raises funds and collects reusable resources which are made available free to teachers, daycare centers and other non-profit educational organizations.

The diversity program is also helping support business relationships in the Caribbean region. Richards was a key player in the Enterprise Florida trade mission to Trinidad and Tobago last year. The state's economic development agency, Enterprise Florida took representatives from 27 companies, including small and minority-owned concerns, seeking trade

links/partnerships with the twin island republic.

Richards visits her homeland regularly. The mother of three balances work and personal life by taking part in T&T's carnival activities. She is part of a mas band. When she comes home, she gets back to her other passion, helping small businesses grow.

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

The story above is part of Caribbean Today's special feature "Women In Business", which continues on page 18.

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TOP SHOT: Jamaican golfer makes mark on senior professional tour

(CONTINUED FROM PAGE 7)

Professional Golfers' Association of America (PGA) giving him the opportunity to climb the pro golf executive ladder. However, Horrobin was enticed to join the professional touring circuit where he would earn a living from tournaments. But, after only one month, the contract he signed with a sponsor was terminated. He was devastated.

"It set me back so far," said Horrobin. "I had to start all over again. I struggled and

overcame all that through.

Today I am very happy with my life and I am very happy with the people around me."

He is currently ranked a top player on the senior tour. To maintain his swing and power Horrobin practices and plays several rounds every day and works with his personal trainer Arnel Smalls to build core strength. His next big goal? To get in the PGA Championship tour, which holds the qualifying rounds in October. He will also partici-



Horrobin takes a swing.

pate in the Canadian Senior Open. He needs help.

"To continue playing in tournaments around the country and the world I need increased sponsorship," said Horrobin. "I am a good golfer, the best in my class. I just need opportunities to show how good I am."

Dawn A. Davis is a freelance writer for Caribbean Today. More sports on page 22.





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Jamaica's consul general leaving U.S. for Mexico

After five years, Sandra Grant Griffiths, consul general to the southern United States, will leave Miami, Florida this month for her new posting as Jamaica's ambassador to Mexico and the Central American region. Grant Griffiths will work to advance the interest of Jamaicans and Jamaica, strengthen diplomatic ties between the two regions, and encourage investment and economic expansion on both sides. The career diplomat recently spoke with *Caribbean Today* freelance writer Dawn A. Davis about her accomplishments, stumbling blocks and goals as she moves on to her next assignment.



Grant Griffith

Question: Where were you posted before coming to South Florida?

Answer: I was in Trinidad in my very early career, at the high commission in Port of Spain. I was also on secondment from the ministry to the CARICOM, based in Barbados. I was there for two and a half years as project coordinator. It was a critical project to the West Indies ... We did a study of the region and its readiness for moving into the 21st century.

Q: How hard or easy was it to adjust to the Miami community?

A: It was not difficult. Mentally I was prepared for the other side of diaspora engagement, in that when I returned home from Barbados I was instrumentally establishing ... the diaspora into policy. I was part of the formation of the Returning Residents Unit, and that is what grew into the diaspora department in the Ministry of Foreign Affairs and the policy engagement that rolled out since then. So, I had been acclimatized in terms of the work I had been doing prior to coming here ... I found that Florida was so literally Caribbean. So, the cultural notes were here, the food, the people, the nuances, the diversity.

Q: What were you specifically tasked to do here?

A: You have responsibility for the interests of the nationals of your country outside of Jamaica and those interests are very broad, whether they are trade, advocacy or relay-

ing information from the government of Jamaica to its people overseas. The first interest is looking after the welfare of Jamaican nationals abroad ... And that is also why you are able to advocate that community members, apart from being attached to homeland, also establish viable roots where they are. They can strengthen the community by being viable and responsible citizens of the place in which they reside.

Q: What will make you stand out to the Jamaican diaspora in South Florida?

A: My whole approach was a deeper outreach ... We took our passport services outside of the consulate to areas such as Tampa, Orlando, Atlanta, Houston. We invited our local community business community to join us. We had groups from Grace Kennedy, Jamaica National, Victoria Mutual. So, apart from advancing information and services, we were building partnerships.

Q: Do you think you have accomplished your goals?

A: I think we have made inroads. I believe that the program (deeper outreach) helped and that my own style and the fact that we maintained information flow through our Information Officer Cheryl Wynter, facilitated community relationships.

We worked with every segment. For instance the alumni associations and the emergence of Coalition of Jamaican Alumni Associations, is an approach the consulate supported directly. Apart from the individual support to individual schools, the whole idea of collective engagement is very important to me. So, that emerged under my watch.

The Diaspora Honors that we did last year is an idea that we built on that was started by (former Consul General) Mr. (Ricardo) Allicock. I felt that we needed to put that kind of recognition in a national context, so the Jamaica 50th was the perfect vehicle. This year we created a Jamaica Legacy fund to establish a cultural center for the community. I believe that is one of the elements that's missing to center ourselves and move ourselves forward. We launched the idea and also launched the fund through the American Friends of Jamaica.

(CONTINUED ON PAGE 10)

BEAUTY BEATS BEAST: It's good to be a woman

Women never stop speaking, but let them talk, as most will always speak their minds, even as men keep things inside and suffer from pressure.

And, here I was, thinking that women suffered from penis envy and secretly wanted to be men. Well, some may do, but based on statistics revealed to me, I discovered that many, if not most women are perfectly happy to be women and would never have it any other way.

Maybe some of the older folks may remember the song, "I enjoy being a girl" by Doris Day. Those lyrics extolled the virtues of feminine pulchritude and the softness and sensuality that women exude.

As I pored over the statistics though, I was fascinated by the figures and ratio of where women were happiest in all the different areas of the world. In spite of all the talk of gender equality or the lack of it, and women not being able to break through the glass ceiling, I learnt that it's actually good to be a woman in certain corners of the world.

BEST

Based on the research, the absolutely best place to be a woman in the whole wide world is Iceland, the country with the name that describes its nature and climate - cold, icy, frigid. And yet, despite these descriptions, Iceland is really warm to women and is the best place to be a woman. It has the greatest equality between men and women, taking into account politics, education, employment and health.

So all you ladies, especially the cold, frigid, arctic ones, you can warm up, get in touch with your inner self and go and live in Iceland, for it's the best place to be a woman.

What surprised me though, was the statistic that showed that the best place to be a female politician is Rwanda, land of brutal killings and near genocide that wiped out millions a few years ago.

But they have evolved. Rwanda is the only country in the world where women make up the majority of parliamentarians. Women hold 45 of the 80 seats. Compare that to Saudi Arabia, Yemen, Qatar, Oman and Belize that have no women in Parliament. Even the Caribbean isn't so bad after all, as we have quite a few women in Parliament, who certainly make their voices heard, plus female prime ministers.

But is the Caribbean the best place to be a female prime minister? No. Sri Lanka holds that distinction. Women have run Sri Lanka for 25 years,



while many other countries have never had a female head of government.

If you want a man's job done properly, send a woman to do it. Sri Lanka seems to believe that saying, as women have guided them for over two decades now.

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TONY ROBINSON

ladies will love this, for the best place to be a senior manager is Thailand, which has the percentage of women in senior management at 45 percent. The lowest is Japan, with only nine percent. So women who like to be bosses, you can live in Thailand where you'll feel right at home. By the way, the capital of Thailand is Bangkok.

Jamaica ranks 20th on the list where it's good to be a woman. The research states that the best place for high skilled jobs is Jamaica, which has the highest ratio of women in high skilled jobs such as leg-

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VIEWPOINT



BEAUTY BEATS BEAST: It's good to be a woman

(CONTINUED FROM PAGE 9)

islator, senior officials and managers. Almost 60 percent of those roles are filled by women. Compare that to the United Kingdom, which is ranked 35th in the global survey.

It's good to be a woman in Luxemburg, as that country shares the top spot with Norway for estimated earned income. Women and men are likely to earn the same amount where income is capped at \$40,000. So ladies, brush off your corporate suits and head to Luxemburg where the dollars are running.

Caribbean women are great at journalism and the research corroborates my findings. The best place to be a woman journalist is in the Caribbean. This region has the

highest percentage of television, print and radio news stories reported by women at 45 percent. Compare this to the U.K., where about nine percent of national newspaper editors are women.

UPPER HAND

I've always known that women always had the upper hand in this gender conflict...er... battle....er... war...er... relationship issues. It's good to be a woman when you're in a relationship. At least it's good if you know how to play your cards right and don't get shafted by men.

Even the comic strips reflect this. Hagar the Horrible was asked, "So Hagar, you're the most feared Viking in the land, never lost a battle. How come you never won an argu-

ment with Helga, your wife?" Hagar solemnly replied, "Because, if I win, I don't get to eat." That sums it up. If you win an argument with your woman, you still lose, for she will make you pay. If the man shows his power and his supremacy, real or imagined, he'll quickly find out who is the real boss, a fact that many men are slowly beginning to realize.

Women make all the decisions, even though they start out as mere suggestions.

Women merely have to dress up and look pretty and they can be proposed to. Which man can dress to the nines, put on the best clothes then walk down the street and be propositioned or even asked for his hand in marriage? And yet it happens to women all the time.

So many men have just

taken one look at a woman and, based on her beauty, he wants to marry her immediately. Many waitresses, clerks, hotel ancillary staff, have had their lives transformed, simply because they were women...and beautiful. Yet no man is propositioned based on his looks.

It's good to be a woman, when looks are taken into account. This fact was proven in many surveys that showed that most women would rather be beautiful than smart.

Even in getting assistance women come up trumps and knock men out of the ballpark. Do a test, let a man stop his car on any given street, with a flat tire and see how slowly help arrives. Now let a woman do it and count the seconds it takes before men stop to render

assistance. And yet, they say it's a man's world.

The same applies to same sex relationships, where it's good to be a woman. Two gay men in a relationship are vilified in many countries. Yet the same people cursing them look kindly, if not lustily, on two women who are similarly involved. Remember the television series "The L Word" and how immensely popular it was? Can you imagine a male equivalent?

Women are happy...in some countries at least. Many are still suffering horribly in many countries, but based on the findings, as the old saying goes, "you've come a long way baby."

seido1@hotmail.com



Jamaica's consul general leaving U.S. for Mexico

(CONTINUED FROM PAGE 9)

Q: What do you consider your biggest achievement during your tour of duty?

A: I think the whole sense of moving the idea of community forward.

Q: What would you have done different if you got the chance?

A: I would have loved to have had more resources to do some of the things that we needed to do, such as expand the outreach better, invest in an education program. We would have hoped to have had a lot more time to do more, but we are all here for a finite period. You invest in the time you are there and then you trust that results will come.

Q: As ambassador to Mexico and Central America, will your mission be any different from your role as consul general?

A: As always it will be to advance the interest of Jamaicans and Jamaica and to take advantage of the relationship that exists. We have other things to look at, such as Panama opening up. We need

to therefore be aware of what happens elsewhere and how we can make the partnership arrangements work between Jamaica and that country.

Q: What is your advice to the next consul general to the southern United States?

A: Continue to work in the area of deepening community relationships and encouraging

the Caribbean community to work together. Be engaged on issues of importance, like the immigration reform issues that are facing us and issues to do with trade and investment. It means advocating at the local level and encouraging community support, and not being afraid to engage.



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CURTAINS UP: Caribbean soca star Alison Hinds eyes new challenge



Hinds

Alison Hinds, the Caribbean soca queen, is a legend that has transcended many cultures. She became the female lead of a soca band after moving to from England to Barbados as a teenager. She took the lead of Square One at age 16 has led the band to several hit songs with crossover appeal. "Faluma", "Togetherness", "Turn It Around" and others became anthems throughout the Caribbean and soca world. Hinds became a vision of female majesty, beauty and power. As a performer she became a standard for excellence. After roughly 16 years, Hinds went solo after her daughter Saharan was born and took success on a new level by making her biggest hit "Roll it Gal". She went on to make more hits and perform with some of the biggest names in soca and reggae.

Recently, *Caribbean Today* freelance writer Jason Walker spoke with Hinds as she gets ready to take a new step in her career. The following are excerpts of that interview:

J.W.: What is happening with Alison now?

A.H.: Right now Alison is expanding. I am expanding in terms of my career and trying to encompass some other stuff into what I do, in addition to what I already do, in terms of stage performances and so, looking to grow into another direction. I keep on

going, working on new markets. As much as I have done there is still a lot for me to do.

J.W.: Where are you growing to?

A.H.: I want to look at stage in a different way as in theater. That is a different way for me to be able to express what I do, the way that I do it. That is where the expanding comes. There is always more to do There are always more ways to be able do what you do, find new markets and

keep on growing.

J.W.: Are there any plays in the works or on your desk?

A.H.: Not as yet. I am in the early stages in terms of my preparation for myself to be ready to be able to then take advantage of opportunities as they come.

J.W.: I guess going from being a singing artist to being a theater performer is not too much of a stretch since in a sense you are characters when

you perform, correct?

A.H.: That's absolutely correct. So it's now a matter of just being able to delve a little deeper and see how you can access emotions basically on cue ... you being able to put yourself in the moment at that time, where as in real life, you feel what you feel as it goes along, while in acting you have to be able to put yourself in there and then pull from your real life experiences, and then add it to the character. So it is very inter-

esting and it's exciting for me. It's an exciting journey I am continuing on. I'm really looking forward to it.

J.W.: Where or who do you draw inspiration from to do theater?

A.H.: I don't know if it is anybody in particular. I just love going to Broadway shows. I love watching the story come to life; watching how each character is important to the

(CONTINUED ON PAGE 12)

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Florida Jouvert

A Miami Beach Jouvert will be held at **8 p.m. Sept. 28** at Virginia Key Beach, Virginia Beach Drive in Miami, Florida.

For more information, call **1-800-411-7246**.



Fort Lauderdale to host Caribe Arts Fest

Art, music and films of the Caribbean and the Americas take center stage in downtown Fort Lauderdale, Florida during next month's Caribe Arts Fest.

The creative, dynamic expressions of the culturally diverse artist community in Broward County takes center stage **Oct. 17-20**.

Now in its sophomore year, Caribe Arts Fest is scheduled to offer art exhibits, independent films, music and educational workshops. The event is the collaboration of Nova Southeastern University (NSU) Museum of Art Fort Lauderdale, Broward

Cultural Division and the City of Fort Lauderdale.

Positioned as a destination event, the four-day celebration will consist of industry professionals facilitating educational workshops; international artists, such as Haitian artist Eduoard Duval Carrie and Dillard High school celebrating its 10-year anniversary of "The Indigo Room - The Revival"; and Caribbean filmmakers, such as Dalton Narine from Trinidad screening his carnival documentary "Mas Man".

The scheduled events will be held at NSU's Museum of Art Fort Lauderdale.

Musical performances,

art exhibit stations, cultural cuisines and a kid's art zone will be available on **Oct. 19** at the Esplanade Park, downtown Fort Lauderdale. In addition to the talents of local musicians and drummers, the park event will have the sounds of Afro Cuban funk from international band The Spam Allstars and reggae from Jamaican band Rootz Underground.

For more information visit www.caribeartsfest.com or www.facebook.com/caribeartsfest; or call **754-273-7166**.



Hollywood actors go to bat for Caribbean cricket

A second Hollywood actor, Gerard Butler, has taken an equity interest in a Limacol Caribbean Premier League (LCPL) franchise Jamaica Tallawahs, which won the inaugural tournament last month.

Butler, who has starred in a number of top movies such as "Law Abiding Citizen" and "The Ugly Truth", attended CPL games.

"It is obvious that this tournament is the home of the greatest party in sport so I wanted to get in on the fun," said Butler. "... I'm excited about joining the Jamaica

Tallawahs franchise."

In July, organizers announced that Hollywood actor Mark Wahlberg, known for his starring roles in films such as "Boogie Nights" and "Planet of the Apes", had taken an equity interest in the Barbados Tridents team.

"Celebrities owning sports teams is nothing new but to have two Hollywood actors taking a vested interest in cricket teams is quite novel," said Ajmal Khan, chairman of Verus International and founder of the LCPL.



CURTAINS UP: Caribbean soca star Alison Hinds eyes new challenge

(CONTINUED FROM PAGE 11)

overall plot and then the way it is larger than life ... I just love Broadway shows. I love to see how they are going to transform the stage and make me become a part of it. ... What I do as an artist, as a singer, an entertainer, I go, I dance, I sing, I entertain. It takes energy, it takes effort, it takes all of that. But stage now is a different thing. You

have to project your voice in a different way. You use your body differently. You have to be aware of its cues, its placement and then you have to be in character. You can't just be you and be up on stage; you have to be that character. It's interesting in so many different ways and it's exciting.

J.W.: You are Alison Hinds the Caribbean soca queen, a wife and a mother. How are

you able to handle all of these roles and also go to this new realm?

A.H.: The fact that I do have a very supportive husband. He is 1000 percent behind what I am doing and where I am going. If I did not have that, it would be that much more difficult. But he encourages me and he is like 'go and do what you need to do, go out there and get what's yours and go for it.' He is an amaz-

ing father. When I am not there he is making sure our daughter is taken care of. The grandparents are amazing, they come into play. The aunts and uncles also come into play. The whole family system is very supportive and they are really, really good ... You have to have a support system, you can't do it by yourself. (Without the support system) it's that much harder to be able (to) do it.

The fact that I have that family support really helps me to be able to then step out and do these things and pursue what I really want to pursue. That is what really helps me a lot and allows me to be able to focus and be able to the give of my best to my audience and myself to be able to achieve what I want to achieve.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

SMART CHOICES: Jamaican businessman rolls out U.S. success story

KATHY BARRETT

The mouth-watering Jamaican patty, a traditional beef pie in a tender and flaky crust is not only popular in Jamaica as an “any time of day” staple, but this delectable product can be found worldwide, with Central Florida being no exception.

Many have tried duplicate the recipe and failed, but not Jamaican Vittel Smart, who has now made his mark as a successful entrepreneur in the United States.

Smart, who hails from the community of Race Course in the central parish of Manchester, always had a dream that of interacting with people. This led him to Mico Teachers’ College in Kingston, Jamaica’s capital. After a short stint in the profession in his homeland, he migrated to New York, but initially there were challenges.

“Back in Jamaica I was a trained school teacher, I never did end up teaching too long,” said Smart. “I was always working with kids up to a point, but when I came here (to the U.S.), that didn’t last very long and I knew the time had come to move on from teaching.”

On this new journey he ended up in sales, working with a company in New Jersey, selling industrial lights and fixtures.

“It was tough to begin with, the transition was really

tough, I was working on a straight commission and there was no guaranteed salary, but a lot of perseverance let me survive the first year,” said Smart.

“Things eventually started to pick up and I saved up money and one day I decided that I wanted to go and work for myself.”

FOOD

In another unexpected move, Smart ventured into the food industry and, by partnering with a fellow Jamaican, started to market the popular Jamaican patty.

“I like to conceptualize things and see them come to fruition,” said Smart. “I like going to areas where nobody has ever been, especially when you tell me it can’t be done. I used to go by his place and we’d sit down and talk and (he) told me about his plans. He grew his patty business from a little hole in the wall until it expanded into a multi-million company.”

Smart eventually moved to Central Florida where he helped expand the product. After eight years he decided to create his own label. His company Caribbean Frozen Foods (CFF) was born and he decided to stick to what he knew best - patties.

“I didn’t have a manufacturer, nothing,” said Smart. “I created my own label. I found a manufacturer for the prod-



Smart

uct, to do the trade mark registration. I had to come up with my own recipe, that’s how I started my own company - Caribbean Frozen Foods.”

PREDICAMENT

An age-old predicament would lead to patties with a difference – a recipe that would eliminate unhealthy ingredients traditionally used in the manufacturing process. That turning point came just over eight years ago, during an out of town trip, when a recurring heartburn problem could not be overlooked.

“As obstinate or as ignorant as I was, little did I know that my heart burn issue was a warning sign signifying that all

was not right with my heart,” said Smart. “... I was admitted to hospital. This time it was non-responsive to over the counter treatment. This was a near heart attack, which was only averted when one of my colleagues, after evaluating my symptoms rushed me to the nearest emergency room for treatment.”

Tests revealed that he had a partially blocked artery.

“This was my wake-up call, an eye opening experience that managed to successfully transform my eating habits into more health choices forever,” said Smart.

“I was forced to do a complete examination of heart healthiness of all the foods I’ve eaten over the years including Jamaican style patties. My objective was quite simple, whatever product was not heart healthy for me to eat anymore were also not a worthy consumable product for my customers.”

CHANGES

With his own label, Smart now had the power to orchestrate ingredient changes necessary to create what he calls

a more heart healthy patty, without significantly compromising its authentic taste.

“The world is going through a transformational age in all aspects of life, including technology, health care and food manufacturing,” he said. “We at Caribbean Frozen Foods are proud to assume the role as the leading advocate for the production of healthier Jamaican patties. Our objective is to offer the consumers a healthier alternative to traditional Jamaican patties.”

Smart’s story is not unlike that of many other Caribbean entrepreneurs, who, driven by the desire to do things differently, take the proverbial plunge to do it their way. The “Heart Healthy Jamaica Patties” are distributed by Goya foods and can be found in establishments across the U.S.

“There have been ups and downs,” said Smart. “Business can be like a roller coaster. You have to really know what you’re getting involved in. It will be a bumpy ride sometimes. Just remember it’s important to never lose focus.”

Today, Smart, the man from rural Jamaica, is not afraid of challenges and continues to blaze the trail for entrepreneurs in Central Florida and beyond.

Kathy Barrett is a freelance writer for Caribbean Today.



Jamaican American group honors Orange County sheriff

The Jamaican/American Association of Central Florida recognized the sheriff of Orange County during an Independence ball last month.

Jerry Demings was recognized for his work in the community at the event, held in celebration of Jamaica’s 51st anniversary of Independence.

Demings, who was elected the first African-American sheriff in the history of Orange County, was re-elected in Nov. 2012 to serve a four-year term as the country’s chief law enforcement executive in the county. He manages a \$190 million budget and close to 2,500 employees. Over the years, Demings has worked closely with the Jamaican diaspora in Central Florida.

The association also

offered scholarships to three young people of Jamaican heritage.

MILESTONE

Having served the greater Central Florida community for over 27 years, the Jamaican/American Association of Central Florida achieved another milestone with the purchase of its own headquarters.

“This purchase signifies a birth and will take the entire village to make it successful,” said Sandra Fatmi, president. “Let us continue to see ourselves as each other’s keepers, as we pledge the love and loyalty of our hearts to get involved in our communities and have a voice in the diaspora.”



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Jamaican schools move towards Garvey curriculum

I. JABULANI TAFARI

After over 50 years of consistent agitation by Rastafari advocates and reggae musicians for Jamaican students to be taught about Marcus Garvey, the life and deeds of the Jamaican National Hero may soon be included in the curriculum for high schools in the Caribbean nation.

Dr. Julius Garvey, under the auspices of Jamaica's Ministry of Education, recently organized the first in what could be a series of annual Marcus Garvey workshops for Jamaican teachers.

Over 80 high school teachers registered for the workshop, held Aug. 14 at the Mico Teachers College in Kingston. The orientation sessions were conducted by Dr. Garvey and New York African studies professor and author Marimba Ani, along with University of the West Indies (UWI) professors Verene Shepherd, Donna MacFarlane and Garvey scholar Rupert Lewis.

Dr. Garvey said the workshops were designed to help Jamaican teachers better understand the full impact of the life and legacy of Marcus Garvey. He said discussions

were also held with the teachers about how best to implement the pending Marcus Garvey curriculum in Jamaican schools as part of a civics syllabus.

CAMPAIGN

Dr. Garvey said the teachings of Marcus Garvey also

needed to be propagated throughout the community with a simultaneous public education campaign. Accordingly, the team of lecturers gave

another workshop on Aug. 15.

Dr. Garvey, son of Jamaica's first National Hero, arrived in Jamaica on Aug. 13 to participate in the annual Marcus Garvey celebrations at the invitation of local promoter Claude Sinclair of Big Stone Records.

On Aug. 15, Dr. Garvey visited the Haile Selassie High School at Payne Avenue in West Kingston. On Aug. 16, his 80th birthday, Dr. Garvey, a Long Island, New York-based surgeon, met Education Minister Ronnie Thwaites. He told Thwaites that a proper



Garvey

Marcus Garvey curriculum for Jamaican schools needs to be developed by the ministry in association with qualified educators. He also offered assistance with resources, including books, audio-visuals and other teaching aids required to implement the new curriculum.

Dr. Garvey further agreed to engage personnel to assist in preparing the teacher's colleges to adequately train new teachers about Garvey, and to help in curriculum development, a process which is to be headed by Lewis and MacFarlane.

Dr. Garvey started off Garvey Day, Aug. 17 – the 126th anniversary of the hero's birth – by attending an official wreath-laying ceremony at National Heroes Park, where he laid a wreath at the tomb of his father. He also spoke at a function at the historic Liberty Hall in Kingston, where he awarded Garvey Centennial Medallions to Lewis and MacFarlane.

I. Jabulani Tafari is a freelance writer for Caribbean Today.



Youth in spotlight at 2013 Marcus Garvey extravaganza

"These young people are the seeds of the future," said I. Jabulani Tafari, vice president of the Rootz Foundation as he introduced the 2013 Marcus Garvey Youth Service awardees at the 2013 Marcus Garvey Rootz Extravaganza, held Aug. 17 at the Joseph Carter Park in Fort Lauderdale.

In a program that featured Dr. Leonard Jeffries, educator, activist and African history scholar; Baba Willie "Mukasa" Ricks, recipient of the Marcus Garvey Lifetime Achievement Award; and dub poet Malachi Smith, who gave a tribute to fellow poet the late Mikey Smith, it was the youth awardees that shone the brightest.

Singing original compositions and cover songs, 12-year-old Yejide Major and 10-year-old Aziza Major, known by the stage name "Radiance", captivated the audience. Nykuan Mitchell, 16, a spoken word artiste and youth mentor at the YMCA, gave a rapturous presentation of his poem "Massavana".

But it was the performance of djembe drummer Nanyamka "Nany" Graham, 17, that brought the audience to tears. Described as a "miracle child" – when she was born her doc-



Professor Jeffries addresses the audience.

tors gave her a one percent chance of living – Graham has been beating the odds ever since, surviving a myriad of medical operations. Graham has given back to the community and is now a certified master drummer who has performed with Ballet Brika Youth Ensemble and the Rhythms of Africa.

"Nany is one of the brightest stars in our community," said Priest Douglas Smith, president of Rootz Foundation. "She is a worthy recipient of the highest honor that we can award our youth."

Contributed by Geoffrey Philp. Photograph by Gail Zucker Photography.



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HEALTH



DENGUE ALERT: Miami-Dade issues advisory after first confirmed case

The Florida Department of Health last month issued a mosquito-borne illness advisory for Miami-Dade County. The first locally acquired dengue fever case in 2013 was been confirmed in an 18-year-old male.

Symptoms of dengue fever may include headache, fever, fatigue, dizziness, weakness, pain behind the eyes, joint pain, and confusion.

The Florida Department of Health in Miami-Dade County is advising the public to remain diligent in their personal mosquito protection efforts. The public should follow the steps below.

Drain standing water to stop mosquitoes from multiplying

- Drain water from garbage cans, house gutters,

- buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected;

- Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used;

- Empty and clean birdbaths and pets' water bowls at least once or twice a week;

- Protect boats and vehicles from rain with tarps that don't accumulate water; and

- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

Cover skin with clothing



Mosquitoes carry dengue infection.

or repellent

Clothing - Wear shoes, socks, and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.

Repellent - Apply mosquito repellent to bare skin and clothing.

Always use repellents

according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.

Use mosquito netting to protect children younger than two months old.

Cover doors and windows with screens to keep mosquitoes out of your house

Repair broken screening on windows, doors, porches, and patios.

Tips on repellent use

Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.

Products with concentra-

tions of up to 30 percent DEET (N,N-diethyl-m-toluamide) are generally recommended.

Apply insect repellent to exposed skin, or onto clothing, but not under clothing.

Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.

If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

For more information, visit www.dadehealth.org or contact the Florida Department of Health in Miami-Dade County at 305-324-2400.



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Doctor warns against skin cancer dangers

The dangers of skin cancer is being highlighted this month, especially in South Florida. Skin cancer is the most common form of cancer in the United States, according to the U.S. Environmental Protection Agency. More than 3.5 million cases of skin cancer are diagnosed each year, the EPA reports.

No one is immune. Asians, non-white Latinos, and people of African or mixed descent can develop melanoma and other forms of skin cancer-and are doing so at increasing rates, according to national statistics.

An aggressive form of skin cancer killed several famous people, including Jamaican-born reggae legend Bob Marley, who died at age 36 more than three decades ago in Miami, Florida.

Dr. Dorsey Goosby, a pediatrician and chief medical officer at Homestead Hospital, suggests that everyone, no matter what their skin color is, use sunscreens with sun protection factor (SPF) of



Parents should protect children from the sun's rays.

30 or higher and follow other sun-safety guidelines to help prevent skin cancer.

'SUN CULTURE'

"We have a sun culture," said Dr. Goosby. "We enjoy the outdoors. But we have to be careful and understand the potential harm of UV rays. The harm is accumulative. The sun damage from last summer is added to the sun damage from this summer, which will be added to next

summer's sun exposure."

Dr. Goosby recommends the following steps:

Limit exposure to the sun, especially from 10 a.m. to 4 p.m., even on cloudy days.

Cover up with hats, sleeves, or tightly woven clothing.

Reapply sunscreen regularly. Use and re-apply sunscreen every two hours when you are outdoors or in the water.

Inspect skin for new blemishes, moles and marks. Encourage other family members to do the same.

Dr. Goosby also advises parents to pay close attention to their child's skin.

"Every child should have an annual head-to-toe skin examination," he said. "No one is immune."



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~ A CARIBBEAN TODAY SPECIAL FEATURE

Jackie Burton finds success in home health care

JUDITH HUDSON

Jacinth (Jackie) Burton, no stranger to hard work and challenges, has advanced from a home health aide to owner and operator of several home health aid agencies.

Jamaican born, Burton grew up in Montego Bay and attended Barracks Road Primary, Montego Bay Secondary and the University of the West Indies (UWI).

After graduating from UWI, Burton worked as a secretary in various departments of the Cornwall Regional Hospital. Eventually, she became a project manager at Grace Kennedy Company.

Burton recalled growing up, watching her parents struggle to keep food on the table.

"I often went to school barefoot with sugar water and crackers for lunch," she explained. "As the eldest of six children, I learnt responsibility from an early age. I was determined to be successful in order to help my family and also to avoid the struggle my



Burton

parents experienced."

BETTER LIFE

Like many Jamaicans seeking a better life, Burton moved to the United States in 1990. Her biggest fear was separating from loved ones.

"The biggest challenge for me was leaving my children behind," Burton said. "It was an extremely difficult time for all of us having to live in separate countries."

She wanted to be in her children's lives.

"I was determined that I would raise my children to be successful, independent, responsible, and make contri-

butions to society," Burton said.

With that goal in mind, she took the first job offered to her, working as a home health care worker. Soon after, she "met a social worker named Barbara Morano," who offered her a secretary's job in her office. When another company bought Morano's business, Burton was eventually promoted to business manager for Florida. She held that position until she started her own business.

UPGRADE

Burton later enrolled at the University of Phoenix where she received a bachelor's degree in health administration. Within five years, she was able to bring her children to the U.S. Motivated by her friend Stephanie Swerdlow, Burton started Conquest Home Care Plus, Inc. in 2005. In 2006, she opened a second office.

"From the time I first met Jackie [Burton], it was clear that she had an incredible... (CONTINUED ON PAGE 21)

Tips women should know about themselves, money

If you're a woman, chances are good that in the years ahead it will be you and you alone who's responsible for managing your money.

That could be a problem: Even among the very affluent, many women admit they know little to nothing about bigger-pic-



Women taking control of their money.

ture money concerns such as financial planning and investment management, according to a recent survey.

"A lot of women cede those responsibilities to their husbands or partners because they say they don't have the time, interest or opportunity to learn," says Luna Jaffe, certified financial planner, psychotherapist, and author of the new "Wild Money: A Creative Journey to Financial Wisdom" and its companion workbook "Wild Money: A Financial Field Guide and Journal".

"Things are changing - more women are choosing not to marry or have been devastated by divorce or death of a loved one. They recognize they can't ignore money any more, but don't know where to turn or who to trust."

But even women with a net worth of at least \$1 million concede they aren't especially knowledgeable about money management. In the Women & Wealth Study sponsored by GenSpring Family Offices, only a third said they know a lot about financial planning, and 30 percent said the same for investment management.

Part of the problem is that financial education is male-oriented, catering to how men's brains are wired and what appeals to them, Jaffe says.

"When we approach it creatively and from a more emotion-based perspective, women are not only drawn to learning about it, they have no trouble getting it," Jaffe says.

She offers these three things every woman should know about their relationship to money:

• **Your investment decisions are influenced by your emotional baggage** - We all bring baggage into our relationships, and it's no different with money, Jaffe says. When you're not aware of the baggage operating quietly in the background, you may think

you're making smart decisions when you're actually simply reacting to past experiences. And those might not have been even your own experiences!

"Whether you or a loved one suffered the consequences of a bad financial investment, it can color your thinking in many ways, from destroying your confidence in your judgment to writing off all similar investments as 'bad.'"

Take time to reflect on the experiences you've had with investing, the decisions you made, and the conclusions you made as a result. What stories do you tell yourself because of these experiences?

• **Understand the emotional response with which you receive money, whether a paycheck, a gift or an inheritance** - It's important to receive money with grace - to savor it, to be grateful for it, to be at peace with it. But depending on the circumstances by which it arrives, and lingering emotions from past experiences, we sometimes receive money with anger, guilt, resentment, greed, entitlement or any of a host of other negative emotions. This can lead to self-destructive actions.

Jaffe shares a story about receiving a small inheritance from her father at a time when she had no money. She loaned the whole sum to a friend, who promptly vanished.

"I was still grieving his death, and I received money that represented his legacy, yet it was only a tiny fraction of his estate - his second wife got everything else. Deep inside, I felt ripped off. Perhaps I thought by loaning my inheritance, I could wash the confusion and grief out of the money making it clean and safe to use."

• **Know your comfort zone for risk and stay within it** - Investment comes with (CONTINUED ON PAGE 21)

Calling All Artists!

Caribbean Today is having a starving artist competition.

Please submit your best painting of an image of Bob Marley. Your submission could be put on display at the HistoryMiami from September 2013 through January 2014. The winning art piece will be auctioned off at Caribbean Today's 25th Anniversary celebration on December 12th, and all that money goes to you.

RULES AND REGULATIONS

1. Open to any artist 18 years or older and a resident of the United States
2. Any original visual arts painting no larger than 36" x 48"
3. All works submitted must be original in design and concept. Artwork must not be copied, in part or wholly, from any published or copyrighted work.
4. Submitted works may be presented for one public display opportunity at HistoryMiami, on October 4, 2013, or other determined date
5. Selected winning work for auction shall receive the stated value of the work from auction proceeds; any balance of auction proceeds shall be donated to the Caribbean Today Journalism Scholarship Fund
6. Publishers, galleries, agents, and collectors may not submit artwork on behalf of any artist.
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~ A CARIBBEAN TODAY SPECIAL FEATURE

AIMING HIGH: Tips for women in the workplace

What becomes of the women who graduate with MBAs from Harvard Business School? Do most go on to fulfilling careers, or do they drop out of the work force when they become moms?

"The number that has been floated for years, and is quoted by Facebook COO Sheryl Sandberg in her book "Lean In" is that 15 years after graduation only a third of them are working full-time - and they're working for their male classmates," says executive and business coach Debora McLaughlin, author of "The Renegade Leader, 9 Success Strategies Driven Leaders Use to Ignite People, Performance and Profits" and the forthcoming "Running in High Heels".

"That statement suggests that, even when they hold advanced degrees from an Ivy League university, women are less ambitious, less willing and less committed than their male fellow graduates ... I just don't believe that."

UNFULFILLED

McLaughlin is right. Harvard Business School recently surveyed more than 6,400 male and female alumni and found that well more than half the women aged 31 to 47 were working full-time. Sixteen percent were working part-time, and 10 percent were caring for children full-time.

Ninety-five percent of the men were working full-time. "This tells me that women are making difficult choices. Certainly, to do what it takes to get into Harvard and complete an MBA, they're ambitious," McLaughlin says.

"But women, especially those who want to become mothers, face extra challenges in trying to strike a work-life balance. And, let's face it; it's still a male-dominated business world that lacks understanding of the needs of working moms."

TIPS

No matter where a person - male or female - earns her master's in business administration, there's a lot they won't learn in business school, McLaughlin notes. She offers her own MBA for successfully having it all:

• **M - Management Skills:** A lot of the female profession-

als and business owners McLaughlin works with don't enjoy managing people. "They may have gone into a particular industry because it's their passion - whether it's architecture, engineering or small business. They want to move up, but in business, that almost always involves assuming managerial



Time for women to grab equal share.

responsibilities," McLaughlin says. You can't duck this and you won't be successful if you're half a manager. Find a mentor, an executive coach, a good course or just read up on current management tools - you'll be happier and so will your employees. And you'll be on the

path to becoming an inspiring leader.

• **B - Balance:** Finding the right work-life balance for you is essential! If your dream is to own that corner office or grow your business into a Fortune 100, carefully "choose your regrets," McLaughlin advises. Will you regret giving up your career to manage a home and children? Will you regret the lost mommy time if you continue working full time? Be bold. Ask for what you need. "Why do women give up their careers and men do not?" McLaughlin asks. Striking a balance means being unapologetic about what you need when you need it. When you say "yes" understand what you are saying "no" to.

• **A - Advancement:** In order to achieve your dreams of success, you have to put yourself out there. "You have to show up and speak up, be authentic and unapologetic," McLaughlin says.

Although women now account for more than half the bachelor's and master's degrees in the United States, they fill only 16.6 percent of the seats on Fortune 500 boards and women CEOs represent only four percent. Get the experience that puts you in the position to be a board candidate, McLaughlin advises. Actively network, find female role models who can help you to achieve the kind of success you're aiming for, and be seen and heard in the workplace.

- Edited from News and Experts



Barnwell at the helm of CISS shipping services

In Georgia, Caribbean International Shipping Services (CISS) has been the standard for shipping companies for the past 20 years.

CISS has developed a brand that represents quality and professionalism and has been an integral part of the Caribbean community, making itself available to persons, organizations and institutions, along with the region.

Hailing from Guyana, Sharon Barnwell along with her husband, started the company in 1993. CISS ships to many countries, including Jamaica, Barbados, Guyana, Dominica, United States Virgin Islands and St. Vincent.

CISS a subsidiary of the parent company Universal Shippers Group USA LLC. Barnwell believes in taking care of customers and community and CISS has sponsored and supported most major Caribbean events.

Caribbean Today's freelance writer Jason Walker recently spoke with Barnwell. Below are excerpts of that interview.

J.W.: Tell us about your business and industry?

S.B.: We specialize in freight consolidation of both air and ocean freight cargo. We are a weekly shipping company that offers

services to the Caribbean and Africa.



J.W.: What drew you to this business?

S.B.: It was coincidence. In the early '90s, I worked for a similar small Caribbean owned shipping company in Maryland and just knew I wanted to do my own thing. Atlanta at the time was starting to grow and I just felt it was the perfect market for me to make my move in.

J.W.: What do you provide to patrons? What is your service and/or product?

S.B.: Local pick-up and delivery service, cargo packing and container loading, shipping by both air and ocean, selling of barrels, boxes and other shipping supplies. We also provide door to door delivery (for some destinations), international money transfer and Digicel top ups, and online purchases

J.W.: How have you been able to support the community outside of the products you provide?

S.B.: We support them financially mostly, but we attend and try to be a part of their activities because the community has

been a big support to Caribbean International Shipping Services for the past 20 years.

J.W.: What measurements would you list as measurements of success?

S.B.: Repeat customers. The growth we continue to see yearly. The relationship and trust we have built with our clients.

J.W.: What are some accomplishments that your business has achieved?

S.B.: Our business accomplishment is being able to survive for this many years in today's economic market. We give God thanks for that. Also being able to maintain and grow our full and part time staff, and sponsoring many local activities.

J.W.: Where has all this led you?

S.B.: It has left me to have an in-depth understanding of the export business.

J.W.: What are some things you have learned that have helped you to be successful?

S.B.: Integrity. You must have a strong sense of it. Passion. You must feel very passionate about what you do and who you are doing it for. Humor. You need that to keep you going some

(CONTINUED ON PAGE 20)

Donna Jarrett makes 'Dream Team' a reality

JUDITH HUDSON

"You will get all you want in life if you just focus on helping other people get what they want."

Those words came from Zig Ziglar, author, salesman and motivational speaker. They are what Donna Jarrett lives by today.

Jamaican-born Jarrett is owner of Dream Team Realty, a real estate brokerage firm. She migrated to the United States as a child and, from an early age, her parents insisted she had to work hard to get ahead in America. The promise was that, if she stayed focused on goals, she could have whatever she wanted in America, the land of opportunity. She listened.

"No one can stop you for having what you want," said Jarrett, "... Just work for it. With God, all things are possible.

Jarrett and her two brothers were raised by parents who worked hard to provide for the family. Her father was in construction, her mother "did housekeeping sometimes doing two jobs at a time."

Jarrett earned a bachelor

of science degree in electronic engineering technology from Florida A&M University, then worked for Jacobs Civil Engineering for 12 years at Florida Turnpike Roadway Department.

In 1994 she got involved with financial services, helping families plan for their future. Jarrett became a licensed realtor in 2002 and worked with Exit Team Realty in Coral Springs, Florida before establishing Dream Team Realty. The company now has offices in Dade, Broward and Palm Beach counties.

MOTIVATION

Jarrett said she was motivated to start her own business after graduating from university in 1994.

"I joined Primerica Financial Services. Most of the training was focused around being a business owner, entrepreneur and investor. I knew then ... that I wanted to be a business owner

where I would run and operate my own business one day," she explained.

Jarrett also encouraged friends who would keep her motivated.

"My pastor, Henry Fernandez of Faith Center, through his faith-based weekly messages teaching the word of God, it keeps me believing that all things are possible with God through the good and bad times," she said.

Jarrett is thankful for how far she has come. She hopes her company can be among the leading real estate companies in the U.S. Currently Jarrett is a member of Miami Association of Realtors and a board member of Housing Finance Authority of Broward County. She also belongs to the Delta Sigma Theta Sorority, Inc. and Millennium Movers, and is a South Florida Chapter board member of the National Sales Network (NSN).

In her spare time Jarrett works with her sorority to raise funds for scholarships.

Judith Hudson is a freelance writer for Caribbean Today.



~ A CARIBBEAN TODAY SPECIAL FEATURE

TURNAROUND: Jamaican leads The Life Design Agency

Jamaican Akilah Richards moved to Florida at a young age. She relocated to Georgia to attend Clarke Atlanta University and ended up becoming a part of the Jamaican Atlanta community.

Richards is a founding member the community organization United For Jamaica, an author, creator of the Execumama brand, a former editor and popular public speaker. She is also a brand expert, mother and wife. *Caribbean Today* freelance writer Jason Walker spoke with Richards recently. Below is an edited version of that interview.



Richards

business owners. The agency is run by my husband and myself, and I work primarily with women seeking tools for radical self expression and emotional wellness. My husband, Kris, works with business owners to create and market brands that reflect their authentic voices and their unique offerings.

J.W.: What drew you to this business?

A.R.: Back in 2003, I was frus-

trated with myself for having chosen to focus on a career in law instead of doing what I had always loved to do, which was creative/inspirational writing and public speaking. I knew that I was focused on law because it was a stable, financially secure career. But when I became pregnant with my first daughter in 2003, she spoke to me - as odd as that may sound. I was in the file room of a major law firm, where I had great mentors, was learning a lot, and preparing to enter law school, when I heard the voice of my unborn child ask me whether she could "be herself for a living." ... I realized that I needed to ditch the law pursuits and focus on what make me feel fulfilled.

About a year after having my daughter, Marley, I went back to the corporate world and spent two years working with an amazing couple who taught me so much about marketing, small business ownership and trusting my own unique path. After that (in 2007), I left that position and connected with women who were having the same "stable job versus life's work" dilemma. I've been a full-time entrepreneur, running The Life Design Agency, and helping those women to liberate themselves from those fears ever since.

J.W.: What do you provide to patrons? What is your service and/or product?

A.R.: For women, we offer wellness tools that help you gain the clarity, confidence, and courage to design a better version of your personal life. We help you learn how to use your emotions to support you in being personally, professionally, and emotionally well.

For mothers, we take you through a journey of re-acquain-

tance with yourself as a woman. We release the labels of mother, partner, chauffeur, schedule organizer, etc., and re-align you with ways to infuse your own needs back into your days.

For entrepreneurs, we offer strategies, collaborative opportunities, and self-exploration tools to help you turn what you love into what you offer.

J.W.: What measurements would you list as measurements of success?

A.R.: Personal fulfillment, positive community impact and consistent revenue. So far, our agency has managed all three ...

J.W.: What are some accomplishments that your business has achieved?

A.R.: We've been featured in *Essence Magazine*, *Real Simple Magazine*, *CNNLiving.com*, *RollingOut.com*, and other quality-focused outlets. As the voice behind the brand, I've been called upon to speak at conferences, workshops and seminars for women who value emotional wellness and self expression. I love being part of that journey!

Most importantly, this business allows us to spread the message of income and impact for anyone who deeply desires to turn their personal passion into their professional offer. We're focused on the man/woman behind the brand, and our clients come to us to gain clarity, build their confidence and remember their connection to their divine source ...

J.W.: When did you start your business?

A.R.: In 2007.

J.W.: What are some things you have learned that have helped

you to be successful?

A.R.: I've learned that there's a stark difference between learning from the successes of others and trusting my own process.

When I first started out, I was so focused on the other personal development professionals that I began to dilute my own organic processes of exploration and expression. I felt like their way must be best because they were, after all, successful. But eventually, after several failed attempts to fit into a formula, I learned (and now teach others) how to create an environment based on self-trust, self-exploration and authentic expression.

... At some point, we have to stop gathering, and start focusing inward, listening to the voice of God within us, and trusting that what we hear and feel is the foundation for what we offer to the world around us.

J.W.: What are your future goals?

A.R.: Kris and I will continue to promote self expression and self trust through our work. We're working on doing more personal development projects in Jamaica (where we're from) and in Ghana, where we plan to spend most of 2014.

I have been doing more public workshops and interactive lectures around women's emotional wellness, and the agency is involved in a few collaborations that are allowing us to host spiritual business retreats in Jamaica. We'll be doing more of those going forward, and I will be writing more books around my topics of interest, including alternative learning methods, radical self expression and authenticity in entrepreneurship.



Barnwell at the helm of CISS shipping services

(CONTINUED FROM PAGE 19)
days.

J.W.: What were your goals? Have you achieved them?

What are your future goals?
S.B.: Yes, I feel I have met my goal, which was to build a business. I have been very fortunate to have great partners that have the same vision. Our future goals are to offer more products to our clients and mastering the transfer of knowledge to our team so we can expand.

J.W.: Tell us a little about the feedback from your customers.

S.B.: We always welcome feedback. We would like to say we are perfect, but mistakes do happen from time to time. Directly by us or by other aspects of the transaction. However, our poli-

cy is that if a customer didn't like something, we try to take the approach of what can we do to fix it so it doesn't occur in the future. I believe in putting myself in the client shoes to see how you would feel.

J.W.: Why should persons support your business?

S.B.: We are a wonderful business.

J.W.: Where do you see your business five years from now, 10 years from now?

S.B.: Still around! We do see some expansion into other states and international destinations. We will collaborate in bigger ways with businesses and organizations.

J.W.: Has there been any hurdles or advantages that have

come about because you are a woman?

S.B.: I'm sure there are, but my strategy has been to just keep moving.

J.W.: How has it helped to work with your husband?

S.B.: Working with husband has been wonderful. He is very supportive and at times it offers us the flexibility to (be) involved in our kids' active lifestyle.

CISS is located at 3044 Miller Rd., Lithonia, Georgia, 30038. For more information, visit <https://www.facebook.com/pages/Caribbean-International-Shipping-Services/247537321723> or call 770-323-1111.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

'Lady C' Charlton: The voice of a region

JUDITH HUDSON

"Music is my business and I hope my business has brought you some pleasure; and remember whatever you do always live the life you love and love the life you live."

The advice comes from Winsome "Lady C" Charlton, radio personality at WAVS. She has been entertaining listeners for over 30 years.

Charlton's cool voice has reached millions, not only in the United States, but as far away as The Bahamas. The Jamaican native is the daughter of well known politician and former Mayor of Mandeville Cecil C. Charlton, who exposed his daughter early in life to the public by letting her meet various diplomats and dignitaries worldwide, including the late Haile Selassie and U.S. President John F. Kennedy.

As a child, Charlton was a delight to everyone, especially as she handed flowers to the late Princess Margaret, sister to the Queen of England on her visit to Jamaica. The exposure prepared Charlton for connecting with people. She attended Manchester High School in Mandeville, and then moved on to Hampton High School for Girls in St. Elizabeth. After leaving Hampton in 1965, Charlton moved to England to attend finishing school. While in London, she advanced her education in music, cosmetology, nursing and business management. But it wasn't enough.

"Despite all that, there was a deep yearning for an area of work that would bring me satisfaction and fulfillment," Charlton said.

It was not until she answered an advertisement in a local newspaper, that landed her a job with the British Broadcasting Corporation (BBC), that her love affair with radio began. Having previously been under the tute-

lage of renowned musician and teacher Iris Whittaker, the music/radio relationship came naturally. She was trained as a broadcaster and later became assistant producer for the "The Radio One Club", a popular radio show on BBC. It was there Charlton brought to light her Jamaican heritage by introducing ska music over the British airways.

"Although the music evoked controversy it was a small wonder that promoted air-play for Desmond Decker's tune 'Israelite', which became a number one hit," she said.

Charlton admitted her actions broke down the wall of ignorance by placing Jamaican music on the airways. She worked at BBC for four years but had to return to Jamaica because her mother died. While there, she managed her father's business Charles Off Racing. In 1981 she moved to the U.S. and again pursued her passion for radio. Charlton found work at stations WBM, then moved on to LOVE 94.

In Sept. 1984 she joined WAVS as traffic manager. Soon after landing the job, she insisted that reggae music should be heard on mainstream radio.

"I recognized that a void in the music of the radio stations in South Florida and with the vision of bringing the culture of my county to the foreground," Charlton said.

She created the first Caribbean program on WAVS, aired on Sundays. At that time, WAVS had an urban contemporary format, and although later would change to Spanish, the Caribbean program remained.

After 15 years at WAVS, Charlton was appointed general manager of WVCG

Radio 1080 AM. She was the first Jamaican Caribbean American woman to be appointed head of a major radio station in corporate America. WVCG was owned by AMFM (American Medium for the Millennium) the largest company at the time with 865 radio stations.

With Charlton at the helm, WVCG was destined to be the next commercial Caribbean formatted radio station. In 2002 it was sold to Clear Channel, and later to Radio One. She now acts as a consultant. She was also consultant for Radio Carnivale, which began in 2001.

Apart from lending her talents to radio, Charlton is also the founder and chief executive officer of the annual ReggaeSoca Music Awards show - known as "The Caribbean Grammys", and the annual Fashion Cabaret, which highlights Caribbean designers and models. With Hi-Class Promotions partner Anthony Blair, Charlton promotes the annual Children's Fun Day Christmas Party and various other community events.

Charlton has built careers of broadcasters, given businesses a medium to advertise, enhanced a people's cultural identity and presented a forum for political advocacy for the African American, Caribbean, Haitian and Spanish communities. She now concentrates on Hi-Class Promotions, still the largest broker on WAVS Radio 1170am with programs "The Morning Ride" hosted by John T and "TCB - Taking Care of Business" hosted by Winston Barnes.

Charlton is also a consultant for radio and broadcasting entities, and does event planning along with emcee duties under her newly formed company Event Planners.

Judith Hudson is a freelance writer for Caribbean Today.



Charlton

Do you have what it takes to start your own business?

Tired of taking orders? Have a great business idea? Now is a good as time as any to think about starting your own endeavor, say experts.

But do you have what it takes to do it all yourself?

A new survey of business owners, conducted by Deluxe, a provider of marketing services and products to small businesses, concludes that many of the same tendencies and even similar personal histories - a sort of unique DNA that allows them to thrive.

For example, when it comes to heredity and actual DNA, 76 percent of small business owners have relatives who owned businesses. And 86 percent are ultra-confident, believing they can do anything they really set their mind to.

Most interestingly, the research found a tendency to try and fail, then succeed. Seventy-seven percent of small business owners surveyed said they would rather learn from failure than never try at all.

"With confidence, drive, tenacity and talent, small business owners will improve their chances at being sustainable and profitable," says Tim Carroll, vice president of small business engagement at Deluxe.

TIPS

With that in mind, here are some tips for those looking to launch businesses:

• **Do your research** - While starting a business involves risk, you can mitigate some uncertainty with proper research. Seventy-nine percent of small business owners research products before purchasing, according to the survey - a tendency that far

exceeds that of the general population.

Have a clear understanding of your market, competitors, expected startup costs, overhead and return on investment. Know who your customer base will be and learn about them.

• **Build a brand** - Powerful branding differentiates a company from its competitors, making it easier for customers to choose that company for business relationships, and allows a company to get referral business.

However, don't wing it yourself on your home computer. A professional design team can help you stand out for the right reasons.

• **Communicate** - Whether you're providing legal services or you're a roofing contractor, technology has made it easier for business owners to establish themselves as experts by sharing their knowledge with current and potential customers. Use social media tools to deliver news, offer information and provide deals and promotions.

• **Optimize** - If you build a website will they come? Not necessarily. Text-based content is how Google determines what a site is about. Be sure to add keywords to your title page, page description, meta tags and headlines. Using a professional SEO service can make a big difference when it comes to traffic volume to your site.

These days, you needn't be a Gates or a Trump to be successful. The right tools and attitude can make all the difference.

- Edited from StatePoint.



Jackie Burton finds success in home health care

(CONTINUED FROM PAGE 18)

ble work ethic, sense of responsibility, and ability to work independently. I always knew that she had excellent administrative skills," Swerdlow said of Burton.

Despite the agency's success, Burton has faced challenges, and admitted some remain.

"This is an extremely competitive business that is unfortunately plagued by fraud,"

she said. "Sometimes it is difficult finding honest people. There are a lot of changes in the home health business and this has been and will continue to be challenging. The economic environment has also been a challenge," she noted.

Burton's business has received accreditation from the Community Health Accreditation Program (CHAP). She attributed success to her belief.

"I have strong faith in

God and have learned to leave everything to Him," said Burton. "He is in control."

She also credited her team.

"I would not be where I am today without them," said Burton. "I am always striving for self-improvement both on a personal and professional level."

Judith Hudson is a freelance writer for Caribbean Today.



Tips women should know about themselves, money

(CONTINUED FROM PAGE 18)

risks; you can assume a lot for potentially greater returns, or less for lower returns. Understanding your comfort zone and staying within it will help you stay committed to your financial plan.

Would your best friend describe you as a risk taker? If you got \$100,000 with instructions to invest it all in just one of these options - stocks, a savings account, a mutual fund portfolio of

stocks and bonds, or your best friend's start-up - which would you choose?

Knowing whether you're very conservative; happy with a little growth; comfortable with some ups and downs; or in for adventure will help you avoid taking financial advice that makes you uncomfortable.

- Edited from News and Experts.



SPORT



FASTEST: Sprinters lead Jamaica in World Championships gold rush

MOSCOW, Russia - Jamaica's brilliant complement of sprinters led the Caribbean island to nine medals at last month's IAAF World Championships in Athletics (WCA) here.

The medal haul, which included gold in the men's and women's 100, 200 and 4x100 meters relays, pushed Jamaica to third place overall in the standing, by far the best showing from a Caribbean nation.

Usain Bolt and Shelly-Ann Fraser-Pryce each won individual gold in the 100 and 200 meters and anchored Jamaica to victory in the 4x100. That was the first time in the history of the WCA that a single nation had swept the sprints.

Jamaica also earned two silver medals, - Warren Weir in the men's 200 meters and the

men's 4x400 meters relay. Nesta Carter won bronze in the 100, to round out Jamaica's total.

JEHUE'S TURN

Trinidad and Tobago's Jehue Gordon also won gold after beating the field in the men's 400 meters hurdles, to secure 12th place on the medals table for the twin island republic.

Other Caribbean nations to reach the medal podium included Cuba, with a silver and two bronze for 23rd overall. Pedro Pablo Pichardo was second in the men's triple jump, while Yarelys Barrios and Yarisley Silva won bronze in the women's discus throw and pole vault, respectively.

Luguelin Santos of the Dominican Republic finished third in the men's 400 to



Fraser-Pryce

round out the Caribbean medal haul.

The Caribbean's WCA involvement was somewhat marred, first by positive tests



Gordon

for banned substances returned by some big name athletes before the meet, then announcements here that a couple others were allegedly



Bolt

being investigated for similar infractions.

- G.W.

The Bahamas to host U.S. college basketball 2014 postseason games

NASSAU, The Bahamas - The Bahamas is one of two new venues set to host United States National Collegiate Athletic Association (NCAA) basketball postseason games in 2014, according to U.S. media reports.

Conference USA (C-USA) teams will also participate in bowl games in Boca Raton, Florida to be staged at the Florida Atlantic University Stadium.

The Bahamas Bowl would be the first postseason

bowl played outside the U.S. since the International Bowl was held in Toronto from 2007 to 2010. It would be held at the new Thomas Robinson Stadium, which has a 15,000-seat capacity.

The new bowls will mean there will be at least 38 bowl games in 2014. Last month, the Mid-American Conference (MAC), Sun Belt Conference and ESPN announced the creation of the Camellia Bowl in Montgomery, Alabama, beginning in 2014.

C-USA is expected to play the MAC in the Bahamas Bowl and either the American Athletic Conference, Mountain West or MAC in Boca Raton.

INTEREST

The Bahamas has already garnered NCAA basketball interest with the Battle 4 Atlantis and Junkanoo Jam tournaments along with the Bahamas Basketball Federation's "Summer of Thunder" exhibition series.

Earlier this year Tyrone

Sawyer, director of sports tourism development at the Ministry of Tourism, projected The Bahamas to earn more than \$13 million in revenue from sports tourism in 2013, particularly due to the success of some recent events, including the FIFA Beach Soccer World Cup qualifier tournament, LPGA PureSilk Bahamas Open and the exhibition match between England's Tottenham

Hotspur and Jamaica's Reggae Boyz, which he said "has done a great deal for the country's sports tourism profile."

The addition of major college football, which finished fourth in a 2012 Harris Poll of America's top 10 Favorite Sports, is set to strengthen The Bahamas' rapidly expanding sports tourism profile.

World Relays set for Caribbean

The Bahamas will host the first two editions of the IAAF World Relays, a new competition being introduced by the sport's governing body.

The new competition was unveiled during a news conference in Moscow, Russia featuring IAAF General Secretary Essar Gabriel and attended by a number of officials, including The Bahamas Sports Minister Daniel Johnson and IAAF Council member Pauline Davis-Thompson.

"We are here to talk about a new and exciting addition to our events," said Gabriel.

"The relays bring the addition of teaming up and the excitement of the unfolding of different abilities with competitions from 100 meters up to higher distances."

The IAAF World relays will be staged in The Bahamas in 2014 and 2015

ATTRACTION

"These are exciting events that the spectators want to see. The Bahamas is the land of relays; Pauline can talk about that, and testify," said Gabriel.

"The icing on the cake is that the 2014 edition will be considered as a qualification for the 2015 IAAF World Championships in Beijing, and 2015 edition for the 2016 Olympic Games."

Next year's edition of the IAAF World Relays will be considered as a qualification for the 2015 IAAF World Championships in Beijing, China and the 2015 edition for the 2016 Olympic Games in Brazil.



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Breakfast is always essential



The first meal is important.

Everyone knows it's important to make sure children have breakfast before school, but college students and busy parents also need a dose of morning nutrition.

Breakfast, which refers to "breaking the fast", is the first meal of the day, usually consumed when the body has gone about eight to 10 hours without food.

Eating breakfast is often associated with a higher nutri-

intake and being a smart way to start the day.

When it comes to college students and parents, far too many admit to being a breakfast skipper. Thirty-one million adults skip breakfast, according to a recent National Eating Trends survey. And millennials, aged 18-34, are the largest population of breakfast skippers.

FOCUS

Today, with schedules busier than ever, it's easy to simply focus on getting the day started.

"Whether you're in college or chasing after school-age kids, it's easy to forgo breakfast to stay on-schedule," says Betsy Frost, manager at General Mills.

"The tradeoff hits mid-morning with what people are calling the "hangries" — the feeling of being 'hungry' and 'angry' or irritable," she adds.

With this in mind, Frost and her colleagues at General Mills recently unveiled BFAST, a new breakfast shake containing the nutrition of a bowl of cereal and milk. It has eight grams of protein, eight grams of whole grain (48 grams recommended daily) and three grams of fiber, and comes in chocolate, vanilla and berry flavors. More information is available at www.bfastshake.com.

Indeed, more on-the-go

parents and college students are opting for easy options they can consume on their way to work or class, or while getting ready to race out the door, say food industry experts.

"A drinkable breakfast shake that doesn't need refrigeration fits into life no matter what you've got on your plate for the day. It's perfect for busy breakfast skippers," says Frost, who is reaching out to young breakfast skippers via Twitter and Instagram.

We've all heard from our mothers that breakfast is the most important meal of the day and now there is research to support the benefits of breakfast:

- **Breakfast consumers have healthier body weights** - People who consumed breakfast daily had 20 percent lower risk of developing obesity and 19 percent lower risk of developing type 2 diabetes, according to a breakfast frequency and metabolism study conducted in 2013 by the University of Minnesota School of Public Health.

- **Breakfast can make you healthier** - People aged 20-39 who regularly had breakfast, including ready-to-eat cereal, had lower cholesterol levels and were less likely to have high blood pressure, compared with breakfast skippers, according to a study published in 2012 by The Nutrition Society.

It's important to get all members of your family to have breakfast, no matter if they are grade schoolers about to board the school bus, college kids racing to their first class, or busy moms and dads trying to juggle it all.

- Edited from StatePoint.



SAVOR: Shrimp with coconut milk over rice, green bean salad

It's all here, the Caribbean seafood dish that will leave samplers licking their fingers. This shrimp with coconut milk over rice and green bean salad recipe, courtesy of Publix Apron, is offering just that, a delightful dish, one which **Caribbean Today** is encouraging readers to try.

Cooking sequence

Begin to thaw sofrito and green beans

Prepare salad through step 1 - 10 minutes

Continue shrimp recipe; complete salad and serve - 20 minutes

Ingredients

- 1/4 cup frozen sofrito
- 1 1/4 cups water
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh cilantro, finely chopped
- 1 cup instant rice
- 1 lb large peeled/deveined shrimp (thawed)
- 1/4 cup white wine
- 1/2 cup light coconut milk

Preparation

Thaw sofrito under cool running water.

Combine water and oil in medium saucepan; bring to a boil for rice.

Chop cilantro. Zest/grate lemon peel (no white; one tablespoon).



Steps

Stir lemon zest and rice into boiling water. Remove from heat, cover, and let stand five minutes or more.

Preheat large sauté pan on medium-high two to three minutes. Place quarter cup sofrito in pan (chill remaining sofrito for another use), then stir in shrimp; cook and stir three to four minutes or just until shrimp begin to turn pink.

Stir in wine, coconut milk, and cilantro. Cook and stir two minutes or until thoroughly heated. Fluff rice with fork; serve shrimp over rice.

Green bean salad

Ingredients

- 1 (7.5-ounce) box frozen green beans with almonds
- 2 tablespoons fresh cilantro, finely chopped

- 1/4 cup pre-diced red onions
- juice of 1 lime
- 2 tablespoons light olive oil vinaigrette
- 1/4 teaspoon salt

Preparation

Thaw green beans under cold running water (about two minutes); set almond topping aside.

Chop cilantro.

Steps

Drain beans thoroughly; place in medium bowl. Stir in cilantro and onions. Squeeze juice of lime over salad (two tablespoons). Add dressing and salt; toss to coat. Chill until ready to serve.

Sprinkle almond topping over salad and serve.



Fall Health

The October issue of Caribbean Today will feature a comprehensive examination of how the healthcare industry serves the Caribbean community.

With a proven track record now in our 21st year of service to readers in the United States and the Caribbean Basin, Caribbean Today reaches an audience of over 112,000 highly qualified readers. They have median household income of \$63,000 and enjoy a higher disposable income. 19% have a college degree, 32% have some college. In today's economy, our readers are highly esteemed. 59.6% own their own homes. 76% are between 25-54 years of age (readership study conducted by Circulation Verification Council).

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