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HIP HIP HOORAY!



~ Caribbean American trio shine as Miami Dolphins Cheerleaders while carving their own paths to success, page 7.



Trinidad and Tobago's Prime Minister Kamla Persad Bissessar was in South Florida recently, bringing a message that the twin island republic is making social, economic and cultural progress, and welcoming everyone to come see for themselves, page 2



Multi-talented Karian Sang has stepped into the entertainment spotlight bent on making a splash. Now she's hitting the charts, and acting is also in her plans, page 13.

FITTING FAREWELL

~ Eric Holder, son of Barbadian parents and one of President Barack Obama's longest serving Cabinet appointees, has announced his retirement as United States attorney general, America's highest law enforcement office, page 3.



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T&T prime minister highlights nation's improvements, praises diversity

**MICHELLE CAWLEY
DRESERIS**

Prime Minister Kamla Persad Bissessar has extended an invitation to Trinidad and Tobago nationals in the diaspora and others to visit the twin island republic and witness what she outlined are significant improvements.

During her address at a South Florida reception late last month to honor T&T's Republic Day 2014, the prime minister highlighted infrastructure developments, education and social programs which, she claimed, have been implemented.

"We are taking care of the most vulnerable people in our society – the very young and the very old," said Persad Bissessar, T&T's first female prime minister.

"We are building roads and highways that were promised more than 50 years ago by other governments. I invite you to return to T&T and see our changes!"

She explained that since coming into office in 2010, her

government has simplified and streamlined public agencies to make them more efficient.

"We now have one agency for trade and investment – Invest TT Trinidad and Tobago," the prime minister said.

Underlining education as pivotal to sustained development, Persad Bissessar said T&T now has "free universal primary and secondary education."

"We have 65 percent participation in post-secondary/tertiary education, with free tech/vocational education to train young people to fill the jobs," she added.

"My next goal is to have free pre-school education in Trinidad and Tobago for every child, ages three to five years."

Persad Bissessar also highlighted a Baby Care Grant in T&T's budget to assist infant care, plus additional measures to benefit adults as well.

"When a baby is born, we will give \$500 monthly to needy parents to take care of their baby," she explained. "We have increased old age pensions, and



- Photograph by Michelle Cawley Dreseris. Persad Bissessar at the gala.

minimum wages for people in Trinidad and Tobago."

GALA

However, her South Florida visit wasn't all about housekeeping business. The gala, hosted by T&T's Consul General in Miami Dr. Anil Ramnanan in the Signature Grand hotel ballroom, also served up a colorful celebration marked by tributes and entertainment.

T&T's ethnic Tassa Drummers boldly announced the prime minister's arrival. Prominent T&T nationals, business and community leaders, artists and musicians, including the Mighty Sparrow, were

among more than 600 guests.

The national anthems of the United States and T&T were sung by Shelly Rahim and Roger Belmar, respectively. Opening prayers were read in three languages by members of T&T's Muslim, Hindu and Christian communities, reflecting the nation's religious, cultural and ethnic diversity.

Trinidadian media personality Mike Andrews, of "Caribbean Connection" radio, was the master of ceremonies. Sarena Baseo performed Indian dances.

Diaspora representatives Kamal Abdool and Glen Joseph paid tribute to the prime minister and T&T. Trinidadian artist Sirju Mohan gave Persad Bissessar a landscape painting. Broward County Commissioner Dale Holness presented her with a proclamation and key to the county. His fellow Jamaican-born politician Hazelle P. Rogers, a Florida representative, extended an official welcome from the state.

DIVERSITY

Persad Bissessar thanked guests for attending, including the consul generals of St. Lucia,

Jamaica, Barbados and Guyana and Pembroke Park Mayor Ashira Mohammed. She also praised T&T for forming a unified nation, despite the diverse backgrounds of its people.

"We come from a land where all the nations of the world have converged to bring us a harmony in diversity," said the prime minister.

"I like to remind you that for T&T, there is no Mother Africa for us. There is no Mother India. There is no Mother China or Mother Syria or Mother Lebanon or Mother anywhere else in the world. Only Trinidad and Tobago is our mother country!"

"But, we recognize that we have a Grandmother Africa, a Grandmother India, a Grandmother China, a Grandmother Europe and a Grandmother everywhere else in the world because our people have come from every great nation in this world!"

Michelle Cawley Dreseris is a freelance writer for Caribbean Today.



(CONTINUED ON PAGE 6)

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NO DICE: Antigua urges U.S. to settle online gaming dispute

UNITED NATIONS - Antigua and Barbuda has reiterated its call for the United States to settle its long, outstanding Internet gaming dispute "fairly and expeditiously".

In his maiden address to the 69th Session of the United Nations General Assembly, Prime Minister Gaston Browne noted that it had been "10 long years" since Antigua and Barbuda secured a favorable decision at the World Trade Organization (WTO) Dispute Settlement Body in a complaint against the U.S. on online gam-

bling.

"Despite that favorable judgment and, even in the face of losing appeals against it, the United States government has not seen it as a noble action to settle with my small state in a manner consistent with the harm done to our economy," Browne told the world body.

"My country has been denied income which - had we continued to earn - would have



Gambling quarrel drags on.

contributed significantly to the welfare of my people, and to the capacity of our economy to cope with the grave effects of climate change and the financial crisis to which we became a casualty," he added.

PRINCIPLE

Recalling U.S. President Barack Obama's address at the same forum on Sept. 24 that bigger nations should not be able to bully smaller ones, Browne said if this universal truth is a guiding principle of Obama's administration, "then the United States cannot continue to approbate and reprobate on this principle."

"The noble thing is for the United States to settle this long outstanding judgment fairly and expeditiously," he said.

Last month, Antigua and Barbuda said it was seeking \$100 million to settle the dispute and that it had submitted new proposals to Washington. The new figure represents a

(CONTINUED ON PAGE 6)

"Someone We Trust to Fight for Us"

Kionne L. McGhee
Our Florida State Representative
District 117

FITTING FAREWELL: Eric Holder retiring as U.S. attorney general

Eric Holder, Jr., the son of strong Barbadian roots, has announced his plan to retire as attorney general, the highest law enforcement position in the United States.

Holder, 63, the first African American to hold the job, said he will step down when a successor is confirmed. The New York City-born Holder has so far served nearly six years as attorney general and is one of U.S. President Barack Obama's longest serving Cabinet appointees, after becoming the 82nd person to occupy the post in America's history.

Holder is a former U.S. states attorney and judge of the Superior Court of the District of Columbia.

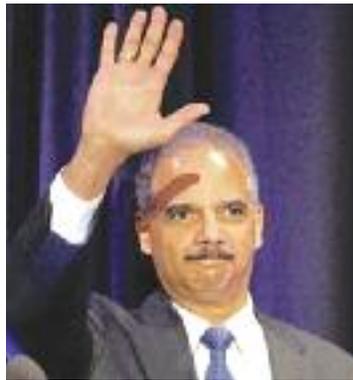
BAJAN

However, he traces his roots to the Caribbean. His father, the late Eric, Sr., was born in St. Joseph, Barbados. He came to the U.S. as a child and later worked in real estate. He married Eric, Jr.'s U.S.-

born mother Miriam, whose parents were from St. Philip, Barbados.

The Columbia Law School graduate has endured a testing stint since being nominated for attorney general by Obama in Dec. 2008. Holder has strongly defended the 1965 Voting Rights Act, speaking out against attempts to reduce the ability of some groups, including elderly, minorities and students, to vote. He also announced, in Feb. 2011, that the Department of Justice would not defend cases in court involving the Defense of Marriage Act and made criminal justice reform a top priority.

However, the registered Democrat has had public run-ins with Republicans, especially lawmakers. Following the announcement of his retirement, Holder was blasted by several Republicans, many accusing him of being "divisive" and not following the



Holder plans to step down.

U.S. Constitution.

HONOR

However, during the official announcement at the White House, Holder thanked Obama for what he called the "greatest honor" of his professional life – being attorney general.

"I have loved the Department of Justice ever since as a young boy I watched Robert Kennedy prove during the civil rights movement how

the department can - and must - always be a force for that which is right," Holder said. "I hope that I have done honor to the faith you placed in me, Mr. President, and to the legacy of all those that served before me."

Holder vowed to "continue to serve and try to find ways to make our nation even more true to its founding ideals."

Sources disclosed that Holder informed Obama several times in recent months that he planned to step down. The final decision was reportedly made over the Labor Day weekend early last month.

PRAISE

Holder could become the third-longest serving attorney general in U.S. history if he continues until December. His contribution earned praise from the president.

"(Holder) believes, as I do, that justice is not just an

abstract theory," said Obama, who credited him with restoring the U.S. Justice Department's Civil Rights Division.

"It's a living and breathing principle," adding that Holder had tried "to make sure that those words 'life, liberty and the pursuit of happiness' are made real for all of us."

Holder said he grappled with the timeline for his retirement.

"In terms of my own thinking of how long do I stay ... I talk about tasks and trying to see certain things through," Holder said. "I want to try to get a few things done before I ultimately leave."

However, he said when he leaves the office of attorney general he would still work to find ways to cement trust between minorities and law enforcement.

Holder and his wife have three children.



St. Lucia hurt by U.S. drugs war ~ P.M.

CASTRIES, St. Lucia – The St. Lucia government says the war on illegal drugs is being significantly hampered by the decision of the United States to continue sanctions against the St. Lucia Police Force.

Washington announced last year that it was preventing the local police from taking part in America-funded training exercises and assistance under its anti-drug program.



Anthony

The decision was taken in light of what it called credible allegations of gross human rights violations by local lawmen.

The allegations are linked to several fatal police shootings between 2010 and 2011 under the former United Workers Party (UWP) government.

Prime Minister Dr. Kenny Anthony one year ago announced the U.S. prohibition of assistance to local law enforcement officers. Anthony had also announced measures to appeal to the U.S. State department, including a request for investigators from the Trinidad-based

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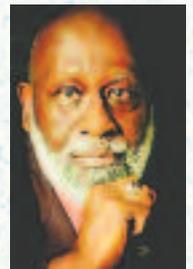


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- T. Willard Fair, CEO, The Urban League of Greater Miami; former Chairman, Florida State Board of Education



• The Obama Administration continues to oppose the legalization of marijuana because it "affects the developing brain and substance abuse in school age children has a detrimental effect on their academic achievement" *

*Source: White House Office of National Drug Control Policy, July 28, 2014

• AMENDMENT 2 imposes NO age limit and allows teens to get marijuana WITHOUT parental consent

• AMENDMENT 2 is opposed by the Florida Medical Association which represents 20,000 Florida doctors



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Haiti surviving 'major challenges', rebuilding after 2010 'quake ~ president

NEW YORK – Haiti's President Michel Martelly told an international conference here that while "major challenges" still remain, the French-speaking Caribbean country (CARICOM) is strengthening democracy and rebuilding the infrastructure damaged by a powerful earthquake in 2010 that killed more than 300,000 people.

Martelly, accompanied by Prime Minister Laurent Lamothe, met with international donors last month as part of "Haiti Partners" to discuss ways to improve the delivery of aid to the Caribbean country. Martelly, who provid-

ed an update on the country's development since the earthquake that left more than a million people homeless, said Haiti was now a vast construction site, with schools, vocational training centers, roads, bridges housing being built or under construction.

CHALLENGES

"Major challenges remain," Martelly said.

He said the government was also committed to doing more to attract direct investments, especially in the fields of energy, tourism, industry, and to enjoy the benefits of new legislation passed by the United States giving duty-free

access to the American market for textiles and other products, so as to create jobs in Haiti.

Martelly said he counted on the solidarity of donors to help the country strengthen the capacity of its institutions to achieve the desired level of economic and social development, adding that 1.75 million children now go to school



Martelly

free of charge.

He assured that the democratic process in Haiti was irreversible, despite the perception of permanent crisis, committing his administration to the rule of law.

CONCESSIONS

During his address, Martelly said he has made all the concessions and adopted all the necessary measures aimed at advancing the electoral process, but reminded that Haiti was only waiting for the approval of the amended

electoral law, which is an attribution of parliament, for voting to take place.

Elections - to elect two-thirds of the 30-member Senate, the entire Lower House and all the local government entities - were planned for the end of the year, but a group of Opposition senators was blamed for failing to pass the necessary legislation to ensure elections are held.

- Edited from CMC.



Jamaica activates emergency team to battle chikungunya

Jamaica's National Emergency Response Team (NERT) has been activated to coordinate and support the country's response to the current outbreak of chikungunya.

The government has also allocated an additional J\$150 million (one Jamaica dollar = US\$0.004 cents) to the chikungunya response, which includes a massive clean-up campaign aimed at destroying and removing mosquito breeding sites.

The information came out of a recent technical meeting held involving key government agencies involved in the ongoing response.

The NERT, headed by Prime Minister Portia Simpson Miller, involves ministries, agencies and non-government stakeholders with the ODPEM having a lead role in coordination and implementa-



Mosquitoes help spread disease.

tion. Activation of NERT will also provide an extensive management framework for Jamaica's planning for prevention, mitigation and response action in respect of other communicable diseases, including Ebola.

- Edited from CMC. For more on health, check Caribbean Today's fall feature, pages 20-23.



Joy Thomas brings Grace's taste to Caribbean Americans

MICHELLE CAWLEY
DRESERIS

To Caribbean consumers, the name GraceKennedy is synonymous with delicious Jamaican foods. There's a dynamic and dedicated daughter of Jamaica working to bring Grace products to their shelf, table or event.

Joy Thomas is the only female market manager in the six regions of the International Division of GraceKennedy Foods USA LLC. Thomas is international market manager for the southeast United States region, which includes Florida, North Carolina, South Carolina, Georgia, Alabama, Mississippi, Louisiana and Texas.

Her extensive sales experience spans four decades. Thomas has built a reputation for being steadfast, resolute and committed in the sales industry - a mostly male-dominated field. During her 17-year tenure with GraceKennedy, she has helped to leverage sales partnerships and secure the brand loyalty of customers in the region. She has increased sales phenomenally year-over-year.

"I have always been in sales," said Thomas. "Prior to Grace, I was in sales and management at Kem Products and Swift Chemicals. In 1997, I was the international Caribbean export manager for Chemical Worldwide in Jamaica and wanted a career change."

BACKGROUND

Thomas holds a degree in institutional management from the University of Technology in Jamaica and certificates in computer studies, effective sales presentations and public speaking. Her link to Grace was a natural fit.

"In 1997, I went to work for Grace Kennedy in Jamaica - a company I had admired and whose products I had always enjoyed," Thomas explained. "I was hired as a key account manager to increase non-food sales in Grace's low-producing central region: Old Harbour through Mandeville, to Santa



Thomas

Cruz.

"Non-food products were not manufactured by Grace. We traded them: Matches, Lever products like Breeze - powdered laundry soap, blue soap, and others. Mine were hard-to-sell because shops typically wanted food products from the sales reps."

Problems propped up, but she knocked them down.

"Sales reps and store owners were generally male," Thomas recalled. "Some men asked me why was 'a nice girl' like me in sales? But, I stuck it out."

Thomas had to live in Mandeville during the work week - hours away from her young children in Kingston.

"Thank God, I had a very good nanny and I knew she would take very good care of them while I worked," she said. "It was hard, but you do what you have to do."

RESULTS

The results showed her quality.

"Central region sales when I began were J\$4 million monthly," said Thomas. "In my first two weeks, I sold J\$12 million in non-food products! In two years, I had increased central sales to J\$24 to J\$26 million monthly."

In 1999, Thomas's job moved her back to Kingston to be closer to her children. She managed Grace's Hi-Lo chain of supermarkets. Between 2002 and 2007 she became the international market manager, central Caribbean, for Grace Foods

International. In 2007, she was again promoted to her current position.

Thomas supports and promotes vendor relationships, manages trade relationships, is in charge of marketing and sales, managing the brand, and a plethora of other top level management duties at micro and macro levels of sales. She has helped bolster Grace's strength.

TRANSITION

Yet changes have come.

"Grace is now in a transition," said Thomas. "In July 2014, we purchased La Fe Foods Inc. We are expanding into the Hispanic markets with our crossover products, like Grace hot pepper sauces, coconut water, and others."

La Fe is a full-service distributor of more than 1,400 Hispanic and Caribbean cuisine products.

GraceKennedy Foods USA is a division of GraceKennedy, the Caribbean's largest supplier of Caribbean and other ethnic foods. The company, which opened in Jamaica 92 years ago, distributes its brands and the brands of their principals in over 40 countries.

What advice would Thomas give women in business?

"Decide what you want," she said. "Be very focused. Then, go after it! Have confidence in yourself that you are just as good as a man, or better. And, pray.

"I feast on my Bible," added Thomas. "My strength comes from God, my creator. I know that I am a strong woman, but God gives me my strength. I understand that I am not here by accident."

Photograph and story by Michelle Cawley Dreseris, a freelance writer for Caribbean Today. For more stories on successful Caribbean women, turn to pages 7 and 8.



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MIAMI VICE: Coalition of attorneys call for end to police brutality in Jamaica

I. JABULANI TAFARI

United States attorney Benjamin Crump, who represents Michael Brown's family in Missouri and was counsel for Trayvon Martin's family in Florida, is calling upon the Jamaican government to combat police brutality being inflicted on citizens of the Caribbean island.

Speaking at a press conference in Miami on Sept. 19, Crump said "human rights violations cannot be tolerated whether they occur in Sanford, Florida, in Ferguson, Missouri or in Montego, Jamaica."



Crump

Crump, who is the president-elect of the United States National Bar Association, declared that in order for police brutality to stop, citizens of every nation must stand up to their governments and demand just and equal treatment.

Last month's press conference was organized by Jamaican attorney Michael Lorne, who is representing the family of Mario Deane, a Jamaican man who was taken into police custody on Aug. 3 in Montego Bay for possession of a marijuana cigarette. Three days later, on Aug. 6, Deane was dead.

Jamaican police first said Deane fell off a bunk bed and later stated that he was beaten to death by other inmates. However, Lorne said the pending case clearly resulted from police brutality and/or misconduct and he is endeavoring to internationalize the issue of Deane's death.

'UNIVERSAL'

Both Lorne and Crump were joined at the news conference by Miami-based civil rights attorney

Jasmine Rand, who formerly represented the Martin family and has joined the Deane family's legal team in Jamaica.



Deane

"Human rights are universal," said Rand. "They are not black or white, Christian or Muslim, and do not start or stop at international borders."

The news conference followed a similar event outside the Jamaican embassy in New York in early September.

Speaking after the Miami event, Lorne said the Jamaican police gets support from various organizations in the U.S. He said he wants the coalition of attorneys in the U.S. to pressure these companies not to conduct "business as usual" with Jamaican law enforcement agencies if police procedures and actions on the island are not changed significantly.



Rand

Lorne also disclosed that when forensic pathologist Dr. Michael Baden came to Jamaica on Sept. 2 to perform an autopsy, he determined Deane died from a beating inflicted on his head and neck. Dr. Baden, who is host of the HBO television series "Autopsy", was the chief medical examiner of New York City for 25 years and is currently the co-director of New York State's Police Medico-Legal Investigation Unit.

DEFIANT

The day after the Miami press conference, attorneys Lorne and Rand flew to Jamaica to attend Deane's funeral.

Lorne explained that the Deane family had refused to accept money offered by the Jamaican government and had instead collected donations from the public to pay for funeral expenses.



Lorne

Lorne also said that an independent commission established by the Jamaican government to investigate police brutality is seeking to press charges against three Montego Bay policemen identified by other prisoners as being involved in Deane's death.

In a similar case, the Jamaican attorney is representing the family of Oshane Dothlyn, who was also arrested for a marijuana cigarette at the Coronation Market in Kingston in February. He too

died in police custody under suspicious circumstances, with law enforcement claiming that he was hanged.

In welcoming a recent Jamaican government announcement that possession of a marijuana cigarette is no

longer an offense for which a person can be arrested, Lorne said the Deane and Dothlyn cases made it imperative for the government to move more quickly towards decriminalizing possession of marijuana for personal use in Jamaica to

prevent abuse of police powers.

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



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BALLOT PUSH: Election season for Caribbean Americans in U.S

Concerned Caribbean Americans will get a chance to express their views at the ballot box soon.

The general elections in the United States will be held on Nov. 4.

Those in Florida can also vote via absentee ballot, which must be requested by 5 p.m. Oct. 29 and returned by 7

p.m. Nov. 4. There will also be early voting Oct. 20 to Nov. 2.

Voters should allow nothing to substitute for their own evaluation and research of candidates, based on their own personal interests and values.

For more information, call **954-454-7473**.

Meanwhile, Florida

Governor Rick Scott and former Gov. Charlie Crist will meet for an hour-long gubernatorial debate on Oct. 15 at Broward College's main campus in Davie, Florida. The state governor's race will be decided on Nov. 4.

Voters are also being reminded to bring proper identification to the polls. Examples of approved forms of photo ID are:



- Florida driver's license
- Florida identification card issued by the

- Department of Highway Safety and Motor Vehicles
- United States passport
- Debit or credit card
- Military identification
- Student identification
- Retirement center identification
- Neighborhood association identification
- Public assistance identification.



FYI

and Open Spaces Department and Skyward Kites, the event will feature free kiting activities for all ages, such as kite-building classes, kite-flying demonstrations and all sorts of kite competitions.

For more information about Kiteoberfest, call Dan Ward at Skyward Kites at **305-893-0906**.

MESSAM HONORED

Jamaican-born Miramar City Commissioner Wayne Messam was last month presented with the Home Rule Hero Award.

The award was created to recognize city officials who went above and beyond to advocate the Florida League of Cities' legislative agenda during the last legislative session.

HARVEST FEST

The African Heritage Cultural Arts Center in Miami, Florida will kick off its 40th anniversary celebration with a "Harvest Fest" from **4 p.m. to 7 p.m. Oct. 31**.

Admission to the event is free with a canned-good or non-perishable donation.

Families will be able to participate in mask-making, bounce house and slides.

For more information, call **305-638-6771** or e-mail ahcac@miamidade.gov.



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DINNER DANCE

The Glenmuir Alumni Association, New York Chapter, will present its fifth annual dinner and dance at **9 p.m. Oct. 11** at the Flowers Physical Therapy building, 219-10 S. Conduit Ave., Springfield Gardens, New York.

For ticket information, call **917-593-9918** or **646-496-6868**.

FASHION SHOW

The Jamaica Progressive League will present its 2014 Fashion Show and Concert on **Oct. 11** at Ghanata House, 2180 Webster Ave. in the Bronx, New York. Doors open at **7 p.m.**

For more information, call **718-231-4069**.

KITE FEST

The 22nd annual "Kiteoberfest" kite festival will be held from noon to **5 p.m. Oct. 19** at Haulover Beach Park in Miami, Florida.

Presented by the Miami-Dade County Parks, Recreation

St. Lucia hurt by U.S. drugs war ~ P.M.

(CONTINUED FROM PAGE 3)

CARICOM Implementation Agency for Crime and Security (IMPACS) to look into allegations of extra-judicial killings by local police.

The report on that investigation, carried out by a team of investigators from the Jamaica Police Constabulary, is still to be delivered.

PRICE

Meanwhile, Anthony said the island continues to pay a heavy price for the U.S. deci-

sion. Apart from its tainted international image, St. Lucia's war on drugs has taken a hard blow owing to the U.S. suspension of technical and other assistance especially to the local marine police.

"Their area most seriously hit, is the contribution to the operations of our coast guard, as some of our boats require

parts and the U.S. have said they will not finance the purchase of any new parts for our boats," said Anthony.

"We are also concerned about the reputation of the country, as the decision has cast a cloud over the island."

- Edited from CMC.



NO DICE: Antigua urges U.S. to settle online gaming dispute

(CONTINUED FROM PAGE 2)

reduction on what St. John's had originally been demanding and Browne said then it is negotiable and could be a mixture of cash and kind.

Antigua and Barbuda has criticized the U.S. since 1998 of breaching its commitments to members of the WTO under the General Agreement on Trade in Services (GATS) by enacting laws that prevented foreign-based operators from offering gambling and betting services to its citizens. In 2005, the WTO ruled that Washington had violated

international trade agreements by prohibiting operation of offshore Internet gambling sites. Antigua claimed that it lost \$3.4 billion a year due to the U.S. action, but the WTO awarded the island \$21 million.

But in its final ruling, the Geneva-based WTO has allowed Antigua and Barbuda to suspend certain concessions and obligations it has under international law to the U.S. in respect of intellectual property rights.

- Edited from CMC.



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GIMMIE A 'JA'!: Jamaican American trio shine as Miami Dolphins Cheerleaders

**MICHELLE CAWLEY
DRESERIS**

Miami Dolphins players and fans had many reasons to cheer opening day of the 2014-2015 National Football League (NFL) season at Sun Life Stadium in South Florida last month.

On the field, for every home game, are Miami Dolphins Cheerleaders – a squad of 42 beautiful, smart and athletic young women who work long hours to motivate players and fans.

Three – Kelly Perrins, Jodi Tulloch and Adrianna Smith – also have the Caribbean deeply rooted in their hearts, lives and heritage. They were born in the United States to Jamaican parents and spent many holidays on the island, immersed in its culture.

This summer, two were among a dozen chosen to be in the 2015 Miami Dolphins Cheerleaders Swimsuit Calendar. Perrins was picked to be “Miss September” and Tulloch “Miss March”. Consideration for the honor is reserved for cheerleaders in their second season. Smith, a first-year member of the squad, will be eligible for 2015-2016.

The trio told **Caribbean Today** their story.

PERRINS, 28, is one of four captains of the squad and is responsible for 10 or 11 cheerleaders. She has various roles.

“Besides cheerleading, captains assist the choreographers during practices,” Perrins explained. “On game



Perrins

day, we call the dances on the field, structure our groups, and lead them throughout the game. We cheer at two pre-season and eight home games.

“We are very involved in community and other events.”

Cheerleaders aren’t allowed to socialize with Dolphin players.

“We work professionally with them, but their schedules are opposite to ours,” said Perrins. “... Other than game days and appearances, we don’t have much interaction

with the football players.”

She’s kept busy with her own schedule, but is conscious of her image.

“I’m a business professional with a career,” said Perrins. “In the 2015 calendar, the 12 of us are shown in a very beautiful and sexy – but classy and professional – manner. That is very important to me.”

Also valued is her roots.

“I consider myself a Jamerican,” said Perrins, who was born in Queens, New York, but grew up in Miami, Florida.

She graduated from Carrollton High School of the Sacred Heart in Coconut Grove and completed a bachelor’s degree in political science at Florida State University in three years. In 2008, she earned a master’s in international administration from the University of Miami and worked for Aetna Health Insurance in Atlanta, Georgia. In 2013 she moved back to Miami where she works as an account manager. Cheerleading is part-time job, but she enjoys it.

“I love dancing!” said Perrins, a dancer since age three. “Many cheerleaders are dancers or gymnasts.”

Perrins trained at the Alvin Ailey American Dance Theater in New York while in high school and was a Miami Heat Junior JAMM dancer. In grad school she became a UM SUNSATIIONS dancer.

“We danced for football and basketball games,” she said. “It was similar to cheerleading, and it prepared me for NFL cheerleading.”

Yet accepting the Dolphins gig means more than just strutting steps.

“You must be a great dancer,” said Perrins, who joined the squad in April 2013,

“but you must also be very dedicated, well spoken, educated and a positive person with all the components of a great lady. You need good time management skills, because we’re also either full-time employees or students.”

She said proceeds from the sale of the 2015 calendar will benefit the Miami Dolphins Foundation, part of the team’s community outreach supporting education, health, youth, athletic programs and volunteer activities in Florida. Perrins is having fun.

“It’s a great experience for me to be around a lot of motivated young women,” she said. “... I really enjoy helping people. Little girls look up to us, and it’s nice to be a role model.”

Still, she yearns for Jamaica, returning “two or three times annually” to visit family.

“I go every chance I get!” said Perrins, who cooks some Jamaican dishes, like callaloo and salt fish, jerk and curry chicken.

“Jamaica’s national motto, ‘Out of many one people’, captures the essence of Jamaica so perfectly because the many cultures there are blended together so beautifully.”

TULLOCH, 19, was accepted on the cheerleading squad while still a senior in high school at Somerset Academy in Broward County, Florida. She is now a sophomore majoring in communications at Florida International University with a goal to be an entertainment and television host.

Tulloch was born in Miami, but considers herself a Jamaican American.

“A lot of times, I catch

myself saying ‘I’m Jamaican’,” she said. “All of my family are from Jamaica, and Jamaica is a big part of me.”



Tulloch

The island familiarization began early.

“My Jamaican mom, Zensi, sent me to Jamaica every summer for about two months – from Miami – to stay with my grandparents when I was growing up,” said Tulloch.

She returns to visit them in Kingston whenever there’s a break from cheerleading or a college vacation.

“I’ll ask my mom to book me a ticket and I’m gone to Jamaica!” said Tulloch.

“Jamaica is so beautiful! I love the food and the culture, and I love to go to the country. One of my uncles has a farm with horses and chickens. I love driving through the mountains with my grandpa. It’s such a different environment for me. I can just relax there and be with my family.”

While returning from one of those trips Tulloch learned she had made it into the 2015 calendar. It seems a natural progression towards her passion.

“I was always a dancer, but I was not a cheerleader in high school,” said Tulloch.

“Cheerleaders are really dancers on the field. My favorite part about cheerleading is that I get to continue dancing – something I’ve loved all my life. I started ballet at age five. I learned jazz, tap, flamenco, hip-hop and contemporary. I tried everything. My favorite dance style is jazz.

“Being a Miami Dolphins cheerleader is allowing me to continue my dreams, and to be the dancer I always wanted to be.”

She embraces the demands.

“You have to be mentally strong to be a Dolphins cheerleader and being a woman and a public figure,” she said. “You have to know how to compose yourself. You need to be confident, but very humble at the same time. I love cheerleading! And, I enjoy the community service we do as cheerleaders.”

That includes surprising war veterans and families on the field during the “Hero of the Game” segment.

“It brings me to tears!” said Tulloch.

Cheerleaders also organize a toy drive for underprivileged children.

“We give them everything they want on their Christmas list,” said Tulloch. “One of my favorite parts ... is seeing the looks on people’s faces when we make them happy! Then, I want to come back and do this all a thousand times over!”

SMITH, 23, is a rookie cheerleader born in Miami. She’s a late bloomer as a dancer, but it’s helped achieve one of her goals.

“I knew that for me to be ready to audition for a professional NFL team I had to pre-

(CONTINUED ON PAGE 8)



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Women are twice as successful as men in small business ~ Marie R. Gill

**MICHELLE CAWLEY
DRESERIS**

Marie R. Gill, president and chief executive officer of M. Gill & Associates, Inc., is one of Florida's successful Jamaican entrepreneurs. She's also president of the Jamaica USA Chamber of Commerce (JAUSACC).

JAUSACC is a not-for-profit organization committed to creating trade opportunities for members and strengthening national, regional and international commercial relationships between the United States and Jamaica.

"I advocate for, and assist, small and minority-owned businesses to successfully compete in the domestic and global markets," said Gill.

She launched M. Gill & Associates, Inc. in 1990 as a marketing, public relations and economic development consulting firm, which serves clients in the U.S., Latin America and the Caribbean. Clients include Fortune 500 corporations, governmental and educational institutions,

nonprofit organizations and small businesses.

Gill was elected JAUSACC president in 2003 and 11 years later continues to launch programs benefiting members and the community.

"I have been an entrepreneur since I was about six years old in Jamaica," she said. "For a few pennies, I used to go to the store for little old ladies in my village. Adults who couldn't read used to pay me to read the Bible for them.

"But, I had to give my earnings to my mother. As I grew older, people who couldn't read paid me to read their letters from family abroad and to write letters back to them.

"In high school, I was a reporter for the **Jamaica Gleaner** (newspaper)," she added.

PROGRESS

Gill graduated from St. Andrew's High School for girls. She received a bachelor of science degree in economics from the University of the West Indies, a master's degree in mass communications and a

master's of business administration degree from the University of Toronto in Canada.

She has noted the progress of women in business, but understands challenges remain.

"Women are starting small businesses three times faster than men and we are twice as successful as them," said Gill. "But, we need to take care of our credit and other things that can position us to get financing for our small businesses.

ADVICE

Gill offers women advice. "Fix bad credit," she said. "When you apply for a loan, banks will not make an exception for you just because you are a woman. Your credit is used to judge your character. Take pride in your credit."

Gill believes women in the U.S. have received some help.

"Twenty three percent of all federal contracts must go to small/minority businesses. At least five percent of contracts must go to women-owned businesses," she said.

Gill has served Florida's



- Contributed

Gill

business and public sector communities for the past 23 years. She is the first black – and first woman – to win the MBDA Business Center Contract from the U.S. Department of Commerce (2002). An accomplished economic development, public relations and grant-writing professional, her company serves over 300 small/minority firms annually and has facilitated \$1.5 billion in financing and contractual awards for small, minority and women-owned businesses and nonprofits since 2004.

On Sept. 5, Gill was recognized by South Florida Business Journal (SFBJ) as one of 25 Most Influential Business Women in South Florida. She is planning the 32nd Annual Minority Enterprise Development Week (MEDWeek 2014) Conference, Oct. 16–17, at the Kovens Conference Center in North Miami, to honor the 50 most powerful minority entrepreneurs, in recognition of the 50th anniversary of the Passage of the Civil Rights Act of 1964.



Caribbean Today

Street Address:
9020 SW 152nd Street
Miami, FL 33157
Telephone: (305) 238-2868
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Account Executive

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Accounting Manager

SABRINA MOSS
Graphic Design

Orlando Representative
CALVIN "CAL" ALLISON
407-557-8792.

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GIMMIE A 'JA!': Jamaican American trio shine as Miami Dolphins Cheerleaders

(CONTINUED FROM PAGE 7)

pare myself and keep training," said Smith, who joined Florida International University's (FIU) dance team as an underclassman.

"I went to Dolphins training clinics. I started taking classes in jazz funk, hip-hop and tricks and turns to get on the team."

In May, Smith was chosen for the squad. She is firmly attached to Jamaica as well.

"My entire family is from Jamaica," explained Smith, whose father died when she was six. "... Every summer mom sent me back to St. Thomas, Jamaica, for a couple of months to stay with my great grandma, my aunts and my cousins.

"I miss Jamaica. I'm humbled when I go back. It makes me appreciate everything I have in Miami. Most of my family there want to live in America, but I enjoy going to Jamaica."

As a child, Smith attended school with her cousins in the



Smith

town of Seaforth, about 23 miles east of Kingston.

"I would go ... just to see how different school was there," she said.

"The Jamaican teachers were more strict – but, a good kind of strict. I was so afraid not to pay attention in their class! I used to ask for the same work my cousins got."

Great grandmother Ellen Manboard, who took care of her in Jamaica, died this summer. Smith learned valuable lessons from her and others.

"She taught me how to speak my mind, and to hold

my own!" she said. "She was a feisty woman! She couldn't keep still and she never let anybody run over her. The women in my family have had a big influence on me. "When I go back to Jamaica, I see how hard the women in my family work. They've instilled in me lessons like having manners, working hard, and taking pride in your education."

Smith graduated from Miami Norland Senior High in 2009. In Dec. 2013 she earned a bachelor's degree in liberal studies from FIU. She currently works in sports marketing and branding, managing social media and booking appearances for clients for public relations companies and sports agencies. Her goal is to work in the sports and entertainment industries and she hopes to earn a master's in sports management and business. Everything is falling into place.

"My favorite sport is football," Smith said. "So being a cheerleader and doing what I love, is the best combination ever. And, the Miami Dolphins give us great opportunities to volunteer on community projects like the Jason Taylor Foundation."

The rookie experience is paying off.

"Being a Miami Dolphins Cheerleader molds you into a well-rounded woman," said Smith. "I feel honored knowing that I am of Jamaican descent, and that I'm on a team that's so diverse. I'm honored to be able to represent my Caribbean girls."

She also offers some advice.

"Continue to chase your dreams," said Smith, "and they can happen!"

Michelle Cawley Dreseris is a freelance writer for Caribbean Today. Photographs supplied by Miami Dolphins.



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Lack of concessional funding stifling Caribbean economic growth ~ Antigua's P.M.

UNITED NATIONS – Antigua and Barbuda says the refusal of the international community to grant concessional financing is stifling economic growth in the Caribbean.

Prime Minister Gaston Browne, addressing the special session of the United Nations General Assembly on the follow-up to the Program of Action of the International Conference on Population and Development (ICPD) Beyond 2014, said the problem for the Caribbean is not population growth.

“It is the refusal of the international financial institutions to grant us concessional financing that we urgently require to build conditions that would create jobs for our small population,” said Browne who is also chairman of the 15-member regional integration movement, CARICOM.

“The problem also lies in the rejection of debt forgiveness or at least meaningful debt re-scheduling that would give us a chance to recover the development ground that we have lost.”

He said in 1994 when the ICPD meeting took place in Cairo, member states agreed on a Program of Action that, it was claimed, would quicken the pace of development and

secure a better future for generations yet to come.

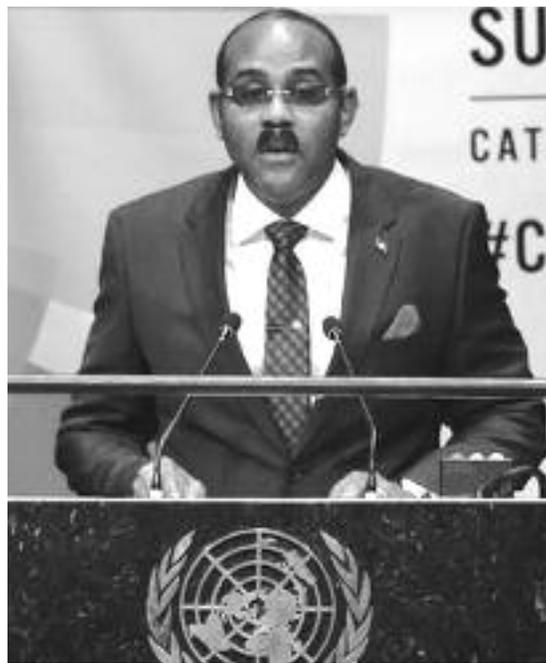
“But, two decades later, the results have not been nearly as expected. Underdevelopment and poverty continue to plague many developing states,” Browne explained.

TAILSPIN

The prime minister said that a global economic crisis in 2008, emanating not from the poor, but generated by the rich, sent the economic system into a tailspin, and its effects permeated most developing countries, the Caribbean sub-region principally among them.

“Its most devastating impact was to return many states and peoples to pre-1994 conditions,” Browne said. “The current state of wealth and income inequality between wealthy states and poor ones, and even between the wealthy and the poor within states, is justly described by the most recent report as unsustainable.”

Browne said too many of the earth’s inhabitants have been left behind; and too many of the youth and the elderly have been left out. He said unemployment is the most severe of the many chal-



Browne addressing the United Nations.

lenges that all societies face and that youth unemployment is the most frightening.

“It destroys our human capital, our most precious human resource,” Browne said. “It condemns young people, capable of innovation and creativity, into lives on the margins of society or to lives of crime and violence.”

STRESS

The prime minister, who came to office in June, said that the nuclear family - the basis of all civilizations - is

placed under great stress, as young couples are squeezed out of housing markets, mortgages, credit, and faith in the future.

“Is it any wonder that, across the global landscape, there is youth discontent and frustration with governance systems?” Browne asked. “And it should be said and noted - with all the seriousness that it is due - that when small states like mine venture into areas of productivity, such as financial services that challenge the dominance of some developed countries, the response is to bludgeon us with threats and

blacklisting so that we either surrender or perish.”

He said the principal victims are the qualified young people who we have spent millions of dollars to train so that they could compete in a globalised world.

“But, our economies as a whole also suffer – leaving us unable to provide adequately for the health care of our sick and elderly, and to guard our population against non-communicable diseases,” Browne said.

He said the Caribbean is

grappling with the chikungunya virus outbreak that “is spreading across the Caribbean sub-region with severe consequences for our economies.

CHIKUNGUNYA

“We now live in trepidation of the spread of the ebola virus, for the costs to our small countries would go far beyond the huge expense of medical treatment. The effect on tourism, which now accounts on average for 60 percent of the gross domestic product (GDP) of many of our countries, would be devastating.

“Yet, the international community has not responded to the disease in parts of West Africa with the urgency for which it cries out. The world must be grateful for the helpful actions taken by China, Cuba and the United States, but what is needed is a global response. People are dying; people are frightened; people have little or no hope.”

Browne said that if the world waits for a global pandemic “before we all act together, the effect will set us back even further than the financial crisis of 2008 or the recessions that preceded it.”

- Edited from CMC.



IN HIS PLACE: When man finally becomes housebroken

Ever since prehistoric man came in out of the cold, stopped living in trees and found habitat in his warm, safe comfortable cave, he became housebroken.



TONY ROBINSON

Some people may attribute this to his mate, his woman, his better half, who insisted that the cave be kept spic and span, plus made sure that he helped in keeping it clean too.

“Igor, do not leave those mammoth and wild pig bones on the cave floor.”

Then and there, man became housebroken.

When you watch those old cowboy movies, there are always those guys who drift from town to town with nary a care in the world. They have no roots, no friends, no family, and nothing to call their own except a trusty horse and a six gun. He was the antithesis of being housebroken.

But sometimes that drifter may meet a sweet woman, and not only ride off into the sunset with her, but settle down in a lit-

tle house on the prairie. There he’ll have his wife, his three children, his dog and his cat ... the epitome of civilization. What they don’t show is what happens after - the housebroken man.

I know quite a few couples who are like that. They are the classic examples of urban, if not urbane, domestication. Maybe some were born that way, but others simply morphed into domestic bliss so easily that you don’t even see the transition.

TRANSFORMED

There were men who were once players, life of the party, outgoing, fun loving, nightclub attending go-getters. Real men. Then poof, something happened, and one day the swash-buckling cowboy simply hung up his guns, and his boots, got married and morphed into Mr. Househusband.

It was easy for the woman to do so, for intrinsically, women are hardwired to be housekeepers. But when a once vibrant man turns from being a galloping prancing steed to being a buggy-pulling dray mule, then you have to sit up and take notice.

But what does it mean to be housebroken? Well, as far as



my observations took me, it’s akin to a wild stallion being broken. And you know that when a horse is broken, he’ll be ridden into the ground from that day on.

The housebroken man gets housebroken and doesn’t even know it. It creeps up on him like a morning fog and envelops him in its cool embrace, until he feels comfortable. He’s the man who stops attending social functions, movies, plays, sporting events, but prefers to stay home

and putter around the garden.

This was a guy who used to watch every football match at the stadium and cricket matches at the various fields, plus close dancehall every Saturday night, or rather early Sunday morning. Yet now, he’s Mr. Housebroken and has dropped out of society.

PRIMER

I’m not talking about old men either who are in their retirement years, but young vibrant men, still in the prime of

their youth. Now they need a primer just to kick start any form of social activity. It’s natural for older guys to slow down and relax, but when a young sprightly man gets housebroken, then it’s an eye opener.

Once upon a time their days were filled with exciting activities, but now the most exercise that they get is while painting the fence, putting out the garbage or watering the garden.

The housebroken man spends his days picking up and dropping off the children. He drops the boy to football practice, then takes the girl to dance lessons, then leaves the wife at the hairdresser, then picks up his gardener to come and prune the hedge, then goes back for the boy, drops him home, then rushes out just in time to pick up his wife from the hairdresser; then they both go grocery shopping on the way home.

That is the housebroken man.

FAITHFUL

But it’s not all bad, for housebroken men are faithful, and have neither the time nor the inclination to even look at

(CONTINUED ON PAGE 10)

VIEWPOINT



CARIB Comments

• **“Haiti will organize, as soon as possible, free, fair, and transparent for the renewal of democratic and constitutional institutions. This is a must. Democratic rules require that, and I will stand by republican principles”** - President Michel Martelly



promises to the 69th General Assembly of the United Nations last month that general elections will be held soon.

• **“You only have to look at his numbers; the sheer weight of them over the length of his career - which is not a short one. He’s been consistent, exceptional in all conditions”** - 40-year-old star West Indies batsman Shivnarine Chanderpaul receives high praise from for-



mer India captain Rahul Dravid. Chanderpaul, who recently returned to the top three of the ICC Test batting rankings, has so far played 158 Test matches and scored 11,684 runs with 30 centuries. He played 268 one-day internationals through 2011, scoring 8,778 runs with 11 hundreds.

• **“My advice to colleague heads of government in the Caribbean is to take preemptive measures to ensure the safety, health and well-being of millions of citizens of the Caribbean region”** - Trinidad

and Tobago Prime Minister Kamla Persad Bissessar calling for a meeting of Caribbean community (CARICOM) leaders to discuss a coordinated response to the public health threats posed by the ebola and chikungunya viruses.



• **“The judge was at his office waiting for Mr. Aristide to appear, he never saw him”** - An investigating judge in Haiti has issued an arrest warrant for

former President Jean Bertrand Aristide after he failed to comply with a summons to appear at the magistrate’s office. Aristide is due to answer charges relating to acts of corruption, money laundering, misappropriation of public funds and criminal conspiracy.



- Compiled from various sources.

IN HIS PLACE: When man finally becomes housebroken

(CONTINUED FROM PAGE 9)

another woman.

So the housebroken man is a safe bet for any wife, for she knows that his being tamed has nullified any desire he may have to look outside. Maybe that’s why so many wives try to housebreak their men as quickly as possible, often boasting to

their friends: “I had him trained properly and quickly, now he even makes the bed without my asking.”

NO DOUBT Housebroken men will always wash the dishes even if they aren’t asked to do so. They will take out the garbage even before the woman knows that

the bin is full, and they will even get down on their knees and wash and clean the bathroom. Wives have told me that their husbands do just that. I have no reason to doubt these women for I have seen men wearing aprons when I happen to pay a surprise visit.

Still, nothing is wrong with being a little housebroken, after

all, a man should share some of the household responsibilities with his woman ... but he doesn’t have to like it. When he loves doing them is when he’s truly housebroken and there’s no turning back.

The good thing though, is that housebroken men and their women operate as a unit. The man isn’t running the streets

anymore, and the woman is happy. And we all know what a happy woman does ... she makes her man happy too, very happy. I’ll always remember what the preacher said, in his sermon years ago: “Do the dishes, get some loving.”

So the housebroken man has his place, as long as he’s confident and hasn’t lost his spirit he’ll be okay.

- seido1@hotmail.com



‘Wonder Women’

Kudos to Mr. Peter Webley of Caribbean Today on your September special feature “Wonder Women”. Although I have never thought of myself as such, I am however happy to welcome the title, even for a few days (smile).

Many thanks for the recognition. As a result of this “Wonder Women” feature I received several e-mails, telephone calls and text. Keep up the good work Peter.

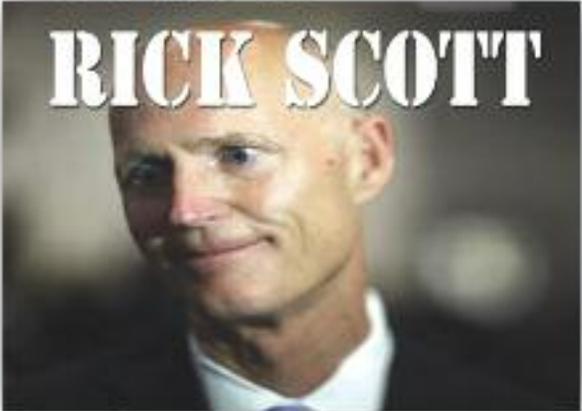
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CORRECTION

Caribbean Today made an error identifying Wayne Golding in the headline of our “Carib Chat” feature of our September 2014 issue. We apologize to Mr. Golding and our readers.

Governor
RICK SCOTT



He’s against our CIVIL RIGHTS

Rick Scott reversed policies that gave people a second chance after they served their time. He ignored the horrors we face under the Stand Your Ground law. He refused to change the law despite the fears haunting parents every day.

HUMAN RIGHTS

Rick Scott ignored pleas to stop creating and supporting discriminatory policies that diminish our quality of life. He said no to Medicaid expansion. He disrespected public school teachers for years. He slashed over \$1.3 billion from Florida classrooms. He refused federal funds that would have created thousand of jobs.

VOTING RIGHTS

Rick Scott wrote the playbook on voter suppression in 2011 by trying to stop Souls to the Polls and shortened early voting days. He continues to work hard to keep us from exercising our right to vote.

RICK SCOTT
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Caribbean women hunt places in 2015 World Cup soccer

Four Caribbean nations will contest this month's CONCACAF Women's Championship in the United States, but only three hold a chance to qualify for next year's World Cup in Canada.

Haiti, Jamaica, Trinidad and Tobago and Martinique are among the final eight teams, split into two groups, which will play in Kansas, Illinois and Washington, D.C. between Oct. 15 and 21.

All except Martinique are eligible to advance to the semi-final round, featuring the top two teams in each group, which will be played in

Chester, Pennsylvania Oct. 25 and 26. The first three teams in the tournament will automatically qualify for the World Cup. The fourth place nation will engage in a play-off with a team from South America for the right to qualify for Canada.

Group A will feature Haiti, T&T, Guatemala and United States. Haiti will play Guatemala and T&T faces U.S. on Oct. 15 in Kansas City. On Oct. 17, in Bridgeview, Illinois, Haiti will play T&T, the same day Guatemala faces U.S. Haiti plays U.S. and Guatemala

tackles T&T on Oct. 20 in Washington, D.C.

Group B teams, which include Jamaica's Reggae Girlz, Martinique, Costa Rica and Mexico, will play the day after Group A games at the same venues. Jamaica will play Martinique on Oct. 16, the same day Costa Rica faces Mexico. On Oct. 18 the Reggae Girlz tackle Costa Rica and Mexico plays Martinique. Jamaica completes group play against Mexico on Oct. 21, the same day Martinique faces Costa Rica.



Jamaican jockey falls, breaks arm, may miss rich 2014 Breeders Cup

MANHASSET, New York – Jamaican jockey Rajiv Maragh has been side-lined indefinitely after undergoing surgery late last month to repair his right-arm, which was broken in a fall at Belmont Park.

The New York Racing Association's press office confirmed the surgery in an advisory.

Maragh was aboard Wicked Strong in the \$1 million Jockey Club Gold Cup Stakes when he was thrown after the horse clipped heels with Moreno, ridden by Junior Alvarado. He was taken to North Shore University Hospital in Long Island complaining of pain in his right arm and tests subsequently revealed a broken arm.

The highly-rated jockey was expected to feature in the prestigious Breeders Cup series at Santa Anita Park from Oct. 31-Nov. 1, but is now uncertain to compete in that event.

"They put in a couple of



Maragh

plates and some screws and he seems to be fine," said Maragh's agent, Tony Micallef. "We don't know yet how long he will be out."

The 29-year-old has already won a Breeder's Cup event, with Caleb's Posse to victory in the Dirt Mile three years ago, and he was also good enough to finish third in the 2011 Kentucky Derby with Mucho Macho Man. He was fourth in the Derby with Wicked Strong in May.

- Edited from CMC.



Barbadian Husbands wins first Manitoba riding title

WINNIPEG, Canada – Barbadian jockey Chris Husbands late last month rode four winners on the nine-race card at Assiniboia Downs to wrap up his maiden title at the Manitoba racing oval.

Husbands started the final day on Sept. 21 just one ahead of his main rival Paul Nolan, but produced a series of outstanding rides to widen the gap and ensure there were no hiccups in the end.

He finished on 71 wins, four clear of Nolan, with

Adolfo Morales third on 51 wins in the season that started May 5.

Jamaican jockey Tyrone Nelson finished down the standings with 19 wins, alongside Barbadian Renaldo Cumberbatch. Jalon Samuel and Paul Leacock, both Barbadians, finished on 12 wins.

Husbands's mounts also earned CAN\$612,073.

- Edited from CMC.



Digicel acquires SportsMax

Digicel has announced that it has acquired majority ownership and control of St. Lucia-based International Media Content Ltd. (IMC), parent company of regional sports broadcaster SportsMax and North American broadcaster CEEN-TV, for an undisclosed sum.

Under the terms of the deal, the founder and a number of the lead principals will continue to have an ownership stake and be involved in the day-to-day running of the IMC operation.

Currently available in 23 countries across the Caribbean, SportsMax is a sports cable channel featuring

a mix of international, regional and local content. Its inventory includes the Barclays Premier League, UEFA Champions League, West Indies cricket, the Indian Premier League and the IAAF Grand Prix.

Digicel Group Chief Operating Officer Andy Thorburn and Patrick Rousseau, chairman of IMC and SportsMax, were present for the signing over, along with Phillip Martin, deputy chairman of IMC and Sportsmax, and Oliver McIntosh, chief executive officer of Sportsmax.



AMBASSADOR TO THE WORLD



Jamaica's world and Olympic champion Shelly-Ann Fraser-Pryce, center, along with her husband Jason, are presented with diplomatic passports by the Caribbean country's Prime Minister Portia Simpson Miller last month in recognition of the sprinter's appointment as ambassador special envoy.

Cricket greets honor legend 'Master Blaster'

LONDON, England - Glowing tribute has been paid to cricket legend Sir Vivian Richards, one of the most destructive batsmen of a dominant era for West Indies.

Some of the most decorated names of West Indian cricket's golden era joined in the special tributes to Richards during a dinner at Lord's Cricket Ground last month. They included former West Indies captain Clive Lloyd and former team mates Andy Roberts, Joel Garner, Gordon Greenidge and Colin Croft.

"It's not often I'm moved,



Richards

but this has been a truly special evening and something I won't forget for a very, very long time," said Sir Viv.

"I'd like to thank everyone who has come here tonight and all the speakers for their incredibly kind words."

TRIBUTES

Former England internationals Derek Underwood, David Gower, Mike Gatting, Geoff Miller, as well as broadcast legends Tony Cozier and Sir Trevor McDonald, joined in paying tribute to Richards known as the "Master

Blaster". Tributes were also played on video screens from Michael Holding, Bob Willis, Alan Lamb and Ian Botham, Richards's closest friend in the game and godfather to his son.

"Tonight at Lord's, a very special place for Viv," said Paul Robin, chief executive of the Lord's Taverners. "He was honored in front of 550 fans, friends and former colleagues.

"If he didn't realize how special a player and human being he is, then he should after the event! It was a fun night for all and in raising funds for two good causes, we are supporting work both here and in Antigua that is close to Viv's heart."

The dinner raised nearly £100,000 for the United Kingdom's leading youth cricket and disability sports charity, the Lord's Taverners, and the St John's Anglican Cathedral Restoration Project in Antigua.

- Edited from CMC.



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Multi-talented Karian Sang – more than ‘just a pretty face’

JASON WALKER

Karian Sang stepped into the spotlight at the Marley Family annual 9 Mile Festival of 2013 when she performed “Take It” with dancehall hit maker Mavado.

The song was already out, since the video had been the number one played in Jamaica for weeks. That made sure people would pay attention. Sang’s powerful image as she entered the stage had immediate impact. She was clearly confident. Onlookers were hard pressed to find any male in the audience not transfixed by the Jamaican Asian beauty.

When Sang started singing - she only has a few bars in the song - the impact, however, wasn’t as strong. That underwhelming impression didn’t leave much expectation for the press, which met her backstage. Yet once she started answering questions it became apparent she was speaking from a place of knowledge, hard work and an appreciation of talent.

Sang was intriguing; enough to draw attention to her work. In the year that followed that festival, her image has gone viral. “Take It” was nominated for several awards. It was the first song by Caribbean artistes to be pre-



Sang

miered on Billboard and topped charts in Jamaica, the United States, Canada and the world.

Sang has been cast in a movie by Jeremy Whittaker. He hired her as leading lady in his newest film “Destiny”, which also stars Chris Martin.

ROOTS

Sang was also born in Jamaica and raised in Canada. Now she works between Jamaica, Canada and Miami. She’s a quadruple talent - dancing, singing, acting and

writing. She started receiving praise before the day Mavado asked her to quickly add a feature to his song - which she did on the spot.

In Canada she sang under the name Lil Precious, starting at a young age. Sang’s Jamaican ancestry blessed her with rhythm and a beautiful voice. Lil Precious’s first single “So Insane” was added to Top 40 radio stations across Canada. In 2010 a second single, “Ma Jam”, was also added to radio and television. In April 2011 Karian Sang/Lil Precious won five WRCMA awards.

She has built a huge fan base, which she calls assassins to empower them, encouraging them to do uplifting activities. “Keep our eyes on the prize; assassins conquer your fears and go after what you want,” Sang tells them.

She also uses the word to describe herself. “(I am) an assassin because I execute my mission to the best of my abilities meaning songs, shows etc. and I am very unexpected,” said Sang.

She is looking for respect in the male dominated entertainment industry.

“I’m a logical thinker and very capable of doing anything they do but I still choose to be a lady,” said Sang.

Her passions, she explained, include “God, life, happiness and learning my minds ability wanting to out-do myself each time.”

Sang portrays a strong woman with abundant energy and positive vibes. She wants audiences to see that “who I am is real on and off the camera and yes, I can sing.”

STRUGGLE

What audiences don’t know is the struggle she has experienced.

“I hate to put my issues out there,” said Sang. “I rather fix it than bother anyone.”

She’s is a breath of fresh air that could be a powerful jolt to the music industry once more doors are opened to her. Her talent raises a future of many possibilities. She has embraced her multi-facted background. That’s a plus as well.

“Jamaica made me Canada raised me,” said Sang.

“It showed me we are all connected by the universal language

of music and appreciating our differences. Now I’m attracted to many types of music making me a big fusion of many of genres.”

Sang isn’t “just a pretty

face”. There’s a lot more.

Jason Walker is a freelance writer for Caribbean Today.



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SOUTH MIAMI-DADE CULTURAL ARTS CENTER

J’can wins U.K. poetry prize

LONDON, England – Jamaican poet Kei Miller is the recipient of the prestigious Forward prize for the best poetry collection of 2014.

Miller’s book, titled “The Cartographer Tries to Map a Way to Zion”, took the prize of £10,000.



Miller

Eight years after the publication of his first collection, Miller has

produced two novels, a short story collection, three more poetry collections and a book of essays and prophecies.

The Forward Prizes for Poetry, now in the 23rd year, are the premier accolades in the United Kingdom and Ireland for established and emerging poets. All the short-listed poets are included in the 23rd annual Forward Book of Poetry, containing the judges’ choice of the year’s best poems.



BRIEFS

Cops charged with killing ‘Kentucky Kid’

Three Jamaican police officers have been charged with the 2009 killing of entertainer Robert Hill, popularly known as Kentucky Kid, who was shot at his home during what law enforcement officials said then was a shootout involving the police.

Calypsonian Black Stalin hospitalized with stroke

Veteran calypsonian Leroy Calliste, better known as the Black Stalin, was hospitalized after suffering stroke a few hours following

his performance at a charity show in south Trinidad on Sept. 21.

Prosecutor withdraws corruption charge against Kartel

Jamaica’s Director of Public Prosecutions (DPP) Paula Llewellyn last month withdrew the corruption charge against jailed dancehall entertainer Vybz Kartel and two other people. Kartel was earlier this year sentenced to life imprisonment for murder. He is appealing the conviction.



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CARIBBEAN FOODS


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DOUBLE DELICACIES: Fruit, meat combos serve up Caribbean treat

Caribbean people's appetite for fruits and fish/meat is never in question. This month, courtesy of **Publix Apron Recipes, Caribbean Today** combines them for delightful meals.

Mango salmon with cherry quesadillas



1 fresh mango, coarsely chopped
1 tablespoon fresh mint leaves, thinly sliced
1 tablespoon fresh basil leaves, thinly sliced
Zest of 1 orange
4 sockeye (or coho) salmon fillets (about 1 1/2 lb), skin removed
1/2 cup light brown sugar
1/4 cup all-purpose flour
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
2 teaspoons sesame oil
1 tablespoon apple cider vinegar

Preparations

Preheat oven to 425°F. Line baking sheet with foil.

Pit cherries and chop; chop mango (3/4 cup). Slice mint and basil; place

fruit and herbs in medium bowl. Zest/grate orange peel (no white; 2 teaspoons).

Steps

Check fish for bones, then place on baking sheet. Combine zest, sugar, flour, salt, and pepper; blend oil into mixture, then crumble over salmon.

Bake salmon six to eight minutes or until salmon is 145°F (or opaque and separates easily).

Stir vinegar into fruit mixture; spoon salsa around salmon. Serve.

Cherry quesadillas

Ingredients

4 oz Deli aged white Cheddar cheese, shredded
1/2 cup fresh cherries, coarsely chopped
4 (8-inch) flour tortillas
1 cup baby arugula leaves
4 teaspoons honey
Buttery cooking spray

Preparations

Shred cheese (1 cup). Pit cherries and chop.

Steps

Place 1/4 cup cheese on one-half of each tortilla; top with 1/4 cup arugula and 2 tablespoons cherries. Drizzle 1 teaspoon honey over filling. Fold tortillas in half.

Preheat large, nonstick sauté pan on medium two to three minutes. Coat both sides of quesadillas with spray. Place two quesadillas in pan; cook 1-2 minutes on each side or until golden and crispy. Repeat. Cut quesadillas into wedges; serve.

Aprons advice

Complete your meal with green beans, fresh salad blend, and carrot cake for dessert.

It's best to serve the salsa on the side of the salmon, so the topping doesn't get too wet.

Beef plantain casserole with cantaloupe jicama salad

Cooking Sequence

Prepare casserole, and begin to bake - 20 minutes. Bake casserole - 40 minutes. During last five minutes of bake time, prepare salad; serve - 10 minutes.

Cooking Instructions - casserole



Ingredients

1 medium yellow onion, coarsely chopped
1/3 cup stuffed green olives, coarsely chopped
1 tablespoon extra-virgin olive oil
1 cup diced tri-pepper mix (fresh diced green, red, yellow bell peppers)
1 1/4 lb ground meatloaf blend (beef/pork)
1/2 teaspoon Sazón adobo with pepper seasoning
1 (14.5-oz) can stewed tomatoes (undrained)
1 (8-oz) can tomato sauce
1/2 cup grated Parmesan cheese, divided
6 frozen large tostones
1 large egg (or 1/4 cup egg substitute)
2 tablespoons water
Aluminum foil

Preparations

Preheat oven to 375°F. Chop onion and olives.

Steps

Preheat large sauté pan on medium-high two to three minutes. Place oil in pan, then add

onions and peppers; cook two to three minutes or until soft. Add meatloaf mix, olives, and Sazón seasoning; cook four to five minutes or until no pink remains.

Add stewed tomatoes and tomato sauce. Mash tomatoes with spoon to break apart; cook two to three minutes or until mixture thickens.

Spoon one-half of the meat mixture into 13 x 9 inch baking dish; top with 1/4 cup Parmesan cheese and tostones. Whisk egg and water until blended; pour over tostones.

Repeat meat and cheese layers. Cover with foil; bake 30 to 40 minutes or until hot and bubbly. Let stand five to six minutes before serving.

Cantaloupe jicama salad

Ingredients

1 tablespoon fresh cilantro, finely chopped
1 medium cantaloupe
1 small jicama
Juice of 1/2 lime
1/2 teaspoon kosher salt
1 1/2 teaspoons extra-virgin olive oil

Preparations

Chop cilantro. Cut cantaloupe into bite-size pieces (3 cups); cut jicama into quarters, then peel. Cut 2-3 quarters into bite-size pieces (2 cups).

Steps

Place cantaloupe, jicama, and cilantro in medium bowl. Squeeze juice of one-half lime (1 teaspoon, or more to taste) over top. Stir in remaining ingredients. Let stand five to 10 minutes for flavors to blend. Stir and serve.

Aprons advice

Complete your meal with Cuban bread, sweet tea, and cheesecake for dessert. Serve any casserole leftovers the next morning topped with a fried egg.



Cooking sequence

Preheat oven; prepare quesadillas through step 1 (10 minutes).

Prepare salmon and begin to bake (10 minutes).

Complete quesadillas and salmon; serve (10 minutes).

Cooking instructions - salmon

Ingredients

Nonstick aluminum foil
1/2 cup fresh cherries, coarsely chopped

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BRIEFS

Jamaican Jerk Festival

The 13th annual Jamaican Jerk Festival will be held from **10 a.m. to 10 p.m. Nov. 9** at Markham Park in Sunrise, Florida.

In addition to cooking contests, cultural stage, vendor displays and party pavilion, performances by Caribbean names including Inner Circle, Luciano, Code Red Band and Duane Stephenson are also scheduled.

For more information, visit www.JerkFestival.com or call **786-361-1108**.

South Beach food fest Oct. 22-25

The second annual "Hess Select South Beach Seafood Festival Week" will run from **Oct. 22 to 25** in Miami, Florida.

The festival features Miami's

culinary master chefs showcasing seafood dishes. But a variety of other events are also included.

For more information, contact info@creativasgroup.com or call **305-595-7888**.

Caribbean taste on TV

"Conversations In The Kitchen", a cooking, talk and travel show focusing on the Caribbean, is being earmarked to air in the region, with future showings targeting North America and Europe.

Chef, filmmaker and diabetes advocate Charles Mattocks spend a few hours in people's residence where they cook him a meal while showcasing their homes/destinations.

For more info on the show, visit <http://convointhekitchen.com>



CHEERS OF CHOICE: A toast to celebrate wine's wonders

Slide over, sweaty mug of brutish beer; wine has stepped up its game!

In the past two decades, zins, cabs and chardonnays have soared in popularity among imbibing people in the United States.

The preference of just one in four in 1992, it's now the alcoholic beverage of choice for 35 percent of us, according to a 2013 Gallup poll. At the same time, beer has taken a tumble, from the favorite of nearly half of us to just 36 percent.

"Wine is an adventure in a glass – something other cultures have recognized for centuries," says Howard Kleinfeld, author (as Howard K.) of "Dial M for Merlot", www.DialMforMerlot.com, a fun novel about a lovelorn nerd whose world snaps to life with his first wine tasting.

TIPS

For those who've never visited a vineyard or sipped a Gewurztraminer, Kleinfeld offers these tips to free up your palate — and your psyche — for a full-bodied experience.

What's the best wine? - You'll find all kinds of lists purporting to distill the top 10



Drinking wine has become more popular.

or top 100 best wines of the thousands of new releases each year. They are a wonderful resource for information and a great starting point, but there is no substitute for personal exploration.

"The best wine is always whatever's in your glass at the

moment," Kleinfeld says, "unless whatever's in your glass makes you grimace, in which case ..."

Don't drink it if it doesn't make you happy - Life really is too short to not make the most of every moment – and every sensual experience. Cancer-free and with all of his

senses intact, Kleinfeld says he has resolved to enjoy every sip of life.

"Don't waste your time on wine you don't enjoy. Save it for cooking," he says. "Drink something that puts a smile on your face. And remember – there are all kinds of smiles."

Go ahead and shell out \$50 or \$100 on a wine you just have to taste again - Every state now has wineries. That means that wherever you are, there's a wine tasting room

within driving distance.

"If you go to a wine tasting and you sample something you absolutely love, something you know you want to taste again – maybe with a steak, which they don't usually have at wine-tasting rooms, go ahead and buy it," Kleinfeld advises.

"Forget that it costs three or four times what you (might) usually spend for a bottle of wine. Splurge."

Forget the red with meat, white with fish and chicken rule – unless it works for you - The idea of pairing red wines with red meats has to do with the bolder flavor of both. Fish and chicken tend to have milder flavors, as do many white wines.

"But there are so many exceptions to those 'rules' you may as well just toss 'em," Kleinfeld says. "They don't take into account the range of flavors of meat, fish and chicken, especially when you consider all the different ways they can be prepared. And if you're not a fan of Riesling, for instance, you won't like it no matter what you pair it with."

Be an adventurer, he advises. Open a few different varieties of wine when you sit down to eat and explore different pairings.

"The entrees and wines you best enjoy together are the perfect pairings for you."

- Edited from News and Experts.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

PortMiami Tunnel's first month of operations a success ~ officials

Mid-September marked a month since the official opening of the PortMiami Tunnel and already officials are claiming the project a proven success.

According to a recent press release, vehicular traffic is flowing smoothly through downtown Miami, pedestrians are safer and container trucks and cruise passenger traffic are reaching final destinations faster.

"The PortMiami Tunnel is an example of a strategic, public-private investment that enhances the competitiveness of the port by expediting the flow of both container and cruise related traffic into and out of the port while alleviating traffic in the downtown urban core," said Miami-Dade County Mayor Carlos A. Gimenez in the release.

"The benefits that the tunnel has brought to our community and downtown Miami are numerous, and I am very pleased to see such success in its first month of operations."

BYPASS

The PortMiami Tunnel, which opened to vehicles on Aug. 3, was a project decades in the making. It is designed to remove thousands of vehicles from Miami's downtown streets as it carries cargo and



The tunnel, operators claim, is receiving rave reviews.

non-cargo traffic on a toll-free route direct to the port, bypassing downtown and without crossing a single traffic signal.

"The port tunnel project is the culmination of an effort that took many years and partners to complete," said Juan M. Kuryla, PortMiami director.

"The new direct access to the interstate highway system boosts PortMiami's competitive advantage, while eliminating traffic congestion off downtown Miami streets. It's a win."

"The first month of operations at the PortMiami Tunnel

has exceeded the expectations of many," Chris Hodgkins, chief executive officer (CEO) of MAT Concessionaire, the consortium that oversaw tunnel construction and is overseeing operations, said in the release.

"Cargo traffic is steadily increasing, scheduled maintenance is being completed on time and without incident, and Miami appears to be learning the new lane configurations on I-395."

IMPROVEMENT

PortMiami partners claimed they have also noticed
(CONTINUED ON PAGE 18)

Amerigo service gets upgrade

Starting this month, CMA CGM Group, the world's third largest container shipping company, is scheduled to upgrade its Amerigo service with the introduction of a new call at PortMiami.

The service will include a new weekly call at PortMiami, with the aim of developing new opportunities with Florida and Mexico.

PortMiami's operations and location provides access to Miami distribution centers and warehouses.

"PortMiami continues to expand its cargo operations as more companies are discovering our central location and excellent warehousing facilities that help increase the flow of cargo," said Miami Mayor Carlos A. Gimenez in a press release to announce the service.

"We welcome the Amerigo service to the PortMiami and thank CMA CGM for choosing us, helping to keep PortMiami among the top world ports for trade and commerce."

"PortMiami is the best choice for fast and reliable service," said Port Director Juan M. Kuryla in the release. "We have the infrastructure in place to provide the world's top shipping lines the best quality of service i.e.; new Super-post Panamax gantry cranes, a recently opened restack facility, new on-dock rail service, as well as a new tunnel linking the port

directly to Florida's Interstate Highway System."

SERVICE

The new service pattern offered by CMA CGM will: ^a include a fleet of six vessels operated exclusively by CMA CGM;

- cover in 42 days the following ports: Malta, Livorno, Genoa, Fos-sur-mer, Barcelona, and Valencia (WB), New York, Norfolk, Savannah, Miami, Tangiers, Valencia (EB), Malta;

- start a new offer of service to Mexico, thanks to a weekly connection with Victory Bridge, in Miami, allowing the development of the West Mediterranean/Mexico trade, with a faster transit-time, an excellent reliability of service standard, and a smooth transshipment operation in Miami; and

- maintain its service in Houston on the Florida loop.

ADVANTAGES

According to CMA CGM, the new Amerigo service will offer several advantages to the CMA CGM Group and to its partners such as:

- an optimized vessel planning, allowing more opportunities in terms of OOG, break-bulk, IMO and reefer commodities;

- coverage of West

(CONTINUED ON PAGE 17)

JOSEPH RHODEN: Jamaican builds success, despite family tragedies

MICHELLE CAWLEY
DRESERIS

Joseph Rhoden has successfully moved freight since graduating from Jamaica College in 1966.

When Rhoden landed a sales job as an account executive for freight with Pan American World Airways in Kingston, it changed his life. At Pan Am, he met his wife Michele. They were married in 1969. In 1972 he was one of

Pan Am's top 25 salespeople worldwide.

"I won a one-year, confirmed, first class pass for my wife and I to travel anywhere Pan Am flew around the world," said Rhoden, now 67 and executive vice-president of Antilles Freight in Miami.

"We circumnavigated the world in three weeks, and traveled to other countries."

He worked with Pan Am for seven years.

"At the time, Pan Am operated a freighter service from Miami to Kingston twice weekly," Rhoden recalled. "Pan Am also flew three heavily-trafficked flights daily from New York to Kingston with passengers and cargo. My job was to fill the belly of the airplane and to fill an all-cargo 707 air freighter out of Miami. Containerization (via ships) had not yet started, so everything had to move by air."

In Aug. 1973, Rhoden opened his own company, Ocean Air International Limited, in Jamaica. On June 24, 1988, he opened a second company, Antilles Freight, in Miami, Florida.

"We have 17 employees at Antilles Freight, Miami, and nine in Jamaica at Ocean Air," Rhoden said.

Antilles Freight operates a 55,000 square foot warehouse.

"Our annual revenue is about US\$4 to 5 million," said Rhoden. "... We handle only dry cargo, and do not carry live animals, perishable, frozen nor refrigerated goods."

SERVICE

Rhoden said the company provides regular service that "requires us to consolidate multiple shipments into containers to be delivered to various destinations, where many of them have off-the-dock, private, bonded, warehouses. Customers then clear their shipments with U.S. Customs present. We also provide ancillary services, such as local trucking for bonded and domestic cargo in Miami, Port



Rhoden

Everglades and West Palm Beach, Florida."

The company offers packing, crating, customs and export documentation, distribution and segregation of freight, and ships an average of 1,500 40-foot TEU containers annually to various Caribbean Basin destinations using 20-foot, 40-foot and 45-foot containers.

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The expansion of the Panama Canal in 2016 promises

(CONTINUED ON PAGE 18)

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~ A CARIBBEAN TODAY SPECIAL FEATURE

TROPICAL SPICE: U.S. maritime company buys into Caribbean shipping for \$220M

A major United States maritime company has purchased for \$220 million a Florida-based shipping company that operates 13 container ships in the Caribbean.

Seattle, Washington State-based holding company, Saltchuk Resources Inc., best known as a powerhouse on the west coast of the U.S. and Arctic maritime industries, last month finalized the purchase of Tropical Shipping

and Construction Co.

According to a report in the Puget Sound Business Journal, the sale, which included the Seven Seas insurance business, closed on Sept. 9 for \$220 million after taxes and other adjustments. The seller was AGL Resources an energy company in Atlanta, Georgia.

Tropical Shipping and Construction Co., Ltd. connects with Puerto Rico, the



Tropical sells for \$220M.

Cayman Islands, the Bahamas, and Trinidad and Tobago.

DIVERSIFY

For this region, the

Tropical acquisition will strengthen and diversify Saltchuk, which has become one of the region's most powerful maritime companies,

said Puget Sound Business Journal.

"We have had high regard and interest in the Tropical organization for many years and now it is a done deal," said Saltchuk President Tim Engle.

"We believe Tropical is a perfect match. They possess all of the values and traits that make our other companies so strong, and they are a leader in the transportation and logistics industry."

The sale took a decade to consummate, after Tropical President Rick Murrell first visited Saltchuk in 2004.



Explorer 'certain' shipwreck is Columbus's 'Santa Maria'

The United Nations Educational, Scientific and Cultural Organization (UNESCO) says the remains of a Haitian shipwreck, believed to be the lost remains of the Santa Maria – the flagship of Christopher Columbus – requires further investigation.

A UNESCO team led by Xavier Nieto Prieto, the former head of the Spanish National Museum on Underwater Archaeology, recently examined the wreck off Cap-Haïtien in northern

Haiti. The wreck was first discovered by explorer Barry Clifford, who said he was certain the "Holy Grail" of shipwrecks had been found, but needed to investigate further.

However, the claim was rejected by UNESCO's Scientific and Technical Advisory Body on several grounds, including a lack of scientific background, proof of available funds and competence.

- Edited from CMC.



Amerigo service gets upgrade

(CONTINUED FROM PAGE 16)

Mediterranean countries, as well as an extension to Florida and an opening to the Mexican market via Miami; and

- schedule reliability.

The new Amerigo service is scheduled to start at PortMiami on Oct. 26 with the arrival of the MOZART.

For more information

about the Amerigo Service, visit <http://www.cma-cgm.com/products-services/line-services/flyer/AMEREX>.

About PortMiami

PortMiami is among America's busiest ports and recognized across the globe with the dual distinction of being the Cruise Capital of the World and

the Cargo Gateway of the Americas. PortMiami contributes more than \$27 billion annually to the South Florida economy and helps provide direct and indirect employment for more than 207,000. For more information please visit www.miamidade.gov/port-miami.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

Amerijet: 40 years carrier commitment to Caribbean community

Amerijet International, Inc. is a full-service all-cargo carrier providing regional and international scheduled all-cargo service.

With more than 40 years of experience in the global air cargo industry, Amerijet provides daily air cargo flights serving the Caribbean, Mexico, South America and Central America, connecting to its worldwide network, which reaches as far east as Europe, Asia and the Middle East.

Amerijet started operations from Miami, Florida in 1974, with the support of its local customers and international Caribbean, Mexican, South and Central American agent partners and employees. Today, Amerijet has five South Florida locations, two in Miami, one in Fort Lauderdale, one in Tampa and another in Orlando.

Amerijet's aircraft operate seven days per week, with more than 160 scheduled flights throughout the Caribbean, Mexico, South and

Central America per month, providing its customers with airport-to-airport and to-door delivery services.

"We're committed to building long-lasting relationships with every customer", says Carlos Gonzalez, Sr., director of sales of Amerijet. "Amerijet's reputation of being a trusted partner is based on our service commitment, flexible transportation solutions and proactive communication.

"We never forget that our customers have choices, our commitment to our friends and family in the Caribbean is reflected in every shipment we touch. We are truly grateful to be a part of the Caribbean community," he added.

SERVICES

With offices in more than 78 countries, Amerijet delivers the expertise and infrastructure to provide seamless worldwide freight services for freight of any size, type or weight in single packages, on pallets or skids, in containers or crates, or

for consolidated shipments.

Amerijet has been a proven partner for many of the Caribbean Nations retail and agricultural businesses.

Amerijet serves a diverse clientele in Florida and The Caribbean shipping a vast range of goods, including live animals, perishables/fresh and frozen, oversized and hard to handle shipments, electronics, heavy equipment, personal goods and household items and hazardous material.

Amerijet operates Boeing 727-200, Boeing 767-200 and Boeing 767-300 aircraft from its primary international hub at Miami International Airport, with 210,000-square-foot export and 100,000-square-foot imports air cargo handling facilities. Amerijet's custom-built 10,300 square-foot (227,419 cu. ft.) cooling facility was specially designed to maintain the cool chain integrity of perishables during the transportation process. In addition to the state-of-the-art design features, multiple pre-cooling

systems, and 24 hour surveillance, the refrigerated storage space is subdivided into four climate-controlled chambers offering not only refrigerated, but frozen, and chilled storage.

For more information, a local Amerijet office or call 1-844-859-2017.

- Contributed



Seaborne announces interline agreement with United Airlines

SAN JUAN, Puerto Rico - Seaborne Airlines has announced the introduction of a new interline agreement with United Airlines, aimed at providing customers convenient connections between the networks of United and Seaborne Airlines.

Under the arrangement, customers will have the convenience of purchasing a single ticket for United and Seaborne Airlines services, checking baggage at their origination to their final destination, and connections at Luis Munoz Marin Airport in San Juan, PR (SJU) to destinations including St.

Thomas, St. Croix, Dominica, Fort de France, Martinique, Point a Pitre, Guadeloupe, St. Maarten, St. Kitts and Nevis, and La Romana, Punta Cana and Santo Domingo in Dominican Republic.

Seaborne Airlines has operated in the Caribbean for over 21 years, providing over 2,100 monthly departures throughout the Caribbean. United Airlines and United Express operate an average of more than 5,200 flights a day to 374 airports across six continents.

- Edited from PRNewswire.



JOSEPH RHODEN: Jamaican builds success, despite family tragedies

(CONTINUED FROM PAGE 16) more opportunities.

BURDEN

While Rhoden is an expert in moving cargo containers, two weights still burden him. On Sept. 16, 1993 Rhoden's two adult children, Krisia, 22, and Steve, 18, were tragically killed

in a car accident.

"They were traveling to my father's funeral," he said. "We still don't know what happened."

Rhoden buried his father in Jamaica, then flew immediately back to Miami to join his wife for their two children's funerals.

"You are not supposed to bury your children, and certainly not two together," said Rhoden.

In 1997 The Rhodens established two scholarships - the Krisia and Steve Rhoden Memorial Scholarships - at UF for needy minority students. They raised \$100,000 in the first

three years, he said.

"Krisia was very devoted to studying, and outgoing, like me," said Rhoden. "My son was more of an introvert like his mom. He loved soccer, art and music."

LESSONS

The lessons of the children's loss linger.

"We've learned that we are not in control of our destiny," said Rhoden. "You think you are, but you are not. Some other power is in control of what you do in life. We can plan business, but my wife and I don't make long-term plans

anymore.

"What really upsets us is when we see children not appreciating their parents, or parents not appreciating their children," he added.

"Our friends are having grandchildren, and while we love and support them, it's tough on us because we won't have grandchildren. My wife and I have to move on, as best as we can.

Michelle Cawley Dreseris is a freelance writer for Caribbean Today.



PortMiami Tunnel's first month of operations a success ~ officials

(CONTINUED FROM PAGE 16)

an improvement in traffic throughout downtown Miami and at the seaport.

"The PortMiami Tunnel is a remarkable feat and one our community should be proud of," Richard D. Fain, chairman and CEO of Royal Caribbean Cruises Ltd. "It upgrades the experience for our commuting employees and our guests."

"The PortMiami Tunnel has provided two very key benefits to the trucking industry," said Jorge Mora, CEO, Owner South. "One being safety and the other quicker access in and out of the port. We are very excited about this project as this is a major step in preparing for the bigger ships."

"We have already noticed a significant improvement in traffic flow through downtown Miami," said Alyce Robertson, executive director of the Miami Downtown Development Authority. "The tunnel is delivering as promised."

The PortMiami Tunnel is a public-private partnership overseen by Florida's Department of Transportation in partnership with Miami-Dade County and the City of Miami. Bouygues Civilworks Florida handled the project's construction.

For more information about the PortMiami Tunnel, visit [www.http://www.portofmiamitunnel.com/](http://www.portofmiamitunnel.com/).



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Peter A. Webber,
Publisher

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~ A CARIBBEAN TODAY SPECIAL FEATURE

'Baby Doc' Duvalier dies from heart attack

PORT AU PRINCE, Haiti - Jean-Claude Duvalier, the former president of Haiti, died early this month of an apparent heart attack. He was 63.

His attorney Reynold George said Duvalier, who returned from exile in 2011, died at his home.

Duvalier, known as "Baby Doc" became the youngest leader in the world when in 1971, at age 19, he replaced his father Francois Duvalier who died following an illness.

"Baby Doc" Duvalier, who was facing human rights related charges linked to alleged brutal crimes during his 15 years in power, spent his late years in relative obscurity at his home above the Haitian capital.

In 1980 he married Michele Bennett, daughter of a wealthy coffee merchant. The wedding was a lavish affair, complete with imported champagne, flowers and fireworks.



Duvalier

human rights abuses that defined Duvalier rule. Following 25 years in exile in France, Duvalier returned in Jan. 2011 and was briefly detained on charges of corruption, theft and misappropriation of funds.

A Haitian court ruled in February that Duvalier could be charged with crimes against humanity under international law, and

that he could also be held responsible for abuses committed by the army and paramilitary forces under his rule.

Duvalier, who called himself "president for life," consistently denied any responsibility for abuses committed while he was in office.

- Edited from CMC.

Under Duvalier's rule, Haiti saw widespread demographic changes. Peasants moved to the capital in search of work as factories popped up to meet the growing demand for cheap labor.

ABUSE

But thousands of professionals fled a climate of repression for cities such as New York, Miami and Montreal.

But it was corruption and

App to ID heart disease risk

WASHINGTON, D.C. - The Pan American Health Organization (PAHO) late last month launched a new app for mobile devices and computers that calculates the risk of cardiovascular disease among Caribbean nationals.

The app is based on a World Health Organization (WHO) formula for estimating cardiovascular risk that is appropriate for most countries in the Caribbean and Latin America.

"This tool helps healthcare professionals rapidly assess their patients' situation and discuss strategies with them to lower their probability of experiencing one of these events," said Dr. Pedro Ordúñez, PAHO's advisor on cardiovascular diseases.

"It is also designed to offer suggestions to people wishing

to improve and monitor their cardiovascular status."

PAHO said the tool is not meant to replace consultation with a physician.

Cardiovascular disease is the leading cause of death worldwide. The Cardiovascular Risk Calculator app, which can be downloaded free of charge, offers advice to modify habits that contribute to higher risk. It allows users to see how their cardiovascular risk would change if certain risk factors were modified.

The app also allows users to calculate their body mass index (normal, overweight, or obese) and provides reminders to take medication on time and as prescribed.

- Edited from CMC.



5 tips to brain health

Fitness expert and neurosurgeon Dr. Brett Osborn, author of "Get Serious, A Neurosurgeon's Guide to Optimal Health and Fitness", offers five tips to help everyone maintain brain health:

- **Learn new skills** - "Just as with other health concerns, brain health should be rooted in the prevention of disease," he says.

Alzheimer's is a neurodegenerative disease, the causes of which, and the cure, are unknown. However, it's widely thought that brain stimulation and activity can delay the onset of the disease. The acquisition of a new skill - whether it's learning to play an instrument or taking up waterskiing - exercises the brain "muscle".

- **Commit to actual exercise** - Everyone knows that exercise helps protect the heart, but not everyone knows that physical activity is also good for the brain. The brain is not a muscle, but it can be worked as muscle is worked during exercise, which forges new neuron pathways.

- **Don't sweat stress** - There is such a thing as good stress, including the acute bodily stress involved in strength training. Of course, there's the bad stress, such as psychological stress associated with work or interpersonal relationships, and environmental stress, derived from pesticide-laden food - toxins. You have a choice. You don't have to accept mental stress in your life. Reconsider toxic relationships. Rethink how you handle pressure at work. Perhaps adopt a lunchtime

exercise routine.

- **Fuel a better body and brain** - A healthy balance of food and activity will inevitably be good for the entire body: the heart, skeleton, muscles, brain, etc. Proper nutrition is a natural



There are steps to fitter brain.

mood enhancer and good health will inevitably improve self-esteem.

- **Feed your head with smart drugs** - Some pharmaceuticals may help enhance cerebral blood flow and increase concentration, including Hydergine, Deprenyl and Prozac, to name a few. There are also over-the-counter smart drugs to consider. Piracetam is one of the oldest and has been shown to have a variety of positive effects in patients with cognitive disorders like dementia and epilepsy. Vinpocetine has potent anti-inflammatory effects, and inflammation is a key component in the pathogenesis of Alzheimer's disease, and others. You may also want to check out ginkgo biloba and pregnenolone.





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~ A CARIBBEAN TODAY SPECIAL FEATURE

CATWALK: Unity in Uniform fashions help for breast cancer survivors

MELLISSA THOMAS

Imagine an organization in which local heroes team up to train youths in the medical and emergency response fields.

Orlando non-profit Unity in Uniform, Inc. (UIU) unites firefighters, local police, emergency medical technicians (EMTs), nurses and other "uniformed professionals," as its Public Relations Director Vanessa Butler says, to make it happen.

Now, imagine those people walking a catwalk.

It happens annually, with proceeds benefiting not only the organization's cause, but also breast cancer awareness, raising over \$3,000 to date.

Unity in Uniform's Fifth Alarm Fashion Show will be held Oct. 25 at the Wyndham Orlando Resort. A VIP reception kicks off at 6 p.m. with live music from saxophonist Dayve Stewart. The show begins at 7 p.m.

"Firefighters always go by



Models for Unity in Uniform strut their stuff.

an alarm," Butler explained recently, "so we've named the show in succession."

RECOGNITION

The showcase not only features Orlando's heroes on the runway, but recognizes breast cancer survivors, giving them a glamorous night, catwalk and all.

Unity in Uniform, Inc. was born from a fashion show. Firefighter Roderick Waisome and his uncle, Montego Bay, Jamaica native and Orlando

Fire Department Assistant Fire Chief Hezedean Smith, attended a Jacksonville conference that included a fashion show and were inspired to do the same thing.

Smith, now UIU's executive director, approached Associate Director and fellow Jamaican Stacey Brown for her fashion show expertise.

She and Butler said the 2009 inaugural show was produced under another non-profit, but was such a success, the team made it an annual tradition, and formed Unity in Uniform, Inc., a 501(c)(3) non-profit that offers high school youth mentoring and career training in the emergency services and allied health fields.

For ticket information, visit www.unityinuniform.org.

Melissa Thomas is a freelance writer for Caribbean Today.



Breast cancer awareness sessions at AARLCC

October is Breast Cancer Awareness Month and the African-American Research Library and Cultural Center (AARLCC) in South Florida will host a "Breast Cancer Awareness Session" from 11 a.m. to 1 p.m. on two Saturdays - Oct. 11 and 18.

The sessions will be led by nurses Sandra P. Boyne and Roshanda Littlejohn. The following are among the scheduled topics to be discussed:

- Myths and misconceptions about breast cancer;
- Different types of tumors;
- Risk factors related to breast cancer;
- Warning signs and symptoms of breast cancer;
- Recommended screening guidelines for women by the



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The AARLCC is located at 2650 Sistrunk Blvd., Fort Lauderdale. For more information, call 954-357-6210.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

Depression, road injuries top Caribbean teenage deaths ~ WHO report

WASHINGTON, D.C. – A World Health Organization (WHO) report says interpersonal violence, traffic injuries and suicide are the three leading causes of death among youths ages 10 to 19 in the Americas, including the

Caribbean. The report, titled “Health for the World’s Adolescents”, also that depression is one of the three top causes of illness and disability among youths in the hemisphere. The report, released here

recently, noted that while most adolescents are healthy, several have problems that require serious attention. WHO said the region of the Americas ranks fourth among six regions in levels of adolescent mortality, with 77.5

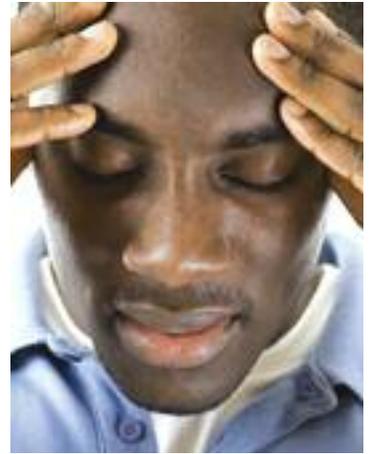
deaths per 100,000 youths ages 10 to 19 in 2012.

BELOW AVERAGE

The report said this is below the global average of 110.7 deaths per 100,000 and below levels in Africa (282.5), the Eastern Mediterranean (118.3) and South East Asia (102.3). Only Europe (57.4) and the Western Pacific (43.6) have lower adolescent mortality than the Americas, WHO said.

It said the main causes of adolescent deaths in the Americas have changed little since 2000. In both 2000 and 2012, the five leading causes of death among the region’s youths were interpersonal violence, traffic injuries, suicide, drowning and respiratory infections.

The report added that interpersonal violence is the leading cause of death among boys (37.21 per 100,000),



- File photograph WHO worried about Caribbean youth.

whereas traffic injuries are the leading cause of death among girls (5.84 per 100,000). It said complications of pregnancy and childbirth are the fifth-leading cause of death among girls in the Americas.

- Edited from CMC.



How employers can aid workers’ mental health

Mental Illness Awareness Week (Oct. 5-11) highlights that one in five Americans takes at least one psychiatric medication, such as an anti-depressant or anti-anxiety drug.

It’s obvious that something about modern lifestyles needs to change. Graeme Cowan, author of “Back from the Brink: True Stories and Practical Help for Overcoming Depression and Bipolar Disorder”, has an idea of where that change should start - the workplace.

“Since we spend a significant chunk of our waking hours at work, employers are in a prime position to make a difference in America’s collective mental health,” says Cowan.

A study recently published by the **Journal of the American Medical Association** found that depressed workers experienced more health-related productivity losses than those without depression - costing employers \$44 billion. Cowan’s research shows that 86 percent of those afflicted would rather suffer in silence than speak up to their bosses.

TIPS

Here, Cowan shares eight tips to help employers create programs that foster a mentally healthy and high-performing culture:

Link your efforts to purpose and values - Employers

need to understand that creating a culture of mental well-being isn’t something that can be changed simply by instituting new rules and policies.

“People are motivated and energized when they really believe that the changes being made will make a positive difference - not just to your company’s bottom line, but also to them as individuals,” notes Cowan.

Make sure leaders set the example -

“The most practical thing leaders can do to create a mentally healthy work culture is to lead healthy lives themselves,” says Cowan. “For instance, if you encourage employees to leave work at work so that they can devote time to family, friends, hobbies, exercise, etc., you need to do the same.”

Don’t expect change to happen overnight - create a multi-year plan - When you consider that almost nine out of 10 of those afflicted would rather suffer in silence than share their condition with work colleagues, it becomes clear that a long-term plan is essential.

“Overall, as they implement their plans, organizations should make sure to regularly assess the impact of stress on employees and how willing they are to share what is happening to them with work colleagues,” says Cowan.

(CONTINUED ON PAGE 23)

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~ A CARIBBEAN TODAY SPECIAL FEATURE

EBOLA WATCH: PAHO warns Caribbean to prepare for potential outbreak

WASHINGTON, D.C. - The Pan American Health Organization (PAHO) recently urged Caribbean countries to be vigilant and prepared for a potential introduction of the deadly Ebola virus in the region.

The advice came following a statement by World Health Organization (WHO) Director-General Margaret Chan that the outbreak in West Africa constitutes a "public health emergency of international concern" (PHEIC).

The current Ebola Virus Disease (EVD) outbreak began in Guinea in Dec. 2013 and PAHO said this outbreak now involves transmission in Guinea, Liberia, Nigeria and Sierra Leone. As of Aug. 6, 2014 PAHO said countries had reported more than 1,750 cases, including 961 deaths, adding that it is currently the largest EVD outbreak ever recorded.

The PHEIC determination was made by Chan based on recommendations from WHO's International Health



Regulations (IHR) Emergency Committee, which suggested temporary measures to reduce the international spread of the virus for three different groups of WHO member-states.

LOW RISK

But Dr. C. James Hospedales, executive director of the Trinidad and Tobago-based Caribbean Public Health Agency (CARPHA), said "there have been no confirmed cases of Ebola in the Caribbean," adding that, "overall, the risk of becoming infected with the Ebola virus in this region remains low."

PAHO, however, said the WHO IHR Emergency Committee recommended that countries of the region do not impose any general ban on international travel or

trade. The Emergency Committee also recommended that Caribbean countries provide travelers to Ebola-affected and at-risk areas with relevant information on risks, measures to minimize those risks, and advice for managing a potential exposure.

The committee said states should be prepared to detect, investigate, and manage Ebola cases. This should include assured access to a qualified diagnostic laboratory for EVD

and, where appropriate, the capacity to manage travelers originating from known Ebola-infected areas who arrive at international airports or major land crossing points with unexplained febrile illness.

"At this time, all actions in the Americas should be oriented toward preventing the establishment of local transmission before the introduction of a possible imported case," noted

Marcos Espinal, director of PAHO's Department of Communicable Diseases and Health Analysis.

PAHO also urged regional governments to identify and follow up on contacts of cases compatible with Ebola, and raise awareness of the general population about the virus and communicate risk information to all stakeholders in society.

- Edited from CMC.



How employers can aid workers' mental health

(CONTINUED FROM PAGE 22)

Identify mental health champions - According to Cowan, a mental health champion is someone who is familiar with the organization's plan and goals, and who is willing to visibly lead change.

"Because of the high level of stigma that still exists, it is essential that programs can be accessed anonymously, as well as in more traditional training settings," he shares. "Also, be sure to identify processes and procedures within the organization that might be causing unnecessary stress, and change them."

Target high-risk employees - Central to improving health outcomes will be identifying the specific areas where employees are disengaged. There will undoubtedly be performance issues in these areas.

Also, know what signs indicate they may be suffering from depression or anxiety. If a normally reliable employee starts calling in sick more than usual, missing deadlines or meetings, looks tired or overwhelmed, or has a decrease in overall performance, he or she could be suffering from a mental health issue.

Teach managers and team

members how to ask, 'Are you okay?' - First, break the ice. The best ice breaker? Simply ask, "Are you okay?" Next, listen without judgment. Then, encourage action. And finally, follow up.

Monitor progress and share success stories - It's simple: What gets measured gets managed.

"Just take this process one step at a time, making sure that rewards, processes, policies, and guidelines all reflect your commitment to improved mental health," says Cowan.



PREVENTION FIRST: Screening is vital option in breast cancer fight

BOB LAMENDOLA

October raises awareness about the need for breast cancer screening, so it is important for women to know the various types of screening tests available.

"Breast Cancer Awareness Month" is a good time to spend a moment with your health care provider deciding which type of test is best for you, and then scheduling one. Annual breast cancer screenings are recommended for women ages 40 to 74.

The choices?

First: Standard mammograms, which are now captured on computer to make them a better tool than the old version recorded on film.

Second: Newer 3-D mammograms, which produce better images and can catch a few more tumors than standard ones, but are more costly and use a bit more radiation.

Third: MRI screenings, which produce fine images without the pain of breast compression, but cost five to 10 times more.

SPECIAL ATTENTION

Women of color should pay special attention. The Florida Department of Health (DOH) reports that white women are six percent more likely to get breast

cancer, but black women are 43 percent more likely to die from it. That's partly because their tumors are not detected early.

Women should pay nothing for screening mammograms (not including breast MRIs) because insurers are required to cover annual preventive tests free of charge.

Eligible uninsured women can get free screenings, too, from the Florida Breast and Cervical Cancer Early Detection Program, which is run locally by the DOH in Broward County.

"We encourage women to get mammograms starting at 40, because they are so good at detecting cancer early when it can be treated effectively," says Dr. Paula Thaqi, director of DOH-Broward.

The DOH-Broward program provides free standard screenings for uninsured women ages 50 to 64, who have family incomes of up to 200 percent of the federal poverty level (no more than \$31,460 per year for a family of two).

For information, contact the Florida Department of Health in Broward at 954-762-3649 or www.browardchd.org/healthS_breast.aspx.

CHOICES

Which screening test is best



Women of color must pay special attention.

for you depends on your individual situation. Factors to consider:

Standard mammogram - Shown to reduce mortality from breast cancer by up to 30 percent in women ages 40 to 74. Each breast is compressed between glass while X-rays are taken.

"In South Florida, hospitals have switched away from the old film mammograms to newer digital ones stored on computer," says Trivel McKire, manager of the Early Detection Program at DOH-Broward. "Doctors can use the computer to analyze the images for better detection."

Studies show that digital mammograms miss fewer tumors than those on film.

Standard mammograms typically cost \$100 to \$200 and should be covered completely by

insurers when done for screening. Women may have to pay a co-payment if the test is "diagnostic", meaning it's done to examine the breast if an abnormality is found.

3-D mammogram - Called tomosynthesis. Each breast is compressed while the machine takes 15 X-ray images at different angles. A computer combines the images into a 3-D view that can be rotated to better detect abnormalities.

Studies show 3-D mammograms catch cancers 4 to 5 percent more often than standard tests. Women who get 3-D tests are 15 percent less likely to need additional testing for an abnormal result that proves to be a false alarm. However, it's not yet clear if 3-D tests are better at finding tumors or saving lives, the National Cancer Institute says.

3-D mammograms expose women to slightly more radiation than standard ones. Also, they cost about \$50 more, which often is not covered by insurance.

Magnetic resonance imaging - MRIs of the breasts have been marketed as pain-free, since no compression is needed. Also, they use no radiation, and studies show they can detect tumors somewhat earlier than mammograms.

However, MRIs of the

breasts can produce false positives, and they cost \$1,000 or more, not covered by insurers when done for screening.

The American Cancer Society recommends that women with a greater than 20 percent to 25 percent lifetime risk for breast cancer should consider receiving both a mammogram and breast MRI.

HIGH RISK

These high-risk women include:

- 1) known carriers of the BRCA1 and 2 gene mutations;
- 2) women with multiple first-degree relatives with breast and/or ovarian cancer; or
- 3) Hodgkin's lymphoma survivors who received chest radiation before age 30. MRI screening is not recommended for other women.

Thaqi recommends discussing the options with your health care provider to make the best choice about your screening test.

For more information, contact the National Cancer Institute www.cancer.gov/cancer-topics/factsheet/detection/mammograms.

Bob LaMendola is a representative from the Florida Department of Health in Broward County.



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