

Black Doctors Making History

By Mark D. Milward

The recent Black Doctors' Day event at Dunkin Donuts Park in Hartford was historic and extraordinary. In fact, by all accounts, it was a huge success, drawing over 890 attendees. Under the theme, "If our children can see it, they can achieve it. Today I saw a doctor that looks like me."

The black community of Connecticut has grown rapidly over the years and is very diverse. Members of the community are crying out for cultural sensitivity in medical services, role models for their kids.

"I thought because I am black I could not be a doctor. Now I see it. I can be a doctor too," said a young girl from Rawson Elementary School.

"I always want to be a doctor before Black Doctors' Day, but I thought it was unattainable due to rarely seeing black doctors. Now after Black Doctors' Day, I see that there are many other black doctors out their willing to help people like me achieve my goal of becoming a doctor," said Marcelin Joseph, who has decided to take the next steps to apply to medical school.

Kudos, to State Senator Douglas McCrory; Francine Austin, CEO, Francine Entertainment & Marketing, and Sasa Harriott, CEO, Harriott Home Healthcare Services were the visionaries and planners



Grand Procession of over 40 doctors and medical students. Photo: TWJemison

behind the event planning.

"It was a great event. I was very happy to see our youth exposed to various black Healthcare professionals. We need to see ourselves in these positions to know it's possible to achieve academic goals," Senator McCrory said.

The eventful day's activities began with health agencies and black doctors represented in large numbers. Renee Coleman, commis-

sioner, State of Connecticut Department of Public Health made opening remarks, followed by Dr. Marja Hurley, associate dean, Department of Health Career Opportunity Programs and professor of Medicine, who gave her remarks, followed by the Physicians' Grand Procession. Some 40 or more black doctors and medical students entered the forum. Dr. Hurley, who has been a mentor

to many of the young doctors in the Greater Hartford area, is the first woman graduate of UCONN School of Medicine.

The keynote speaker of the event was Dr. Reginald Eadie, M.D., MBA, President & CEO of Trinity Health of New England.

While the event was aimed at showing young black youth a way forward in Health care, it was



Mark D. Milward

Continued on Page 4

Opposition Leader Visits Hartford, Town Hall Meeting At JPL

By Paulette Blythe

As the general election date draws near in Jamaica, Dr. Peter David Phillips, Leader of the Opposition of the People's National Party (PNP), ramps up his campaign visiting Northeast USA Tri-State areas and Connecticut.

On February 1, 2020, Jamaica Progressive League (JPL), Hartford, CT, invited Dr. Phillips to address a well-attended Town Hall meeting.

Among the attendees were Hartford's Mayor, Luke Bronin; Mayor of Bloomfield, Suzette DeBeatham-Brown; State Representative for Bloomfield, Windsor, and Hartford, Bobby Gibson; President of Jamaica Progressive League's New York Chapter, Sadie Campbell, and other representatives of various organizations within the Greater Hartford region.

During Phillips' presentation at JPL, questions from the audience were wide ranging and mostly with expressed concerns on the crime situation in Jamaica and protecting this cockpit country; also, there were questions and concerns relative to agriculture and food secu-

rity to offset imports in Jamaica.

Phillips said, this is the year of "Big Decisions" for Jamaica's economy. His party's goal is to change from the old "Extractive Industry" to the new "Creative/Generative Industry," in order to build new technologies in a push toward ecotourism and sustainable development.

His quest is to become the next prime minister of Jamaica. With this intent, he detailed his campaign platform, embracing what he refers to as "a progressive and futuristic society" in which the debt level is drastically reduced over the first few years of his coming into office. His philosophy encompasses that of Marcus Mosiah Garvey.

Phillips sees himself as a man with a vision to unite Jamaica across party lines at home and in the Diaspora. Phillips said Jamaica's future is a collective mission, noting that are living in a period of major changes that will test our capacity as a people. Phillips believes a crisis is threatening the Jamaican dream.

This crisis Jamaica is facing requires urgent actions, and that challenges were left unattended for too long, and thus requires radical

actions. According to Phillips, the use of "State of Emergency" (SOE) is not a long-term solution to reduce crime on the island. It is disrupting the lives of residents, especially the poorest in the society.

Under SOE, the economic life of the people is constricted; for example: the pan chicken man—the small sidewalk vendors are not allowed to remain on the road under a state of emergency.

However, the Reggae Sunfest, Reggae Salute, Sting, Jazz and Blues, Carifest, Chuka Cove, and other dancehall festivals are allowed to operate beyond the hours, while the small informal commercial individuals (ICI) traders trying to make a living are not allowed.

Phillips touched on the reform of existing laws such as Operation King Fish that is used to identify the leading gang organizers and bring them to justice—namely Dudus, Zeeks, and other gang leaders. This reform should address the issues, resulting in effective measures to curb the crime rate and protect the society on a whole.

For Phillips the expressed need for Hot Spot policing helps to stop crime implementing Anticipatory



Dr. Peter David Phillips and Mayor Luke Bronin

Policing, where there is gang violence afoot; and in some cases, according to Phillips, a peace-building initiative ought be considered as not every intervention needs the involvement of guns; rather, embracing social police community intervention as another strategy.

Re-socialization of children through transformation of the education system is vital. This entails issues surrounding the loss

of respect for life; affirmation of humanity; redefining the curricular in schools; redefining the self-esteem of young people. Phillips emphasized the need for changes due to what is going on in schools.

An overhaul of the education system is needed because, as he explains, all schools are not offering the same quality of education; examinations such as PEP, CXC, and other educational measures are not equal.

Continued on Page 2

INDEX

Jamaica, People’s National Party’s President Visits Hartford
Page 5

Seize the Day
Page 6

Senior Center Connections
Page 7

News Briefs, Page 7:
Sunshine Girl Visits Cricket Hall of Fame

Fenton, NFL Player, Jamaican Decent

Super Bowl Featured ‘Jamaica, Heartbeat of the World’ Campaign

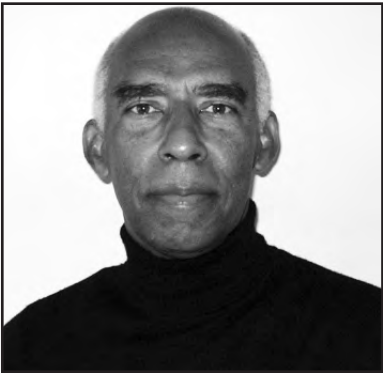
Fresh Look At Jamaica, Confounding Attributes: Part 2

Last month’s publication, the first in the series on “A Fresh Look at Jamaica,” raised a question: Why is Jamaica so Violent?

Perhaps the thing I found astonishing in Professor Orlando Patterson’s book is the many authors and their publications of academic and technical writings on Jamaica. These are profusely cited in the ‘Works Cited’ section of Patterson’s book, drawing attention to abundant authors.

The book, *The Confounding Island*, has eight chapters divided into three sections. The very first chapter is, *Why has Jamaica Trained Barbados on the Path to Sustained Growth?* It makes a slight reference to former Prime Minister Michael Manley but he is dealt with in details in the final chapter—number eight—a Bookend.

Patterson provides Mt. Everest-size facts and analysis of an issue that apparently has been some-



Jim Daniels

what obscure to those of us who try to stay in touch with the Caribbean scene. At the very outset he has two objectives: To present a comparison of the divergent paths to development pursued by Barbados compared to Jamaica. He shines an enormous, substantive light to understanding why Jamaica has performed so badly in its effort at economic development.

A close comparison with its Caribbean counterpart, Barbados, which has done so much better, offers one path to understanding this prob-

lem. The second goal (social science theory) is resolving one of the most vexing issues in the study of social and economic development: assessing the relative significance of institutions and good policies in explaining development.

Patterson states that there was a wide variation in the kinds of colonial societies established by Europeans. At one extreme Europeans established settlement colonies, such as the United States, Canada, and, New Zealand where they replicated the institutions of the home country.

At the other, they established largely exploitative colonies in which the main goal was to extract resources to be sent to the Metropolitan country. This was the pattern for Jamaica.

Interestingly, in examining the issue of divergent development, Patterson points out that the two islands inherited virtually identical institutions: the English language, Westminster parliamentary democracy, constitutional protection of private property, English common law and the Anglican church for good measure.

Beginning in 1960, there are differences in the economic performance of the two islands. Jamaica received its independence in 1962 and Barbados in 1966 with per capita income at \$8,666 and Jamaica \$4960.

By 2000 Jamaica’s GDP was \$5,819 compared with Barbados \$20,006, more than four times greater. If per capita data tells us anything regarding standard of living, Barbados stands well ahead of Jamaica and nearly all of the Caribbean and Latin America.

Not only did Barbados distance itself from Jamaica in the area of purchasing power but also in the area of education attainment. Barbadians had 1.5 more years of schooling than the average Jamaican; an indication of the fact that the government was spending 2.3 times more per student than was the Jamaican government in 1960.

The same is true when the issue of literacy is examined. One of the many positive consequences of the higher rates of education in colonial Barbados was a much greater labor force participation rate of both genders a pattern that has persisted to this day. Patterson posits the stark difference in homicide rates.

In recent decades, Jamaica has seen some of the worst crime rates in the world—

55 per 100,000 in 2017, over five times that of Barbados at 10.9 per 100,000. The result? This had a generally disastrous effect on business and social wellbeing, according to the World Bank.

In the historical experience of both Barbados and Jamaica the impact of slavery on the kinds of institutions that developed influenced the success of Barbados over Jamaica. Jamaica was markedly different from other British colonies and seemed to have been the most unequal place on the planet. Jamaican slaves lived at the bitter edge of subsistence even in good times. The island had the highest cost of living in the late 18th century for all places in the world for which evidence exists.

In the area of slavery, Barbadian planters economic calculation led them to a different policy of slave rearing. To implement this policy, they bought slaves in equal sex ratios, encouraged greater fertility, and most important reduced infant and child mortality through better nutrition.

The result was a demographic structure unique in the Caribbean and indeed in the entire Americas, except for the US South and women exceeded men throughout the period of slavery.

It is true that black Barbadians were under strong pressure to conform to and to get to know the institutions of the white slaveholder class, in striking contrast to Jamaica where rebellion and resistance were their core values. Think Maroons? Patterson subsequently elaborates on why this behavior persists.

Another area of comparison was the stability among the whites in Barbados compared with its Jamaican counterpart. Jamaica had a very high rate of absentee slaveholder and the absentee rates were much lower in Barbados and plantation ownership showed far greater continuity.

One of the peculiarities discovered in this comparison between Barbados and Jamaica is Barbados white women outnumbered white men. In Jamaica there was always a severe shortage of white women. This constituted no more than 40% of the white population in 1780.

The results? Think Creole. Whether or not they succeeded is hard to say but contemporaries were generally of the view that the greater presence of white women had a stabilizing effect on the white community in Barbados. More to come in future publications!

Opposition Leader, Town Hall Meeting

Continued from Page 1

The fact is that across the island students are not prepared equally. Consequently, there are too many low passes in exams, which ultimately results in a labor force that is poorly educated. The goal is to cut the low-wage syndrome and stop wasting human resources.

Phillips stressed the importance of breaking the low-wage trap by educating the labor force, moving the island away from micro enterprises or small business such as fur-

niture making under tents, and dress-makers on the patio to a more formal industry. The provision of training, mentoring, and financing will help to move the informal industries to more formal enterprises. Funding and financial assistance for first-generation individuals to attend university is also a part of Phillips’ reform agenda.

His intention is to change the face of the Jamaican society from one in which “too many are etching out a living on the margin of society” to a country in which people are

making a comfortable living as middle-class citizens. The challenge in education is how to mobilize larger communities through computer literacy programs in schools. Updating science labs that are fully outfitted with science equipment and organize resources to help the 180 secondary schools lagging behind, and to embrace and tackle the fundamental challenges to mentor youths.

In addition, Phillips mentioned reforming the Jamaica Constable Force (JCF). This, he stated, involves professionalization of the Police Force. Allowing the police opportunities to earn more both horizontally and vertically, meaning: constables should be able to receive an increase in salary due to years of services rather than promotion only.

Improving the working conditions of the police stations and replacing used and outdated police vehicles with new vehicles fully loaded with the latest technology needed for police to do their job efficiently.

In his closing remarks, Dr. Phillips reiterated his emphasis to change from the old to the new, with no mining in the cockpit country. He pointed out the importance of growing and scaling sustainable agriculture to satisfy the needs of people who eat what they grow. The slogan in Jamaica is, “Eat what you grow and grow what you eat.” This is the rallying cry.

Upgrade Your Education

Reaching Out to All Who Need to Improve:

SKILLS in READING, SPELLING
WRITING, & MATH

Rush to Enroll!



FREE

Register Now! Don’t Delay!

Call for Info.

CURET CARIBBEAN RESOURCE CENTER
Call for more info: (860) 247-0123

We Are Here To Serve You

THE WEST INDIAN AMERICAN is published on the second Thursday of each month, except the special holiday editions during the months of December and January. Although efforts are made to ensure accurate and discriminating judgment, the opinion or statements of fact are the responsibility of contributors and columnists and not necessarily those of the editorial team or publisher. **ADVERTISING:** Place your ad by calling: (860) 293-1118; or mail to: *The West Indian American*, P.O. Box 320536, c/o 1443 Albany Ave.1st Flr., Hartford, CT 06132. **Email:** ads@wianews.com. **Classified Deadline:** Monday before publication. **Executive PUBLISHER/EDITOR,** Edgar Johnson, Ph.D.; **Associate Editors,** Stanford Walker; Carol Johnson, Ed.D; Contributing writers/reporters, Vjange Hazle,, Joette Johnson, James Z. Daniels, Atty. Syd Schulman, Christopher Service, Lenworth Ellis, M.D.,MPH, Gretchen Johnson, Mark Dawes, Thomas Aldridge, Ph.D, Leon Fraser, Laurice Howell,MS, MPH, RDN, LD., Mark Milward, MBA, Dr. Paulette Blythe. **Advertising/Circulation,** Ed Griffith, Marion Welch/Don Peterkin.

PRESS RELEASES: All submissions must be **Emailled to: info@wianews.com by the 25th of the month preceding publication. We do not accept press releases by fax only by email:** Direct all correspondence, letter to the editor, editorial via Email or mail to: *WIA*, P.O. Box 320536, 1443 Albany Ave., Hartford, CT 06132. Please include your name, address and telephone number for verification. The *WIA* will not be liable for inadvertent failure to publish an ad, typographical errors, or errors in publication except to the extent of the cost of the space in which the actual error appears in its first insertion. When this occurs, the *WIA* will reprint only the correction under “corrections.” Clients who request the repeat run of the ad info with the correction under “corrections” in the next publication, must inform the *WIA* at least 10 days before the next publication. The client who wishes the entire ad to re-run with the “corrections” within the display ad must pay for the new ad. Otherwise, all corrections will be put under “Corrections.”. The publisher reserves the right to refuse at discretion, and to alter advertising copy or graphics deemed unacceptable for publication. Publication of advertising contained herein does not necessarily constitute an endorsement. Opinions expressed in columns are not necessarily the opinion of the publisher. The entire contents of the *WIA* are copyright © 2020 by The publisher. No portion may be reproduced in whole or in part by any means without the specific written permission, of the publisher. All rights reserved.

Weaver High School: A Gold Mine To The Future

By Susan Williams

The new Weaver High School continues to be a shining light in North Hartford, particularly in the Harford Blue Hills community.

Beyond the new bricks and mortar are dedicated educational leaders, teachers, staff, parents, students, state, city, and community partners with their transformational mantra, inspiring and producing graduates, serving, and making the world a better place for all.

This educational torch that has rescued many students and helped them to succeed: some are physicians and other health-care professionals, engineers, mathematicians, scientists, researchers, leaders in all fields and disciplines, and all walks of life. May they continue to be trail-

blazers of success.

However, shortly after the opening of the newly renovated Weaver High campus there have been series of student fights. Most recently, a fight in which a 17-year-old it was allegedly, stabbed another 17-year-old in the chest and was charged with first-degree assault, and a breach of peace. One of the pair of youth could have been dead.

This is a case that impacts the entire school community and families. Youth violence prevention and intervention are very complexed given the fact of students' safety a high priority.

The school, parents, and community partners have to come together, following established protocols and procedures that adhere to the needs of youth and families, utilizing comprehensive, multifaceted, and integrated approaches.

Let's bear in mind that students face challenges every day. Besides academic challenges many students bring a mixed bag of emotional and other issues.

Teachers and educational leaders are called upon to be more than educators. They are called to be role models, guidance counselors, substitute parents, providing support in whatsoever form students' needs may be.

Also, with schools becoming a second home for many students who face academic challenges, low reading skills; dealing with "students who act out"; and in many cases, schools have to remove their punitive punishment and zero tolerance practices; understanding their place in history during Jim Crow separation, the civil war and the civil rights movement.

Certainly, students'

understanding of themselves, their journey and the need for them to put serious efforts into their education everyday of the school year—encouraging students to set goals for themselves and achieve the goals; encouraging students not to waste time, not even an hour; motivating them to feel good about themselves and with hard work, achieve their goals. Like muscle-building exercises, everyday is an opportunity to build muscles around skills that will make them successful human beings.

Furthermore, helping students grapple with themselves, their purpose at this learning institution. It is important to provide them with resources and access, role models, mentors, and the experience that will enable them to achieve and enjoy success. Gradually, they will be empowered with a better under-

standing of themselves, their history, and what it takes to fulfill their dreams.

Soon, students enter into student-teacher partnership with their teachers—they are all in it together for students' success. As students and teachers, they pass this way just once. They live by guiding values, get an education and move to the nest level.

Let's personalize the admonition: Success is within your grasp. Your school is a gold mine and holds the key to your future success.

Gender Equality: Real Or An Illusion?

By Leon Fraser

Once again the pre-eminent ever-present specter of sexism has raised its head to remind any and all of the population who is in charge; who rules.

There will be denials and caveats amid disclosures and disclaimers but among all of this is the sad fact that there is the attempt to sideline the true value and worth of the individuals in their natural gender role.

There is a move for gender equality in all aspects of life and that is so laughable, in my opinion, because the bar that is used to measure equality is constantly moved according to the whims and fancies of the power brokers.

The natural gender-assigned individual with that power—my mother, gave me life with a little help from my father, of course. She gave me the values and disposition to become who I am today. In every society, the social order seems to place the nurturers, the life givers and sustainers close to the bottom of the ladder in many aspects.

In many places of authority, females are not regarded as good enough to be in charge, are not recognized as capable of managing large corporations, or rowdy situations, yet they are the ones that gave life to all in-charge authorities.

Now the drive for equality in all aspects of social interaction has taken on a different approach within the last two decades since the role reversal has become more obvious. The role reversal is in relation to the earning potential of the women; the breadwinner, bringing home the bacon.

In the field of sports, women in many instances have to make hard decisions—to start a family or to continue with a career. Men, on the other hand, are celebrated for becoming a father and to continue with their careers while the women, when they decide to have a child, they are considered to be jeopardizing their careers and have to be sidelined.

Recently, there was the case of a female track and field athlete that was asked several impertinent questions relating to her decisions to start a family and to compete on the professional level. A soccer

star is also being scrutinized because she has decided to start a family.

This scrutiny is never placed on the men yet most times the women are more successful in their field than the men at the international level.

Women in this country have been more successful in soccer at the global competition, yet they are struggling to get top-tier sponsors for their league here in this country, while the men on the other hand have multiple platforms for their games to be broadcasted, and they have never passed the quarter-final stages in soccer at the global level.

Is that a coincidence or a planned approach? In basketball, WNBA, the highest paid female is still below the lowest rookies in the NBA. There is no ladies baseball, but they would never get the money the men make in Major League Baseball.

In most professional sports, as in the work place, women are paid less than their male counterparts for performing similar work, sometimes in a more exemplary fashion. Only in these situations of less pay do Caucasian women feel

the rebuke that people of color have felt for many years. In tennis they got less, until the power of the grand slam winner was exercised. In basketball they are getting less, even though the recent increase is still less than what the male rookies get, (really?).

In soccer, less; in endorsement deals, less; in offices, less; in service industries, less, yet they take on the bulk of social maintenance in the form of having and raising children. How fair is that? Why do they have to negotiate differently than the men if the pay scale was and is equal?

Women are the keepers and reproducers of society. No man can reproduce life naturally, the test tube experiments are all well and good, but it's not the natural order.

I have no issue with same-sex arrangements, but it can never be similar to opposite arrangements despite the so-called good intentions of sensible individuals. The heights of the African civilization always embraced the value of the woman because without them all life falls flat.

I make no apology for loving the opposite gender and will

Free Citizenship Class

February 27
and
March 26, 2020
at

CURET

Caribbean
Resource Center

1443 Albany Ave.,
Hartford, CT

Limited Space
Register a must!

(860)-247-0123

ENROLL NOW FOR CLASSES at CURET to
upgrade skills in reading, writing, spelling, math

Info., Call (860) 247-0123



LAW OFFICE OF M. JORDAN ADDO

The Bennett Building
1229 Albany Avenue
Hartford, CT 06112

914 Main Street
Suite 206
East Hartford, CT 06108

- CRIMINAL DEFENSE
- CAR ACCIDENTS
- IMMIGRATION ISSUES
- DIVORCE MATTERS
- WILLS
- BUYING OR SELLING HOUSE
- REFINANCING YOUR HOUSE OR BUSINESS

Affordable Rates
Evening Appointments Available
PLEASE CALL: (860) 794 4925
(860) 289 8981

Include your Ad in
The West Indian American
Call 860-293-1118

Email: ads@wianews.com
Visit Our Web site:
www.wianews.com

**Law Office Of
Gregory C. Osakwe**
IMMIGRATION ATTORNEY
New Address:
83 Oak Street, Hartford, CT 06106
Telephone: (860) 524-0562
FREE CONSULTATION

Black Doctors Making History

Continued from Page 1
equally beneficial for them to see Dr. Eadie in his role at the helm of Trinity Health of New England. He was introduced by JoAnn Price, CEO of Fairfield Capital.

In his keynote address Dr. Eadie told a story about a sickly kid who spent a large percentage of his time in hospitals during his growing up years. He went on to say, the little boy, who suffered from asthma and a skin disease was one day asked by his 5th-grade teacher what he want to be when he grew up.

When the boy told the teacher that he wanted to be a doctor and the head of a hospital, the teacher called this young man into her classroom to discourage him, saying he was sickly and she didn't want him to be disappointed.

Towards the end of his story, Dr. Eadie began to shed a few tears and pulled out his asthma inhaler because the story that he was telling about the young 5th grader was the story about himself. His message was aimed directly at the boys and girls in the audience.

It was a message about planting seeds in the mind to create outcomes that we want as individuals. This remarkable story could not adequately be captured in this article; however, its impact

was reflected by an overwhelming applause from the audience.
Events of the day also included two panel discussions moderated by Elese Wright, retired chief Human Resources officer, Aetna.

PANEL DISCUSSION: "You've Got What it Takes."
Panelists were: Dr. Anjanette Ferris, cardiologist; Dr. Richard Scarlett, physician; Abisola Baru Waetti, medical resident; Darrick Potter, UCONN medical student; Donyell Williams, undergraduate student.

PANEL DISCUSSION: "What's Up Doc!"
Panelists were: Dr. Andrea Dennis, veterinarian; Dr. Roy Kellerman Jr., primary care physician; Dr. H. Randolph Scott III, pulmonologist; Dr. Lenora Williams, OB/Gyn; and Dr. Iyana Liles, OB/Gyn.

The first panel discussion was a cross section discussion on what the medical schools look for in a medical student, and the undergraduate prerequisites. The second panel discussion touched on doctor visits and discussions between doctors and patients.

Throughout the day's events, there were activities and photo sessions for the youth and networking with the doctors and attendees. Also, a positive impact was felt among youngsters of the

Continued on Page 6



Youth group with leader at Black Doctors' Day Event. Front Row (L to R): Gabrielle Reid, Savannah Rai S;ears, Anayah Bazile; Back Row (L ro R): Shadika Johnson, Abigail Reid, Judith Williams, president, Caribbean American Dance Company, and Sohema Clarke



Future Physician, a work-in-progress
Photo: TWJemison



Senator Douglas McCrory
Photo: TWJemison



Francine Austin
Photo: TWJemison



A section of the audience. Front Row, right, Dr.Reginal Eadie, guest speaker; and Dr. Marja Hurley
Photo: TWJemison



ADULT
EDUCATION
CENTER

FREE CLASSES AT CURET
1443 Albany Ave., Hartford, CT
(860) 247-0123

- Need a diploma?
- Need to learn English?
- Need to practice for
Citizenship interview?

Black Doctors

Continued from Page 4
Caribbean American Dance Company, who cancelled their day’s practice in order to attend the event and their leader Judith Williams, who said: “Our students have become more aware of the

golden opportunities and what they can achieve.”
“It was a privilege and honor to participate in Black Doctors’ Day. It is vital that we be accessible taking an active role in empowering and encouraging our

youth. Because they see us, they can be us,” said Dr. Lenora Williams, OBGYN.
Coverage of the event was provided by Hartford Public Access

television and “The Jamaica Diaspora Show.” The featured doctors’ interviews for the show was conducted by Hartford’s Donovan Longmore. The televised version of

“Black Doctors’ Day” will air on HPATV coming soon. Look for a show date announcement on <https://facebook.com/www.hpatv.org/>.

Free Citizenship Class

February 27 and
March 26, 2020 at

CURET Caribbean Resource Center

1443 Albany Ave., Hartford, CT

Limited Space
Register a must!

(860)-247-0123

Seize The Day

For those of you who did not know, I attended the Morant Bay High School, a small country school in St. Thomas, Jamaica with the motto, “Carpe Diem.”

As I look back today, I am heartened and grateful for lessons and principles that were instilled in us students by some much invested teachers who really cared about our future. For me, it was not only what I learned at that institution, but more importantly, how I have used what I learned from that august place to guide my life..

Like many of my contemporaries I never really took high school seriously until I entered second form, and although I did not study Latin as a subject the school Motto, “Carpe Diem” began to have a significant meaning to me. “Seize the Day.”

What better way to inspire a child or anyone for that matter to make use of the opportunities presented? I really took



Thomas Aldridge

this mantra to heart, and still live by it today.

How can one seize the day? We all know that time and tide wait for no one, and yesterday will never come again. So what do we have? We have *today*, the most important day of the rest of our lives. How are we going to use it? Are we going to sit idly by and “ley-ley” according to the Jamaican vernacular, or are we going to use the time and opportunities given to improve our circumstances?

Many of us sometimes try to find all kinds of reprehensible excuses why we cannot pull ourselves up by the bootstraps, and because we think that our situation is someone else’s fault.

My dear old grandmother used to say “make hay while the sun shine.” I am quite certain that many of you have heard that saying multiple times over the years. Your life is your responsibility, and you were put here on earth to contribute to the wellbeing of humanity.

So how can you play your part unless you make full use of the time and opportunities afforded you?

When I was in Grade 3, we learned this little poem, and I am sure many of you must have learned

it or heard it repeated along the way. *“I pass this way but once, therefore any good thing that I can do for any living creature, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.”*

It is true, we will never have this day ever again. Can we say we used it well? Even if your response is in the affirmative, can you admit at the end of the day that you could have done better or a little more?

We are all imperfect beings and sometimes find it easier to retreat to our comfort zones than to step up to a situation that might be a little challenging for us. This should not be the case since we should strive to do our best when we face challenges and overcome them. You are the only one who can right your wrongs and achieve beyond your wildest dreams, as Nike puts it, “just do it.”

I am a driven person and I have always wanted to go a little further and go a little higher, even when there is not a clear path ahead; but my faith in myself has often led me on. I believe in getting things done today since for me, tomorrow is an illusion and may never come. I believe that all of us are allotted a certain number of days on this earth, so we should take each day as a gift and try to do something positive and rewarding.

One of my most motivating songs is, “Live Like You Were Dying” by Tim McGraw, which brings into focus how we should live our lives. I have always wanted to get things done today, to strike the iron while it is hot, so to speak. Remember that in the grand scheme

Continued on Page 7

Connecticut Podiatry Associates

Dr. Todd A. Bell, DPM

Offering comprehensive treatment for all foot conditions.

Specialize in diabetic foot care

Medicare and Medicaid insurances accepted

57 Jolley Drive, Bloomfield, CT 06002
860-286-9161

Saturday appointments available

BLOOMFIELD CHIROPRACTIC CENTER LLC



Dr. Sean Robotham

We have moved.
Our new address is:

37 Jerome Avenue, Bloomfield, CT 06002
Our New Phone #: 860-206-8198

FAMILY WELLNESS	PROFESSIONALLY HANDLE	SPORTS INJURIES
-INFANT/CHILD CARE	-PERSONAL INJURY	-SHOULDER TRAUMA
-NECK AND BACK PAIN	-WORKER'S COMP.	-CARPAL TUNNEL PAIN
-AGING JOINT PAIN	-AUTO ACCIDENTS	-KNEE PAIN



Spanish • American • West Indian Foods

1062 Albany Avenue • Hartford, CT
860-247-3172

Upgrade Your Skills

READING, SPELLING,
WRITING ENJOY
MATH

Instruction is free!
Register now for



FALL Classes

Hurry!
Act Now

CURET CARIBBEAN
RESOURCE CENTER

Call for more info:
(860) 247-0123

Senior Center Connections

By Fay Taylor

The Town of Windsor Senior Center offers many services for seniors. Recently, I visited the center and want to share my experience. The seniors sat together enjoying the day, having conversations with each other as they ate their lunch together. The lunch menu the day I visited included turkey with gravy and cranberry sauce, stuffing, broccoli, whole-wheat roll with butter, and a box of low-fat milk. I listened to all the chatter around me and noticed that the seniors seemed happy to be there.

The center is a place where seniors meet others, have a bite to eat, and play a game if they wish. They quench the loneliness they would have endured at their homes if there weren't a place for them to go.

It was then that the idea struck me to write about my experience at the senior center, informing others of the importance of this place; also, giving credit to the mastermind who invented it.

Programs such as bulb planting (that was what I attended the day of my visit), card games,

bingo, movie of the month, are entertaining and rewarding. The center provides trips to the malls, shopping centers, grocery stores, restaurants, fishing, and casinos. The Dial-A-Ride is very helpful for the seniors who are unable to drive and need a ride to the doctor and other places. They even offer exercise classes and inexpensive massage.

Each town has a senior center. I encourage all seniors to take advantage of it, especially if they live alone, or feel bored at home. It will certainly keep them active, feeling younger, rejuvenated, and less isolated.

Seize The Day

Continued from Page 6

of things, time is all we have, and we should use it wisely.

Remember you are never too old to set another goal, dream a new dream, or reinvent yourself. And to quote Agatha Christie, "the secret of getting ahead is getting started."

Yes, a journey of a thousand miles begins with one step, so please make that step today. I saw this quote in a

birthday card in December of 1979 and it has always stayed with me: "The moon and the stars you can hold in your hands. You can make it only if you try. So start with TODAY that is better than best. And build with each day passing by."

You can use these lines or any other quotes as a motivation, but whatever you choose to employ, just remember that time is all you have. Use it wisely. Blessings All!

News Briefs

Jamaica's Sunshine Girl Visits Cricket Hall Of Fame

HARTFORD, CT: Recently, Michael Chambers, executive director of the Cricket Hall of Fame welcomed members and friends to the Hall. They were there to meet and greet a member of Jamaica's netball team, Sunshine Girl Shadian Hemmings, who was on her way home from England. Shadian was visiting with her sister Daileann Hemmings, a resident of Bloomfield, Connecticut.

Hemmings and the team competed in a tournament in England January 19-26, 2020. The top five countries in the world competed for the Vitality Nation Cup. The Jamaican national team, the "Sunshine Girls," came in second place to New Zealand in the tournament.

Among the guests in attendance were Suzette Debeatham-Brown, mayor of Bloomfield and Bloomfield Councilman Rickford Kirton. The mayor presented Hemmings with a citation.

Dr. Dolton James, director of the Cricket Hall of Fame presented Hemmings with a Cricket Hall of Fame's Certificate of Appreciation for her hard work and dedication to the sport of netball. In his remarks, James said there is a need for the public sector and governments to show our athletes how much they are appreciated.

Hemmings accepted a certificate of appreciation from Ovid John, treasurer, of the Hall, on behalf of the Jamaica Sunshine Girls

for their outstanding performance in the tournament.

Joy Chance, executive director of the West Indian Foundation, presented Hemmings with a book entitled, "Winning Strokes," which Mike Chambers authored. Chance welcomed Hemmings to Hartford and wished her best of luck in her future endeavors.

Chambers explained that he noticed the Sunshine Girls and the West Indies Cricket team and noted that both teams had experienced similar difficulties in underperforming in crucial games, and that there are four essential items to become a champion: Mindfulness, Visualization, Emotional Intelligence training, and successful control of post-traumatic stress disorder.

Chambers encouraged Hemmings to read the book, practice the theory, and pass on the knowledge to her teammates.

Mahadeo Ajohdi, Hall of Fame's board member, presented Hemmings with a miniature cricket bat, which all at the event signed.

Hemmings thanked attendees for their hospitality and promised that if, and when possible, the Sunshine Girls would be happy to make a special trip to Hartford.

Hemmings was surprised when she was shown a copy of her plaque hanging on the wall at the Hall.



Gathering at Cricket Hall of Fame, greeting Sunshine Girl, Shadian Hemmings

Super Bowl Featured 'Jamaica, Heartbeat Of The World' Campaign

K I N G S T O N , JAMAICA: The Jamaica Tourist Board's newly unveiled 'JAMAICA, Heartbeat of the World' television advertisement made its Super Bowl debut on Sunday, February 2, 2020. Seeking to capitalize on the global reach of the game, the 30-second ad aired in the northeast markets of New York and Philadelphia as well as Chicago in the Midwest.

The campaign reflects the destination's new brand positioning, recognizing Jamaica's outsized influence on the world. With its new tagline JAMAICA *Heartbeat of the World*, the destination aims to take visitors beyond tourism to encompass all elements of Jamaica's rich and vibrant culture including music, cuisine, sports, adventure, nature, and wellness.

"The Super Bowl with its huge global appeal provides a great vehicle where we can position Jamaica as a global leader in travel and hospitality," noted Donovan White, Jamaica's Director of Tourism. "Jamaica continues to exert its influence in sports, music, culture and the arts and the new 'Heartbeat of the World,' ad seeks to reinforce Jamaica's larger than life personality. We hope those who have yet to experience Jamaica, will be convinced to do so."

The ad, set to Bob Marley's "Could You Be Loved" and re-recorded by his son Stephen Marley specifically for the campaign, encapsulates Jamaica's upbeat, vibrant, and soulful culture. For more information about Jamaica, please visit www.visitjamaica.com.

About Jamaica Tourist Board
The Jamaica Tourist Board (JTB), founded in 1955, is Jamaica's national tourism agency based in the capital city of Kingston. JTB

offices are also located in Montego Bay, Miami, Toronto and London. Representative offices are located in Berlin, Barcelona, Rome, Amsterdam and Mumbai.

TripAdvisor® ranked Jamaica as the #1 Caribbean Destination and #14 Best Destination in the World in 2019. Also this year, the International Council of the Pacific Area Travel Writers Association (PATWA) named Jamaica the Destination of the Year and TravAlliance Media named JTB Best Tourism Board, and Jamaica as Best Culinary Destination, Best Wedding Destination and Best Honeymoon Destination. Additionally, the JTB is declared the Caribbean's Leading Tourist Board by the World Travel Awards (WTA)

for thirteen consecutive years between 2006 and 2019. Jamaica also earned the WTA's award for the Caribbean's Leading Destination, World's Leading Cruise Destination and World's Leading Family Destination. Jamaica is home to some of the world's best accommodations, attractions and service providers that have won several awards throughout the years.

For details on upcoming special events, attractions and accommodations in Jamaica go to the JTB's Website at www.visitjamaica.com or call the Jamaica Tourist Board at 1-800-JAMAICA (1-800-526-2422). Follow the JTB on Facebook, Twitter, Instagram, Pinterest, and YouTube. View the JTB blog at: www.islandbuzzjamaica.com.

Fenton, NFL Player Jamaican Descent

The son of immigrants, Rashad Fenton and his brother were born in Miami-Dade County. Fenton gives considerable credit to his parents for supporting him toward his goals. He discovered his love for the sport of football during his formative years in Miami Gardens, where he learned to play with his classmates at Norwood Elementary School and Norwood Middle School.

He met his future South Carolina teammate Ken Thomas there. Hard Rock Stadium was an important feature of Fenton's childhood as it was located just a few minutes away from the home in which he grew up. At the time it was called Sun Life Stadium. The name changed several more times, from LandShare Stadium to Pro Player Stadium as well. Fenton continues to refer to the venue by its original name of Joe Robbie Stadium, however, a tribute to the founder of the Miami Dolphins team.

Fenton remembers walking to the stadium as a child with his family to watch the Dolphins and

Hurricanes play, and it was the stadium that he played with the Miami Gardens Bulldogs, a youth league team, during a Dolphins' game half-time.

As a varsity player during his high school years, he volunteered with teammates to work a concession stand at the stadium, making pizzas and nachos for fans. Fenton's talents as a football player attracted interest from numerous schools, including the University of Florida, Florida State University, and the University of Miami.

He ultimately decided to attend the University of South Carolina, where he stood out in his cornerback position and his work with special teams.

In an interview aired on Monday, January 27, 2020, on the Local NBC 6 news, Fenton expressed how happy he was to be back home in South Florida and that he was looking forward to eating curry chicken and rice and peas.

(Submitted by staff writer at Jamaica.com).

READ THE WEST INDIAN AMERICAN ONLINE

The hi-tech digital universe presents new opportunities for *The West Indian American (The WIA)*. As more people consume news online, the trend is clear. In addition to the print media, *The WIA* delivers news, advertisements, and special online features.

Now you can read *The WIA* anytime, anywhere, and available to you at your home, work, school, and can be downloaded from its website.

Access *The WIA* at:
www.wianews.com



**“We see progress
toward greater health and
well-being in our community.
And we’re committed to
doing more.”**

– James Michel, CEO
Access Health CT

During **Black History Month**, we celebrate health improvements in the Black community. Conditions like heart disease, cancer, and stroke have decreased as a cause of death among our older adults.*

Our mission is to connect you to quality health insurance plans, and to help make progress in reducing health disparities in the community. Make it *your* mission to **choose** your doctor, **use** your insurance plan, and **be well**.

We’re here to help you make that happen — visit ChooseUseBeWell.com


access health CT
Choose. Use. Be Well.

* The leading causes of death for Africa Americans 65+ have decreased from 1999-2015. Source: CDC.gov/vitalsigns/aahealth