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The Coach: Influencer Of Above-and-Beyond Mindset And Performance



Leon Fraser

The Olympic Games, finally! The mind-blowing superhuman feats and the thrills of the medal ceremonies generate excitement and joyfulness, and at times mixed emotions for some who did not win a medal or the color of the medal for which they aspired.

Indeed, while the Olympic Games bring together the world's finest exceptional athletes, there may also be an opening for countries to pause their conflicts with one another, at least for a while. This would be a laudable byproduct of the Olympics.

Have you ever given thought to what it takes for one individual to persuade another to undertake the herculean task of preparation for any athletic event? Have you ever composed a thread of thought, a thought pattern of persuasion, to convince someone, anyone, to assist you in a project? Did it work?

There are many persons aspiring to execute any number of particular athletic skills with a depth of precision that portrays a distinctive ease, which is easier said than done, but have they? Can they?

What role does a coach

have in nurturing a coachee relevant to the reality of the work and commitment that go into achieving success with a goal—particularly in the sports domain?

The coach is an individual with a particular depth perception to visualize another individual competing or soaring above others in competition, to a plane that even that particular individual athlete, sometimes, is not able to visualize for him/herself. The successful coach sees potentials, is an influencer who nurtures talents and elevates mindsets above and beyond a level an individual or group may not have envisioned.

Academic teachers, for example, are able to motivate and



mobilize students to attain and retain a certain level of academic proficiency that is commendable. Broadly speaking, a successful athletic coach across all athletic disciplines must be considered a super-teacher, super-motivator, one who super mobilizes and must do all of the above and more.

Physical Education (PE) is the base for all athletic prowess and as a consequence the education of the physical potential and limits. This is the realm within which the coach wields this tremendous sway.

Many people think of PE as playtime, which it is but the concept that is not associated with this

is the value and importance of 'organized playtime.' Physical Education is the awareness of the individual to the ranges and limits of the human body in executing simple and or extraordinary physical activity. The intangible taught also is that of sharing, cooperation, and discipline.

An effective coach must exhibit a striking balance of psychological as well as psychosocial awareness and exposes the athlete to the different rungs of maturation that the athlete must incorporate within the standard contingencies of a dynamic social system, which the coachee has to maneuver.

Think of first-time competitors as compared to seasoned participants who have "been there, done that." The title of coach is a coveted title that many aspire for; and many others love to be addressed as, and of course, there are many that will remain as "blow-whistle coaches."

In all sports, the coach is the person in whom all the players have developed a trust and respect for their demonstrated technical knowledge and spatial awareness. These traits are impactful for individuals being trained for execution of specific skills in the competitive arena.

The coach must also be the psychologist/psychiatrist who gently molds the character of individuals so that their egos remain in check and instincts show mercy.

There will be times when training and competition schedules conflict with a trainee's domestic/social schedules. The coach will be the mediator to encourage the athlete to visualize



Five Circles, symbol of the Olympic Games

and correctly choose the best option so as to guarantee there is balance in the social dynamics and psychosocial interactions.

In order for teams to perform at optimum even under duress, the coach must strive to maintain a particular demeanor because the individuals under his/her tutelage and guidance observe and absorb reactions to the stimuli that are presented. For example, in a soccer game, if the coach is in a constant complaint mode against a referee, players will adopt a similar attitude on the field of play, lose focus and possibly lose the game. Alternately, if the coach maintains a cool demeanor and extols players to play technical as opposed to being physical, such victories are more enjoyable.

For a coach to be effective requires a large dosage of intangibles that simply are not portioned out during the sojourn along the halls of academia, and is not acquired based

on an individual's social status, but rather on the adjustment of one's moral compass in combination with communal standards. Remember, we all learn from observation of learned behavior in the community within which we inhabit.

Athletes are usually the ones that get the platitudes and awards, yet few organizations take the time to honor the coach, except when it is financially expeditious to do so. Maybe, there should be a created category to right this glaringly obvious lack.

So when an individual ascends to that athletic pinnacle, it is a lot more than being the adult in the group of youngsters/players, or the individual with the clipboard and whistle, but one that has absorbed and practiced sufficient measures of the required intangibles.

Gallantry Of A Barbadian Nurse



Jim Z. Daniels

Although much of what Mabel Keaton Staupers, RN did was noteworthy, she never sought publicity or notoriety. She was committed and purposeful in challenging the status quo and demanding fairness for all, especially those who were determined to serve oth-

ers via the healthcare system. Her birthplace was the small island of Barbados, which she left at the age of 13 and with her parents arrived in New York.

Staupers received her nursing degree in 1917 from the Freedmen's Hospital School of Nursing in Washington, DC; today is Howard University College of Nursing. Although she began as a private nurse, she would go on to establish herself as a leading medical professional specializing in the recruitment of black nurses for various hospital and teaching positions throughout the country. Characterized as a visionary, courageous and determined leader, Staupers is most revered for the instrumental role that she undertook in eliminating racial barriers in the Army and Navy Nurse Corp as well as civilian nursing institutions during a time when racial segregation pre-

vailed in the country.

Staupers was instrumental in ending the United States Army's policy of excluding African American nurses from its ranks in World War II. In 1948, Staupers also successfully lobbied for full integration of the American Nurses Association. Early in her nursing career, Staupers was faced with the harsh realities of racism displayed by the military leaders who refused to allow Black nurses to enter the Army and Navy Nurse Corps. Even if it the health needs of the military could not be fully met by only White nurses. One example of the many instances where Staupers demonstrated her purposefulness occurred when she joined with black physicians Louis T. Wright and James Wilson in 1920, to establish the Booker T. Washington Sanitarium in Harlem. Its primary purpose was to meet the needs of

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Mary Keaton Staupers

Barbadian Nurse

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black Americans with Tuberculosis. Additionally, she served as the director of the Sanitarium from 1920 to 1921.

In 1922, her deep and genuine concerns to address, effectively, the health care needs of the

citizens of Harlem, further led to an investigation of possible reasons for the high incidence of TB in that community. Research findings set the stage for the city of New York to initiate the Harlem Committee of the New York Tuberculosis and Health Association, an organization she

served as executive secretary for the succeeding 12 years.

From 1934 to 1946, she was appointed as the secretary of the National Association of Colored Graduate Nurses (NACGN) and used this entity to organize local and state nursing organizations. In 1945,

all of her perseverance and persistence paid dividends as evidenced by the full integration of the Armed Forces, which culminated in the full integration of black nurses into the American Nurses Association (ANA) in 1949.

This momentous breakthrough led Staupers as president of NACGN to disband the organization due to the demonstrated evidence that its primary mission had been completed.

This affirmed that her leadership led to the recognition and acceptance of African American nurses into the broader context of American nursing. She authored the renowned book, *No Time for*

Prejudice, which annotated the free-will merger of the colored graduate nurses and the ANA collaborative relations across the continuum of national nursing organizations for the common good of the profession and the science across the United States.

Staupers received numerous awards for her racial equality and fairness advocacy efforts: the Springan Medal from the NAACP in 1951 and ANA Hall of Fame Inductee in 1996, just naming a few. She lived in Washington, D.C. from 1970 until her passing on November 29, 1989. Her legacy of tireless racial barrier shattering contributions to the profession of nursing continues to live on today.

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First Black Woman, Jamaican-Born, Elected President Of Broward County Bar Association



Alison F. Smith

Photo: Broward County Bar Assoc.

By Stephanie Korney
Jamaicans.com

Alison F. Smith, Esq., an attorney at Weiss Serota Helfman Cole & Berman, has been elected president of the Broward County Bar Association (BCBA) in Florida. She will be the first woman of color to serve as the organization's president in its nearly 100-year history.

Smith said she was "excited" about her new role and considers it a "privilege and an honor" to represent the BCBA, which was founded in 1925. She said she is taking the position as president with "utmost seriousness" and is "humbled" about the opportunity to lead the organization.

Smith was sworn in as Broward County Bar Association

(BCBA) president-elect on July 2, 2021. She will officially take on the role in 2022. A member of the BCBA, she has previously served as chair of the Government Law Section, co-chair of the Bench and Bar Convention, secretary, and treasurer on the Executive Committee. She was also instrumental in the development of a BCBA program called "Ignite Your Passion" in partnership with Broward College. The program focuses on pairing minority students with experienced professionals who can offer them guidance, support, and encouragement.

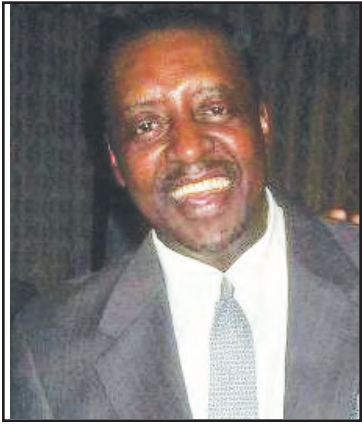
According to Braulio Rosa, the BCBA executive director who has known Smith for nearly ten years,

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A Reflection: Power Of Sports



Leon Fraser

The sports platform has powerful muscles that can be impactful if properly managed. Besides lucrative financial standings not only for the sportspersons themselves, there are sponsors, contracts and obligations. Athletes' extraordinary talents and skills accomplishing phenomenal feats are breathtaking. In addition, they are in a league of their own to endorse humanitarian goodwill.

Taking it to another level, sports' powerful muscles can be influential in other ways, including as a timeout between warring nations, at least for a while; a pathway to global unification; an ice-breaker creating new circles of friendship; and a way for reaching out to individuals of certain age and income brackets; there are many other possibilities of sports influence.

Knowing the power of sports, I wish that talking heads that regurgitate ill-conceived truths could realize the value of sports and use it accordingly, bringing sports sharply into focus with subtle but powerful effects.

Some politicians knowing the power of sports have used it accordingly in a good manner. For example: Jimmy Carter, during his presidency, used his Ping-Pong policy and opened dialogue with China; Hitler, in a particular manner, in his attempt to strengthen a specific narrative, harnessed the power of sports and used it to his advantage. The Palestinians used the platform of the Olympics to make a point against Israel.

Some western countries have used sports as a tool to boycott the Olympics one season, and another group decided to do the same, in a particular retaliatory manner the next season, even though the athletes were ready to perform. On the other hand, athletes, too, are known to make powerful influential state-

ments by protesting positions they deem are misguided, in the wrong and do not connect with the athletes' viewpoints.

The sports stage enabled some sportspersons to become influencers and others to be influenced by those in the orbit, especially if that is considered being part of the process of changing a particular narrative and spreading the wealth.

Clearly, the sports podium is an engine that can and should be used to mobilize a country to fulfill its social obligations, allow a city to take a collective breath and then exhale for the benefit of the entire community.

At sports events entrepreneurs of the concession, ticket window agents, security, and an entire cadre of personnel whose tasks are centered on facilitating a specific sports event, are just a synopsis of a slice of the power of sports. Any and all sports have a distinct impact on the community in which they are based. This is why cities do cartwheels to have a professional sports team in their city or town, not mentioning the wider tax base it provides.

The awareness of the power of sports and giving athletes the platform from which they speak, causing other power brokers to begin the process of scrutinizing ways and means to undermine this particular facet of growth for the athletes. In so doing, the intent is to reduce the influence and status of athletes.

There is a concerted move,

under the guise of pandemic reform, to take the knife to sports programs nationwide and a willful attempt to undermine the eventual graduates and their platforms, especially so since the Supreme Court has decided that athletes are entitled to benefit from the use of their likeness and images. Some prominent college campuses have made sweeping announcements as to how they will reduce or laminate completely, the various sports programs, as a cost-cutting method.

Athletes must now begin to position themselves to become more than just physical participants, but more of management participants to make changes. Some players are doing so, most notably LeBron James, American professional basketball player.

More should follow and join his path to a particular freedom and never allow the uninformed talking heads of a similar ethnicity, but lack the cognitive emancipation from gaining traction in the perception archives.

State of Affairs at Jamaica Sports Ground

For me as a Jamaican, the power of sports in Jamaica is of particular interest because of how sports are venerated. Jamaica has shown the world its dominance in track and field competitions, and that it does not have to be dominated by major countries that have the financial resources to inject in any sport, track and field in particular.

I focus on track and field because it is on an individual basis that differentiates the performance of

the athletes. Moreover, the sport uses fewer resources than team sports in the sense that to start the sports it takes a good pair of all-terrain running shoes, along with some good pointers.

As a country at a ripe age of 59 years, Jamaica has reached full adulthood, readying for retirement at 65. There are points to ponder leading up to those years fully to get to that stage of independence that is required of someone at that retirement age, and a country as well.

During Jamaica's early years of development and competing initially under the colonial banner, this gave the country a chance to grow into some of the practices adopted from the colonial mentors and of course added our flavor to this mix.

As the years went by and we got better, because we were stronger based on activities for daily living and dietary practices, we continued to excel, and up to this time have certainly placed dominance in certain events in the track stratosphere, pulling field events along.

Jamaica's sports excellence was not a flash in the pan or an accident of circumstances by the individual, but rather a rigorous development of the base of skills from kindergarten age to the international level.

At the 2016 Olympics in Rio, a commentator made mention of our excellence in the relay, stating the fact that we teach these skills in organized physical education classes in the schools. That commentator, now representing USA, had early childhood teaching in these classes.

The G. C. Foster College in Jamaica was created with a clear-cut intention: To enable us, as a country, to identify and develop our own talented athletes instead of sending them to other countries for higher learning and in the process to compete for these foreign institutions. Doing so makes the institutions become standout places of learning and like beacons for their alumni to boast about and guarantee large financial donations and endowments.

Granted that we do not have as many colleges as exists in other large countries, we have developed world-class athletes in Jamaica by providing higher

learning in their field of choice at the few institutions that we do have. There cannot be a better example than Bolt, Fraser-Pryce, Gayle, and many others. Marlene Lewis made her debut in the world while as a student at GC, so too did Devon Morris. That trend still holds true to this day with limitless potentials in Jamaican students studying abroad.

We give an extra special recognition to the PE Teachers that teach the classes, arrange the races through bush sometimes, mark the tracks for sports day, prepare the Wicket for cricket, ask the welder to prepare goal posts for netball, ask the wood work department to get some wooden batons for practice (at least during my time) and all the other factors that go into getting an athlete of any discipline to a pinnacle of success and to glisten our brand, Team Jamaica.

All we ask in return is that some of the beneficiaries give back; help to provide scholarships; help in the construction of more indoor space at the site so as to improve the facility; ensure budgetary allocations are earmarked for specific functions; bring the Sligoville facility up to par and have it as a functioning facility for athletes to utilize for training, to use as an adjunct for other programs spearheaded at the Ariguanabo facility; ensure that all additional facilities being built by overseas agencies have caveats for graduates to be part of the staff; coordinate more with the white elephant to get graduates in facilities island wide; more cooperation and coordination with spending on facilities from the Sports Development fund; and much more that cannot be itemized here.

If only we could get to a Platinum Series in the Caribbean. This platinum series would be one that encourages serious competition between Caribbean high school athletes, and provides a comparable earning similar to the pro circuit. This semi-pro series would entice athletes to continue to perform at an elite level, secure some financial rewards towards higher education, or begin to prep for the professional league.

Of course, there are multi-layers that must be navigated to get to that plateau. This could also encourage other Caribbean islands to offer higher learning to qualified athletes from the region. The possibilities are endless.



Elaine Thompson-Herah, sprinter of Team Jamaica, celebrates after winning the gold medal in the Women's 200-Meter at the Tokyo Olympics. Photo: Jamaicans.com

First Black Woman, Broward County

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Alison Smith is "a smart, thoughtful and energetic leader" who understands that a Bar Association must manage a balance of business and service.

Mitch Burnstein, the managing director of Weiss Serota Helfman Cole & Bierman, said lawyers in Broward County will be well served by Smith's commitment and passion at the BCBA, and those who work with her have seen her apply the same level of commitment and passion when serving her clients.

In her role as president, Smith will be in charge of an organization comprising almost 4,000 members, 19 practice sections, 19

committees, and 3 affiliate organizations, which include the Association of South Florida Mediators and Arbitrators, the Collaborative Family Law Professionals of South Florida, and the North Dade Bar Association.

Smith grew up in Jamaica and knew early on that she wanted to be a lawyer. Her father practiced criminal defense law, and her sister became a lawyer as well. Shortly after she moved to the United States, she became the valedictorian of her law class at Nova Southeastern University. She graduated magna cum laude from the Shepard Broad College of Law at the University. Before law school, she earned a B.S. in Psychology

with a minor in Legal Studies at Nova Southeastern University.

She became the first black woman to be named partner at her Hollywood, Florida, law firm, which had been in business for a quarter of a century. As an attorney, she advises municipalities on labor issues, litigating when necessary. Smith has also influenced the legal community in her role as president of the Caribbean Bar Association of South Florida. She is on the board of directors for Legal Aid and is a member of the Florida Association for Women Lawyers.

Her legal practice focuses on labor and employment, municipal, appellate, and administrative and regulatory matters.

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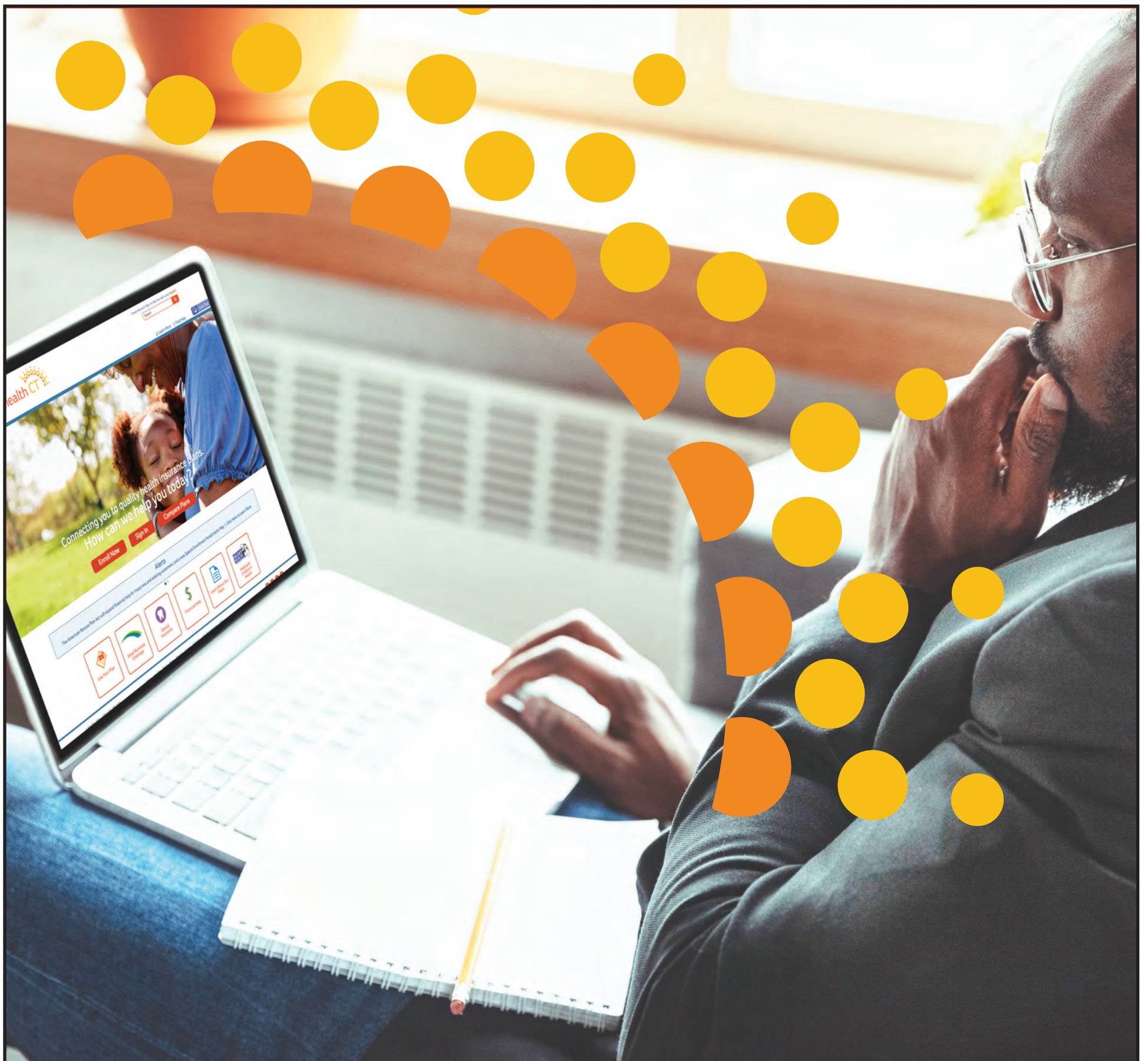
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