

# The West.Indian American

Serving the Caribbean/American Communities of Connecticut

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June (5-8) is Caribbean Week in New York. It is also the beginning of National Caribbean-American Heritage Month.

And according to U.S. President Joseph Biden, "It is time for America to celebrate the achievements and dreams of the millions of people of Caribbean origin now living in the United States, while honoring the shared history of joy and perseverance that has united and enriched life across our region for centuries."

In a proclamation to mark

National Caribbean-American Heritage Month, the leader of the free world claimed there is no single Caribbean American identity. "The mix of cultures, languages, and religions alive across the United States and the islands reflects the diversity of spirit that defines the American story," he reasoned, affirming that "our countries are bound by common values and a shared history — overcoming the yoke of colonialism, confronting the original sin of slavery, and charting new opportunities across borders

and generations."

President Biden noted that Caribbean Americans, from Alexander Hamilton to Colin Powell, have contributed to the United States in the most profound ways. "Today, pathbreakers like Supreme Court Justice Sonia Sotomayor continue advancing our work toward a more perfect Union. I am especially proud of the extraordinary leaders of Caribbean heritage now serving in my Administration — from Vice-President Kamala Harris to Secretary of Education Miguel

Cardona, Secretary of Homeland Security Alejandro Mayorkas, and White House Press Secretary Karine Jean-Pierre.

"And I take equal pride in the generations of Caribbean Americans who literally built this country — bringing tremendous hope and energy to bear as small business owners, teachers, health care workers, military service members, union organizers, community leaders, and so much more."

A central promise of America, the U.S. leader affirmed, is the idea that everyone is created

equal and deserves to be treated equally throughout their lives. "It is a cornerstone of our common heritage in this hemisphere, even as we keep striving to finally make that vision real. Caribbean-American Heritage Month is a chance to celebrate the rich diversity that covenant has brought us and to renew its promise for future generations of Caribbean Americans and for us all," he noted.

(Source: Caribbean Tourism Authority. [Info@marketplaceexcellence.com](mailto:Info@marketplaceexcellence.com))

## Jamaican From Saint Catherine Appointed As Senior Bioscientist In US

By Stephanie Korney

Jamaican Jemar Bather, who is a native of the parish of Saint Catherine in Jamaica, has completed his Ph.D. in Biostatistics at the Harvard University T.H. Chan School of Public Health and is now working at Merck as a senior scientist in biostatistics. In his new role, Dr. Bather will collaborate with physicians to develop new medications for individuals living with infectious diseases.

### Bather's Background:

Jemar Bather was born in Jamaica and raised in the Bronx, New York. He credits his mother, who had migrated to the United States to pursue a better life, with encouraging him in his interest in mathematics. Despite working full-time and attending community college, his mother found the time to help him with his math homework. She also obtained a scholarship for him to attend a private school in the Bronx, St. Nicholas of Tolentine, to give him the best chance at succeeding in mathematical sciences.

### College Attendance:

Bather enrolled at Pennsylvania State University (PSU) and majored in statistics. He was chosen to serve as a teaching assistant for PSU's introductory statistics course, was inducted into the Statistical Honor Society, and joined the Statistics Club. After his graduation, he worked as a data analyst in the nonprofit sector to improve the

academic outcomes for low-income children.

### Interest In Statistics Spurred At Penn State:

Bather's interest in statistics began when he was an undergraduate student at Penn State working with Dr. William Harkness. He was made aware of the many opportunities available to someone with a degree in statistics, and he has since applied biostatistical methods to many areas of research.

Bather believes he can make a positive impact on the field of biostatistics, particularly in terms of making the profession more diverse. He is supportive of initiatives that are designed to raise the percentage of minorities in the field. He is also interested in contributing to the study of risk factors relating to mental health disparities.

### Advanced Degrees:

Prior to attending Harvard, Bather earned a master's in applied statistics at New York University, and a master's in biostatistics from Harvard. He is experienced in statistical analysis, technical writing, and teaching. He led a collaborative effort to study neurodevelopment in children with perinatal HIV exposure.

### Extensive Experience:

After earning his master's at NYU's Steinhardt program in applied statistics for social science research, Bather was a research assistant at the College of Global



Dr. Jemar Bather

Photo: Official Twitter Page for Dr. Jemar Bather

Public Health in the biostatistics department of NYU, building statistical models to address health disparities in obesity, breast cancer, health literacy, and decision making

among patients. While at NYU, he served on the planning committee of the Diversity Mentoring Program and StatFest of the American Statistical Association, receiving a

President's Service Award for his leadership skills. He is also the founder of NYU's chapter of Mu Sigma Rho, the national statistics honor society.

(Source: [Jamaicans.com](http://Jamaicans.com))

# Sports: First Annual Hartford Relays

By Leon Fraser

Sports, in any form, is one of the great unifiers of all people as it creates agony and anguish; fun and laughter; excitement and disappointment in any language, and also enables those that are unable to perform at that level, the opportunity to enjoy that special moment in a vicarious way.

Along the northeast corri-

dor, here in the USA, there is a large Caribbean population that loves sports, in any and all forms. Track and field is one of the biggest draws among this particular niche crowd. Every year scores of travelers prepare and journey to the annual relay fiesta in Philadelphia which has become the unofficial reunion ground for Caribbean nationals in the Diaspora,

whether they are involved as coaches and athletes, or just relatives, friends, and associates. This is the place to be and be seen by many in the sporting fraternity.

Having seen this development over the years as an athlete, coach and organizer I looked at the possibility of creating one such event here in the northeast and the likelihood that there might be others in the works to do the same. One began in Miami years ago but didn't continue, for whatever reason, and nothing else was on the horizon that could be identified.

With my experience of creating one such event back in Jamaica in the early 1980s, that grew from strength to strength with the potential to be great. It fizzled and died after my migra-

tion but not before it gave birth to another of the same further east of Port Antonio, Portland, in the adjoining Parish of St. Thomas, notably Morant Bay, known as the Morant Bay Relays, mine was the Mortimer Geddes Relays, that went on for three years.

With this experience, knowledge and years of observation, I decided to seek and acquire financial assistance so as to replicate this type of event, in this area, that does not have a specific quality of open competition for any one in the discipline of track and field. In any new venture there will be growing pains as the event gets settled in its place, and the players adjust their schedules and calendars to accommodate such, but years of experience taught me what no scholastic model could have, and

that is as long as the event meets certain outdoor standards, the public will come out to support it and the competitors will show up for what it has to offer.'

To this futuristic magnificence, on SATURDAY JUNE 24, 2023, beginning at 8 am at the Weaver High School track on Granby Street, we will be the host of the inaugural HARTFORD RELAYS.

We would like as many teams as possible to log on and register so the event can be memorable and remarkable and can add to the rich tapestry and athletic history of Weaver High, and a delightful addition to the quality of life for the Hartford residents and visitors. Sponsors and volunteers are always welcome to guarantee the success of any venture. Thank you all.



**1ST ANNUAL HARTFORD RELAYS**  
presented by Jyrashanz Sports

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**LOCATION:**  
Weaver High School Track  
415 Granby Street, Hartford CT 06112

**DATE:**  
Saturday  
**June 24, 2023**  
Time: 8:00AM to 5:00PM

**MUSIC: DJ Q BOOGIE**  
**FOOD TRUCKS**

**Let's Race!**  
Relay Races: Ages 5-95yrs are welcomed  
Gate Entry Fee: \$10.00 Free: Children 7 Under  
Relay Teams Entry Fee: \$40.00 teams consist of 4-6 Individuals  
Individual Participant: \$10.00

**Register: www.hartfordrelays.org**  
**Registration Deadline: Wednesday, June 22nd 2023**

Contact Info: Leon Fraser or Marilyn Tomlinson  
phone: (959)867-085  
email:hartfordrelays@gmail.com

**www.hartfordrelays.org**

   hartfordrelays

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# Overview: The Island Of Jamaica



- [Roxborough \(Manchester\)](#)
- [Moore Town \(Portland\)](#)
- [32 Market Street \(St. Ann\)](#)
- [Sam Sharpe Square \(St. James\)](#)
- [Accompong \(St. Elizabeth\)](#)
- Churches**
- [St. Peter's Church \(Clarendon\)](#)
- [Coke Methodist \(Kingston\)](#)
- [St. Mark's Anglican Church \(Manchester\)](#)
- [St. George's Anglican \(Portland\)](#)
- [St. Andrew Parish Church \(St. Andrew\)](#)
- [Our Lady of Perpetual Help \(St. Ann\)](#)
- [Mount Nebo Baptist Church \(St. Catherine\)](#)
- [Salter's Hill Baptist \(St. James\)](#)
- [Annotto Bay Baptist \(St. Mary\)](#)
- [St. Thomas Parish Church \(St. Thomas\)](#)
- [Falmouth Parish Church \(Trelawny\)](#)
- [Savanna-la-mar Baptist Church \(Westmoreland\)](#)

Jamaica is the third-largest island of the Greater Antilles and the largest English-speaking territory. Situated south of Cuba and west of Haiti in the North West region of the Caribbean Sea, Jamaica has a maximum length, from east to west, of about 235 km (146 mi); the maximum width being around 80 km (50 mi). The total area of the nation is approximately 10,991 sq km (4,244 sq mi).

Recently regarded as an archipelagic state by the Maritime Areas Act, Jamaica's territory extends beyond its coastline to comprise some 66 islands, rocks and cays.

The island is divided into three counties – Cornwall, Middlesex and Surrey – which are subdivided into 14 parishes: Kingston, St. Andrew, St. Catherine, Clarendon, Manchester, St. Elizabeth, Westmoreland, Hanover,

St. James, Trelawny, St. Ann, St. Mary, Portland and St. Thomas. Each parish has a capital town, which is typically the centre of commerce and two parish capitals, Montego Bay in St. James and Kingston, have city status. Kingston, located on the island's southeast end, is Jamaica's capital and the largest city and a large commercial seaport.

The population of Jamaica is 2,711,476; area; 10,991 sq km (4,244 sq mi); official language is English; and currency is Jamaican dollar (JMD).

**Governmental Structure**  
 Unitary  
[Parliamentary Constitutional Monarchy](#)  
**Legislature:** [Parliament](#)  
**Upper House:** [Senate](#)  
**Lower House:** [House of Representatives](#)

**PARISH PROFILES**

**Surrey**  
[Kingston](#)  
[St. Andrew](#)  
[Portland](#)  
[St. Thomas](#)

**Middlesex**  
[St. Catherine](#)  
[St. Mary](#)  
[St. Ann](#)  
[Manchester](#)  
[Clarendon](#)

**Cornwall**  
[Hanover](#)  
[Westmoreland](#)  
[St. James](#)  
[Trelawny](#)  
[St. Elizabeth](#)

that attest to landmark events in our nations history are protected and available to this generation and those to come. Here is a selection of national heritage sites in Jamaica:

**Heritage Sites by Parish**

- [Clarendon](#)
- [Hanover](#)
- [Kingston](#)
- [Manchester](#)
- [Portland](#)
- [St. Andrew](#)
- [St. Ann](#)
- [St. Catherine](#)
- [St. Elizabeth](#)
- [St. James](#)
- [St. Mary](#)
- [St. Thomas](#)
- [Trelawny](#)
- [Westmoreland](#)

**Heritage Sites & National Heroes**

- [Blenheim \(Hanover\)](#)
- [Gordon House \(St. Andrew\)](#)

**Schools**

- University of the West Indies (Kingston)
- [Northern Caribbean University \(Manchester\)](#)
- [Jamaica College \(St. Andrew\)](#)
- [Mico College \(St. Andrew\)](#)
- [Munro College \(St. Elizabeth\)](#)
- [Hampton School \(St. Elizabeth\)](#)
- [Manning's High School \(Westmoreland\)](#)

(Source: Jamaica Information Service)

**For more information please visit these sites:**  
<http://www.jis.gov.jm/ja50/v2/content/feature/parish-profiles/>  
<http://www.jnht.com/>  
<http://www.nlj.gov.jm/content/government-jamaica-documents>  
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## Health & Wellness

# Chronic Kidney Disease



Dr Laurice Howell

Chronic kidney disease is diagnosed when you have abnormal kidney blood tests, abnormal urine tests, or abnormal kidney imaging that continues for at least three months. Kidney disease is considered a “silent disease” because most people do not know they have kidney disease until the damage has progressed to an advanced stage.

There are five stages of the disease, and this is based on how effectively the kidneys are

doing their main job of cleaning the blood. The stages are determined based on what is called the glomerular filtration rate or eGFR. This rate approximates the kidney function that a person still has working, out of 100 percent.

At stages 1 and 2 there is a mild reduction in how effectively the kidney is cleaning the blood. Additionally, kidney function declines as we age. At stage 3a, the kidney’s ability to filter decreases even more.

At this stage, you may be referred to a nephrologist; and a dietitian who will collaborate with you to help slow the progression of kidney disease. Stage 3b shows a greater decrease in kidney function.

You should continue to work with your nephrologist and dietitian to help slow the decline in kidney function. Stage 4 is more advanced.

During stage 4 it is important to have a discussion with your nephrologist about what to expect should the kidneys fail (stop working); learn about dialysis alternatives, including kidney transplants. You should also meet with a team of care providers to help guide you on

how to best take care of yourself. Stage 5 is the most advanced stage of kidney disease and dialysis may be an option if you were not able to secure a donor or receive a kidney transplant before your kidneys fail.

The most common causes of chronic kidney disease in the United States are diabetes, hypertension, polycystic kidney disease, glomerular disease, lupus, and complications due to long-term use of medications such as Aleve or Motrin. Rare diseases and birth defects are also causes of chronic kidney disease.

The following conditions and behavior will make kidney disease progress faster; long-term use of Advil, Aleve, Ibuprofen, Motrin, and naproxen; uncontrolled blood sugars, uncontrol blood pressure, uncontrolled cholesterol, obesity, and smoking. Symptoms of chronic kidney disease usually occur in the late stage and include feeling tired, decreased appetite, having a metallic taste in the mouth, swelling of the ankles, and itchy skin,

Some complications of kidney disease include high blood pressure, fluid overload, abnormalities in your potassium, acid, calcium, and phosphorus levels, anemia

and iron deficiency, bone disease, and poor nutrition

Help take care of your kidneys by keeping your body hydrated, drinking water throughout the day, avoiding or limiting the use of the medications listed above, managing your blood sugar and blood pressure as well as your cholesterol, and losing weight if you are overweight. If you smoke, get help in quitting. Your kidneys are important. Take care of them.

*(Dr. Laurice Howell HRD, LD, CBC, can be reached at: drhowell@plannedlifestyleandnutrition.com*

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