

# KOTCH

CARIBBEAN

OUR PREMIER FEATURE  
Guyana's  
Mike Singh

## Immigration

Antioxidants  
Part of the  
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**INTERVIEW  
WITH THE  
HONORABLE  
STANLEY  
MOORE**

*House of  
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## *Publisher's Note*

### Fellow Caribbeans:

Welcome to another exciting issue of Kotch, where our awareness of our deeper self serves as our foundation for living full, rich and spiritually sound lives. The journey is made more profound as we use the purpose driven path of the life and challenges of members of our Caribbean family as our inspiration.

In this issue we have featured two outstanding Guyanese nationals in Mike Singh and The Honorable Stanley Moore of Guyana. Despite coming from the same country, each brings unique insight and perspective in heritage, acculturation, experience and exposure that motivated them to live their passion. Both individuals have pulled from the deep recesses of their formative years to share what we hope will be deeply inspiring to our readers.

We are also happy to inform that at long last we have now introduced the fashion segment in this issue of

Kotch. The outstanding Jamaican designer Glenroy Marsh who creates his D'Marsh designs out of New York should be as renown in the Caribbean as he is internationally. Marsh's fashion forward expression is partly influenced by his early training at the American Academy of Dramatic Arts and Caribbean fashion house Uzuri International, but he has since been delivering on his unique brand with a flair for fab couture and ready-to-wear designs that he describes as "a new innovation combination." Form fitting and flattering, these designs clearly embody his vision of sophistication and style.

Not to be left out of the loop we have also included Chef Irie's tantalizing Jamaican recipes especially for our foodies. Enjoy, enjoy, enjoy.

One Love,  
Marlene



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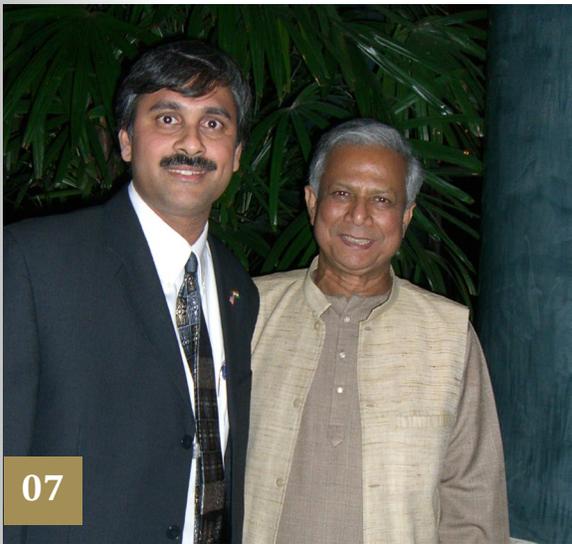
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# Guyana's *Mike Singh*

*This may be the most hodgepodge interview that I've ever done and this is without apology. There are just too many areas that I need your thoughts on. I must tell you that there are very few people that I have met in life that I count among the biggest and littlest people I know and you are among them. I know that you can put that in perspective. What makes you so?*

**F**irst and foremost, I am the product of two different cultures – mainly being the offspring of persons of East Indian and European descent. To be exact, my

ancestors from the Indian subcontinent hail from Peshawar (present day Khyber-Pakhtunkhwa area of Pakistan near to the Afghan border), the Northern State of Punjab (present day Multan in Pakistani Punjab), Madhya Pradesh (City of Gwalior). They came from Cologne, Germany on the European side.

I am essentially of Rajut and Pathan blood (both are strong fighters that even Alexander the Great

and the Mughal Empire could not subdue) and my great, great grandfather was part of the uprising against British rule in India in the 1857 Indian War of Independence by supporting the Rhani of Jhansi - Laxmi Bai. They were betrayed and captured by the British whom in turn sent him and other family members to then British Guiana so may be this explains my willingness to speak up against social and moral

injustices irrespective of a person's race, color, creed or class. It runs in my blood – so I am always a leader because Rajputs are the warrior and princely class in India for thousands of years and hence my word is always my bond.

My grandfather was also a member of the “Faj Hind” or the Indian National army together with the great Indian freedom fighter and independence hero – Netaji Subhas Chandra Bose and was in India in the 1930s and 1940s. So I am very much the humble descendant of a family that have a historic track record of taking up the cause for human freedom, dignity and equality wherever they were.

My grandfather from my maternal side was a Brahmin priest and my fraternal grandfather was also a Brahmin priest but I grew up close to a Masjid (Muslim Place of Worship) which I would visit to learn about Islam. I also attended Sunday school and was taught by the Jesuits at one point, so the concept of religious tolerance and diversity has been part of my life from day one. I love both Islam and Judaism with equal fervor and I can recite both the Torah and the Holy Koran and no one in my family ever stopped me because we all believed in tolerance, compassion and forgiveness. My grandparents had also adopted and helped to raise

an orphaned black teenager as their own son and who saw my mum and her siblings as his own brothers and sisters.

In fact, during the race riots of the 1960s in then British Guiana, it is the presence of this person that saved their thriving grocery from going up in flames or them being massacred.

My beloved wife on the other hand is a mixture of Indian, Chinese and Portuguese. She learnt French and I learnt Spanish. She loves the Mediterranean Region in terms of its cuisine, culture and music and I am at home in the Middle East, South Africa and South-Central Asia.

Essentially, we are all global citizens and nothing less. We both love Israel and the United Arab Emirates. However, for me two places I love the most are Chile and South Africa. Haiti and Rwanda occupy a special place in my heart together with my beloved Afghanistan.

My grandmother was the single most important woman and influence in my life, I believe more so than my mum, because she inculcated in me very strong morals and values which I held onto most deeply and those are courage, respect, integrity and compassion as well as live within your means, pay your bills on time and save for a rainy day. She

also insisted that I marry a Chinese girl and I found the whole gamut in my beloved and loving wife without whom I might not be who I am. She is flawless in my eyes and heart and she is God's greatest gift to me.

She was raised with very strong morals, values and an unparalleled work ethic and like myself believes in creating a Guyana where everyone can be part of a bigger, better and prosperous future. In fact, she is of Chinese, Indian and Portuguese ancestry so in many ways I have hedged my bets as between the two us – we have basically gotten three quarters of the BRICS countries covered (Brazil, Russia, India, China and South Africa).

My late father taught me that the most important thing in life is to lift another human being out of poverty, so this at the core, is who I really am – a humanitarian at heart and a global citizen at large. My fraternal grandmother lost her sight after giving birth to her last child so I have a fiduciary responsibility towards mankind as a whole and especially those that are otherwise enabled. My first school teacher was a Black woman that was also a Polio survivor, my best friends at school (The Beresfords) were Black and so were my other pals such as Keith Bernard (mixed race), Michael Field (a real Guyanese ‘cook-up rice’ in terms of ethnic

composition) and Ricky Sue-A-Quan (Chinese). Mrs. Shirley Greene was another important influence during my primary school days.

In fact, I owe the African community an immeasurable debt for the love, friendship and compassion, and the world knows of the great friendship I enjoyed with late President Hugh Desmond Hoyte and the late Mrs. Joyce Hoyte of Guyana who both truly loved me like their own son.

I was bequeathed with the blessing of a fabulous library by my grandfather and dad, so knowledge, tolerance and great cuisine was, and still is, all around me. I have been a great student of both history and geography as well as economics, hence I have the blessing of being able to read the tea leaves so to speak in terms of understanding historic trends and cycles. We are once more in the era of multi-polarity similar to the 1800s when there were three dominant European powers in the form of Great Britain, France and Prussia but today we have the USA, China, India, Brazil, South Africa and others.

*You are Guyanese by birth so I know you can help me with some clarification here. There are some people who see Guyana as a quasi-apartheid society. Some say it has to do with the difference in culture and some say it has to do with inequitable distribution of wealth. How do you view this?*

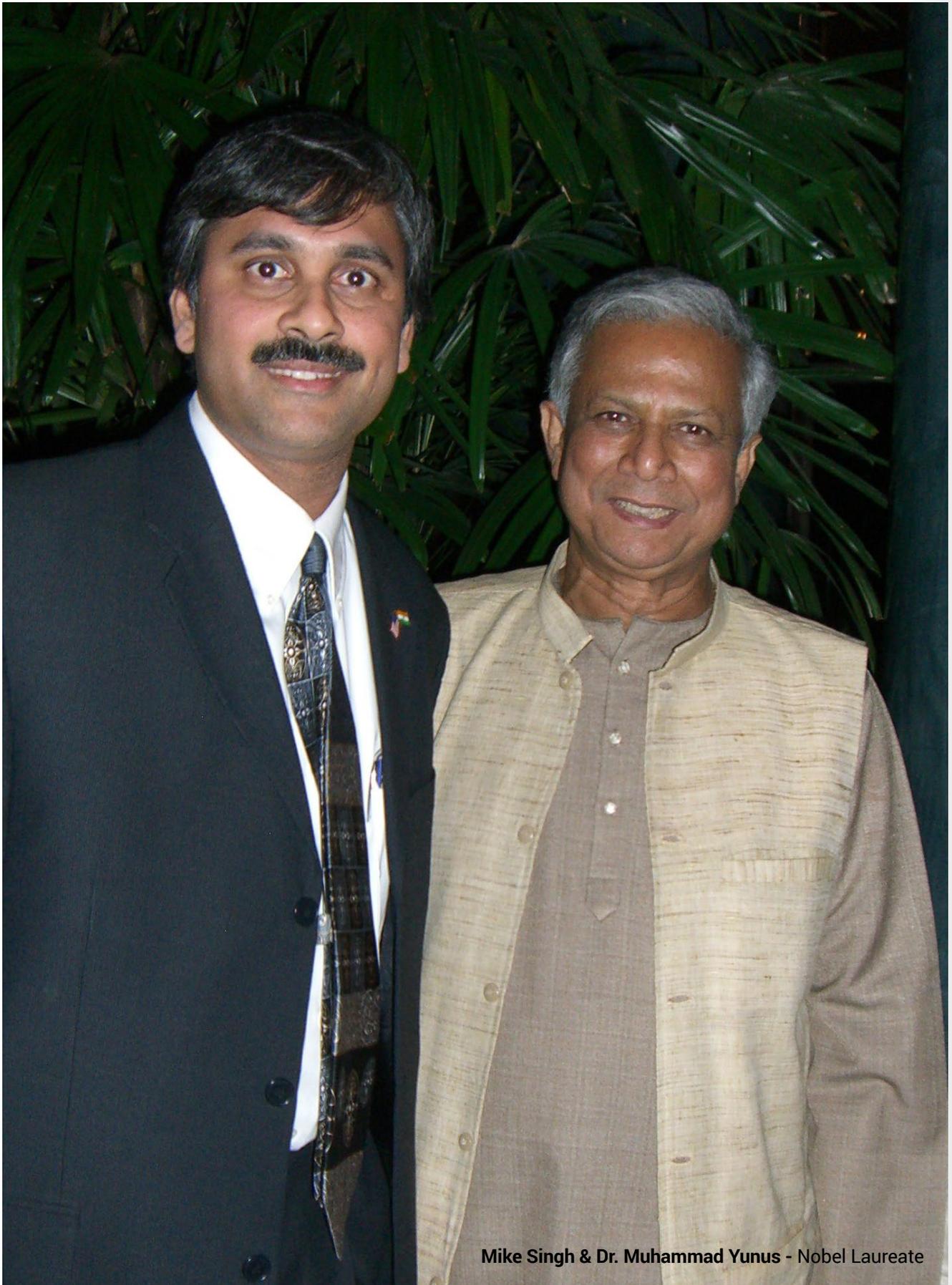
**G**uyana is a multi-cultural society with six different races consisting of the indigenous Amerindians, Africans, East Indians, Chinese, Portuguese and a sprinkling of whatever you can term as being of European extraction. The reality is that the East Indian community is by far the largest ethnic group followed by persons of African descent. However, there have been patent socio-economic and moral injustices that have been perpetrated over the past twenty three years against all Guyanese, but more so against persons of African ancestry which has left many persons in a state of arrested development. We need a system that creates opportunities for each and every one irrespective of their race, color, creed or class. We need some kind of 'affirmative action' for those that have been left behind.

**(1)** We need to look beyond the realm of 'Apanjhaat' or race based politics in Guyana because not only is it immoral and sinful but it defies reasonable logic because development can never take place without full social inclusion and participatory democracy which I salute the newly elected President David Granger for. He has made inclusion of all Guyanese the key factor in his admirable call for national unity and inclusion irrespective of race, color, creed or class.

**(2)** I go a step further in saying that a divided nation cannot stand

and as such each and every Guyanese must learn to love, respect and be each other's keeper. Fifty years of racial distrust, injustices and violence that was caused by the Cold War cannot simply go away but I am certain that if we all learn something from Gandhi, Martin Luther King Jr., and Mandela - then we can make not only Guyana but the world a better place. We simply cannot afford to look back, we have to look forward with renewed hope for a brighter, better tomorrow for all of mankind, but more so in the context of my beloved Guyana. We can, we must and we will.

Guyana can do well to learn from the painful tragedies of Bosnia-Herzegovina, Rwanda and Afghanistan in that 'ethnic cleansing' and 'social destruction' has no winners only weepers and so we must let go of this mental bondage of racial superiority of one group over another and seek to embrace our ethnic and cultural diversity as a potent symbol of strength. We must also show genuine love and respect for our women folk whom have been the tireless victims of domestic abuse and violence, we must seek social justice and show compassion to those that are less fortunate and poverty stricken in



Mike Singh & Dr. Muhammad Yunus - Nobel Laureate

our midst such as the mentally ill, those stricken by alcoholism, victims of sexual abuse, human trafficking and even our brothers and sisters in the lesbian, gay, bi-sexual and transgender community (LGBT).

*There has been an outpouring of assistance to Haiti since the devastating earthquake immediately followed by the tsunami back in 2010. I know you are building a school there as well as being involved in other outreach programs. What in your estimation is the most economically sustaining and cutting edge contribution to the country so far?*

Haiti is the first independent Black nation in the world as it gained its independence from France in 1804 but paid an extremely deadly price in terms of monetary reparations to Paris which by today's estimates would be about \$ 3 Billion and was also a victim of a trade blockade imposed by the US and other allies of France for decades. In fact, unlike the rest of the region, freely conscripted Haitians came to fight in the closing days of the US Revolutionary War at the famous Battle of Savannah in 1779. They were called the "Chasson Volontaires" and numbered over 500 including Henri Christophe who later on, went on to help free Haiti from French colonial occupation and bondage together with Toussaint Louverture, Jean Jacques D'Salines and Alexandre Petion as part of the heroic Black Jacobins. Haiti later on sent troops to help Simon Bolivar to free modern day Colombia, Ecuador and Venezuela so Haitians have contributed immensely to not only freedom in the Caribbean but also across the whole of the Americas.

A grave injustice has been done to them and the US should scrap the policy of sending them to the dreaded Krome Detention Centre in South Florida. President Obama must remove the status of Haitians from that of TPS (Temporary Protected Status) to that of Permanent Residents because their ancestors have paid for US freedom with their blood. The Haitians should be first in line for a Green Card. In economic terms, Haiti has a huge population and remains the best kept secret of the Caribbean Region and with no less than 15 million by 2020 – they are Digicel's biggest bonanza both in terms of telecoms growth and their recent foray into the hospitality sector. Haiti hosted this year's Association of American Chambers of Commerce annual meeting June 15<sup>th</sup> -17<sup>th</sup> and will also host CARIFESTA in August of this year.

*You have mentioned South Africa, Israel and Jamaica as the 3 countries that you are most impressed with. Are there similarities that you see in these three distinctly different cultures and if not, what features impress you the most?*

I love the Republiek Van Zuid Afrika or ZA as we affectionately call South Africa deeply, because truly speaking it is the only place on earth that I have felt genuinely at home. It is a true rainbow nation given its very rich mixing of Portuguese, Dutch, German, British, Indian, Cape Malay, Xhosa and Zulu cultures and given

I am a 'foodie' – I enjoy its remarkably rich culinary traditions and offerings. The Durban curry is unlike any other curry you will ever taste or a 'Brie' or Bar-b-Que or a Bunny Chow served anywhere there is a big Indian presence. I have developed a very strong relationship with both the Mandela Centre in Johannesburg and the Tutu Centre for Peace, Reconciliation and Global Justice in Cape Town which I consider my favorite city on earth.

Israel – because it is a country my late father had visited on an exchange program in the 1970s as a guest of the Israeli Ministry of Agriculture and felt that Israel could really revolutionize Guyana's agri potential which has the promise of becoming the 'bread basket of the Caribbean Basin'. I have spent some time in and out of Israel over the years as I am in the global telecoms & ICT field and can attest personally and first hand to the ingenuity of the Israeli mind for all things scientific, technological, and agricultural and may I daresay, defense. Outside of India, Israel has the second largest brain pool of top talent in the world in many areas and other than Silicon Valley – it has the largest number of tech startups to boot. In fact, Guyana was mentioned in the Balfour Declaration as one of the places for the possible resettlement of the Jewish people, if they had done so

– imagine how far ahead we would have been.

(C) Jamaica – this is a place that envy in a good way to describe, because ‘The Yardies’ are full of patriotic fervor and are ‘straight up’ about things. Nobody is out to mamaguy you as they say in Trinidadian parlance or Guyanese lingo. Jamaicans do not have the mental baggage of racial inferiority or prejudices, they are a strong global brand in every sense of the word and they take special pride in everything they do – be it in music, sports, fashion, food and everything else. I have been even to a place in Jamaica called ‘Bogwalk’ so you can imagine how well I know this beautiful place that was a favorite haven for pirates. Mind you, the real pirates of the Caribbean in the modern sense are in the twin island republic according to the media. I also love Jamaica in my own special way given its founding father – Norman Manley and I do share a common birthday.

*You have been likened to Martin Luther King and Mahatma Gandhi, they were both humanitarians and I know that is part of your passion as well. Martin Luther King rallied the Black equality cause and Mahatma Gandhi fought against the colonization and exploitation of the British and trying to keep India and Pakistan a united front. What do you want to be known for?*

**W**hat is your proudest achievement to date?  
– Being a decent, caring and compassionate human being.

*I have spent some time in and out of Israel over the years as I am in the global telecoms & ICT field and can attest personally and first hand to the ingenuity of the Israeli mind for all things scientific, technological, and agricultural and may I daresay, defense*

*I think it’s the metaphysicians who say that each of us have a “sweet spot” or two on earth. I definitely know that one of mine is in Tampa Florida. There is some sort of demarcation line that I have driven over twice where I felt a physical shift, a sort of synergy, if you may. Can you relate to that and if not, where on this physical plain do you feel most comfortable?*

I feel at peace in the vast deserts of the Arabian Peninsula, The Plains of Shomali in Afghanistan and Table Mountain, South Africa

*With your vast pool of knowledge I could see you lending yourself to many aspects of development globally but especially in Third World countries. In an imperfect world where do you think is most warranting of that which you bring?*

I am available to help any person, race, creed or class provided that they are humane, tolerant, respectful and willing to help the less fortunate in their midst.

*In a technologically accelerated world what is your advice to leaders of developing countries?*

• Educate yourselves and lead with a moral compass. Learn from the late Lee Kwan Yew whom once described the leaders of

the Caribbean as political comedians.

- Promote the concepts of:
  1. Sound Money
  2. Low Taxes
  3. Respect for Property Rights
  4. Non Bureaucratic Interference in the Running of the Private Sector
  5. Zero Tolerance for Corruption
  6. Say What You Mean & What You Say
  7. Have every school child read the following – “Animal Farm,” “1984” and “Brave New World”.
- Invest in technology as a key enabler to economic growth, empower the young people and remember that natural resources can be a curse.
- Education drives innovation and that drives wealth creation.
- Have a good team of capable and competent persons and hold them accountable (do not hire yes men & women or hire someone because they had sewn your dad’s wedding suit).
- Remember that if you pay peanuts, you will get monkeys and with that you will get antics which will ultimately lead to ‘Circus Maximus’ which is an apt description for most of CARICOM.

**Marlene Daley**



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# GUYANA'S HONOURABLE JUSTICE STANLEY ALFRED MOORE LL.M (LOND)

It was nothing short of awe-inspiring to sit in the home and the presence of The Honorable Stanley Moore - Justice of Appeal of the Republic of Botswana, Justice of the Supreme Court of Swaziland, Senior Justice (Retired) of the Northern Region of the Supreme Court of the Commonwealth of the Bahamas and Senior Resident Judge (Retired) Eastern Caribbean Supreme Court – British Virgin Islands - for this interview.

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**Your profile is mind boggling to say the least. You have been part of the judicial system in Guyana, Swaziland, Botswana, British Virgin Islands, The Bahamas, Grenada, have I left anywhere out?**

St. Kitts, Nevis.

## What was the hardest part of your process in your achievements so far?

People have asked me, what do you attribute to your success? And the answer is very simple. I regard myself as a persistent plodder. I have been inspired by many people. I have been assisted and mentored by many people and I am still being assisted and mentored now by many people younger than me, because I am a perennial student. I celebrated my 80<sup>th</sup> birthday on July 1<sup>st</sup> and I still feel like a ninth grader with a thirst for learning new things and acquiring new knowledge. The frontiers of knowledge are always receding. We never get there. Nobody is ever complete in so far as knowledge goes. All of the so-called geniuses that I have met have one characteristic in common, they are highly gifted people but they all worked harder than anybody else and I think one characteristic that I share with very successful people is that I work quite hard, and that, together with your God given talents which I attribute to my ancestry; my father, my mother and my ancestors going back, contributes to this. I think genealogy has something to do with it but that's the gift and talent that you get and what next happens is what you do with that talent, or what you make of it. On my 70<sup>th</sup> birthday my younger brother Dr. Carlyle Moore,

who is a professor of physics at Morehouse College in Atlanta summed up my life very well. He said, "He did the best he could with what he had." That explains what I have achieved so far.

## Who has been your biggest inspiration and why?

The two great inspirations of my life are my mother, the late Olive Isabella Moore, nee Walcott and my mother's father George Agar Da Costa Walcott. If forced to make a decision between those two I would probably say my mother but my grandfather is the greatest motivator I've ever met. He was always pointing you upward. When I was 9 years old he would come up to me and say, "I congratulate you," and when I would ask, "What for sir?" he would say, "For coming events my boy. Coming events cast their shadows before." It was not until many years later that I discovered that that passage came from the book by Charles Dickens "Bleak House," and that is only one example of the great depth of knowledge that my grandfather had. He was a cobbler by vocation, but both of my grandfathers were outstanding figures in my life. One was a cooper and one was a cobbler. Each one, in his own way, implanted in me great lessons that inspired me. As I said, I benefitted from their genealogy. My grandfather was extremely well read and well-spoken

for one who was in essence a craftsman. My grandmother, his wife, was a historian and when I turned 9 years old she started telling me about events that led up to the First World War, the assassination of the Arch Duke and so on. They had newspapers in their home from days when not too many homes had that. My two grandchildren read voraciously as well. This reminds me of the kind of voracious reading I did as a child. I read Grimm's fairy tales nonstop without putting it down. I suppose that it is those little things that my grandfather noticed. For as long as I can remember I have always had the gift to articulate very clearly. This may have led to my career in broadcasting, drama and acting, and of course which led to my being presented with the Eric Crowther Shield in Lincoln's Inn, London, England. I won that shield for being student advocate for the year.

## You have heard very many cases I imagine. Which one stands out most in your mind?

That's easy to answer. There is a case which I did recently in Swaziland. It stands out because it involves the Constitution of Swaziland, which is fairly new. The constitution only came into effect in 2005, so a number of issues calling for the interpretation of the constitution were now

coming up for determination by the Supreme Court. I wrote the judgment. The reason why I take so much pride in it is not only that it called for the interpretation on such an important issue of the constitution but it also allowed me to express my views on the question of gender equality. In this traditional society of Swaziland there are lingering elements of feminine inferiority. They still have practices where, upon the death of a man, his widow is immediately set upon by his relatives and literally turned out of her home with her children and they literally seize everything that they have while the widow is left destitute and set adrift. Harsh as it is, it happens up to now, so I spoke very strongly and very vigorously about the views which I share and hold very dearly about the capacity of women, about gender equality, and against any form of discrimination whatsoever against women, simply because they are women. In fact, I am convinced that this millennium, if not this century, will see the evolution of women to their true position of leadership in the world, in every conceivable area that you can think of. The process is well on the way. In every university that you can think about, women have reached at least parity with the faculty as well as among the students and in

many cases they have gone beyond parity. If you look at the grades which are now coming out you will find that the majority of the leading achievers are women.

In the year 2000 at the University of the West Indies in Mona, the then Governor General of the Bahamas Sir Orville Turnquest gave the feature address. He discovered that, of the graduating students, 28% were men and of the top 10 graduates, 7 were women. The same thing took place when my daughter was graduating from the Hugh Wooding law school. 10 prizes were offered. Nine were won by female students.

### **What are your views on what is happening in the Dominican Republic with the Haitians at this time?**

It is a terrible thing! It's a serious breach of international law. It is a savage and barbarous and barbaric retrograde action. It is racist. The Dominican Republic has a very racist pigmentocracy. They place great store on pigmentation. One of the tests that they apply to any situation is the light meter test to see how light you are. For them to pass such a law as they did with retrospective effect, to render those people who already had statehood or status as Dominican Republican citizens, those who do not technically

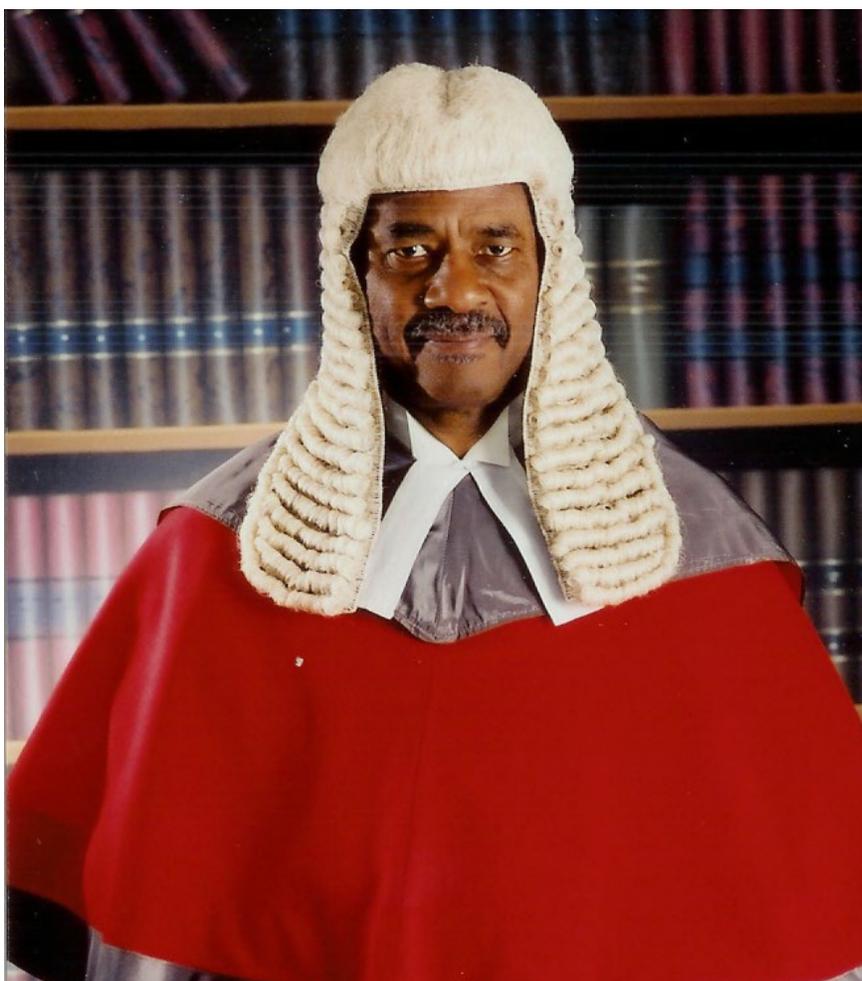
qualify for state nationality, all those Haitians will now be rendered stateless. That this sort of thing is happening in 2015, is one of the most barbarous, retrograde, retroactive bits of state craft that I can think of.

Here is what happens to the migrant in any part of the world I can think of. The migrant does the jobs which are dirtiest, least well paid, dangerous, hard, uncomfortable, where people are exposed to the elements and literally, the jobs that nobody else wants to do. These are jobs that are usually turned down by self-respecting nationals. So when those Haitians went to the Dominican Republic, it was brute labor that they went to do and they provided a very necessary element in the labor market which benefited the economy of the Dominican Republic. But the world is becoming increasingly mechanized with robots being introduced and the hand labor of people is becoming less important, therefore, it is what I call a case of human jettison. People who are not now needed are just being dumped overboard, so to speak. This is what happened in the days of slavery where a ship with a cargo of slaves became overloaded. The ship encountered difficulties and what the captain did literally, was to dump the people overboard and then claim from the insurance for

the loss of his cargo. Hence the expression – human jettison. That is what the Dominican Republican government is now doing to the people of Haiti, from whom they received a benefit when it suited them. If they were White people, I have no doubt whatsoever in my mind that they would not have had this policy of expelling these people at this stage.

**What's the resolve in your mind, because Haiti is currently going through their fair share of challenges at this time? Do you see Haiti absorbing that number of people?**

Haiti has had an enormous capacity for suffering. I can't think of any country in the world which has undergone as much suffering as Haiti and this is from the time they had the impudence of defeating Napoleon and his army. They are still paying a penalty up to now for wresting their independence from imperial France. But if it comes to them absorbing these people they will. I think they have the magnanimity in their hearts to do so. One of the odd things about poverty is that some people who are steeped in poverty have an incredible capacity for generosity. Whatever they have and however little there is, they still revel in their hearts to share it. And of course, it's no secret that Haiti is the poorest country in



the Western Hemisphere. But if those people are literally dumped at their borders I don't believe Haiti will throw them in the sea or slaughter them.

**In 2008 America had half a million more prisoners than China which has 5 times America's population. The Black race is being especially targeted to be allegedly fed into a system that is a very profitable, organized entity in this country. Where do you see this going and what would your advice be to youngsters to try and walk the narrow path?**

Let me tell you what I use to tell youngsters in Guyana, my native country. If you dress in a certain manner and by your body language and your externals you advertise to the world that you belong to a certain sub-culture, you'll attract the attention of the police. If there is a report that somebody has been robbed, you will be stopped if you have a certain external appearance and it's up to you. You have a constitutional right to belong to that sub-culture, but if you do, you should be prepared to attract the attention of the police. If you must go out at night do not go out alone,

go out in the company of at least one woman. The more women that you go out in the company of at night, the safer you will be. If you go out at night, do not go out in the company of another man. The more men you are in company with at night, the greater the danger you face to run into problem with the police, and that I believe is a universal principle, particularly if you live in certain high crime areas and you belong to certain levels of society.

America is my country. I am an optimist. I believe the glass is half full rather than half empty. I think people in the United States have come a long way to reach where we are now but we still have a long way to go. We haven't reached perfection.

Every time I look at a Black American, I am filled with pride for what they have achieved since they first landed here to now. What they have achieved as a small minority in the '60s alone, a majority of Black people in

South Africa did not achieve until 1994. We have reached a stage here now where a minority of Black people has produced a President and several cabinet ministers. Unfortunately the story of Black achievement is not sufficiently well told except in sports and entertainment. But if you go around the universities of this country, you will find lots of tenured professors in every area. I think it's the first time in the history of this country that we have had two Black Attorney Generals in succession. It's a work in progress. I think there is awareness now in the United States that incarceration has been used excessively as a means of dealing with criminal behavior. This was not an accident. There are laws which deal with minimum sentences for certain offences which are being addressed now by President Obama and Attorney General Holder. In fact President Obama gave amnesty recently to certain non-violent offenders who have been imprisoned for petty offences.

In my native country, Guyana, one of the first things that the new President David Granger did, was that of granting amnesty to a number of people who would fall in that same category, where alternatives to imprisonment could have been used and explored and applied. Imprisonment



## Every time I look at a Black American, I am filled with pride for what they have achieved since they first landed here to now.

in my view is not to be used as further punishment of people. Programs in rehabilitation need to be further developed and the business of warehousing people in prisons has caused the debate that is currently going on. It may be noteworthy that America is not the only country with high prison populations. The United Kingdom also has excessively high prison populations. So, it should be borne in mind that once you begin to commercialize something and there is profit in it, you then run the risk of people behaving in a certain way, i.e. people looking after their self-interest. I believe somewhere in this country a case came to light where a judge received a benefit for every person that he sent to a certain privately owned prison. The good news is that this matter is being debated in this country and I believe that somewhere along the line we will turn the corner.

Another area where perhaps there was not a unanimity of view but where there is now a clearer view, is that people in possession of small amounts of cannabis (the user amount rather than

the trading amount), should not automatically be sent to prison, and more so, that they should not be sent to prison for long periods of imprisonment. Experiments for decriminalization of cannabis have been going on in many parts of the world in particular the Netherlands and other areas of Europe and that process has already begun in the US, in Colorado and Washington among others. So if you remove that route to prison, it means that a number of people will no longer be sent to prison for what essentially is a non-violent offense.

The time has come when we have to give more consideration to these sentences and to alternative forms of treatment of offenders rather than imprisonment, especially where there is community service and so on. This area is a work in progress and I have no doubt that with the way in which the US has developed in the areas of human rights ever since slavery; that we will eventually get there. The prison question will be addressed. I never despair. As I said, I am the optimist - the glass is half full as people

continue to address this whole question of imprisonment. The other thing which is now being debated is this question of capital punishment. I think the United States is moving in the right direction on these issues as well.

**My last question to you is, given the ratios that you presented earlier in terms of male and female graduating out of college, and given the fact that I am personally concerned about our young men, especially coming from a culture such as mine, where men pride themselves on being the head of the house; where is government, institutions, society, even parenting going wrong. What advice would you give generally in terms of how we can begin to address those differences?**

I have a great respect for women. We have to respect their abilities and their human rights, and again, this is a work in progress. Remember that there was a time in this country when women couldn't vote. In fact Black men got the right to vote before White women. My personal view is that if one gender has any claim of superiority over the other gender, I think women are superior to men, if indeed that is so. I discovered that when I was 3 years old while I was fumbling to tie my shoe lace. After much fumbling and eventually making a bow

## The good news is that this matter is being debated in this country and I believe that somewhere along the line we will turn the corner

which unraveled after two steps, it brought to mind the little girls tying their bows behind their head. I also started making a note of the condition of little girl's books where they had birds and flowers and everything neatly in order and boy's books were full of ink and dog ears.

The matter came to a head in high school. My high school was co-educational and the competition though healthy, was fierce. We were pacing each other toward excellence. A couple months before the examination we boys had a meeting and decided that if we were going to keep up with the girls, we would have to stop sport, stop cinema and everything other than beating books to keep up and so we did, but after months of doing that which seemed to us boys as grueling work, we managed to keep up with some of the girls but none of us could beat Mavis Henry who was the brightest girl in the class. Women are now anchors on many television stations. These women are spitting out numbers and assessing trends and doing it easily. That is the portent of what is coming.

When I met my wife she was in a traditional female role, she was a secretary, then at the University of Guyana where I was a lecturer. She got the opportunity to work in a bank, then in the army as a civilian assistant to the commander, then as a faster promotional route she became embodied as a soldier, then an army officer, and then took up flying in the army as one of the first women in the country and eventually commercial flying, an area dominated by men up to present. She is now retired and that field is still dominated by men. There is only one female pilot to every eight male pilots in the country right now. But the person who is now in charge of the United States Air force Academy in Colorado Springs is a woman. That is the new reality in areas once dominated by men i.e. science, engineering and so on.

Here's another example: When I was the Attorney General of Montserrat, a project was being developed involving construction. Everything was signed off after all the geologists took soil samples etc. Before work started however, a woman came out from England and did her own investigations

and discovered that the rocks in Montserrat were not suitable for that project and the whole thing got cancelled. Now, any scientific subject that you could think about, chances are that you will find women at the very top of it all. So, when my son was in high school, I suggested that he learn to type. In those days only girls learnt to type. Now he is an ace at typing on the computer.

So, sometimes when women fret, I console them in saying, not to worry, just continue to do what you're doing because inevitably, your quality will take you to the top. I want to add that I am going to work free and enthusiastically for Mrs. Clinton and I hope to celebrate the election of the first female President of the United States. I know money has to be raised and so I will put in some funds there gladly. I was happy to have met the two outstanding women, Barbara Pariente and Peggy Quince, who have been Chief Justices in the State of Florida, two very impressive and distinguished ladies. I say again, that is the current trend of things.

**Marlene Daley**

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*Special Considerations for Newlywed Couples who  
are applying for Permanent Residence*

# Green Cards

**Safiya Byars, Esq.**

Family Immigration is comprised of guiding couples through the permanent residence “green card” process for their spouses, parents, biological children, adopted children, step-

children, and siblings. By far I have noticed that the majority of couples who are going through the immigration process are newlyweds. Immigration’s definition of a newlywed couple is a couple

that has not yet reached their two-year wedding anniversary at the time of the couple’s permanent residence’s interview. In this article I will focus on couples who are newlyweds.

With all permanent residence “green card” petitions that are based on a marriage, Immigration is going to focus on two main things: the couple’s finances and joint life. In addition, Immigration is going to focus on the couple’s children and family ties. Most newlywed couples that we meet have neither an established history of joint finances or children. Consequently because most newlyweds do not have an established joint financial history and they have no children newlyweds have a greater burden to prove to Immigration that they have a genuine relationship.

In addition to having a greater burden of proof

most newlyweds do not have experience with the procedural process of filing and getting an immigration case approved. The procedural requirements are simple but they are lengthy. As a result there are many occasions where a case can be denied or substantially delayed because of a procedural mistake. Procedural mistakes can result in denials of immigration petitions. In addition, once a case is denied the couple has lost all their filing fees and they will now have the laborious and expensive job of re-filing their case with Immigration.

The best ways to get your spouse’s permanent residence

“green card” case approved begins before the couple says their “I dos.” In this month’s article I have listed the top two things that you can start doing today to get your case on the road to an approval so that you and your spouse can enjoy your “happily ever after.”

### **Tip Number One: Document Your Courtship**

When most applicants apply for permanent residence they provide Immigration with documentation that they have acquired after they are married. This action appears to be the most logical thing to do since the application for permanent residence is based on marriage to the United States





Citizen. Consequently, most applicants are not aware that Immigration is not only interested in the couple as a married couple but also Immigration is interested in the couple's life before marriage. Therefore my first tip is that the couple should keep careful records of their relationship, their courtship, and engagement prior to their marriage. At our first meeting with a couple we do our best to get to know more about the couple's relationship so that we can provide customized advice for their specific situation. Not every couple's relationship is the same.

### **Tip Number Two: Assemble Your Personal Documents**

Normally a couple's first discussion about the foreign spouse's immigration status

usually begins after the couple has already gotten married. Rather the best time to talk about the foreign spouse's immigration status is when the couple has decided that they wish to build a life together. It is important know how and when the foreign national entered the United States. The couple should also start assembling or obtaining their birth certificate, divorce decree(s), passports, I-94 card, and visa stamps and all other personal documents.

Readers of Kotch Magazine who are engaged or married to a foreign national spouse may contact the Byars Firm for a complimentary immigration consultation through our BLOG or by reaching out to us through our CONTACT US page. Couples may also access the

Byars Firm's immigration Facebook group that was designed to give free tips and general information about the permanent residence "Green Card" process at:

[facebook.com/groups/greencardforcouples](https://facebook.com/groups/greencardforcouples)

Disclaimer: This article is provided as a public service and is not intended to establish an attorney-client relationship. Any reliance on the information contained herein is taken at your own risk. The information provided in this article should never replace informed counsel when specific immigration-related guidance is needed. To receive legal advice and/or create an attorney-client relationship you must schedule a consultation with the Byars Firm.



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# The Essence of Mangoes



**T**he sprouting buds on mango trees are an indication that when summer rolls around, the sweet, juicy tropical fruit will be available in abundant supply. When the month of May is nearing its end, evidence of a bountiful mango season has mango lovers, like me, ecstatic.

A mango purist, I'll indulge in a tasty mango shake or mango a la mode with

good vanilla ice-cream; however, nothing compares to a firm, yellow, not too ripe mango sliced thickly, but not too thick, eaten sans accompaniments of any kind.

Etiquette does not apply here- sticky fingers and a mango-stained face only enhance the enjoyment factor. Better to dig in as a solo excursion or with others similarly inclined to indulge in mango messiness.

In addition to its unrivaled deliciousness and ability to engage all five senses, the mango buds tell an even deeper story that the metaphysical student in me also savors. The buds that appear in early spring will manifest into beautiful, fully formed fruit come summer, but the sprouting buds did not arrive overnight.

Their presence is evidence of inner work; of the invisible

being made visible; of that whole “as within so without” masterpiece that divine energy orchestrates through each of its inhabitants.

The mango tree has no say in its blooming process, but being created to fulfill a predetermined purpose has its benefits. The mango tree doesn't have to decide whether to produce oranges or apples or coconuts. Its lack of free will notwithstanding, the mango tree stands as a powerful

metaphor for humanity's sole possessor of free will: human beings.

It stands as evidence of spiritual law; which is irrefutable and precise - the inner determines the outer. In the case of humans, the inner refers to our thoughts.

What we think about, we bring about; as within, so without, as a man/woman thinketh, so he/she is, etc.

Today's life circumstances are the manifestation of past

thoughts. Future experiences are being crafted now, with today's thoughts.

So the question is, when the harvest for your current thoughts comes to bloom, will you welcome your creation, or will you need another mango season?

---

*Michelle Hollinger is the author of The Sisterhood Exchange and host of The Sisterhood Exchange radio show.*



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# Antioxidants: Finding Ways for Health Protection



Antioxidants have become so popular that it's one of the new buzzwords today. Take careful note of food labels in grocery stores because colorful fruits and vegetables are packed with them, even cosmetics - skin care, hair care are now on the bandwagon singing its praises. Hallelujah!



In an article From the American Institute for Cancer Research (AICR) the grant review panelist; Dr. A. N. Tony Kong talks about his most recent findings. He wanted to know how antioxidants in plant foods affect genes that turn the cancer process on and off. He said, "It's a balancing act. A little inflammation reaction in a healthy immune system is a good thing, but too much is harmful. Too much oxidative stress and too few antioxidant vitamins like C, D and E, along with not consuming enough phytochemicals - like sulforaphane in broccoli, EGCG in green tea and dozens more in all kinds of plant foods, leads to ill health." How does this happen? It has to do with the way our immune system responds to infections by fighting the virus or bacteria that is causing them. The site that is inflamed is where the battle is fought. The longer the inflammation persists, the likelihood of increased risk for certain cancers. Some cancers cited are liver cancer and the risk increases, due to having hepatitis or H. pylori, the bacteria that is responsible for stomach ulcers or in extreme cases, stomach cancer. Inflammatory bowel disease can increase the risk for colon cancer also.

### VERSATILITY OF ANTIOXIDANTS

Apparently antioxidants have dual roles, they coordinate and give protection that is a two-step action. Here is how Dr Kong described the process:

- 1 Antioxidants directly mop up free radical molecules
- 2 Antioxidants turn on signals that tell tumor-suppressing genes to become active

Again, Dr. Kong stated, "Often where oxidative stress occurs, inflammation also occurs. Free radicals may also

activate inflammation cascades. Antioxidants may not only reduce cell oxidative stress - they may also activate cellular defense systems by putting protective enzymes to work. Together they get rid of free radicals and also block the cell signaling that tells tumor cells to grow."



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MENTIONED, IS  
TESTAMENT THAT  
YOU ARE EATING  
ANTIOXIDANTS  
TO SUPPORT  
PROTECTION. YOU'LL  
REAP BIG REWARDS  
TO BECOME  
“HEALTHY, WEALTHY  
AND WISE.”**

### **THEORY TESTED**

How was the theory tested? In Dr. Kong's lab, a protein called “Nrf2” was omitted from one group of mice. The second group had the Nrf2 protein. They compared both groups feeding them sulforaphane, the phytochemical found in broccoli and cabbage. Their findings showed that sulforaphane plays an important role in enabling Nrf2 to inform antioxidants proteins to fight cytokines and other kinds of inflammatory proteins. This goes to show that eating fruits, vegetables, whole grains and beans are vital to our wellbeing. Sulforaphane is just one of hundreds of antioxidant phytochemicals that are plant based and can protect us from inflammation and oxidative stress. It is believed that phytochemical antioxidants in our diets work well to protect our cells from low-level inflammation and oxidative stress that we have every day. When there is damage or injury to cells that could create a

cancer-driving mutation, antioxidants might be used to reactivate genes that protect against cancer. Dr. Kong is moving along looking into pathways of gene activity that are located just outside of the DNA-coding region. He said that phytochemicals are effective at the chromosome level. In his research with lab rats with prostate cancer, he noted as the tumors grow it's possible that the tumors escape protective gene signals. Concurrently, the harmful gene signals that cause tumors to grow are activated. With those kind of processes, Dr Kong and his partners are trying to deactivate them using antioxidant vitamins and phytochemicals.

### **CONCLUSION**

There are strong bodies of evidence showing us the importance of how we can be proactive in simply eating more fruits, vegetables, whole grains and beans (which are plant based), nature's bounties to improve our lives and be the best that we can be. Make it happen. Take baby steps and add one new fruit, vegetable, whole grain and beans to your meals each day of the week. The more colorful your plate looks with the foods mentioned, is testament that you are eating antioxidants to support protection. You'll reap big rewards to become “healthy, wealthy and wise.”



**Hope Anderson RDN, LDN  
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*Chef Irie*

# Scallops with Watermelon

## Nine Spiced seared scallops

2 lbs Sea scallops	2 pats Butter
1 Tb ea. Turmeric, ground coriander, ground cumin, Paprika, ginger, allspice, star anise, crushed pepper flakes	2-3 ea. Thyme sprigs
Salt & pepper to taste	1 ea. Serrano pepper, sliced thinly
2 3 Tb Olive oil	½ cp Balsamic glaze micro greens

## Method:

- 01** Pat dry the scallops on paper towel or very clean towel, then season with spice powder mix with salt & pepper.
- 02** Add oil butter, serrano and thyme to heated medium sauté pan on medium heat. Sear scallops on both sides, 2-3 minutes each side. Remove and place on paper towel.
- 03** Add balsamic glaze to pan and allow to heat through. Remove from heat. Arrange scallops on plate and drizzle balsamic sauce over scallops. Top with micro greens.

## Watermelon relish with feta cheese & maple fig balsamic drizzle

4 cps Seedless Watermelon, small diced, ¼” cuts	¾ tsp. Ground coriander, ginger, cumin
2 cp Cherry tomatoes sliced thinly	2 Tb Olive oil
¼ cp Serrano pepper sliced thinly, can remove seeds if needed	½ cp Maple syrup
¼ cp Red onion, small diced	½ cp Balsamic fig glaze, divided in half
6-8 ea. Fresh Basil leaves, finely julienned	Salt & pepper to taste
	4 cps Feta cheese crumbles
	Arugula Micro greens

Recipe





### Method:

- 01** Place the first seven ingredients into a metal bowl and mix well. Then season with spice mix and salt & pepper to taste. Cover and refrigerate.
- 02** Place maple syrup & balsamic glaze in a bowl and whisk. Slowly drizzle the oil into the mixture and whisk until ingredients have come together.
- 03** To serve, place serving amount in small bowl, add some crumbled feta and maple dressing on watermelon, toss to incorporate. check seasoning then spoon relish into small cup or bowl. Dress with micro greens

*Chef Irie*

# Picadillo meatballs

## Tomato basil sauce:

¼ cp Olive oil  
½ cp Chopped onions  
3 cloves Chopped garlic  
2 cps Diced tomatoes  
2 cp Tomato sauce  
4 cps Chicken or vegetable stock  
1 tsp Red pepper flakes  
1 Tb Adobo seasoning  
½ bch Fresh basil leaves  
Salt & pepper to taste

## Meatballs:

1 ½ lb Ground beef – sirloin or chuck  
or combination of both  
¾ lb Ground chorizo or pork  
½ cp Smoked ham, small diced  
½ cp ea Green & red red peppers,  
small diced  
1 ½ cp Green olives, chopped  
1 cp Golden raisins, chopped

½ cp Red pimenton  
3 Tb Chopped garlic  
1 Tb Red pepper flakes  
¼ cp Chopped cilantro  
¼ cp Chopped Italian parsley  
3 stalks Green onion, chopped  
2 Tb Fresh thyme leaves  
3 Tb Adobo seasoning  
1 Tb Kosher salt  
3 Tb Worcestershire sauce  
3 Tb Olive oil  
1 ea Egg, beaten  
½ cp Panko bread crumbs  
2 Tb Spice blend

## Spice blend:

2 Tb Paprika  
1 tsp Cayenne pepper  
2 Tb Ground cumin  
1 Tb Ground oregano



### **Method:**

1. Add ground beef and ground pork to large bowl and then add all the chopped vegetables along with spices and remaining ingredients. Using hands, mix all the ingredients until they come together. Let stand in fridge for about 30 minutes. Remove and form into medium size balls.
2. For the basil sauce, add oil to medium

stock pot on medium heat. Add onions and garlic and cook for about 30 seconds. Add the tomatoes and remaining ingredients. Allow to come to a simmer. Use hand blender to puree to almost smooth. Check the seasoning. Add the meatballs one at a time. Give a quick stir. Cover the pot and reduce heat to a gentle simmer and cook for about 45 minutes.

**Tip: to check desired seasoning in the meatballs, cook a small amount in a fry pan before adding them to the sauce**

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# SOUTH AFRICA'S ROYAL MADIKWE LUXURY SAFARI HOLDS HOPE FOR **A BETTER FUTURE**

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**T**he Royal Madikwe is a small but exclusive game lodge set in arid bush land just an hour's flight from Johannesburg but a million miles away in terms of life style. Three times winner of the World Luxury Hotels award in the game lodge category, they cater to just twelve guests at a time, offering individual attention that is hard to rival even in the competitive luxury safari market that is now one of South Africa's major tourist draw cards, all this, after being shunned by the world for decades, due to its apartheid stance.

Naturally tourists visiting southern Africa associate that part of the world with big game and the safari industry has done a great deal to promote the image of the new South Africa to those living outside the country. Places like Royal Madikwe are able to appeal to an elite tourist niche attracted by the big five and all that the African bush has to offer but a clientele like that carries with it, expectations of luxury that are difficult to live up to. To make life more complicated, the owners of the Royal Madikwe were determined to use the lodge to help uplift the



local community in ways that were essential to Nelson Mandela's vision of South Africa. There was to be no quick importation of a chef from France or a Maitre d' from Switzerland. The management team made a decision that they were going to hire locally, not just from within the country's borders but from the small village neighboring the reserve.

Head of marketing for the lodge, Chantelle Tereblanche, is keen to point out that all the workers from cleaners to safari guides for the

Royal Madikwe have been recruited and trained from within the local community. Management is keen to promote close and open relationships and staff and management eat together at least once a week. When the lodge is not full the staff is taken into the reserve on safaris of their own to gain a deeper understanding of the wildlife that the clients come from far and wide to enjoy. Their staff is encouraged to develop their skills and is assisted with training programs if they wish to go further in either the safari or catering side of the industry. In addition the lodge funds several community events in the village including football matches. At the moment they are awaiting delivery of a vehicle that will enable them to provide excursions into the reserve for children from the village school and expose these less privileged youngsters to the animals and fauna that they may not otherwise have discovered even though they live right alongside a reserve so rich in these resources. The





owners have committed themselves to investing twenty percent of the profits into local community projects so that visitors to the lodge are helping locals simply by enjoying a safari.

The Royal Madikwe has taken a slightly different approach to that of many other game lodges. Of course the main attraction will always be the game, the big five, the wild dogs and the cheetah but they have deliberately aimed at the family market and so are particularly child friendly where most safaris tend to be more adult affairs. Whilst children are welcome they are not encouraged to stay glued to the television screen or a games consol. Instead they are offered

a variety of not quite so “every day” activities such as tracking, conservation awareness or survival skills. A small lodge such as this one is also able to offer game drives for individual families tailored to times that best suit their individual needs.

The game reserve is a brave new concept in nature conservation, combining private sector, the state and local communities. The 75,000 hectare park is now South Africa’s fifth largest reserve offering numerous options in terms of accommodation, ranging from bush camps to the top end luxury such as that offered by the Royal Madikwe. Although visitors talk in glowing

terms of the tasteful rooms with their private viewing decks and plunge pools and mention is always made of the fine food, it is the waterhole that draws the most compliments. There is something very special about sitting in your own private space, quietly sipping from a glass of wine whilst watching wild animals go about the business of taking their drink with total disregard to your presence.

South Africa still has many hurdles to cross before it can truly say it has overcome its past. It is a nation with many problems some of which boil up to make the press from time to time but it is a nation that slowly, sometimes



clumsily, is moving toward a better future. The big racial debate that continued to rage for years after the end of apartheid has now moved on only to be replaced by debate about the rich poor divide. That is a problem that needs addressing but it is not a problem exclusive to South

Africa as people in even the richest countries are now beginning to discover. Although the legacy of the apartheid years is still fresh in the South African psyche one needs to remember that many of the nations who so loudly condemned that policy had policies of their own that were not

that dissimilar in the not too distant past. This is a country that is very aware of the problems it bears but it is also a country where many people, like those at the Royal Madikwe, are doing something to address them for the future and that is where hope lies.

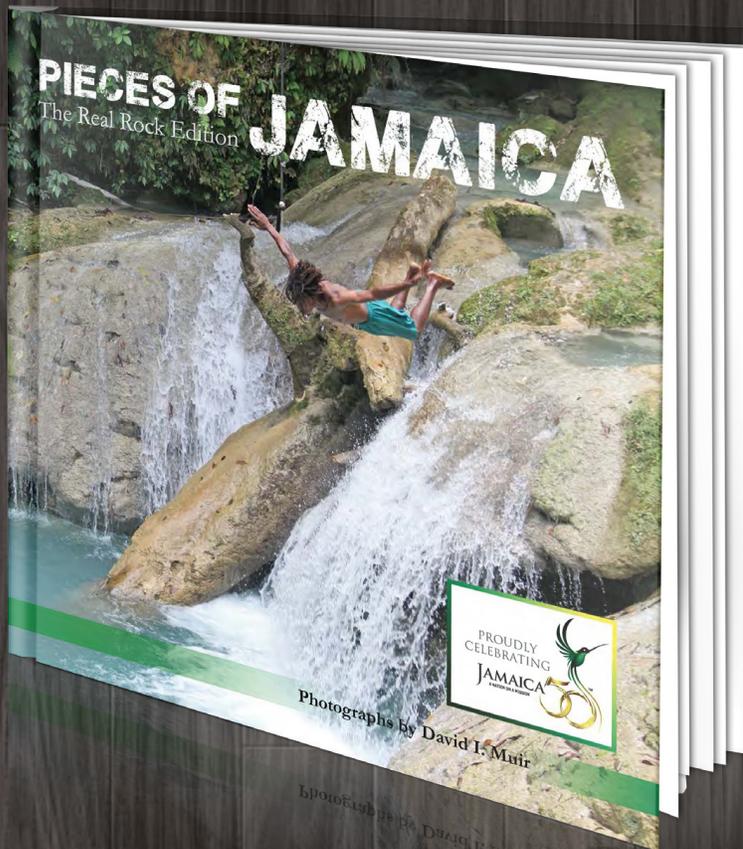




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## BLACK MEN OF THE CARIBBEAN — BE YE

# “FEARLY” WARNED!

It appears that the legislature in America would want us to believe that there is justification for the mandate where citizens with a prior conviction deserve higher sentences for future felonies committed, and that this will keep more people from behind bars! However, implicit in this “truth” for recurring offenders, it means that they never stop serving time for past offences.

Viewed against the background that low income minority areas are targeted by the police, it becomes crystal clear why, for example, despite only 5% of California’s entire population being

Black, a quarter of all felony drug arrests there are Black.

Senator Mark Leno of San Francisco made the most profound statement through Saki Knafo of the Huffington Post, when he stated that “felons then face a steep barrier to the very things that are needed to keep them in successful recovery,” i.e. education, housing and employment.

The prison system in America is a fierce, profitable, organized industry that is not only traded on the stock market but is seemingly owned and operated by oppressors driven by greed

and injustice. And while I am not opposed to putting prisoners to work, the prism of the unjustified targeting of poor neighborhoods, along with the indiscriminate social profiling of those being carted off to be fed into this system is as discomfoting, as it is blatantly racial.

These statistics bears the truth on racial discrimination in America:

The prison industry reeks in profits in excess of \$3 Billion a year.

There are more African American men in prison, jail, on probation or parole than were enslaved in 1850. - Diego Arene-Morley

Poignant question raised by Bill Quigley, Huff Post 2010: "Is the US Criminal Justice system operated to marginalize and control millions of African Americans?"

"The war on drugs is a war against Black men." - Lisa Ling's OWN

Though Amphetamine, Morphine and Cocaine are far more damaging than marijuana, they are all categorized as Schedule 2 drugs while marijuana is classified as Schedule 1. Why, you ask? Because the legislative system is deliberately designed to issue lengthier prison terms to Blacks who are the primary users.

Marijuana is the drug of choice for marginalized, poor citizens who are needed to be fed into the prison trap

to support the industry, and for this to seem like a "truly" selective, effective and fair process, albeit for profit for the alleged "Wall Street" investors and their cronies who continue to reel in these exorbitant profits, this is the best strategy. They continue even post slavery, to feed off of the backs of our marginalized Black men. And yes, again, there simply had to be a "legal and legitimate" way to impose longer sentencing.

Prior to 1973 the prison population in America flat-lined at around 200,000, by 2009 however, that number grew to 1.5 million, plus an additional 750,000 that are locked up in jails around the country.

The building of prisons is a continuous endeavor for the growing need to accommodate these large numbers of would be sub-human - cum drones whose primary debt and penalty has been attained by virtue of the color of their skin and has not, up to now, been forgiven.

These stunning numbers have pushed the American prison population by far to the largest in the world.

To help put this in perspective, think about the fact that 1 of every 100 adult citizens in America is either in prison or in jail, and though America only account for 5% of the world's population, they account for 25% of the world's prisoners. These are stunning facts from the National Research Council (NRC).

72% of all drug users in America are white.

50% of the prison population is either Black or Hispanic.

The prison population is largely under the age of 40.

Many prisoners have medical/psychological issues or are addicts whose time would be better served in a healthcare/rehabilitative facility rather than sitting behind bars.

Citizens who did not finish high school are more likely to get a prison sentence sooner than a job.

Prison is viewed as a revolving door and most convicted felons will invariably end up back there.

Over 90% of felony cases in America are resolved through plea bargains or to put this more in perspective, only 3-5% of criminal cases go to trial.

Plea bargains are pushed upon the unaware who are sometimes innocent but are afraid to go through the normal process, end up with a guilty verdict and possibly face a longer prison term.

A prison record automatically removes any prospects of government grants for college, scholarships, student loans or finding a job.

A felony from marijuana to murder warrants the same answer on a job application; it is non-negotiable and to lie is grounds for immediate dismissal.

Black men are arrested up to 12 times more than White men.

Even one prison term can be so psychologically damaging and stigmatized that it leads ex-inmates to become deeply financially challenged. As a result it leads them to believe that having no job or no hope on the outside, is worse than being in prison.

Given the foregoing scenario and with the primary intention to fill cells, the prison culture is largely skewed to bringing a sense of security and comfort that trumps a regular life of challenges in freedom, rather than educating or rehabilitating prisoners for release from these institutions where crime is always rife and lives are always at risk.

The Huffington Post states that 83% of convicts serving life sentence in the state of New York are non-white.

Rather than prosecution being used as a way to disprove guilt where this is true, it is being used as means of coercion to get convicts to plead guilty and serve a shorter sentence, without these convicts having any fair knowledge of their rights as citizens.

Three felonies served can warrant a life imprisonment sentence for any further conviction. This law known as the "3 Strikes Law" has been enacted in 13 states.

"The "three strikes law" significantly increases the prison sentences of persons

convicted of a felony who have been previously convicted of two or more violent crimes or serious felonies, and limits the ability of these offenders to receive a punishment other than a life sentence." – Wikipedia

Robbery is considered a serious felony.

In 2008, America had half a million more prisoners than China which has a population 5 times the number of America.

In 2010, State spending in America was at \$53.2 Billion with the Corrections Budget being third in line behind Medicaid and Education. The investors in the prison system are making money hand over fist, for while the State continues to support prisoners, they are bleeding what I call "The Prison Citizenry," for their financial gains.

Prisoners earn between 17 and 25 cents per hour and there is no down time.

Refusal to accept prison "wages" often lead to being locked up in isolation.

The report, 'Criminal: How Lockup Quotas and 'Low-Crime Taxes' Guarantee Profits for Private Prison Corporations; states in part that contracts exchanged between private prison companies and state and local governments, guarantee prison occupancy rates.

Here are some more startling truths on Federal Law stipulations:

5 year imprisonment without parole for possession of 5 grams of crack or 3.5 ounces of heroine (America's black men preferred drug).

5 years for possession of 500 grams of cocaine powder (the preferred drug for the White, middle class and rich population).

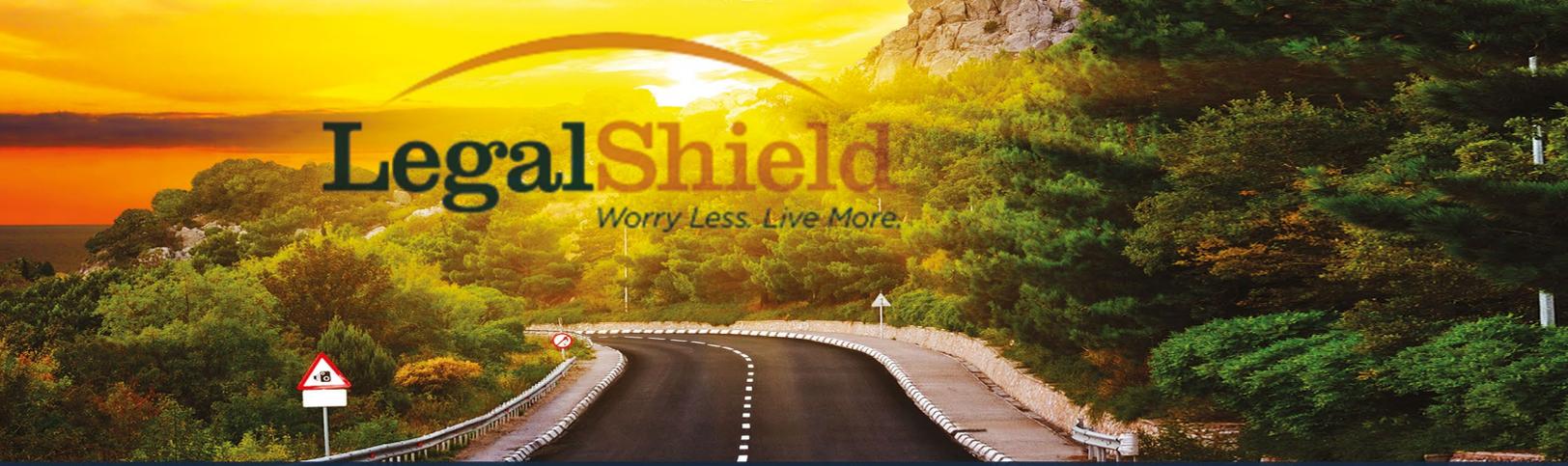
10 years for possession of less than 2 ounces of rock-cocaine or crack.

According to California Prison Focus, "no other society in human history has imprisoned so many of its own citizens."

The Breaking of Slaves never ended, only the strategies have changed. Here is the sad truth. Harriet Tubman had said, "I freed a thousand slaves, I could have freed a thousand more if only they knew they were slaves." The truth in that quote has transcended.

The mind can be conditioned to accept even the direst situations over time. This is the truth behind Khalil Gibran's thinking in his book The Prophet. In it he states that when he saw his ship approaching after 12 years his thought was: "How shall I go in peace and without sorrow? Nay, not without a wound in the spirit shall I leave this city. Long were the days of pain I have spent within its walls, and long were the nights of aloneness; and who can depart from his pain and his aloneness without regret?"

**Marlene Daley**



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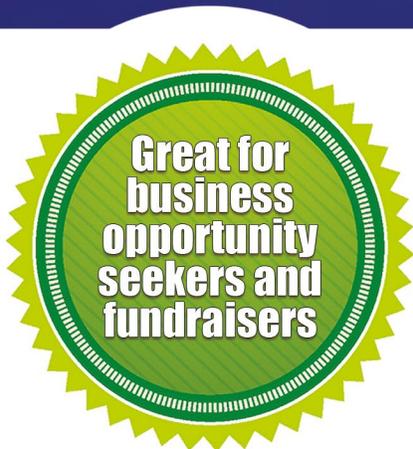
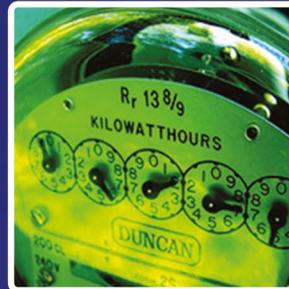
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