

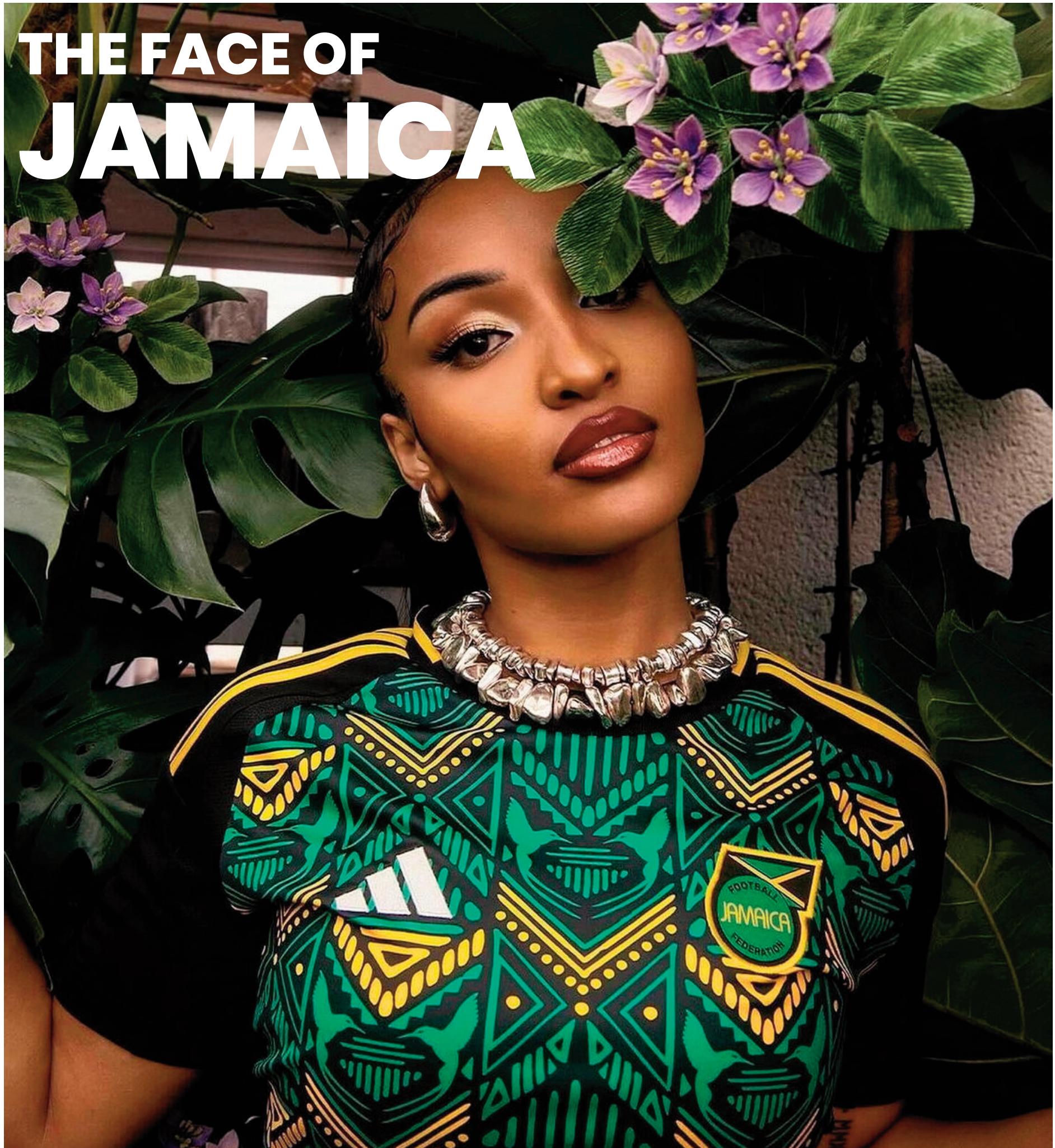


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She's Out!

Injury will keep Elaine Thompson-Herah from defending Gold in Paris

In a surprising and unfortunate turn of events, five-time Olympic Games gold medallist Elaine Thompson-Herah has withdrawn from the Jamaica National Athletics Championships.

The renowned sprinter, who had her sights set on defending her 100m and 200m titles at the Paris Olympics this summer, has been sidelined by an injury.

Her management team, Andi Sports Management, released a statement confirming the news. The statement read, "Five-time Olympic gold medallist Elaine Thompson-Herah has withdrawn from the Jamaica National Championships and will be unable to defend her sprint titles at the 2024 Olympic Games due to injury. Mrs. Thompson-Herah extends her heartfelt thanks to her sponsors, fans, and well-wishers for the love and support showered upon her during this challenging time."

Thompson-Herah, who claimed the 100m and 200m titles at both the 2016 Rio Olympics and the 2020 Tokyo Games in 2021, sustained the injury while competing at the New York Grand Prix in early June. She finished eighth and last in the race with a time of 11.48 seconds. The severity of her condition became evident as she had to be lifted off the track and was later seen icing her foot. Reports indicated that she traveled to Germany shortly thereafter to receive treatment.

The injury has proven too significant

Despite her efforts to recover, the injury has proven too significant, preventing her from competing in the upcoming national championships and, consequently, the Paris Olympics. This development is a significant blow not only to Thompson-Herah but also to the Jamaican athletics community and her numerous fans worldwide.

Elaine Thompson-Herah's career has been marked by remarkable achievements and resilience. Her historic double-double victory in the 100m and 200m at consecutive Olympic Games cemented her status as one of the greatest sprinters of all time. Her absence from the 2024 Paris Olympics will undoubtedly leave a void in the competition, as fans and fellow athletes alike will miss her extraordinary talent on the track.



Elaine Thompson-Herah: will not defend her titles at the Paris Games

The Power of How You Feel

Hello, dear readers!

Today, I want to share with you something and I ask that you be open, and if it resonates with you, great, and if not, that is great as well. It is transformative, and it may possibly change your life in ways you might not have imagined even as you read this today. It is a simple yet profound principle: *"Circumstances do not matter, only my state of being matters. What state of being do I prefer?"*

This idea is inspired by the teachings and brilliant mind of Bashar, a multidimensional being channeled by Darryl Anka. Bashar's teachings emphasize the power of our inner state in shaping our reality. By choosing our preferred state of being, we can align ourselves with the reality we desire.

Let us now break this down and explore how this idea can apply to various areas of your and my life, including our health, relationships, self-development, spirituality, and mental health. By the end, you will have very practical, simple tools and affirmations to help you cultivate a positive state of being for better abundance, prosperity, and success.

Let us explore these few simple yet profound words further. We all face different circumstances in life—health issues, financial challenges, relationship problems, and personal development hurdles. These are the external factors that we encounter every day of our lives. However, here is the key insight: circumstances themselves do not determine our happiness or success; our state of being does. I suggest that you read it again and take a moment to truly understand those fourteen words.

Our inner state—how we feel, think, and respond—plays a crucial role in shaping our reality. When you and I focus on maintaining a positive state of being, we influence our actions and decisions, which in turn shape our external circumstances and situations. It is about

shifting our focus from what is happening outside to how we are feeling inside. Think for a moment, what is more important to you, the outside noise or the inside peace you seek?

Before we dive deeper, let us talk about the power of affirmations. An affirmation is a positive statement that you repeat to yourself over and over again to help overcome negative thoughts and self-doubt. It is a powerful tool to help you reprogram your mind, align your thoughts with your goals, and maintain a positive state of being. By consistently using affirmations, you can create a mental environment that supports your success and well-being, and I do recommend that you really hold yourself accountable in doing this practice.

Affirmations work because they reinforce the positive beliefs you want to embody. When repeated with conviction and belief, they can transform your mindset, influence your actions, and ultimately change your reality. Imagine the possibilities when you fully embrace the idea that circumstances do not matter; your state of being does. This is where affirmations come in, helping you to choose and maintain your desired state of being.

Here is one, take it for a spin as they say: *"Circumstances do not matter; my state of being matters. I choose to feel empowered and positive."*

Let us start with the area of health. Many of us have health goals, whether it is losing weight, improving fitness, or managing a chronic condition (any illness that is longer than 12 months). Often, we get caught up in the challenges—the circumstances that seem to stand in our way. But what if we shift our focus to our state of being?

Imagine for a moment you choose to feel healthy and vibrant every day, regardless of the current state of your health. This mindset



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Our spiritual journey is deeply personal and can be profoundly impacted by our inner state. By choosing to feel connected and enlightened, we can experience deeper spiritual insights and a sense of peace. Note that this does not take away from anyone's faith or beliefs; we respect everyone.

Consider incorporating mindfulness and meditation into your daily routine. Focus on cultivating a state of inner peace and connection. This practice can help you feel more grounded and attuned to your spiritual path.

Say now this affirmation: *"I am connected and enlightened. My spiritual journey is fulfilling."*

Even more so recently, mental health is a critical aspect of our overall well-being. By choosing to feel peaceful and resilient, we can better navigate stress and maintain a positive outlook.

Practice mindfulness and positive thinking regularly. These practices can significantly improve your mental health and help you remain centered during challenging times.

You can say it quietly or aloud, *"I am peaceful and resilient. My mind is clear and strong."*

Create a daily practice of visualization for different areas of your life. Spend a few minutes each day visualizing your goals and feeling the emotions that come with achieving them. This practice reinforces your positive state and keeps you focused.

Final affirmation: *"I am the creator of my reality. My state of being guides my success."*

Dianne Ojar is an author of several motivational and transformative books, a radio & TV host at www.OliveRadio.ca, and can be reached at info@TheExperientialCoach.com. She also hosts weekly and monthly events, and is a speaker and healer.



Sean Kingston and his mother Janice Turner: Sean cannot speak to his mother as a condition of his bail

Don't talk to Mom

Sean Kingston released from Florida jail – on certain conditions

Jamaican-American singer Sean Kingston was released from a Broward County jail on June 25 after securing a \$100,000 bond with a home mortgage as collateral.

Kingston, 34, was seen leaving the Fort Lauderdale jail with a towel over his head, avoiding questions about the multiple theft and fraud charges he and his mother, Janice Turner, are facing. The charges against them involve over a million dollars in fraud.

As part of his release conditions, Kingston is prohibited from any contact, direct or indirect, with co-defendants or state witnesses, including his mother.

Court records show Turner's address as a Sunrise house owned by a relative, not the Southwest Ranches property Kingston is renting from a Long Island couple.

Kingston, also known as Kisean Anderson, and Turner became co-defendants on May 23. Broward sheriff's detectives and Davie police raided the house at 4610 SW 178th Ave., arresting Turner while Kingston was arrested in California. Turner posted bond last week.

Sean Kingston faces 10 criminal charges, including grand theft, fraud, criminal use of personal identification, and violating probation for trafficking stolen property. The allegations accuse Kingston and his mother of stealing money,

jewelry, a Cadillac Escalade, and furniture.

The warrants state that between October and March, they allegedly stole nearly \$500,000 in jewelry, over \$200,000 from Bank of America, \$160,000 from an Escalade dealer, more than \$100,000 from First Republic Bank, and \$86,000 from a custom bedmaker, though specific details were not provided.

As part of his legal conditions, Sean Kingston had to surrender his passport and is prohib-

ited from possessing firearms, a restriction already in place due to his prior criminal activities. According to online Florida Department of Corrections records, Kingston is on probation until October 1, 2025, for trafficking stolen property in 2020.

His mother, Janice Turner, previously pleaded guilty to bank fraud in 2006 for stealing over \$160,000 and served almost 1.5 years in prison, according to federal court records.

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Cannes in a Chokehold

Jamaican movie making waves on the international film circuit

In a monumental achievement for Jamaican and Caribbean cinema, the feature film "Chokehold," starring Jamaican actress Sherando Ferril, has been showcased at the prestigious Cannes Film Festival.

Following its success at Cannes, the film is set to make appearances at both the Essence and Toronto International Film Festivals (TIFF). This marks a historic moment as "Chokehold" is the first film of its kind with a lead actress who not only hails from but also resides in Jamaica, setting a new precedent in the international film arena.

Sherando Ferril's performance has been central to the film's success, earning accolades for her portrayal of a complex character navigating themes of gender violence—a topic that resonates globally. The film's reception at Cannes was nothing short of spectacular, paving the way for its upcoming presentations at other top-tier festivals and spotlighting Jamaican talent on an unprecedented scale.

The significance of "Chokehold" extends beyond its artistic achievements. It represents a pivotal moment for Jamaica's cultural export in the arts and entertainment sector, akin to the global influence seen with Jamaican sports figures. Recognizing this potential, the Jamaican government has invested one billion dollars into the Jamaica Screen Development Initiative (JSDI), aiming to amplify local content on a global stage. This initiative underscores a strong belief in the transformative power of Jamaican films to compete internationally.

Joel Ayuk, the director of "Chokehold," expressed his excitement, saying, "Our film was very well received at Cannes and the feedback was amazing. The comments on our cinematography, our music and the performance of our actors rivaled any other film on the roster."

As Sherando Ferril leads this cinematic movement, the need for robust local support becomes ever more apparent. Just as Jamaica has



Sherando Ferril: performance central to film's success

historically rallied behind its athletes, there is a burgeoning call for similar support for artists and filmmakers who are now carrying the flag on cultural and creative fronts. Corporate backing is especially crucial, providing not only financial resources but also enhancing the global perception of Jamaica as a hub of diverse and compelling storytelling.

The involvement of local corporations in supporting arts and entertainment mirrors a strategic investment in Jamaica's cultural legacy and global reputation. As "Chokehold" continues to garner international attention and acclaim, the spotlight on Sherando Ferril and her

groundbreaking role will hopefully ignite a wider recognition of the arts as a vital component of national pride and international identity.

With the film's journey from Cannes to Essence and TIFF, Sherando Ferril and "Chokehold" are not just participating in festivals; they are making history, inspiring a new generation of filmmakers, and advocating for the support that Jamaican artists deserve.

To date, "Chokehold" has won more than a dozen awards at global film festivals. The film was shot in St. Martin and is written, produced, and directed by Joel Ayuk of Cani Studios.

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Playing with trains

VIA Rail introduces its new state-of-the-art machines to Ontario



VIA rail has introduced its new state-of-the-art trains to Southwestern Ontario.

The passenger rail service is replacing all 32 of its trains by the end of 2025. They feature increased accessibility, more comfort, and a smoother ride.

"They are the most accessible trains in the world right now so that is a big advantage. They're more comfortable, you can imagine the technology has advanced quite a bit since the last time we bought trains," said Mario Peloquin, VIA Rail President and Chief Executive Officer.

The new trains have wheelchair lifts and fully accessible washroom facilities.

Passengers will continue to see



Qatar Airways placed ahead of all the world's major airlines on the annual ratings list

the old trains until all of the new trains have been delivered.

"We're receiving these trains one a month until the end of summer 2025. You'll see them more

often as we get them until eventually we have all 32 and then you'll start seeing the old ones less and less frequently," said Peloquin.

Windsor Mayor Drew Dilkens

said the introduction of the new trains is good for business and tourism throughout Southwestern Ontario.

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Import tariffs on Chinese products may be reason for Volvo EX30 delay

If you're one of the folks who preordered Volvo's cute little EX30 electric SUV, we've got some bad news. Volvo is officially delaying the launch of the EX30 in the U.S., and while the company won't officially come out and say it, import tariffs on Chinese-built EVs are to blame.

Earlier this year, President Biden announced a new 100% import tariff on EVs built in China to "protect American manufacturers from China's unfair trade practices," according to a statement from the White House. Volvo has already started building the EX30 in Zhangjiakou, China. And while the company had always planned to expand EX30 production to its facility in Ghent, Belgium, that won't come online until next year.

"We remain committed to bringing EX30 to the U.S. and are working hard to get it into customer hands," Volvo said in a statement. "We'll offer customers with existing preorders several options to drive a new Volvo until their EX30 arrives."

The EX30's price—under \$40K—is due to its manufacture in China, where labor costs are roughly akin to those in Mexico.

The EX30 isn't the first volume EV to be imported to North America from China; that was the Polestar 2 from Volvo's sister company under



The Volvo EX30 is built in China

the Geely umbrella. Nor is it the first Volvo imported from China; that was the S60 sedan. But it is the first of what may become a wave of cheap Chinese EVs, some of them with corporate ties to established Western brands.

With the impending pause of the Chevrolet

Bolt EV and Bolt EUV, only the Hyundai Kona Electric and Kia Niro EV will carry starting prices similar to the EX30—and they're hardly from brands with the premium cachet of Volvo.

Toyota recall affects 145K vehicles

Toyota is recalling 145,000 Lexus TX and Toyota Grand Highlander SUVs because of an issue that could cause one of the side curtain airbags to fail to deploy in some situations.

The curtain airbag on the driver's side may not deploy properly "during certain crashes" if the driver's side window is rolled down, according to a statement shared by Toyota Thursday. Toyota did not provide details on the type of situation in which the problem might occur.

In a crash or a vehicle rollover, side curtain airbags deploy to cover the side window opening. They can help prevent an occupant from striking the window glass or parts of the door. In the event of a rollover, they can prevent an occupant's arm, shoulder or head from hitting the ground or even protect a person from being thrown from the vehicle.

Both the Lexus TX and Toyota Grand Highlander are new models that went on sale last

year. They are closely related to one another. Both are large crossover, or relatively car-like, SUVs with three rows of seating. They are produced at Toyota's factory in Princeton, Indiana.

Toyota is currently working to develop a way to fix the issue, the automaker said in its statement. Owners will be notified of the recall by mid-August, Toyota said.

If customers have questions, they can contact Toyota customer service at 800-331-4331 or Lexus customer service at 800-255-3987.

For any additional questions, customer support is also available by calling Toyota Customer Interaction Centre in Canada at 1-888-TOYOTA-8 (1-888-869-6828) or Lexus Guest Service at 1-800-26-LEXUS (1-800-265-3987).

Approximately 9,665 Toyota and 314 Lexus vehicles are involved in this recall in Canada.

Customers will be notified about this issue through the mail by late July 2024.



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A Star for Busta

Jamaican-American rapper among Walk of Fame inductees for 2025

Jamaican-American rapper Busta Rhymes is among a group of 36 game-changing entertainers who will receive a star on the Hollywood Walk of Fame next year.

The Hollywood Walk of Fame is a historic landmark located on Hollywood Boulevard and Vine Street in Hollywood, California. It consists of more than 2,700 brass stars embedded in the sidewalks, honoring notable personalities from various segments of the entertainment industry, including film, television, music, and radio.

The list of the Walk of Fame's newest inductees was announced during a celebrity-studded press conference at Ovation Hollywood on Monday, June 24.

Music icon Prince and Country legend Keith Urban will both receive the honor posthumously, musicians Fantasia and The Isley Brothers, along with American ballet dancer Misty Copeland and actors Nia Long, Jane

Fonda, and Colin Farrell are also on the list.

Rhymes joins an elite group that includes Bob Marley, Sheryl Lee Ralph, and Kerry Washington as Jamaicans/Jamaican-Americans who have been honored with a star on the Hollywood Walk of Fame.

Busta Rhymes, or Trevor George Smith Jr., was born in the East Flatbush neighborhood of Brooklyn, New York City, in 1972, to Geraldine Green and Trevor Smith Sr., who both were immigrants from Jamaica.

At age 12, his family moved to Nassau County on Long Island and settled in Uniondale, New York. For a short while, he attended George Westinghouse Career and Technical Education High School in Brooklyn with future rappers Christopher "The Notorious B.I.G." Wallace and Shawn "Jay-Z" Carter.

Busta Rhymes also said he grew up in a household where Jamaican culture was cele-

brated and embraced.

He began his career in the early 1990s as a member of the hip-hop group Leaders of the New School, gaining significant attention for his work on A Tribe Called Quest's track "Scenario."

Busta Rhymes also gained popularity from his advanced rhymes as well as his unique style which was not common among many New York rap artists at the time.

He spoke openly about his Jamaican heritage and the influence it has had on his music. In an interview with Complex magazine, he explained that he grew up listening to reggae music and was heavily influenced by Jamaican artists such as Bob Marley, Peter Tosh, and Buju Banton.

He also noted that his use of patois in his music was a way to pay homage to his Jamaican roots and to connect with his fans in Jamaica and the Caribbean.

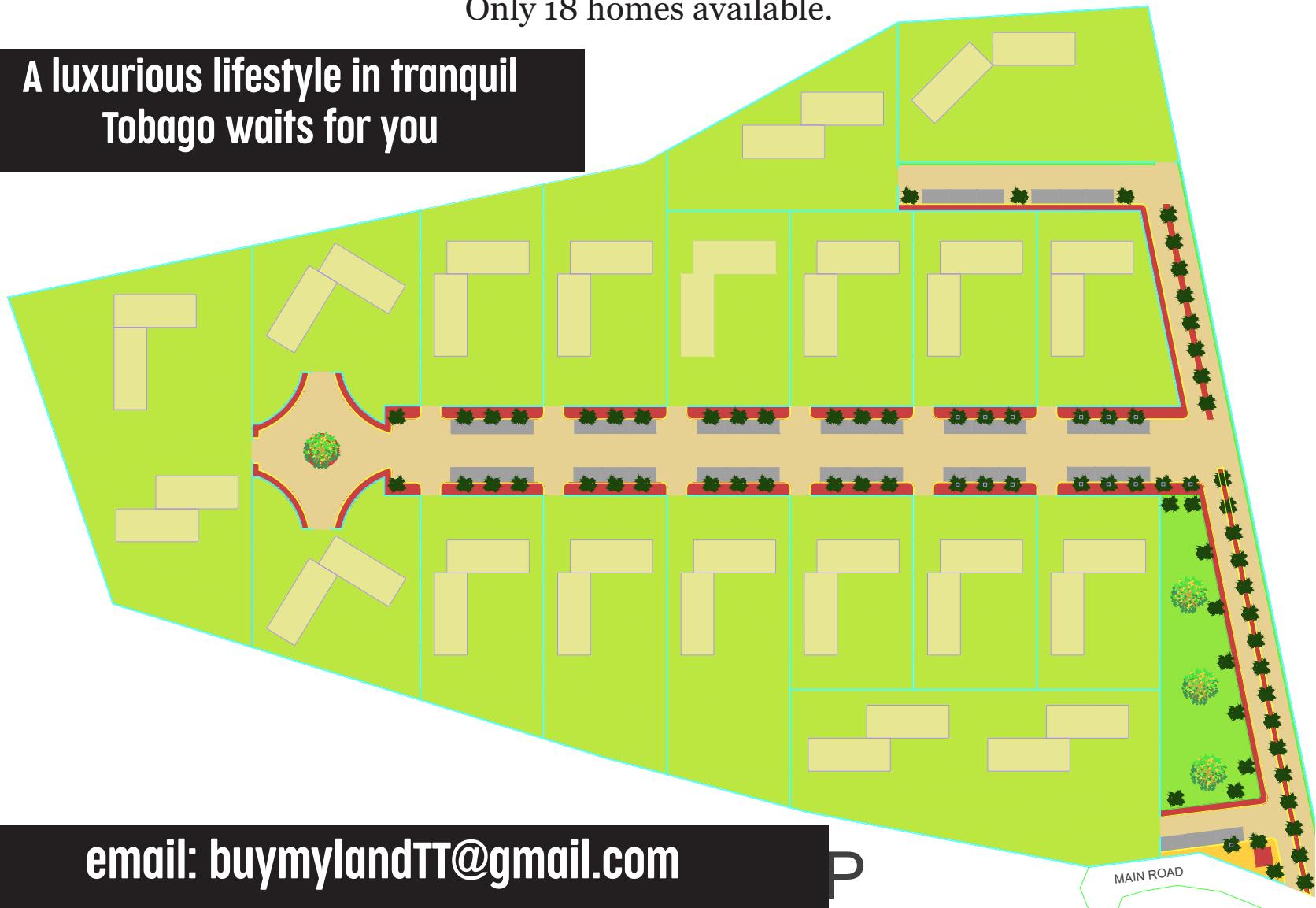
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Paris Hideout

**T&T Fashion House takes a
big step by opening a
store in France**

The Trinidad and Tobago Fashion Company Ltd (FashionTT) is congratulating The Hideout Clothing on the opening of its first store in Paris.

It said the opening is further amplified by its strategic partnership with the TT Olympic Committee (TTOC) to create a distinctive clothing line for the opening ceremony of the 2024 Olympic Games in Paris, a media release said.

The Hideout Clothing, a Global Value Chain (GVC) member of FashionTT's Value Chain Investment Programme (VCIP), is renowned for its innovative designs and dedication to quality and has consistently showcased the rich cultural heritage of TT through its unique fashion offerings, the release said. "This collaboration with Team TTO represents a significant step in promoting and fostering a connection between our athletes, the Trinbago spirit, and our vibrant culture and the host city, Paris," the release said.

"Through the support of FashionTT, The Hideout Clothing has been empowered to bring this vision to life. The new clothing line is designed to highlight Trinbago heritage, infusing traditional elements with contemporary style to create pieces that resonate with both the local and international community. This initiation not only marks a significant achievement for The Hideout Clothing but also underscores FashionTT's commitment to nurturing and promoting local talent in the global fashion industry," the release said.

General manager of FashionTT Lisa Marie Daniel said in the release, "The opening of The Hideout Clothing's first store in Paris and their collaboration with Team TTO for the 2024 Olympic Games is a testament to the creative prowess and entrepreneurial spirit of TT's fashion industry."

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Drunk & Disorderly

New rum pays tribute to the Mighty Sparrow

He gave the world what some might term the quintessential rum song: Drunk and Disorderly.

But now a brand of rum will actually bear his name.

The Mighty Sparrow: Aged Rum with Spices was introduced on his Facebook page on May 14. However, the Mighty Sparrow is not the one behind the rums, although they bear his name.

US singer/songwriter Lane Steinberg and US producer, director and screenwriter Lenard Dorfman are the rum's founders.

Four images of bottles were posted and visitors to his page were asked to give their opinions on the bottles and labels. Sparrow reposted them on May 19 asking for more responses.

The product's website was launched on June 8. The producers said were looking for partners to bring the product to market and all the details were available on the website. The rum falls under The Mighty Sparrow Company, headquartered at 10 Center Street, Irvington, New York.

In a brief phone interview, Sparrow confirmed he had granted permission for his name to be used for the brand.

"I thought it was something good and I am waiting on my contract," he said.

Sparrow said he was approached three years ago with the idea.

The calypsonian was baptised at the Linden Seventh Day Adventist Church in New York in 2022.

Asked if the rum bearing his name was in conflict with his religious beliefs, Sparrow said, "As long as we have to go along those lines, we have to remember, moderation is the name. It is the key, and not because somebody is sponsoring something that they have to find themselves completely out of it.

"Whatever you are doing, you have to do things moderately."

Sparrow said he was not deeply involved, and wished the founders success.

The website describes the rums as being "blended with rare TT rums that have been aged in ex-bourbon, American Oak casks. Of this blend, 51 per cent is aged for ten years, and one per cent is aged for 15 years. This age profile is unique and unprecedented for the category."



The Mighty Sparrow rum pays tribute to the singer of Drunk & Disorderly

It said most spiced rums use an "unaged, neutral base spirit" and added flavourings to mask "harsh-tasting inferior-quality spirit." However, this rum's producers were taking a different approach: it was blended at 80 proof, and was complex, deeply rich and with a "velvety, smooth finish."

The "ultra-premium blend" was then infused with a big, bold taste, it said.

The history of the rum is told on the site: it said Steinberg discovered that Sparrow – his childhood idol – lived nearby. He picked up his guitar and knocked on Sparrow's door in the hope they could sing together.

"Before long a friendship developed that evolved into a musical partnership. Together, along with Sparrow's band they performed to enthralled fans throughout the world, until covid19 struck and put an end to the sold-out performances."

Steinberg was a senior sales executive at an alcohol spirits distribution company and would often share industry tales with his childhood buddy Dorfman.

"Since their formative days spent in the south Florida sunshine, Dorfman went on to be an acclaimed internationally recognised commercial director and marketer," the website said.

It added that late one night during the pandemic, Sparrow, Steinberg and Dorfman were talking about their mutual love for aged rum and how "there is not a delicious-tasting premium spiced rum on the market."

Sparrow agreed and shared memories of "big, bold, delicious-tasting, high-quality, aged rums he tasted travelling through the most exclusive Caribbean hotspots.

"Following in the footsteps of the King of Calypso, we created the ultra-Premium, Mighty Sparrow Aged Rum with Spices," it said.

Other celebrities involved in the spirits industry include Machel Montano, US singer Ciara and French rapper and producer Joey Starr.



LIONESS ON THE RISE

Adidas' selection of Shenseea as the face of Jamaica upsets Queen Ifrica

Reggae artist Queen Ifrica is displeased as she slams dancehall artist Shenseea and Adidas for picking her as the face of the new Jamaica 2024 away kit for the Reggae Boyz and Girlz football teams.

The artist was featured in promotional photos and videos released in June, showing her posing in the new kit alongside members of the Reggae Boyz and Girlz teams. Adidas designed the kit for the Boyz ahead of their 2024 Copa América games.

While many celebrated Shenseea's selection as the ambassador for the international sports brand, others, like Queen Ifrica, were displeased that she was chosen as the team's face.

In a video released on Sunday, Ifrica goes on an expletives-laden rant as she curses at Shenseea and Adidas.

"Dirty Shenseea you can't be no bloodcl**t face of Jamaican woman outta Jamaica guh suck unu self and gwey. Go do it for Korea or which part you bloodcl**t blood line deh," Ifrica says, referencing a recent video in which Shenseea speaks about her Korean heritage. The artist's mother is Jamaican of African descent, and her father, who is unknown to her, is Korean.

However, it seems that Queen Ifrica believes that Shenseea shouldn't have been selected because she is mixed, and instead, Spice would have been a better option.

"Nobody weh born deh ya nah go just come feel like unnu ago come create no culture because unnu born down yah. Ah really and truly, if unnu ago gi anybody else face of Jamaica, Adidas, ah Spice you shoulda bloodcl**t make she do it because she ah the truest representative of a Jamaican woman, ah just true she ah eediat make she end up end up where she end up," Ifrica said.

She added, "Ah, years me a try show her (Spice) say guide yourself properly that you can come to sit down on your rightful place. Shenseea more popular than Spice? So how come a



Shenseea in a photo shoot wearing the Reggae Boyz kit

Shenseea a draw fah."

In the meantime, Shenseea doesn't seem bothered by Queen Ifrica. In a video posted on her Instagram account, the artist showed that she was traveling and enjoying a peaceful Sunday. She appeared to troll Ifrica with her song "Lioness on the Rise" playing in the background.

Shenseea's manager, Romeich Major, also endorses Shenseea's video, writing, "BIG MOOD for Sunday!!! No matter the journey my peeps keep going. God a God only he can judge us. just keep pushing forward to be a better person for your self and you love ones happy Sunday!!!!"



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Safiyyah Shudeen — “I've always been a bit of a tomboy”

The Hijabi Boxer

Inspired by Kyrgyzstani fighter Valentina Shevchenko, Trinidadian Safiyyah Shudeen picks up the gloves — and ‘a bit more clothing’ — to enter the ring

AT 27, Safiyyah Shudeen is breaking new ground as a hijabi boxer from Manahambre, Princes Town.

Training at Lions Muay Thai Gym, Shudeen began her boxing journey at 25 and has quickly made a name for herself under the guidance of National Kickboxing Council of Trinidad and Tobago (NKCTT) president Brendon Burke and manager Shakeer Shah.

Shudeen's path to boxing was unconventional.

Growing up with three brothers, she developed a love for physical sports, dabbling in gymnastics, volleyball and weightlifting before finding her true passion in kickboxing.

“I've always been a bit of a tomboy,” she

said. “Kickboxing was the only sport that truly completed me.”

Inspired by Kyrgyzstani fighter Valentina Shevchenko, Shudeen took up kickboxing and Muay Thai.

Her biggest hurdle was overcoming the fear of failure.

“It was not an overnight process. Consistency and effort helped me believe in myself,” she explained.

Shudeen's journey as a hijabi boxer is noteworthy but not unusual to her.

“I wear a bit more clothing, but no one pays attention to that,” she said.

Her colleagues respect her faith, often pausing sessions for her to fix her hijab or for prayer

times.

“Martial arts focus on heart, discipline, and mental strength, not appearances.”

Her training is rigorous, especially during fight camps.

“My day starts with an 8 am session, followed by a rest and then another session at 6 pm,” Shudeen details.

Despite the intensity, she enjoys the routine. Balancing training with life requires discipline and time management, but Shudeen prioritises her workouts.

Pushing beyond physical limits is tough, but Shudeen credits her coach for constant motivation. “A good coach reminds you why you're doing it and believes in your vision.”

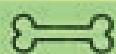
PHOENIX

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Murder She Wrote

Post-mortem confirms a body with gunshot wounds found in cane field is missing dancehall artist Medikk

A postmortem examination has revealed that the remains of missing dancehall artist Medikk show evidence that she was shot more than once.

Medikk, whose real name is Stephanie Williams, was an upcoming artist when she disappeared on August 24, 2023. The artist was last seen leaving her Red Hills apartment wearing a black blouse, black tights, and black shoes. She was reportedly on her way to shoot a music video and had gotten into a taxi but never reached her destination.

In February, the Jamaica Constabulary Force said that a skeleton suspected to be that of Williams had been found in a cane field in Wallen, St. Catherine. Clothing and jewelry retrieved from the area where the skeleton was discovered led to police suspecting that the remains belonged to Medikk. At the time, police officers said the skeleton would be sent for DNA analysis to determine if it was Williams and her cause of death.

In an update on June 19, the JCF said DNA analysis confirmed that the remains that were found belonged to Medikk and that there were gunshot wounds. According to a Jamaica Gleaner article, Medikk is suspected of being killed by gunshot wounds.

Her case is now being investigated as a murder.

So far, no suspect has been named by the police. Her family previously claimed that she was to meet an unnamed producer to produce the music video. It's unclear who the producer is and whether the police have investigated the claim. Her family also previously expressed frustration at the slow pace at which the police investigation was taking place.

Medikk Medikk is known for her songs "Money Feelings," "Overcome," featuring Shane O, and "Boss Level," featuring Jahvillani. She was also an entrepreneur who owned the company Rheborn Holistic, which sold natural holistic products on the Jamaican market, including natural deodorant, skincare, etc.



Medikk — went missing in August 2023

SIZZLING FEUD

Sizzla Details His Issues With DJ Khaled

Reggae artist Sizzla Kalonji says he and DJ Khaled did not have a falling out over money as he addressed the incident in which he is seen burning the plaques he received from collaborating with the We The Best Music head.

In December 2022, Sizzla appeared angry as he explained that DJ Khaled had “insulted” him. He was seen tearing up plaques, including the one received for his ‘Father of Asahd’ collaboration, which had his name written in a small font.

“Asahd di boss. bun that. yuh insult me. Yuh not the best, you di worse. Weh you feel like DJ Khaled, yuh can style Sizzla? ah me buss you, man, August Town buss yuh. jokey jokey,” the reggae artist ranted.

Sizzla is the godfather of Khaled’s oldest child. It’s unclear if the men have mended their relationship, as the Palestinian-American artist has been seen with other Jamaican artists over the last two years. In recent times, he has instead chosen to vacation in Barbados and the Bahamas, bypassing Jamaica for the first time.

In explaining his actions, Sizzla told The Fix podcast that “there is no business issue” between him and Khaled.

“There is no business issue with burning the plaque with Khaled, I haven’t been in the realm of sorting out any business issue. The whole principle about it was that I can’t see my name with this miniature font and it was my name that you love so much that had brought you to that stage so why I can’t see my name? My name represents Jamaica,” the artist said.

“Sizzla is still Jamaica, and Jamaica is Sizzla. So why is it your name is so big, and I can’t see my name? I’m gonna have problem with my people. My people are gonna say it was that name, the little name that got you the big name?” he said.

The artist added that the only thing he had was his name.

“If you say Sizzla people will look to see Sizzla. Put my name big as yours that’s good. You wouldn’t have any problem.”

When asked if he had called Khaled to explain his problem with the plaque, the “Just One of Those Days,” singer said that it shouldn’t have to be noted as it is a matter of respect.



Sizzla and DJ Khaled

When asked if he and Khaled were in a good space, the artist couldn’t seem to recall.

“DJ Khaled always been reaching out, good soul,” Sizzla said noting that he was not there to bash Khaled, he only wanted his name bigger on the plaque. The artist also said he expected that handing over the plaque would be a fancy event with the media present, which would be good for unity and the music business.

“That’s really disrespectful like that. If you do my name like that what would you do with Bob Marley name? what would you do with Buju name? my name is big so you should put my

name in some size, stop messing around, it’s real serious here. A lot of things are being attached to that what you did there but we not gonna say it,” the conscious artist said.

Although he didn’t want to go into details, Sizzla hinted that he might be upset that he was on Khaled’s projects, but the American producer has not been on any of his tracks.

“According to what we inked in the contract, the agreement you should be doing some other stuff, and there’s nothing being done on our part,” he said.

Finally Free ... maybe

Prosecutors Agrees To Offer Vybz Kartel Bail Amid Health Crisis

Prosecutors have conceded that instead of not ordering a retrial, Adidjah Palmer, better known as Vybz Kartel, and his co-accused could be offered bail, which will help to alleviate the aggravating medical conditions that Kartel is suffering.

The artist has heart complications due to his Graves disease diagnosis, and his condition is fast deteriorating while behind bars.

On June 28, the prosecution returned with substantive arguments in making its case that Palmer, Shawn 'Shawn Storm' Campbell, Kahiria Jones and Andre St. John should face a retrial for the 2011 murder of Clive 'Lizard' Williams.

The defense for Kartel et al. has asked the Court of Appeal to rule for the accused that they should not face a retrial because they have already spent 13 years behind bars. This is in keeping with the Privy Council's judgment that their constitutional right to a fair trial was breached. A retrial, they argued, would further breach the men's rights.

The state has the burden of proof to convince the Court of Appeal that a retrial should be ordered in the interests of justice. However, the court appeared concerned at the possibility of another lengthy wait before a new trial as the earliest dates are in 2025 and the availability of witnesses who can testify.

Vybz Kartel's habeas corpus application for release was defeated in the Supreme Court more than a week ago after it found that the men were not being held unlawfully. However, for the first time, the prosecution has offered that the men could be granted bail while they await retrial.

According to the Jamaica Observer, Prosecutor Janek Forbes said the Crown does not dispute the artist's medical issues and their impact on his health and that bail could be a solution so he can see private doctors of his choice.

As an alternative, he also offered that the Department of Correctional Services had adequate resources that could assist the artist



Vybz Kartel and Likkle Vybz during 2023 visit behind bars

in dealing with his mental issues as pointed out in an affidavit filed by the defense which says that the artist had severe anxiety and mental weakness due to the legal process since his arrest.

Judge Marva McDonald-Bishop, however, offered that checks could be made to see if the artist can be treated at the Tower Street Adult Correctional Facility where he is currently held.

Flying High

US Air Force's first female pilot flies her last mission as a civilian captain with United Airlines

In 1981, Captain Theresa M. Claiborne was commissioned as a second lieutenant in the United States Air Force. A year later, in 1982, at 23, she became the first Black woman and the first African American female pilot in the U.S. Air Force.

Born in 1959, Captain Claiborne came from a military family. Her dream of becoming a pilot was realized when she joined the Air Force Reserve Officers' Training Corps at the California State University in Sacramento.

Captain Claiborne would later enrol for Undergraduate Pilot Training at Laughlin Air Force Base in Texas in 1981. The same year, she was commissioned as a United States Air Force second lieutenant.

She completed her Undergraduate Pilot Training Program at Laughlin Air Force Base in Texas in 1982. That same year, Captain Claiborne became the first African American and Black female pilot in the U.S. Air Force.

During her years with the U.S. Air Force, Captain Claiborne flew KC-135 Stratotankers for Strategic Air Command for seven years and served as an instructor pilot on the KC-135E and a flight commander for the USAF Reserves where she rose to the rank of lieutenant colonel.

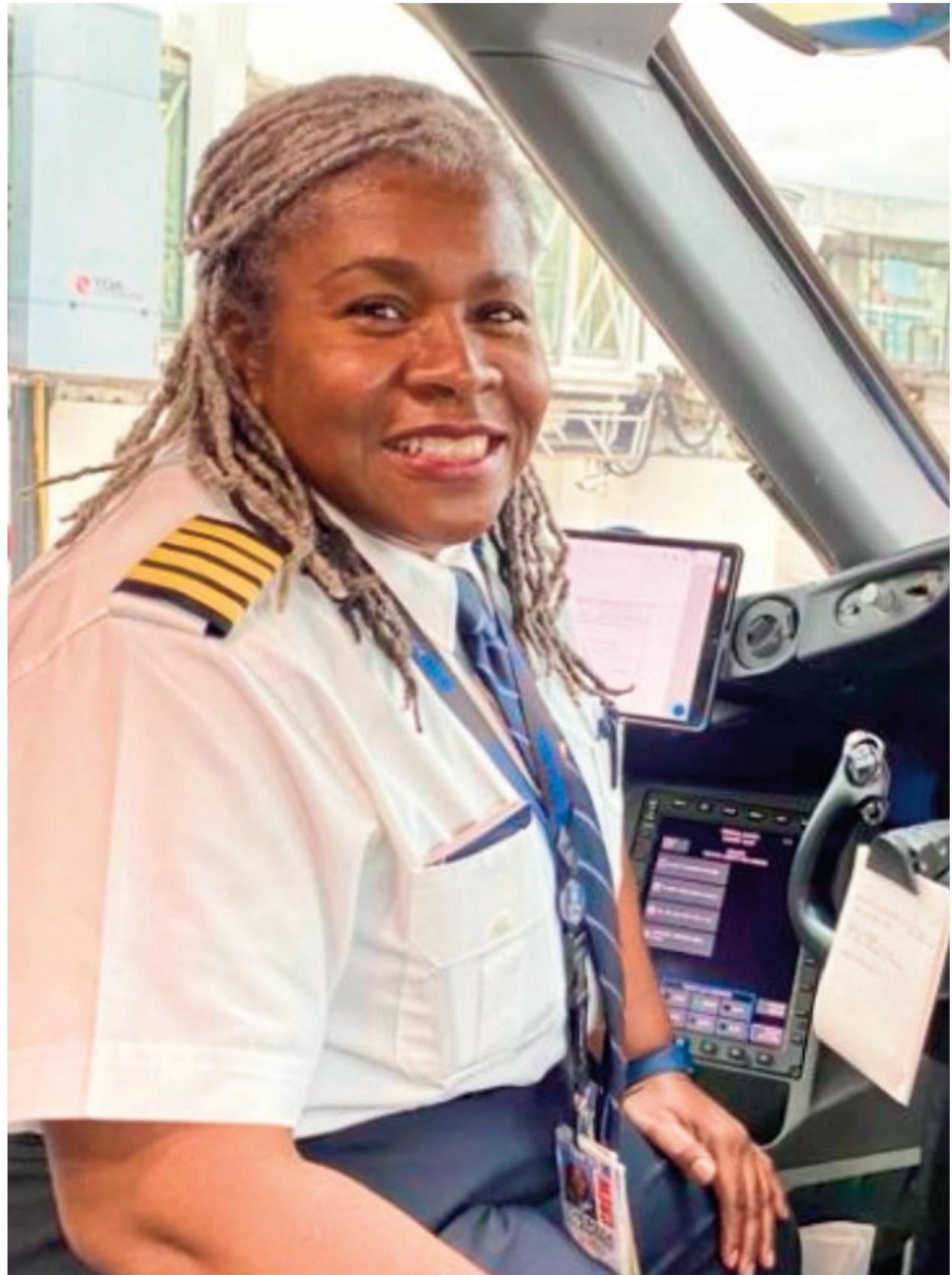
After 21 years of service with the Air Force, and with over 3000 military flight hours, Captain Claiborne retired from the U.S. Air Force in 2003.

In 1990, she started working for United Airlines, a major American airline, as a first officer. Claiborne was later promoted to captain and went on to accumulate more than 20,000 flight hours during her career.

In 2016, Captain Claiborne co-founded Sisters of the Skies with pilots Christine Angel Hughes and Nia Wordlaw to support and build the next generation of aviation professionals.

In May 2024, after 34 years of being a captain for United Airlines, Claiborne flew her last and final flight as a captain at age 65.

"I plan to spend my days inspiring young people to follow their dreams by turning them into goals, shattering glass ceilings, and defying all odds. I'll be calling in my friends from all



Captain Theresa Claiborne – flew her last flight on May 23

around the world to share their experiences to empower the next generation of trailblazers who are destined for greatness. It's been a pleasure to be your Captain and an absolute honor to fly the friendly skies," Captain Claiborne said on retiring.

ing.

She made her final landing for United Airlines on the 23rd of May 2024 at Newark, New Jersey's Newark Liberty International Airport.

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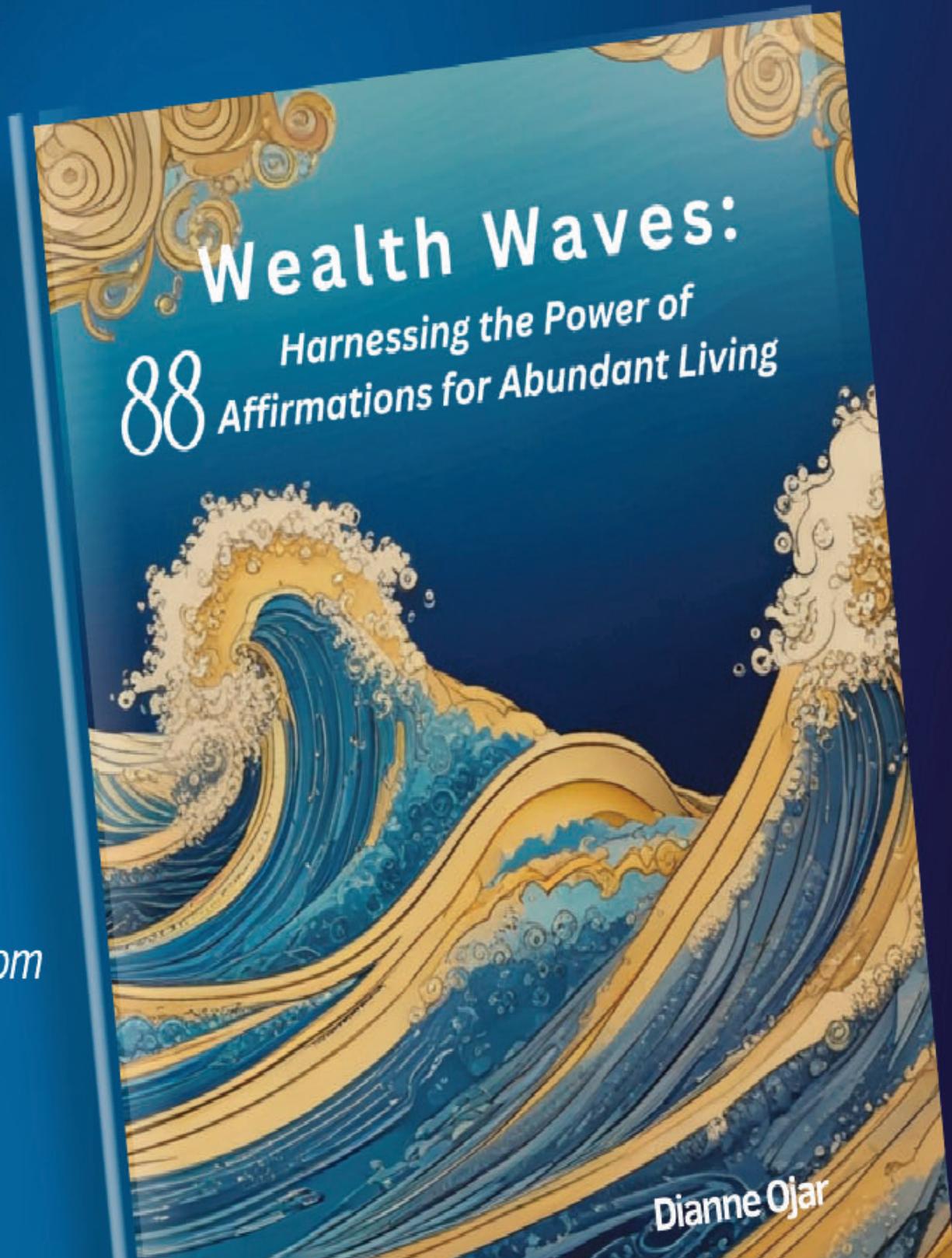
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