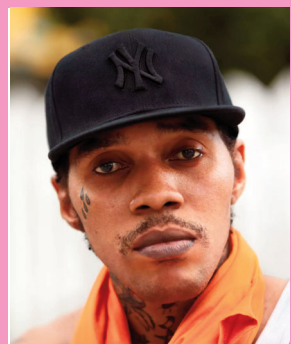




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FREE AT LAST
Vybz Kartel released from
prison, will not face a
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Helping Hands

Toronto Diaspora steps up to help out victims of Beryl in Grenada

The Trinifest Canada Group headed by George Maharaj, succeeded in filling a 50' foot container of goods for Grenada, Carriacou and Petite Martinique in their time of need.

The event took place on July 28 in Toronto, and members of the Caribbean Diaspora stepped up to help out their fellow people in need.

In attendance at the event were Councillor

of the area Mr. Jon Burnside, The Member of Parliament for Scarborough east, Mr. Michael Coteau, The Consulate General of the Republic of Trinidad and Tobago, Mrs Tracey Manette, The Consulate General of Grenada, Mr. Gerry Hopkins, The President of the Carriacou association, Mrs, Kay Baptiste and the chairman of the Grenada Disaster Preparedness, Mr. Unison Joseph.

Special thanks went out to the Trinidad and Tobago Fifty Plus and Seniors group, The Wildseed Centre for Art and Activism, Grace Foods Canada, The Operating Engineers Local 793 and to the dozens of supporters from the Trini and other islands for their valuable donations.

The guests were treated to Trini famous corn soup, saltfish and bake, pholourie, sweet bread, curry channa and cassava pone.

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From Dis-Ease to Disease: Understanding the Connection

Hello there! Today let us talk about something that affects all of us at some point in our lives: the connection between feeling uneasy, or what we call "dis-ease," and how it can turn into a chronic illness, or disease.

Imagine this: our body is like a car. When everything is running smoothly, and both you and I feel great and we can go about our day without any issues. But what happens when there is a small problem, like a strange noise or a warning light on the dashboard? If we ignore it, the problem can get worse and worse until our car breaks down and so our bodies work in a similar way.

When we experience "dis-ease," it means our bodies are not operating as they should. This can be due to various reasons such as stress, poor diet, lack of exercise, or even emotional issues. At this stage, the body is sending us signals that something is not right. If we pay attention to these signals and make the necessary changes, we can often restore our health. However, if we ignore them, this state of "dis-ease" can develop into a chronic illness.

Let us explore this further to understand this better.

Stress and Hypertension

One of the most common examples is stress. I refer to it as the "Root cause of all our issues and problems." When we are constantly stressed, our bodies release a hormone called cortisol. While cortisol is helpful in short bursts, chronic stress keeps it elevated for long periods. This can lead to high blood pressure, also known as hypertension. If hypertension is not managed, it can cause serious health problems like heart disease or stroke.

Poor Diet and Diabetes

Another very common one is our diet. Yes, I too am guilty here and this is because we live in a very processed, easy to grab fast food time. If we regularly eat unhealthy foods that are high in sugar and fat,

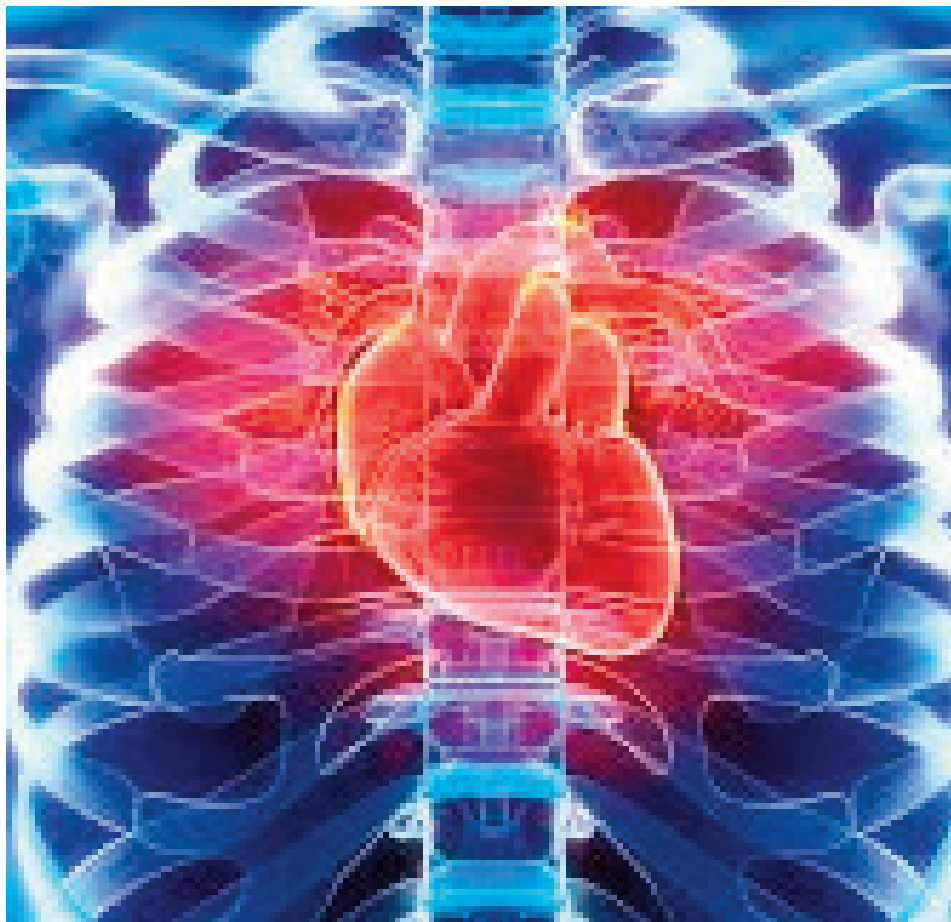
our bodies can struggle to process these substances. Over time, this can lead to a condition known as insulin resistance, where the body does not respond well to insulin. Insulin is a hormone that helps regulate blood sugar levels. When insulin resistance becomes severe, it can turn into type 2 diabetes, a chronic disease that requires ongoing management. They also say that this comes from our parents passing along their genes however may not

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reading this today will make a conscious choice to take responsibility themselves and start the process today, NOW.

Emotional Issues and Mental Health Disorders

Let me add here that all illnesses chronic or not has an emotional part that it plays in it. Emotional issues, such as anxiety



be the only reason. I am not here to debate anyone so let us move on.

Lack of Exercise and Obesity

Physical inactivity is another factor and I will confess that this is me right here. When we do not exercise regularly, our bodies do not burn off the calories we consume. This can lead to weight gain and eventually obesity. Obesity which is excessive over weight is a significant risk factor for many chronic illnesses, including heart disease, diabetes, and certain cancers. There are choices to make here and my

and depression, can also cause a state of "dis-ease." When our mental health is not in a good place, it can affect our physical health too. Chronic anxiety can lead to digestive problems, headaches, and even heart disease. Depression can weaken our immune system, making us more susceptible to illnesses.

The good news is that we have the power to prevent "dis-ease" from turning into disease and start taking action. Here are some steps you can take and I am sure that you are aware of them however just



Presents

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think of this as a gently loving reminder:

Manage Stress: Find healthy ways to cope with stress, such as practicing mindfulness, exercising, or talking to a friend or therapist.

Eat a Balanced Diet: Choose foods that nourish your body, such as fruits, vegetables, whole grains, and lean proteins. Limit sugary and fatty foods.

Stay Active: Aim for at least 30 minutes of physical activity most days of the week. Find activities you enjoy, like walking, swimming, or dancing. Did you know that dancing and the act of loving making uses all muscles in the body? Yes, I did say it.

Take Care of Your Mental Health: Do not hesitate to seek help if you are feeling anxious or depressed. There are many resources available, from counseling to support groups.

By paying attention to the signals our bodies send us and taking action, we can keep ourselves in good health and prevent "dis-ease" from becoming a chronic illness. Remember, small changes can make a big difference.

Next month I will share the pros and cons of managing these symptoms and action steps.

Stay healthy and take care!

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.

To book a consultation, you can email Dianne at info@TheExperientialCoach.com

Mr Grand T&T 2024



T&T's 2024 pageant winner hoping to break stereotypes

After being crowned Mr Grand T&T 2024, Idrees Ali Bidar is still on cloud nine.

"This is a surreal and unbelievable time in my life," said the 19-year-old from Princes Town, who added that one of the best parts of the entire experience is the wave of public support he has received since taking the title alongside Kristina James, who was crowned Miss Grand T&T on July 14.

Last year, the competition was mired in controversy when Venezuelan national Mileidy Materano was crowned Miss Grand International T&T. Materano later gave up the crown and title and was replaced by Rebekah Hislop.

Bidar, however, has turned the page on the fallout from last year's competition and is determined to use his platform to promote positivity and inspire people to get healthy. The model and athlete, who was a competitive runner, swimmer and cyclist, is deeply passionate about fitness. Given that chronic non-communicable diseases like diabetes and obesity are prevalent in T&T, he hopes to use his example to motivate people

to become more active.

"Physical health is one of the pillars of success; you not only feel better and look better but you are better," he said.

Bidar's good looks, toned physique and strong views on mental and physical health sealed his victory on the night of the competition, but participating in a pageant was never on his "to-do" list. Homegrown support made him think otherwise.

"My mum, who is a single parent, showed me that anything is possible and that you don't need to come from a special background to pursue what you want to do," he said.

A family tragedy also reminded Bidar of the brevity of life and inspired him to seize every opportunity that life had to offer. His cousin Ishmael who died last year following a severe allergic reaction used to tell Bidar that he was born with a gift to relate with persons his age and to be a force for good.

"Ishmael was the big brother figure I never had. He gave me guidance and assistance when

I needed it the most," said Bidar.

It was Ishmael who urged Bidar to participate in bodybuilding competitions. Following his passing, Bidar decided to honour his cousin's memory by living life to the fullest. He took part in several ventures, including Mr Grand T&T, and he has other plans in the pipeline.

Even though they are becoming increasingly common, there is still a stigma surrounding male pageants. Bidar hopes to break those stereotypes.

"80% of those who commit suicide in T&T are men. I want to create a safe space for them and let men know that yes, while we are expected to be providers and pillars in society, we can also express ourselves in other ways," said Bidar. "Taking part in a pageant does not make you less of a man, it's a platform to reach as many people as possible with your message. I'm here to remind people that the greatest downfall of a man is dying without knowing his or her true potential."

Free, at last

Vybz Kartel released from prison, will not face a retrial for murder

Jamaican dancehall artist Vybz Kartel has been freed from prison after judges decided he should not face a retrial for murder.

The 48-year-old, real name Adidja Palmer, was jailed in 2014 but his conviction was overturned by UK judges in March.

He had been accused of killing of Clive "Lizard" Williams in Jamaica but has always maintained his innocence.

Although his conviction was overturned months ago by the Privy Council in London, authorities in Jamaica had time to decide whether he should be retried.

On July 31, appeal judges in Jamaica decided the case would not go back to court, meaning Kartel, who is said to be in poor health, could be released.

His trial in 2014 heard that victim Clive Williams and another man, Lamar Chow, were given two unlicensed firearms belonging to Kartel for safekeeping.

When they failed to return them at an agreed time, prosecutors said they were summoned to Kartel's house in August 2011.

Chow told the trial they were attacked and the last thing he saw was Clive Williams - who was never seen alive again - lying motionless on the ground.

The house burned down days later and his body has never been found.

Kartel and his co-accused Shawn Campbell, Kahira Jones and Andre St John, have always maintained their innocence but were convicted and jailed for life, with Kartel told he would spend a minimum of 35 years in prison.

He appealed first to courts in Jamaica before taking his case to the Privy Council in London, which serves as the highest court of appeal in Jamaica and other Commonwealth countries.

His defence team argued that a juror accused of trying to bribe others should have been thrown off his trial.

The London court agreed with Kartel's case and ruled in March that the decision not to remove the juror made the conviction unsafe.

The judges said it was "fatal to the safety of the convictions which followed" and "an infringement of the [defendants'] fundamental right to a fair hearing".

On Wednesday, Justice Marva McDonald-Bishop, one of three judges sitting at Jamaica's Court of Appeal, said they had weighed up the "egregious nature and seriousness of the of-



Vybz Kartel: now a free man

fence" against the passage of time, lack of access to witnesses and evidence and the huge expense of a retrial.

She also said Kartel was in "declining health" and a new trial would have an impact on his physical and mental wellbeing.

"We conclude that the interests of justice do not require a new trial," she said, adding that Kartel and his co-defendants were formally acquitted.

According to the AFP news agency, there was heavy security at the courthouse in Jamaica's capital, Kingston, and the hearing was closely watched across the country.

Vybez is known as one of Jamaica's most popular artists and has collaborated with performers such as Jay-Z, Eminem and Rihanna.

His best-known hits include Clarks, Ramping Shop and Summer Time, and his success led to him launching lines of shoes, alcohol and condoms.

The singer also became the first dancehall artist to star in his own reality TV show, Tea-cha's Pet.

Seani B, who presents 1Xtra's Dancehall Show, tells BBC Newsbeat Kartel's release represents "a mammoth day for Jamaica, a mammoth day for dancehall music, and a mammoth day for the Jamaica judicial system".

"He's easily one of the biggest dancehall artists in Jamaica," Seani says.

"And for the last 14 years, Kartel has probably become even more infamous. Now on his release, I would say he's returned to a space that's been awaiting him for so many years.

"There's a whole new generation of dancehall fans that are just waiting for Vybz Kartel's return to that music."

Seani was DJing at Boxpark in Croydon, south London, on Wednesday and says he was on his phone backstage listening to the court's ruling.

"When it was announced, it was jubilant.

"It's a relief for a lot of people but at the same time, we've got to think about the family of the person that was murdered so many years ago."

Glamour Travel



Fly the nostalgic route as Pan Am takes to the air one more time

Pan Am is synonymous with glamorous travel. Although the airline stopped flying in 1991, the name still emanates nostalgia and symbolizes an era before the words “overtourism” or “selfie stick” existed.

Now, there’s a chance to fly Pan Am again, provided you have deep pockets. Pan Am Brands, which owns the former airline’s licensing rights, will fly a special Pan Am-branded private jet on a 12-day trip from New York City in June 2025.

The “Tracing the Transatlantic” itinerary has stops in Bermuda, Lisbon, Marseille, London and Foynes, Ireland, all places that have significance to Pan Am and were on the airline’s old routes. The price tag? A cool \$59,950 a person.



Pan Am is heading back into the air — but for only one flight

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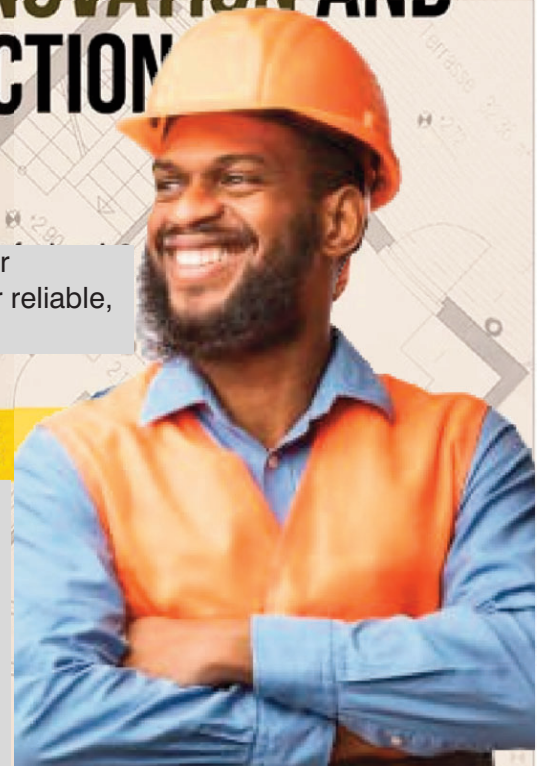
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Recaro, Famed Sports Seat Supplier, Has Reportedly Filed Bankruptcy

Recaro has filed for bankruptcy. The company, which has supplied seats to various car manufacturers for decades, was yesterday approved for self-administration by a German court, per a report by Autocar.

It's unclear how the filing will affect Recaro, who provides sports seats for brands such as BMW, Ford, the VW Group, and others. The seat maker's employees were unaware of the bankruptcy, according to Autocar, who also reported that the IG Metall trade union that represents 215 workers at Recaro's factory in Kirchheim unter Teck, Germany, has demanded transparency from the supplier's upper management.

Back in January 2020, Recaro Automotive announced that it had sold its business to Raven Acquisitions LLC, which is a privately owned investment corporation based in Detroit, Michigan. At the time, Recaro reported that it had made approximately \$150 million in revenue in 2019, and it said that the new ownership would allow the company to prioritize making seats "with shorter and faster decision-making processes allowing greater flexibility to better meet the requirements of the market." It's currently unclear what financial moves led to the insolvency.

Recaro's history dates back to 1906 when "master saddler" Wilhelm Reutter began design-



Recaro is known worldwide for its sports car seats

ing and building car bodies and interior components. In 1965, Recaro launched its first sports seat, and then in '67 it introduced the first road-legal full shell seat. Future innovations would include a seat with speakers in the headrest (1977), the Recaro A8 sports seat with a plastic backside (1989), and it would go on to make the first ret-

rofit seat with a universal side airbag in 2004 followed by designing a seat with a new lightweight composite shell in 2005.

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Rhythm & Art

Top T&T mas band Paparazzi unveils its 2025 offerings

Popular Trinidad Mas band Paparazzi revealed its 2025 Carnival presentation, *Canvas: Rhythm and Art*, on July 13th at Mille Fleurs, Maraval Road, Port of Spain.

This theme aims to honour and showcase the rich contributions of local artists who have significantly influenced the cultural landscape of the nation over the years.

The concept behind Canvas emerged from a deep-seated desire to pay homage to the diverse and impactful works of Trinidadian artists.

These artists, including luminaries such as Che Lovelace, Shalini Seereram, Sarah Joseph, Nicole Tang, Boscoe Holder, Karin Dawn Kershall Best, Samantha Rochard, Carlisle Chang and Tessa Alexander, have not only shaped the visual arts scene, but have also left an indelible mark on the spirit of Trinidadian creativity.



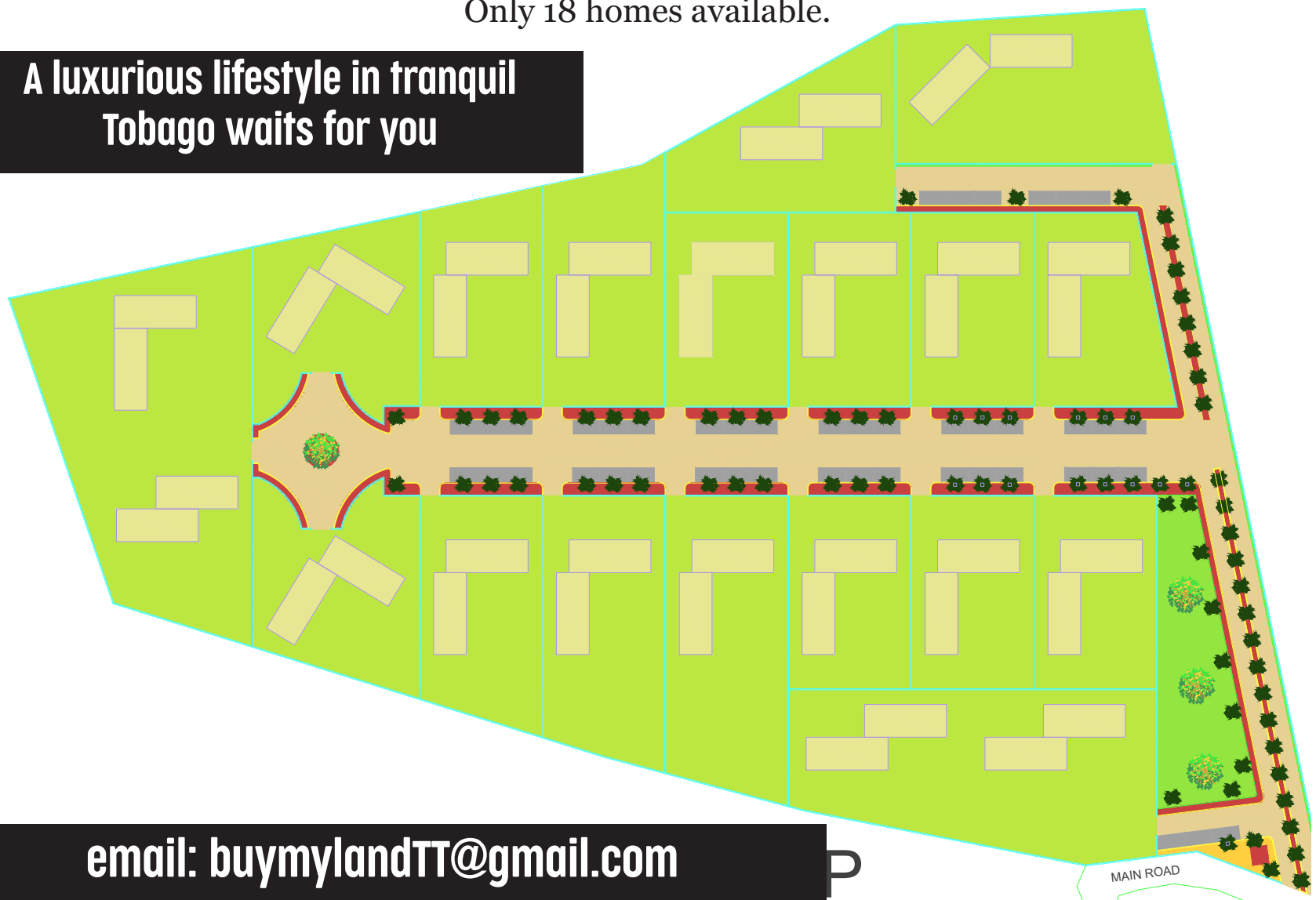
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Family Reunion

**Anguilla Summer Festival
promises lots of heat at
August fete**

The Anguilla Summer Festival celebrates its 50th anniversary from July 21-August 11, when locals and visitors join the festivities and enjoy cultural events, music, and fun activities.

The 50th edition titled, The Family Reunion, is expected to attract record numbers of visitors and returning residents to the island, a media release said.

The festival is a celebration, affirmation and expression of culture coined by the island's people. Family, friends, well-wishers and guests from ports worldwide will descend on Anguilla to revel in the festivities that celebrate life's freedoms and commemorate the Anguillian ancestors' emancipation, the release said.

The festival incorporates carnival celebrations and competitions, boat racing –the island's national sport, and other maritime activities, the release said.

Festivities peak on August 5 with the J'Ouvert celebration which is unique because it is the only J'Ouvert in the Caribbean that ends on the beach with an all-day beach party and concert, the release said.

On August 6, the Miss Anguilla Pageant takes place and it is expected to highlight and celebrate past Miss Anguilla winners.

The pageant committee's efforts are championed by Dee Ann Kentish Rogers, the Minister of Education and Culture and who was also Miss Anguilla 2017. In 2018 Rogers was also the first black woman crowned Miss Universe Great Britain, the release said.

On August 7, the calypso monarch competition will showcase Anguilla's top talents at the Landsome Bowl Cultural Centre.

The Grand Parade of Troupes on August 9 will be a spectacle of costumes and dancing. The festival continues on August 10 with the Poker Run –a high-stakes card game that stops at five of Anguilla's beaches and incorporates the best DJs, competitions and food.

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Tobago Love

Interest in island's October carnival spikes as it celebrates its third year

WITH Tobago gearing up to host its third annual October carnival, President of the Tobago October Carnival Association, Dexter Sandy said there has been a significant increase in interest in this year's celebration.

"From the bands side of things, the bands are out doing a lot of marketing of all their sections and the different offerings in terms of J'Ouvert, pretty mas and also night mas – so a lot of that activity is happening right now in Tobago. I know bands from Trinidad are also on the ground actively marketing – so that is what is going well at this point in time."

With regards transportation to and from the island, he said they have not been in direct contact with the Port Authority or Caribbean Airlines just yet.

"We have been monitoring their website for the availability of seats and we're already seeing where the Friday to come to Tobago is oversubscribed even on the Saturday itself, the return to Trinidad on the Monday is also oversubscribed you can't get any tickets right now.

"We're not sure when they would add flights but we're hopeful for that. The THA has formally indicated to us that the ferry service would see an increase for that weekend because the TT Spirit is scheduled to come back on route, so with that happening, we are going to see additional movement by the ferry service for passengers."

President of the Tobago Promoters Association (TPA) Kevon McKenna said that his association is fully prepared.

"Two out of three editions of our calendar of events have already been introduced, and we have been working closely with other stakeholders to ensure that everyone is included, and no one is left behind in this process. We are actively engaging and coordinating with others to create a carnival experience that is inclusive and engaging for all."

Bandleader Erlan Clarke said, "People are registering, and we've seen a return of more clients this year compared to last year. We have persons as far as France coming in this year for the festival. They have already registered with their flights already booked."

Tobago Carnival is scheduled to take place from October 25-27.



Mai Tai section from Fog Angel's band Cocktails and Bacchanal

ROLL IT, GYALS

Marcia Griffiths, Alison Hinds, Cedella

Marley to get Legacy Awards at CMA 2024

The Caribbean Elite Group has revealed the highest honors for the 2024 Caribbean Music Awards, celebrating the exceptional contributions of artists to the Caribbean music scene. This year, women have claimed all three prestigious awards. Marcia Griffiths will receive the Lifetime Achievement Award, Alison Hinds will be honored with the Elite Icon Award, and Cedella Marley will be bestowed with the Legacy Award.

“The recognition of women in this year’s awards underscores the importance of their contributions to our culture and heritage. Their voices are vital to the vibrancy of Caribbean music,” stated the Caribbean Elite Group.

Marcia Griffiths, a legendary artist with a career spanning decades, continues to reach new heights. She is renowned for her critically acclaimed songs “I Shall Sing” and “All My Life,” and holds the record for the highest-selling single by a female reggae singer with her rendition of “Electric Boogie.” Griffiths is also widely recognized as a vocalist for the I-Threes, the backing vocalists for Bob Marley.

Alison Hinds, known as the “Queen of Soca,” has significantly impacted the genre with hit singles like “Fuluma” and “Roll It Gyal.” Her contributions have become ingrained in the DNA of Caribbean carnivals worldwide.

Cedella Marley, a 3x Grammy-winner and philanthropist, continues to enrich Caribbean culture through her music and social responsibility efforts, spanning fashion, arts, and more.

These prestigious honors recognize the unequivocal achievements of these world-renowned and highly acclaimed artists, with more honors set to be announced in the coming weeks.

Since its inception last year, the Caribbean Music Awards has celebrated the rich musical heritage of the Caribbean and honored the artists who have contributed to its evolution.

At the inaugural 2023 event, Buju Banton

received the Humanitarian Award for his philanthropic efforts through the Buju Banton Foundation. Kes honored Trinidadian artist David Rudder with the Elite Calypso Music Award, Caryl Pedre saluted the late Mikaben with the Kompa Music Award, and Morgan Heritage led a tribute to Beres Hammond, who received the Elite Icon Award from V.P. Records president Chris Chin. DJ Stephen and Doug E. Fresh honored Machel Montano with a Lifetime

Achievement Award.

Dexta Daps leads the 2024 Caribbean Music Awards nominations with eight outstanding nods. The celebration will culminate in a star-studded event on Thursday, August 29, at King Theatre, where music enthusiasts and industry insiders will come together to honor the extraordinary talents that have graced this prestigious list.



Alison Hinds — known as the Queen of Soca

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Sean Kingston and mom Janice Turner

20 years inside?

Singer Sean Kingston and his mother facing harsh prison sentence after being indicted in million-dollar wire fraud scheme

Jamaican-American singer Sean Kingston and his mother, Janice Turner, were indicted in Miami federal court on in mid-July in connection with a \$1 million wire fraud scheme. If convicted, both face up to 20 years in prison for each of the six charged counts.

The 34-year-old entertainer, born Kisean Anderson, appeared in court alongside his 61-year-old mother after their arrest in May. They are charged with one count of conspiracy to commit wire fraud and five counts of wire fraud related to their involvement in a scheme to defraud sellers of high-end specialty vehicles, jewelry, and other goods using fraudulent documents.

The United States Attorney's Office of the

Southern District of Florida stated that the defendants "unjustly enriched themselves by falsely representing that they had executed bank wire or other monetary payment transfers."

According to the office, the alleged scheme involved making payments through banks that never actually went through, resulting in the accrual of over \$1 million in property.

Kingston was initially arrested in California on May 24 on theft charges following a SWAT raid of his South Florida mansion. His mother was arrested during the raid of his lavish Fort Lauderdale suburb home, and Kingston was taken into custody a few hours later without incident.

The raids were conducted following a lawsuit filed against Kingston for allegedly not paying for luxury items. Meanwhile, Turner has faced legal issues in the past over false loan applications and bank fraud.

Kingston is best known for his 2007 No. 1 hit song "Beautiful Girls" and collaborations with Justin Bieber. An attorney for the individual suing Kingston over the unpaid items noted that Kingston uses "basically a script, he says that he works with Justin Bieber, and obviously puts on a big show here. This is a rental house; he doesn't own it, and he lures people using his celebrity into having them release things without him paying for it and then he simply never pays."

PHOENIX

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Honoring a Legacy

Rita Marley celebrates 78 birthday for charity with a star-studded concert

The Marley Group marked the 78th birthday of the family matriarch Rita Marley with a special celebration dubbed 'Love Iyah '78'.

The 'First Lady of Reggae', co-founder of Tuff Gong International and global humanitarian, had a star-studded birthday celebration that culminated with a concert, produced by Tuff Gong. The event was livestreamed on Tuff Gong TV's YouTube channel on Marley's birthday, July 25.

Admiral Tibet, Warrior King, Tifa, Sharon Marley, Big Youth, Jaz Elise, and Grub Cooper (formerly of Fab 5) all performed on the night.

"We are honored to celebrate my mother, mentor, and best friend. As a proud black Jamaican entrepreneur, she has broken so many barriers and built a lasting legacy," said Cedella Marley, the first-born child of Bob and Rita Marley and chief executive officer of the Bob Marley Group of Companies. "Her strength, wisdom, kindness, and love have inspired us all and she continues to be our guiding light."

This year's celebration was designed to shine a spotlight on Marley's remarkable journey. Highlights include readings from her book *No Woman No Cry: My Life with Bob Marley* by broadcaster Dahlia Harris. Additionally, exclusive scenes from the Bob Marley: One Love movie provided viewers with greater insight into her life.

The 'Love Iyah '78' celebration is in support of initiatives such as the Hurricane Beryl Relief efforts, and the Rita Marley education scholarship valued at \$4 million, and the Adopt-A-Clinic initiative, that will benefit the Bull Bay Heath Centre.

The Rita Marley Foundation works towards the alleviation of poverty for peoples of developing and less developed countries. Its long-term function is to eradicate poverty and hunger in specific selected communities using as its tools: empowerment of those communities through the creation of economic investments, improvement of educational opportunities and the development of knowledge and proper practice in nutrition and health care. The foundation is supported by funds from donors and collaborators.



Rita Marley — turned 78 on July 25



Shenseea is pictured with a young Jamaican as she delivers supplies, including snacks, to people affected by Hurricane Beryl

HURRICANE RELIEF

Shenseea Helps Jamaicans Affected By Beryl

Jamaican artist Shenseea is showing compassion for her fellow countrymen. On Friday, she revealed that she's spearheading relief efforts in St. Elizabeth along with Romeich Major following the devastating effects of Hurricane Beryl on the parish.

Hurricane Beryl has caused destruction along Jamaica's southern coastline, especially in Manchester, Westmoreland, St. Elizabeth, and others. St. Elizabeth has suffered much damage to crops and livestock, and most homes in the parish were damaged or completely destroyed during Beryl's passage, whose eye wall sat over the parish on Wednesday into Thursday.

As the government of Jamaica coordinates relief efforts, Major revealed that Shenseea plans to visit the food-producing parish where her

family hails.

"Remember me say one team, one dream... Shen Yeng say 'Romeich spend the money good' and we spend it. She ago St. Elizabeth with her friends and families tomorrow. We ah go down to help the people as best. See it deh, likkle care package, likkle thing," he said.

Shenseea is seen in the background packing food products into bright green shopping bags. The bags contain bread, Honey Bun, Grace, and other essential items such as discounted plyboards donated by LP Azar company, tents and tarps, nails, shovels, water boots, rope, drinking water, and other things.

The music manager said his artist team, including Shenseea and Ding Dong, was personally going to make the deliveries.

Shenseea also posted an update showing them loading up the truck.

"We a come help who we can help," Shenseea said. "St. Elizabeth I'm coming back. We have some snacks for the kids, some tinned food since light nuh deh bout," she added.

The Jamaican artist appeared to be on the island during the passage of Hurricane Beryl, the first hurricane to affect the island in recent years. The Andrew Holness-led government is still to reveal a full assessment of the damages. However, Floyd Green, Jamaica's Agriculture and Fisheries Minister and the Member Parliament of Southwest St. Elizabeth, shared updates over the weekend that the storm had significantly affected people whose roofs were blown off and many crops and infrastructure were destroyed.

Not Like Us

Rick Ross gets jumped in Vancouver after playing Kendrick Lamar's diss song for Drake

Rick Ross was punched in the face, and one of his security guards and his DJ were severely beaten up by fans of Drake over alleged disrespect by the “Aston Martin Music” singer.

Rick Ross was in Vancouver to perform at the Ignite Music Festival. All went well during the show, but it appears that his decision to close out the show with Kendrick Lamar’s diss track “Not Like Us” did not sit well with more than a dozen Drake fans. They waited for the rapper backstage and allegedly formed a human wall to block them in and attack them.

The concert ended around 10:30 p.m., and videos show the moment things escalated as an argument erupted between Ross’ entourage and the Drake fans. In a video, Ross is seen surrounded by several people. A Caucasian man with a faded hairstyle throws the first punch at Ross, which connects before hell breaks loose and men on both sides square up.

Rick Ross is quickly ushered to the side while a tall, stocky security guard tackles the man who punched Ross. However, he is no match as half a dozen or more men surround him and throw punches. At another point, Ross appears to back up his security and others, including his DJ, join the fray. However, the men block in Ross and his men, and as his security falls to his knees, two men are seen kicking him to the face while another deals him some gut punches.

Another video also shows a man with long dreadlocks knocked out cold on the ground. Onlookers expressed concern for the man and said he might need medical attention. Ross’ security also valiantly gets up after being punched.

“What’s up the dog, you in our city?” one of Drake’s fans is heard saying while another taunts Ross, “Every day I’m hustling,” referencing Ross’ track.

In the meantime, Ross told TMZ that he loved the city of Vancouver and that he’ll be back. On the other hand, Rick Ross’ baby mother, Tia Kemp, also reacted to the video.



Rick Ross’ tweet after the Vancouver show

“Get uppppppp... they had to pick dawggg up like a baby!!” she wrote in a comment under No Jumper’s post. She added, “U got knocked tf outtt.”

On Instagram Live, she also trolled the father of her child. “Your fat a** ain’t throwing no blow... you stood your scary a** back. I’m glad they smack the sh*t outta yo *tch a**,” Tia commented on the fight.

50 Cent, who has also been beefing with Rick Ross, also reacted to the entire thing. “My guess is ya won’t be going back to Canada ?? acting like it ain’t what it is,” 50 Cent wrote.

50 Cent also trolled Ross as he seemingly made a hasty retreat while his men were beaten up.

“LMAO THE GREAT ESCAPE! MEEKA CALL THE CHASERS, THEY ARE CHASING

ME. ? LOL,” 50 Cent wrote.

Although Drake hasn’t officially reacted, he liked Akademiks’ post of the fight.

50 Cent shared an hilarious video of himself speaking about the situation. “I just saw a very unfortunate situation that took place in Canada,” the G-Unit rapper said. “I wanted to say to everyone, you know, that I hope that that brother made it home safely. I hope that he now has a different perspective and a better sense of what to do and what not to do while you’re out in the world. That part where the young guy, he did this little move and shit and he got knocked the fuck out right there, that does not reflect him. That reflects his camp and he might need to go get the Dreamchasers or, um, the 305 Killers.”

FORE!

15-Year-Old Makes History as the Youngest African American Junior Golf Champion

Shyla Brown is a 15-year-old Black teen from McKinney, Texas, who has recently made history as the youngest African-American Junior Golf Champion. She was ranked among the only four nationally-ranked high school golfers selected to compete in the prestigious Southwest Airlines Showcase at Cedar Crest.

Discovering her love for golf at the age of 8, Brown followed in the footsteps of her parents who were also avid players. Brown told WFAA, “You know when you’re that young, you kind of take up what your parents are doing. I found it enjoyable.”

Today, Shyla has climbed the ranks to become the top-ranked African American Junior Golfer. Recently, she participated in the Southwest Airlines Showcase at Cedar Crest, joining the ranks of the nation’s top amateur golfers.

“It means a lot to me. The history behind Cedar Crest that’s been held there... Pioneers like Charles Sifford, walking in his footsteps, it means a lot to me,” Brown said.

Shyla Brown has made history herself by securing a spot on the 2023 American Junior Golf All-Star Team, becoming only the second African American to receive such an honour.

“To whom much is given, much is required,” Brown said. “The more blessings that are given to me, the more responsibilities I hold to uphold those blessings.”

Shyla Brown believes consistency and discipline have been the key to her success. The young athlete also draws inspiration from her family, coaches, and fellow golfers, seeing their success as a major contributor to her growth,

“That brings out the best of me when I see them succeeding. It makes me want to reach there,” she said.

Aside from the world of sports, Brown never neglects her studies and balances her education and her involvement with the band team. Nevertheless, Brown remains focused on her ultimate goal — to become a professional golfer.

“I want to get through college. Go professional and not even just get on the tour. Be one of the greatest,” she said.



Shyla Brown — makes history as youngest African American Junior Golf champ

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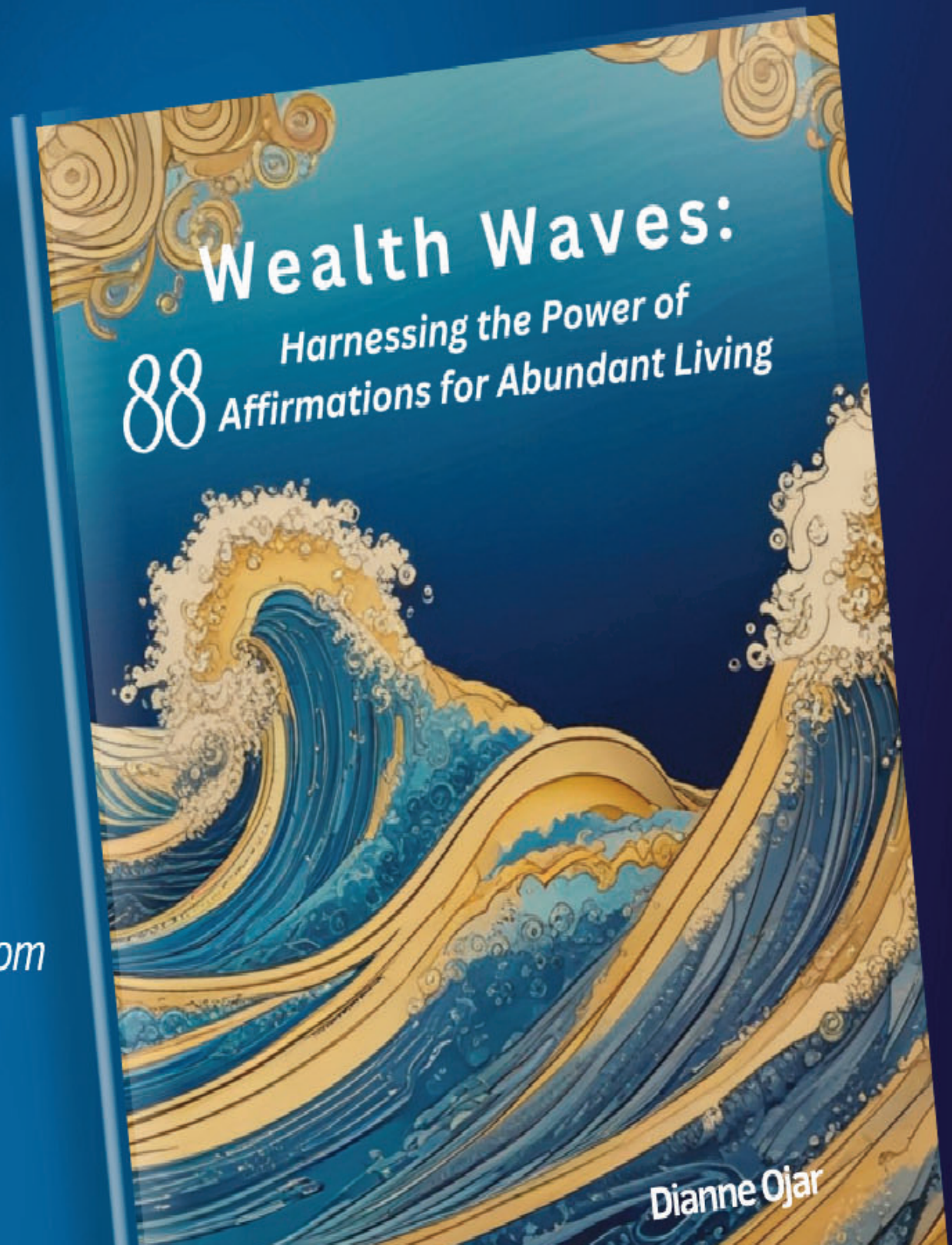
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