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and legacy of cricket
legend Frank Worrell

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**Buju axes six US concerts in
September, angers fans**





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Miami Nice

City prepares for its annual Fall Caribbean carnival

Miami comes alive every year with vibrant rhythms and a rainbow of colors of the Caribbean during Miami Carnival.

This celebration, deeply rooted in the traditions of Brazil and Trinidad, combines Caribbean music, dance, food, and community spirit with the beauty of Miami. This weekend-long event attracts thousands of revelers from around the world.

This year, it will be held from October 11 - 13.

At the heart of Miami Carnival is its spectacular parade, where more than 18,000 masqueraders in twenty-plus mas bands dance freely through an approved parade route that winds through the streets of Miami, showcasing a kaleidoscope of colors and designs that range from traditional to avant-garde. Each costume tells a story, and every band portrays a different theme complete with a plethora of beads and feathers in every color of the rainbow. The parade starts at 11 am and ends at 11 pm which includes the concert that follows the judging of the bands.

Accompanying the visual spectacle is the infectious beat of Caribbean music. Soca, reggae, calypso, and dancehall rhythms fill the air, and every year music lovers flock to Miami Carnival to experience the electric event. The energy is palpable as dancers and spectators alike move to the music to join in the revelry.

No carnival is complete without indulging in the flavors of the Caribbean. Come hungry, because over 50 food vendors will offer a tantalizing array of culinary delights indigenous to the Caribbean region, from jerk chicken and roti to conch fritters and rum-infused treats. The aromas alone transport visitors to the islands, creating an authentic culinary experience that complements the festivities. Foods from the islands of Bahamas, Jamaica, Haiti, Trinidad & Tobago, Guyana, Dominican Republic, and many more will all be available in the food court.

The artisan market is another highlight, where craftsmen and artists showcase their talents, and vendors from as far away as New York and Boston travel to Miami. Visitors can

browse through handmade jewelry, vibrant paintings, intricately crafted textiles, flags, toys, games, souvenirs, wood carvings, incense, pottery, and more where each piece is a testament to Caribbean creativity and craftsmanship.

Miami Carnival prides itself on being a family-friendly event, with activities designed to entertain visitors of all ages, including interactive performances that introduce children to Caribbean culture in a fun and engaging way. It's a chance for families to bond over shared experiences and create lasting memories together.

Whether you're a seasoned carnival-goer or experiencing it for the first time, Miami Carnival promises an immersive cultural experience like no other. It's a celebration of diversity, unity, and the vibrant spirit of the Caribbean that resonates throughout Miami's streets.

For more information and to purchase tickets, visit Miami Carnival Website at www.miamicarnival.org

From Dis-Ease to Disease: Maintaining the 'engine'

Let us briefly recap our last chat around the conversation: From Dis-Ease to Disease: Understanding the Connection.

Let us talk about the pros and cons something that I am sure that most are aware of and they are the signs and I include myself when I honestly say that I too am human and I too ignore the signs at times. However today I would like to change that mindset for you and for me. We are in this together. We again know 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.

Remember the car story, if not visit our last edition about if it is maintained it will purr like a kitten however, when we ignore it then we have to take it to the car doctor.

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.

The Connection Between Dis-Ease and Disease

Let us look at some examples to understand this better and do understand that I am not a medical professional however I am qualified in other modalities which teaches about the physical, emotional, mental and spiritual body.

Stress and Hypertension

One of the most common examples is stress. Stress is a normal part of life, but 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.

Pros of Managing Stress:

- Improved mental clarity and focus
- Better overall mood and emotional well-being

- Reduced risk of developing chronic conditions

Cons of Ignoring Stress:

- Increased risk of hypertension and cardiovascular diseases
- Poor sleep quality, leading to fatigue and decreased productivity
- Greater likelihood of developing anxiety or depression
- Poor Diet and Diabetes

Another example is our diet. 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.

Pros of a Balanced Diet:

- Stable energy levels throughout the day
- Healthy weight management
- Reduced risk of chronic diseases such as diabetes, heart disease, and certain cancers

Cons of a Poor Diet:

- Weight gain and increased risk of obesity
- Higher likelihood of developing insulin resistance and type 2 diabetes
- Increased risk of nutrient deficiencies and related health issues

- Lack of Exercise and Obesity
- Physical inactivity is another factor. 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 is a significant risk factor for many chronic illnesses, including heart disease, diabetes, and certain cancers.

Pros of Regular Exercise:

- Improved cardiovascular health
- Better weight management and reduced risk of obesity
- Enhanced mood and mental health

Cons of Physical Inactivity:

- Increased risk of obesity and related health issues
- Higher likelihood of developing chronic diseases such as heart disease and diabetes
- Decreased muscle strength and endurance

- Emotional Issues and Mental Health Disorders

Emotional issues, such as anxiety 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.

Pros of Addressing Mental Health Issues:

- Improved emotional well-being and resilience
- Better physical health and reduced risk of chronic conditions
- Enhanced relationships and social interactions

Cons of Ignoring Mental Health Issues:

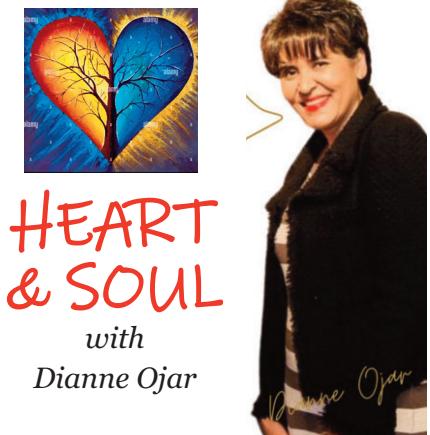
- Increased risk of developing chronic physical health problems
- Greater likelihood of experiencing severe anxiety or depression
- Potential negative impact on relationships and social life

Taking action is the next step and the good news is that we have the power to prevent "dis-ease" from turning into disease and start taking action.

I will share with you the simple reminders of the steps you can take and I am sure that you are aware of them however just think of this as loving your Soul, Heart, Mind and Body.

Manage Stress: Find healthy ways to cope with stress, such as practicing mindfulness, exercising, or talking to a friend or therapist. Mindfulness practices, like meditation or deep breathing exercises, can help calm your mind and reduce stress levels. Physical activities, such as yoga or walking, can also be effective in managing stress. Release the baggage, the past, the drama because the stress hormone is cortisol and that is not a happy health hormone you need to activate.

Eat a Balanced Diet: Choose foods that nourish your body, such as fruits, vegetables, whole grains, and lean proteins. Limit sugary and fatty foods. Drinking plenty of water and avoiding excessive consumption of caffeine and alcohol can also help maintain a balanced diet. Fact, your body, brain, eyes, blood and so pretty much your whole body is



made up of approximately 80% water so what it is you need to drink? You are correct.

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. Incorporating strength training exercises can also help build muscle and improve overall fitness. Make it a fun experience.

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. Engaging in hobbies or activities you enjoy can also help improve your mental health and provide a sense of fulfillment. A healthy mind is a healthy body and that is a proven fact.

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.

As I wrap up here I want to bring this to your attention and it is that our bodies are constantly communicating with us. When we experience a state of "dis-ease," it is a signal that something is off balance and not in homeostasis which is what the body needs to be in to have all the systems working together in harmony and as one. By addressing these signals early and making positive changes in our lifestyle, we can prevent the progression to chronic illness.

The journey from "dis-ease" to disease is not inevitable. We have the power to take control of our health and well-being. It is about making mindful choices, listening to our bodies, and taking proactive steps to maintain a state of ease.

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@TheExperiential-Coach.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

Vybzing for Love

Kartel reportedly proposes to girlfriend after his release from prison on murder charges

Vybz Kartel says his fiancee Sidem Ozturk is the first woman to make him go on his knees. The dancehall legend and his fiancee have become social media sensations since his release from prison a month ago.

On August 28, Vybz Kartel shared a clip of himself getting down on his knees while seemingly putting a ring on Ozturk's finger. It was first reported in 2022 that Kartel and Ozturk were engaged as the deejay fought for his freedom and his life. The "InfraRed" deejay caught some heat from some of his fans for the relationship, but he stood his ground and even pushed back against critics.

"Shes white? Lol come offa mi page wid simple minded ignorant rubbish," Kartel scolded fans who criticized his fiancee.

Vybz Kartel also shared a few clips of himself spending quality time with his sons, Shaheim Palmer, Likkle Vybz, Likkle Addi, and his youngest, Aiko'Don. In one clip, the artist beamed with pride as he hung with his three eldest sons as they bonded over meals. Likkle Vybz and Addi, who are budding recording artists, are poised to follow in their father's footsteps.

The Gazanation leader also shared a video of himself with his fiancee and his son Aiko sitting first class on a flight out of Jamaica. "If it's not Private it's 1st Class," he wrote.

Sidem also gets praised by some fans for supporting the deejay spending time with his children. "Look how they are seated, if it was some insecure woman who doesn't understand themself they would be sitting next to their man. Big up yourself Sidem you are a gem, it's the little things (yeah, and she is comfy taken aback while his son enjoys his flight with dad)," one fan wrote.

Kartel, whose real name is Adidja Palmer, spent 13 behind bars before he was released on July 31, 2024, after a high court judge ruled to dismiss his murder case. The ruling came months after the UK Privy Council ruled that jury misconduct robbed the artist of a fair trial and thus ruled to overturn the 2014 murder con-



Vybz Kartel in a photo taken in August with girlfriend Siden Ozturk and family ahead of his first show set for December 31, 2024, at the National Stadium.

Vybz Kartel is now focusing on his health

CANCELLED

Buju Banton axes six September tour dates, fans are upset

Buju Banton is sounding off on critics after postponing several of his US Tour dates. The reggae singer, who put on a show for his fans in New York this summer, is set to embark on his first United States tour in over a decade.

It appears that the production is not smooth sailing for Buju Banton and his production team. Last week the singer announced that six tour dates set for September have been rescheduled, but didn't give a reason for the canceled dates in cities such as Philadelphia, Houston, Dallas, Chicago, Phoenix, and Inglewood.

Some fans who have already bought tickets have been complaining on social media about the postponement of the shows, while some others openly criticized the singer and his team. There are also rumors that tickets are not selling fast enough which forces the reggae star to cancel the shows.

Buju Banton has now responded to the criticisms calling out his haters. "Due to scheduling conflicts beyond my control, I am rescheduling the Boston, Philadelphia, Connecticut, Houston, Dallas, Phoenix, LA and Chicago dates to 2025," the singer said in a statement shared on Instagram. "I want to ensure I deliver the highest caliber of an experience and my fans are my highest priority. I look forward to sharing the new dates for these cities in the very near future. Thank You to all the reggae lovers across the world for showing up for us all."

The "Driver" singer later hopped on Instagram Live to share his feelings about the criticism. "Dem cah stop none a the love," he said while laughing. "So weh them ago do, them ago use them F***ry fi divide us, it cah work. Yes haters eat your heart out. Unnuh gwaan weh unnuh a go and go find some peace inna unnuh life old heathens and shethens."

In July, Buju Banton performed at his first US show in 15 years with a packed audience at the UBS Arena in Long Island, NY. The show, dubbed "The Long Walk to Freedom NY," was a massive success for the singer and formed the precursor for his first US Tour since his release from prison.

Buju Banton, real name Mark Myrie, spent almost a decade in a US prison for a drug trafficking conviction. He was set to perform in Boston this Friday, but that show has been canceled per the Ticketmaster website.



Buju: tour dates cancelled due to scheduling issues

Welcome to Peter Tosh Town

Singer's home in Bluefields to be rebranded for his 80th birthday

The life and legacy of Peter Tosh, will be celebrated and enhanced this October for his 80th birthday celebration.

The Peter Tosh Foundation has launched a new initiative, Peter Tosh Town, to address the many disparities in Peter's hometown of Belmont-Bluefields.

Niambe Tosh, the founder of the organization, states that the branding of her father's hometown as Peter Tosh Town "is a powerful way to honor his legacy and ensure his spirit lives on in the very community that shaped him".

"This initiative by the Peter Tosh Foundation not only pays tribute to his roots but also empowers the people of Belmont-Bluefields,

providing them with the resources and support they deserve," Niambe added.

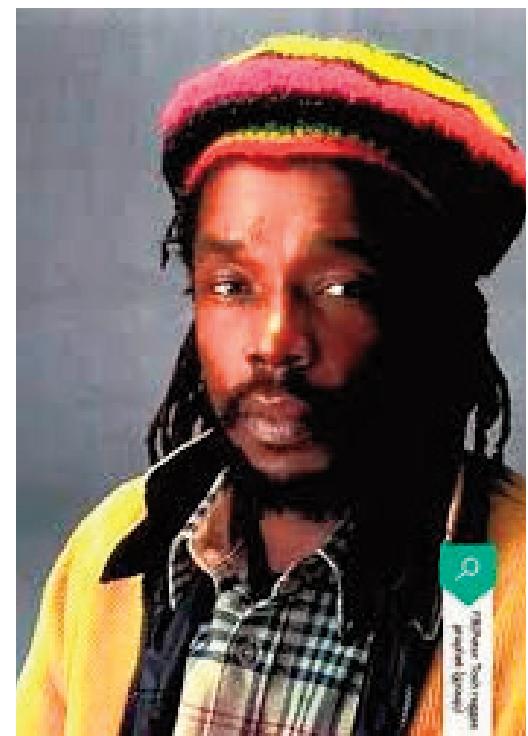
Among the activities planned for October are the Peter Tosh Foundation Benefit Gala in association with the Peter Tosh Museum; Tosh Legacy Talk in association with the University of the West Indies; Peter Tosh Youth Day at the Belmont Academy in Westmoreland; the Memorial Garden reopening in Westmoreland; and Tosh Fest, an inaugural annual concert featuring top reggae and cultural artistes.

Winston Hubert McIntosh, OM, professionally known as Peter Tosh, was a Jamaican reggae musician. Along with Bob Marley and

Bunny Wailer, he was one of the core members of the band the Wailers, after which he established himself as a successful solo artist and a promoter of Rastafari

Two of Tosh's greatest statements were the albums Legalize It and Equal Rights, released in 1976 and 1977, respectively. The former called for the legalization of marijuana (also known as ganja in Jamaica) for which he was a passionate advocate.

In the year of his death, Tosh's last studio album, No Nuclear War, was released. It won the Grammy Award for Best Reggae Album in 1988.



Peter Tosh: Jamaican icon

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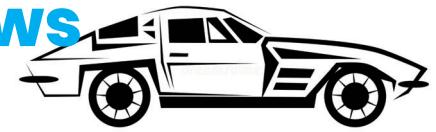
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VISION 74

Hyundai Might Actually Build the Radical Coupe

We haven't been able to stop talking about the incredible Hyundai N Vision 74 concept vehicle since its debut last July, going so far as to present the case for Hyundai to push it into production. Well, we may now be getting our wish, as it's been reported Hyundai is planning to bring the N Vision 74 to reality as an all-new production model you may be able to buy soon.

A report from an outlet called Money Today picked up by Reddit and Motor1 back in May of 2023 seemed very confident in its sources about the N Vision 74 getting the production green light. According to the translated article, the Korean automaker was planning a Hyundai "Pony Day" on May 27th at the company's studio located in Gangnam-gu, Seoul. At this party, Hyundai was supposed to announce a production version of the N Vision 74, which was reportedly going to be called the "Pony Coupe," but that specific promise actually never materialized.

Now there's an update over a year later. The N 74 showed up in Hyundai's 2024 Investor Day presentation slides under a list of upcoming high-performance EVs. While listed as on an EV slide, it's possible Hyundai could keep the Vision model's hybrid hydrogen powertrain. But that's it; that's the update. The name showed up, sans the "Vision" moniker this time, on a slide for future models. Seems like a done deal, but we wonder if it will be a limited run model or get a



The Vision 74 is based on a 1974 concept car called the Pony

full production cycle.

The Hyundai N Vision 74 is based on a 1974 concept car called the Pony, with an original design by Giorgetto Giugiaro that was on display at the 1974 Turin Motor Show in Italy. While the Pony hatchback had a full production run, the coupe never got past the concept stage. At least, maybe until now. It's also clearly influenced by a few other cars, namely the DeLorean DMC 12.

But the N Vision 74 is also an incredibly modern concept, utilizing technologies and some styling from existing Hyundai production vehicles—namely the 1980s-tastic Ioniq 5 hatch—and it's this component overlap that may lead to the Pony Coupe finally becoming a reality.

122,000 views for 2024 so far.

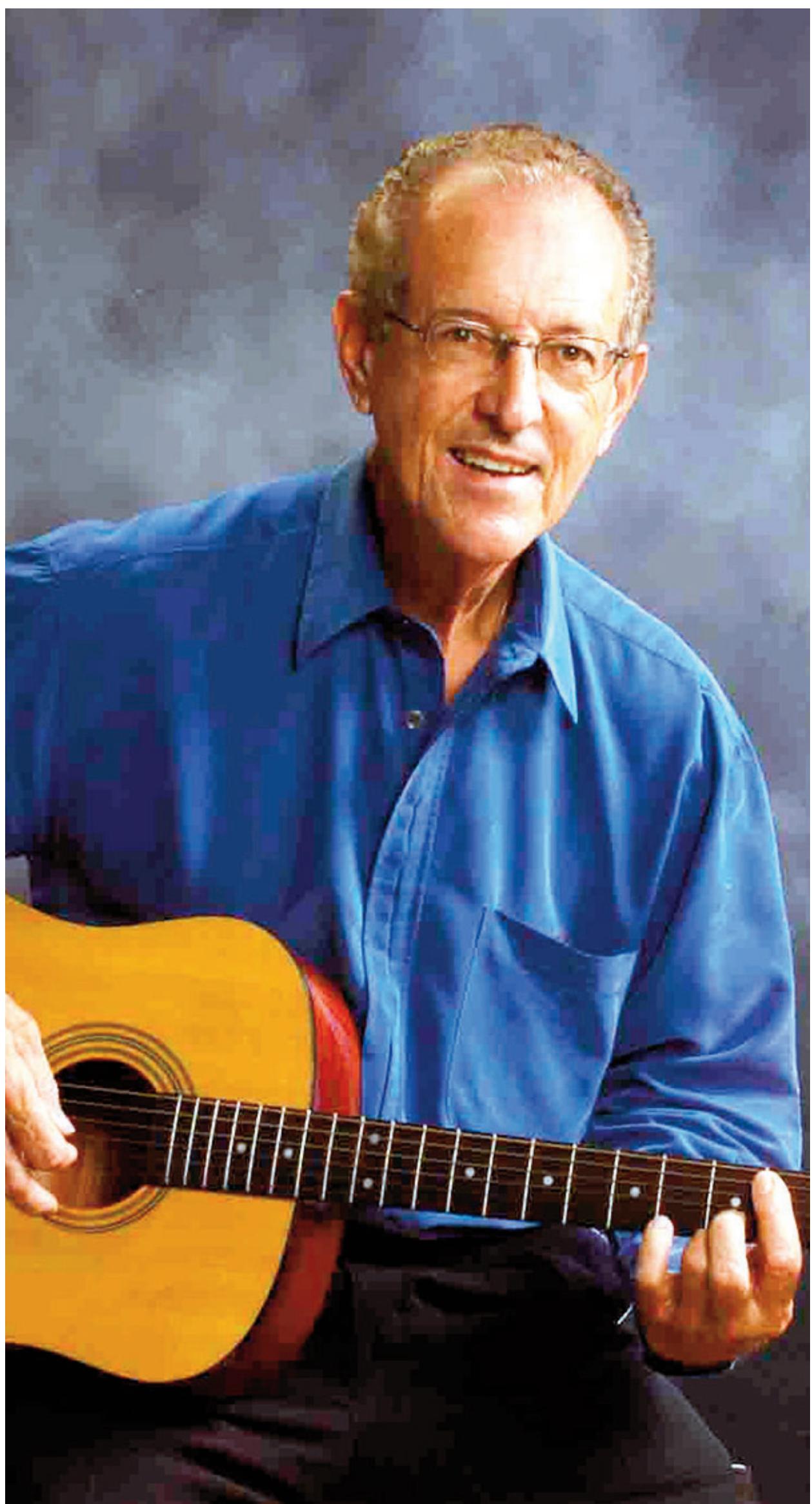
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Dave Martins was the leader of the popular Guyanese band The Tradewinds

'Doc Martins' passes on

Guyana's Music Legend Dave Martins has died. He was 90 years old.

Martins' wife Annette Arjoon-Martins announced his death on August 18 via social media

"Eternally grateful to have shared fifteen years of unconditional love, support and especially shared passions for everything Guyanese with my soulmate," Arjoon-Martins wrote on Facebook.

Dave Martins and The Tradewinds was a household name especially in the 1980s when he composed and sang 'Not A Blade of Grass' which had mobilized Guyanese across the divide against Venezuela's claim to the Essequibo Region

His other songs include "Honeymooning Couple", "Cricket in the Jungle", "Civilization", "It's Traditional", "Copycats", "Guyana Coming Back", "Wong Ping", and West Indian Alphabet".

In 2022, the University of Guyana conferred upon him the honorary degree of Doctor of Letters

In a condolence message, Guyanese President Dr Mohamed Irfaan Ali said: "I am deeply saddened to learn of the passing of a true Caribbean icon, Dave Martins, whose music was the heartbeat of our region. As the leader of the Tradewinds band, Dave captured the essence of the Caribbean spirit and its identity, blending upbeat rhythms with biting satire that spoke to our hearts and minds. His music not only invited us to laugh at ourselves but also encouraged us to stand tall and be proud of our Guyanese and Caribbean heritage. Dave Martins was more than just a musician; he was a true Caribbean person whose influence extended beyond borders, touching the lives of countless individuals across the region. His loss is deeply felt, not only in Guyana but throughout the entire Caribbean and in our diaspora."

Opposition Leader, Aubrey Norton hailed Martins as a musical genius, cultural icon and true Guyanese patriot. "It's a great loss to Guyana. He is one of our cultural icons and one of the men who took a lot of Guyanese culture and put it into music and wherever you went in the world, you could have related to it and be proud of it." He wrote.

Vice President Bharrat Jagdeo said: "I was deeply saddened to hear of the passing of Dave Martins. His contributions to music, culture, and the community have left an indelible mark. Dave's talent, passion, dedication and patriotism were truly inspiring, and his legacy will live on through the countless lives he touched."



Mercy Mission

St Vincent PM says visit of Vybz Kartel to his country is for medical reasons

Prime Minister Dr. Ralph Gonsalves has clarified the purpose of Jamaican Dancehall star Vybz Kartel's visit to St. Vincent and the Grenadines, emphasizing that it is not politically motivated but a matter of "human mercy."

In a recent appearance on NBC Radio's Face to Face program, Gonsalves explained that Vybz Kartel, whose real name is Adidja Palmer, is in the country for medical reasons, not for any political involvement. The prime minister addressed questions about Kartel's presence following an interview with a Jamaican radio host, who sought to understand why the entertainer was receiving support in SVG.

Gonsalves revealed that Kartel's lawyer had contacted him a few weeks ago to inquire about the possibility of receiving treatment in St. Vincent and the Grenadines for Graves' Disease, noting the country's expertise in the field. He confirmed that the Cuban endocrinologist and supportive medical team in SVG were well-regarded for handling such cases.

The prime minister stated that he agreed to facilitate Kartel's visit out of a sense of mercy, affirming that the government is not financing Kartel's stay. "The decision was guided by compassion, not politics," Gonsalves said, adding that his commitment to humanitarian support was rooted in the principle of mercy.

Addressing criticisms of his decision, Gonsalves noted that while some have condemned the move, others have praised it. He emphasized that as prime minister, he needed to ensure that all medical arrangements were properly managed, consulting with the Chief Medical Officer to confirm readiness for Kartel's treatment.

In response to claims made during an interview with a Jamaican journalist, Gonsalves clarified that Vybz Kartel, despite his past conviction, is now considered not guilty of the crime for which he was originally charged. "He was deemed not guilty by the highest court," Gonsalves asserted.

Gonsalves also refuted suggestions that

Kartel's visit was linked to any political dealings, stating firmly, "I have won five general elections without Mr. Palmer's assistance, and I will win the sixth without it."

The prime minister noted that Kartel has expressed satisfaction with the medical care received in St. Vincent. He acknowledged the significant media attention surrounding Kartel's visit but urged the public not to overanalyze the situation.

Gonsalves reflected on his own experiences with medical treatment, emphasizing that SVG's healthcare system has made significant strides over the past 23 years. He concluded that while no system is without flaws, the care provided in SVG has been notably effective.

The visit of the Jamaican Dancehall star to St Vincent and the Grenadines continues to draw public interest, but Gonsalves reiterated that the focus should remain on the humanitarian aspects of the visit.

Trini to the bone

Tribute to author VS Naipaul during his birthday celebrations in Trinidad

An address by Niala Maharaj on Saturday, during the birthday celebration for VS Naipaul at the Diego Martin Public Library.

Dear VS Naipaul,

Ancestors are, of course, the stuff of myth—societies edit the facts of someone's life and enter the result into their collective memory. However, the Naipaul myth is still rancorously debated in Trinidad and elsewhere, including in my own mind. I've sometimes wondered: have you had too much influence on how I see the world?

You certainly bequeathed me my world. As a child growing up in Arima in the 1960s, I had a vague idea that I wanted to be a writer. But every single book in the local library was set in England or the US. Peach trees, picnics and very proper people seemed essential to works of fiction. I'd never seen any of those things.

Then, someone in our house brought home a copy of *Miguel Street*. When I finished reading it and looked up, the world had changed. It was like I'd had cataracts removed from my eyes. I gazed into the barrack yard next to our house. I could write about Miss Stephanie, our neighbourhood soucouyant (alleged), who only bought chicken bottoms at our shop to cook, or Miss Florrie, the housekeeper at the house on the other side, who propped up her eyelids with Scotch tape and conducted a discreet relationship with her white boss.

Of course, I didn't know then that it took inordinate skill and talent to create *Miguel Street*, to embody that raw material in spare, laconic sentences that could lure the reader into lives so eccentric, they skirted the edges of credibility. That prose style was like delicate lace: its power exuded from the gaps between fine threads of language. I assumed that this was the natural way to write about my environment. Im-

printing, it's called in psychology. The stamping of patterns of behaviour in the minds of the young so they automatically mimic these patterns.

But was it really you who did that imprinting? Were you solely responsible for shaping my perspective? Now that I think of it, everybody I knew had that same perspective. Your style reflected Trinidad's oral tradition, the way Trinis spoke of each other and of events. We celebrated the absurd and eccentric. Trinidad was one giant talk tent, an extempo competition sans humanite. *Miguel Street* can be seen as a calypso in literary form, based in the same ironic worldview where tragedy and comedy are entwined in incestuous embrace.

Trinidad only has one export product: writers. The essence of Trinidad is a boundless linguistic imagination. Just as, in my childhood, we kids had no toys and entertained ourselves with the trees in our backyard till we became expert climbers, adult Trinis—those who couldn't do music—had nothing except language with which to entertain themselves. Midnight robbers produced exquisite speeches; calypsonians wrote lyrics, as David Rudder sang, to make a politician cringe. As for politicians? Where other countries generated political rhetoric—"we shall fight them on the beaches, we shall fight them on the landing places...", we had political picong—"licks in you waist, licks in you face, licks all over your Peyton Place". But observe: Rowley's rallying call used more literary devices than Churchill's: not just repetition but rhyme, metaphor and double entendre. As the society developed, these linguistic resources morphed into print forms, and now Trini writers regularly soar to the top of the international literary scene. It's remarkable for such a small population!

But no one has had the mental and creative power combined with the surefooted control over their material you had. Who else would describe a quack mystic called Ganesh beating his wife for the first time as the consummation of their marriage? Sonny Laddoo presented domestic violence as tragedy. But you repeatedly treat it as ritual, which makes it more than tragedy, in fact it becomes culture, while you mask it as comedy. You never seem to get distracted by the dross of conventional thinking.

It takes a Chaucer to write with such cre-



Nobel Prize winner VS Naipaul

ative daring, or a Sophocles, or the current hip-hop artistes in the US who have made poetry popular again since they also have nothing except language to express themselves with. Many upright citizens don't approve of the latter, but true artists don't subjugate their work to the exigencies of politics or social approbation. Your Trini/Naipaulian tragicomic approach is characteristic of many giants of the Western canon: Shakespeare, Dickens, Cervantes, Beckett, Joyce, Swift, Maupassant, Conrad. Life is so cruel, so capricious, that all you can do is laugh about it. At the pinnacle of literary endeavour, the work hinges on the terrifying confrontation with self, with emptiness, the search for meaning. Just as Conrad didn't flinch to expose the heart of European darkness, your non-fiction amazed the entire planet with its blistering acuity and penetrating insight, setting the standard for that genre.

You once said that the colonists never created monuments in Trinidad. But you did. Literary monuments such as *A House for Mr Biswas*. Thank you.

Niala Maharaj is a Trinidad born writer based in the Netherlands.

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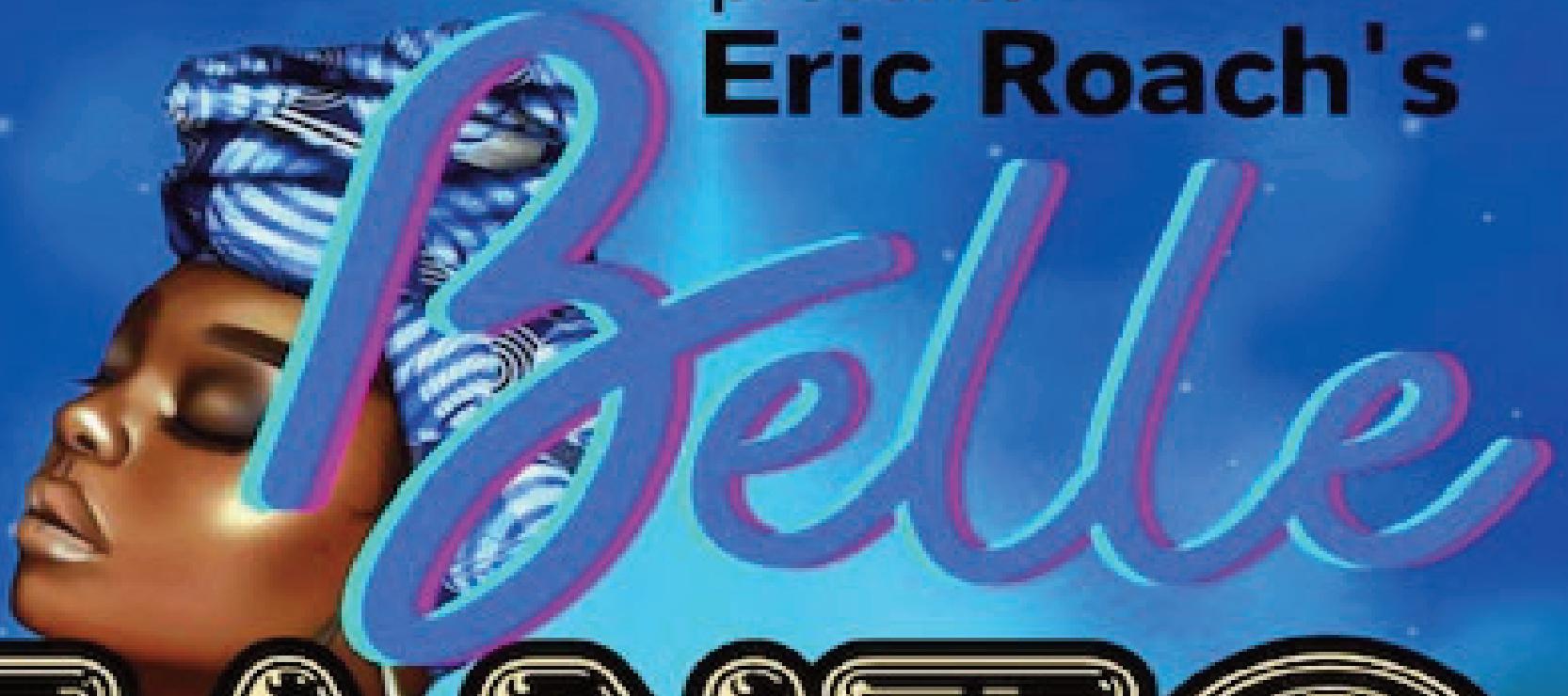


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Come, Big P

UK travel vlogger breaks Internet with shocking music video

“ZOË, YOU’RE TRENDING!”

That’s the all-caps message flooding British travel vlogger Zoë Reeve’s mobile phone after the jaw-dropping release of her music video collaboration with local dancehall artiste Big P, titled “Come Big P”.

Zoë stuns in the video, appearing in provocative red lingerie while simulating intimate acts with Laventille-born Big P, much to the shock—and fascination—of her sizeable online following.

Even as violent crime continues to escalate across the islands, it was Zoë’s raunchy zest that dominated the social media bandwidth this past month.

TikTok and Instagram lit up with heated debates as fans weighed in on the Caucasian London-based vlogger’s venture into soca and dancehall music.

“I wouldn’t say I’m the most talked about entertainer in the Caribbean,” an amused Zoë said, “I would say the music video is the most viral thing that’s ever happened to me in my life.”

Zoë, who was born in Surrey and operates under the handle @travelwithzoë across all social media platforms, said she welcomes both the praise and criticism her new content has sparked.

“Everyone is entitled to their opinion. I don’t really mind if some people don’t like the things I do. I was never expecting to be liked by everyone. I’m really just sharing my experiences and if anyone would like to watch it then they can, and if anyone doesn’t like it, they are also free to not watch it,” she reasoned.

Zoë first visited T&T in 2015 through a work-away programme, exchanging volunteer labour for food and lodging on a Moruga farm.

In June of this year, she made her unexpected music debut alongside soca star Aaron Duncan on the viral hit, “Single”. Duncan’s Single Riddim, which also features Lady Lava’s ubiquitous “Ring Finger”, quickly became the soundtrack of Caribbean “summer”, catapulting Zoë into the spotlight.

The viral success opened doors for Zoë, with collaboration requests pouring in from artistes up and down the Caribbean archipelago, including St Lucia’s Umpa on “Welcome”, and Bajan Jah Reddis on “New Position”.



Reeve is enjoying rha attention she’s getting from the song “Big P”

“I always think that it’s so cool how life has these knock-on effect situations where one random thing can cause so many other things to happen,” Zoë mused.

“I love that life is unpredictable like that. Even when I made ‘Single’ with Aaron, I didn’t picture having five songs two and a half months later. I have no idea what’s really happening right now, but I’m just going with the flow and enjoying it.”

Zoë insists that what you see in the videos is just her being her authentic self, adding with a cheeky grin: “Obviously, I’ve done similar things in real life.”

Her main mission, she says, is to stay true to herself: “I just want to keep sharing my experiences honestly. For now, that’s not going to change.”

As for “Come Big P”, she admits it was something of a departure.

“It was definitely out of my comfort zone to an extent, but I like to go out of my comfort zone. It wasn’t really awkward—it was more...funny. I burst out laughing so many times throughout the shoot,” she revealed.

Zoë says calls for dubplates and more collabs are already coming in from the English capital.

SON OF GRACE

New book on cricket legend Frank Worrell goes behind the game to tell his story

IF Frank Worrell's life were judged solely by his cricket career, his legacy would be confined to indelible images of elegant and skilful batting; inspiring and historic leadership as the first black captain of a West Indies cricket team; and his pioneering role in forging a unified West Indies identity among small countries scattered across the Caribbean.

A hundred years after his birth on August 1, 1924, six biographies keep Worrell's cricket achievements alive. One of them creates a new vision of Worrell – not primarily defined by cricket, but by his West Indianess.

Son of Grace, by cricket historian and newspaper columnist Vaneisa Baksh, doesn't analyse Worrell's cricket career. Instead, it presents the literal and figurative essence of Worrell as the complex, private man who shaped regional cricket, rather than vice versa.

"This is not a cricket book," says Baksh.

She describes herself as a biographer, not a cricket commentator, and establishes that distinction in the book's title. Worrell's mother, Grace, a proud, strong and successful seamstress, laid the foundation for Worrell's self-image, which would translate on the cricket field as the epitome of grace.

"From his mother, he experienced a social conditioning," says Baksh. "Grace presented a distant feeling of royalty; a sense that he was different. I think he inhabited two worlds: his mother's and that of the rest of Barbados."

His mother's influence is felt throughout the book.

"There's a nearly unspoken, parallel story going on in Son of Grace paying tribute to a mother who shaped Worrell through her own journey. How did Caribbean women raise noteworthy individuals who shaped transitional eras? Those stories are generational – never solitary journeys."

Through his mother, Worrell lived a relatively privileged life, but he never lost sight of



Author Vaneisa Baksh with her book

injustices shaped by colonialism.

As a West Indian, Baksh is well-positioned to probe the West Indies cricketer's private life and connect it to his stellar achievements. Her master's thesis focused on the search for West Indian identity as seen in cricketers' biographies.

"That's how I felt Worrell should be written about," she says. "I have never written match reports. I study the people who play cricket – the personalities, environment and social circumstances."

She began research and writing in 2016. The biography took about six years to complete and was published in 2023 by Fairfield Books, London.

Many challenges surfaced in the early stages of research.

"In TT, we don't keep documents, archives, and records. Everything I had seen was primarily about cricket – description of cricket matches and Frank's performances. I was determined not to write about his cricket, but to explore who Frank was, why he had such an impact on cricket internationally and how he formed a West Indian identity. That is not well documented."

Many potential sources were guarded or silent – almost as though they felt compelled to keep Worrell's secrets and protect his heroic image.

"No one was as hostile as his sister Grace," says Baksh. "Grace said, 'Books have been written.'

"The basic information is the same, but there's different perspectives in each biography. We don't yet understand here the value of multiple perspectives."

As she delved deeper into Worrell's life, Baksh uncovered what friends and family tried hiding. Worrell was a womaniser, a heavy drinker and a member of the Freemasons, once thought of as a secretive cult.

"I realised he probably had children outside of his marriage and that might have accounted for them being guarded, also."

Baksh persevered, ever aware of the narrowing list of ageing people who knew Worrell.

"In many cases I felt anxious trying to find sources. Some of them didn't have their memory; some died during the writing of the book. Some people had a million stories; some wild stories couldn't be corroborated. I listened and thought, 'What do I make of this?'"

She relied on oral stories to support written cricket stories.

"There were disappointments and serendipitous things, so that in the end, I felt I was blessed by the balance. Cricket really does reflect a society and a society's behaviour. That's why I write about it."



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be located right on the shoreline, offering guests an immersive experience of the Exumas' serene environment. Through Rosewood's A Sense of Place® philosophy, the resort will reflect the local culture and ambiance, ensuring an authentic Bahamian experience for visitors.

Guests will enjoy six distinctive dining options at Rosewood Exuma, with a focus on local flavors and produce from the resort's own organic garden. The resort will also feature Rosewood's signature wellness concept, Asaya®, within a 20,000-square-foot sanctuary offering a range of treatments inspired by traditional Bahamian practices. The wellness center will include six treatment rooms, a hydrotherapy

facility, an outdoor pool, and a fully equipped fitness center.

For those seeking adventure, the resort will offer an outdoor sports center with tennis, padel, and pickleball courts, as well as watersports equipment. Families can enjoy two pools, including a family-friendly option, and children will be engaged through the Rosewood Explorers club, which fosters curiosity and creativity with activities promoting environmental awareness.

A luxurious beach club will serve as a central hub for relaxation, featuring a grill restaurant, beach and pool bars, and a private dining room. The development will also include two marinas capable of docking yachts up to 150 feet.

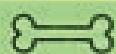
PHOENIX

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I'm No Cokehead!

Nicki Minaj files lawsuit against YouTuber who says she's a drug user

A YouTuber who claimed that Nicki Minaj was a cocaine user is about to get the Tasha K treatment as the Queens Rapper has filed a lawsuit against her for defamation.

Cardi B set a precedent when she won her defamation suit against YouTuber Tasha K, who, among other things, claimed that the singer had herpes. Now, Nicki Minaj is following suit as she drags a YouTuber to court over similarly damaging statements. According to TMZ on Wednesday, Minaj is suing the defendant, Marley Green, whose social media name is "Nosey Heaux," for claiming that she allegedly uses cocaine.

Minaj has been on a rampage over the weekend into Monday, and Green on Monday commented on the rapper's statements claiming that she was reportedly using drugs as she insinuated that might be the reason for her behavior. In a video shared on YouTube, Green claimed that Minaj was doing drugs. "Shoving all this cocaine, shoving in all this cocaine up her nose. Allegedly," she said.

"I'm not saying allegedly on that. Nicki Minaj is a cokehead, we all see it," she claimed in the video that went on to call Minaj's husband, Kenneth Petty, a rapist.

Green's statement led to thousands of tweets online that went viral with the hashtag #ItsGivingCoke on Twitter in reference to Minaj's rants. Minaj had threatened to sue a number of bloggers who used the saying about her, among them Jason Lee and the Neighborhood Talk. Shortly after Minaj's statement, Green also responded to Minaj in a new rant which has been referenced in the lawsuit filed by Judd Burstein.

Nicki Minaj's lawsuit says Green made several disparaging statements about Minaj and her son, whom she says will become a rapist. A video of Green making those statements has made the rounds online where Green lashes out at Minaj and her two-year-old son.

"Child, the whole bloodline including the baby, the whole bloodline including the f***ing new baby, chile she needs to get that baby in, I don't care, I don't care like I said, I'm not gonna get up here and be fake for nobody, I'm not gonna



Nicki Minaj — going after Marley Green for everything she has

be PG13, I'm not gonna be censored for nobody, I'm always gonna stand true to who I am, people f***k with me for that reason," Green says.

"Because I'm not gonna get up here and tip-toe and dance around, cause people mad, let muthf***kers be mad, I don't give a damn, file your lawsuit. Your baby's gonna be a rapist too. Your whole bloodline is disgusting, including your baby, and you need to be trying to get some of that rapist mixture out of your baby before he grows up to harm somebody's daughter or son. Get that baby in therapy," she continued.

"You are trash, your husband's trash, your brother is trash, your momma is trash, your daddy the dead one and living both of them is trash and before that baby grows up and be trash you better get that baby some help," she said.

In the lawsuit, Minaj refers to Green as a 'nobody' "whose main accomplishments in life have been a string of criminal charges, bail jumping and bad debts."

However, they add that her posts which were shared widely, have led to Minaj's reputation being damaged as people are likely to believe her

statements. Burstein wrote that the "cokehead" video had more than 2,000 likes and more than 250 retweets. Minaj wants Green to appear before a jury and pay damages of no less than \$75,000. Burstein said if she wins the lawsuit, the rapper will be going after Green for everything she has, including the rights to her trademark "Nosey Heaux," until she can pony up the damages.

"My marching orders are to aggressively sue anyone with a media or social media following who damages her with intentional lies. Eventually, the lesson will be learned," he added.

Green has released several videos after Minaj threatened to sue her. She has not only commented on Minaj's son's eyes being "cock-eyed," but she has continually commented on Minaj's husband's past rape case. In a video, Green claimed that she had a video showing Minaj with cocaine "running out of her nose."

It's unclear if Nicki Minaj is going to add other defendants to the lawsuit. The Trinidadian rapper did confirm on Twitter that she filed a lawsuit against the blogger and is gunning to own all her blogs and even publishing.



Maurice DuBois will replace Norah O'Donnell as the anchor on the CBS Evening News

DOMINICA ON THE AIR

Newsman with Caribbean roots named new CBS anchor

Maurice DuBois, the son of Caribbean immigrants, has been named the new co-anchor of 'CBS Evening News.' A seasoned anchorman for WCBS-TV in New York City and the CBS network, DuBois will replace Norah O'Donnell and share the spot with John Dickerson, CBS's lead political analyst and the host of an evening CBS News streaming show.

Born on Long Island, New York, to parents from Dominica, DuBois attended Port Jefferson High School and earned a Bachelor of Science degree in journalism from the Medill School of Journalism at Northwestern University in Evanston, Illinois. While in college, he interned at the Public Affairs Office of the Brookhaven National Laboratory on Long Island, contrib-

uting to the employee newspaper, the Brookhaven Bulletin.

DuBois began his career in 1987 as a desk assistant at KING-TV in Seattle, Washington. He then served as an anchor and reporter at WFLD-TV in Chicago, Illinois, and KCRA-TV in Sacramento, California. He spent seven years at WNBC-TV in New York, co-anchoring 'Today in New York' and hosting 'Four Stories' and 'Mind Over Media.'

Maurice DuBois also worked as a substitute news reader on NBC News's 'Today' and its weekend editions. In September 2004, he joined WCBS-TV in New York as an anchor for the 6 pm newscast, 'CBS 2 News at 6,' with Dana Tyler. Since then, he has co-anchored

'CBS 2 News This Morning' and 'CBS 2 News at Noon' with Cindy Hsu and Mary Calvi.

In January 2011, DuBois began co-anchoring 'CBS 2 News at 5' and 'CBS 2 News at 11' with Kristine Johnson. He occasionally substitutes on the weekend edition of 'CBS Evening News.' His reporting includes national political conventions, AIDS in South Africa, the death of Pope John Paul II, and the installation of Pope Benedict XVI.

Active in the community, DuBois serves on the boards of Pencil, Susan G. Komen for the Cure (New York City affiliate), and New York City Center. He has also worked with WNET's GED program.

Who's the Dad?

Meet the man who fathered the woman who will possibly be the next US President

During her speech on the final day of the 2024 Democratic National Convention, where she formally accepted the Democratic nomination for president, Vice President Kamala Harris extensively spoke about her mother, Shyamala Gopalan Harris. However, her mention of her father was brief, with no reference to his name or identity.

"At the park, my mother would say, 'Stay close.' But my father would say, as he smiled, 'Run, Kamala, run. Don't be afraid. Don't let anything stop you.' From my earliest years, he taught me to be fearless," she said.

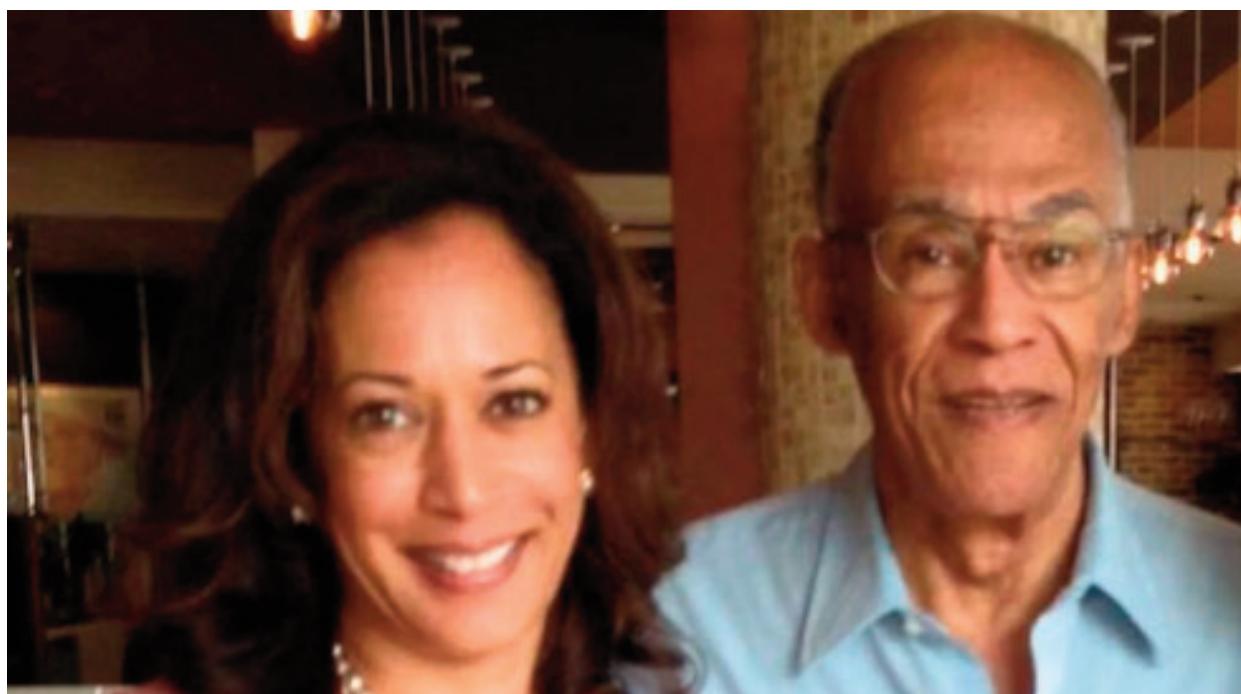
That was the extent of it, and notably, her father was absent from the convention, despite being her only living parent. According to Harris' 2019 memoir, although her parents divorced when she was in elementary school, her father remained involved, seeing his daughters on weekends and during the summer.

So, who is Kamala Harris' father, Donald J. Harris?

Donald Jasper Harris was born on August 23, 1938, in Brown's Town, Saint Ann Parish, Jamaica. Donald Jasper Harris is the son of Oscar Joseph Harris and Beryl Christie Harris (née Finegan). His paternal grandmother, Christiana Brown, shared with him that their family descended from Irish plantation owner Hamilton Brown, who founded the local Anglican church where she is buried. Raised in the Anglican faith, Harris was baptized, confirmed, and served as an acolyte.

Brown's Town is located in northwest St Ann in the Dry Harbour Mountains, about 8 miles from Jamaica's north coast.

Harris graduated from Titchfield High School and later attended the University College of the West Indies. In 1960, he moved to London to earn a Bachelor of Arts degree from the University of London. He then migrated to the U.S. to pursue a PhD at the University of California, Berkeley, where he completed his dissertation in 1966 under the supervision of renowned econometrician Daniel McFadden.



Kamala Harris with her father, Donald Harris

During his time at Berkeley, Donald Harris met Shyamala Gopalan, an Indian-born student, and the two married in 1963. They had two daughters, Kamala and Maya, but divorced eight years later. Despite a difficult custody battle, Donald Harris remained committed to his daughters.

The original relationship between father and daughter "came to an abrupt halt in 1972," Harris wrote in a 2019 article about the family's Jamaican heritage.

"After a hard-fought custody battle in the family court of Oakland, California," he said, "the judge imposed a settlement based on 'the false assumption that fathers cannot handle parenting.'"

Nevertheless, he said, "I persisted, never giving up on my love for my children or renegeing on my responsibilities as their father."

A scholarly tome Harris published in 1978 – Capital Accumulation and Income Distribution – was dedicated to young Kamala and Maya.

Kamala Harris's niece Meena has hinted at more complexities. And Shyamala's brother, Gopalan Balachandran, told the Times that his sister was so angry after the split she refused even to talk to Donald Harris.

Donald Harris' academic career began as an assistant professor at the University of Illinois at Urbana–Champaign (1966–67) and at Northwestern University (1967–68). He became an associate professor at the University of Wisconsin–Madison in 1968. In 1972, he joined Stanford University as a professor of economics, becoming the first Black scholar to receive tenure in Stanford's Department of Economics. Harris has also been a visiting professor at Yale University and Cambridge University, among others, and served on the editorial boards of several prestigious journals.

Despite his many achievements, Donald Harris has remained largely absent from his daughter Kamala Harris' political life. He last publicly commented on her career in 2019, criticizing a remark she made about marijuana use during a radio interview. "Half my family's from Jamaica. Are you kidding me?" Kamala had said, prompting her father to respond, stating that their Jamaican heritage should not be associated with "the fraudulent stereotype of a pot-smoking joy seeker."

In one of the few times Kamala Harris has spoken about her father publicly, she described him as "a good guy," but acknowledged that they are not close.

STORMY PASSING

Canadian Chef with Antiguan roots among the victims of ill-fated superyacht that sinks in Sicily

The body of Caribbean roots chef Ricardo Thomas is among those recovered after the sinking of the £30 million superyacht Bayesian, owned by British billionaire Mike Lynch.

Chef Ricardo Thomas, born in Canada to Antiguan parents, had been living in Antigua for the past 20 years at his family's home in Clare Hall. He is being fondly remembered by loved ones following the tragic accident that claimed his life near the coast of Sicily on August 19th.

The Bayesian was struck by a powerful storm on Monday, August 19th, causing it to sink around 5 a.m. local time near Porticello, Italy, according to a statement from the Italian coast guard. At the time of the incident, 22 people were aboard the yacht, including 12 passengers and 10 crew members. While 15 people were rescued, Thomas was among those who perished.

Thomas was celebrated by friends as a beloved figure in his community and a cherished friend. "He was a one-of-a-kind, special human being," a close friend shared with The Independent, noting that they spoke to him "nearly every day." Another longtime friend, Eli Fuller, emphasized how important Thomas was as a role model for young Antiguans. "He was sought after in his line of work, and for kids in Antigua to see one of their own traveling the world on yachts was inspiring."

Gareth Williams, who had known Thomas for 30 years, revealed that the chef had been working to help his family. "He told me just the other day that he needed to work two more seasons to fix up his late parents' house. He loved yachting, but he was tired."

The search for missing bodies continues, with those recovered so far including British tech entrepreneur Mike Lynch and his daughter Hannah, along with Morgan Stanley International Chairman Jonathan Bloomer, his wife Judy, and New York lawyer Christopher Morillo and his wife Neda.

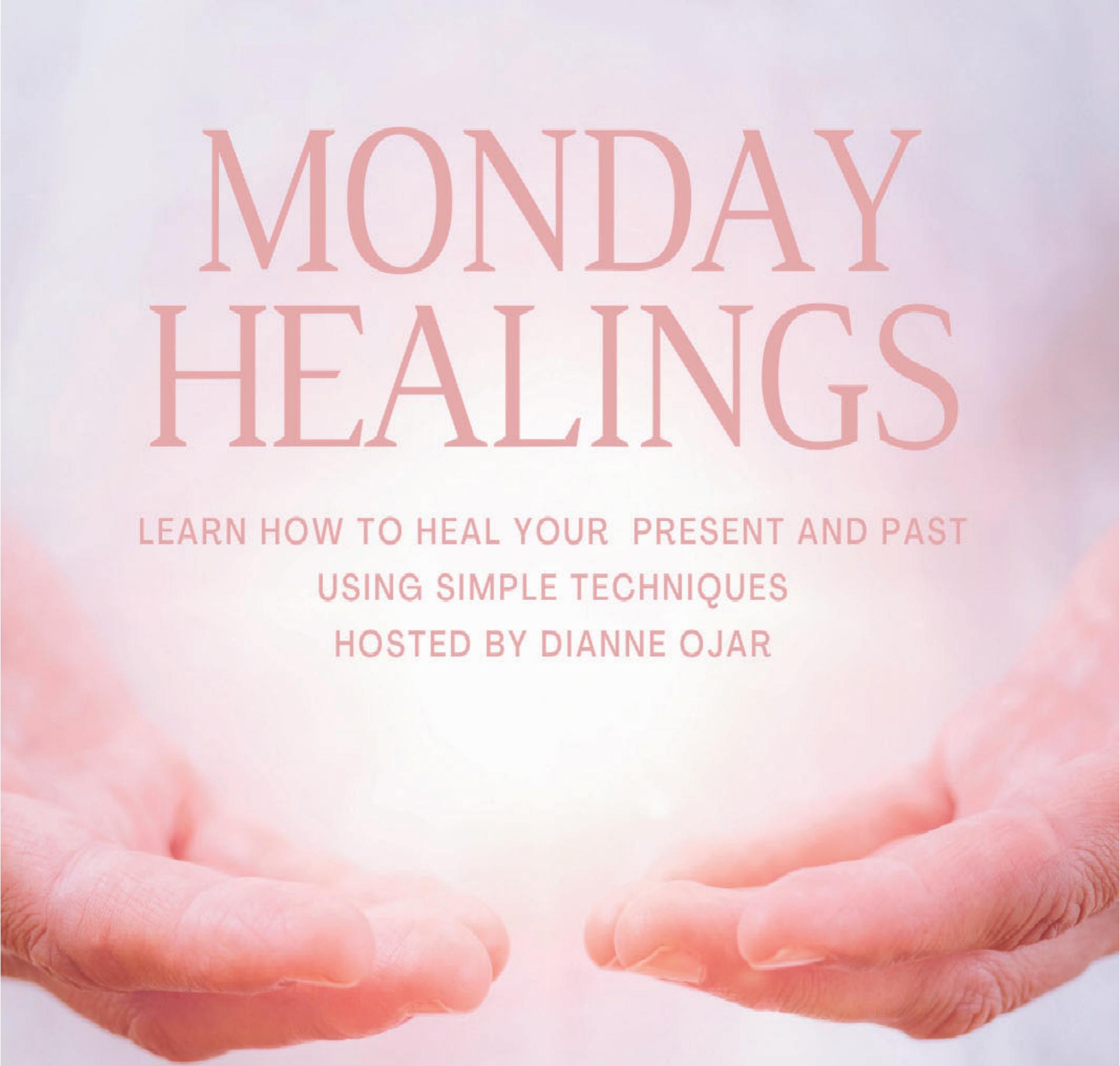
Investigations are now focused on how the Bayesian, considered "unsinkable" by its manufacturer, the Italian Sea Group, could have gone down so quickly. CEO Giovanni Costantino has pointed to potential crew errors as the cause of the tragedy, stating in an interview that the yacht sank in 16 minutes, a timeframe that should have allowed for a safe evacuation.



Chef Ricardo Thomas was the chef on board the billionaire's yacht

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