



Lt. General Russel Honore

**"Building a culture of
preparedness**

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Entertainment

Tee Grizzley

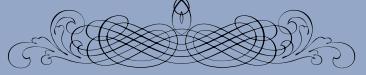
Taking the lead Page 6



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Tribune-Courier NEWSMAKERS

The National Association for the Advancement of Colored People (NAACP), America's largest civil rights organization has elected Detroit native **Derrick Johnson** to serve as its president and CEO. Johnson, 49 has an extensive history of civil rights activism. CNN White House Correspondent April Ryan revealed she has hired a bodyguard because of

intimidation and threats she's received covering President Donald Trump and his administration. The Kresge Foundation named an Arab American woman as their lead attorney. **Zenna Elhasan** will advise the foundation's Board of Trustees and staff on legal matters. **Quote of the Day:** Just be happy.



WorldWideWeb Photo

Royal Breaking Tradition

Black Americans are at the helm of a profound social revolution as race continues to be a powerful predictor of status. The marriage announcement of Prince Harry and Meghan Markle comes with grossly offensive racist remarks from British model, Jo Marney, as reported in London's Daily Mirror, Marney in a text message said, "Prince Harry's black American fiance will taint the Royal Family with her seed and pave way for a black king." Weeks prior Princess Michael of Kent, Queen Elizabeth's first cousin greeted Meghan Markle wearing a blackamoor style brooch perhaps unconsciously symbolic to William Shakespeare's play, "The Tragedy of Othello, the Moor of Venice." Pure compositon of Shakespeare's enduring themes of racism, love, jealousy, betrayal, revenge and repentence. Considered racially insensitive the brooch featured a black figure donning a gold headdress and robe.

Communication gap over heart attack risks between women and doctors

By Mireya Villarreal CBS News

NEW YORK - Heart diseases kills more American women than all types of cancer combined, yet many don't discuss the dangers with their doctor.

A new study found that 74 percent of women reported having at least one risk factor for heart disease, but only 16 percent were told by their doctor that they were at risk. When KC Maurer was hit by a sudden pain in her chest and shortness in breath, she waited hours before deciding to go to the hospital. "It felt like somebody had taken their knuckle and rapped me in the center of my chest Maurer said.

See Heart Attack Page 8

REWARD OFFERED! HAVE YOU SEEN SWEET BABY GINGER?



GINGER WAS ABDUCTED WEDNESDAY, JUNE 21, 2017. SHE WAS LAST SEEN ON SOMERSET AVENUE BETWEEN MORANG/MOROSS NEAR THE LUCKY SEVEN STORE ON DETROIT'S EAST SIDE. SHE IS A YORKIE/MALTESE MIX WITH A SILKY SATIN SILVER AND TAN COAT. SHE IS 8 LBS, BARKS A LOT BUT OVERALL FRIENDLY. PLEASE RETURN HER TO US.

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SCIENCE: Henrietta's Lacks Great Impact on Modern Medicine

By Autumn Collins
Tribune-Courier Press

The headstone of Henrietta Lacks contains an epitaph written by her grandchildren that reads, "Her immortal cells will continue to help mankind forever."

The story of Henrietta Lacks is an extraordinary example of God's medical miracle. She succumbed to cervical cancer in 1951, having the only "immortal cells" known to mankind. Lacks cells survived, thrived and multiplied outside of her body so much that they have been in continual use in labs around the world for 60 years writes reporter Leah Samuel of STAT a publication produced by Boston Globe Media.

Lacks cells changed medical science. In the early 1980's



German virologist Harald zur Hausen inserted DNA into normal cells forcing them to produce proteins that had cancer. He found Lacks cells contained multiple copies of human papillomavirus 18 (HPV-18) noted to be the most dangerous strain of HPV; it was the contributor to Lacks cancer and untimely death. The

See Medical Miracle Page 5

Hamtramck government under a watchful eye

First City Council in the country boasting a Muslim majority

By GiGi D. Willis
Tribune-Courier Press

HAMTRAMCK, MI - Despite its struggling economy, and changing demographics the City of Hamtramck has earned the distinction of becoming the first majority-Muslim city in the United States to have four of six council seats held by Muslims.

Although this industrial metropolitan Detroit town has historically been served by Polish mayors it is the diverse shift in leadership which has attracted Washington officials in a greater magnitude. President Donald Trump continues to fuel his campaign to temporarily ban immigrants from

See Hamtramck Page 5

Journalists Report FAST CHAT Headlines

A Month Ahead in the Tribune-Courier



Remembering Dr. Martin Luther King Jr.



Health and beauty tips inside the *Tribune-Courier*.



Every month Roe covers the entertainment beat. Read *R.O.E. Call*, music entertainment from a different perspective.



GiGi Willis is a journalist for the *Tribune-Courier*. She writes on cultural, social, business and political issues.



TC covers automotive and technology.

Tribune-Courier Press

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METRO News & Politics



Why John Conyers is important to civil rights

In reflection to the past, there is no denying that old battles mirror many of the struggles we have today, even through progress.

The issue of race still ignites political and personal debates which is precisely why we must be reminded of the reasons U.S. Representative John Conyers is important to civil rights.

Rep. Conyers, an Officer in the Korean War has dutifully served 53 years in Congress, he is the oldest serving member in the history of the U.S. House of Representatives since the presidency of Lyndon B. Johnson.

In February of 1965, after the arrest of Martin Luther King, Jr., Rep. Conyers, Adam Clayton Powell, Gus Hawkins, William Ryan, Charles Diggs and Joseph Resnick traveled as a Congressional delegation to Selma, Alabama to get a firsthand look at demonstrations and investigate the violence and stiff resistance from law enforcement officials.

In a personal letter written to Rep. Conyers from Dr. Martin Luther King Jr., King said, "I trust that when your eyes have seen, what your ears have heard and what your heart has felt as you witnessed conditions here have convinced you of the urgent need for federal legislation to remove every remaining barrier to the free exercise of the ballot by our Negro citizen. King finalizes the letter saying, "...I hope that you will do all in your power to see that such legislation is passed by the Congress in this session."

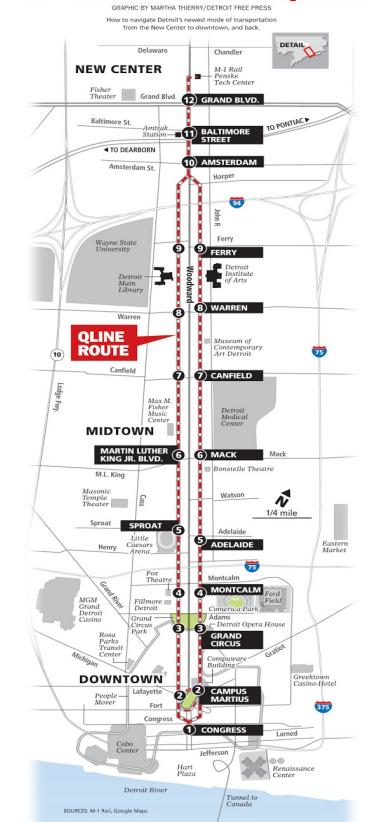
Four days after King was assassinated in Memphis, Tennessee on April 4, 1968,

A fruitful harvest: Detroit's QLine trendy and sweet



Internet Photo

ALL ABOARD THE QLINE



DETROIT - The QLine is an important step towards bringing an efficient mass transit system to Detroit, its the new "urbanism" which reflects the rebirth of Detroit.

The M-1 RAIL project has paid big dividends for the city's economic development. Its QLine stretches 3.3-miles along the Woodward Avenue corridor, it is the first major transit project in partnership with local government led and funded by both private businesses, philanthropic organizations.

Even in good news mass transit is muddled in differences as reluctant citizens voted no in connecting

communities. Wayne County Executive Warren Evans acknowledged he hopes leaders in Oakland and Macomb will endorse a four-county tax and take it to the voters in the fall. The tax would fund public transit services with communities across Wayne, Oakland, Macomb and Washtenaw counties.

The Regional Transit Authority had proposed implementing a commuter rail between Ann Arbor and Detroit possibly launching in 2022. Since it failed to win support the RTA can put the question to voters.

Detroit city Councilman Scott Benson pushes for more development in neighborhoods

By GiGi D. Willis
Tribune-Courier

DETROIT - It has been argued more economic strategies are needed to implement development plans for inner city neighborhoods. Councilman Scott Benson during a press conference at the Detroit Yacht Club recognized potential advantages in his efforts to push inner-city investments to improve the quality of life and reduce poverty. Benson says he wants to see something done with property reduction.



The face of America's Homeless

America's symbol of hope and glory is overshadowed by the presence of homelessness in America. Today there are more than five hundred thousand homeless people standing on street corners holding signs, "will work for food." In Detroit there are more than 25 shelters that offer transitional housing,

LAW ENFORCEMENT



DETROIT - Law enforcement leaders are already under enormous pressure, but when an officer is charged with a crime, what is the Police Chief to do? Detroit Police Chief James Craig has certainly brought stability to Detroit's police force but in recent years violence at the hands of police officers has sparked concern over hostile interactions.

According to a study of crimes perpetuated by off-duty police, "Off-Duty and Under arrest, off-duty police officers engage in a variety of crimes. It is their misbehavior that has exposed police agencies to

Continued on page 8

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Opinions

Beware of Donald Trump's Priorities

How he's changing America's social service structure

The truth is when it comes to Donald Trump's leadership it feels like America is in a struggle, an aggressive take down by some foreign entity. As the Trump administration works to makes good on their plans, the changes in public assistance services will affect the *have nots*. Food stamp recipients will lose their freedom to decide whats on their dinner table because the Trump proposal states low income Americans who receive at least \$90 per month would get half of their benefits in a USDA food package. The package will contain "shelf stable milk," ready to eat cereal,



pasta, peanut butter, beans, canned fruit and vegetables, picked up at a distribution location. Recipients should be able to shop where they want and eat without government interfering. Trump's proposal is demeaning to the poor.

dealing with
Roger Jones
Southfield, MI

1968 Poor People's Campaign



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First Amendment to the U.S. Constitution

Immigration: No liberty and justice for All

FOR crying out loud will someone please get America back to its happy place. So, I was reading an old article written by Brian Dickerson in the Detroit Free Press (August 13, 2017) on immigration. He was talking about President Donald Trump embracing a proposal introduced by Republican senators Tom Cotton of Arkansas and David Purdue of Georgia to cut legal immigration into the United States. Trump is dehumanizing immigrants! He has even endorsed a public charge rule which means immigration policies will also make it harder for legal immigrants to get green cards if they receive any type of public assistance, it is ugly. Basically, the public charge rule is grounds for inadmissibility to immigrants wanting permanent residency in the United States. For example, if you want to sponsor a parent or relative

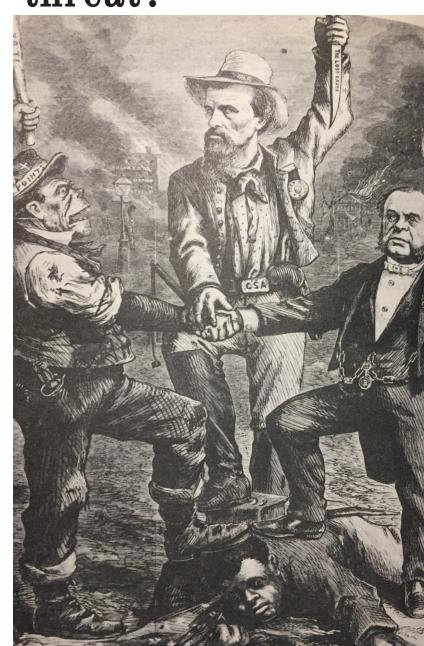


into the U.S the government looks at your family income and takes it into consideration. I guess that means you have to have money. Well, it seems some people can become American citizens without hassel. President Trump has showed us that he is the decider. How come his in-laws get a free pass to American citizenship? It was Trump who called for new laws barring Americans from sponsoring parents and other relatives. His hard-lined immigration stance is not what America is based on. The United States is supposed to be the global leader in humanitarian protection. White European immigrants seem to have privileges, but when you are immigrants of color, you are invaders.

Invaders.
Diane Rockford
Detroit

Over the edge

Is a Black Government the real threat?



(Above) Illustration by artist Thomas Nast titled "This Is a White Man's Government" sketched September 5, 1868.

In this famous cartoon, titled, "This Is a White Man's Government" by Thomas Nast; it connects history to current issues of race and politics using allegory and melodrama in support of the Republican Party. The cartoon features members of the Democratic Party roughing a Black union veteran trying to exercise his right to vote. The 15th amendment guaranteed the right of freed male slaves to vote. The man on the ground may have refused to accept bribe money to vote Democrat. His resistance is visible, his courage is his determination. In his right hand he has a firm grip on the Union flag, and his left hand is stretched towards the ballot box in defiance to vote as he desires.

From its inception, the United States has been a society shaped by racial conflict. The blessings of liberty obviously came at a high price for African Americans. Today, the reality of American life at times, erupts from the volcanic pressures of ethnic racism. Black Lives Matter, Latino Lives Matter, Arab Lives Matter, Human Lives Matter, but there is something of greater significance in America, the behavior of domination. The point may be too obvious to require illustration, but in a very real sense liberty did not preserve white supremacy. By the power of God and the laws of the land, the one common right of humanity is equal rights without discrimination.

Cover



U.S. public opinion on socializing marijuana

Do you think the social use of marijuana should be made legal or not?

By GiGi D. Willis
Tribune-Courier Press

Hollywood's Cheech and Chong changed popular culture when their movie "Big Bambu" in 1972 went Gold on the strength of a "Joint." They introduced Americans to marijuana humor and the idea of plant usage socialization which today, has evolved into legalized medical marijuana in several states.

On a national level, opinion polls and eager voters have shown they are increasingly open to legalizing marijuana on a federal level. The public's personal and political perspective is changing. "The government should legalize social use of marijuana it's an amazing herb says David Jones of

Ferndale, MI I personally would rather smoke than drink, we need smoke cafes. As a kid I remember learning about the prohibition act it was one of America's biggest experimental failures in history, as far as marijuana is concerned let's do it right, let the voters decide, that's what I support."

According to a study by Pew Research Center a broad number of Millennials, Gen Xers and Baby Boomers agree with legalization. However there are differences in views, such as the Silent Generation 58 percent of that population oppose the legalization. Letha Thomas a construction worker in Detroit said she has mixed feelings about



Socialized marijuana shaped by the humor of Cheech and Chong

marijuana, "So many people I know smoke it, I don't like it and think we should really think about the consequences before putting it on a ballot."

Despite opposition the growing public support for legal marijuana is influenced by many Americans around the country who have tried marijuana at some point in their lives. As state legislatures and law

enforcement grapple with how to deal with medical marijuana, legalized recreational usage is now in eight states: Alaska, California, Colorado, Maine, Massachusetts, Nevada, Oregon, Washington including the nation's capital - Washington D.C. In states that have legalized cannabis the Trump Administration has rescinded a policy that discourages federal prosecutors from pursuing charges against marijuana users in states that have legalized it. This policy change puts the legalization movement and the commercial marijuana industry at risk. According to Gallup, a national polling organization the marijuana industry is projected to exceed \$20 billion. Michigan is one of 29 states that allows medical marijuana use.



Continued from page 2 | Medical Miracle

virus had entered her cells turning off a gene that would normally suppress the formation of tumors. In an unethical manner scientists took her cells from her body without her knowledge using them to form the HeLa cell line which is used extensively in medical research. Henrietta Lacks immortal cells continue to live today. She died on October 4, 1951 at the age of 31 at John Hopkins. Scientists have since developed HPV and polio vaccines, cloning, gene mapping, in vitro fertilization, and various virus vaccines with her cells.

Hamtramck: once known as a Polish community

Continued from page 2

the United States as 44-percent of Hamtramck's community is reported to be the highest percentage of any city in Michigan with immigrants from middle east areas. Muslims in Hamtramck who have helped revitalize the city after a slump in growth and white flight have reinvigorated this once dying city. Muslims are revitalizing and bringing jobs back, fixing up

homes and opening up markets said, Jocelyn Spencer a resident since 2011. Hamtramck is a place that offers refuge to people from all over the world, however Muslims are the very people being branded by Trump as unwelcome in America. It is also the home for Albanian, Bosnian, Ukrainian, Armenian and Lebanese families who escaped war violence and political persecution.



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Entertainment

R.O.E. CALL

By Roe
Tribune-Courier Press

I am currently locked up in the Saginaw Correctional Facility serving a 40 to 70 year sentence for 2nd degree murder. I'm from Detroit, 7 mile foe' life area. In the streets they called me R.O.E. (Riches Over Everything), but in here, I go by 364863 - IRVIN.

No one dreams of becoming a prisoner in a state correctional facility, for now, this is life. My case is in the appeal process. Although I am incarcerated I still have a dream and I am vying for a small piece of America's pie, therefore, I am branding my column *R.O.E. Call* my identity as an entertainment writer in the fastest growth industry in America, PRISON. In the spirit of my dream, it is music; Hip Hop, arts and culture that connects me to the root of the vibe. The airwaves of Black

radio are jumping with new and old artists, IN MY FEELINGS, music plays a big role in the lives of men in prison, Country, Rock, R&B or Hip Hop, it doesn't matter. We can't turn to family all the time, but we can turn to music.

While folks hold conferences, write books and examine the many problems of people in society the Tribune-Courier allows me to have a role in the critical analysis of music and street cred while dealing with the process of self determination; its more than words, especially while incarcerated. From the inside self determination is being committed to the responsibility of throwing off evil and returning to the path of God. I once read the liberation struggle demands that God's mercy be sought by the oppressed to fight harder for freedom, writing is my freedom,

and *R.O.E. Call* is the first step toward pioneering a platform for inmates to channel their feelings through music analysis. Real inmates speak on various artists sharing their opinions on the music and style of the artist.

From real talk I will ignite conversations about people in the music industry developing stories with my home girl Shy, she's on the forefront of the happenings.

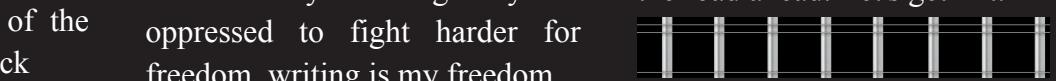
Artists music will be rated with prison bars, just like prison management levels from one to five. They will get one bar (|) to five bars (||||). Five represents "what's good." This is a giant step but I am ambitious even behind these walls. I am keeping my eyes on the road ahead. Let's get 2 it.

FROM BEHIND BARS

Rap Newcomer, Tee Grizzley

Detroit, MI - Detroit west side Joy Road scuddy zone representer, served time in the Michigan Corrections, came home and got st8 to it. With the hit single "First Day Out" produced by Detroit's own Helluva. Tee Grizzley whose birth name is Terry Sanchez Wallace quickly arose from spittin' on the prison yard to blessings, rocking the biggest stages, such as BET's Hip Hop Awards Cypher. Featured on some tracks of the games heaviest hitters Grizzley has

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Happenings in Music

Continued from page 5

been rapping since he was 12 years old. According to All Def Music Tee Grizzley describes his household as abusive. In 2011 his mother was sentenced to 15 years in prison, sadly, his father was murdered in 2012.

Despite these tragedies Tee Grizzley went on to earn a 4.0 grade point average in high school. In 2014 he was accepted into Michigan State University becoming the first member of his family to go to college where he majored in finance and accounting. However, during his freshman year he reportedly stole an estimate of \$20-thousand dollars by breaking into dorm rooms when he couldn't make ends meet. "I was up there by myself said Tee Grizzley in an All Def Music interview, "I ain't really had too much of nothing. I tried to do the little job thing but ain't nobody call me back after them interviews, he said. Convicted of home invasion Tee Grizzley was released in November 2017 after serving three years in prison after a 30 year sentence offer. His sentence was reduced to 18 months. From Behind Bars the Tribune-Courier Press talks first hand to inmates about Tee Grizzley's rise in the Hip Hop industry and how he is rated behind

behind bars.

R.O.E.: "I know there's been a lot said about Tee Grizzley on the yard, somethings may be true, some may be rumors."

RJ: "Yeah, guys been talkin' crazy bout Tee, saying, he telling and L'il Durk suppose to have slapped him, I don't know about that situation, but I Most Def know Tee ain't telling. I was locked up with CEO Take and got everything in black and white. I read it so I know he is OFFICIAL. Bum been hot since Cody days. All I use to bang was *All Stars Ball Hard*. Right now he's been puttin' on hard for Joy Road and the city. He's the Hottest thing coming out of Detroit right now."

R.O.E.: "When you first heard *First Day Out* and the album *My Moment* what did you think?"

RJ: "I mean *First Day Out* was the hardest song I heard since *Blade Icewood, Boss Up*, I just knew he was on his way after that. *My Moment* was nothing like I thought it was going to be. He showed everybody he could switch his style up. Singing and rapping can be hard knowing that most rappers are suppose to have a tough

Continued on page 10



Photo Tee Grizzley



BillBoard Top 10

1	God's Plan - DRAKE
2	Perfect - ED SHEERAN
3	Finesse - BRUNO MARS f/Cardi B.
4	Havana - CAMILA Cabello f/Young Thug
5	Rockstar - POST MALONE f/21 Savage
6	Look Alive - Blockboy JB f/Drake
7	Meant To Be - Bebe Rexha f/ Florida Georgia Line
8	New Rules - Dua Lipa
9	All the Stars - Kendrick Lamar & SZA
10	Stir Fry - MIGOS

Source: Billboard



Photo from Journeys



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Feature

Infrastructure across the United States; poses serious threat to national security

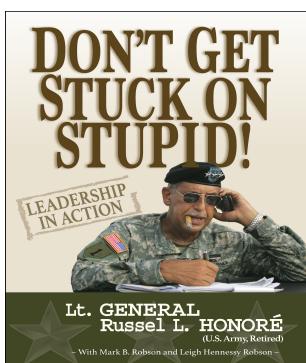
By GiGi D. Willis
Tribune-Courier Press

There are alarming implications that global climate change could weaken America's infrastructure and cause a threat to national security throughout the United States.

Retired Lieutenant General Russel L. Honore who once served as the 33rd commanding general of the United States Army and is best known for coordinating the military search and rescue utilizing some 200 thousand troops, 200 rescue helicopters and 20 ships for relief in the aftermath of Hurricane Katrina's devastation along the gulf coast in 2005 says, "We are at a critical point in history, not just for our national security, but for our health, safety and future of our country.

A survey conducted in 2014 titled "Global Climate Change as a Threat to National Security" by Emilio Morales Jr. reveals that American perceptions on climate change are problematic, and people should be concerned about its negative consequences.

According to Honore the weather and the infrastructure may seem like separate issues but they are connected. Honore is leading environmental groups giving voice through



Q: Why don't hurricanes hit the Great Lakes?

A: There are two reasons hurricanes don't form over the Great Lakes. The Great Lakes aren't big enough and the water isn't warm enough. Hurricanes need a lot of water. The water provides the moisture needed to form clouds. They form over ocean waters near the equator. Warm air rises, and so the more warm water there is for the storm to feed on, the more moist air can make clouds. When a hurricane hits land it weakens quickly.

Even though hurricanes can't form on the Great Lakes early winter and late fall storms can form. When strong winds blow cold air from the north over the warmer waters of the lakes, the warm air rises and forms clouds. When the clouds meet the shoreline, they dump their moisture as snow becoming lake-effect snowstorms.



Photographer - Carlos Barria, Reuters

his organization *Green Army* which is intended to strengthen vulnerable communities and keep America safe. His latest book, "Don't get Stuck on Stupid," Honore identifies how to recognize great leadership and calls for action to defeat stupidity. In the book he recalls how the Y2K issue was the biggest fear in the late 20th century although nothing happened he said it showed us how vulnerable America is to infrastructure failures including the effects of changing weather patterns and its impact on America's communities.

According to Morales' study as defined by the Department of Homeland Security the critical infrastructure "...assets, systems and networks whether physical or virtual so vital to the United States that their incapacitation or destruction would have a debilitating affect on security, national economic security, public health and safety."

About 90 percent of all natural disasters in the United States involve flooding, says Honore. He gives an example of how some of America's own problems came to be, he writes, "we have allowed developers to build entire neighborhoods in floodplain areas," so most insurers no longer offer insurance because it is not profitable. As a result of this he says, in 1968 the National Flood Insurance Program (NFIP) was introduced mainly in Texas and Florida to provide flood insurance to communities that might not be able to purchase insurance.

Honore's book addresses without secure infrastructures all functions at all levels of government would cease, leaving the government open to domestic and national threats.

The main cause of global climate change is the large amount of carbon dioxide and other gases that have been released into the atmosphere creating a barrier around the earth, it is responsible for increasing the earth's temperature by 1.4 degrees, according to the study, which has resulted in floods, droughts, extreme temperatures and other weather changes.

The energy in the atmosphere plays a major role says Honore. He writes, the jet stream usually goes west to east in a predictable pattern, but now it is waving up and down which could be due to man's influence on the atmosphere. When the jet stream goes above or around a storm, it no longer pushes it, it contributes to more extreme weather, he adds.

Conyers

Continued from page 3

Conyers introduced legislation for a federal holiday commemorating the Rev. Dr. Martin Luther King Jr. In 1993 President Ronald Reagan signed it into law.

The legislation Conyers courageously championed and helped pass since he was first elected in 1965 is the very legislation that Republicans are out to overturn and destroy. Conyers introduced the Motor Voter Act of 1993 and in 2002 was the leader for the Help America Vote Act of 2002 which insured that everyone eligible can register to vote. He introduced the Martin Luther King Holiday in 1983 and the Violence Against Women act of 1994. As a founding member of the Congressional Black Caucus and Progressive Caucus Conyers has upheld the fight for African American representation, racial and gender equality and human needs before corporate interests.

TCP

LOOKS LIKE SOMEONE NEEDS A VACATION



TRAVEL

Jamaica's rich history, vibrant beaches; a cool getaway

Fall in Love with Jamaica

By Stevert McKenzie

The parish of Trelawny is one of Jamaica's greatest treasures, it is a small town with an opulent history situated on the northern coast of Jamaica. Trelawny is the fifth largest parish of fourteen on the island; covering a total of 333 square miles.

Part of its origin is the colonial past; it came into being in 1771 after a long and arduous struggle by the plantation owners for nearly 38 years. It was part of the parish of St. James which is now the neighboring parish; the capital is Montego Bay. During those times, the journey from Trelawny was too far for plantation owners to leave and travel to Montego Bay to conduct business. Their solution was for St. James to be divided and creating another parish with its own capital, Falmouth. In the early days it was Falmouth that saw prosperity as it had the busiest port in Jamaica. However,



Trelawny, founded in 1686 is situated on Jamaica's north coast 18 miles east of Montego Bay.

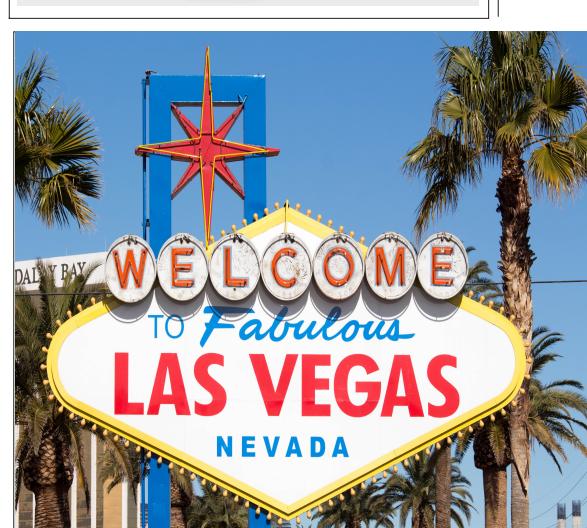
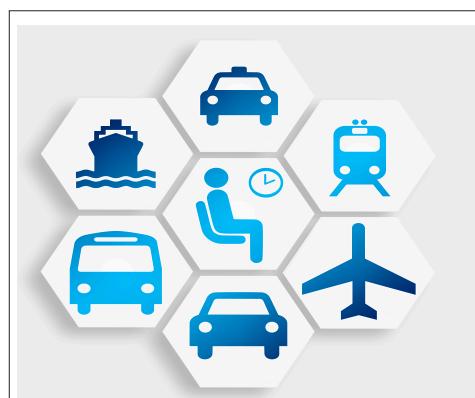
that was short lived and after the abolition of slavery the economy took a nose dive. Today, it is the busiest cruise port in Jamaica. Known as Falmouth Port it has now been transformed by Royal Caribbean Cruise Line to accommodate large cruise vessels including the Harmony of the Seas which is the world's biggest cruise ship. While there are not many options of excursions to choose from in Falmouth, one can find many excursions in the surrounding towns. In fact, Ocho Rios is one of Jamaica's resort towns and is one-hour east of Falmouth; it is blessed with numerous interesting and thrilling

excursions to the famous Dunn's River Falls; the Blue Hole Secret Falls, and the Mystic Mountain. There is River Tubing, Horse Back Ride, swimming and other thrilling adventures which include Dolphin Swims.

Pre-book your Falmouth Shore Excursion as a private tour with a reliable and reputable transportation provider. You will be off on an adventure guaranteed to be an enjoyable visit on the beautiful island of Jamaica. Come to Jamaica and feel alright.

Travel writer Stevert McKenzie is the Owner and Manager of Best Tours & Excursions. He lives in Montego Bay, Jamaica. Visit www.bestjamaica.com.

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Traveling with pets



(Above) Rosco traveling with his owner.

Attitudes about pets are much more different today than 10 years ago. Today more people are opting to include their family pet in their travel plans.

According to a survey by the American Pet Products Association hotels, restaurants and airlines are warming to four-legged guests by providing accommodations.

However, before the trip, plan accordingly. Make sure your pet is healthy enough to travel. Schedule a visit with your pet's veterinarian several weeks before the trip, it could take several appointments before all the paperwork and vaccinations are complete.

No matter where you are headed make sure your pet is micro-chipped and wears a tagged collar with your pet's name, and contact information. Also invest in a comfortable traveling carrier large enough for your pet to stand, sit, lie down and turn around. Keep in mind your pet should be attached to a seat belt harness for safety. And finally bring food, a bowl, leash, pooper scoopers, your pet's favorite toy, plenty of water, and travel documents. Your pet is like your child, never leave your animal alone in a parked vehicle.



Why Not?

Sports

The Rise of Women Boxers



We hope you are enjoying this sample publication of the Tribune-Courier Press. Our goal is to achieve prominent standing within highly populated ethnic market communities. This publication is to introduce you to the Tribune-Courier as your advertising alternative. *"The Rise of Women Boxers"* is a developing interest story. In addition to delivering news and information the Tribune-Courier wants advertisers in need of direct access to ethnic markets.

We want companies large and small that market products, services and employment opportunities. The bottom line, we want your business. The Tribune-Courier is a 12-page publication with a planned circulation of 60 thousand subscribers distributed everywhere and throughout Metropolitan Detroit and areas of Michigan. Consider the Tribune-Courier Press as your alternative advertising resource. Start your advertising today in the Tribune-Courier.

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image. He was taking a big risk, it turned out good for him. My favorite song off the album is *My Moment*. See, rappers in prison don't have all the fancy beat machines, all we got is our hands so we beat on our chest to get the sound that we want. That sound was so raw, I never heard anybody put a song like that on their album. That song said so much especially, me knowing everything he is saying. He putting on and showing love to the Nigga's he started with. R.I.P RIO.

BO: I know the real facts, I saw it in black and white, if anybody seen what I seen then ya'll would have said, "he a solid dude, he live by that street code (no snitching). That's all I got to say about him plus, like he said in his song, when they saw his paper work he got all the love. Why? Because he didn't

tell on nobody. . . What I know is true he reppin' the city hard for us who can't right now. Not too many people from the city, made it on BET or have multiple famous people rapping his songs or searching his music. . . I remember him when he was with his rap group All Star Ball Hard. . . he on a whole different level now. . .

R.O.E.: "Let's get down to the REAL business, Stay on the Yard or Do he Lock up?"

RJ: "That's a hard question, I want him to stay, I'm go'ne rock with him regardless of what people say. . . I say, he stay. |||| music |||| Street Cred.

BO: I have two favorite songs off the *My Moment* album, the first one is *First Day Out* and the second is *Secrets*. The reason why *First Day Out* is my favorite is because he speaking about his life and

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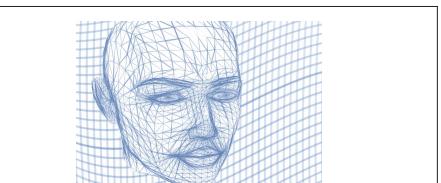
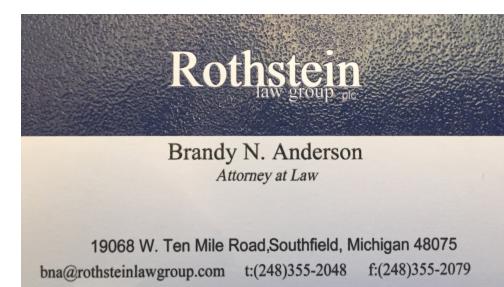


Photo: Dr. Rev. Valencia L. Moultrie (Left) and Magnolia Williams (Right) of Pleasant Grove Baptist Church in Detroit, Michigan.

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things we went through or are going through. The reason *Secrets* is my second favorite is, if you listen to the song everybody know or have secrets that can have people locked up.

R.O.E.: "Lets get down to it, Do he stay on the yard, or do he lock up?"

BO: "Tee stay on the yard just off the paper work, his street cred and music both get |||| bars, hard to find dudes like him."

R.O.E.: "There you have it, real sh-t st8 off the yard. You ain't go'ne get to no real-ler than this from ni-az that's going through it. TEE Grizzley, blessed by his peers. Stayed a real ni-a and got blessed 4 it. That paper work was right, and the music was right. So, he get to stay on the yard. But ain't nobody safe in this b--ch, we making ni-az lock up."

Speaking of lock up, they about 2 put this b-- on lockdown. Some sh-t just popped off in the day room. Im'ma leave you with this. "If you stand 4 nothing you'll fall 4 anything." Until we get off lock down, I'm OUT!

Testimony: Thank you for reading this column. Although everything you read is 100% real I do it 4 entertainment purposes only. First off I gotta commend TEE GRIZZLEY 4 his song "Testimony." In a climate where God is being taken out of everything Tee took the time to give God (Jesus) the Glory 4 what He has done in his life. And not only him, but Kendrick Lamar has been proclaiming the name of Jesus. Jesus said, "If you're ashamed of me among men, then I'll be ashamed of you among my father." So this is my proclamation, I confess that Jesus Christ is Lord. Thank you.



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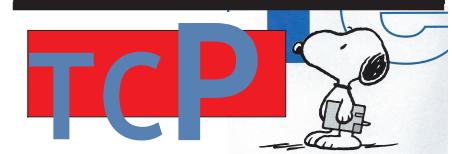
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