

# THE SOURCE NEWS

## Enhancing The AfroCaribbean Diaspora

"Uniquely Qualified to bring News & Information from across the Globe; Africa, Europe, the Caribbean & North America into Your Community!"



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### An Editorial

Horatio M Bennett, Publisher  
**AFROCARIBBEANS  
IN AMERICA!**

**Bridging  
the Cultural Gap:  
AfroCaribbean  
& African-Americans  
The Cultural Conflict...**

*Part 2 of a 2-Part Series*



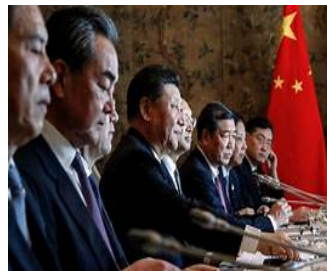
Often enough, African-Americans regard their African counterparts – both Africans coming in from the Mother Continent and Caribbean - as not a part of their internal

*Cont'd page 4*

### **AFRICA VS CHINA**

**WTH is China  
Doing in Africa?**

Africa is the second largest continent, with its over 11.5 million square mile landmass, only behind Asia. One could take 120 Britain to fill Africa... It actually 20% of the earth's landmass. Thirteen nations, including China and the United States could comfortably fit in Africa.



To be honest, most of these things I did not know, even though I prided myself in knowing what is basically to be

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### **JAMAICA VS CHINA**

**WTH is China  
Doing in Jamaica?**

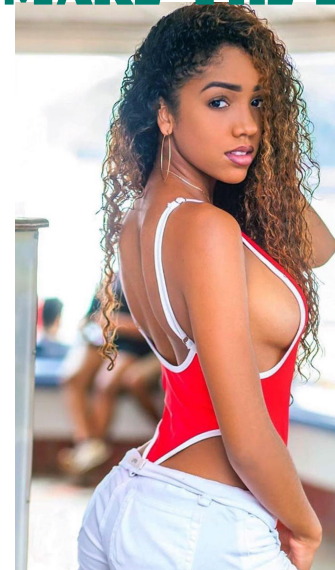
Ok, so we know that China, for the past year has become more visible in its quest for worldwide dominance; economical, militarily and geographical.



No one really noticed its sheepish inclusion into the Caribbean nation of Jamaica until it was too late. Jamaica that has been experiencing equitable disparity among its citizen; since

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### **WHY CARIBBEAN WOMEN MAKE THE BEST WIVES?**



The stereotypes about these women describe them as passionate girls with dark skin, friendly character, and decreased moral values when it comes to the relationship with men. Again, the truth is much more complicated. First of all, you can never get a universal description of an average Caribbean girl. They are very different, as they originate from almost all parts of Earth. In their veins, African blood runs along with the European blood. Many of them originate from local Indian tribes. They differ in their appearance. In every Caribbean country, you can meet:



Women with black, bronze, and white skin. Many ancestors of Caribbean girls

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### **MILLIE SMALL DEAD AT AGE 73**



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### **HOW TO BE A GOOD PERSON WITHOUT BEING RELIGIOUS**

**CAN BAD PEOPLE DO GOOD THINGS  
CAN GOOD PEOPLE DO BAD THINGS?**

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In a world where caring and sharing are lost arts, the need to cultivate and elucidate a good culture is now more evident than ever. We cannot, we must not wait for another heavenly intervention. The one that took place over 3,000 years ago has left us with a lasting morality to propel us onto good deeds. We are enough to make our society and ourselves better.

We are made whole, but yet incomplete, We are made perfect, yet with faults, Still, in all this we are giving the necessary tools to complete the perfect work He has started We have the insight to see our broken dreams, and the ability to fix them.

Horatio M. & Natasha Bennett



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# THE SOURCE NEWS ONLINE

## Nicole's Contingencies



By Nicole Fleming  
Staff Writer

When I was asked to do this column, I had no idea what I would call it or what to write about, which made me very nervous. I never let anything make me uncomfortable so I decided to pull up my boot straps and make it happen.

I've had so many different thoughts on what to write about that I decided to call it **Nicole's Contingencies...**

*A Contingency is defined as a future event or circumstance which is possible but cannot be predicted with certainty...*

The circumstance of me writing is and will always be possible...

The topics...?

Well, that probably will never be predicted with certainty.

One month my articles could be filled with seriousness...then the next month it could be a complete clown show.

So while I'm starting to wonder what would be a good topic to write about, my 22 year old son came in to inform me that his best friend...a rising rapper...was shot....He's fine and resting comfortably, but my thoughts overwhelmed me because my son could have very well been with him, had he not been following the stay at home order. This instantly led me to my topic. Letting go.



I think the biggest struggle for me is how to let your child go into this world without out your mother bird protection. They are adults so we try to let them fly free, but with everything going on all I ever want to do is fly slightly behind to make sure all the tools I've given him to navigate thru this life is being put to use.

The most difficult transition I've ever had to experience is watching my adult child live his best life and me having to keep my mouth

*Cont'd on page 3*

## Mello's MindSet



By Jamal Clarke  
Staff Writer

### All for Michigan Governor Whitmer



In this terrible time that we are in, it's understandable that it's hard to do anything without income coming in, but the way I see it right now,

HEALTH IS WEALTH.

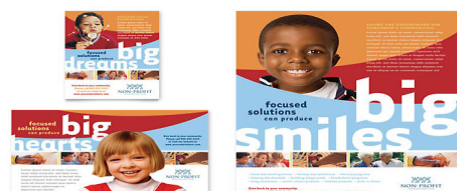
Money is no good when you don't live to see it. I'm all for Michigan Governor Whitmer. While the Trump posse are protesting about opening the Divided States (United States) back up, Governor Whitmer is really looking out for the people. She is absolutely right.

If you have to work or go somewhere, do it safely. Do it carefully. But the best bet is to stay home. The only criticism that I have for the Governor is why didn't she have the protesters removed? But aside from that, I really and truly feel that she is doing the right thing.

We've lost so many people just in Michigan alone. And yet still some people still don't take heed. Yes. People want to get out, but this is a time now to quarantine and think.

Take heed people. Governor Whitmer. Stay strong, stay firm, bring out your testicular fortitude on those who don't listen.

And be careful and be safe. And may GOD watch over you and your family.\_\_\_\_\_



### THOUGHTS

Governor Gretchen Whitmer's executive order is a biased joke. Recently, there was a violation against State of Michigan's Governor Gretchen Whitmer's executive order to stay home.

On April 15, 2020, "Operation Gridlock" pounced down on the state capital of Lansing, Michigan with thousands of Michigan citizens that traveled predominantly from the northern region of this state. Participants not only did not stay home but also did not maintain six feet of social distance from each other, many wore NO masks or gloves, and all freely interacted with each other.

At the same moment, Governor Whitmer delivered updates to a local and national tv audience in a press conference about Covid-19. The question begs what was done with the brazen violators of the executive order given by Governor Whitmer.....simple answer NOTHING!



These executive order violations lead to no arrests, fines or tickets. This basically means that there is no executive order because there is no enforcement of this order. It is also suspected that this lack of enforcement only applied to northern citizens while others from cities such as Detroit or Flint would have received harsh discipline.

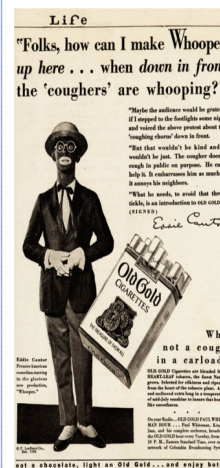
We as Afro-Caribbeans, especially in Michigan and the upper midwest in general, must be very aware of these selective practices and be sure to overstand the biases that exist. Stay alert brothers and sisters!

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### EXPRESS YOURSELF

if your organization or club has an event that needs community support, Send us a STORY of your event and we will publish it FREE in the next **SourceNEWS Online**.

Please do not just send a flyer (you'll pay for that) but we need a STORY about your event. Email: [SourceNEWS@usa.com](mailto:SourceNEWS@usa.com)









## AFRO (from p1)

struggles. What do they know about the harsh Jim Crow law, or the elusive civil rights to equal existence? While both the African from Africa and the Caribbean national from the West Indies have indeed suffered under their own brand of deprivations, this cultural pissing contest rivals who suffered the most.

Documentations of the plights of the Black race are more prevalent in American literature; seemingly giving African-Americans the edge in this debate, not taken into consideration that 'the revolution was not televised' during the struggles the people of the Caribbean endured, leading up to their successful dismantling of the 'Federation community' that bounds them to a society imposed by a least-caring government.



Of the entire slave population taken from Africa, a whopping 30% were taken to the Caribbean; a holding-cell for universal indoctrination into total servitude. That is, slaves were taught obedience and adherence to the will of their masters before being shipped off to the American continent.

The struggles of the people of the Caribbean must not be compared to any other fight for human rights. There is no barometer for who suffers the most. The least of objections to the right of life is as detriment as the rejection to live. Haiti fought against Napoleon Bonaparte with as much vigor as African-Americans against Jim Crow laws. Jamaica's fight against colonialism rivaled African-Americans struggles with organized societal boundaries.



Are we then saying that both the people of the Caribbean and the African-Americans are

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## HOW MEN IMPRESS WOMEN

By Dharmesh Patel

ALWAYS look your best. I know this sounds REALLY obvious but you'd be surprised by how many men don't understand the importance of this simple tip. You never know when the girl of your dreams will turn up, or where. And it's become a bit of a cliché because it's true -- first impressions really do count.

If you make a GOOD first impression on a woman, you have a 90% chance of EVER getting with her at that point (10% of women for whatever reason will be unreachable for most men at ANY point - she might like women herself etc).

If you make a BAD first impression your chances with her reduce drastically to just 20%. This means that to make her attracted to you AFTER the first 3 minutes of meeting her will be incredibly difficult if her first impressions of you were bad.

It's the difference between climbing a mountain and using a helicopter to fly up one. Good first impressions means you're on your way to the top in the helicopter, bad first impressions means you have a difficult climb to success - no helicopters for you.

Honestly, I can't stress this enough -- always try to look your best.

### The 5 S's of first impressions.

Shave. Shower. Stylish. Smell. Shoes.

Remember these 5 S's and always take care of them before you go out.

Why are shoes my number 5 S?

Your shoes are the FIRST thing a woman really notices about your clothing and hence your appearance. Make sure your shoes are clean and fashionable.

What you wear is very important. I could try to recommend a certain look but as with all things fashionable by the time you read this it may have changed.

Get the latest GQ magazine or other fashionable men's magazine's and imitate the styles you see there -- most women don't really care what labels you are wearing as long as you look good so you don't have to spend the Earth on clothing.

Many guys I help dress better usually comment on how strange they feel wearing clothes they are uncomfortable in, but nine times out of 10 they start to feel natural and even confident wearing their new wardrobe within days.

## EARLY CHILDHOOD EDUCATION



The early stages of childhood are a vital developmental stage for all children, with respect to their intellectual, emotional and social growth. From birth to the age of six, the expansion of physical and mental abilities progresses at astonishing speed, with a surmountable level of learning occurring during this life stage. This is a period in a child's life where education, care and quality learning experiences are required to encourage further growth and development.



From the moment a newborn enters the world, the learning process begins, and one which will not end until time itself. The growing provision of kindergarten and pre-school facilities are a testament to the growing emphasis being placed on early childhood education. Research has shown that positive early learning experiences correlate with positive social, emotional and intellectual development which greatly impacts upon the future direction and capabilities of children. *(Cont'd next column)*

Even though parents are the biggest educational influence in the first few years, busy lifestyles, economic pressures and time constraints have created a society that is increasingly reliant on pre-school facilities - not only to provide quality care services for their children, but to provide early childhood education to stimulate healthy development and growth.



Play is a very important process within child development, where fun is experienced with the combination of learning. It is considered an essential component of an early childhood education as many relationship and social skills are developed, along with motor and coordination aptitudes. The use of toys to build or create something is often termed constructive play. These usually include the use of building blocks, puzzles and the like. Pretend play allows children to express themselves, often projecting themselves as something they are not. As well as honing social and language skills, the development of a rich imagination should be encouraged.

The importance of family will drive parents to inspect a number of early childhood educational facilities before a final decision is made. A comfortable, warm and pleasant environment is always

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# THE SOURCE NEWS I NLINE

## EARLY CHILDHOOD EDUCATION *(from p4)*

attractive, but more and more emphasis is being placed on the quality of the staff. Parents will search for pre-school facilities with staff that are suitably educated and experienced in leading small groups of children, have a solid background in early childhood education training and vocational studies, with staff that can provide a rich, interesting and safe learning environment.



Being involved in the education and learning stages of children can be one of the most rewarding careers. However, with the increasing pressure on educational facilities to regulate staff based on qualifications, a future in this industry requires the successful completion of an early childhood education training programme. Ring for a prospectus from a leading tertiary education provider today and shape the youth of tomorrow

## DATING SCENARIO

**Dating is never easy.**



Never mind first impressions and the getting-to-know-you awkwardness, the Internet has created a world where every foible, every flaw, every little thing (both literally and figuratively) is on display for the all the world, including potential dating partners, to see.

*(Cont'd on page 9)*

## MILLIE SMALL *(from p12)*

He added: "I went with her around the world because each of the territories wanted her to turn up and do TV shows and such, and it was just incredible how she handled it.

"She was such a sweet person, really a sweet person. Very funny, great sense of humour. She was really special."

The Jamaican musician, best known for the hit song My Boy Lollipop, died in the UK on Tuesday (5 May). It's reported that Millie suffered a stroke. Island Records founder Chris Blackwell, who co-produced the iconic single, announced her death and remembered the singer fondly, telling Jamaica Observer: 'I would say she's the person who took ska international because it was her first hit record.'

Millie, born Millicent Dolly May Small, was discovered by Blackwell at an early age and he flew her over to the UK in late 1963 when she was old enough to travel alone. 'I hadn't planned on being a star, but I always wanted to be a singer, and I felt like it was my destiny to go to England,' Blackwell recalled her saying.

The producer suggested that Millie record a cover of Barbie Gaye's R&B song My Boy Lollipop, originally released in 1957. Millie Small dies Millie sadly suffered a stroke.

Millie Small's My Boy Lollipop is one of the best selling reggae and ska songs of all time. It went on to become one of the biggest-selling reggae and ska singles of all time and sat behind only The Beatles as the third most successful song of 1964. Paul McCartney and co. took the first two spots.

My Boy Lollipop featured Rod Stewart playing the harmonica in the background, and was played during the London Olympics 2012 opening ceremony. Millie was also best

*(Cont'd on page 6)*

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## LIVING UNDER



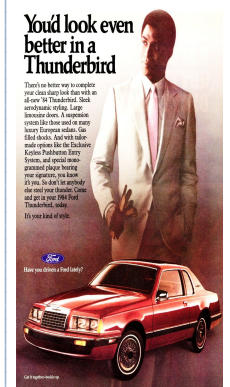
A third of humanity is now under lockdown. This measure is crucial to minimize the spread of COVID-19, but what impact will it have on health and well-being?

Research shows that being sedentary is bad for your physical and mental health, so staying active during this difficult time is important. Being physically active helps lower blood pressure and cholesterol and can significantly reduce the risk of heart disease, stroke and diabetes. It also helps maintain muscle mass and bone density, reducing the risk of developing sarcopenia (loss of muscle mass) and osteoporosis (loss of bone



Physical activity also helps to keep your immune system working effectively as it

*(Cont'd on page 9)*



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# THE SOURCE NEWS **I**NLINE

## MILLIE SMALL *(from p 5)*



known for the songs Sweet William and Bloodshot Eyes, as well as Oh Henry. Recalling her meteoric rise to fame and move to England, Millie told the Daily Express in 2016: 'I missed my parents and my brother, but they encouraged me to follow my dream.



Millie left Jamaica in 1963 after being discovered by Island Records founder Chris Blackwell, 'I arrived in London in 1963, and it felt like I was coming home, that this was where I was meant to be.'

The musician continued: 'I made a few songs, which didn't go anywhere, and then I recorded My Boy Lollipop in 1964, which got to number two over here and number one in many parts of the world. I never had singing lessons, my voice was just something I was born with. 'My life seemed very normal to me – even though I was only 17, I took fame in its stride. What helped was that I had a good manager in Chris, who looked after me like a father wherever I went.'



*(Cont'd page 9)*

## AFRICA *(from p1)*

known. During my research of this article, I came across so much viable information about Africa, that I was inclined to change my focus from "...what the hell is China trying to do in Africa," into "...Africa, The Great!?

Anyway, back to China in Africa...



Africa has had a new awakening. It is fully aware of the fact that China, as did most of the more 'advanced countries of the world' is desirous of The Dark Continent. China is overpopulated, and Africa is not. While China's population topped 1.4 billion people, Africa's citizenry is 1.3 billion. Considering that China is only 3.6 million square miles, as opposed to Africa's 11,724,000 square miles, one can see why an overpopulated China would want to 'capture' Africa. It needs someplace to put its 'excess citizens, period! So now we see how China has actually started to extend its influence into a country, although the richest in the world, still yearns for financial stability. Africa is one of few countries that imports what it consumes, but exports the things it produces.



Just as it had been doing for decades to other countries; lending large sums, with the knowledge they could not be repaid, then claiming the collateral (lands). America is China's largest debtor. The same thing is now being played out in Jamaica and in many of the Caribbean islands, so soon and very soon, The Caribbean will be speaking Chinese as its principal language, and if Africa does not look out, Swahili will soon be replaced by a twist of Chinese...

**Africa is fighting back, big time.**

First, Africans abused by Chinese government, especially during the COVID19

*(Cont'd page 7)*

## JAMAICA *(from p1)*

1962 when it became independent. I'm not saying it was not that way before we became independent from Briton. No, this is a practice embedded into our psyche during all our days of slavery; the white ones, the light-skinned, the educated and the affluent all get the best meat on the table. This we have come to accept, and when Independence rolled in in 1962, it was so integrated that we might not have noticed, or have accepted it as 'our lot in life,' or it was something we will have to change as we basked in the glory of 'self-independence. Something we will tackle later, but never gotten to it...



Today, Jamaica's infrastructure has improved so much that we totally forgotten we did not actually improve our situations to benefit this prolific status. It was like a gift; we woke up one morning and noticed the improved roads and other 'good stuff;' things we needed so badly but did nothing to achieve them.



Then the realization hits us; Who did this, and why?

The answer, who?

The Chinese!

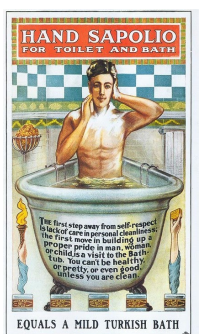
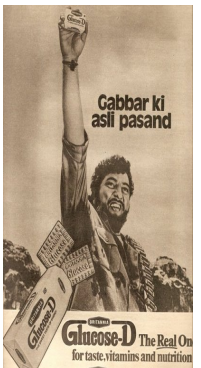
The answer, why?

We are being sold out!

This is a 2009 quote from an anonymous online posting...

"...China's cozy foreign policy with the Caribbean since 1990 is no secret. Not only

*(Cont'd page 7)*





## SOLAR ENERGY FOR JAMAICA

The Golden rays of Jamaica's magnificent sunshine will be incorporated within the infrastructure of the beautiful Jamaica landscape, including Jamaica House, residence of the Island's Prime



Just recently the Solar Head of State announced it will be installing solar photovoltaic panels on Jamaica House, making good a promise for almost 40% renewable energy within the next 10 years.

“This project is symbolic of the renewable future we see for Jamaica and the Caribbean,” said Prime Minister Andrew Holness.

“Islands like Jamaica are becoming leaders for demonstrating the deployment of solar technology, and I aim to lead by example, by installing solar PV on the Office of the Prime Minister, Jamaica House.”

The Historical building was erected for the benefit of leading Jamaican dignitaries after the Island seceded from the West Indies federation in 1962.

The Minister of Science, Energy and Technology, Dr. Andrew Wheatley. Has this to say, “With this vision in mind, the time has come to begin the transition. What better way to start than with the Solarization of Jamaica House. This renewable energy revolution is not only essential but exciting and we want all of Jamaica to share in this vision and excitement.”



Solar Head of State is no stranger to dozens of government energy enthusiasts around the globe; partnering with governments, solar technology companies, local installers, major climate NGOs and foundations to offer professionally installed solar systems on the residences of heads of state or government around the world.

## AFRICA (from p6)

pandemics, are being used as leverage by African authorities. Many African countries are arresting and holding Chinese nationals in their countries, and will continue to do so until China ceases to abuse African in their country.



Many African countries are rejecting loans from China, thus making ineffective; the plan to be lured into a financial 'debtor prison.'

So we now know 'what the hell China is doing in Africa!'

Africa is by no means a destitute country, in spite of the sufferings and hunger that plague the continent.



The great commodity riches of Africa are legendary. African oil, African diamonds, African gold, African uranium, platinum, chrome, gems such as emeralds, sapphires, rubies, as well as food stuffs such as cocoa, the ever useful cotton plant, edible oils and numerous other commodities, far too many to mention here.

When one realizes that Africa is comprised of 54 nations, each autonomous and sovereign, we will begin to understand why some countries is affluent and others are not. It is not unlike most other forms on internal governance. The United States have affluent Washington and Maryland, yet much suffering in the Appalachian; Mississippi, Virginia...

Africa recognizes the urgent need to consolidate its resources - which out number any other continents.

Yet, it will have to rely on its international affluence to compete. Africa needs the emergence of a more

(Cont'd page 8)

## JAMAICA (from p6)

have the Chinese acquired important natural resources like asphalt from the region but they have had several military exercises there as well. China is Cuban largest trading partner apart from Venezuela. Caribbean nations see China as an alternative to heavy dependence upon the United States..."

The Caribbean, sometimes described by experts as “too democratic and not poor enough” to merit sustained U.S. government attention — has been an afterthought for consecutive U.S. administrations, which have focused their attentions variously on security crises in the Middle East, East Asia and Europe.



Meanwhile, China, largely unnoticed, has increased its economic, diplomatic,

(Cont'd page 8)

## AFRO (from p4)

joined by the common thread of struggles? There are more shared similarities between the two cultural entities than there are differences. In spite of the many concentrated efforts of the American society to restrict the progress of Black America, the growth of African-Americans in the United States supersede those of any other racial groups.



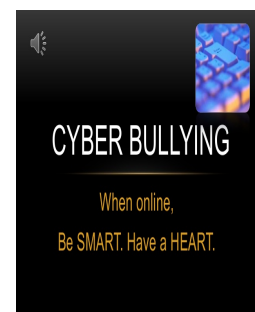
When you look at the history of Black Americans in America, as early as the 18th century, it was unlikely to find an average black person reading a newspaper, or a book. It was a common phrase: “If you want to hide something from a black man, put it in

(Cont'd page 8)



AIDS is everyone's problem. To stop it, we must find a cure. But research takes money. The American Foundation for AIDS Research needs your support. The money we receive accelerates the search for a vaccine and drugs that will prolong life and maintain suffering for those already infected. It also helps us educate ourselves about the dangers of AIDS and the methods available to protect ourselves. Please send a check to AIDS Research, New York, NY 10016.

Please support AIDS Research. It's everybody's problem.





## **AFRO** *(from p7)*

a book.”

Today, just a mere half-a-century later, the black man has risen like the ‘Phoenix from the ash of deprivation’ to some of the highest posts in the literary world. Many have attained status as Rhode Scholars, Noble Prize awards, presidents of universities and other places of higher learning. Shucks, they have even captured the position as the most powerful man on the earth; The President of the United States.

People of Caribbean-American heritage have also made their marks in a progressive society. Many high positions in ruling government is held by Caribbean-Americans.



The former US Secretary of State, 4-star General, Colin Powell has Caribbean lineage, same as America’s first Secretary of Treasury, Alexander Hamilton who was born in Nevis, a small Caribbean nation. In 1972, Shirley Chisholm was the first African-American major party candidate for president of the United States. Madam Chisholm’s cultural link is in the country of Trinidad and Tobago. In 2019, Kamala Harris, a Jamaican-Asian-African descendant, ran for the office of the Presidential election.

## **FOUR THINGS YOU WANTED TO KNOW ABOUT ANGER**

**But were Afraid To Ask!**

A 2 -Part Series

By Author: John Schinnerer, Ph.D.

Anger comes from the Latin word, angere, which means "to strangle." Anger strangles us on a number of different levels. It is the emotion which is probably the most familiar to the majority of us. A consistent finding in those who have low self-esteem, migraines, ulcers, heart attacks, substance abuse problems, troubled work and interpersonal relationships and frequent job loss is that they are unable to master their anger. Rather than controlling their anger, their anger controls them. While anger is not the sole cause of these problems, the constant appearance of anger in such individuals indicates that it is a prime factor in all of these problems.

*(Cont'd next column)*

## **AFRICA** *(from p7)*

diverse Diaspora. Africa needs African-Americans and AfroCaribbean to embrace the African Diaspora in order to muster the global African citizenry to compete... Too many of the brightest minds of Africa is living outside of Africa, thus the importance of the Diaspora.

Unless the Africans come together, the fight against an entity bent of nefarious deeds, is lost.

Who is an African? '

“...No matter where you come from, as long as you are a black man, you are an African...” (Peter Tosh).



China should not be any match against Africa. Well, when Africa was being brought into slavery, prior to that event, no continent was a match either, but they did lose out.

NEVER AGAIN!

“Phuma kimi!” (Zulu, “Get Loss!”)

Too much anger is toxic. Anger and hostility result in dis-ease of all types. It is physically arousing and has damaging physiological correlates, such as increased heart rate, more cortisol (a stress hormone) dumped into your system, muscle tension, headaches, decreased mental clarity and clogged arteries.

Anger signals the fact that something or someone has come between you and a desired goal of yours. It is a call to action. The goal may be as simple as trying to get home during rush hour. Yet, when another driver rudely cuts you off on the freeway, your anger rears its head.

The emotion anger is frequently confused with the actions you take while angry. This doesn't happen with fear. You don't confuse the emotion fear with the act of running away. However, anger is nearly always thought to be negative and destructive, despite the fact that anger itself is merely a feeling. Anger, in and of itself, if not acted upon, is instructive, not destructive. Anger can be a good thing. However, for anger to be positive, you must first learn to manage your emotions. Then you have a choice as to how to respond to anger's signal.

### **Four Types of Anger**

To alleviate some of this confusion around anger, allow me to better acquaint you with the various types of anger. There are at least four types of anger of which we know: anger directed at self, anger directed at others, disappointment, and constructive

*(Cont'd on page 12)*

## **JAMAICA** *(from p7)*



cultural, and security presence in the region.

On March 22 at his Mar-a-Lago Florida resort, President Donald Trump held a rare meeting with the leaders of five Caribbean nations — Bahamas, the Dominican Republic, Haiti, Jamaica and St. Lucia — to discuss trade, energy investment and security issues. It remains to be seen whether the high-profile summit will mark a period of sustained regional engagement or be a one-off for the administration.

Ahead of the meeting the White House said one of its aims was to “counter China’s predatory economic practices.”



“They discussed the importance of supporting a peaceful democratic transition in Venezuela, disaster resilience, opportunities for investment, and ongoing security cooperation,” said a White House spokesman, Hogan Gidley, after the meeting concluded, adding that a high-level delegation would be sent to the region in the next three months...”

News out of Jamaica that the Chinese now has total control of Jamaica’s Freeport Terminal Limited (KFTL).

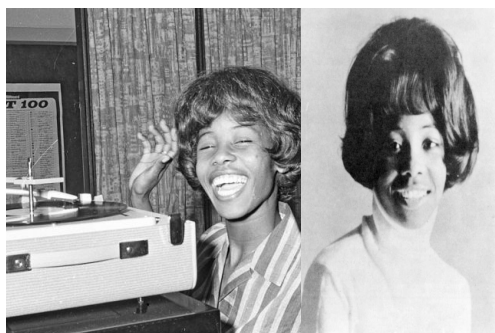


Supposedly, this was to be a 30-year agreement between Jamaica port management that has a 51% and the Chinese Merchants, BUT somebody sold their interests that resulted in the Chinese now has FULL OWNERSHIP, whatever that means, but from a total unscientific ignoramus view, it doesn't look good



## MILLIE SMALL *(Cont'd from p6)*

### MAY YOU REST IN PEACE!



In 2011, Millie was honoured with the order of distinction in the rank of commander (CD) in her native Jamaica, for her contributions to the development of the island's music industry. Former Prime Minister Edward Seaga accepted the award on her behalf \_\_\_\_\_

*(Cont'd from page 5)*

## LIVING UNDER LOCKDOWN!

flushes bacteria from the lungs and airways, increases white blood cell circulation and raises body temperature, all of which help the body fight infection.

As well as the physical health benefits, keeping active is a great way to ward off some of the psychological issues associated with being cooped up for an extended time. Being active helps lower stress hormones such as cortisol and promotes the release of feel-good hormones, such as endorphins.



Many people exercise in a gym or go for a run in a local park, so being forced to spend long periods of time at home is going to pose a challenge for remaining active. So what can we do to ensure we make the most of the situation and keep ourselves fit and healthy?

First, if you are not in self-isolation and are allowed to venture outside, then regular walking, running or cycling is a great way to stay active. Just be sure to keep a distance of six feet away from other people. \_\_\_\_\_

*(Cont'd from page 5)*

## DATING SCENARIO

“Surviving any worst-case scenario comes down to not panicking, having a plan, and ultimately being prepared,” David Borgenicht, author of *The Complete Worst-Case Scenario Survival Handbook: Dating & Sex*, told the *Chicago Tribune* in an interview. “And this applies to the realm of dating.”

This is why it's important to be prepared for any dating scene so you aren't wondering whether leaving-by-the-bathroom-window might actually be an option.

**The following tips will help you avoid the minefield of dating.**

- You spill wine all over the table, yourself or your date. The best-case scenario is that you and your date laugh it off. Bonus? If you like one another, it's an easy way to ask them out for a second date — to a dry cleaners where you'll foot the bill. At worst? If the sparks aren't there, it's a built-in excuse to end the evening early.



- You're running late. There are a million ways things can go wrong—unexpected traffic, the boss asks you to stay later than you planned, mistiming on how long it takes to get ready — and all of a sudden you've kept your date waiting. In this instance, take a few minutes to send a quick text message or phone call to let them know you've run into a snag, but will be there as soon as possible. Better yet, give them a time-frame. One caveat: try to keep it light. If you sound stressed about being late, they'll be stressed while they're waiting. \_\_\_\_\_



## Treat Mom

## This Mother's Day

Just mention the word “Mom,” and it's likely to stir up memories of love, warmth and kindness. That's why there is a day dedicated just to her, honoring all that she's done.



Trying to decipher what she would like, however, can be a daunting task.

Experts agree, saying there is a tremendous amount of pressure to find that perfect gift, when in reality, most mothers just want to know they're cherished and appreciated.

That's all well and good, but does little to help you with the decision of what to get the most important woman in your life. For that, the following ideas may help you create a precious moment any mom will love on her special day:



- Give the gift of time. Anyone can pick up the phone and make a reservation at a restaurant. A real treat, however, is to scoot her out of the house for some alone time—maybe with a gift card in hand—to her favorite book or clothing store while you stay home and cook and clean. This way, she gets the best of both worlds—no chores for a day, a nice meal when she comes home and time to herself with a little walking-around money to boot.

*(Cont'd on page 10)*

**“When the plights of others cease to affect you, you are no longer a human.”**  
(from the *Mind of Horatio*, 2003)

**You KNEW?**  
That means you have read  
**The SourceNEWS!**



*(Cont'd from page 9)*

## Treat Mom to Something Precious This Mother's Day

- Write down your words. You love your mom. She knows that. But seeing it on paper takes "I Love You" to a whole new level. Be it in a poem, story or letter, moms love the written word. Want some bonus points? Tuck this on a tray with a homemade breakfast (in bed, of course) and a handpicked flower in a vase, and it guarantees a few tears.



- Pick the perfect pendant. To say that women love jewelry would be an understatement. But this type of gift is also very personal, making it difficult to find that piece that embodies the amount of love you have for this lady you call Mom. This is why Galatea has created a hand-carved pearl that contains the first near field communication (NFC) in the industry.

The Momento Pearl allows users to create a tailored voice message that can be played when the pearl is tapped against a compatible mobile device. The Momento Pearl can also store a variety of digital content, including images, messages and web links—so even if you can't be with Mom on her day, you can still send her a message or photo showing your love with a piece of jewelry that will last a lifetime.



"A person can 'live' with this pearl forever, as it holds the voice and memories of a loved one," says inventor and Galatea founder Chi Huynh. "The real interest in the Momento Pearl lies in its ability to summon a voice, a memory and emotion," adds Huynh, who plans on introducing more NFC-enabled jewelry to include gemstones and diamonds.

The new Galatea line includes earrings, rings and pendants in 14k white or yellow gold. To learn more, visit [www.galateausa.com](http://www.galateausa.com).

## Keeping Senior Loved Ones Close When a Physical Visit Isn't Possible



On a typical day, the average person doesn't think about how it feels to go days with little human connection or interaction. With most of our communities practicing social distancing to stunt the spread of COVID-19, we are gaining a new level of empathy for what many older adults face every day.



According to the 2018 National Poll on Healthy Aging, 27 percent of older adults reports feeling isolated and more than one in four says they experienced social contact once a week, if not less. "The uneasiness, loneliness and helplessness that many of us are feeling now will eventually pass," says Jeff Huber, CEO of Home Instead Senior Care.

"For socially isolated seniors, however, this pandemic has the potential to amplify the impact on their already-fragile situations. While the world stays home to prevent illness, we must reach out to our neighbors and loved ones to make sure our seniors stay connected." For many seniors who live alone, social distancing will amplify the loneliness they already feel. And isolation can have significant health implications such as higher risks of heart

*(Cont'd next column)*

attack, stroke, depression, anxiety and even premature death

But there is a cure, and it's called community. In a time when bringing family and friends together may not be feasible, we need a little creativity and a lot of intention to ensure regular contact with neighbors and loved ones. Whether you're helping a relative or neighbor navigate social distancing, or looking to minimize the effects of isolation, Home Instead Senior Care recommends the following ideas to stay connected:

### 1. Set a schedule:

Despite our best efforts, it can be easy to let days go by before the next call or email. Regular check-ins can go a long way toward helping older relatives, friends and neighbors feel supported. The trick is to plan ahead. Establish a regular cadence for phone calls, emails and video chats – and stick to it!

### 2. Chat through video.

While no technology can take the place of in-person human interaction, video-chat platforms such as Skype or Zoom and tablets such as an iPad or GrandPad, can supplement seniors' social interactions when visits with friends and family aren't possible.



Webcams are a user-friendly and affordable gift to keep the generations connected – offering grandchildren the chance to show off their latest school project, or faraway relatives an opportunity to hear and see one another.

### 3. Give them a ring.

Texting is an easy way to keep in touch, but sometimes picking up the phone is the best way to get the job done. Call a parent, relative or neighbor, and when you do get them on the line, give them your full attention.



If you're drawing a blank for conversation topics, consider requesting their advice or asking about

*(Cont'd on page 11)*



*(Cont'd from page 10)*

## Keeping Senior Loved Ones Close When a Physical Visit Isn't Possible

their family, hobbies or recent activities.

4. Embrace snail mail. Sending an old-fashioned letter or postcard is an easy way to say hello and remind someone you're thinking of them. While a thoughtful letter may not completely stamp out loneliness, it can help lift spirits and show how much you care.



If you have young children, consider enlisting them to draw pictures or practice their handwriting with a special note. As we all continue to adjust to the impact of COVID-19, it's easy to spread a bit of cheer and help make a senior smile. For more ideas on how to forge a meaningful relationship with older adults in your life, visit [ReadytoCare.com](http://ReadytoCare.com) or contact your local Home Instead Senior Care office.

### TAKING TIME TO REFLECT ON THE NEEDS OF THE FAMILY

As loved ones begin to age, many will take on the honorable role of becoming a caregiver. However, caring for an older adult can be time-consuming, reducing the ability to address your own needs.



In fact, researchers found that 63 percent of family caregivers said caring for their aging loved ones made it more difficult to care for themselves. With this in mind, we encourage caregivers to take a minute to recognize and embrace their own feelings and needs. It can be difficult to watch your aging parent or loved one go through the trials of getting

*(Cont'd next column)*

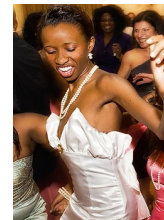
older without it taking a toll on your own health. It's natural to feel anxious, guilty or sad as a family caregiver. In fact, 53 percent of family caregivers admit to feelings of major depression. That is why it's critical to find a balance between your caregiving



When you're on a plane, flight attendants always emphasize that, in the case of an emergency, adults should secure their own oxygen masks before helping children. This is because the adult won't be able to help if they do not have the strength themselves. Taking care of an older adult is similar: it's not selfish to take care of yourself first so you are well enough to take care of them.

According to a 2015 study by the National Alliance for Caregiving and AARP, approximately 34.2 million Americans had provided unpaid care to an adult 50 or older in the last year, making it likely that someone else you know is going through the same things you are.\* Be kind to yourself. Remember that you are doing the best you can and be proud of that.

## MOM'S ME TIME!!!



Moms are the true jacks-of-all-trades. They are the chefs who get meals on the table and lunches packed; the chauffeurs who get kids where they need to be; the doctors who bandage up scrapes; the listeners to problems big and small; the social directors of playdates and parties; and so much more.

With all that they do, moms rarely get a moment to take a break and enjoy a bit of time for themselves.

Dr. Wendy Walsh, busy single mom, TV personality and college professor, understands what it's like to be busy. Here are her tips for helping other moms sneak a little "me time." *(Cont'd next column)*



All moms should take a guilt-free break during their busy day. Try arriving at school carpool early. Turn off the car engine, tune into a favorite radio station and reach into your bag for a favorite snack – like a Keebler Granola Fudge Bar. The granola bars are 150 calories and contain 3 grams of fiber\*.

- Watching kids read can remind moms how relaxing it is to escape in the pages of a riveting novel. Get mom-friends together and form a book club, so there's always an excuse to take a break. Tell kids you're doing Mommy-homework, because the book club is meeting soon.

As the sun sets, parents want to wind down, but sometimes kids, especially colicky babies, wind up. A nice walk is a great way to calm a child down. When the kids get older, keep walking at sunset. It's a great way to take a break from the chaos of the house and soothe yourself.

From taking a peaceful break to enjoying a favorite snack, the importance of a little break in a very hectic day is key for moms.

For more wholesome snack ideas like granola bars, that can be enjoyed by mom and the entire family, visit [www.keebler.com](http://www.keebler.com).

## JOKES4U

If laughter is the best medicine, your face must be curing the world.  
 You're so ugly, you scared the crap out of the toilet.  
 Your family tree must be a cactus because everybody on it is a prick.  
 No I'm not insulting you, I'm describing you.  
 It's better to let someone think you are an Idiot than to open your mouth and prove it.  
 If I had a face like yours, I'd sue my parents.  
 Your birth certificate is an apology letter from the condom factory.  
 I guess you prove that even god makes mistakes, sometimes.  
 The only way you'll ever get laid is if you crawl up a chicken's ass and wait.  
 You're so fake, Barbie is jealous.

When You Read The  
**SourceNEWS**, You Laff!



## MILLIE SMALL DEAD!



Jamaican-born singer Millie Small has died at the age of 73. The hitmaker's cause of death was a stroke, according to her friend Chris Blackwell. Millie was most famous for her hit single My Boy Lollipop, which was Jamaica's first million-selling single.



Millie was also best known for the songs Sweet William and Bloodshot Eyes, as well as Oh Henry. Speaking about her success in 2016, Millie said: "I was born Millicent Small to parents who worked on a sugar plantation and, although we didn't know anyone in the entertainment profession, I loved singing.

"I was 12 years old when I entered a posh talent contest called The Vere John's Opportunity Hour at the Palladium in Montego Bay on Jamaica's north coast, where I sang in front of 2,000 people.

"I don't remember what I sang, but most of it was with my eyes shut because I was so shy. I won the second prize of 30 shillings and it was the beginning of my new life as a singer."

Millie, born Millicent Dolly May Small, was discovered by record producer Chris at an early age and he flew her to the UK in 1963. The producer suggested that Millie record a cover of Barbie Gaye's R&B song My Boy Lollipop, originally released in 1957.

My Boy Lollipop featured Sir Rod Stewart playing the harmonica in the background, and was also played during the London Olympics 2012.

Chris Blackwell, who co-produced the record, said of Millie: "I would say she's the person who took ska international because it was her first hit record.

"It became a hit pretty much everywhere in the world."

*(Cont'd on Page 5)*

## THE SCIENCE OF WATER: WHAT YOU DRINK AND YOUR IMMUNE SYSTEM



Most people know that their bodies are made up of a great deal of water, but may be surprised to learn that number is about 70 percent—and yet studies show we don't drink enough to replenish what we need. Other drinks to be sure, but water? Not even close.

Emphasizing this point is a study conducted by Dr. Alyson Goodman for the Centers of Disease Control and Prevention that suggests one in 10 Americans drinks no water every day. Zero.

She calls these results "mindboggling."

"Water is vital for life," says Goodman. "Many health risks decrease when you drink plain water."

Goodman believes that the non-water drinkers are getting their water from coffee, sodas, food and other sources, which might theoretically be okay, except for the calories that are associated with those other liquids.

According to Dr. Theodore A. Baroody, in order for a body to function well, it must have water, and in order for it to function properly, it must continuously work to maintain a proper pH or chemical balance.

To this end, the benefits of drinking water can't be measured (preventing dehydration chief among them), however, adding alkaline water to a diet already rich in nutrient dense foods can help maintain a body's pH balance, as well as aid in avoiding cancer, weak bones, premature aging and fatigue.

"An unbalanced pH can force your body to borrow important minerals from your vital organs and bones in order to remove excess acid," Baroody says.

Unlike its tap and bottled counterparts, Alkame Water goes through a process called "micro-clustering," in which the molecules that make up water are broken up into smaller "clusters," allowing body cells to absorb the water much faster, and in turn hydrate you more efficiently.

"If someone were to ask me, 'What is the one thing I can do to have better health?' Then the answer would be simple: Start drinking alkaline, ionized water," says Dr. Robert O. Young, PhD, author of the "The pH Miracle."

*(Cont'd from page 8)*

anger.

### 1. Anger at Self

The first type is anger directed inwardly at oneself. The anger sits inside and burns and festers. After enough anger has been turned inward, it eventually leads to inappropriate angry outbursts at undeserving and unsuspecting people. Studies show that most people turn 90% of their anger inwards at themselves. Most of this anger is an attempt to control and contain the frightening emotion of anger. Anger can lead us to rage-filled, uncontrollable behaviors. Rather than feel the anger, honoring the feeling, and releasing it, most of us bottle it up. This stuffed anger is toxic and leads to all sorts of negative health outcomes. It also leads to displaced anger where you get angry with the wrong person, at the wrong time, and to the wrong degree.

### 2. Anger at Other

A second type of anger is directed outward. This type of anger builds upon itself and can frequently lead to rage. This form of outward-directed anger is typically displaced onto the wrong person, at the wrong time and in the wrong manner.

Both of the first two types of anger are destructive. Destructive anger includes anger that is directed inward and never released and anger that is inappropriately directed outward at others. Anger directed at others may be inappropriate in terms of its target (Are you directing your anger at the right person?), its intensity (Is the degree of anger in keeping with the offense?), its timing (Is this the best time to make your anger known?), and the manner in which it is communicated (Is this the best way to communicate my anger?).

### 3. Disappointment

The third type of anger exists in tandem with sadness and most closely resembles disappointment. Disappointment usually involves a judgment that has not been met. Judgments cause trouble for everyone. Judgments usually involve an element of moral superiority, as if you know what is best for someone else. Stay away from judgments.

### 4. Constructive Anger

The final type of anger is the type used as a positive motivator to act to remove an obstacle that is preventing you from reaching a goal. This type of anger can be a constructive anger, that is, an anger that is quickly released and prompts you to act in a positive manner to remove the obstacle

Series Continues NEXT MONTH - June 2020