



Happy Mother's Day

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IN THIS ISSUE

MIAMI-DADE



MOTHER'S DAY / 7A

My Mom ... my hero!



OPINION / 4A
TAMEKA HOBBS

Can Live Oak overcome racism?

1945 "Wade-in" yields Colored Beach

By DINIZULU GENE TINNIE
Special to South Florida Times

On May 9, 1945, the Historic Virginia Key Beach Park, then called Baker's Haulover, was being developed by Dade County for "Whites Only." On that day a group of courageous African Americans engaged in a bold act of civil disobedience, fully a decade before such tactics became the emblem of the Civil Rights movement, by "wading in the water," with the intent of being arrested and thus bringing public attention to their demand for a bathing beach for the Colored population.

This year is the landmark 70th anniversary of the official opening of Historic Virginia Key Beach Park, Miami's only "Colored Beach." An informal Remembrance of the courageous protest which started it all will be held on Saturday, May 9, at 10:00 a.m. at the southern end of Haulover Beach, located on Collins Avenue (Route A1A), just north of Bal Harbour, at Haulover Cut.

Both the organization and the outcome of that demonstration seven decades ago (within the memory of some Miamians still living) reveal much about Miami's unique and special history, where the odious drama of Jim Crow segregation (sanctioned by the U.S. Supreme Court in 1896, the same year the City of Miami was founded, with black men comprising approximately half

of the signers of the Charter) played out very differently from elsewhere in the South, yet with some chillingly typical similarities.

The very fact that such an action was deemed necessary at all reveals that racism, discrimination, social disparities and injustice were still very much a reality in Miami. At the same time, World War II was ending and servicemen, who had fought for freedom and democracy elsewhere in the world, were returning home to a country where they would rightly expect and demand fair treatment.

In Miami, the most visible symbol of Dade County's prevailing injustice was certainly the region's most famous asset, its miles of ocean-front beaches. The Colored population was totally excluded by law and custom, despite having played an indispensable role in building and sustaining the overall community; however, this exclusion was no longer tolerable.

Meeting at the home of Dr. Ira P. Davis in Overtown, nicknamed "the Little White House," leaders like Attorney Lawson E. Thomas, Father John E. Culmer, Judge (his name, rather than title) Henderson of the Longshoremen's Association, and others formulated a strategy to "test their rights" (as the Miami Herald would report on the day after the wade-in) at a beach park that was still under construction.

PLEASE TURN TO BEACH/2A



PHOTO COURTESY OF VIRGINIAKEYBEACHPARK.NET

PALM BEACH

McCray's barbecue, the next generation of soulful eating

By DAPHNE TAYLOR
Special to South Florida Times

Barbecue is an 80-year family tradition in the McCray family. It started as Harvey's Barbecue in West Palm Beach on 7th and Tamarind during segregation. Herman C. McCray Jr., worked at his Uncle Harvey's place as a young boy and a teenager. But after the place was sold, Big Herman started selling his own barbecue, and from there, the rest - as they say, is history!

Reverend Herman C. McCray Jr., a stalwart in the Palm Beach County community, and founder of McCray's BBQ died in 2013, but his son Derrick, had long taken over the reins and continued the family tradition with McCray's Backyard BBQ, the name his dad gave his company when he took over some 10 years ago, paying homage to the long time the elder McCray spent cooking BBQ in the backyard of their house, before he secured a building.

As CEO of World Famous McCray's Backyard BBQ, Derrick McCray took the company to national prominence, cooking for over a half dozen Super Bowls, and serving as lead judge on the nationally televised show, "Holy Smokers" on the Discovery Channel. But the younger McCray said none of it would have been possible without his father.

So on April 16 at 11:43 a.m. he held a Topping Off

PLEASE TURN TO BARBECUE/2A



ALAN LUBY / FOR SOUTH FLORIDA TIMES

NEXT GENERATION: Derrick McCray honors his father Rev. Herman C. McCray Jr. at the Topping Off ceremony on April 16 in Mangonia Park.

PALM BEACH



ALAN LUBY / FOR SOUTH FLORIDA TIMES

M.A.M.A.: Paula Bowe, Angela Williams, Georgie Dixon and Sharion Gilbert are all smiles before the pre-Mother's Day Dinner at the Mothers Against Murderers Association Inc.

Mothers of deceased children

By DAPHNE TAYLOR
Special to South Florida Times

When Mother's Day rolls around, most mothers can take comfort in knowing it's their day. And most likely, great gifts and well wishes from their children will bring them much joy. But for the mothers in the organization known as MAMA, Mother's Day is often one of the saddest

times of the year. Instead of joy, it brings up painful memories of their loved ones.

Mothers Against Murderers Association, Inc., known as MAMA, is hoping to bring these mothers the joy they deserve on their special day. The group held a pre-mother's day dinner last weekend, complete with a scrumptious mother's day meal, beautiful decor, an amazing keynote speaker and great entertainment, all designed to bring some much-needed cheer to mothers who need it the most. It's just one of the ways MAMA helps these special mothers --all of whom have lost a child to murder.

The dinner, paid for by community stalwart, Dan Calloway, brought joy to the

mothers at a time when memories of their deceased child floods their thoughts and mind.

Angela Williams, founder of the organization, has already represented MAMA at the White House, at an event on gun laws hosted by First Lady Michelle Obama. She was able to tell her personal story to Mrs. Obama. "She was so compassionate. She really listened to me," said Williams of the First Lady. And like Calloway, Williams, too, wants the organization known around the world, with branches all over the United States and even internationally. It's surely a club no one wants to belong to, but if it's their fate to have lost their beloved child to gun

PLEASE TURN TO MOTHERS/6A

STATE

Florida Legislature approves online voter registration

By GARY FINEOUT
Associated Press

TALLAHASSEE - Despite the fervent opposition of the state's top election official, the Florida Legislature on Wednesday called for the creation of a statewide system that allows voters to register online.

Legislators approved a bill authorizing the system and sent it to Gov. Rick Scott, who may veto the legislation.

That's because Secretary of State Ken Detzner - who works for Scott - has already spoken out strongly against the new system which is supported by county election supervisors.

Sen. Jeff Clemens, a Lake Worth Democrat and one of the prime sponsors of the bill, said Florida should have little problem following the 20 other



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PHOTO COURTESY OF MYFLORIDA.COM

PLEASE TURN TO VOTING/3A Clemens

Detzner

PALM BEACH



PHOTO COURTESY OF PALM BEACH STATE COLLEGE
Ava L. Parker, J.D.

By DR. GRACE TRUMAN
Special to South Florida Times

The Palm Beach State College District Board of Trustees culminated a six-month national search process Wednesday, unanimously choosing Ava L. Parker, J.D., to become the first

PB State College appoints first woman president

female president of Palm Beach State College.

Parker, executive vice president and chief operating officer at Florida Polytechnic University, was one of four finalists who met with the board Wednesday, each making a case for being the best fit to lead the largest institution of higher education in Palm Beach County.

Parker said she was drawn to PBSC's strong foundation and history of excellence.

"The quality of the programs and the commitment of the academic and administrative teams are apparent in the success of this institution," she stated. "The College is poised for innovative strategies that support economic development, it is located in a growing, diverse region, and it is

expanding its footprint. We will do great things together."

Parker joined Florida Polytechnic University in 2012 to lead the development of the state's newest university, which focuses on research in science, technology, engineering and mathematics (STEM) fields. As the school's first administrator, she was responsible for developing strategy, implementing the vision, building the team, and opening the new campus for its inaugural class last fall. She formerly served on the Board of Governors of the State University System for 10 years, including as chair, and she is a partner with the Jacksonville law firm of Lawrence & Parker.

A third-generation Floridian,

PLEASE TURN TO PARKER/3A

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Resolute for freedom



PHOTO COURTESY OF VIRGINIAKEYBEACHPARK.NET

A PLACE TO CONVENE: Crowds gather and fellowship each year at Historic Virginia Key Beach Park for the Ancestral Remembrance and Juneteenth ceremonies.

BEACH, FROM 1A

They alerted the County Sheriff to their intent, and Attorney Thomas accompanied the group with a "large bag of cash" to post bail for those who would be arrested.

Arriving at the scene and not quite sure of how to respond to a group that was openly flouting established custom and daring him to arrest them, the sheriff made several calls and finally reached County Commissioner Charles H. Crandon, who gave him the instruction to "Tell Lawson to come and see me on Monday and we'll work something out."

The "something" was a promise to make good in short order on the County's long overdue promise to open a bathing beach for Colored use on Virginia Key. On August 1, less than three months later, the present beach was officially designated and became an instant success, even though accessible only by boat from downtown Miami at the time.

That prompt and positive response from the County's powers-that-be, and their subsequent decision to make Virginia Key Beach very nearly (but never quite) equal to Crandon Park on Key Biscayne, was a reflection of the mutual respect that existed between them and the leadership of Miami's thriving and successful black community, in stark contrast to other parts of the South. The tangible result was a beach which regularly attracted large numbers of residents and visitors alike, including famed celebrities, and became the hub of black life in South Florida.

Yet, this positive outcome should neither obscure the degree of heroism of those demonstrators, including two notably brave women, Maydell Braynon and Mary Hayes Sweeting, nor the risks they faced. Each was given a permanent police record for having been arrested (a different

matter in 1945 than in 1955 or 1965), or, even more daunting, the chance they very likely might have been met by Klan thugs that morning rather than by a sheriff who would carry out legal procedures and make due account of the bail money.

It is the vision and heroism of yesterday's generations that produce today's opportunities, a heritage to be preserved and passed on to posterity. This is very much the vision and purpose of the current restoration of Historic Virginia Key Beach Park, which will include museum components.

It may not be mere coincidence that May 9 is also the birth date of radical abolitionist John Brown, born in 1800, or that this drama unfolded in a state that had long been known as "Freedom Land," with forts, Maroon communities, and Underground Railroad escape routes from slavery, thanks largely to the powerful Native and African American alliance known as the Seminoles, who were known to be present on Virginia Key during the Florida Wars, where three of their number were killed in a skirmish in 1838.

IF YOU GO

WHAT: Remembrance of protest

WHEN: Saturday, May 9, 2015

WHERE: Haulover Beach, Collins Avenue, route A1A - just north of Bal Harbour

PARKING: Entrance is beach side on Collins Avenue.

ENTRANCE FEE: Free to the public

For further information, please call 305-960-4600 or visit www.virginiakeybeachpark.net



ALAN LUBY/ FOR SOUTH FLORIDA TIMES

COMMUNITY CELEBRATING: Residents gather in honor of the reopening of McCray's Backyard BBQ.

McCray's BBQ: a S. FL treat

BARBECUE, FROM 1A

Ceremony to resume construction on his new building on 45th Street in Mangonia Park, in honor of his father. The construction had begun several years ago, but an entanglement with the Town of Mangonia Park held it up until he was given clearance late last year to move forward.

"It went great," said McCray of the ceremony. "We honored my dad for his outstanding service. That's why we put the columns up at 11:43, by honoring him. That was symbolic of my dad's death and life and a new beginning. He was like a column, a pillar of strength in this community. On the anniversary of his death, we knew it was time to move forward with the building."

It was a star-studded event, with family, close friends, community members and politicians, including Palm Beach County Commissioner Priscilla Taylor, Town of Mangonia Park Mayor William Albury, and Riviera Beach Councilman Terence "T.D." Davis.

Cynthia Morrow, Herman's sister, gave a rousing prayer and song in honor of her brother. "I'm just sorry that my brother isn't here to witness this. He would have loved this! I know he's looking down smiling," she said. Pictures of Herman McCray greeting the late Rosa Parks and former

President Bill Clinton flanked the podium.

"This has been a long time coming," said his son Demetrius. "I wish he was here to see it come to pass. This was inspired by him. It's bringing his vision to life."

Herman C. McCray was larger than life. A bridge connecting West Palm Beach with Riviera Beach is named after him. Derrick says he now realizes just how much of a giant his father was. "Whenever I did what my father suggested I do, it worked," he quipped. He said his father and mother, Lillian, who were married 51 years, were great role models for him and his two brothers, Demetrius and "Lil" Herman, who is named after their father.

McCray said his father taught him the business and then passed the torch. "I'm a natural at this. I've been doing this since I was a kid, helping my dad."

But McCray said it hasn't been easy. At one point, he was hurting terribly financially due to his battle with Mangonia Park, whom he says wanted him to construct a building, instead of his food trailer. "I was on financial life support, and I went through a lot. But we ended up making it through. But after my dad died, I didn't know if I wanted to continue this fight." For now, he has food trucks at two locations. He hopes to open the new building by December 5, his birthday.

McCray says he persevered because of his family legacy. "It's not about me," he told the crowd at the ceremony. "I didn't know how great my father was until he was gone. My father loved his family. I humbly today, dedicate this building to my father."

McCray said he's fulfilling a legacy also of community service - something his father was known for. "Through all the trials and tribulations, we continue to give and give and give. We give to the community, we feed the homeless. Later this summer, we'll feed over 3,000 people in the upcoming 'Peace and Feast' in the Neighborhood. And on that second day, we'll have 'Praise in the Park.'"

Dan Calloway, also a community stalwart who has a recreation complex named after him in Riviera Beach, said no one was a bigger giver than his best friend, Herman McCray. "He always fed the least of these, the lost, and the left out. There's never been a person to give back like Herman."

Derrick McCray said it's only by the grace of God that he's been able to take the family business to the world stage with Super Bowls and a national TV show. "Only through God we've made it to this point."

You just can't give up. I thank God and my father for giving me 'stick-to-it-tiveness.' This is all I had. I had to fight for what I believe in."

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Voter registration online

VOTING, FROM 1A

states that already allow online voting registration.

He called the current system "archaic" since voters are required to get a form, fill it out and mail it to election officials. The form is available online, but it can't be turned in that way.

"That makes no sense whatsoever," Clemens said.

The Senate approved the bill by a 37-3 vote. It had previously been approved by the Florida House by a 109-9 vote.

Detzner testified against the bill before legislative committees. He warned that he wasn't sure that the state could put the system in place by the October 2017 deadline and suggested that it could be hacked or tampered with by "the forces of evil."

Republican and Democratic legislators, however, brushed aside the

criticism and pointed out how they delayed the deadline for the system until after the 2016 elections at Detzner's urging. The final bill also calls for a "risk assessment" by state technology officials before the system goes live.

There has been speculation that Detzner is now opposed to the measure because there's a chance that Scott may run for U.S. Senate in 2018. But Detzner insisted that he was not told to oppose the bill by the governor's office.

Clemens said he remained "hopeful" that Scott would sign the bill into law. He noted that it picked up support from legislators in both parties and he predicted Republicans and Democrats will be able to use it to register new voters.

"I think we have done a good job of answering every concern about this along the way," Clemens said.

A seasoned president arrives

PARKER, FROM 1A

she earned her Juris Doctor degree and a Bachelor of Arts degree in Journalism, both from the University of Florida.

Carolyn L. Williams, trustee and co-chair of the Presidential Search Committee, said interest in the position was intense, with 161 applications received from throughout the U.S. and abroad.

"From the earliest stages of the search, we recognized that there would be many outstanding candidates," Williams said. "Our goal was to identify that individual whose experience and qualifications most closely met the needs of the College and the communities it serves. We believe that Dr. Parker's background, skills and passion for student success make her uniquely qualified to lead the College, and we are looking forward to working with her."

Contract negotiations will begin immediately, and Parker is expected to start by July 1. She will succeed Dr. Dennis Gallon, who is retiring June 30 after 18 years as Palm Beach State's fourth president.

The presidential search was launched last fall, with community forums held at each PBSC campus to gather input for the search profile. Earlier this week, forums were again held on each campus to introduce the

finalists to faculty, staff, students and the community. In addition to Parker, the finalists included James D. Henningsen, Ed.D., president of the College of Central Florida; Joseph A. Sarnovsky, Ed.D., executive vice president and chief financial officer of Seminole State College of Florida; and G. Devin Stephenson, Ed.D., chief executive officer of Summit Higher Education Consulting.



PHOTO COURTESY OF PALMBEACH-STATE.EDU
Carolyn L. Williams

Williams and board vice chairperson Wendy S. Link co-chaired the 15-member Presidential Search Committee representing community, education and business leaders and PBSC faculty, staff and students. The committee conducted initial interviews of top candidates by videoconference before naming the final four candidates.

"Each of the four finalists is a distinguished leader with a proven track record of success in higher education," said Link. "We greatly appreciate the search committee's commitment and diligent work to identify these exceptional candidates in a very large field."

Student trustee Patricia Medina, who served on that search committee, said she was excited about the board's selection of Parker. "I like that she started Florida Polytechnic University from its inception, and I like that she will be making history at our College," Medina said.

Nation

GOP field grows: Fiorina, Carson launched presidential bids Monday

By STEVE PEOPLES
Associated Press

WASHINGTON — Former technology executive Carly Fiorina announced she's running for president, and retired neurosurgeon Ben Carson was set to launch his bid as well on Monday, as the Republican field of hopefuls expands once more. Both Fiorina and Carson have the potential to help the GOP win over a more diverse group of supporters in 2016.

Fiorina is likely to be the only prominent woman to seek the GOP nomination, with Carson the only likely African-American. They are both also political outsiders in a field likely to be dominated by governors, former governors and senators.

The two are not considered political allies and the timing of their announcements, planned weeks ago, is coincidental.

Fiorina, 60, chose a nationally broadcast morning network news show to announce her candidacy, and she also posted a video.

The former chief executive of Hewlett-Packard Co., appearing on ABC's "Good Morning America," said she understands "executive decision-making."

She also criticized Democrat Hillary Rodham Clinton, the front-runner for her party's nomination, for a lack of transparency, including the use of a private email server while secretary of State and foreign donations to her family's charitable foundation.

"I have a lot of admiration for Hillary Clinton, but she clearly is not trustworthy," Fiorina said.

Carson also got ahead of himself on Sunday, confirming his plans to run in an interview that aired on an Ohio television station.

"I'm willing to be part of the equation and therefore, I'm announcing my candidacy for president of the United States of America," he told WKRC-TV in Cincinnati.

Carson, 63, made his formal announcement Monday in a speech from his native Detroit shortly after having breakfast at a local museum



Ben Carson

of African-American history.

Both candidates begin the race as underdogs in a campaign expected to feature several seasoned politicians, among them former Florida Gov. Jeb Bush, Wisconsin Gov. Scott Walker, Florida Sen. Marco Rubio and Texas Sen. Ted Cruz. Yet while they have claimed much of the early attention and favor from donors, the GOP race is a wide-open contest that could ultimately feature as many as two dozen major candidates.

The Republican field is already more diverse than it was four years ago. Rubio and Cruz are each vying to become the first Hispanic president. And most of the candidates are in their 40s and 50s.

Still, the Republican National Committee has acknowledged a pressing

need to broaden the party's appeal beyond its traditional base of older, white men. President Barack Obama won re-election in 2012 with the strong support of women and ethnic minorities, who are becoming a larger portion of the American electorate.

Raised in Detroit by a single mother, Carson practiced medicine and served as the



PHOTOS COURTESY OF CAFFEINATEDTHOUGHTS.COM
Carly Fiorina

head of pediatric neurosurgery for close to three decades at Baltimore's Johns Hopkins Children's Center. He gained national renown in conservative politics after condemning Obama's health care law at the 2013 national prayer breakfast.

He has established a strong base of vocal support among tea party-backers, some of whom launched an effort to push Carson into the race before he set up an exploratory committee earlier this year.

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Opinion

Baltimore the result of failed policies

In Ferguson, protesters and rioters blamed a white mayor, police chief and political power structure for years of mistreatment of blacks by police.

So what's the excuse of rioters in Baltimore where the mayor, city council president, and police commissioner are all black? Since 1987 all but one mayor has been black — Martin O'Malley, the former governor and potential Democratic candidate for president.

As in Ferguson, blacks in Baltimore have been complaining about police misconduct for years. We see in Baltimore that having a black mayor, police chief, and other top city officials does not necessarily mean that "a change is gonna come" and that social inequities will be addressed and rectified.

Even with urban blight, decayed neighborhoods, loss of jobs, black on black crime, and deep feelings of unequal treatment by the police, blacks in Baltimore — and most urban centers — continue to elect and reelect liberal Democrats whose decades long social policies and union bedfellow partnerships have failed to improve conditions.

It's always someone else's fault — a Republican governor, legislature, or "those evil whites in Congress who won't let our black president and representatives accomplish anything."

For Baltimore, this is exemplified by a fumbling, bumbling, not too credible mayor who made the typical liberal appeasement comment that you have to "give space for those who want to destroy." And destroy they did!

The problem in Baltimore and most major cities is that, unlike other voter groups, blacks generally do not hold their black elected officials accountable. Other groups do not tolerate elected officials who do not respond to their needs — they demand accountability.

Historically, the common thought in much of

black America was that if we could just have more blacks representing us at the local, state and federal level, it would translate into positive change for the black community — revitalization of inner cities; job creation, equal justice, and treatment by law enforcement; and, provision for equal educational opportunities.

Today, with historic numbers of black elected officials at the local, state and federal level and even a black president, has the



condition of black America improved? Apparently not in Baltimore — and most cities.

Blacks need a "come to Jesus moment" and realize that the blame for the explosions in Baltimore, Ferguson, and other cities has been years of failed Democratic social policies with no comprehensive urban strategy to deal with these problems — including failure of this black president to offer such a program in six years.

Rather than blame the present and former mayor and other black officials, many are reaching back to former Maryland Governor Martin O'Malley — also a Democrat — who hasn't been mayor since 2007. They say his zero tolerance police policies had a disproportionate impact on blacks and are the root cause of current problems.

What a cop out. O'Malley was succeeded by a black female, former City Council President Sheila Ann Dixon, who had served as Council President during O'Malley's tenure and succeeded O'Malley as Mayor. Her comment on the situation: "We have some major inequities in the city. We have to put more focus in those areas." Where has she been?

She was followed by the current mayor, Stephanie

Rawlings-Blake, who had served on the city council while O'Malley was mayor and was council president from 2007-2010.

If people were so upset over O'Malley's police policies, why weren't these issues dealt with by these two black mayors — also Democrats — when they succeeded him to say nothing about while they were members of the city council? Did they listen and act on complaints regarding the police as members of the council and while mayor? Based on the continuing anger, obviously not.

The complaints: pervasive poverty, unemployment, police brutality, and insensitivity? Nothing new. Are we to believe that the current mayor, police commissioner, and black political leaders have not heard these complaints for years?

Are we to believe that they have not been aware of issues of conflict between blacks and police? Certainly not.

Mr. Gray's death in police custody is nothing new to Baltimore. According to the Baltimore Sun, the city has faced over 300 lawsuits on police misconduct and has paid out nearly \$6 million in settlements related to police misconduct and brutality since 2011 — all under the current mayor's watch!

It's time for the people to start holding their elected officials accountable for the city's problems — including those with the police. In Baltimore, and elsewhere, blacks need a political intervention to deal with their chronic addiction to Democrats whose policies have led to many of the problems in urban America.

Clarence V. McKee is president of McKee Communications, Inc., a government, political, and media relations consulting firm in Florida. He held several positions in the Reagan administration as well as in the Reagan presidential campaigns and has appeared on many national and local media outlets. Read more reports from Clarence V. McKee.



I brought you into this world ...

"I brought you into this world, and I'll take you out," sometimes said in jest, but perhaps always with a degree of seriousness.

We laugh at the notion, but I bet you all know what it means, and I'm sure that, if you are a parent, you have used that same expression, or something similar at one time or another.

I did. Does this only happen in the black community?

The video-gone-viral showing the black mother beating her son off the front lines of rock-throwing protestors in Baltimore has brought this matter out into the shining light of the world.

The mother has since appeared as a guest on several television talk shows explaining that she took action to save her son's life; that she prefers to have been seen doing 'violence' against her son than to be shown as another black mother grieving for her dead son.

The boy is fourteen. By all assertions and his own statements to reporters, thankfully, he still listens to his mother.

Many folks have reacted to this incident by suggesting that the son's penchant toward violence was modeled by his mother's; that her status as an unemployed mother of six renders her less than an ideal citizen; and, that the wrongness of her actions outweigh what others call heroic.

What would I have done?

I would have gotten a broom, or some other big stick- to save my hand from contusions- to drive home the point even more forcefully that black boys must learn to carefully pick their fights- to clearly understand what is worth dying for, and to accept all the consequences of their behavior.

That's what I tried to teach my two sons, and sometimes my lessons came at the end of my hand and/or a stick.

Am I proud of resorting to that kind of response?

No. Not always. But there were times when a smack down was necessary in order to save their lives.

Perpetuating violence? Not. It's all about love.

The love that black mothers show their sons is beyond description- and, at times, suspends belief.

Our love includes offering after-school cookies and milk; the salve of comforting words; a shoulder to cry on; at least one bail payment; one court appearance; and/or a lifetime of child care services.

But that's not all.

Our love demands that we serve on the front lines of our son's lives until they become independent.

Why? Because, we know. We know because we have successfully survived.

How do we come by this knowledge? Call it mother wit.

No definitive book yet written, and no curriculum developed, but there ought to be a mandatory class entitled: *How to Raise Black Boys to Adulthood in America.*

In that class a black mother would learn how to teach their son to hold his head up and look everyone in their eye without fear; except if it's the police, cause that could get him killed.

She would be taught how to instruct her son on the art of self-defense; how to use his wit and not his fists; except never with a police officer, because that could get him killed.

She would be able to learn how to teach her son the subtleties of safely moving from one place to another, i.e., how to keep his hands in sight; how to wear a hoodie; how to belt his pants; lace his shoes; wear

only clear glasses; lower the volume of his music; etc., except none of these tactics work to protect him from being stopped/harrassed and maybe killed by the police.

What other special training does a black mother require?

She needs a graduate course on how to mitigate her sons' anger at the myriad systems of injustice that mark him from birth; that have statistically projected his probability of incarceration as early as the third grade; that is calculated to kill his spirit and rob his soul before high school graduation; that has negatively labeled him before learning who he really is: another precious child of the universe.

So what's a black mother to do?

There are tales of slave women who aborted and/or practiced infanticide in order to keep their children from even coming into this world. They knew the likely path on which their sons would be placed: unpaid labor; stud service; separation from their families; lynching, etc.

They were heroines, too.

Forget about all the lessons we may have learned at our own mother's knee; the collective voice of the village; any books we may have read about child-rearing; and yes, sometimes the laws about so-called domestic violence.

When we choose to have children, to bring them into this world of grave danger, we need to be prepared to raise them up; even if that includes an occasional beat down in order to save their lives.

Antonia Williams-Gary is a consultant with Miami-based Savings and Grace Enterprise. She may be reached at toniwg1@gmail.com.

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Can Live Oak overcome its history of racism?

I grew up in Live Oak, Florida, and go back to visit my family several times a year. My roots in the community run deep. That's why the racism experienced by the group of high school students and their chaperones at an Econo Lodge in my hometown, a story that has gone viral on social media, is so painful. The account given by the group from Flint, Michigan, who were on a college tour, details being called "n*ggers," told to stay in their rooms, and expelled from the property at the earliest possible moment. They weren't causing any disturbances that would have warranted this type of treatment. What is worse, local law enforcement, when called to the scene, sided with the motel owners and demonstrated tacit support for the manager's racist attitudes.

These students, many of whom are more than likely descendants of black Southerners who fled places like Live Oak and settled in places like Flint, Michigan, during the Great Migration of the early 20th century in order to escape the twin scourges of lynching and Jim Crow. Now, decades later, as these students are considering bringing their talents to Florida to matriculate at one of the states Historically Black Colleges and Universities (HBCUs), they are confronted by a 21st century specter of racism.

While the despicable, racist behavior of the Econo Lodge managers in Live Oak is their own burden to bear, this incident gives the citizens and leaders in Live Oak the chance to take a public stance against racism. Such a statement would go a long way in protecting the image of the town from the storm of attention that is falling on

them. There also needs to be some investigation into the Sheriff's Department and the manner in which the law enforcement officer who came to the scene acquiesced to the mistreatment that the lodgers were experiencing, confirming that "they just don't like your kind here."

The incident pains me but I'm not surprised. There are many wonderful and caring people in Live Oak. I credit my educational success to the dedicated cadre of teachers—nearly all of them white—who taught in Suwannee County's public schools. I had many interracial friendships during my time there, many that I still treasure, but those relationships would have been impossible for my parents and grandparents during their day. However, I learned my first hard lessons about the racism as a kindergartener in a dance class while growing up in Live Oak. It is a memory that, even decades later, still stings. The pain inflicted on me by another child my age was just an exercise in her welding the racism that had been taught to her by her parents. Racism is insidious that way.

Prejudice showed up in a real way when as I was preparing to graduate in the spring of 1993. For the first time in the county's history, two African Americans earned the distinctions of valedictorian and salutatorian. They were good friends of mine and our entire community was proud of them. Imagine our dismay when, weeks after the initially announcement had been made, the administrators announced a "recalculation" that now meant we would have "shared honors" in each category, as two whites were slated to receive the same designations. The students, especially the African-American seniors that year, were

dismayed and disappointed. There were even rumors that the Ku Klux Klan was planning to attend our graduation in their regalia, although that didn't materialize. I started college that fall at Florida A&M University, a historically black college in Tallahassee, grateful to leave the fog of racism that clouded my last few months in Live Oak for an arena in which I could be certain that I would be judged by my merits and not the color of my skin.

It was at FAMU that I began to fully understand the legacy of Jim Crow and racism for the first time in my life. It was in one of my history classes that I learned that a young boy, Willie James Howard, had been lynched in Live Oak in 1944 for passing a note to a white girl. At first, I couldn't believe my ears, but researching that story led me to a career as a historian. It has only been in the last ten years, led by the efforts of Douglas Udell, that the black community in Live Oak has been able to publically acknowledge the life and murder of Willie James Howard.

There are other signs that Live Oak was ready to acknowledge the sins of its past, most notably in the retelling of the story of Ruby McCollum, an African-American woman who shot and killed Leroy Adams, a prominent white doctor and state senator. The two had been intimately involved for years; McCollum had already given birth to one mixed race child and was carrying another when she murdered Adams. The explosive nature of the situation—a tale of interracial sex, infidelity (both parties were married), and murder—scandalized the town. The story, however, has been the subject of a scholarly book, two documentaries over the last few years, as well as being the

subject of an episode of *A Crime to Remember* on the Discover ID channel this past November. After years of silence, I have been glad to see the citizens and leadership in Live Oak began to grapple with, or at least to acknowledge, these painful incidents.

Despite these promising signs of dealing with the legacy of racism in Live Oak's past, a great deal of racial tension lies just beneath the surface of the town's pleasant veneer. Rumors of unequal hiring practices in the school system have exploded into public confrontations last year, as well as a controversy involving alleged racism in the treatment of a black male high school student. On the other hand, a reinvigorated NAACP recently hosted Martin Luther King III in Live Oak, signaling that there are forces on the ground willing to fight for racial equality and civil rights in Suwannee County.

Despite this unfortunate headline, I still have hope for my hometown. I am glad that city officials have come out against this behavior, although more than lip service is needed to demonstrate that the Live Oak of the 21st century is a place that rejects racism in all its forms. The Choice Hotel Chain should do the same. I pray that the black citizens of Live Oak and across the state of Florida will unite and take a stand in opposition to such treatment. As Martin Luther King Jr. once said, a great deal of wrong is often supported by "the appalling silence of good people."

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Health

Your mamma is a hero ... too

By PIERRE B. BLAND, DVM

My charge from the publisher of this newspaper is to present a weekly column correlating the effect of pets and animals on our personal and daily lives. For the most part I have been pretty successful in fulfilling that charge, some weeks more successfully and easily than others. This is one of those weeks in which it is more of a challenge than most. Not that I don't have a topic, but relating it to pets is the challenge, so I won't even try.

We are all aware of the turmoil in Baltimore relating to the alleged police brutality resulting in the death of Freddie Gray



DAVID I. MUIR/FOR SOUTH FLORIDA TIMES

while in police custody. The resulting protest and riots have captured the news cycle and attention of the talking heads and pundits just as the previous unfortunate similar events of the last year. Although each of these events has its unique component, there is one associated with the Baltimore event which has captured our attention in a way the previous events have not.

"That is my only son and at the end of the day I don't want him to be a Freddie Gray," stated Toya Graham. She was filmed screaming at her 16 year old son who was dressed from head to toe in black, to "take the mask off" and telling him to "get over here" as she slapped him to prevent her son from participating in the rioting. The resulting video has incited

fierce discussion and a proclamation of her being a heroine and an unfit mother in multiple media outlets. My reaction to the video was "Wow, he got off easy. My Mamma would have killed me!" I am sure I was not alone in my view. In my opinion, anyone who has a different assessment is obviously deluded.

I grew up at a time when hearing the aphorism "I brought you into this world and I will take you out!" was not just a clever line from a sitcom, but a fact plain and simple. We were raised to respect our elders, ourselves, and our community at all times and not doing so had consequences. I have no doubt my Mamma would have done the same, if not worse in the situation as Mrs. Graham. In fact, I find it difficult to fathom my Mamma would even allow me to be in the vicinity of a riot. The rule when we were growing up was first sign of trouble, bad weather, or the street light coming on, you were to be in the house. A rule not to be broken. Let's not forget the curfew in effect when you were allowed to go out after dark. 10 o'clock unless otherwise negotiated. That curfew is still in effect when I or my siblings are sharing a roof with Mamma, be it her home or our's. Grandchildren included. I also grew up living the maxim "It takes a village to raise a child." long before I ever heard the saying or understood its meaning. The truism was best exemplified when I discovered I could not out run a telephone call in my neighborhood, a reality and factor in my behavior development for sure.

So this week's column is inspired and written in tribute to my Mamma, Mary Lois Bland and all my other Mammias from my childhood: Lessie Mae Bland, Alma Bland, Lillian Johnson, Fedora Patterson, Mattie Middlebrooks, Ceola Wilder, Mary Lawson, Roberta Thurmond, Amelia Early, Ruth Buhler, Nell Black, Jimmy Pitts, Geraldine Morgan, Mildred Kitchens, Dorothy Black, Shirley Black, Eula Morgan, Sadie Hutchings, Jimmy Pitts, Nettie Ward, Lena Hutchings, Irene Teague, Ruby Towels, and Ruby Green.

To each of them and any I may have left out, thanks for everything and the blessings of your influences. Heroes one and all.

Dr. Bland is a small animal practitioner offering house calls and office call to clients in the Broward County area. His office is located at 3225 N Andrews Avenue in Fort Lauderdale and can be reached at 954 673-8579.



PHOTO COURTESY OF FAMU

US seeks criminal charges against Lumber Liquidators

Associated Press

NEW YORK — The Justice Department is seeking criminal charges against Lumber Liquidators in an ongoing investigation over imported products.

The company revealed the Justice Department push in a regulatory filing Wednesday while also posting a surprise loss for the quarter and announcing the departure of its chief financial officer.

Its shares plunged more than 17 percent in early trading.

The CBS news show "60 Minutes" reported in March that the company's laminate flooring made in China contained high levels of formaldehyde, a carcinogen. Lumber Liquidators Holdings Inc. has said that it complies with applicable regulations for its products, including California standards for formaldehyde emissions.

The company said Wednesday that its March sales declined 12.8 percent due to the allegations and that it had spent \$2.3 million on an air-quality assurance program it put into place for customers to calm fears about the flooring.

CEO Robert Lynch said during a conference call that Lumber Liquidators has stopped buying Chinese laminate flooring for now, using instead products from parts of Europe and North America.

According to a regulatory filing, the Justice Department is seeking charges under the Lacey Act which, among other things, bans illegally sourced wood products.

The best estimate of the probable loss that may result from the Justice Department action is about \$10 million, the company said.

There are more than 100 pending class-action lawsuits related to the flooring from China, the company said.

For the period ended March 31, the company lost \$7.8 million, or 29 cents per share. That compares with a profit of \$13.7 million, or 49 cents per share, a year earlier.

The loss caught industry analysts off guard. They had projected a profit of 15 cents per share, according to a survey by Zacks Investment Research.

Revenue was \$260 million.

CFO Dan Terrell will leave the company in June. He has held the position since October 2006. The company appointed Gregory Whirley Jr., formerly of Ernst & Young LLP, as interim CFO.

Shares of the Toano, Virginia, company tumbled \$5.80 to \$27.26 early Wednesday shortly before the market opening, close to a three-year low. Its stock has slumped 50 percent since the beginning of the year.



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Business

Caribbean



Microsoft Windows 10 holographic

PHOTO COURTESY OF MICROSOFT.COM

Microsoft opens Windows 10 to Apple, Android apps and smartphones

By **BRANDON BAILEY**
AP Technology Writer

SAN FRANCISCO — Microsoft hopes to get more people using the next version of its Windows software on all kinds of devices, by giving them access to many of the same apps they're already using on Apple or Android phones.

In a major strategy shift, a top executive told an audience of several thousand software developers Wednesday that Microsoft will release new tools to help them quickly adapt the apps they've built for Apple or Android gadgets, so they will work on smartphones, PCs and other devices that use the new Windows 10 operating system coming later this year.

On the first day of the company's annual software conference, other executives showed off more uses for Microsoft's holographic "augmented reality" headset, the HoloLens - although it's not yet for sale. They also announced the official name for a new web browser, called "Edge," that they promised will be faster and more useful than the Internet Explorer that's been a Microsoft mainstay for 20 years.

All those initiatives are tied to the impending release of Windows 10, the centerpiece of Microsoft's ambitions to regain the stature it commanded when Windows-based PCs dominated the computing world. Today, after losing ground to smartphones and tablets that run software from rivals Apple and Google, Microsoft wants to make Windows 10 the universal software for PCs, phones and other Internet-connected gadgets.

"Windows 10 represents a new generation of Windows, built for an era of more personal computing," CEO Satya Nadella said during a keynote speech, adding that today's consumers and corporate workers want to have

the same experience when they are using a variety of devices.

Although Microsoft has previously shown off some features of Windows 10, it's hoping to enlist an army of software developers as allies in its campaign to build enthusiasm for the new release. The company is using the three-day conference, called Build, to demonstrate more features and app-building tools, with an emphasis on mobile devices as well as PCs.

"Our goal is to make Windows 10 the most attractive development platform ever," vice president Terry Myerson said.

To win over consumers who use competing software, Microsoft needs to persuade outside developers, who create software for consumers and corporate clients, it's worth their time to create new apps and programs for Windows 10.

"Getting developer buy-in is absolutely the crucial thing," said J.P. Gownder, a tech industry analyst at Forrester Research. He said Microsoft has struggled with a "chicken-and-egg" problem, in which developers have been reluctant to build mobile apps for Windows because relatively few people use Windows phones and tablets.

Currently, there are more than 1.4 million apps for Android phones and about the same for Apple devices, while there are only a few hundred thousand apps that work on Windows phones and tablets.

Microsoft's move to help developers adapt their Apple and Android apps for Windows 10 is a major change from the past, when each company maintained rigid differences in their software platforms. Microsoft is also hoping to entice developers by promising that apps for Windows 10 will work equally well on PCs, mobile gad-

gets, Xbox game consoles and even the HoloLens.

The company has another big carrot to wave in front of those developers: Microsoft has already said it will release Windows 10 as a free upgrade to people who now have PCs or other gadgets running the previous two versions of Windows, provided they upgrade in the coming year. That could help create a huge new audience of Windows 10 users in a relatively short time, Gownder said.

Myerson predicted there will be a billion devices using Windows 10 within the next two to three years. Apps for all those devices will be distributed through a single Windows app store. Myerson also said Microsoft will partner with wireless carriers so consumers who lack credit cards can pay for apps on their phone bill - a popular method in developing nations.

Microsoft has not said exactly when Windows 10 is coming, although some were hoping the company would announce a date on Wednesday.

Since he became CEO last year, Nadella has been presiding over a major overhaul at Microsoft. He has redesigned some of Microsoft's most popular programs for mobile users and invested in new "cloud-computing" services, in which businesses pay to use software that's housed in Microsoft's data centers.

Microsoft announced several new initiatives Wednesday for its Azure cloud-computing service, which has emerged as a fast-growing rival to a popular cloud business operated by Amazon. Microsoft is releasing new programming tools for Azure clients to create programs for computers that run Apple and Linux software, as well as those that run Windows.

The streets were gold



DAVID I. MUIR/FOR SOUTH FLORIDA TIMES

By **CALIBE THOMPSON**

"When I came to America I thought, like every other West Indian, money was flowing, the streets were gold, but I was wrong."

Those are the words of a Barbadian-American woman named Cathy that I interviewed for *Island Origins*, our next television project. Many who have heard Cathy's words agree, we all come here for what is supposed to be a better, easier life. Often times we do achieve better because we work hard, but it's rarely easy.

Our streets aren't usually gold. Our roads to success are more often paved with overstayed visitors' visas, menial work for menial pay, and the disrespect of folks who believe that because we are other-than, we are also less-than ourselves. But like Cathy, we pay close attention to the trajectory of our futures and our children's futures.

In Cathy's case, she had a decent job in Barbados as a young woman. Race and class issues in that island's social structure, the same many of us face around the region, made her acutely aware of a ceiling she would reach in her quest for upward mobility. She came to the US without her family, found a way to transition from undocumented to legal status, got herself educated, and worked her way up the food chain to retire comfortably from a management position within a national corporation.

She is the type of inspirational figure that many who work as farmers, tradesmen and those who hustle to send their children to school in America, want their kids to emulate. She did what she had to, to get where she needed to be, and then she hopped on the straight and narrow path to a life that may now seem out of reach even to many native born Americans.

Her path began with cleaning homes and being called the "n" word for the first time in her life by a white employer's child. In this overly glamorized world, homeownership, comfortable retirement, good social status and having independent, grown children may not be impressive to some, but to Cathy and to many of us it means that she has achieved the American Dream.

Calibe Thompson is the Executive Producer of the "Taste the Islands" cooking series, now airing M & Th at 7:30PM, and Sat at 3:30PM on South Florida's WPBT2 (Ch 2). Her next television project "Island Origins" explores the concept of the American Dream from the Caribbean perspective.



Mothers Against Murderers Association celebrates Mother's Day

MOTHERS, FROM 1A

violence, then Angela Williams wants to help them make it through.

It was William's sister, Georgie Dixon of West Palm Beach, who was the inspiration behind the organization. Dixon's son Torrey Manuel was gunned down by a close friend after the two went out to celebrate New Year's Eve in 2003. After an altercation, the two men went their separate ways and Torrey went home. Later that night, his friend appeared out of the darkness and shot him seven times with an AK47, leaving him for dead. Tor-

rey was 29, and his mother still doesn't know why he was murdered by someone who had eaten dinner at her house and spent many nights with her son. Through hearsay, she was told it had something to do with two girls. "The most hurtful part is it was a childhood friend. It's been very difficult because my son was always there for me. I thank God every day for an extraordinary son. It doesn't get easier, but you learn to live with it. My son's legacy lives on through all the people we (the organization) have helped," she said, still fighting back tears.

But before Dixon got

to this point, she was overwhelmed by the loss and was nearly a basket case, with people finding her in parking lots in her car closed in, simply screaming out her son's name. "I was in such bad shape," she said, explaining her deep bouts of grief. She was at her lowest point, when Williams stepped in to help her sister.

"Her (remaining) son, Johnnie, kept calling me, telling me about his mother and how bad she was doing. She was on the brink of a nervous breakdown. And one day, I was riding down

45th Street in West Palm Beach, and it hit me: start an organization. God told me to start an organization and call it MAMA. We started out with one mother and now we have 280 mothers. I meet them at funerals, viewings, and I started going to crime scenes to be there for them," said Williams, who is Founder and President of the group. She says she has been to 250 funerals. The group offers a 'Circle of Healing' support group, they speak at prisons and



ALAN LUBY / FOR SOUTH FLORIDA TIMES

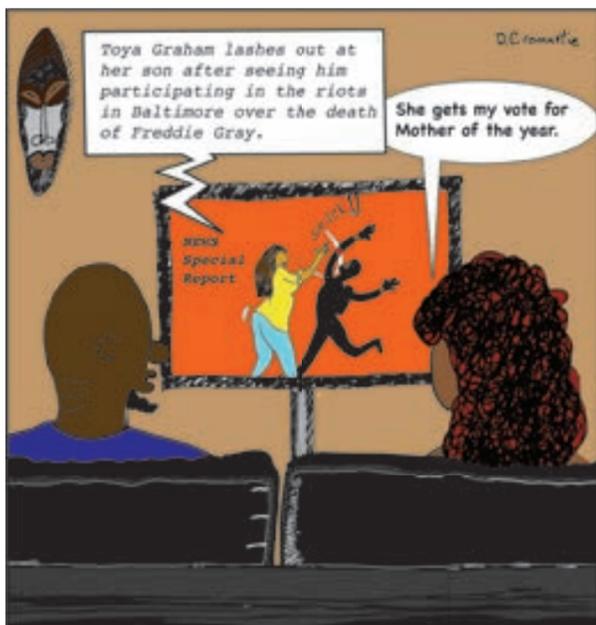
M.A.M.A.: Georgie Dixon holds beautiful memories of her son Torrey, whose picture hangs prominently on the wall of the Mothers Against Murderers Association (MAMA) office in West Palm Beach. Her tremendous grief over the loss of her son inspired her sister, Angela Williams, to start the organization in her honor.

corrections facilities, and they simply are there for those who have lost a child to violence.

William's brother, Artie Williams, is her Vice President and also an integral part of MAMA. He says the ladies come in as victims, but the goal is to move them beyond that point. "We try to bring stability and comfort to their lives. They come in as victims, but our goal is for them to become an advocate. We want them to know that God has not forsaken them. God would want them to help others," said Artie, who along with his family members have lost 16 relatives to violence. Paula Lecounte Bowe

of Riviera Beach, says the organization has helped her tremendously. In 2007, her daughter, Tonya Raines, 37, was shot and killed by an ex-boyfriend. He then turned the gun on himself as officers approached him. It was a horrific murder/suicide and it was Bowe's greatest nightmare. "My daughter was such a calm spirit," she said. Mother's Day and Valentine's Day are the worst, said Bowe. "It's horrible because Tonya always brought me cards and balloons. She would call me at 2 am, just laughing and talking. She would always ask me what I'm doing, and I would ask her, 'Do you know what time

it is?' But now, I would give anything to have that 2am call from her." Bowe says she had not heard of MAMA, but Williams somehow found her. "She came to my daughter's funeral and introduced herself to me." Today, Bowe has moved from victim, to survivor and is now an advocate on behalf of senseless violence. She speaks to groups and others about her own plight. She shared her testimony at the Mother's Day dinner. She said she loves the organization because the other mother's understand. "Other people don't really understand. This hurt - it goes past the heart," she explained.





My Mom ... my hero!

By **BERNADETTE AGNES MORRIS**
Special to South Florida Times

Perhaps it's "the look" — that cut to the chase stare down when words aren't needed to convey the message. Only a mom can make such an impact without even saying a word.

Or maybe it's when she sees you doing something positioned to have a lasting and potentially damaging effect, like Toya Graham witnessed and decided to put her only son in check after catching him participating in the Baltimore riots.

How about when she gives you her smile of confidence as you walk down the aisle to receive that diploma, land that job, or start a business. Her seal of approval literally transforms your inward spirit, mind and soul to pure joy and utter elation.

I can think of a thousand mommy moments that I have personally witnessed, received and provided. I am fascinated by them all — and eternally grateful for those who have helped shape me to be a better person.

Moms move mountains. They are God's angels assigned here on Earth who make a personal pledge to our Lord to love, serve, guard and protect those they have been blessed to bear, nurture and care for. I believe this begins during the nine-month incubation period, where in addition to the development of the body and physical elements, there is the shaping of the mind and the bonding with their mothers.

Moms have that innate sixth sense that miraculously turns on when needed most; to offer words of wisdom and of life, words that silence the scoffers and empowers a thirsty soul. That sixth sense makes moms not only the queen of nurturing, but the sherons of life.

My mom, Agnes Williams, is my all-around hero. She grew up in a very segregated town just outside of Vidalia, Georgia; married a preacher's son and together moved to Miami to start a new life. Equipped with only a high

school education, she and my dad were determined to make the most out of life. Together, they had six children (five girls, one boy); and pledged to provide and protect and pour in the love they knew we needed to get us through.

While dad worked two full-time jobs to make ends meet, mom was the enforcer, the edu-



PHOTO COURTESY OF BUSINESSWIRE.COM
Bernadette Morris

icator, the entertainer, the cook, the cleaner and everything in between for all of us in our small but loving home. (To this day, I think dad's jobs were easier than mom's.)

Even with a full workload at home and with church, mom managed to take on day jobs cleaning homes and cooking to help provide for our needs. She never drove a car; she took a bus to get around. Her work outside the home never conflicted with her "real job," as she called it, to provide for the family. I have to think God gave her more hours in the day than He gave to the rest of us. There's no other way to rationalize how she was able to prepare homemade buttermilk biscuits, cheese and eggs, bacon, and a host of other nutritious goods to make an incredible spread on the breakfast table every morning at 6 a.m.; followed

by lunches placed in our lunch bags for school; and ready a full-course meal each for family dinner at 6 p.m. sharp.

She single-handedly maneuvered and calculated our study schedules, followed by our prayer time, chore time, TV time and outdoor play times every day of the week. Day in and day out, it worked without a hitch. I'm sure there were quarrels from time to time, but I know we faced challenges together and we worked through them with love, dedication and unity. These were the essential tools that I saw practiced every day in my home and they served us well as we worked to resolve the differences and the issues of our day. They still apply in my work and home life.

Mother's Day is that time to celebrate, dedicate and commemorate the priceless jewels of our hearts — our moms. It's the day we honor them and show our appreciation for their tireless efforts to motivate us to be our best and to shine brightly. Most of all, I hope you will not only thank your moms on this special day — but have a special mommy moment with them as well. Precious and few are the moments you have here on Earth to share, and time runs out before you know it — so make every moment count.

My mom's guidance and direction shaped and formed my very existence and made me the person I am today. She was my very best friend all of my life, and even when she went home to be with the Lord, some 22 years ago, I can still remember the foundational mommy moments of confidence and love that she placed in my heart. I can only pray that I can share such priceless jewels to my children and that they will make the same indelible impact in their lives as my mom has made in mine.

Bernadette A. Morris, M.P.A., is the owner and CEO of Sunshine Communications, Black PR Wire, and Women Grow Strong. She is also the mother of two: Rebecca and Stephen Morris. bmorris@sonshine.com



TV One honors mothers with movie based on story of Ruth

PHOTO COURTESY OF TVONE.COM

Cast of *For The Love of Ruth*
Staff Report

SILVER SPRING, MD — TV One pays honor to the spirit of Mother's Day with the premiere of the network original film *For The Love of Ruth* at 8 p.m. Saturday.

The film is inspired by the Biblical story of *Ruth*, which creators say at its core, is a quintessential story of love, commitment and loyalty. In the storyline, Denise Boutee (*Meet The Browns*) stars as Ruth, an orphan who was in search of her place in a lonely world, until Naomi Marachond — played by Loretta Devine (*Grey's Anatomy*) — enters her life and provides the guidance and warmth she's been seeking. Rounding out the cast are James Pickens Jr. (*Grey's Anatomy*) in the role of Stephen Marachond, Naomi's sullen brother-in law and Gary Dourdan (*CSI*) as Braxton Marachond, damaged isolated cousin Ruth's love interest.

"Mother's Day is an ideal time to share this classic tale of one of the strongest and most complex relationships in the world — that between mothers and daughters," said D'Angela Proctor, senior vice president of original programming and production for TV One. "We hope this film also relays

an even greater message — that compassion, loyalty and devotion for those in need can profoundly change the course of someone's life."

For The Love of Ruth follows the journey of Ruth Sommerling, who, orphaned as a child and currently residing in a women's shelter has lived a life filled with pain and disappointment.

In rapid succession, Ruth marries Nicholas Marachond, but a dreadful accident leaves her widowed. Refusing to abandon the new family ties she's formed, Ruth develops a close bond with Naomi Marachond. As the matriarch of the Marachond family, Naomi introduces Ruth to the fullness that a life filled with faith and loyalty presents.

However, Naomi's brother-in-law Stephen discourages this connection and voices his suspicion of Ruth's intentions. Ultimately, the love she desired all her life is found in Naomi's reclusive cousin, Braxton who despite objections from others showers Ruth with an outpouring of love and kindness.

For the Love of Ruth is produced by Eric Tomosunas of Swirl Films. Christine Swanson served as director for the film. The screenplay was written by Rhonda Baraka.

Spending on Mom will rise for holiday, survey says

Staff Report

WASHINGTON — Families are ready to splurge on jewelry, flowers, gift cards, brunch, and apparel for the women in their lives to celebrate Mother's Day this year, according to a national retail survey.

Americans will spend an average of \$172.63 on mom this year, up nearly \$10 from \$162.94 last year and the highest amount in the 12-year history of the Mother's Day Spending Survey sponsored by the National Retail Federation. Estimated total spending is expected to reach \$21.2 billion.

Prosper Insights & Analytics conducted the survey, which was designed to gauge consumer behavior and shopping trends related to the holiday. The poll of 6,285 consumers was conducted April 1-9, and has a margin of error of plus or minus 1.3 percentage points.

"We're encouraged by the positive shift we've seen in spending on discretionary and gift items from consumers

so far this year, certainly boding well for retailers across all spectrums who are planning to promote Mother's Day specials, including home improvement, jewelry, apparel and other specialty retailers as well as restaurants," said NRF President and CEO Matthew Shay.

"We're encouraged by the positive shift we've seen in spending on discretionary and gift items from consumers so far this year, certainly boding well for retailers."

When it comes to gifts, the majority of consumers will pick up a greeting card for mom (80 percent), spending more than \$786 million and more than two-thirds of those celebrating will buy flowers, to the tune of \$2.4 billion. Shoppers also plan on gifting apparel and clothing items (35.8 percent), spending more than \$1.9 billion, up from \$1.7 billion last year.

Among the survey findings, families will surprise mom with a special brunch or activity (\$3.8 billion), electronic items like a new smartphone or e-reader (\$1.8 billion), personal services such as a spa day (\$1.5 billion),

house wares or gardening tools (\$890 million) and books and CDs (\$480 million).

Looking for a 'wow' from mom, 34.2 percent of Mother's Day shoppers are planning to splurge on jewelry, spending a survey high of \$4.3 billion for the special day, up from 31.7 percent and \$3.6 billion last year.

One in four will shop online for Mother's Day

Online shoppers plan to spend an average \$252 — higher than the typical Mother's Day shopper does — and more than four in 10 plan to use their smartphones to research products and compare prices. Many people know that a gift card could go a long way: Two in five (44.2 percent) will give mom a gift card, spending more than \$2.2 billion.

"Mother's Day is extremely unique and personal for millions of consumers, and families this year will look for different ways to enjoy their time with mom," said Pam Goodfellow, Prosper's principal analyst. "While some will splurge, others will search high and low for the perfect, practical gift, knowing that she likes any gift that comes from the heart."

Most shoppers will head to department stores (33.4 percent, while others will shop at specialty stores (28.2 percent) or discount stores (24.8 percent). The survey also found that shoppers are ready to get out of the house after a long winter. Fewer respondents said they will shop online this year



(25 percent vs. 29 percent last year.)

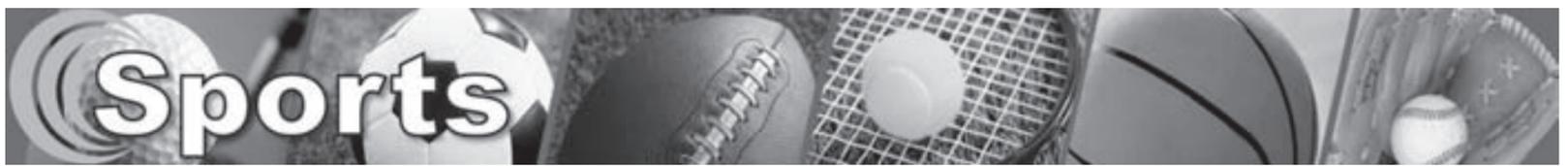
The survey shows that 18- to 24-year-olds who own smartphones and tablets are most likely to use these devices to research products and compare prices for gifts (46 percent), and are most likely to use their tablets to purchase a gift

(30.2 percent). However, this age group won't necessarily be the biggest

spenders compared with other age groups: 25- to 34-year-olds plan to spend an average of \$244.32, compared with \$214.81 for their younger counterparts.

The majority of shoppers plan to buy for their mother or stepmother (62.5 percent), while 23.2 percent will shop for their wife, 9.8 percent will shop for their daughter, 8.9 percent will shop for their sister and 7.4 percent plan to splurge on their grandmother.





Eastern Conference Semifinals: LeBron and the Cavs take on raging Bulls

By TOM WITHERS
AP Sports Writer

INDEPENDENCE, Ohio — LeBron James embraces challenges, big or small, personal or professional. They drive him, push him, make him dig deeper.

He's now facing another daunting one. Actually, a dozen of them.

The Bulls are charging at him.

On Monday, the Cleveland Cavaliers, missing two starters, opened their best-of-seven Eastern Conference semifinals against a confident and finally healthy Chicago team looking to exact some revenge on James, who has eliminated them from the NBA playoffs three times since 2010.

The Cavs, who entered the postseason as the East's favorite to make the NBA Finals, were without power forward Kevin

Love and his 10 rebounds and floor-spacing ability and will remain out for the rest of the postseason after he underwent shoulder surgery. And, they also missed starting guard J.R. Smith, who has been suspended for Games 1 and 2.

Down two key players, Cleveland appears vulnerable - except James is still around.

"Nah, we're not vulnerable at all," James said. "It's just basketball. You go out and play, you try to win and give it your best shot."

Speaking of shots, the Cavs got some hard ones from the Bulls.

Cleveland is coming off a four-game series sweep over Boston that was anything but easy. The Celtics were physical with the Cavs, who lost Love when Boston's Kelly Olynyk yanked his shoulder from the socket in Game 4. The Bulls are one of the league's toughest, most defensive-minded teams, and the Cavs are preparing for a dogfight.

Without a doubt," Cavs guard Iman Shumpert said following practice Sunday. "If not more (physical), I just think that's just every round you go through, it just gets a little more physical because, guys don't want to go home."

James has some history with the Bulls.

He's never lost to them in the playoffs, beating Chicago in 2010 in his first stint with Cleveland and twice with Miami (2011, 2013). He's averaging 27.1 points, 8.0 rebounds and 7.5 assists while going 12-3 against the Bulls in postseason.

Despite his dominance of the Bulls, James dismissed any thought the past gives him any confidence.

"Every year is different," he said. "Yes, I've had success but that doesn't mean anything today. My approach is always the same but every playoff run is different and for me I have to make sure myself and my guys are ready for a very, very competitive and well-coached ball club."

Chicago coach Tom Thibodeau first crossed postseason paths with James as an assistant in Boston. He didn't have much luck scheming ways to stop James then either.

"The only thing you can do with him is try to make him work for his points," Thibodeau said. "You can't really give him a steady diet of anything. You have to mix it up on him. The thing that makes him who he is he can beat you a lot of different ways. It's not only his scoring. It's his passing. He's seen every type of defense there is."

And unlike past Cleveland teams, the Cavaliers have two All-Stars: James and guard Kyrie Irving, who averaged 23.3 points against the Celtics in his first playoff series.

"Any team that has LeBron and Kyrie, you're not short-handed," Thibodeau said.

Here are some other things to keep in mind as the Bulls and Cavs tangle:

PUBLIC ENEMY: Bulls center Joakim Noah has spent the past few seasons needing Cleveland -and James.

In the past, Noah has criticized the city for not being exciting, and he and James have had their share of physical and verbal confrontations. Still, James respects Noah and what he means to the Bulls.

"A guy that you hate to compete against but if he's your teammate you love him," James said. "He's one of their glue guys. He plays well, they play well. His energy, his effort, he's a guy that you as a fan love to watch him, as a competitor you hate him."

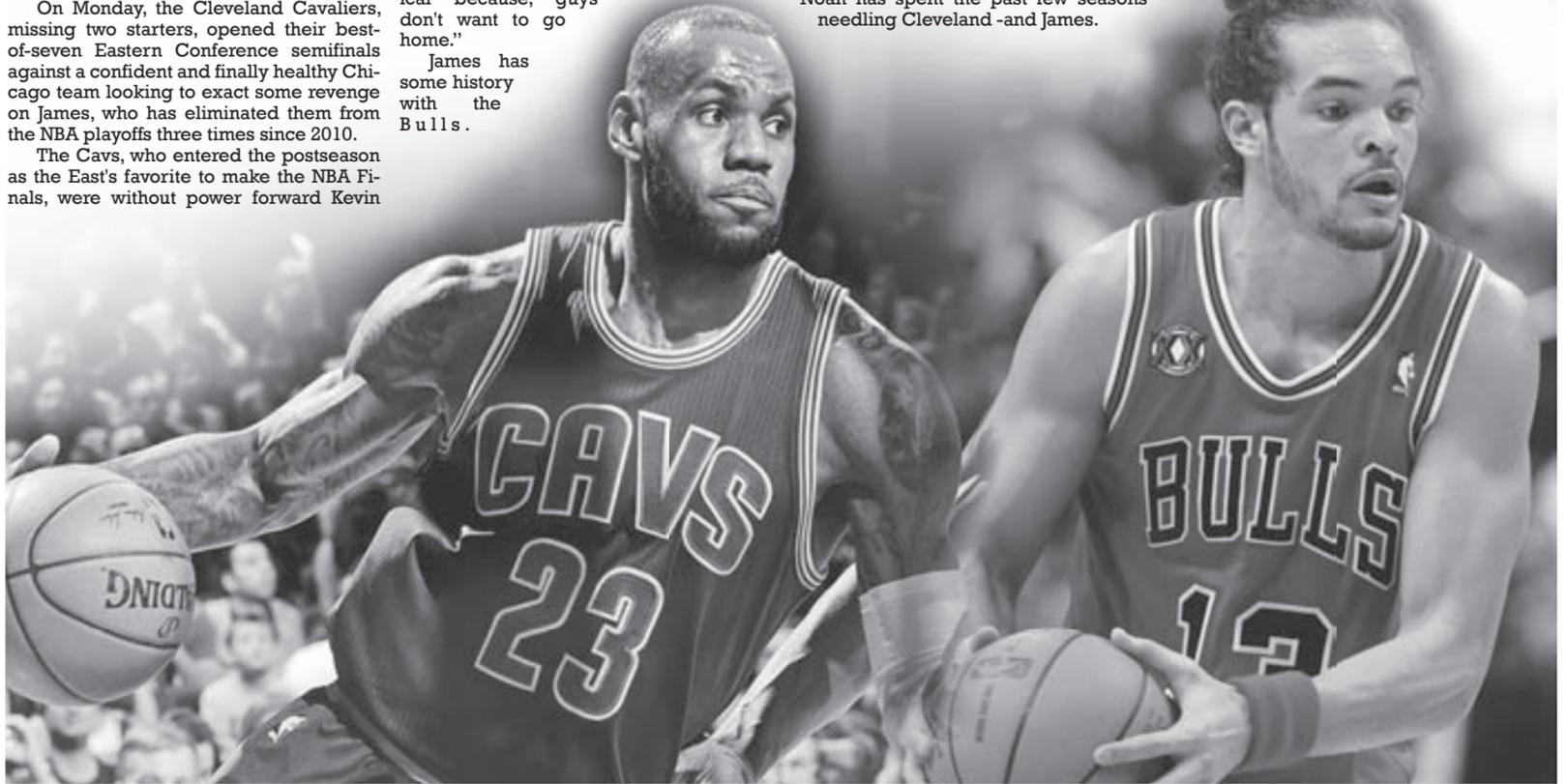
NO LOVE: The script is flipped for the Bulls. For once, they have all their key players available, while the other team is missing pieces.

"I guess that's the irony there," Chicago's Mike Dunleavy Jr. said. "We certainly have (empathy) because we've been in that situation before."

The last time the Bulls had Derrick Rose available for the duration of the postseason was in 2011, when he capped an MVP season with a loss to Miami in the conference finals.

SEASON SERIES: Cleveland went 3-1 vs. Chicago during the regular season, winning the most recent pre-finals match-up 99-94 on April 5. Rose missed that game with a knee injury.

In the Monday match-up, the Bulls were decisive in their victory over the Cavs winning 99 to 92.



LeBron James of the Cleveland Cavaliers

PHOTO COURTESY OF PBA-ONLINE.NET

Joakim Noah of the Chicago Bulls

PHOTO COURTESY OF GALLERYHIP.COM

Western Conference Semifinals Clippers-Rockets Playoff Capsule

By The Associated Press

No. 2 Houston Rockets (56-26, 4-1) vs. No. 3 Los Angeles Clippers (56-26, 4-3).

Season Series: Split, 2-2. Each team won once at home and once on the road, with the Clippers winning in more decisive fashion. They cruised to 17-point and 15-point wins while the Rockets won by two points and five points in their two victories.

Story Line: Will Chris Paul, Blake Griffin and the Clippers have enough left in the tank after an emotional, grueling seven-game series victory over defending champion San Antonio against MVP candidate James Harden and the Rockets.

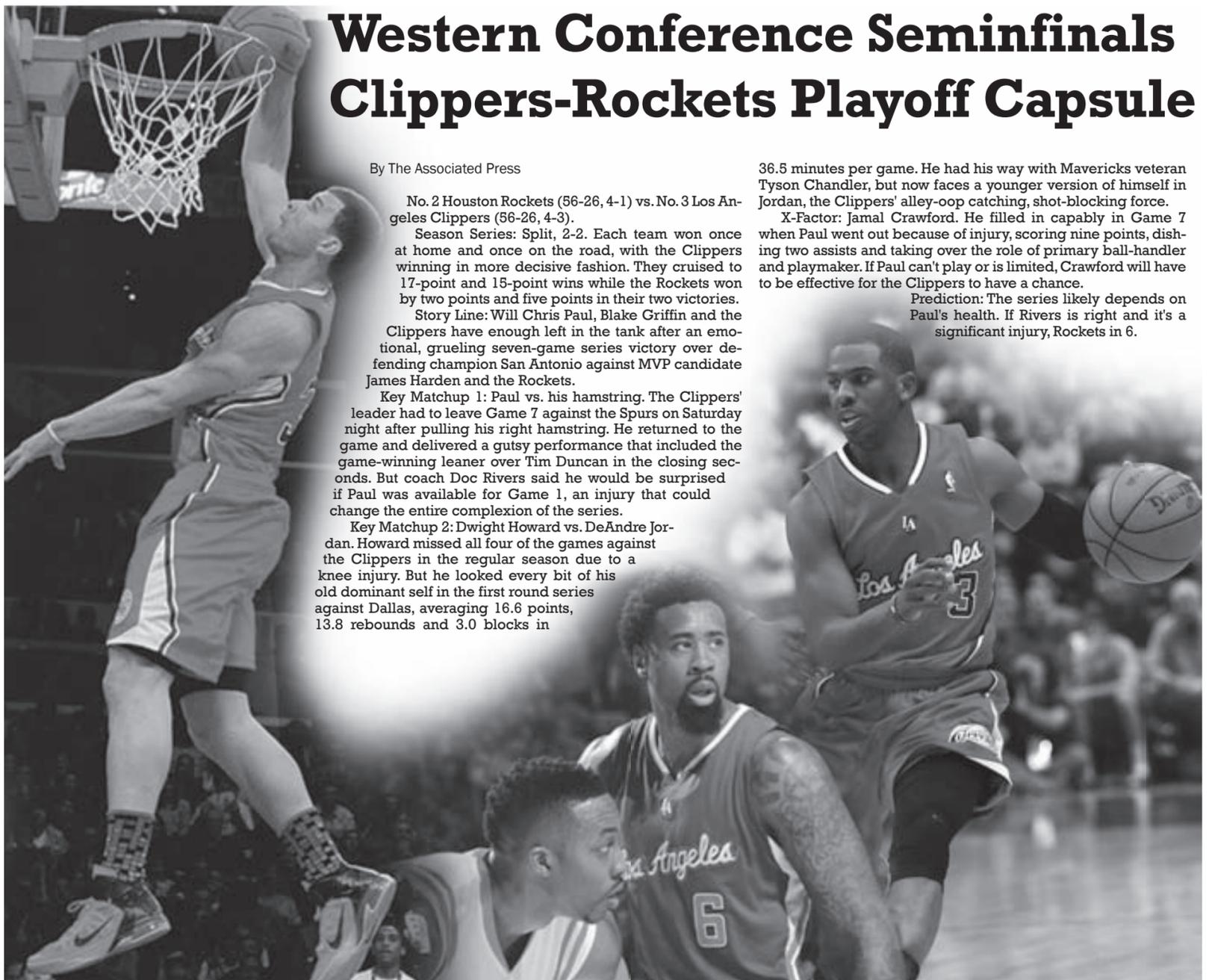
Key Matchup 1: Paul vs. his hamstring. The Clippers' leader had to leave Game 7 against the Spurs on Saturday night after pulling his right hamstring. He returned to the game and delivered a gutsy performance that included the game-winning leaper over Tim Duncan in the closing seconds. But coach Doc Rivers said he would be surprised if Paul was available for Game 1, an injury that could change the entire complexion of the series.

Key Matchup 2: Dwight Howard vs. DeAndre Jordan. Howard missed all four of the games against the Clippers in the regular season due to a knee injury. But he looked every bit of his old dominant self in the first round series against Dallas, averaging 16.6 points, 13.8 rebounds and 3.0 blocks in

36.5 minutes per game. He had his way with Mavericks veteran Tyson Chandler, but now faces a younger version of himself in Jordan, the Clippers' alley-oop catching, shot-blocking force.

X-Factor: Jamal Crawford. He filled in capably in Game 7 when Paul went out because of injury, scoring nine points, dishing two assists and taking over the role of primary ball-handler and playmaker. If Paul can't play or is limited, Crawford will have to be effective for the Clippers to have a chance.

Prediction: The series likely depends on Paul's health. If Rivers is right and it's a significant injury, Rockets in 6.



Blake Griffin of the Houston Rockets

PHOTO COURTESY OF DIPPOST.COM

Chris Paul of the L.A. Clippers

PHOTO COURTESY OF THOUGHTYOUIMIGHTASK

NEWS BRIEFS

State inspectors find skimmers at gas pumps

TALLAHASSEE — Florida consumers filling up at the gas pump may have had their credit card information stolen.

Agriculture Commissioner Adam Putnam said Thursday that a sweep of roughly 6,100 gas stations in the last few weeks led to the discovery of “skimmers” in 81 locations. The devices enable someone to illegally obtain credit card and debit card information.

The devices were found inside gas station pumps stretching from Miami-Dade County all the way to Florida’s Panhandle. The largest number of skimmers were found in the three South Florida counties of Broward, Miami-Dade and Palm Beach.

But Putnam, noting that authorities found two devices in the north Florida town of Live Oak, said people should be careful regardless of where they live in the state.

Putnam said that the information about the skimmers was being given to law-enforcement authorities to investigate. He said that his office would continue to sweep through gas stations searching for the devices.

Spady Museum receives donations from two sources

DELRAY BEACH — The Spady Cultural Heritage Museum accepted a total of \$4,000 in grants and donations from two local, supporting organizations, funding that will go toward underwriting its summer programming and cultural outreach.

The Lattner Family Foundation Inc. awarded a \$3,000 grant to the museum for its 2015 Youth Cultural Empowerment Camp. The grant was given in memory of Forrest C. and Frances H. Lattner.

The Delray Beach Historic Landmark Colony Hotel and Cabaña Club awarded a \$1,000 donation to The museum in recognition of Earth Day and honoring the museum’s contribution to preserving and celebrating Delray Beach’s history.

Historic Hampton House set for grand reopening

MIAMI — County leaders and others will hold a ceremony to mark the long-awaited reopening of one of Black Miami’s storied treasures.

At 11 a.m. Friday, Miami-Dade County Mayor Carlos A. Gimenez, Chairman Jean Monestime, District 3 Commissioner Audrey M. Edmonson, members of the Board of County Commissioners and the Historic Hampton House Community Trust will host the grand opening of the Historic Hampton House, 4240 NW 27th Ave.

The restoration of the Hampton House was managed in collaboration with the Miami-Dade Internal Services Department, Design and Construction Services Division and the Historic Hampton House Community Trust, Inc. Designated a historic site, the two-story, 30,000 square feet, Miami modern-style structure was partially restored to its 1960’s stature. The \$6 million project encompassed the replication to the old era of the symbolic historic guest rooms, lobby, café, and patio and pool areas. A new multi-purpose room and kitchen were designed to make the building functional and flexible for future educational and museum space.

The grand opening was 15 years in the making with planning and cooperation among residents, organizations and Miami-Dade County to restore an architectural landmark with deep roots and historic significance to the community.

For more information on the Historic Hampton House, please visit historichamptonhouse.com.

Compiled from staff, wire reports

MIAMI DADE



PHOTOS COURTESY OF MIAMI DOLPHINS

PARTNERS: From left, Fins Weekend Committee Chairman Paul Castronovo, Miami Dolphins Senior Vice President of Alumni Relations and Special Projects Nat Moore, City Year Miami Managing Director of Development and External Affairs Keith Fletcher, Miami-Dade County Commissioner Barbara J. Jordan, Fins Weekend Committee Chairman Jeff Peck, City Year Co-Founder Cori Flam-Meltzer, Miami Dolphins President and CEO Tom Garfinkel, Miami-Dade County Public Schools Superintendent Alberto Carvalho, Miami Dolphins special advisor to the president Dan Marino, City Year Miami founding Executive Director Saif Ishaof, and Miami Gardens Mayor Oliver G. Gilbert

Miami Dolphins announce \$1 million partnership with City Year Miami

Staff Report

MIAMI GARDENS — The Miami Dolphins, through the educational pillar of their foundation, officially announced the public launch of a four-year \$1 million partnership with City Year Miami, an education-focused nonprofit organization that partners with public schools to help keep students in school and on track to graduate.

This year, the foundation will sponsor City Year

programs at Miami Carol City and Miami Norland senior high schools through funds raised from Fins Weekend, presented by Estrella Insurance. The three-day event from May 14 to 16 is the foundation’s largest annual event featuring current players, alumni, coaches and cheerleaders.

“Every successful person I know has had mentors and people along the way that helped them,” said Miami

PLEASE TURN TO CITY YEAR/2B

PALM BEACH

Palm Beach State debate team wins 2nd regional contest at conference

By TABATHA B. MCDONALD

Special to South Florida Times

LAKE WORTH — For the second consecutive year, a Palm Beach State College debate team has brought home the first-place trophy from a regional debate competition, besting students from three universities — including two HBCUs.

Team members Patricia Medina, who is the PBSC student trustee, and Gemima Joseph prevailed in three rounds after going head-to-head with teams from the University of South Carolina Upstate, Mississippi Valley State University and Fort Valley State University in Georgia. Medina and Joseph represented the debate team for PBSC’s Student Support Services program

“It was a great experience. It was a great way to end on the debate team at Palm Beach State College,” said Medina, who along with Joseph will graduate in May with an associates degree. “We had an undefeated record. We couldn’t have done it without our coach, Jerinae Speed, who worked with us to get us to the level we need to in order for us to be successful.”

The debate competition was held April 18 during the Southeastern Association of Educational Opportunity Program Personnel Student Initiatives Conference in Atlanta.



PHOTO COURTESY OF PALM BEACH STATE COLLEGE

WINNERS: Patricia Medina, left, and Gemima Joseph show off the prizes they won in the recent debate competition.

Participants addressed topics such as the negative effect of social media on youth, whether people from countries infected by Ebola should be denied entry into the United States, and whether Congress should enact a zero tolerance policy for drivers under the age of 21 who are found guilty of any moving violation where alcohol or medication is involved. The students each will receive \$250. Medina plans to transfer to Florida Atlantic University to pursue dual degrees in political science and mass communications, and Joseph is transferring to the University of Central Florida to pursue a degree in nursing.

The PBSC team advanced to the regional debate competition after winning the competition at the Florida Association of Educational Opportunity Program Personnel Student Leadership Conference last December. Because of their success at the state level, the FAEOPP sponsored the team’s trip to the regional competition.

Speed, who started the team in 2012 and serves as director of Student Support Services, said she is proud of the students. “The students have a voice; the judges commented on our students’ ability to articulate their position on each topic. The debate team is phenomenal. The students practiced, studied, and they researched current political

and social economic events,” she said. Student Support Services is a free program under TRIO, a set of federally funded college opportunity programs established in 1964 that motivate and support students from disadvantaged backgrounds in their pursuit of college degrees. SSS provides academic and other support services to low-income, first-generation or disabled college students to increase students’ retention and graduation rates, facilitate their transfer from two-year to four-year colleges, and foster an institutional climate supportive of their success.

MIAMI-DADE



PHOTOS COURTESY OF MIAMI-DADE COUNTY

Sprucing up the shoreline

Adults and children joined recently for the 33rd Annual Baynanza, an event where volunteers spread out to clean up Biscayne Bay shoreline, mangroves and spoil islands. Miami-Dade County’s Dept. of Regulatory and Economic Resources hosted Baynanza

Biscayne Bay Cleanup Day, a local tradition that drew thousands of volunteers across 20 sites. In these photos, members of Girl Scout Council of Tropical Florida Troop 877 and other volunteers help clean up Virginia Key Beach Park.

BROWARD

Specialists find STD patients, partners to arrange treatment

By BOB LAMENDOLA

Special to South Florida Times

FORT LAUDERDALE — The disease intervention specialists (DIS) at the Florida Department of Health spend their days locating people who have tested positive for an STD — or their sex partners — and offering them treatment.

Call them the DOH detectives of disease.

Sonya Richards, a former U.S. Army psychological intelligence operator who is now a DIS at DOH-Broward, went to pick up a girl, 14, to receive treatment, but found the repeat runaway was gone again.



PHOTO COURTESY OF DOH-BROWARD

HEALTH ADVOCATES: Disease Intervention Specialist Angelica Williams (left) and DOH-Broward staffers Ashley Hill and Janelle Taveras talk to beachgoers about STDs and HIV/AIDS.

PLEASE TURN TO DETECTIVES/2B

Around South Florida



ELGIN JONES
EJones@SFLTimes.com

Palm Beach County



BRADSHAW

BUDGET REQUEST

Palm Beach County Sheriff Ric Bradshaw is proposing a nearly \$25 million increase over his 2014 budget. The budget request of \$554 million is a five percent hike. Bradshaw says increase is required to pay for vehicles, technology improvements, and rising health-care and retirement costs. Commissioners will make a final decision when they vote on the county's \$4 billion budget in September.



ANDREW

ROYAL DENIAL

Music mogul Jeffrey Epstein is being sued over allegations he preyed on young women and had them provide sex to the rich and famous, including attorney Alan Dershowitz and Britain's Prince Andrew. U.S. District Judge Kenneth Marra sided with the defendants' attorneys and had the allegations stricken from the court record.

Broward County

FLAKKA FORUM

Flakka is a new, but extremely dangerous synthetic drug popular among teens. Deerfield Beach City Commissioner Gloria Battle is joining forces with the Broward Sheriff's Office to hold an awareness community forum on the dangers of flakka and other synthetic drugs. It will take place 6:30 p.m. Wednesday, June 10,

at Westside Park Gym, 445 NW Second St. The public is urged to attend this very important forum. For more information, call (954) 480-4481.



ROGERS

OFF & RUNNING!

State Representative Hazelle Rogers (D-Lauderdale Lakes) is facing term limits and a number of people are eyeing her District 95 seat, which include portions of Sunrise, Lauderdale, Lauderdale Lakes and Tamarac. Patrick Jabouin, PhD, is the first to announce his candidacy and open a campaign account. Jabouin is a longtime resident of Sunrise and has been involved in political and community issues for decade. He is the president of the Caribbean Democratic Club.

CHIEF COMPLAINT

In a letter sent to Hallandale Beach officials, Police Benevolent Association attorney Anthony Alfero has accused Police Chief Dwayne Flournoy of being unfit due to allegations he was involved in a bar fight, was stopped for suspicion of DUI and domestic violence in the past. City Manager Renee Miller is reviewing the matter and may ask the Florida Department of Law Enforcement to investigate the accusations.



BROWN

BRIBERY CHARGE

Tamera Brown is accused of offering Hallandale Beach Police Officer Eric Bruce a bribe in exchange for her release during a DUI traffic stop. When she failed a sobriety test, Brown allegedly threatened Bruce's job if he continued with the arrest. She is charged with DUI, attempted bribery and threatening a public servant.

Miami-Dade County



ADAMS

COLD BUSTED

Ernesto Gonzalez, 45, of Miami; Roberto Balseiro, 29, of Davie; Michael Canada, 35, of Plantation; and Lafayette Adams, 43, of Miami Gardens thought they were in the midst of a cocaine purchase at Port Everglades. It turned out to be a reverse sting by federal agents. Adams, a worker at the port, opened a sealed container to retrieve what he thought was \$500,000 worth of cocaine. He delivered it Canada, who was to pay \$70,000 for it. Lawyers for the men accuse federal agents and Homeland Security officers of entrapment.

TROOPER CHARGED

Former Florida Highway Patrol trooper Kirk Chambers has pleaded not guilty to federal charges of conspiracy and extortion involving the sale of confidential accident reports. Prosecutors allege Chambers, who worked the north end of Miami-Dade County, took thousands of dollars in cash from tow truck drivers for information about car crashes and stranded drivers.

UNSOCIAL MEDIA

State Rep. Matt Gaetz (R-Fort Walton Beach) reacted to a lawsuit filed in opposition to the decision by House Republican leaders to end deliberation in the legislative session by sending a tweet that insulted black legislators. "This lawsuit reads like it was researched and drafted by Sen. Joyner ... and spell-checked by Sen. Bullard," Gaetz tweeted. Minority Leader Sen. Arthenia Joyner (D-Tampa), a respected civil rights attorney, filed the lawsuit. Sen. Dwight Bullard (D-Cutler Bay) represents Monroe and parts of Miami-

Dade counties. Both are black. Gaetz's tweet was widely interpreted as a racist insult aimed at blacks.

Monroe County



RASCHEIN

LEGISLATIVE SLIGHT

State Rep. Holly Raschein (R-Key Largo) and other South Florida lawmakers are concerned over the state House leaders' decision to end legislative session deliberations even though several measures affecting the region were not heard. The Florida House and Senate are at an impasse and never reached agreements on Medicaid, wastewater and conservation projects.

WRONG CHANNEL

Maryland businessman Lawrence S. Winkler, 48, of Potomac, Md., surrendered Thursday in Key West to be charged with grand theft. He cashed a \$66,652 check from a Key West resort but never delivered the 96 televisions the money was used to pay for.

WHAT A TROOPER

A Keys-based Florida Highway Patrol trooper, Christine Gracey, 49, has been honored with the Medal of Valor, the agency's highest honor. In January, Gracey was involved in stopping Robert Schminky, 57, who was fleeing Monroe County Sheriff's deputies after allegedly brutally pistol-whipping his wife. Schminky began shooting at sheriff's office Sgt. Sydney Whitehouse and Gracey as she sat in her squad car. A bullet grazed Whitehouse's leg, while Gracey was unharmed, although bullet holes hit the windshield where she was sitting. Schminky was taken into custody and charged with attempted murder.

Wilson presents Badge of Bravery to cop who saved thousands

Staff Report

MIAMI — Congresswoman Frederica S. Wilson (FL-24) recently presented the Congressional Badge of Bravery to Miami-Dade Police Officer Mario Gutierrez, whose "selfless and heroic" actions may have saved thousands of lives during an incident.

"As police departments around the country battle perception and image problems, and heightened tensions within our communities, there are still many incidents that remind us of the goodness of the thousands of police of-

ficers dedicated to service. Miami-Dade Police Officer Mario Gutierrez is one such officer," she said.

Congress established the award to honor exceptional acts of bravery in the line of duty by federal, state and local law enforcement officers. The medals are awarded annually by the U.S. Attorney General's office and are presented by the recipients' congressional representatives. Gutierrez resides in District 24.

Wilson added that, "Officer Gutierrez is a shining example of the thousands of truly dedicated and committed police officers



PHOTOS COURTESY OF XXXX
Congresswoman Frederica S. Wilson, Miami-Dade Police Officer Mario Gutierrez and his wife Laura.

patrolling our streets and neighborhoods. With recent events and the controversy surrounding police officers ... we have to re-

spect our men and women in law enforcement — we would not have an orderly society without their dedication and commitment."

On October 29, 2013, while on routine patrol in the Airport District, Gutierrez observed an individual attempting to light on fire the underground fuel tank at a gas station across the street from the Miami International Airport. Gutierrez activated the emergency shutoff valve to the pumps rendering them inoperable, and confronted the individual attempting to start the fire. The subject stabbed Gutierrez with a knife multiple times in the arms, hand, chest, stomach, and leg, and bit his right thumb.

Despite his injuries, Gutierrez continued to fight

and was able to discharge his firearm, striking and killing the assailant, and preventing a massive explosion that could have caused further loss of life, injury, and property damage.

Wilson, founder of the 5000 Role Models of Excellence male mentoring program, said she teaches the boys "how to deal with officers in a respectful appropriate manner. Many police officers are a part of the program and provide mentorship for the boys. Our ultimate point is that ... if you find it hard to respect the person you should always respect the badge."

Miami Dolphins announce \$1 million partnership with City Year

CITY YEAR, FROM 1B

Dolphins President and CEO Tom Garfinkel. "We wanted to ensure the longevity of the great work that City Year Miami is doing with the kids right here in our home of Miami Gardens. We hope to expand this commitment through Fins Weekend and the education pillar of the Miami Dolphins Foundation to fund additional programs in Miami Gardens and other South Florida schools in the future."

City Year AmeriCorps members commit to a year of full-time service in schools, where they work as tutors, mentors and role models. Founded in Boston in 1988, City Year works in 25 cities across the United States and has international affiliates in

London and Birmingham, England, and Johannesburg, South Africa.

Since the 2011-2012 school year, City Year Miami has served more than 2,500 students in Carol City and Norland high schools, both located in Miami Gardens. Working collaboratively with Miami-Dade County Public Schools administrators and committed teachers over the last four years, officials say the program achieved extraordinary results:

- Math proficiency rates have increased by 25 percent and 40 percent, respectively.
- Points earned for students in the lowest quartile, which City Year AmeriCorps members directly serve, made significant learning gains in reading and increased by 14 and 22 points, respectively.
- Graduation rates have increased

significantly over the last four years — 13.4 percent increase at Miami Carol City and 14.3 percent increase at Miami Norland.

"Every community looks out for its team," said co-founder of City Year Miami, Brad Meltzer. "This is a team looking out for its community. What the Dolphins did today will give us better students, better schools, and a better South Florida. Forget scoring touchdowns — this is what makes you my hero."

Fins Weekend, presented by Estrella

Insurance, will begin Friday, May 15 with the Fins Weekend Golf Tournament presented by Waste Management at Trump National Doral Golf Club, followed by the Hook & Tackle Captains' Party presented by South Florida Ford. On Saturday, May 16, the Fins Weekend Fishing Tournament and Fishing Awards Ceremony and Live Auction presented by Simrad will be held at the Miami Beach Marina. For more information, visit finsweekend.com or call (305) 943-7900.

'Detectives' seek STD patients

DETECTIVES, FROM 1B

The upset mother had no idea where to find her daughter but Richards remembered the teen previously mentioning a friend and a park where they liked to hang out. Sure enough, she found the girl there and drove her to the clinic.

"I told her that once a week, I would pick her up wherever she desired and take her in for her three weekly injections. That's an hour-long round trip, but during that traveling time, we talked a lot," Richards says.

"She was in a gang and she was doing drugs I've never heard of in my life. But she was a beautiful and intelligent young lady. She said she had seen how her siblings acted rebelliously and she did the same thing, too. Eventually she agreed to talk about outside counseling. Now the family is in counseling," Richards says.

Cases like hers are a regular occurrence for the STD staff. The efforts of the 13 DIS field workers and nine other STD staff have helped DOH-Broward reduce the spread of HIV/AIDS and other STDs in the community.

"There is a human factor to what we do and often we are looking at the number of cases, partners, etc. The numbers are important but having staff with the skill set and dedication and genuine concern for people is as important," says Robert Glover, STD Program Manager.

DIS workers are trained to draw blood to perform STD testing on clients. But most of their work is locating clients. They must sometimes work at night and on weekends to find those who can't be reached during business hours. They may have to look outside South Florida.

DIS staffers typically rely on phone numbers, home and work addresses, family members and official databases to search for STD clients. But like good detectives, they must learn to think creatively when they come up empty.

"The most extreme thing I've ever done to find someone was to get a phone number off of a dog collar," says DIS Katy Anderson. "I did about three field visits and each time, no one was home. There was a dog

there each time I could see through the glass door. When it jumped up to bark at me, I got the phone number and surprisingly enough that phone number helped me reach the client."

DIS staffers learn to make their methods fit the surroundings. They must speak plainly and directly, and dress appropriately. Most important, they must be vigilant to protect a client's confidentiality.

When DIS staffers talk to a minor for the first time, they can't tell the parents why they are there until they have told the child first. If the child is over 12, they need the child's permission to disclose the disease to the parents.

"The parents may get angry. You have to be polite but firm," says DIS Gabrielle McKoy. "People look at us in a negative light. I like to view us in a positive light. I'm not always bringing good news but when I bring bad news, I have a solution to bring them. 'You can get treatment' "

Bob LaMendola is a communications specialist with the Florida Department of Health in Broward County.



Dan Marino with City Year AmeriCorps Volunteers

PHOTOS COURTESY OF MIAMI DOLPHINS

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Friday	<i>Happy Hour 4 - 8pm</i>
Saturday	<i>Old School / New School Step & Line Dancing and Giveaways</i>
Sunday	<i>Smooth Jazz and Neo Soul by Derrick Hadley & Tessie Porter on vocals</i> 6 - 9pm Happy Hour Mother's Day Basket Giveaway
Monday	<i>Happy Hour - 4pm until closing Step & Line Dancing and Giveaways</i>
Tuesday	<i>Step & Line Dancing</i>
Wednesday	<i>Old School / New School</i>

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Obituaries

Singer Ben E. King, noted for 'Stand By Me,' dead at age 76

NEW YORK (AP) — Ben E. King, the unforgettable lead singer for the Drifters and solo



PHOTO COURTESY OF OLDIES.ABOUT.COM

Ben E. King

star whose plaintive baritone graced such pop and rhythm 'n blues classics as *Stand by Me*,

There Goes My Baby and *Spanish Harlem*, has died. He was 76.

King died Thursday of natural causes in Teaneck, New Jersey, his longtime residence, publicist Phil Brown told The Associated Press.

A native of North Carolina who grew up in New York City, King was singing with the Five Crowns when they were hired in 1958 to become the new incarnation of the Drifters, a top act for Atlantic Records who had several doo-

wop hits featuring tenor Clyde McPhatter. The new Drifters, their records among the first in

the rock era to use strings, had a more polished production and vocal style and became key influences on numerous '60s recordings.

King co-wrote and sang lead on *There Goes My Baby*, and he and the Drifters followed with such favorites as *Save the Last Dance for Me* and *This Magic Moment*, romantic and emotional ballads mostly written by the team of Doc Pomus and Mort Shuman.

Known for his warm smile and trim mustache, King didn't stay long. He left the Drifters in the early '60s because of a dispute over salary and royalties, but quickly found success on his own. He broke through with *Spanish Harlem*, co-written by Phil Spector and Jerry Leiber, and sealed his name in music history with

Stand by Me. A reworked gospel number co-written by King, Leiber and Mike Stoller, *Stand by Me* was a soaring declaration of dependence and devotion, chosen as one of the Songs of the Century by the Recording Industry Association of America and added earlier this year to the Library of Congress' National Recording Registry.

John Lennon covered it in the 1970s and *Stand by Me* found new listeners in the '80s when it was featured in the Rob Reiner movie of the same name. The song returned to the charts and King appeared in a promotional music video along with cast members River Phoenix and Wil Wheaton.

"Of course, the kids who had never heard of a person called Ben E. King were then aware of the name associated with the

song," King told the web site classicbands.com in 1993. "That gave a tremendous lift to me as an artist."

Ben E. King was a stage name. He was born Benjamin Earl Nelson in Henderson, North Carolina and moved to Harlem at age 9, giving him early exposure to both country and urban music. He sang in church and joined local street corner groups in Harlem, although admittedly as much to impress girls as for the music. By age 20, he and some friends had formed the Five Crowns, who shared a bill at the Apollo Theater with a previous version of the Drifters and were noticed by manager George Treadwell when he needed to recruit new singers.

He is survived by his wife, Betty; three children and six grandchildren.

RANGE FUNERAL HOME



WENDAL GARFIEND BULLARD, 78, Retired Engineer, died April 27. Final rites and burial in Nassau, Bahamas.



EVANGELIST EMILY P. CLARKE, 73, Homemaker died May 3rd. Viewing will be held 6 pm Friday at Ridgeway Church of God of Prophecy. Funeral will be held 10 am Saturday at Ridgeway Church.



DR. EDWIN T. DEMERITTE, SR., 79, Insurance Consultant, died May 3. Viewing was held 4 pm Thursday at Church of God of Prophecy. Funeral will be held 1:30 pm Friday at Church of God of Prophecy.

AURA CAMILLE FYNES, 43, Police Officer, died April 27. Funeral will be held 11 am Saturday at New Birth Baptist Church Cathedral of Faith Int'l.

HENRY ARCHULUS MCINTOSH, 69, Heavy Equipment Operator, died April 1. Final rites and burial in Nassau, Bahamas.



ST. FORT'S FUNERAL HOME



WILSON JOSEPH, 68, Hospitality Worker, died April 28. Funeral will be held 6 pm Friday at St. Fort's Funeral Home.

GERARD CHARLEMAGNE, 77, Housekeeper, died April 27. Funeral will be held 5 pm Friday at St. Fort's Funeral Home.

ELSA MCBETH, 76, Nurse, died May 3. Funeral will be held 11 am at St. Fort's Funeral Home.

JAY'S FUNERAL HOME



CHARLIE LEE BELL SR., 80, Bus Driver, died on April 27. Funeral will be held 11 am Saturday at Sweet Home MBC.



DOROTHY DAVIS, 66, died on April 29. Funeral will be held 11 am Saturday at Jay's Funeral Home.

JAMES C. BOYD FUNERAL HOME



JOHN W. BROWN, 48, died. Funeral will be held 11 am Saturday at Emmanuel House of Prayer located at 2820 Northwest 7th Court, Fort Lauderdale. Interment - Sunset Memorial Gardens, located at 3201 Northwest 19th Street, Fort Lauderdale, Florida.

JAVARIUS S. DOMINECK, 21, died. Funeral was held 1 pm Saturday, May 2 at James C Boyd's Memorial Chapel. Interment - Sunset Memorial Gardens.

KATHY OLIVER, 52, died. Funeral will be held 1 pm Saturday at James C. Boyd's Memorial Chapel. Interment- Forest Lawn Memorial Gardens (Central) located at 499 Northwest 27th Avenue, Fort Lauderdale, Florida.

ALBERT ALPHONSO PERRY, SR., 73, died. Viewing was held 6 pm Monday, April 27 at James C. Boyd's Memorial Chapel.

JOSEPH HOSEA ROBERTS, 56, died. Funeral was held 11 am Saturday, May 2 at James C. Boyd's Memorial Chapel. Interment - Sunset Memorial Gardens.

JEFFREY LEE SMITH, 50, died April 8. Arrangements are incomplete.

RANGE HOMESTEAD CHAPEL Coconut Grove



RUBEYE MAE HENDERSON, 78, Retired Dietitian, died May 1st at South Miami Hospital. Funeral will be held 11 am Saturday at St. Mary Baptist Church.

PAX VILLA FUNERAL HOME - Orlando



HOMANN ESTERLIN, died in Orlando, Florida. Funeral will be held 11 am Saturday at the Pax Villa Funeral Home Chapel in Orlando.

WILLY H. CHERENFANT, died April 24 in Orlando, Florida. Funeral will be held 11 am Sunday at Spring Meadows Seventh-Day Adventist Church in Sanford, Florida.

HADLEY-DAVIS FUNERAL HOME- Miami Gardens



SANDRA BUTLER, Homemaker, 64, died April 25 at Hope Hospice. Funeral will be held 11 am Saturday at New Generation Baptist Church.

YOLANDE COLEMAN-CARR, Accountant, 61, died April 29 at Memorial West Hospital. Funeral will be held 11 am Saturday at Jordan Grove Missionary Baptist Church.

EUGENE GORDON, SR., Retired Truck Driver, died April 30 at V.A. Hospital. Funeral will be held 1 pm Saturday at Word of Truth.

WILLIAM HARRIS, 50, Construction Worker, died April 29 at North Shore Hospital. Funeral will be held 10 am Saturday at the Hadley-Davis Chapel-Miami Gardens.

BENJAMIN C. JACKSON, 64, Retired Construction Worker, died April 27 at North Shore Hospital. Viewing will be held 2 pm Friday at the Hadley-Davis Chapel-Miami Gardens.

HADLEY-DAVIS FUNERAL HOME- MLK



HUBERT IVEY, 76, Roofer, died Saturday May 2 at Franco Nursing Home. Funeral will be held 10 am Saturday at MLK Chapel.

SAM MCKNIGHT, 79, Tractor Trailer Driver, died April 28 at Home. Funeral will be held 12 pm Saturday at St. Matthews Free Will Baptist.

JESSIE POLITE, 63, died May 3 at Aventura Hospital. Arrangements are incomplete.

ERIC S. GEORGE FUNERAL HOME



ROOSEVELT BALDWIN, 71, died April 29. Funeral will be held 11 am Friday at New Birth Baptist Church in Miami, Florida.

BERNICE CHANDLER, 81, died April 30. Funeral will be held 11 am Saturday at the Eric S. George Chapel.

PAX VILLA FUNERAL HOME - Miami



LEONARD JOSEPH, died May 1 in Miramar, Florida. Funeral will be held 10 am Saturday at Holy Family Catholic Church in Miami, Florida.



HALL-FERGUSON HEWITT MORTUARY



MARY YOUNG, 62, Claim Adjuster for MDC, died April 28. Funeral will be held 2 pm Saturday at 93rd Community Baptist Church, 2330 NW 93rd St. Viewing will be held at 12 pm on Saturday.

WRIGHT AND YOUNG FUNERAL HOME



MA'KEILA DENISE BURKES, 2, died April 26. Funeral will be held 10 am Saturday at Peace M.B. Church.

ROY MIZELL & KURTZ FUNERAL HOME



EDWARD D. DAVIS, JR., 85, died May 2. Arrangements are incomplete.

DAVID JACOBS, JR., died April 29. Funeral will be held 1 pm Monday at the Roy Mizell & Kurtz Worship Center.

TIA MONIQUE MCLEMORE, 34, died April 28. Funeral will be held 11 am Saturday at Ascension Peace Presbyterian Church.

KITTY MCCOMBS, 87, died April 27. Funeral was held 11 am Wednesday at Lighthouse Worship Center.

EDNA MAE ROBERTS, 71, died May 2. Funeral will be held 11 pm Saturday at Mount Hermon A.M.E. Church.

NATHANIAL SAULSBY, 74, died May 1. Funeral will be held 11 pm Saturday at Lighthouse Worship Center.



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“Wrapped up in God’s love”

“This is why the Father loves me because I freely lay down my life.” ~ John 10:17 (MSB)



THE REV. DR. R. JOAQUIN WILLIS

What does it mean to be wrapped up in God’s love? Being wrapped in God’s love means feeling smothered in God’s love, feeling wanted by Him as our Father, as Jesus was from birth.

As a baby, Jesus was expected, talked about and wanted, not just by Mary and Joseph, but by many in Israel. Sometimes I wonder, “How many of us felt we were wanted, expected, and talked about before our birth, and felt wrapped in our parents love?”

When you are wrapped in God’s love, you know it. Jesus knew He was wrapped in His Father’s love, and with it came insight beyond the normal. He knew, for instance, whom He had chosen, and was sure of them.

There is a grace in Christ, as He points out in John 10:17, the reason His Father loves Him because He is willing to lay down his life. No one could have demanded it, nor did His disciples demand it. But out of His love for us, He laid it down for our redemption. Out of His love for us, He offered Himself up to be the Savior of us all.

He was both the offerer and the offering, so His laying down His life was His offering. He laid it down because He was wrapped up in God’s love. Jesus did not lay His life down for His doctrine’s sake, but for His sheep’s sake.

Love is not an easy thing, and in love one can easily crash and burn. Love can be and sometimes is a painful thing! Wrapped up in love could mean we’re so caught up in love that we feel twisted into a knot. For instance the famous ‘love knot’ in jewelry, is an unbreakable knot, and it looks the same as the biblical fisherman’s knot.

God’s love is more than jewelry, and passionate physical emotion, at its best it is also not a temporary feeling but a

good and steady permanent love. So the question remains, “What does it mean to be wrapped up in God’s love?” For the answer, let’s turn to scripture.

As individuals, Jesus tells us we are to “Love The Lord our God with all our hearts, soul, and mind; and our neighbor as ourselves.” (Matthew 22:37-38).

As married couples, men are to love their wives as we love ourselves, and the wife is to respect her husband. (Ephesians 5:33)

As a family, the children are to honor their mothers and fathers, and the parents are not to exasperate our children instead bring them up in the training and instruction of The Lord. (Ephesians 6:1-4)

As a church family we are to be one body with many parts, and know each of us is a part of this body. (1 Corinthians 12:12). Then Paul goes on to explain in 1 Corinthians 13 a more excellent way, reminding us even if we have all the spiritual gifts found in Chapter 12 of Ephesians and we do have not love, then we are only a resounding gong or a clanging cymbal.

As a community, all believers are to be of one heart and mind, and share everything we have and then much grace will be upon us, and then there will be no needy among us. (Acts 4:32)

As a state when under the leadership of a good shepherd like that of David in Psalm 23, then the state prospers, because the good shepherd knows The Lord is their Shepherd, and they feel wrapped in His love.

As a nation the country prospers when we follow the commands, decrees and laws of God’s Word, (Deuteronomy 6:1) and it too feels wrapped in God’s love.

As a world tells us God has shown us what is good. “And what does The Lord require of you? To act justly and to love mercy and to walk humbly with your God.” (Micah 6:8)

Sometimes we all feel twisted in love; and trapped in our hearts, or in the hearts of others. Sometimes we feel trapped by love. But being “wrapped up in God’s love” is the only real salvation for such entrapment. It is a good thing to be and feel wrapped up in the shelter of God’s love.

The Rev. Dr. R. Joaquin Willis is pastor of the Church of the Open Door UCC in Miami’s Liberty City community. He may be reached at 305-759-0373 or pastor@churchoftheopendoormiami.org

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technology

Google shaking up search recommendations

SAN FRANCISCO (AP) — Google is about to change the way its influential search engine recommends websites on smartphones in a shift that's expected to sway where millions of people shop, eat and find information.

The revised formula, released this month, will favor websites that Google defines as "mobile-friendly." Websites that don't fit the description will be demoted in Google's search results on smartphones while those meeting the criteria will be more likely to appear at the top of the rankings — a prized position that can translate into more visitors and money.

Although Google's new formula won't affect searches on desktop and laptop computers, it will have a huge influence on how and where people spend their money, given that more people are relying on their smartphones to compare products in stores and look for restaurants. That's why Google's new rating system is being billed by some search experts as "Mobile-geddon."

"Some sites are going to be in for a big surprise when they find a drastic change in the amount of people visiting them from mobile devices," said Itai Sadan, CEO of website-building service Duda.

It's probably the most significant change that Google Inc. has ever made to its mobile search rankings, according to Matt McGee, editor-in-chief for Search Engine Land, a trade publication that follows every tweak that the company makes to its closely guarded algorithms.

Here are a few things to know about what's happening and why Google is doing it.

Making mobile friends

To stay in Google's good graces, websites must be designed so they load quickly on mobile devices. Content must also be easily accessible by scrolling up and down — without having to also swipe to the left or right. It also helps if all buttons for making purchases or taking other actions on the website can be easily seen and touched on smaller screens.

If a website has been designed only with PC users in mind, the graphics take longer to load on smartphones and the columns of text don't all fit on the smaller screens, to the aggravation of someone trying to read it.

Google has been urging websites to cater to mobile devices for years, mainly because that is where people are increasingly searching for information.

The number of mobile searches in the United States is rising by about five percent while inquiries on PCs are dipping slightly, according to research firm comScore Inc. In the final three months of last year, 29 percent of all U.S. search requests — about 18.5 billion — were made on mobile devices, comScore estimated. Google processes the bulk of searches



PHOTO COURTESY OF MAKINGDIFFERENT.COM

Smartphones

— two-thirds in the United States and even more in many other countries.

Bracing for change

To minimize complaints, the company disclosed its plans nearly two months ago. It also created a step-by-step guide and a tool to test compliance with the new standards. Google has faced an uproar over past changes to its search formula. Two of the bigger revisions, done in 2011 and 2012, focused on an attempt to weed out misleading websites and other digital rubbish. Although that goal sounds reasonable, many websites still complained that Google's changes unfairly demoted them in the rankings, making their content more difficult to find.

Still caught off guard

While most major merchants and big companies already have websites likely to meet Google's mobile standard, the new formula threatens to hurt millions of small businesses that haven't had the money or incentive to adapt their sites for smartphones.

"A lot of small sites haven't really had a reason to be mobile friendly until now, and it's not going to be easy for them to make the changes," McGee said.

Burying helpful content

Google's search formula weighs a variety of factors to determine the rankings of its results. One of the most important considerations has always been whether a site contains the most pertinent information sought by a search request.

But new pecking order in Google's mobile search may relegate some sites to the back pages of the search results, even if their content is more relevant to a search request

than other sites that happen to be easier to access on smartphones.

That will be an unfortunate consequence, but also justifiable because a person might not even bother to look at sites that take a long time to open or difficult to read

on mobile devices, Gartner analyst Whit Andrews said.

"Availability is part of relevancy," Andrews said. "A lot of people aren't going to think something is relevant if they can't get it to appear on their iPhone."

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film

In 'Ultron' heroes unite to defeat common foe

PHOTOS COURTESY OF MARVEL

TEAMWORK: The hands of Iron Man (Robert Downey Jr.) and The Hulk (Mark Ruffalo) join together.

By **KIMBERLY GRANT**

Special to South Florida Times

In the latest and best yet installment of *The Avengers*: *Age of Ultron*, our heroes —

Tony “Iron Man” Stark (Robert Downey Jr.), Steve “Captain America” Rogers (Chris Evans), Thor (Chris Hemsworth), Natasha “Black Widow” Romanoff (Scarlett Johansson), Clint “Hawkeye” Barton (Jeremy Renner), Bruce “the Hulk” Banner (Mark Ruffalo), and Nick Fury (Samuel L. Jackson) — face off against Ultron (motion-captured and voiced by James Spader), the brainchild of Stark.



Samuel L. Jackson portrays Nick Fury.

This is writer/director Joss Whedon's second and last *Avengers* film (based on comics by Stan Lee and Jack Kirby). We see the Avengers team refreshingly in unity, despite being pulled apart by Ultron. Likewise, Spader's Ultron, in his teenager-like mindset, is an interesting villain and like the evil twin of Iron Man. He's got all of Iron Man's arrogance and love of being part of a group. But, he's twisted in that he has a “by any means necessary” philosophy and willing to do anything (read: kill, steal, destroy) to bring about his most important cause: peace on earth. Ultron is prone to throwing tantrums and has a major God complex.

Proceed With Caution

Spoiler alert: if you have not seen *Ultron*, please skip the next three paragraphs.

After the *Avengers* defeat Ultron, everyone goes back to their respective corners of the world, and S.H.I.E.L.D. springs

up anew with Fury back at the helm. This gives Whedon a chance to build the set-up for the 2016 release of *Captain America: Civil War*, which will feature a new batch of Avengers recruits.

Of the new Avengers assembled, so far, audiences will see Scarlet Witch (Elizabeth Olsen), Sam “Falcon” Wilson a.k.a. the original Captain America (Anthony Mackie), James Rhodes in his War Machine suit of armor (Don Cheadle), and Black Panther (Chadwick Boseman who will bring his origin story to life in 2018). It's nice to see that the Marvel Universe is widening its scope for a more diverse and female cast.

After all, they're trying to reach a female base of paying movie goers. *Fifty Shades* can't have all of the fun. For diversity, we've got Falcon, Fury, Rhodes, Black Panther, and Luke Cage (Mike Colter will bring him to life on Netflix in 2016). But, what about us black females who want to see more of ourselves in the Superhero-verse?

Black (Female) Power

Thinking about an expanded, diverse Avengers team to rival the *Fast & Furious* cast (they finally integrated a black female into their ranks), I did some digging into the Marvel-verse and found a few worthy black female candidates who could join the proposed Avengers 3: *Infinity War*, Part 1 (set for release in 2018).

Misty Knight is the best candidate to add to the *Avengers* collection, for her great investigative skills from her NYPD days and

her Stark-created bionic arm to crush the bad guys. She'd also bring what colorless focus groups call “sass” (read: stereotypical black woman) to the Avengers in a hilarious way. As a bonus, since Iron Fist (whose original story will debut on Netflix this year) is Misty's lover and Luke Cage's good friend, it wouldn't be too much of a stretch to introduce the character. And, if that's not enough, Misty has appeared in 534 Marvel issues.

Storm (already played by Halle Berry) of the *X-Men* franchise is a proven fan-favorite having appeared in 7,281 Marvel issues. She would make a great addition, as well, because of her uncanny ability to affect the weather and her nurturing disposition. She and Thor would make a great team and she would keep the Avengers in line.

Original Captain Marvel a.k.a. Spectrum a.k.a. Monica Rambeau would make a great leader of the Avengers team once Fury finally decides to retire and since she's already stepped into that capacity within the comic book series. She could also be introduced to the team via Luke Cage, as she and him are pretty good friends.

The Marvel Universe, which keeps churning out great films, is expanding at a rapid speed in film, TV, and digital format and doesn't look to be slowing down anytime soon. This means the comics giant has nothing but space and opportunity to open its arms and nurture a few good black female characters for their various formats. Now that TV is embracing us, it's time for the Marvel-verse to do the same.

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music & pop culture

Dupri says he sees both sides in 'Blurred Lines' verdict

By MESFIN FEKADU
AP Music Writer

NEW YORK — As the music industry debates the fallout from the *Blurred Lines* copyright verdict, Grammy-winning producer Jermaine Dupri finds himself sympathetic to both Pharrell and Marvin Gaye's family.

Dupri, who helped Usher reach superstar status and produced for Mariah Carey in 1990s, remembers his days as a budding



PHOTO COURTESY OF FABMANSION.COM

Ciara

producer who drew inspiration from the artists who came before him — but also says there is a startling similarity between a new single and a hit he co-wrote more than a decade ago.

determined the performers copied elements of the R&B icon's 1977 hit, *Got to Give It Up*.

Blurred Lines, which also featured rapper T.I., was the biggest hit of 2013: It sold more than seven million tracks in the United States alone, topped the pop charts for months and earned top Grammy nominations. Attorneys for the collaborators filed a pre-emptive lawsuit in August 2013 asking a judge to determine the hit didn't copy other songs.

The 42-year-old Dupri, who has co-written and co-produced No. 1 hits such as Carey's *We Belong Together* and *Always Be My Baby*, Usher's *Burn* and Monica's *The First Night*, said he is "50/50" about the "Blurred Lines" case because he understands both sides. He says he's

"Younger producers like myself and Pharrell, we make records that are influenced by other records that are out there," Dupri said during an interview. "That's how hip-hop has always been created — it has some kind of element of something (from) the past. Or sometimes we just take the entire sample and we give the artist the credit for that sample."

"We've all been in a position where it could go like this or we can give the producer the credit," he added.

currently in a similar situation: Dupri claims R&B singer Ciara's latest song, *I Bet*, is too close to Usher's *U Got It Bad* — the massive 2001 hit that Dupri also co-produced — for comfort.

"Ciara's new single is a complete rip-off of Usher's *U Got It Bad*," Dupri said. "I'm clear on what I made, and I'm clear on how music influences people and I'm clear on chord changes and how people move things. ... It might not be as evident as the *Blurred Lines* situation, but I believe the same thing happened to me."

Dupri said he, Usher and producer Bryan-Michael Cox all noticed the similarities immediately. And he said *I Bet* also sounds like R&B singer Tamia's *Still*, another song he produced.

Dupri said he plans to contact Ciara and the producers of *I Bet*, which was released in January and has peaked at No. 27 on Billboard's R&B/Hip-Hop songs chart, and ask that he, Cox and Usher be properly credited.

A personal representative for Ciara referred questions to a label spokeswoman. That spokeswoman did not return email and text messages seeking comment.

Dupri, who has overseen the careers for acts including Kris Kross, Bow Wow, Da Brat and R&B groups Xscape and Jagged Edge, said whenever he had thoughts of

releasing a song without properly giving credit to an older tune, his label stepped in.

Dupri said they almost had trouble with sampling before they released Carey's latest album, *Me. I Am Mariah... The Elusive Chanteuse*.

"(Producer) Hit-Boy used a Tupac sample that I couldn't even hear, and somebody at the label, Def Jam, they found the sample and they were like, 'This (sample) got to come out,'" he recalled. "That would have put Mariah in a crazy situation and she didn't even know the sample was on the record."

"I'm sure now people are really going to really be paying a lot more attention to it," he said.



PHOTO COURTESY OF CELEBMAFIA.COM

Mariah Carey



PHOTO COURTESY OF YOUTUBE.COM

Pharrell and Robin Thicke perform *Blurred Lines*.



ON THE COVER

PHOTO COURTESY OF GIGABEAT MUSICCOVERART.WORDPRESS.COM

Jermaine Dupri

PHOTO COURTESY OF FANSSHARE.COM

Jermaine Dupri

Porter's musical sails into Broward Center

Staff Report

FORT LAUDERDALE — The national tour of *Anything Goes*, the new Broadway revival of Cole Porter's timeless classic musical theatre masterpiece, is on stage through May 17 at The Broward Center for the Performing Arts for a limited two week run.

Anything Goes is a 1934 musical comedy about the lovers, liars and clowns on a transatlantic cruise that *Variety* calls "a daffy, shipshape romp!" When the S.S. *American* heads out to sea, etiquette and convention head out the portholes as two unlikely pairs set off on the course to true love... proving that sometimes destiny needs a little help from a crew of singing sailors, an exotic disguise and some good old-fashioned blackmail.

Emma Stratton will star as Reno

Sweeney with Brian Krinsky as Billy Crocker. The principal cast also includes Tracy Bidleman as Mrs. Evangeline Harcourt, Stephen Mark as John, Rachelle Rose Clark as Hope Harcourt, Michael R. Douglass as Elisha Whitney, Roy Flores as Luke, Kenny Francoeur as Purser, Richard Lindenfelzer as Lord Evelyn Oakleigh, Drew Martin as Captain, Mychal Phillips as Erma, and Dennis Setteducati as Moonface Martin.

The ensemble includes Willie Dee, Patrick Heffernan, Jamie Mills, Kaylee Olson, Gabriella Perez, Lexie Plath, Michael Santora, Bryan Seastrom, Katie Wilson Stewart, Annie Wallace, Boe Wank, and Bradley Allan Zarr.

Winner of the 2011 Tony Award for Best Revival of a Musical, *Anything Goes* sails to The Broward Center for the Performing Arts under the direction of Sean

McKnight and Jennifer Savelli. McKnight and Savelli will recreate the original direction and choreography by Kathleen Marshall, who won the 2011 Tony Award for Best Choreography. Based on Roundabout Theatre Company's production, *The New York Times* calls it "a zesty new revival with knockout numbers and white-hot dancing" while the *AP* exclaims that it's, "so delightful, so delicious, so de-lic-ly!"

Tickets are available at the box office at The Broward Center for the Performing Arts, 201 SW Fifth Avenue, Fort Lauderdale. Visit www.browardcenter.org or call 954-462-0222. *Anything Goes* will play at The Broward Center for the Performing Arts through May 17. Orders for groups of 10 or more may be placed by calling 954-660-6307.



PHOTO COURTESY OF JEREMY DANIEL

Mychal Phillips as Erma and Ensemble in the National Tour of *Anything Goes*.

'Empire' star Taraji P. Henson working on memoir

NEW YORK (AP) — Taraji P. Henson has a memoir in her future.

The Oscar-nominated actress, who stars as Cookie Lyon in the Fox series *Empire* has a deal with the Simon & Schuster imprint 37 Ink. The publisher told The Associated Press that the book is currently untitled with a planned mid-2016 release.

Henson, 44, will write about her childhood in a rough Washington, D.C., neighborhood, being a single parent and her film and TV roles. She also appeared in the films *The Curious Case of Benjamin Button*, *Hustle & Flow* and *Baby Boy* and was an Emmy nominee for the TV movie *Taken from Me: The Tiffany Rubin Story*.

PHOTO COURTESY OF PRIDEUBLISHINGGROUP.COM

Taraji P. Henson



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"A wonderfully written book about the joy and necessity of sisterhood. Michelle's book explains the reasons why we need to embrace relationships with other women (our sisters) and the consequences of jealousy and gossip. A must read; however, after reading it, it is also a "must do."— Angela Robinson - Whitehurst, Actress, Tyler Perry's *The Haves and Have-Nots*, *The Color Purple* Broadway Production

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Michelle Hollinger

The *Sisterhood Exchange* is available on Amazon.com as an e-book or as a paperback.

arts & culture

SNATCHED:

Black,
Beautiful
& Brave

Staff Report

The lingering remnants of slavery, colonization and identity affect the lives of people of color mentally, spiritually and physically. A group of black female artists has developed an artistic production they hope will spark dialogue in Miami.

Snatched is a multidisciplinary performance showcase that begins this weekend at the Miami Light Project for the Here & Now Festival 2015. The creators say the production brings stories that many run from into the public realm.

Artists Hattie Mae Williams, Loni Johnson, Shaneeka Harrell and Alexis Caputo are four black, beautiful and brave women artists who deliver a promise of dialogue opportunities and continued chance to embrace

others in community. *Snatched* was conceived by Hattie Mae Williams, with co-development and visual art by Johnson.

Snatched pays homage to Sarah Baartman, Ota Benga and Josephine Baker in recognition of their narratives, and the parallels between their experiences and those of modern black women. The stories offer a look into the eroticism of the black female body in a racist, capitalist, patriarchal society, and recognize the negative effects or imprints the imperial gaze continues to have.

Snatched allows audience members to reflect on how they take ownership in their beauty and ancestry without falling victim to the exploitative structures that are presented for them to express their femininity/masculinity. It also allows them to examine their awareness and the duality as viewer and subject.

The women are a semblance of snatched pearls. They resonate with a historical tongue while painting visual imagery. Each weighs in on their role: Williams wants “people to have their own free experience in being a part of this journey” while Johnson explains, “This project requires much of me. That is, to step into a realm that is new for me through performance, since I am a visual artist. Yet still, I embody Baartman honorably.”

Harrell shares, “I am giving you me and there is no way around that.” Caputo will perform an excerpt from a piece she wrote titled *I Am Sarah Baartman*.

“I respect and believe in Williams’ work. She is one of the strongest women I know. I love her and love what I have learned in working with her,”

says Caputo. “We share a common language and explorative narrative with landscape themes. Being a part of this project, is confirmation of the value and significance of our work respectively. It is wonderful to be working with these centered, giving and gifted women on so many levels.”

The women say they are doing the ground work and changing lives in ways designed to enhance and give others tangible ways to measure the value of art, women, community and education through the arts. As natives of Miami and Miami-based artists, the collective has achieved in

academic, artistic institutions and in diverse community settings.

Williams is a New World School of the Arts and National YoungArts alumna who graduated with a bachelor of fine arts from Fordham University in New York City. She is the director of the Hattie Mae Williams-The Tattooed Ballerinas interdisciplinary company.

Johnson is a visual artist, educator, mother and activist. She graduated from the New World School of the Arts and received a bachelor of fine arts degree from SUNY Purchase College in New York.

Harrell has toured the world with renowned artists Bill T. Jones/Arnie Zane Dance Company and Jawolle Willa Joe Zolla. Her collaborations with Tony-award winning choreographe, Bill T. Jones have included working as an original cast member

PHOTO MONTAGE BY E.BROWN/ FOR SOUTH FLORIDA TIMES



PHOTO COURTESY OF GALLERYHIP.COM

Shaneeka Harrell



IF YOU GO

WHAT: Hattie Mae Williams (*The Tattooed Ballerinas*), Loni Johnson, Shaneeka Harrell and Alexis Caputo (*Afro Diaries*) in *Snatched*.

WHEN: 8 p.m. May 7-9 and May 14-16

WHERE: Miami Light Project 404 NW 26th Street, Miami

COST: Tickets \$15 - \$25

CONTACT: Miami Light Project (305) 576-4350

events calendar

COMPILED BY MARISSA CLARKE
Special to South Florida Times

May 7-15

May 7

Lowedown Happy Hour: Take a guided tour of the Lowe's latest exhibit *1+2: Coleccion Jumex in Dialogue* and enjoy live music. The exhibit includes Joseph Kosuth's *No Number #001* and John Baldessari's *Sediment: Hand Holding Gun and Portion of a Frame*. Wine by Rex Goliath and cocktails by Bacardi complete the evening. 7 to 9 p.m. at Lowe Art Museum, 1301 Stanford Dr., Coral Gables. \$10. 305-284-3535 or www.lowemuseum.org.

May 8



Bette Midler: The Divine Miss M performs. The first stop in her national tour brings the Grammy Award-winner to South Florida as she performs some of her greatest hits, including *Chapel of Love*, *Hello in There* and *Friends*. 8 p.m. at Hard Rock Live, 1 Seminole Way. \$154-\$454. 1-866-502-7529.

PHOTO COURTESY OF PRESS.WBR.COM

Cloudy with a Chance of Meatballs 2: Catch a screening of the 2013 film that follows Flint Lockwood as he tries to stop his machine from making food-animal hybrids. Bring a blanket or a chair and purchase popcorn, or other snacks from the concession stand. 8 p.m. at 101 N. Flagler Dr., West Palm Beach. Free. 561-822-1515.



PHOTO COURTESY OF YOUTUBE.COM

A Conversation with ...

Eveline Pierre, founder and executive director of the Haitian Heritage Museum will discuss her work. The event is designed to provide a space to discuss the social issues that affect the Haitian community. Mix and mingle with other professionals and enjoy light refreshments and wine. Business casual attire is preferred. 7 to 10 p.m. at the Little Haiti Cultural Center, 212 NE 59th Terr., Miami. \$10 donation requested. RSVP at 561-206-2052.



PHOTO COURTESY OF LINKEDIN.COM



PHOTO COURTESY OF DISNEY.WIKIA.COM

Movies in the Park: Catch a screening of the Disney's *Big Hero 6*, an animated feature that follows an inflatable robot and a child prodigy who join a group of friends to become high-tech heroes. Before the film starts there will be face painting, a bounce house, music, games and food trucks! Bring a blanket and lawn chair for a relaxing evening with the family. 7 p.m. pre-show, film starts at 8:15 p.m. at Tamarac Sports Complex, 9901 NW 77th St., Tamarac. Free. 954-597-3620.

MAY 9

Jazz Spring Fest: Alumni of the African Heritage Cultural Arts Center come back to the center to perform. Children can enjoy games, and create fun arts and crafts at the inaugural event to celebrate Black Music Month. Noon to 6 p.m. at the African Heritage Cultural Arts Center, 6161 NW 22nd Ave., Miami. Free. 305-638-6771 or www.ahciami.org.

Heart and Soulfest: The Historic Northwest neighborhood hosts this music, arts and crafts festival to celebrate the area's redevelopment. Scheduled performers include Donald Harrison, Tracy Hamlin and the Derek Mack Band. Noon to 6 p.m. at Tamarind Avenue and the Seventh Street Square in West Palm Beach. Free. 561-822-1554.

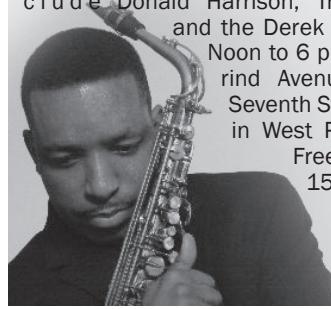


PHOTO COURTESY OF KIELSCOTT

Kile Smith Vespers: Seraphic Fire performs with Piffaro, a Renaissance band. The program includes a reworking of ancient chants and chorale tunes for a unique take on the service of Vespers. 8 p.m. at All Saints Episcopal Church, 333 Tarpon Dr., Fort Lauderdale. \$40. 1-866-811-4111 or www.seraphicfire.org.

Songs in the Key of Love: South Florida sensation Shenita Hunt performs in a one-night-only concert in celebration of Mother's Day, and the release of her new album, *Color My World*. 7 p.m. at Universal Truth Center, 21310 NW 37th Ave., Miami Gardens. \$25 in advance, and \$30 at the door and online. 305-624-4991 or www.utruth-center.org.



PHOTO COURTESY OF ROLLSVOICEENTERTAINMENT.COM

Mother's Day Brunch: Celebrate your Mom with a morning of food, dancing and arts and crafts. 10 a.m. to noon at the Tamarac Community Center, 8601 West Commercial Blvd., Tamarac. \$5 per person. 954-597-3674.



PHOTO COURTESY OF RICHMOND.COM



PHOTOS COURTESY OF KALETHEMWITHKINDNESS.WORDPRESS.COM AND CHOKARELLA.COM

Taste of Haiti: Sample Haitian cuisine, listen to music by DJ Nicky Mix and more! From arts and crafts to a kid's corner and chef cook-off, there's something for everyone. Author Nadege Fleurimond will also discuss her latest book *Haiti Uncovered*. 3 to 9 p.m. at the Museum of Contemporary Art, 770 NE 125th St., North Miami. Free. 954-376-0470 or www.tasteofhaiti.com.

May 10

2Cellos: Cellists Luka Sulic and Stjepan Hauser go beyond the typical classical concert to perform a mix of pop and rock. The duo became internet famous with their take on Michael Jackson's *Smooth Criminal* which led to a record deal. 7 p.m. at Parker Playhouse, 707 NE Eighth St., Fort Lauderdale. \$26-\$43. 954-462-0222 or www.parkerplayhouse.org.



PHOTO COURTESY OF SMALLZ & RASKIND

Yoga in the Park: Bring your yoga mat, water, and a towel to relax and unwind with a yoga session by the bay. A certified instructor will lead you through the movements and the atmosphere is perfect to reduce your stress before returning to the weekday grind. 6 p.m. at Bayfront Park Amphitheater, 301 Biscayne Blvd., Miami. Free. 305-358-7550.

May 14

Watch Out Ivy! Historian Mae Silver hosts this discussion on Ivy Stranahan, the community activist who helped establish Everglades National Park. 1 to 2 p.m. at Broward County Main Library, 100 S. Andrews Ave., Fort Lauderdale. Free. 954-357-8243.

May 15

She Sings: The Girl Choir of South Florida performs in a show that features music composed by women. Alumnae from the choir will join in a few performances for a retrospective segment. The program includes works by Gwyneth Walker, Eleanor Daley, Emma Lou Diemer and Abbie Betinis. 8 p.m. at Broward Center for the Performing Arts, 201 SW Fifth Ave., Fort Lauderdale. \$20-\$25. 954-462-0222.

food

Mentor Knows Best The Mother's Day Edition

FAMILY FEATURES — Whether she's your mom or a "like-a-mother" mentor, chances are you've got a lot to thank her for this Mother's Day. It's a time for celebrating your biggest supporters, number one fans and best friends.

In life, we're lucky to form relationships with women we can learn from and grow with. Beth Somers, Elizabeth Nelson and Emily Tatak from the Wilton Test Kitchen consider themselves lucky.

Beth Somers, Director of Creative Content Development, owes her start to her former boss Milette Raz. Raz is trained in the Wilton Method of Cake Decorating™ and taught Somers how to decorate. But Somers thinks of Raz as so much more — calling her a mentor, her second mother and her friend. Years after working together, the duo teamed up for Cupcake Wars on the Food Network, returning home as champions of season six with winning recipes like Tropical Getaway Cupcakes.

Elizabeth Nelson, Assistant Culinary Specialist, attributes her love of baking to her grandma Ann, learning the basics with her and picking up passed down recipes that she brought with her to college. She looks up to her mother, her grandmother and her great-grandmother, whom she's told she also gets her competitive nature from. Nelson and her grandmother went through a lot of trial and error together to come up with what they believe is the perfect cinnamon roll recipe, very similar to this recipe for Cinnamon Rolls with Caramel Glaze.

For Emily Tatak, preserving family recipes and continuing the traditions around the holidays and in the kitchen led to her career at Wilton as an Assistant Culinary Specialist. She owes her inspiration to her mom, who taught her how to bake. Together they iced cakes, decorated sugar cookies and even made a gingerbread house from scratch. Keeping with tradition, celebrating the holidays without grandma Irene's Kola-chy recipe just wouldn't be the same.

For more recipe ideas to honor your mother or special mentor, visit s.wilton.com/MentorKnowsBest.

For rolls, stir together warm milk, yeast and 1 tablespoon sugar in large bowl. Let stand 5–10 minutes or until foamy. Add butter, remaining 3 tablespoons sugar, egg yolks, vanilla and salt. Mix with electric mixer using dough hook on medium speed until combined. Gradually add flour, 1 cup at a time, and mix on medium speed until smooth, elastic dough forms, about 5 minutes.

Spray large bowl with vegetable pan spray. Form dough into ball, place into bowl and cover with plastic wrap. Let stand in warm place for 45 minutes or until doubled in size.

For filling, stir together butter, sugar, flour and cinnamon in medium bowl until well-combined.

Prepare 13-by-9-inch pan with vegetable pan spray.

Punch dough down and roll out to 18-by-14-inch rectangle on floured surface. Spread filling onto dough and roll up from

long end, like a jelly roll. Pinch seam to seal, trim ends and cut into 12 equally-sized pieces.

Place rolls into prepared pan; cover with plastic wrap and let rise 25–30 minutes or until doubled in size.

Meanwhile, heat oven to 350°F. Remove plastic wrap from rolls and bake 25–29 minutes or until golden brown. Cool in pan on wire rack while preparing glaze.

For glaze, melt butter in saucepan over medium heat. Add brown sugar and cream. Cook over medium-high heat until mixture reaches a simmer; cook for 1 minute, stirring constantly. Remove from heat and stir in vanilla and salt. Whisk in confectioners' sugar until smooth. Pour glaze over warm rolls. Serve warm.

Cinnamon Rolls with Caramel Glaze

SERVINGS: 1 DOZEN ROLLS

Rolls:

- 1 1/3 cups warm milk (105 °F)
- 2 packages (1/4-ounce each) active dry yeast
- 1/4 cup granulated sugar, divided
- 1/2 cup (1 stick) butter, softened
- 2 egg yolks
- 1 teaspoon Wilton Pure Vanilla Extract
- 3/4 teaspoon salt
- 4 cups bread flour, plus more for dusting

Filling:

- 1/2 cup (1 stick) butter, softened
- 1/3 cup granulated sugar
- 2 tablespoons bread flour
- 2 tablespoons ground cinnamon

Glaze:

- 1/4 cup (1/2 stick) butter
- 1/2 cup lightly-packed light brown sugar
- 1/2 cup heavy whipping cream
- 1 teaspoon Wilton Pure Vanilla Extract
- 1/4 teaspoon salt
- 1 cup confectioners' sugar (about 1/4 pound)





Health & Fitness

SFLTIMES.COM | MAY 07 – 13, 2015 | SPECIAL SECTION





Fitness is a multi-billion dollar industry

By **MICHELLE HOLLINGER**
Special to South Florida Times

While a large percentage of the country is overweight, many others constantly search for ways to improve their health and become more fit.

What the healthiest people know is that becoming fit and improving one's health permanently takes more than exercising and eating right. The most lasting changes to a person's health come as a result of an inside-out approach that factors in the mind, body and soul.

This special section shines a light on people who have embraced healthier lifestyles that include vegetarianism, hot yoga, meditating

and running marathons. For each of the people included in this section, maintaining optimal health is not a fad, but a way of life.

Kaylyn James was the first African American Miss Alabama. The beauty queen embraces a healthy lifestyle that she shares with her husband and two young daughters. A former dancer, James manages to include a challenging pilates class in her busy schedule by teaching it herself.

Vivian Delaney and Lucien Boulet turned their love of running into a healthy obsession that includes competing in various races, including 5K, 10K, half-marathons and the big kahuna, marathons, a full 26.2 miles. Delaney completed

her first marathon in Arizona earlier this year and is training for her next race, scheduled for November.

For Yvette Harris and Valerie Crawford, "you are what you eat" is more than an innocent mantra. Both women are vegetarians who have shunned meat for many years, each arriving at the decision in different ways. When Harris' mother died from breast cancer, the local public relations wiz quit eating meat cold turkey, pun intended. Crawford's venture into eliminating meat from her diet came as a result of a middle school project that exposed slaughterhouse details that the then 13-year old found unacceptable.

The marketing powerhouse behind the increasingly popular Jazz in the Gardens music festival turned to hot yoga at the suggestion of a colleague. Suzan McDowell reluctantly tried the 90 minute session that guides participants through yoga poses in a heated room that leaves them dripping with sweat. The sweaty practice quickly became a habit that she indulges in three times each week.

While each of the people featured in this section leads a busy life, each has found a way to make fitness a part of it. From changing their diets to meditating regularly, each also realizes that becoming healthy and sustaining it must be approached holistically.



PHOTO COURTESY OF ALEXANDRA HARRIS

Michelle Hollinger

Meditation key to overall fitness

By **MICHELLE HOLLINGER**
Special to South Florida Times

Valerie Crawford parlayed a \$500 investment into a million dollar company. Working up to 20 hours a day played a key part in her ability to succeed. Fifteen years ago, however, Crawford decided that being able to quiet her mind is also essential to her success.

Her approach to meditating incorporates prayer, an intention to do better each day and even makes use of an important business tool.

"I'm an entrepreneur so you know that we work crazy hours and a lot. What I've learned to do was to take a daily (profit and loss) and I use meditation to drive that," she explained.

Before incorporating meditation into her life, Crawford said that her long work hours forced her to take a look at her lifestyle. "I was working and bragging about working 20 hours a day and it finally hit me that at some point I need to learn to quiet the mind."

That led to a twice a day meditation practice that she does in the morning and again at night.

"I meditate in the morning for what my day is to be," she said. "I meditate at night for what my day was."

Prayer is also a part of her daily quiet time, she said, calling it the "ask" and meditation the "listen." Business phrases are interwoven into her meditation vernacular.

"My night meditation consists of meditation and what I call personal inventory. Was my day in the red or was my day in the black? And then I meditate on the things in the red so that I can have a better tomorrow."

Research supports Crawford's claim that meditation helps to lower anxiety associated with daily stressors that most people face.

"If I'm in traffic, and somebody cuts me off, instead of cursing at them, I say "have a blessed day," repeatedly until that moment of anxiety and wanting to react passes."

For most people, the idea of meditation only conjures up an image of a person sitting cross legged, eyes closed and fingers touching, however, Crawford said that it's actually much simpler.

"It's a single moment in time where you become centered and balanced and it's not something where you have to clear the mind or do something magical or mystical. It just keeps you in the moment," she explained.

Studies have shown that meditation may also slow the

aging process. According to the IDEA Health and Fitness Association, new lines of research show that "meditation may lead to biological changes that decrease the inflammation response of the immune system on a cellular level and can contribute to looking and feeling younger."

Rainbow T. Ho, director of the Centre on Behavioral Health at the University of Hong Kong authored a study on the subject. Two separate studies of meditation,

one involving the practice of a Kirtan Kriya meditation from kundalini yoga and the other involving qigong practice, a moving meditation, both identified improved telomerase activity, which is linked to cellular health.

According to Ho, "Telomerase is an important enzyme that protects us from aging by guarding the shortening of telomeres during cell division." This reduction in inflammation may be related to optimizing health

and slowing damage from the aging process.

Whether it is used to soften the effects of aging or to help people to live a calmer life, Crawford said that meditation is more important than ever.

"Meditation has become something that is difficult and unattainable for people, particularly in the world in which we live that has become so fast paced," she shared.

She said the benefits of meditation are significant and affect all aspects of her life.

"It's allowed me to be a lot more intuitive, a lot more grounded and centered, and in all decisions that I make, personal and business. I'm less reactionary, I'm always intentional and so meditation has allowed me to stay in the moment with everything that I do."

For someone considering giving meditation a try, Crawford said to simply "Sit and think about a single thought." And when it seems that a thousand of them begin to pass through the mind, she suggests letting them flow. "Don't try to block the thought, whatever thought comes through. If you have to cook dinner, if you have to pick up the children, let all of that go through," she explained.

"But if you're thinking about peace, or you're thinking about a positive appointment, think 'this appointment is going to yield whatever results you want,' and keep repeating that," she added.

Valerie Crawford

PHOTO COURTESY OF ALEXANDRA HARRIS

I Fries



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Runners get high from long distance races

By MICHELLE HOLLINGER
Special to South Florida Times

Running, for Vivian Delaney and Lucien Boulet, is an addiction. A healthy one, but an addiction, nonetheless. One clue that they're obsessed is that the more they indulge, the more they need. Feeding the addiction includes a frequent running schedule that has been bolstered by their participation in competitive long distance races.

While Delaney got her feet wet with shorter 5- and 10-kilometer runs before building up to the longer, more demanding races; Boulet jumped right in to the deep end of long distance running by entering half marathons right off the bat. He has added the shorter and longer competitions to his repertoire because his addiction demands that he indulge in it in as many ways as possible.

Running isn't the only thing that these two have in common. Both hail from Brooklyn, however, they met and became friends in South Florida — connecting through mutual friends and their love of running.

Delaney, 54, has called Miami home since 1992. Although she has been running since childhood, long distance running is relatively new for her. She ran her first half marathon in 2012.

Prior to that, she'd run several 5k races until challenged by a friend to step it up. Delaney's response was, "well, find me a race."

Her friend found a 10k and Delaney has run seven so far. "After that, I started seeing different people doing half marathons," especially women in Black Girls Run, a fitness group for women of color, she said.

"Once I did that first half marathon (13.1 miles), and I finished, it was like an out of body experience," she said. That race was also evidence that she'd reached the point of no return with her addiction.

With 15 half-marathons under her belt, Delaney set her sights on a full marathon (26.2 miles); the first of which she completed three months ago in Phoenix. She finished in a respectable four hours and 39 seconds; "considered good for my age group."

Three upcoming marathons will help to nurture her addiction; the New York Marathon in November, the Miami Marathon in January 2016 and, a month later, she will run in the New Orleans Rock and Roll.

"I just love to run. It's something that helps me to relieve stress," said Delaney, who works as an apparel merchandiser. Music used to be a must-have companion on her runs. While training for her first marathon, Delaney decided to train without it.

"As I'm running without the music, I loved it. I started noticing things that I'd never noticed before that have always been there," she said of her usual route. "Also, I could just hear myself think."

She knew that music would no

longer be a part of her runs when she began to have conversations with God. "Just talking to God," she shared.

Freedom is what keeps Boulet running. "Running is like therapy. I feel free. Something about running. It's just me, my sneakers, my shorts and I'm gone. It gives me time to think," said Boulet, a married father of three.

Boulet, 44, has been the owner of Naps barber shop in North Miami Beach for 16 years. The Brooklyn native runs several miles each day before heading into work. He's always been active, and grew up with a natural affinity for the New York Marathon.

"Before I even knew what a marathon was, I knew the New York marathon," he said. He has yet to run the famous race that lures runners from all over the world. The Brooklyn Half Marathon, however, is on his schedule.

He ran his first half marathon on a whim.

"I went online and, two days later there was a half marathon. I ran and I fell in love with it," said Boulet, who has completed over 100 running events since then. Running his first full marathon allowed him to cross the feat off of his bucket list. Because he is "hard headed" and must experience things for himself, he ran the 26.2 miles without training for it.

"Then I trained for the next one, and my results were much better," he said.

He has completed three marathons as well as numerous five and ten kilometer races; however, half marathons are his favorite.

"There's more of a science behind it. You have to be patient, hold your pace," he explained.

His love of running is so strong that he has also completed an ultra-marathon (50 miles); and for his 44th birthday on April 18th, he ran 15 miles, "My birthday gift to myself."



Vivian Delaney

Yoga is hot for marketing maven



By MICHELLE HOLLINGER
Special to South Florida Times

As the founder and CEO of Circle of One Marketing, Suzan McDowell leads a fast paced, busy life. While in the midst of expanding her company to the west coast by opening Circle L.A., she and her team have also helped to expand Jazz in the Gardens into one of the country's most popular music festivals, (this year's event saw a record-breaking 73,000 people in attendance.)

McDowell said that a practice that she started last summer has been instrumental in her ability to manage her personal and professional life by, essentially, learning to breathe. She admits that the only reason that she attended a hot yoga class was because a friend in a women's wealth group invited her.

"The first time that I went, I thought, oh my God, that's some foolishness. It's so hot," she said of the 90 minute class in a room that is heated to 95 degrees. "But then all of a sudden, I felt so much better."

McDowell explained that the instructor guides participants through all 26 of the traditional yoga poses, however, with hot yoga, "within five minutes, you're sweating from head to toe."

The impact on her isn't just physical. "I've learned more how to breathe, and to breathe in moments when I'm stressed," said McDowell, a self-proclaimed exercise hater. The practice also has a tremendous spiritual benefit, she added. "It's really calming. There has been times in hot yoga where I've literally cried from the beginning of the class to the end of the class, just based on stuff that I'm going through in my life."

McDowell said she knew she was addicted to the practice that creates a toned and lean body when "I found myself getting up to leave my house in the middle of a 'Law

and Order' marathon to drive to Brickell, and I live in the Shores, at 10:30 on a Saturday, then again on Sunday."

The mother of a college freshman said that her lifelong search for endorphins has been satisfied.

"It's the first thing, in addition to Zumba, where at the end of it, I felt good."

According to the Fred Busch hot yoga website, "Physically a regular yoga practice brings strength, muscle tone, weight loss, increased range of motion, improved blood flow and improved immune system and digestion." The site also indicates that yoga benefits participants mentally by increasing "concentration, reduces stress by providing a calm state of mind and bringing a general sense of well-being."

Lorri M. Key is a licensed clinical social worker who tried Bikram yoga after turning 40 and being advised by her doctor to "lay off the weights" because she'd had two accidents. In her blog post (Lorrikey.com), "Bikram Yoga: Black Girls Can Do It Too," Key encourages African-American women to embrace the sweatiness that ruins hairstyles because the health benefits are worth it.

The difference between Bikram and hot yoga is about 10 degrees; however, both are said to benefit participants in similar ways.

Key said that she began the practice instead of popping pills to deal with back pain.

"I started yoga for back pain and early arthritis. After the first class, I noticed a difference in flexibility and less back discomfort," she wrote in the post.

"There's a rigidity and a freedom, if you can put those two together, and it's something about the system of making your body move from one

thing to the other," McDowell explained. The motivational aspect of hot yoga keeps her going back for more.

"The whole time that you're in yoga, the person is giving you a motivational class, but in a very spiritual kind of way. 'Don't resist, life is about love,' not platitudes necessarily, there's a yoga speak," she explained. "It triggers stuff in you as you're working out, as you're sweating. He'll say something and it'll make perfect sense," McDowell said.

Key wants black women to give the practice a try.

"I advocate for every Black girl to try Bikram at least once for the challenge of learning to control your breathing, experiencing a new form of exercise, and using heat to reduce your body's natural aches and pains," Key said. "The benefits outweigh the heat and frizzy hair and gives everyone a sense of accomplishment."

Loving and appreciating the self are also benefits of the practice, according to McDowell.

"At the end of the class, thank yourself for being able to make it to your mat," she said of the practice that encourages a, "Lot of self-love."



Suzan McDowell in side plank pose.

PHOTO COURTESY ED SATTERWHITE

PHOTOS COURTESY ALEXANDRA HARRIS
Lucien Boulet



Entrepreneurs embrace meatless lifestyle

By **MICHELLE HOLLINGER**
Special to South Florida Times

Both women arrived at the decision to eliminate meat from their diets for different reasons. Yvette Harris kicked the meat habit as a preventive measure shortly after her mother passed away from breast cancer. Valerie Crawford shunned it after learning about the details of slaughterhouse operations when she was a teenager.

They are among a growing list of people across the country embracing a meatless lifestyle, including celebrities like India. Arie, Erykah Badu, Andre 3000 and Russell Simmons, most of whom eliminated meat for health reasons.

For Harris, owner of Harris Public Relations, her conversion was somewhat challenging initially because the lifestyle wasn't as popular back then as it is now.

Her decision to shun meat also included a good dose of humorous experiences with her meat-eating relatives.

A vegetarian since 1991, Harris is transitioning to a vegan diet with a target date of October for making the complete shift. In doing so, she will go from consuming a meat-free diet of mainly fruits, vegetables, legumes, grains, seeds and nuts; to a stricter approach that forbids any meat products, including eggs, milk, cheese and other dairy products. The decision to go from vegetarianism to veganism is a part of Harris' desire to take more control over what she eats.

A middle school book report on the merits of meat, ironically, led to Crawford removing it from her diet 39 years ago.

"I was doing a biology report in school on the benefits of meat. Everybody had to speak with someone in their industry, so I spoke to a butcher because I wanted to understand how meat comes from the animal...to our tables," she explained.

She said that what she learned, "grossed me out," so she told her mother on a Friday that Sunday would be her last day eating meat.

"I did ask her to cook me some fried chicken and rice," she said with a chuckle. "That was my last meal. But from that moment, I gave up all red meat, all chicken." She gave up seafood as a high school graduation present to herself.

Harris shared a funny story of early days as a vegetarian attending a friend's BBQ. Assuming correctly that there would be nothing suitable for her to eat at the affair, she took her own food, utensils and aluminum foil to keep her vegetable kabob separate from the meat that was being prepared. When she asked the older gentlemen who were manning the grill to cook her food separately

using the utensils that she supplied, they gave her an incredulous look.

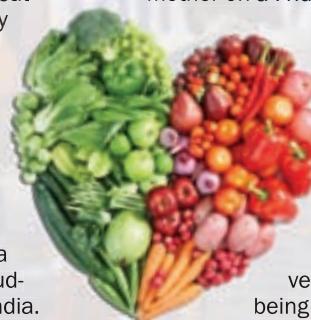
She said that they eventually prepared her vegetarian meal, but not before they all had a good laugh together about her "having the nerve" to bring her veggies to a BBQ. Harris said that her vegetarianism is a part of an overall healthy lifestyle that she embraces with her six-year old daughter, Nya, who is semi-vegetarian, with an occasional piece of chicken. Spirituality, Harris shared, is an essential aspect of their lives.

While her decision to become a vegetarian at 13 was not a spiritual experience, Crawford said that over the years, it has become so. "Although I'm not one of those kind of beat you up because you're not a vegetarian, vegetarian, it is an overall spiritual experience. Now, it has morphed into a connection of honoring all life," said Crawford, who even tries to avoid killing insects.

The spiritual bond to her mother resulted in her changing the name of her corporate consulting company three years ago.

"My mother transitioned and...the name came to me three months [later]. I didn't know what it meant, but I kept it in a book," she shared. "Last year on the anniversary of her passing...the book dropped on the floor and opened on that page."

Crawford said that she changed the name of her company to Havao Global Consulting to honor her mother, Helen. "Ironically, the initials are Helen and Valerie as one. "It allows me to bring her into my business," she explained.



PHOTOS COURTESY ALEXANDRA HARRIS
Biking to the farmer's market is a part of Yvette Harris' healthy lifestyle.

First black Miss Alabama says health and fitness key to success



By **MICHELLE HOLLINGER**
Special to South Florida Times

By all accounts, Kalyn Chapman James is living a wonderful life. The former Miss Alabama, the first African-American woman to hold the title, is a wife, mother, TV show host, model, fashion blogger and spokesperson for one of South Florida's most popular performing arts venues.

Health and fitness, she said, are key to her success.

"One of the things that I stress to young women is you should work on developing the whole person; that's spiritual, that's intellectual, that's career wise and it's also physically," James shared. "You can achieve much more when you look and feel your best. Fitness is certainly a part of my entire lifestyle."

That lifestyle includes James' role as the Corporate Sponsorship Coordinator at the Adrienne Arsht Center for the Performing Arts, as well as the host of 'Arts Loft,' seen weekly on WPBT-2.

The classically trained dancer incorporates fitness and her love of dance into an exercise class that she's been teaching for the past four years at the Iron Flower Fitness Studio in Miami's Upper Eastside community.

"What I'm teaching is a weight bearing Pilates class that focuses on pushing the muscles to fatigue and creating long lean muscles throughout the entire body," said James, who said that being active has been a part of her life from a very young age because of her dance background.

While being fit is about feeling good about herself, James said that it also has other benefits.

"It promotes a good relationship with my husband, and it also shows my daughters (ages 8 and 12) that this is something that you don't do when you're going on a

diet or losing weight; this is something you do consistently, to feel good about yourself. And to stay healthy," said James, who has been with husband and business partner, Rico, for nearly 15 years.

As important as her physical health is, James said that it's her spiritual health that provides a powerful foundation. "For spirituality, it's been really more about going within and realizing that you're the biggest part of the change that you expect in the world."

When asked if she's living the "life of her dreams," James ponders the question for a few seconds before answering.

"I don't know if I'm living the life of my dreams, but I'm living a great life," she shared. "When I wake up every day and I can teach fitness classes that are based on dance and I can go to the Arsht Center for Performing Arts, or I host my TV show based on the arts on PBS, I know that I'm doing things about which I'm passionate." And passion, she said, blurs the line between work and play.

"It makes it not feel so much like work, and makes it more enjoyable. Finding something that you're passionate about and working in that field is one of the best things that can happen to you."

Creating a life that revolves around things that you love leads to more happiness and success, James explained. She said that a happy successful life includes a healthy mind, a healthy body and a healthy soul.

To nurture her own soul, she attends Unity on the Bay, a non-denominational spiritual center in Miami, reads books by Iyanla Vanzant or Deepak Chopra, and participates in Oprah's 21-day meditation challenge.

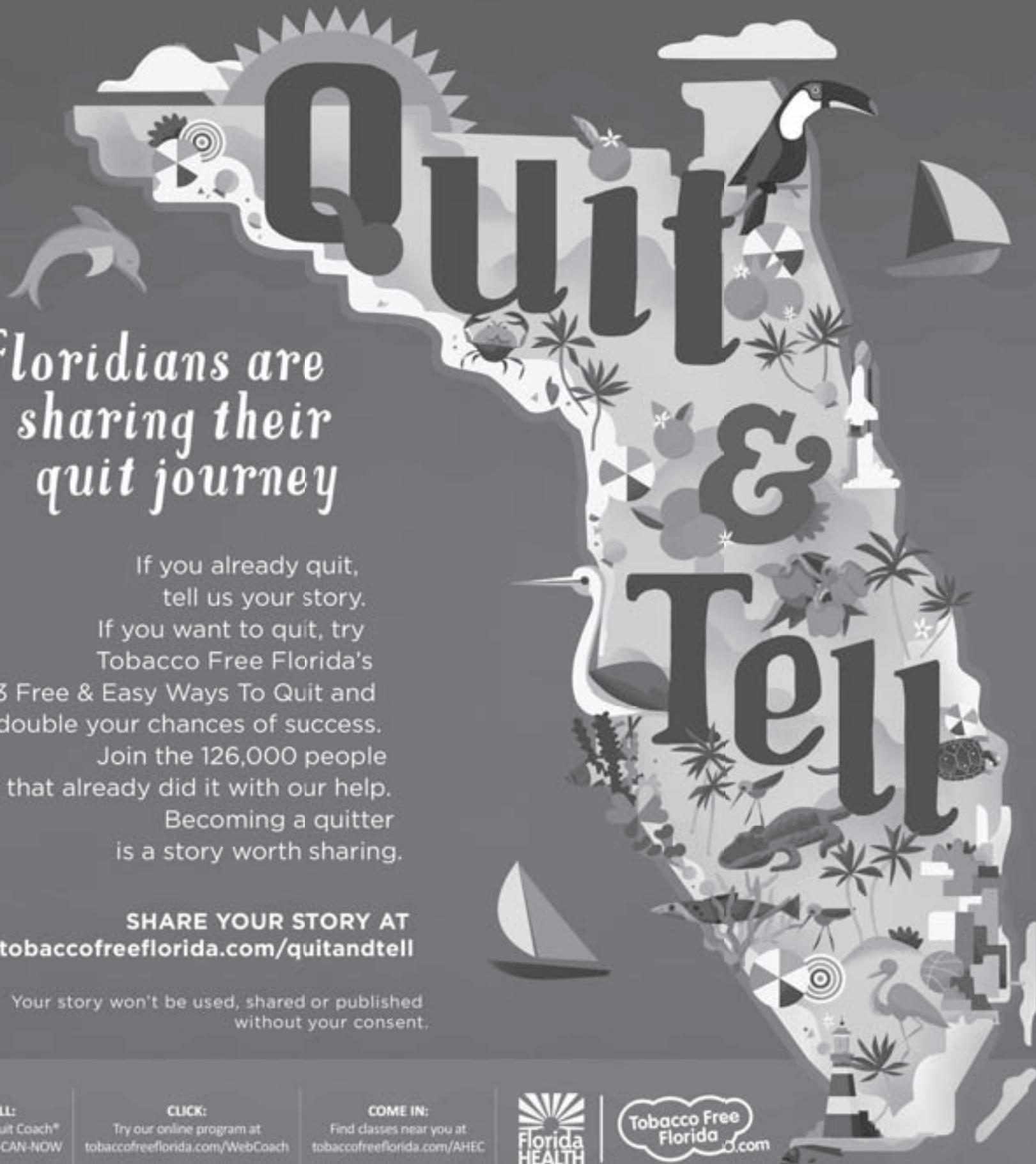
"I just have to say that I'm living a great life," James said, "And health and fitness are a major part of that."



PHOTO COURTESY OF GREGORY REED
Kayln Chapman James



PHOTO COURTESY OF ALEXANDRA HARRIS
Kayln Chapman James leads fitness class



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