

KARIBBEAN

CINDER ONE MAGAZINE



Features....



Our Caribbean Organization
Antigua & Barbuda of
Central Florida

Our Environment
Going Green

Our News
What Is E-Verify and
Why is it Part of the
Stimulus Bill?

Our News
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Making Important Money
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HISTORIC
ST. JOHNS



LYMA DUNBAR

PRESENTS...

KUJIF

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February—March 2009

KUOMagazine

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Our Karibbean Jazz Fusion



Lyma Dunbar & Chet Samuel

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Orlando Island Boys (OIB)



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PRESIDENT & CHIEF EXECUTIVE OFFICER

Michelle E. Allman

EDITORIAL

EXECUTIVE EDITOR, Gloria Chandler-Johnson

EXECUTIVE ENTERTAINMENT EDITOR, Lyma Dunbar

ENTERTAINMENT

Event DJ , Bruce Webb & Crew

ART, TECHNOLOGY & DIGITAL MEDIA

GRAPHIC ARTISTS, Theo Jack, Jr. (COOJI)

PRINTING, Cass Daniels (Speed Quick Printing)

PHOTOGRAPHER, Sonia Troupe (From the Heart Photography)

WEB DESIGN, Randy Ellis (Caribbean Affairs, Inc.)

OUR CONTRIBUTORS

IDENTITY THEFT, Dahlia A. Hayles, CITRMS (Pre-Paid Legal Services)

IMMIGRATION NEWS, Law Offices of Gail S. Seeram, ESQ

PHARMACY FORM, Allif Mohammed, RPH (RxMeds Pharmacy)

PUBLISHER

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CONTACT US:

Michelle: karibbeanunderonemagazine@yahoo.com

Gloria: Gloria@kuomagazine.com

Lyma: lymadunbar@gmail.com

Theo: CARITSO@aol.com

(407) 486-5001

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We invite you to send news of your upcoming events, stories, recipes, special occasions (birthdays, anniversaries, wedding, etc). to us via email: Karibbeanunderone@yahoo.com by the 10th of each month for publication in the next issue. KUO's Team encourages your suggestions and comments on how we can better serve you. Advertisers in Caribbean Under One have confirmed that they are operating their businesses with respect, high standards and integrity. However, the President recommends that you exercise your judgment. Caribbean Under One reserves the right to refuse advertising that does not meet the standards of this publication.



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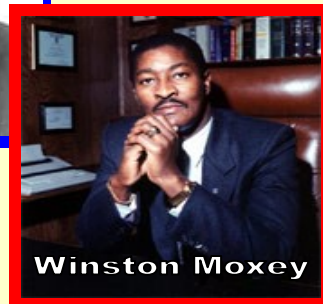
Anie Sakhichand



Dahlia Hayles



Gail S. Seeram



Winston Moxey

Osteoporosis "Not just an Elderly Disease," says pharmacist Allif Mohammed, RPH (RxMeds Pharmacy). We always thought that osteoporosis was considered a disease that affected only the elderly. We particularly associated osteoporosis with older women whose backs were slightly hunched over or those who can no longer stand up straight. Today, the truth is that an estimated 20 million American women suffer from osteoporosis, and 80 percent of them don't even know it. Osteoporosis is a chronic, progressive condition that steals bone from the body, leading to fractures of the hip, spine and wrist. Older people can suffer disability and even death from osteoporosis-related fractures. Alarmingly, one in two women and one in eight men will suffer from an osteoporosis-related fracture in his or her lifetime. More on women and Osteoporosis, see Pharmacy Forum on page 27.

Health Needs & Questions
RxMeds Pharmacy
Allif Mohammed

Shaklee "Let's Go Green." Many of us still wondering what does going green is really about? Starting in this issue KUOM will be doing a series on "GOING GREEN." Last month KUOM had the opportunity to meet with **Anie Sakhichand** (Shaklee Corporation) to explain what the big deal is about going green. I wanted to know how Shaklee became an environmentally friendly company that have products ranging from vitamins, diet aids, to cleaning products. From what I am hearing and seeing they are actually pretty great. And it says a lot about a company that has been around for 50+ years and is one of the oldest and longest running multi-level marketing programs stand behind their products 100% money back guarantee. The are an organization that provides a healthier life for everyone and a better life for anyone who wants it. Go to page 21 & 26 as Anie share her "Let's Go Green"

How to "Go Green"
Shaklee Corporation
Anie Sakhichand
407-342-1481
Email:

Pre-Paid Legal Service "Making Important Money-Savings Resolutions for 2009" Year after year many in people in Central Florida, and across the United States have made resolutions for the New Year. And of course many of those resolutions are losing weight, eating healthier, exercise, home improvement and being more financial conscience in buying things unnecessary in hope of improving their lives. Many of us have fail that whole "resolutions promise," but the way the economy is today it would be in our best interest to follow through on that promise and make 2009 the year to be debt free. **Dahlia Hayles** (Pre-Paid Legal Services, Inc.) has a few tips in starting that process. One can star by remembering to take some simple steps that will save you money. Story continues one page 31.

Identify Theft Prevention
Pre-Paid Legal Services, Inc
"Identity Theft Shield."
Dahlia A. Hayles, CITRMS
407-325-0894

Law Office of Gail S. Seeram "What is E-Verify & Why is it part of the Stimulus Bill? As of February 2, 2009, the economic stimulus bill (the American Recovery and Reinvestment Act of 2009) proposes to require all businesses and other public or private "entities" that contract to receive money from the stimulus package to use the flawed federal E-Verify program. If passed into law, the economic stimulus bill would create a massive expansion of the E-verify program. As has been well documented by three different House committees in five separate hearings, the E-Verify program is deeply flawed, inaccurate, and subject to substantial employer abuse. Bottom line – it is not ready for a massive expansion and especially not during the economic crisis. She will share **Why the E-Verify program should be removed from the Economic Stimulus Bill?**, **What is E-Verify and What type of Employees are required to use E-Verify?** Story continues one page 32.

Immigrations Info
Law Office of Gail S. Seeram, ESQ
Representing Client Worldwide
407-292-7730
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BowerBank "2008-2009 Tax Guide" The newly enacted Child Tax Credit will benefit over 12 million children, 2.4 million who will become eligible for the first time and 10.5 million who will release increased benefits according to Winston Moxey of Bowerbank Income Tax & Accounting Services, Inc. here in Central Florida. Under old rules the credit was based on 15 percent of the taxpayer's earned income in excess of \$12,050. This threshold has been reduced to earned income over \$8,500. Families that have become newly eligible are those with income between \$8,500 and \$12,050. In addition, the newly expanded plan changes the definition of a qualifying child, effective starting in 2009.....continues on page 33.

Tax & Accounting Info
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PRESIDENT'S MESSAGE

Our Daily Sanctuary to a New Beginning!



reetings everyone and Happy New Year! I know some of us are "anti" New Years resolutioners. However, I think this is an exciting time of year to set goals and establish new perspectives. Let's first look and understand the word "**New Year's Resolution.**" It is a commitment

that an individual makes to a project or to reform a habit or a lifestyle change. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned.

Some of us may act similarly during the Christian fasting period of Lent, though the motive behind this holiday is more of sacrifice than of responsibility. Or, could we say New Year's resolution as an example of forecast-method or planning.

We have a million and one resolutions we would like to accomplish, such as: lose weight, get out of debt, save money, get a better job, get fit, eat right, go back to school, quit smoking, take a family vacation, volunteer to help others, be less grumpy, be more independent, learn something new, and the list goes on and on. The problem is that we put high expectations on goals to reflect upon self-improvement annually. And the sad thing about it is that we never accomplish anything on that list. Of course, we mean well and have all good intentions that this year is going to be the year we do did. Folks, let's keep it real; can we? Let's close the box on the hocus pocus and be real with ourselves. I have been saying that for x amount of years and each year it is no different. One thing I have found is to take baby steps and follow a few simple steps like these:

Step 1—Aim low. Again, it goes without saying that most New Year's resolutions are easier announced or written than doing. So starting too high, you're doomed from the beginning. For instance, trying to lose 30 pounds by April. Target a goal that's more attainable, like losing 5 pounds per month. For some, losing weight is a task within itself.

Step 2 — Do not overload yourself with a long list. It's difficult enough for the average person to follow through on one ambition New Year's resolution; why on earth would you saddle yourself with five or six? Choose the most pressing issue at hand—eat healthy, organize your finances, plan family vaca-

Step 3 — Tell your friends and family. One school of thought says that New Year's resolutions are best kept to oneself, but I look at it this way: the more people to whom you announce your resolution, the more support there'll be to prod you along if you fall behind. There's no shame in seeking help if you can't accomplish your resolution on your own.

Step 4 — Reward yourself. Following through on a New Year's resolution is rarely easy, so a little Pavlovian conditioning goes a long way. If you've resolved to shop less, reward yourself for not buying a new dress by springing for a pedicure at the mall. If you've resolved to be nicer to people, treat yourself to dinner after enduring that tedious cocktail party without delivering any insults.

Step 5 — Wait until spring. Sometimes the best way to accomplish a New Year's resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1st is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish in yourself.

I hope these five steps will help you on your way to a sanctuary of new beginnings. Well as for me, my three New Year's resolutions are (1) establish a broader perspective throughout my life in this new year, (2) continue to celebrate and inform my readers about the Caribbean culture, (3) and finally, be good to myself, by having faith, laugh often, and thank God more often for my wonderful family, friends, KUOM team and the amazing things He has planned for me in 2009. We would also like to thank everyone and all the Caribbean Organizations who have supported "*Karibbean Jazz Fusion*," And, to all my readers, many blessing to you all!

"Another fresh new year is upon us.....
Another year for us to live!
To banish worries, doubts, and fears.
To love, laugh often and give more!

This bright new year is given us..
To live each day with a zest...
To grow daily and try to be
Our highest and our best!

We have the opportunity
Once more to right some wrongs,
To pray for peace, and unity.
And sing more joyful song!"

This year try to
listen, before you speak.
Think, before you write.
Earn, before you spend.
Investigate, before your invest.
Wait, before you criticize.
Forgive, before you pray.
Try, before you quit.
Save, before you retire.
And give, before you die!

Unknown Author

On April 18th, KUOM will be celebrating its 1st year in business. I must say it has been a wonderful adventure, taught us a lot about the Caribbean culture, meeting such wonderful people, and getting to know new and old friends better. We have a lot in store for you in 2009 in the upcoming issues of KUOM, where we will be featuring ways to help protect our environment, living a healthi- *Michelle Allman, KUOM President* er life by

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Antigua & Barbuda

Antigua, (pronounced An-tee'ga) was born out of the sea by a volcano about 30 million years ago. A young island in geologic time. On the northern flank of this volcano, reefs were formed, hence the greater part of Antigua is low lying and is composed of limestone rock. It would be difficult to overestimate the impact on Antigua's history of the arrival, one fateful day in 1684, of Sir Christopher Codrington. Codrington came to Antigua to find out if the island would support the sort of large scale sugar cultivation that already flourished elsewhere in the Caribbean. His effort was quite successful, and over the next fifty years sugar cultivation on Antigua exploded. By the middle of the 18th century the island was dotted with more than 150 cane-processing windmills —each the focal point of a sizable plantation. Today almost 100 of these picturesque stone towers remain, although they now serve as houses, bars, restaurants and shops.

Barbuda, A very flat island of limestone formation lying approximately thirty miles north of Antigua. Its highest elevation is about 128 feet in an area known as the Highlands. Barbuda boasts of their finest beaches in the Caribbean, one of which is located at Coco Point. The population numbers around 1400 souls. They have had a long history of dependence, first as a private leasehold of the Codrington family (1685-1870), later as a Crown colony and then as a dependency of Antigua. For many years the political relationship between Antigua & Barbuda has been an uneasy one but with the recent success of the United Progressive Party at the polls, bold steps have been taken to improve this situation and a member of the Barbuda Council (which was formed in 1977) now sits as a member of the Cabinet of Antigua & Barbuda. When Barbuda became a part of the new state of Antigua & Barbuda in 1981, its natural endowments were disrupted. Over the past three decades, its natural resources, particularly its beaches, have become vulnerable to commercial exploitation. Sadly, Barbuda has benefited fractionally from the vast revenues drawn from the sand mining industry over the years and its environment is now in danger of being seriously impaired. Its many coral reefs that surround the island make it dangerous for shipping but at the same time provide a haven for fishing and scuba diving. It is virtually a hunter's paradise where wild boar, deer, guinea fowl, pigeons and ducks are in abundance.

History: Antigua & Barbuda is located in the middle of the Leeward Islands in the Eastern Caribbean, roughly 17 degrees north of the equator. To the south are islands of Montserrat and Guadeloupe and the north & west are Nevis, St. Kitts, St. Barts, and St. Martin. Antigua is the largest of the English-speaking Leeward Islands, and is about 14 miles long and 11 miles wide, encompassing 108 square miles. The highest point is Boggy Peak (1319 ft.), located in the southwestern corner of the island. Antigua & Barbuda is divided in six(6) parishes (St. George, St. John, St. Mary, St. Paul, St. Peter, and St. Philip and two(2) dependencies (Barbuda and Redonda), with St. John's being the capital.

Demographics: Antiguans are known by Antigua & Barbuda in the shortened way. Antiguan, about 69,481 people, are composed by different ethnics: black 91%, mixed 4.4%, white 1.7%, other 2.9%. Culture of Antigua and Barbuda is predominantly British, and this is evident throughout many aspects of the society. The official language of Antigua and Barbuda is English, but many of the locals speak Antiguan Creole.

Culture: When it comes to Antiguans, they pay very close attention to American Fashion trends, and major designer items are available at boutiques in St. John's and elsewhere. Although many Antiguans prefer to make a special trip to North America, or San Juan, Puerto Rico, for shopping. Family and religion play an important role in the lives of Antiguans. Most Antiguans attend religious services on Sunday, although there is a growing minority of Seventh-day Adventists who observe the Sabbath on Saturday. There is a national Carnival celebration held during August each August each year. Historically, Carnival commemorates the abolition of slavery in the British West Indies, although on some islands, carnival celebrates the end of Lent. The annual Carnival includes pageants, shows, contests and festive activities and is a notable tourist attraction. Calypso and soca music are important in Antigua and Barbuda and Richard Anthony is a popular artist.

National Symbols of Antigua & Barbuda

National Flag: Yellow sun represents the dawning of a new era, Red (lifeblood of slaves forefathers and dynamism of the people), Black (the soil



and African heritage of the people), Blue (hope). The combination of gold and white represent the sun, sand and sea. **Coat of Arms:** The **Coat of Arms** compose The PINEAPPLE surmounting the arms represents the famous Antigua Black Pineapple. The red HIBISCUS flowers are symbolic of the many varieties that bloom in the Nation. The golden SUN and the wavy blue and white BANDS symbolize the Sea, Sun and Beaches. The central SUGAR MILL TOWER and the stem of SUGAR CANE echoes the historic production of sugar, once the main industry. The Century Plant or DAGGER POLE with its stem and showy golden yellow flowers was a part of the historic emblem of Antigua and the Leeward Islands. The two rampant DEER depict the only large animal within the Eastern Caribbean and that is unique to Antigua and Barbuda. **Motto:** The SCROLL bears the motto of the Nation. "Each Endeavoring, All Achieving (Motto),

National Flower: The Agave, Dagger Log or Batta Log (Barbuda), Agave Karatto Miller, **National Animal:** The European Fallow Deer, **National Fruit:** Antigua "Black" Pineapple, **National Tree:** The Whitewood, **National Bird:** Frigate Bird, Man-o'-War or Weather Bird, **National Sea Creature:** Hawksbill Turtle or 'oxbill, **National Stone:** Petrified wood, **National Dish:** Pepperpot and Fungie, and other dishes include Ducana, season rice, salt-fish and lobster, (from Barbuda). There are other local confectionaries which include: sugar cake, fudge, raspberry and tamarind stew. **Languages:** Official language of Antigua & Barbuda is English, but many locals speak Antiguan Creole. Barbudan accent is slightly different. Spanish is widely spoken in certain communities in Antigua where immigrants from the Dominican Republic make up large numbers.

Our Culture Cont' Historical Landmarks


Activities: Barbuda are appropriately relaxed, including beachcombing (on the northeastern Atlantic coast), fishing and hunting and, at the island's resorts, golf, tennis, snorkeling, diving, or simply soaking up the sun and the calm. Points of interest include the Frigate Bird Sanctuary, the truly noteworthy pink and white sand beaches, and an abundance of shipwrecks and beautiful reefs. Barbuda can be reached easily from Antigua, either by air (a 20-minute flight, twice daily) or by boat (in three hours). The island is home to the luxurious K-Club, Coco Point Lodge and Hotel Palmetto resorts, as well as to a number of other hotels and comfortable guest houses.

Sports: As many commonwealth countries, cricket is the most popular sport in the Caribbean. The 2007 Cricket World Cup was hosted in the West Indies from 11 March to 28 April 2007. Antigua hosted eight matches at the Sir Vivian Richard Stadium, which was completed on 11 Feb. 2007 and can hold up to 20,000 people at full capacity. Antigua is also a Host of Stanford Twenty 20/20 Cricket, a version started by Allen Stanford in 2006 as a regional cricket game with almost all Caribbean islands taking part. Viv Richard, (Antiguan) and scored the fastest Test Century and Brian Lara (Trinidadian) twice scored the World Test Record at Antigua Recreation Ground. Among other famous cricket player is Anderson "Andy" Roberts, and Richard "Ricky" Richardson. Antigua has a national football team (also known as soccer). They are trained from the young age and has produced a few fairly adept athletes including: Janill Williams, Sonia Williams & Heather Samuel, have represented Antigua & Barbuda at the Olypmic Games. Others are Brendan Christian (100m, 200m), Daniel Dailey (100m, 200m) and James Grayman (High Jump).

St. John's: The capital city and main port of Antigua & Barbuda. It was raised to the dignity of a "city", when a diocese was created. It was laid out on a grid pattern in 1702, but the streets are rather narrow for today's vehicles. As you drive through the beautiful Antigua, there are a few interesting historical sights you may want to visit: **St. The Cathedral** (a 'building within a building' for the interior is encased in pitch pine intended to secure worshippers in case of earthquake, opened for service in 1846, it was said to be 'more like a pagan temple with pepper pot towers'), **The Museum of Antigua & Barbuda:** (old Courthouse of 1749, the museum tells of Antigua & Barbuda's history), **Redcliffe and Heritage Quays:** (urban renewal with shops and restaurants set on St. John's Harbor), **Fort James:** (A large fort at the entrance to St. John's Harbor, original ten great guns are still in place), this is the only fort in Antigua where the They date to George III's reign and survived a scrap iron collection of 1869. Eleven men were required to handle one of these 2.5 ton guns that discharged a shot 1.5 miles distant. There is an inner fort, soon to be restored where an interesting detached kitchen may be entered. **Nelson's Dockyard:** This heritage landmark is the only remaining naval dockyard in the world designed to maintain wooden sailing warships of olden times. It was started as early as 1725, though it had been used as shelter from the mid 17th century. The first recorded ship at English Harbor, anchored to survive a hurricane, was a yacht. It was a naval ship chartered to the King for the use of his Governor of the Leeward Islands. **Betty's Hope Sugar Plantation:** The first large sugar plantation on Antigua, site where one of the two sugar mill towers has been fully restored complete with sails. With a small interpretation centre, this heritage landmark is well worth a visit. Betty's Hope was one of the earliest sugar plantations, dating to 1651. In 1990, restoration began. Today about 112 sugar mill towers still dot the countryside of this independent nation, reminding us of the days of slavery under 'King Sugar' Betty's Hope was built by Sir Christopher Codrington, who came to Antigua in 1674 from Barbados, and was named for his daughter.


Shirley Heights: (c. 1780- c.1850) this military complex, within a short distance of the Dockyard, is not named after the fairer sex, but after Sir Thomas Shirley, Governor of the Leeward Islands, who strengthened Antigua's defenses in 1781. Britain had lost all her West Indian colonies (including North America) at this time except Antigua and Barbados. Much effort, therefore, was put into Antigua's defenses, mainly because of the island's great sugar producing value and the important Dockyard. Shirley Heights may be divided into three sections: **(Dow's Hill, The Ridge and Artillery Quarters, Blockhouse, The Lookout:Clarence House:**—A Georgian residence. built for the Commissioner of the Dockyard in 1806. At the present time it is not open to the public as it is being rebuilt after a recent hurricane, but the view of English Harbor and the Dockyard is superb. From about 1820 it became to be known as Clarence House. The house was then being used by the Governor of the Leeward Islands as his country residence. This Georgian country house was built for the Commissioner of the Dockyard in 1806. **Falmouth:** A village near English Harbor has been the first town of Antigua. In 1672, it possessed the only church of the island, which also served as a courthouse. Above this village is the famous Fort George on Monk's Hill built from 1689 to about 1730. It was a place of last refuge against the attacks of Caribs and other European powers. **Liberta:** This is a large village on the way to St. John's, so created and named after the emancipation of the slaves in 1834. Freetown is another village with a name associated with freedom. **All Saints:** Another large village in the centre of the island. Here four parishes named after a Saint converge. This gave rise to the naming of All Saints Church in the 19th century. Later houses began to be built around the church. Nearby was Freeman's Estate (Jonas) where many Date Palms were supposed to have been introduced from Africa in the colonial times of the 18th century. **Devil's Bridge:** On the eastern coast, a natural area. This is a remarkable example of natural sea-water erosion. A bridge was geologically created when a soft part of limestone was eroded by the Atlantic Ocean. The foaming breakers below are impressive. In the days of slavery it was said that slaves came here to commit suicide, the **devil** having got into them.

Heavenly Hill Gallery (Antigua) The largest Gallery of original local Antigua art in the country. As you can see Antigua & Barbuda is truly a beautiful and historian island to visit. For more info visit <http://www.geographia.com/antigua-barbuda>





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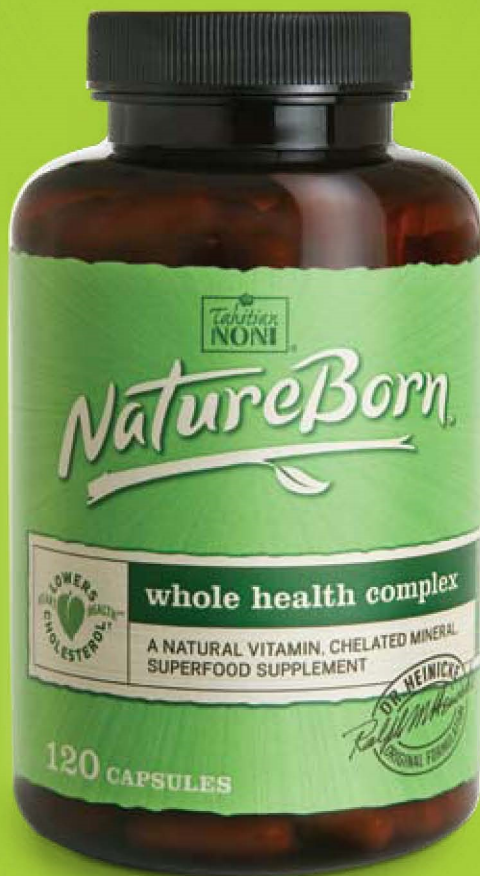





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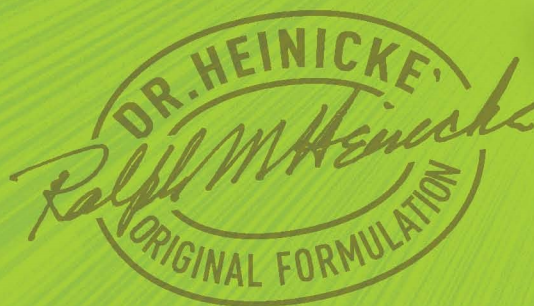


BENEFITS

- Natural formula provides all the extras you won't get from artificial sources.
- Lowers your cholesterol.†
- May reduce the risk of cardiovascular disease.†
- Helps you maintain a healthy heart.*
- Supports the immune system.*
- High in antioxidants.*
- Naturally bioavailable.
- Unique proprietary Tahitian Noni™ Antioxidant Blend. Gives you the crossover health benefits of noni.
- 100% vegetarian formula.
- 100% animal-free.

for more info:

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"I have studied plant physiology all my life, and Tahitian Noni NatureBorn™ is the result of my passion to create the perfect daily supplement. There is no comparison to this product."

Dr. Ralph Heinicke
Grandfather of Noni Research

For further information please contact Calvin Swan at (904)705-7280
Michelle Allman * Theo Jack

ID # **2232910**

†Foods or dietary supplements containing at least 400 mg per serving of free phytosterols (plant sterols) taken twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily serving of Tahitian Noni NatureBorn™ Whole Health Complex (4 capsules) contains 800 mg of plant phytosterols. When combined with TAHITIAN NONI® Juice, Tahitian Noni NatureBorn can help you maintain a healthy heart. In fact, clinical studies show that drinking three to four ounces of TAHITIAN NONI Juice per day helps maintain a healthy heart.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

To order, visit www.NatureBorn.com



ANTIGUA



Barbuda



On November 7, 2008, the Antigua & Barbuda commemorated their 27th year of Independence. Bevon Dabrio (President), says she is very proud and honored to be the first female president of the Antigua & Barbuda Association of Central Florida. Her efforts have been greatly supported by her members and the Caribbean community. In 2009, they will continue to fight, and embrace changes in the larger society, and be prepared to encounter the same struggles other organizations face. They do believe change will come from within. In 2008, they have met their charitable mission by making contributions to Antigua & Barbuda, and as well as in the Central Florida community. In August 2008, they adopted Buckley's School in Antigua by sending school supplies for all the students, donated two barrels of clothes to St. John's Hospice (Antigua & Barbuda), *Fashion Encore*.

KUOM has had the opportunity to get to know Bevon, who share a bit about how the association got started and what's coming in 2009.

KUOM: When did your Association started here in Central Florida and who were the original members?

BEVON: The association started in 2000, and the first president was Dr. Peter Lewis, and original members as follows: Vanier Hastings, James and Mona Merchant, and John David. As of now we

have 50 active members.

KUOM: What's in-store for 2009 for your association?

BEVON: In the near future we will make donations to families here in Central Florida. Also, this year's calendar is filled with activities and aspirations. These activities include sponsoring a school in Barbuda, a toy drive, and outreaching to, and collaborating with, other Antiguan associations. We will also continue supporting our Antiguan and Barbudans at home.

KUOM: What sets you apart from other organizations?

BEVON: We are a very diverse group including, young, old, male and female. We also have a female president. Everyone has the opportunity to be part of the leadership team.

KUOM: What would you like to see more of with other Caribbean Organizations in Central Florida?

BEVON: More cultural activities for our young people.

KUOM: What is Antigua & Barbuda motto?

BEVON: Each endeavoring, all achieving.

KUOM: What is your national food dish?

BEVON: National dish pepper pot and Fungie. Other local dishes include ducana, season rice, salt fish and lobster (from Barbuda). There are also local confectionaries which include: sugar cake, fudge, raspberry and tamarind stew and peanut crunch.

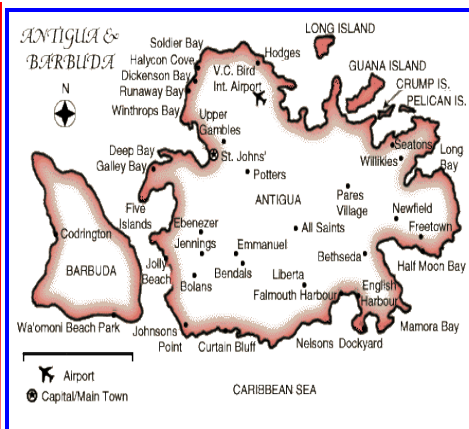
KUOM: Is there anything (topics/story) you would like to see in KUOM that we can share with our readers?

BEVON: I would like for KUOM to feature one of our youths making stride and or motivational stories on individuals in each Magazine.

KUOM: Is there anything you would like to share that I have not covered and you want everyone to know?

BEVON: This is a media that is needed for our people, keep doing what you do KUO Magazine.

Well Bevon, KUOM will be featuring more Caribbean youths, as well as our Caribbean people here in Florida. Please keep KUOM updated so we can be sure to let our readers known. Again, thank you for all you support and you're contributes to the Caribbean Community and back home.



Antigua & Barbuda Association of Central Florida Executive Board

Bevon Dabrio
President

Kimroy Mussington
Vice-President

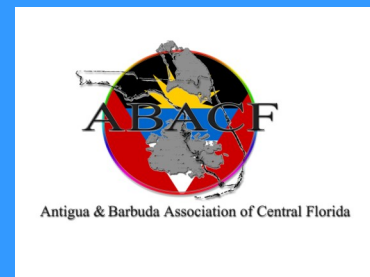
Joycelyn Royer
Secretary

Leeland Samuel
Assistant Secretary

James Merchant
Treasurer

Alphaeus Phillips
Public Relations

Lynette Job
Assistant PR



For

more info please contact

Bevon Dabrio
(407) 276-2118

Email: bevond@yahoo.com

Website: www.aba-cfl.org

Antigua & Barbuda

COAL POT

The **National Dish of Antigua and Barbuda** is Fungie (pronounced "foon-jee") and pepper pot. Fungie is a dish very similar to the Italian Polenta, and is almost completely made from cornmeal. Other local dishes include ducana, season rice, Saltfish and lobster (from Barbuda). There are also local confectionaries which include: sugarcake, fudge, raspberry and tamarind stew and peanut brittle. Although these foods are indigenous to Antigua and Barbuda and to some other Caribbean countries, the local diet has diversified and now include the local dishes of Jamaica (e.g. jerk pork), Guyana (e.g. Roti) and other Caribbean countries. Chinese restaurants have also begun to become more mainstream. The supermarkets sell a wide variety of food, from American to Italian. Meals also vary depending on social class. Lunches here typically include a starch, like rice/macaroni/pasta, vegetables/salad, an entree (fish, chicken, pork, beef etc.) and a side dish like macaroni pie, scalloped potatoes or plantains. Local drinks are mauby, seamoss, tamarind juice, raspberry juice, mango juice, lemonade, coconut milk, hibiscus juice, ginger beer, passion fruit juice, guava juice soursop juice ginger beer etc. Adults favor beers, malts and rums, many of which are made locally, including Wadadi beer (named after the original name of the island) and the award winning English Harbour Rum. Sunday is the main day most go to church in the country and is the day when the culture is mostly reflected in the food. For breakfast one might have saltfish, eggplant (aka troba), eggs and lettuce. Dinner on Sundays is eaten earlier (around 2:00 pm) because parents are usually off from work and can stay home and cook. It may include pork, baked chicken, stewed lamb, or turkey, alongside rice (prepared in a variety of ways), macaroni pie, salads, and a local drink. Dessert may be ice cream and cake or an apple pie (mango and pineapple pie in their season) or Jello.

Ducana

Ingredients

1 dry coconut, 2 lbs sweet potato, 2 – 2 ½ lbs flour, ¾ lb brown sugar, 6 cups water (some use milk), 3 teaspoons vanilla essence, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 teaspoon salt, ½ teaspoon black pepper, Banana leaves, sea-side grape leaves, or foil, (some people like to use raisins/currants as well, and others add a daub of butter or margarine)



Method:

1. Grate coconuts and sweet potato; add remaining ingredients and mix well to the consistency of a thick batter – the spoon should be able to stand in the mixture.
2. [If using banana or grape leaves, pass them through very hot water to soften them and allow them to fold easily – passing them over an open flame will also do the trick. However, if you don't have banana trees growing in your backyard, or if you prefer less of a production, using foil offers a much easier alternative and doesn't seem to affect the taste significantly.]
3. Spoon the mixture onto the middle of the leaf or foil, which should be cut into rectangles. You can control the size of the Ducana by the size of the leaf/foil, it's up to you.
4. Fold into a neat rectangular package, making sure the leaf/foil is big enough to properly encase the batter; and tie the leaf with string (no string necessary with foil).
5. Place into pot of boiling water, steam for about half an hour. Serve with Saltfish (codfish).

Note: Yield: at least a dozen but could be lots more, depending on how big or small you want them!

Peanut Crunch

Ingredients:

1 cup white corn syrup, 1 cup sugar, 1 1/2 cups chunky peanut butter, 10 ounces Special K cereal (about 9 cups, from a 12-ounce box), 1 1/2 cups butterscotch chips, 3 cups chocolate chips, 1 cup unsalted chopped peanuts



Directions:

1. Preheat oven to 325 degrees.
2. In saucepan, mix together corn syrup and sugar. Heat to almost boiling, stirring constantly. Remove from heat and add peanut butter. Stir until well blended.
3. Pour cereal into large bowl. Pour hot peanut butter mixture over cereal in bowl and gently toss until well mixed and cereal is coated.
4. Spread in ungreased 13-by-9-inch pan, leveling top and pressing into corners.
5. Sprinkle butterscotch and chocolate chips over top, distributing evenly. Place pan in warm oven, then turn oven off. Let pan sit in oven with door closed for about 10 minutes so chips melt. Remove from oven and spread melted chips over top of bars. Sprinkle with nuts. Cool completely, then cut into 20 (2 1/4-by-2 1/2-inch) rectangles. Then cut each rectangle in half to make 2 triangles. Makes 40 bars.

Pepperpot & Fungie



The national dish of Antigua and Barbuda is Fungie (pronounced as foon-gee) and pepper pot. Fungie is a dish that is similar to the Italian Polenta, and is almost completely made from cornmeal. Fungie & Pepperpot is a thick rich vegetable stew that is made with yam, salted meat, served with Antiguan's famous fungi. Last, but certainly not least, Fungi (pronounced FOON-ji) is a cooked cornmeal paste, similar to Italian Polenta Pasta. The national dish is Fungie which is (pronounced as foon-gee) and pepper pot. ast, but certainly not least Fungie is a local delicacy.

Ingredients for Corn Meal Fungie

4 cups water, 2 cups corn meal, 1 tsp salt to taste, 6 okras, cut into small pieces

Fungie Preparation

1. Place water, okra and salt in a pan. Bring to boil until okras are cooked. Remove half the liquid. Stir with a wooden spoon. The corn meal is mixed to a pasty batter by adding cold water then stirring & mixing this.
2. Add wet corn meal. Reduce the heat, stir continuously with a wooden spoon until mixture becomes fairly stiff.
3. When the mixture breaks away cleanly from the pan (i.e it does not stick), the fungie is ready. Butter a bowl, turn the mixture into the bowl, shaking it into the shape of the bowl, then turn it out into a serving dish. Serve hot with Pepper Pot, boiled fish or stew.



Ingredients for Pepper Pot Preparation

2 cloves of garlic, chopped, Vegetable oil, meat scraps (pieces of meat, bones & skin), 4 cloves, cut, 2 medium onions, chopped, 4 tbsp ketchup, 4 tbsp margarine, 1 bunch thyme, 1 bunch chive, 1 lb spinach, chopped, 2 cups fresh green-peas, 4 fresh green eddo leaves, 1 lb antrobers (eggplant), peeled & cut, 1 lb okras, chopped, 1/2 lb pumpkin, peeled & cut, 1 lb salt beef, chopped 1 lb pig snout (optional), cut 1 lb green papaw, cut 3 small squash, cut 1 tbsp salt 1 tsp pepper

Fungie Preparation

1. Place water, okra and salt in a pan. Bring to boil until okras are cooked. Remove half the liquid. Stir with a wooden spoon. The corn meal is mixed to a pasty batter by adding cold water then stirring & mixing this.
2. Add wet corn meal. Reduce the heat, stir continuously with a wooden spoon until mixture becomes fairly stiff.
3. When the mixture breaks away cleanly from the pan (i.e it does not stick), the fungie is ready. Butter a bowl, turn the mixture into the bowl, shaking it into the shape of the bowl, then turn it out into a serving dish. Serve hot with Pepper Pot, boiled fish or stew.

Pepper Pot Preparation

1. Wash all leaves and vegetables in salted water. Place cut vegetables; eggplant, squash and leaves to soak in fresh water Cook salted meat in water with no salt for 10 minutes.
2. Remove and drain. Heat vegetable cooking oil. Add salt meats. Fry for about 15 minutes, add onions and fresh meats. Fry for another 5 minutes.
3. Add all vegetables, except peas. Stir. Add just enough water to cover and cook the vegetables till tender. When the vegetables and meat are cooked, add the peas along with all seasonings.
4. Allow all ingredients to simmer under low fire for approximately 15 minutes or until thick. Serve with okra fungie rolled in butter or margarine.
5. Antigua's Fungie is Barbados' Cou cou. If you're vegetarian or do not eat red meats, you may omit the meats from your preparation. Recipe courtesy of Antigua & Barbuda Board of Tourism.



DJ Tobago presented Orlando's Own



Mad Hatters Dance



December 27, 2008 @ D'HUT



Michelle, Sista Sharon, Peter



Winners of the Mad Hatter's



Mad Hatters Judges



Our DJ Spotlight Korner

Powerline Soundsystem HD with DJ Dougla & Yvette

DJ Dougla & Yvette @ Miami Carnival 2K8



Powerline Soundsystem HD "Orlando's Own Mover and Shaker"

This husband and wife team, are part of a dynamic DJ family based in Orlando. Powerline Soundsystem HD is a complete package of pulsing music for all ages, great customer service and community spirit. Originally from Tacarigua, East Trinidad, DJ Dougla, the last of eleven children comes from a family of DJs who every Carnival hosted the largest bar in Tunapuna, opposite Royal Castle. "The first time I played a record I was 10" says Dougla, and his interest was fostered by his older brothers Roland, Bam and Krishna/ DJ. Coolman Birdie who allowed him to tag along to all their parties, which helped him understand the sound system.

"Growing up, my experience as a DJ came from being part of a three DJ system playing at parties which were held at the Community Centers," says Dougla. "I grew up in a home with parents who did not segregate, but taught us to be inclusive of all races and cultures; this was reflected in our friends. They understood that it takes a village to raise a child," says Dougla, reflecting on a family that he is very proud of.

"My brother Roland came up with Powerline Sounds, because our home in Tacarigua is right next to a major power line that feeds electricity to over fifty homes in the area. However, I've always had the name DJ Dougla, and from 1989 to 2000, I played with DJ Lalo," says Dougla, who considers DJ Lalo as "The Godfather of DJ Soundsystem", and one of the major influences in his life, along with his brother Roland, Productions Sounds, Shortman Kello and Rocking Eldon. In 1991, Roland migrated to New York and Dougla followed in 2000 to Orlando, with no intention of going into music, because he says "It took up a lot of my time". He inevitably was drawn back into it, because Roland, who by then had



DJ "Godfather" Lalo & DJ Dougla

moved to Orlando, began hosting house parties every Friday and over the weekend, they would go to clubs to check out the scene, which did not impress them. It was on one of these jaunts that he met future wife, Yvette.

Along with his family BIC Sounds, who was launched in 2000, Dougla checked out the Orlando and Miami Carnivals that same year. To prepare for 2001 Orlando Carnival, "We had a T Shirt Band, and had to convert records to CDs, and Yvette, Avin and his wife Tina played a major role during that time" says Dougla. That same year, with encouragement and preparation, they launched Powerline Sound Systems in late 2001 in their first Caribbean Halloween Party which is now the largest in Orlando. They soon began playing at Cairo's in downtown Orlando, "We had to take eight crates of records and turntables up to the rooftop" says Yvette.

"Right after the Carnival, Roland, Yvette, Tina and Avin wanted to have their own sound," says Dougla. "We began shopping around for a system and could not find a good one, so after a telephone conference call with DJ Lalo, he sent us a complete system from Trinidad." Powerline Sounds began broadcasting on 16:80AM and Heat 96.1FM along with Leon Coldero, Natural Mystic and DJ Z. Before long, all the major parties in Central Florida were headlined by Natural Mystic, DJ Z, Danny Boy and Powerline Sounds, as well as many weddings and private parties. For Orlando Carnival 2002, they placed their first DJ truck on the road and won Best DJ and Best Sound System, repeating this triumph over most of the following years along with other accolades from various Carnivals all over Central Florida.

They were represented last year for Miami Carnival and New York's Labor Day, and continued to work in partnership with DJ Lalo. "Anywhere you see a Lalo banner flying, Powerline is also represented, because we maintain a coalition" says Dougla. They have also added DJ Nigel, Papa Rocky, and engineer, Bobby who also works with DJ Lalo.

In 2005 after discussions with DJ Renny and the Ultimate Kemis, HD was added to their name, after a change in equipment which brought a crisper, clearer sound. "We have also added Audio One, who bridges the gap to the youth and Yvette handles all aspects of marketing the business." Dougla believes in giving back to the community and this is done through their annual Family Day and contributions to non-profit organizations. They also helped to kick

off the annual Curry Duck competition, along with Vani of D-Hut Restaurant, and Powerline Sounds HD has been the official DJ for Orlando Island Boys events since 2003.

"Powerline does not pull rank -- we see everyone for who they are as individuals; and we maintain a great relationship with our fans, fellow DJs, sponsors and the public," says Dougla "We have respect for DJ pioneers such as DJ Tobago, Sweetman Chris and DJ Spice of Tampa." Dougla goes on to say "We try to bring people together through our music and the events we host. We help younger DJs find their way through showing them how to use the equipment and giving them the opportunity to play." Some of the DJs who have benefitted from this are Unique Sounds, Nelly, V-Tek, E2, DJ Stylz, DJ Static and Back to Back Entertainment. "Everyone is a part of the HD Family and Powerline Sounds" says Dougla. "In the future, our DJs will continue to maintain the legacy of Powerline Sounds HD, with performances at more corporate events and more involvement in T&T Carnival, while Audio One does the clubs." Currently Powerline Sounds HD can be heard on 12:20AM between 1:30 - 3:00pm and they can be contacted at powerlinesounds@hotmail.com and www.myspace.com/powerlinehd



DJ Roland & DJ Audio 1

Written by: DJ Dougla, Yvette (Powerline) and Lyma Dunbar (KUOM)

Photos provided by: Powerline Soundsystem HD



Dahlia Hayles (Pre-Paid Legal Svcs)



Lenny Morgan (Pannist)



Dr. Pam Lewin (Univera)



Bunny Rugs of Third World



Norma Henry-Robertson
(MaryKay Cosmetic)



Jamaican Children's Heart Fund, Inc.



Michelle & Gloria - KUOM



Bunny Rugs & Lyma Dunbar



Gloria (KUOM) & Val (GAECO)



Judy Bullen (CAAF of Ocala)



Life & Water Purification Technology



Randy McLemore's
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Break Away Moments Motivational Moment



On Wednesday, November 3rd, Sandy Isaac of "Break Away Moments" presented a "Motivational Moment" at the Orlando Repertory Theatre. Other companies who were not shown in these pictures are: Air Jamaica, Jamaica Tourist Board, Jamaican-American Association of Central Florida, Caribbean View TV



Gordon Hunt & Dave Lewin



WOKB 1680AM - Jammin Radio
CountryMan & Phayz



Judy Bullen "J Ann Bliss Jewelry"



Lyma Dunbar, Rev. Henry & Pauline Baxter



OUR

EDITOR'S

KARIBBEAN 2 KARIBBEAN



Opposition leader criticizes Antigua-Barbuda PM for delay in inviting election observers: **ST JOHN'S**, Antigua: The political leader of the Antigua Labor Party (ALP), Lester Bird, has criticized Prime Minister Baldwin Spencer for the delay in inviting overseas observers to monitor the upcoming general elections. The ALP leader said that democracy in Antigua and Barbuda was already compromised. **Commentary: Capitalizing on president-elect Obama's victory:** When the Prime Minister of Antigua and Barbuda responded to president-elect Obama's world-historic victory by declaring that the nation's highest mountain, Boggy Peak, will be renamed Mount Obama, Baldwin Spencer created a controversy that was felt by many on the ground and in the Diasporas.

Successful test on Cuban candidate vaccine against prostate cancer: **CAMAGUEY**, Cuba (ACN): The first phase of the clinical assay for a candidate vaccine to fight hormone-sensitive prostate cancer has been approved by Cuba's State Pharmaceutical Quality Control Center. The test reported a safety impact and good therapeutic activity against the second cause of death.

Barbados Leads CARICOM nations in economic freedom: Barbados' overall score is well above the global average, which means, according to analysts of the annual report, that "transparent policies and effective laws concerning entrepreneurial activity are reflected in high ratings in business freedom, property rights, and freedom from corruption". (Photo: SunnyBarbados.net)

Residents affected by flooding in Guyana relocated to temporary shelters: **GEORGETOWN**, Guyana: The disaster response body in Guyana, Civil Defence Commission (CDC) is now relocating affected residents of the Mahaica, Mahaicony and Abary creeks on the east coast of Demerara to temporary shelters, as flooding in these areas worsen, more rains are predicted in the coming days.

Trinidadians Scotland and Jones on target in England: **LONDON**, England: Trinidad international strikers Jason Scotland and Kenwyne Jones were both on the score sheet in English football leagues on Saturday. Jones punched in a late second-half equalizer to help Sunderland win a precious point in their 1-1 draw at Middlesbrough in the Barclays Premier League.

Miami Carnival Appoints Ruthven Williams to position of Interim Chairman: **MIAMI**, Florida: At a Board Meeting held on Wednesday, October 29th, Ruthven Williams was unanimously appointed Interim Chairman of Miami Carnival. Ruthven will also continue to hold the position of Treasurer. A founding member of the West Indian American Day Carnival Association, the organization which staged Miami Carnival's first parade 25 years ago, "Rudy" is the only Board Member who was involved in the Association at that time. On Sunday, October 11th, 2009 Miami Carnival will celebrate its Silver Jubilee (25th Anniversary of Carnival in Miami). Miami Carnival thanks the City of Miami, Miami Dade County, the Caribbean Consular Corps, and the traditional Carnival sponsors for their continued support to make this bigger and better the will include repeat of the Mask-Querade/Black Tie Gala, the Kiddies Carnival, and a Caribbean Cultural Show, which will include the Kings, Queens and Individuals Competition, Steelband Panorama, and a Calypso/Soca Competition. To learn more about sponsorship, booth rentals or just general information, please call 305-653-1877 or visit www.miamicarnival.net. **Caribbean Festival:** The Bob Marley Movement of Jah People presents the 16th Annual Caribbean Festival scheduled to take place, Saturday, February 28th 2009 at Virginia Key Beach in Miami, FL. The festival is a charitable event that has raised over \$500,000 and collected over 1 million canned goods since its inception.

Americans offered winter escape to Jamaica: **NEW YORK**, USA (JIS): The Jamaica Tourist Board (JTB) launched a multimillion dollar marketing campaign in New York on January 6, which offers Americans seeking relief from the cold winter, a dream escape to the affordable island destination. It is dubbed "Jamaica Winter Rescue Programmed".

2009 Orlando Carnival: **ORLANDO**, Florida: Mark your calendars for Orlando Carnival, Memorial Day Weekend, May 22-May 24, 2009. The main event will be on Sunday, May 24th with a street parade, souvenirs, ethic food and much more. For more info, visit our website: www.orlandocarnivalassociation.com or call 407-293-2440 or 407-293-9994.

Turks and Caicos Premier complains of 'false and misleading statements' in the media: **PROVIDENCIAL-ES**, Turks and Caicos Islands: In an email on Sunday evening, the Office of the Premier in the Turks and Caicos took issue with what it referred to as a media article that "is totally false." It is assumed that Premier Michael Misick was responding to an article appearing in Saturday's edition of **Caribbean Net News**.

Puerto Rico's fiscal and economic reconstruction report made public by governor: **SAN JUAN**, Puerto Rico: Governor Luis Fortuño, turned over information to reporters on Friday received from the Fiscal and



Antigua Park Vendor

2008



The Committee

Orlando Caribbean
Domino Association
Christmas Toy Drive



The Caribbean & Floridian Assoc. of Central FL (CAFA)



CAFA Christmas Party

Maxi & Co. Christmas Toy Drive @ D'HUT



Orlando Powerstars

The Committee



Central Florida's Caribbean Organization "Christmas Celebration" 2008



Our Environment



Going Green Benefits You, Your Budget, Your Earth

The catch phrase *"Going Green"* is a fashionable statement to everyone all over the world. Although no exact definition for the words exists, there are interpretations of what it means and stands for. According to (*Going Green Web Guide, 2008*), Going Green means *"to pursue knowledge and practices that can lead to more environmentally friendly ecologically responsible decisions and lifestyles."* In relative terms, a mindset or practice of "Going Green" can help in protecting the environment and sustain its natural resources for current and future generations. Much of the impetus for "Going Green" is driven by economic challenges to the common individual, companies, industries as well as the government. Even though economically the transition of "Going Green" can cost more than one is used to, the money saved in the future as well as the benefit to the environment and society would prove to be a well planned investment. Presently, there are many different ways that people are pursuing the practice of "Going Green", such as: minor upgrades in households, transportation and recycling. No matter the location of an individual or company, the opportunity to take action in "Going Green" is available worldwide.

There are many examples of success from "Going Green" among local communities, companies and our government. Along with these successes are also those that have failed, due to the lack of education about "Going Green". It is essential for people to understand what it truly means to "Go Green" and the cost associated with it.

About two months ago members of KUOM had the opportunity to attend a presentation at D'Hut Restaurant about Shaklee Products. I must say it was very educational in learning that going green is not just about the environment, but there are products that can help our bodies to function in a healthier capacity. In this first segment, Anie Sakhichand (an Independent Shaklee Distributor) and myself, will educate and share tips that can make a huge difference in your health, your electric bills and most of all, your planet. I know that many of you are concerned with Global Warming and would love to do your part. Let's start by answering a few questions about things that we use on a day to day basis:

Q. Do I use Paper Or Plastic?

A. Most people answer this question saying paper, that is a wrong answer. Of course it is best not to use either, but there are times when we must. Use re-usable bags that you can buy online or from stores in your area. Keep your bags in your vehicle so that if you make an unexpected stop to purchase something you have your own bag with you. You can Google cloth bags and find a choice for yourself. Also, buy plastic plates that are 100% recyclable. You can wash them in an all natural dish detergent and use them over and over.

Q. Are Over the Counter Cleaning Products Safe?

A. Not over the cleaning products put toxins in your home, your children and your pets, they are also not environmentally friendly. Anie shared that she uses products (Shaklee) that are natural and organic, and these have no warning labels. This helps you to know that if your toddlers get into them, you are not going to have to rush them to the emergency room to have their stomachs pumped or call the poison control center. Women that work at home run a higher risk of cancer than women who work away from home. The risk is 54% higher. *Shaklee not only has all natural products they are also the first company in the world to be certified Climate Neutral meaning they leave no footprint on the planet.*

Q. Why Organic Produce?

A. Organic produce are grown with no pesticides, which makes it healthier for you and for the planet. It costs a little more, but it's well worth the price. You can find a place near to work or home where you can purchase organic produce. Local Harvest is a great place to look, type in your zip code to find a farmer near you.

Q. Aren't all Light Bulbs the same?

A. No. Buy energy efficient light bulbs. They are higher priced than the regular light bulbs you have been purchasing, but they last for 5-10 years, so the cost is minimal in reality. G.E. (General Electric) makes some great CFL bulbs. You will not only be helping the planet you will also find that you save on your electric bill. If everyone changed just one light bulb it would be equivalent to saving the carbon emissions on 800,000 cars. I switched all light bulbs in my home so I know this has made a huge difference to the planet (and to my electric bill)

Q. Water Consumption?

A. When showering or taking a bath spend less time in the shower and do not fill your tub to capacity when taking a bath. This will save a lot of water and if we all did this we could save enough water to ensure that everyone in the world could have water. Also, fill up your sink when shaving instead of running the water for the duration of the time it takes you to shave.

Q. Lighting a Candle, how can that effect our earth?

A. Most of us love to light candles to set a romantic atmosphere or just for the fragrances that it leave in the room. Why not use an all natural candle made from soy, they burn clean and clean up with soap and water. I know I love the smell of candles in my home and not to mention it help with a romantic evening.

If we all incorporate one of these tips into our daily life, the difference you make will be huge. Anie and myself do all the things we have listed. KUOM and Shaklee are very passionate about the planet and especially the health of our families. It is difficult in the beginning to make all these changes, but it becomes routine before long as anything you practice.

Now the question is: How passionate are you about your planet?



Anie Sakhichand

Shaklee's Nutrition, Personal & Home Care Products

Central Florida

Phone (407) 342-1481

greenmaidfl@aol.com

www.shaklee.net/greenmaidfl

For more information on going green, please contact:

Anie Sakhichand at 407-342-1481, email: greenmaidfl@aol.com or website: www.shaklee.net/greenmaidfl

Shaklee "Creating Healthier Lives, One Family at a Time"

OUR FYT's



Computers

Instead of throwing your old computer away, donate it. You can also find people that buy them to re-build them.



Where do I Recycle My TV?

On February 17, 2009, federal law requires that all television stations broadcast only digital format. Instead of buying a digital converter box, some consumers may choose to purchase new televisions that already contain digital tuners.

Instead of throwing out your old TV, consider the following:

- Used old televisions for games, videos or DVDs.
- Donate you TV to charity.
- Offer televisions through a local Freecycle group www.freecycle.org
- *Recycle it!*

How do I recycle my televisions?

TVs contain material such as copper, steel, circuit boards and plastic that can be recovered and resued. The Florida Department of Environmental Protection (DEP) has produced an interactive web-based map that enables citizens to find out where to recycle old televisions. To learn more visit www.dep.state.fl.us/waste/categories/electronics/pages/televisions.htm

More info go to <http://www.dtv.gov>

Exchange Rates

Anguilla (US \$1.00 = EC \$2.70)
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 Aruba ((US \$1.00 = AF \$1.79)
 Bahamas ((US \$1.00 = AF \$1.79)
 Barbados ((US \$1.00—B \$2.00)
 Belize ((US \$1.00 = B \$2.00)
 Bermuda ((US \$1.00 = BDA \$1.00)
 Bonaire ((US \$1.00—NAfl \$1.77)
 British Virgin Islands (US Dollar)
 Cayman Islands (CI \$1.00 = US \$1.20)
 Cuba (US \$1.00 = 1 Cuban peso Informal: US\$1.00 = 21 pesos)
 Curacao (NAF \$1.00 = US \$0.56)
 Dominica (US \$1.00 = EC \$2.70)
 Dominican Republic (US \$1.00 = DR peso \$16.00)
 Grenada (US \$1.00 = EC \$2.70)
 Guadeloupe (US \$1.00 = 6 French Francs)
 Guyana (US \$1.00 = \$180 (G) July 2000)
 Haiti (Gourde)
 Jamaica (US \$1.00 = \$35 Jamaican)
 Martinique (US \$1.00 = \$6.28 French Francs)
 Montserrat (US \$1.00 = ECD \$2.70)
 Puerto Rico (US Dollar)
 Saba (NAF \$1.00 = US \$0.56; US \$1.00 = Naf \$1.79)
 St. Barts (French Franc)
 St. Eustatius (NAF \$1.00 = US \$0.56; US \$1.00 = Naf \$1.79)
 St. Kitts (US \$1.00 = EC \$2.00)
 St. Lucia (US \$1.00 = ECD \$2.70)
 St. Martin & St. Maarten (Naf \$1.00 = US \$0.56; US \$1.00 = Naf \$179)
 St. Vincent & The Grenadines (US \$1.00 = EC \$2.70)
 Trinidad & Tobago (T&T Dollar)
 Turks & Caicos (US Dollar)

2009 Countries Independence Day

Grenada Independence Day	February 7th
St. Lucia Independence Day	February 22nd
Guyana Republic Day	February 23rd
Dominican Republic Independence Day	February 27th

2009 World Carnival Schedule

Date	City/Country	Website
Feb. 23-24	Aruba	VisititBerlin.de
Feb. 23-24	Trinidad & Tobago	CarnivalOnDeNet.com
Feb. 23-24	Rio de Janiero	BrazilCarnival.com
Feb. 23-24	Carriacou	N/A
Feb. 23-24	New Orleans	MardiGrasNewOrleans.com
Feb. 23-24	Dominica, WI	DominicaCarnival.com
Feb. 23	Guyana Mashramani	VisitGT.com
Apr. 18-20	Jamaica, WI	jamaicacarnival.com
Apr. 5-25	St. Thomas, (V.I)	Vlcarnival.com
Apr. 16-May 2	St. Maarten	StMaartenCarnival.com
Apr. 26-May 2	Cayman Islands	CaymanCarnival.com

Important Dates

Bob Marley Day in Jamaica	February 6th
Dominican Republic & Haiti Pan-American Day	April 14th
Barbados—National Heroes Day	April 28th

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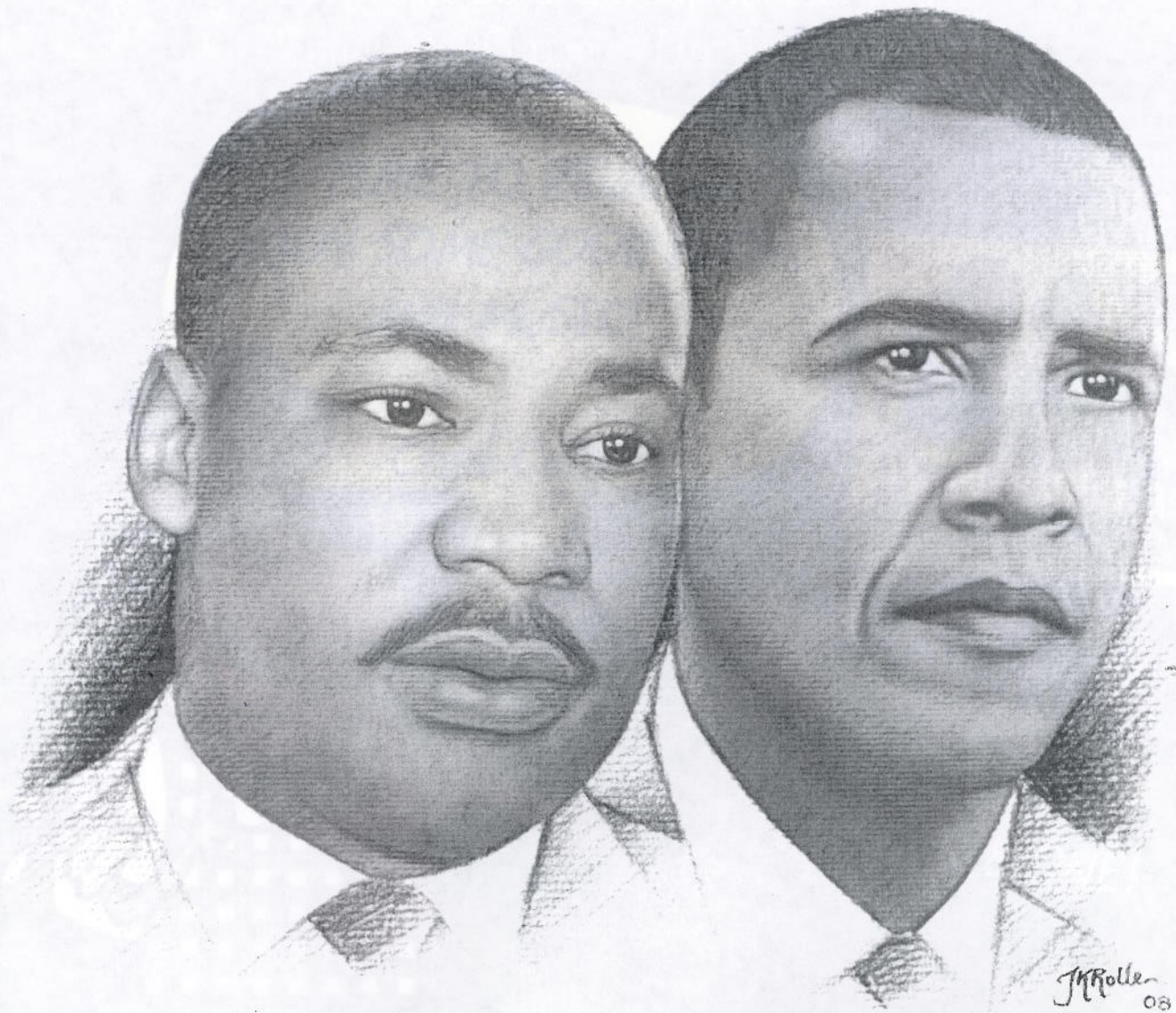
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“I HAVE A DREAM”

Martin Luther King 1968.



I AM THE DREAM!

Barack Obama 2008.

JH Roller 08

Our Family

New Changes!



At midnight on January 1st 2009, our county was no longer the same. Many of us paused and gave thanks for God's blessings to our nation, our lives and our families, because this New Year is full of changes. God has given us a new breed, one that will not succumb to conformity, and one that will lead by example. Now we will be able to stand up, rather than compromise our beliefs and faith.

As we look back at what has happened in our world last year, we have seen an economic downturn that some have called the most serious since the **Great Depression**. We have seen the destruction due to hurricanes to people here in Central Florida and the Gulf Coast. The increase/decrease and again increase of gas prices, companies closing, crimes going up, homes going into foreclosure, due to folks losing their jobs and struggling with their finances, leaving us wondering which way to turn. We've seen a long political campaign season culminate into the historical election of the First African-American President of the United States "Barack Obama". Some are worried about what the future holds. Many are hopeful, even excited about what lies ahead. I don't know about you, but this election has brought a new understanding of what freedom, faith, integrity and unity means to me.

Even though there may be uncertainty in 2009. I believe this will be the year of new and positive changes with the election of our 44th President, Barack Hussein Obama. He will face many challenges. He has the ingredi-

ents of the people and a wonderful family to support him along the way. This historical event is more than just believing in your heart, but standing up for what you believe in. I was reading an article online by Susie Madrak, which I found very interesting, that I would like to share with you. She says, President Obama's Step-Grandmother brought him an oxtail fly whisk, a mark of power at home in Kenya. Cousins journeyed from the South Carolina town where the first lady's Great-Great-Grandfather was born into slavery, while the rabbi in the family came from the synagogue where he had been commemorating Martin Luther King's Birthday. The President and First Lady's siblings were there, too, so were his Indonesian-American half-sister, who brought her Chinese-Canadian husband, and her brother, a Black man with his Caucasian wife.

This year when President Barack Obama was sworn in on Tuesday, January 20th, he was surrounded by an extended clan that would have shocked past generations of Americans and instantly redrew the image of a first family for future ones. As they convened to take the family's final step on their journey from Africa into the White House, the group seemed as if it had stepped out of the pages of Mr. Obama's memoir — no longer the disparate kin of a young man wondering how he would fit in, but the embodiment of a new president's promise of change. For well over two centuries, the United States has been vastly more diverse than its ruling families. Now the Obama family has flipped that around, with a Technicolor cast that looks almost nothing like their overwhelmingly white, overwhelmingly Protestant predecessors in the role. The families that produced Barack and Michelle Obama consist of Black, White, Asian, Christian, Muslim and Jewish. They speak English; Indonesian; French; Cantonese; German; Hebrew; African languages including Swahili, Luo and Igbo; and even a few phrases of Gullah, the Creole dialect of the South Carolina Low Country. Very few are wealthy, and some — like Sarah Obama, the Step-Grandmother who only recently got electricity and running water in her metal-roofed shack — are quite poor. "Our family is new in terms of the White House, but I don't think it is new in terms of the country," Maya Soetoro-Ng, the president's younger half-sister, said last week. ***"I don't think the White House has always reflected the textures and flavors of this country."*** Now, many of us can look at this First Family and see themselves. What a wonderful thing!

On behalf of KUOM, we wish President Obama and his family God's blessings. Remember, by keeping God in our lives, we can accomplish anything! President Obama, Martin Luther King had a **Dream** and now you are that **Dream** America needs.





Angela Maddox

Assistant Branch Manager



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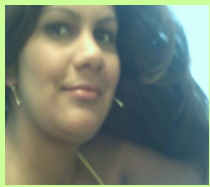
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Our Beauty/Fitness



I am an independent distributor for Shaklee Corp. Have you ever heard of the **Shaklee Corporation**? The **Shaklee Corporation** develops and sells environmentally friendly products ranging from vitamins, diet aids, and cleaning products. The products

are actually pretty great. Shaklee has been around for 50+ years and is one of the oldest and longest running multi-level marketing programs stand behind their products 100% money back guarantee. We are an organization that provides a healthier life for everyone and a better life for anyone who wants it. I want to thank Karibbean Under one Magazine for the opportunity to share these valuable information with you.

Make-up: So we all use makeup to enhance our appearance, as with other personal-care and cosmetic products, conventional mascaras, eyeliners, and makeup foundations – liquids, gels, powders-container a bewildering array of synthetic chemical, many of them know to be potentially toxic or even carcinogenic. And since most of them

have fragrance added. They contain phthalates as well. Recently, all-mineral makeup have begun to appear on the market that are hypoallergenic and contain no perfumes, preservative mineral oils, dyes, or talc (which can be dangerous when inhale). Since you dust them on, these products are sheer and don't clog pores, so you skin can breathe. In addition, those containing some zinc oxide provide a degree of protection from the sun.

One additional advantage of mineral makeup is that they don't contain things that can feed bacteria. How many of us have cosmetic drawers that are a bit like our refrigerator-filled with bottles and jars and tubes of unknown age?

Every time you use your conventional makeup, it's exposed to bacteria on your skin. The older the makeup is, the more likely it is to be loaded with germs. Researchers suggest you get rid of foundation after a year and mascara after six months.

They also suggest you wash makeup sponges in warm, soapy water at least once a month. **Reusing the makeup sponge a couple of times is also a good way of recycling until it's time for a new one.** With respect to mineral makeup, though, let me offer one small warning: Avoid any that contain bismuth oxychloride, which is a known irritant.

Here are a few safe makeup brands; there is more every day. Again, this isn't an endorsement, just a suggestion of the better choice available.

Shaklee, shaklee.net/greenmaidfl
Aubrey Organics, Aubrey-organics.com
Dr. Hauschka Skin Care, drhauschka.com
Ecco Bella, eccobella.com
Mode, modecosmetics.com

Our Health



Lipstick: We've heard about lead in children's toys in the media recently and how quickly toymakers have yanked those products off the market when the lead was discovered. But lead in

lipstick doesn't get either the same kind of media play or the same kind of rapid corporate response. Millions of women unwittingly smear lead on their lips every day. The consumer organization Campaign for Safe Cosmetics recently hired an independent laboratory to test red lipsticks bought in Boston, Hartford, San Francisco, and Minneapolis. Why red? Because that's the color where lead is naturally more present.

The results were sobering. Of thirty-three brand-name lipsticks tested, 61 percent contained detectable levels of lead, with levels ranging from 0.03 to 0.65 parts per million (ppm). Without a study like this you have no way of knowing how much lead is in the lipstick you use; it's never listed as an ingredient.

Is the amount of lead in lipstick significant? That's hard to say, but here's one way of looking at it: One-third of the tested lipsticks exceeded the FDA's 0.1 ppm limit for lead in candy.

Well candy, sure! But who eats lipstick, after all? Answer: We do. Any woman or girl who uses lipstick does. Here is a challenge for you: You know those dress up play set you buy for your little princess that contains lipstick? Have it tested just for argument sake and tell me if you will every put that product in that little angels hand again. I will be happy to hear from you greenmaidfl@aol.com

Article by: Anie Sakhichand

LET'S GO GREEN! with Shaklee

Glamor magazine figures that average woman inadvertently consumes some four pounds of lipstick in a lifetime. We do it simply by eating, drinking, and licking our lips. Lead is a proven neurotoxin. What's more, it accumulates in the body over time. Even very small exposures add up. That's why it is understood now that there is no "safe" level of exposure to lead.



If you're pregnant, lead can cross the placenta and may enter your unborn baby's brain. Lead has been linked to miscarriage, reduced fertility in men and women, hormonal changes, menstrual irregularities, and delays in the onset of puberty, among other health problems. Please be careful we only have one body.

Fitness: Have you exercised today?

Well, the truth is that if you have been sedentary you can join the growing number of Americans with expanding waistlines. Include fitness into your daily schedule they can help enhance your health, lose weight, reduce stress and improve mood. The Dietary Guidelines for Americans want Americans to aim for fitness, which means engaging in physical

activity every day.

The US Surgeon General, however, has raised the bar and now wants everyone to exercise an hour a day. Why not be active every day, any way you can? For example, you could work in your vegetable garden, walk the dog, play hide and seek with your children, take the stairs instead of the elevator or walk to the store instead of driving. The bonus is that regular exercise can help you control your weight because it helps balance the number of calories you eat. And, energy balance is important for kids and adults alike.

I am not a breakfast person so instead of skipping breakfast I whip up a quick shake, I add 2 scoops of Energizing Soy Protein from (Shaklee) to one cup of organic milk and I am good until 1:00pm. To add some kick to it I add some fruits of my choice and a couple leaves of fresh mint grown in my back yard. The best part it taste like dessert - Oh so delicious!

How to Control Diabetes the National Way: One of the more promising

supplements is a common household spice: Cinnamon (*Cinnamomum cassia*). Some research studies suggest that supplements of cinnamon extract can lower blood glucose levels in

people with type 2 diabetes.

For more information please contact:
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Women and Osteoporosis

What is Osteoporosis?

Your bone is living tissue like your liver or kidneys. Bone is constantly renewing itself; old bone is taken away and replaced with new bone.

With osteoporosis, cells that break down bone work faster than cells that regenerated bone. While you may not feel it happening, osteoporosis can make bones weak, brittle and vulnerable to fracture.

Osteoporosis is the most common type of bone disease. There are currently an estimated 10 million Americans suffering from osteoporosis, as well as another 18 million who have low bone mass, or Osteopenia.

Bone loss can start right after menopause. In fact, women can lose up to 20% of their bone mass in the first 5 to 7 years after menopause. Nearly three times as many women have osteoporosis than reported having the disease.

Symptoms of Osteoporosis

There are no symptoms in the early stages of the disease.

Symptoms occurring late in the disease include:

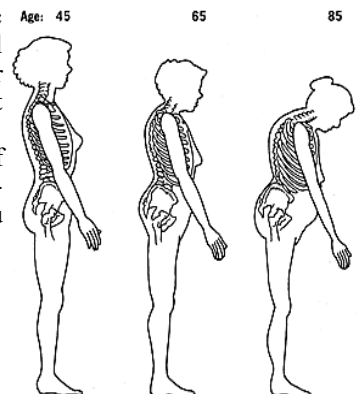
- Joint pain and tenderness
- Swelling
- Warmth over the affected joint

Normal Bone

osteoporotic fractures were reported at \$14 billion and this cost is rising. The impact of osteoporotic fractures on patient health and quality of life as well as their rising cost make prevention of fracture the primary goal for diagnosis and treatment of osteoporosis. Osteoporosis is a systemic skeletal disease characterized by compromised bone strength, increasing bone fragility and susceptibility to fracture. (NIH consensus development panel on osteoporosis prevention, diagnosis, and therapy. Osteoporosis prevention, diagnosis, and therapy. Bone strength reflects the addition of bone density and other bone qualities including architecture, turnover, and mineralization (NIH consensus development panel). The deterioration of bone, as shown by the thinning of the trabeculae and loss of horizontal cross struts, is illustrated on the right. The World Health Organization (WHO) defines osteoporosis as a bone mineral density (BMD), reported as a T-score of 2.5 or more standard deviations (SD) below the mean peak value in young normal adults of the same sex. Vertebral fractures are the most common fragility fracture and can lead to significant morbidity. In addition, following a hip fracture, there is a 10%-20% mortality over the subsequent 6 months, and approximately 50% of patients with hip fractures are able to regain their pre-fracture mobility. Most patients are asymptomatic until the disease is advanced and multiple vertebral fractures have occurred. Therefore, there is a need for early screening, diagnosis, and intervention to prevent fractures.

So ladies, schedule an appointment with your doctor if you haven't already to see what treatments are available for you. Get plenty of exercise and make sure you have enough calcium in your diet.

Osteoporotic Bone



Women Shrinking

Our Horoscope Meaning



Aries

March 20—April 18: A Positive sign (Ram), first astrological sign in the Zodiac. Are considered a "masculine", positive extrovert sign, the Fire sign. You are very direct, straightforward, assertive, with a tunnel vision to go after what you want, charismatic people. They can be very blunt and impatient, so don't get them angry. They are pioneering, in leading and new beginnings, love a challenge, because they can be great leaders. On the positive side, an Aries can be greatly inspiring to others and make those people want to follow him.



Taurus

April 19—May 19: A fix Earth sign (Bull), who is stable, productive, and practical. They have leaned not to be afraid of being more open to new ways of doing things, rather than sticking to the tried & true. They are very loving and have nurturing nature, enjoy luxury, crave security, loyal and expect loyalty in return. The Bull symbolizes that they can be stubborn & strong-willed as well as overindulgent, but most dependable and considerate signs in the Zodiac. You can seldom go wrong in choosing a Taurus for faithful friend or life partner.



Gemini

May 20—June 20: A Air sign (Twins), who are adaptable, intelligent. Some time have a problem finishing simultaneous projects they start. They do have good communications skills, very sociable, friendly by nature, idealistic, fun, spontaneous friends who share their interests. But are turned off by needy types of people who like to stay home most of the time. They love to gossip, travel, loud or excessive talking. Gemini person has two complete sides to them almost as if they had a multiple personality. Some professions often associated Gemini personality include journalism, law, education, engineering, and advertising.



Cancer

June 21—July 21: A Cardinal Water sign (Crab). They are very dynamically emotional, they are in tune with the feelings of other as they tend to feel things so deeply themselves, know how to influence other emotionally, but typical have trouble balancing their own emotions. They can be very moody, sensitive, but capable of getting what they want. They displays a brooding sort of neediness, while other times seeks the emotional safety of their own shell (like the Crab). They react to their environment and can be aggressive on rare occasion, seldom spontaneous, very caring and sympathetic towards others, excellent child caregivers, nurses, counselors, and social workers, medicine, marketing, homemakers are fields well-suited.



Leo

July 22—August 22: A Fixed Fire sign (Lion). Are ideological, determined and has a strong identity. They are usually first to see the good in others, gifted and excel at many things, at times they can be bossy (know-it-alls), but generous, loving and passionately, that it is often difficult to stay annoyed with them for long. Very good providers as they are able to excel in many different occupations. They can rise to the top and sink to the bottom, of any organization, but seldom middle-of-the-road. Leo are especially associated with public relations, science, media, publishing and the arts.



Virgo

August 23—September 20: A Mutable Earth sign (Virgin). Very stable, but flexible, too critical of others, when instead of focusing on their own possible improvements, they look for flaws in others. They like to accurately analyze situations, see reasonable actions for improvement when they use a fair-minded approach, but prefers being on familiar ground. Many of them are neat, clean and fussy about how things should be done. They are reliable, practical, task-centered and do well in methodical, analytical jobs of information technology (IT), accounting.



Libra

September 21—October 22: A Cardinal Air sign (Scales). Libra are dynamic, principled communicator. And sometimes tries to avoid both confrontation and having to make a decision. The classic Libra is a master of diplomacy and tact. Libras understand people and make good mediators, matchmakers, politicians, supervisors and managers because they know how to share success with others. Then tend to bring out the best in others by nurturing development in others while communicating their own interests as well. Colors associated with Libra are Pale greens and blues.



Scorpio

October 23—November 21: A Fixed Water sign (Scorpion). Are said to be stable in character, but also very sensitive and emotional. Evolved Scorpios understand that possessiveness and jealousy are not only negative to others, but to themselves as well. They have the power to turn rejection and hurt into a positive redirection or regeneration of themselves and their spirit. They are dynamic, powerful, and passionate, loyal, protective friend and have secret obsessions. They are the supreme chess players of the Zodiac. Classic Scorpios are suited to careers in management, medicine, advertising, and the creative arts.



Sagittarius

November 22—December 20: A Mutable Fire Sign (Archer is a centaur, which is half man and half horse), know to adapt to new situations, environments with energetic flexibility. They are world travelers or then to think in a global way. Sagittarians can sometimes procrastinate as a means of escape from their duties and responsibilities. When they aim their arrows, they often get what they want. In relationships they are usually devoted as long as they don't have impulsive streak. They're optimism, intelligence, free spirit-ed, sincere, independent, and direct.



Capricorn

December 21—January 20: A Cardinal Air sign (Goat), thought to be dynamic yet practical and very much in tune with the material world, stable, and appreciates material wealth, works very hard for what they want, which means achieving their goals, and not just the end. Capricorn's individuals are said to seem reserved or even somewhat cold at times. They seem old when they are young and seem young when they are old. Astrologers call the "grandfather" of the Zodiac (responsibility & discipline). In relationship Capricorn's work out as partners in the long run, unless their charts contain other more compatible aspects.



Pisces

January 21—February 19: A Fixed Air sign (Water Bearer), Said to hold onto ideological principles. Aquarians are the eccentric humanitarians of the Zodiac. Many astrologers note that Aquarians can sometimes stubbornly argue the cause of principles without seeing all perspectives of the situation as Librans are thought to do. Astrologer see Aquarius as connected to the spiritual purifying of man, as in the expression "The Age of Aquarius." They are thought to be extremely intelligent, inventive, original, principled, and friendly.

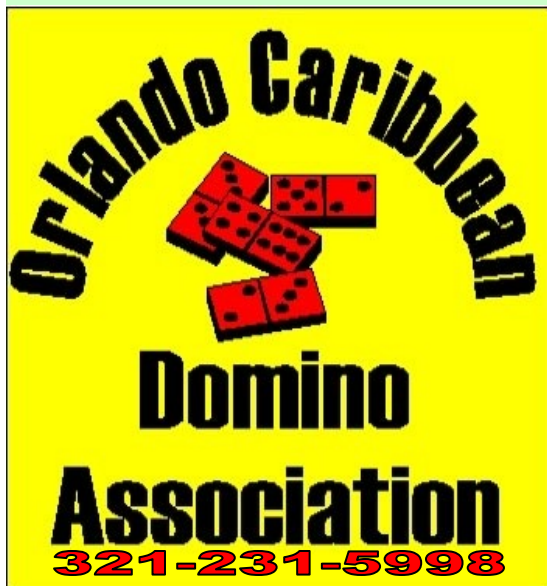
February 20—March 19: A Mutable Water sign (Fish). Said to be sensitive, imaginative, elusive and living in their own world (as daydreamers), shy, nervous, hard workers and are not usually thought of as the type who likes to take center stage. Pisceans may be prone to feeling sorry for themselves at times and most intuitive and one of the most spiritual signs of the Zodiac. The Fish, Pisceans "go with the flow like the water" of life despite their often sensitive and/or nervous nature. They are very kindhearted and giving and make good friends, but have a secretive side, and no matter how long you know them, there are still things about them you do not know.

17th Annual Congress on Women's Health To Be Held March 27-29, 2009 in Collaboration with American Medical Women's Association (AMWA):

A prestigious group of physicians, nurses, and allied healthcare providers will gather in Williamsburg, VA on March 27-29, 2009 at the Williamsburg Lodge to learn cutting edge, clinical information, as well as current therapeutic protocols, novel diagnostic procedures, and innovative research advances that impact patient care. The American Medical Women's Association AMWA (www.amwa-doc.org), an organization devoted to the advancement of women in medicine and the improvement of women's health, will hold its annual meeting in collaboration with this year's Congress. Women's Health 2009: The 17th Annual Congress (www.bioconferences.com/wh) is sponsored by the VCU Institute for Women's Health and Journal of Women's Health. Conference Chair Wendy S. Klein, MD, Senior Deputy Director of the VCU Institute for Women's Health, a National Center of Excellence, Richmond, VA and Deputy Editor of Journal of Women's Health, Co-Chair Susan G. Kornstein, MD, Executive Director of the VCU Institute for Women's Health and Editor-in-Chief of Journal of Women's Health, and AMWA Co-Chair Laurel A. Waters, MD, FCAP, FASCP, AMWA Program Committee Chair and AMWA Board of Directors Member, will bring together outstanding faculty of the highest caliber, addressing the most clinically relevant topics in women's health. "AMWA is delighted to hold our 94th annual meeting in conjunction with Women's Health 2009," says Claudia S. Morrissey, MD, MPH, national president of AMWA. "We look forward to an outstanding meeting." The Congress will offer ACCME, AAFP, and ANCC credits, sponsored by The Postgraduate Institute for Medicine (PIM).

For further information about the Congress and the Program, visit our website at (www.bioconferences.com/wh), or call (914) 740-2100 or 800-5-BIOCON, or e-mail Clara Lapiner (clapiner@liebertpub.com).

BioConferences International, Inc.



Painting by: Euston Tonge "Relaxing in the Park"



Photos by: KUOM



On November 1st, KUOM team had the opportunity to attend the Antigua-Barbuda Association of Central Florida's Annual Independence Dinner/Dance. We truly had a wonderful time and won a few prizes. There was a gentleman, Euston Tonge, born in the Island of Antigua who caught our eyes with his paintings. They truly speak the culture of Antigua. He has been painting over a period of thirty years and now resides in Longwood, Florida. He is an active member of the Antigua Artist Society, and once held office of vice-president. Tonge was afforded the opportunity to represent the Island and the association in an industrial exhibition in other Caribbean Islands. As a member of the Antigua Artist Society, he was able to display his work annually as part of their exhibition. Tonge won various awards over the years. Many of his works are now displayed in banks, hotels, insurance companies, private homes and in other nations of the world, including the USA. He has done numerous presentations and taught many art classes in schools and

churches. Tonge held numerous one-man shows and sales in banks, hotels, museums, as well as private showings for different clients. His tours have taken him to some Caribbean Islands where he has been commissioned to paint murals in various churches. Since migrating to the USA, he continued to follow his passion in painting and building his collection of work. Many attempts have been made to find a permanent place to display his work, but have been unsuccessful. He is available to do private showings in homes for anyone who is interested in purchasing his paintings. Mr. Tonge graduated from Florida Metropolitan University and Everest University, where he earned an A.S. and a B.S. degree in "Graphic Design and Management Marketing." He also told me that he's been privileged to author one book "***There is Power in The Blood,***" which is currently on [Amazon.com](https://www.amazon.com) and released two instrumental CDs, "***One Moment In Time***" and "***What A Happy Morning,***" which can be found on "itunes". On behalf of KUOM, it was a pleasure meeting and speaking with Mr. Tonge. KUOM will be featuring Mr. Tonge's paintings in future issues of our magazine. For more information and to purchase or schedule a private showing, you can contact Mr. Tonge at 407-618-3965. You



Making Important Money—Saving Resolutions for 2009

Most of Central Floridians as well many people across the United States have made resolutions for the New Year. Many of these resolutions are of a financial nature and we make them in hopes of improving our lives.

In a recent **Consumer eView Newsletter** from the Chief Financial Officer of the State of Florida, Alex Sink offers money—saving New Year's Resolutions for Florida Families. Among the ten resolutions that she encouraged Floridians to take, the following three stood out as being highly important and ideal money-savers:

- Making a Plan
- Preventing Identity Theft
- Protecting your Credit Score

In making a plan, she says, "It's nearly impossible to improve your financial situation if you don't know where you stand". She recommends obtaining copies of your credit report, building a budget and creating a 2009 financial plan. In preventing Identity Theft, she emphasizes getting copies of your credit report to ensure the information is accurate. To protect your credit score, she also suggests checking it from all three credit bureaus regularly and she noted that your score can affect your ability to borrow money, obtain a job and obtain rental housing.

All three resolutions go hand in hand and if they are kept, not only will the consumer save money, but they will save time and keep stress to a minimum.

It is estimated that 70% of all credit reports contain errors and 25% of these are so inaccurate that a consumer may be rejected for a loan or employment. Each consumer is entitled to obtain a free credit report yearly from each of the credit reporting agencies and this is vital in helping to protect your Identity. It is important to note however, Identity Theft can still occur and may never even show up on a credit report.

Resolutions for 2009

- Request a free credit report every 12 months and have continuous monitoring thereafter – a report can be requested from each bureau quarterly since not all creditors report to all bureaus.
- Review for signs of inaccuracy, omissions, unknown accounts, names, aliases, addresses, telephone numbers, employers, credit inquiries or incorrect public records -any discrepancies can be a sign of Identity Theft or attempted Identity Theft.
- Check your credit score - it is used to establish interest rate percentages on loans, credit accounts and it is also used to set the cost of your insurance premium. A FICO Score of 620 and below, versus 620-720 may significantly increase a borrower's interest rate.
- Dispute inaccuracies immediately by contacting credit bureaus using their established dispute process or get help from an experienced attorney.
- Place Fraud Alerts or utilize Credit Freezes on your credit file if you are a victim of Identity Theft –It does not stop credit issuers from accessing your credit report and extending credit to an Identity thief.

Some cases of identity theft can be revealed on a credit report. On the local radio station WDBO, Clark Howard had a caller who relayed a story about a debt attributed to Identity Theft. The negative information appeared on her husband's credit report even though they thought they had personally resolved it two years ago.

She relayed the story that someone had established phone service in her husband's name and that at the time, they had signed affidavits and reported to the phone company that this was an Identity Theft case. They were now frustrated and stressed out because this made their credit score even lower than it should have been.

This couple now has the arduous task to try to resolve it on their own or to resolve it quickly by using an attorney. They did not make a plan two years ago to be proactive in reviewing their credit report and neither did they have a plan in case they were faced with Identity theft.

In the case of this couple and many others, Identity Theft cannot be totally prevented, but you can limit your losses and exposures by being proactive in safeguarding your Identity. Have a plan to restore your most valuable possession today and make it a resolution you keep from year to year.

For more information about identity Theft and having access to legal services, please contact **Dahlia Hayles, CITRMS** at **407-325-0894** or



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WHAT IS E-VERIFY & WHY IS IT PART OF THE STIMULUS BILL?

As of February 2, 2009, the economic stimulus bill (the American Recovery and Reinvestment Act of 2009) proposes to require all businesses and other public or private "entities" that contract to receive money from the stimulus package to use the flawed federal E-Verify program. If passed into law, the economic stimulus bill would create a massive expansion of the E-verify program. As has been well documented by three different House committees in five separate hearings, the E-Verify program is deeply flawed, inaccurate, and subject to substantial employer abuse. Bottom line – it is not ready for a massive expansion and especially not during the economic crisis.

Why the E-Verify program should be removed from the Economic Stimulus Bill?

- Create substantial new burdens for businesses, especially small businesses, at precisely the wrong time;
- Harm workers who are either falsely denied work or are targeted by employers abusing the E-verify program;
- Send the wrong signal to new voters that the Congress prefers to play politics by enacting symbolic and ineffective immigration "enforcement" measures over serious and effective economic stimulus or serious immigration reform;
- Mandatory participation in Basic Pilot/E-Verify would further increase the cost of doing business in a tough economic climate; and
- Imposing E-Verify on a broader swath of the economy under the guise of the stimulus package is throwing red meat to the "deportation-only" elements who see immigration as a divisive political wedge to use as a bludgeon, not to solve as law-makers.

What is E-Verify?

E-Verify (formerly known as the Basic Pilot/Employment Eligibility Verification Program) is an Internet based system operated by the Department of Homeland Security (DHS) in partnership with the Social Security Administration (SSA) that allows participating employers to electronically verify the employment eligibility of their newly hired employees.

E-Verify is free and voluntary and is the best means available for determining employment eligibility of new hires and the validity of their Social Security Numbers.

What type of Employers are required to use E-Verify?

Federal contractors and subcontractors will be required to begin using the U.S. Citizenship and Immigration Services' E-Verify system starting February 20, 2009, to verify their employees' eligibility to legally work in the United States. The Civilian Agency Acquisition Council and the Defense Acquisition Regulations Council amended the Federal Acquisition Regulation (FAR) to reflect this change.

The new rule implements Executive Order 12989, as amended by President George W. Bush on June 6, 2008, directing federal agencies to require that federal contractors agree to electronically verify the employment eligibility of their employees. The amended Executive Order reinforces the policy, first announced in 1996, that the federal government does business with companies that have a legal workforce. This new rule requires federal contractors to agree, through language inserted into their federal contracts, to use E-Verify to confirm the employment eligibility of all persons hired during a contract term, and to confirm the employment eligibility of federal contractors' current employees who perform contract services for the federal government within the United States.

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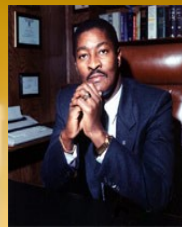
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Our News Money Talk



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Child Tax Credit Is Expanded Cont'

The new definition will require your child to be younger than you.

- Your child will not qualify if he or she files a joint return, unless the return was filed only to claim a refund.
- If the parents of a qualifying child do not claim the credit, no one else may claim the child unless that person's adjusted gross income is higher than the highest AGI of any parent of the child.
- Your child is a qualifying child only if you claim an exemption from him or her.
- The new expansion covers only 2008 so Uncle Sam will need to decide whether to enact the new \$8,500 threshold permanently or to extend on a yearly basis.

IRA Distributions for Charity is Extended

The Emergency Economic Stabilization Act has extended the law which permits taxpayers to make tax-free distributions from IRA's for charitable purposes through 2009. Tax-free treatment applies to both traditional and Roth IRA's and is limited to \$100,000 per year. Under prior law, taxpayers donating IRA's were required to report the withdrawal as income and deduct the donation as a charitable contribution. This often resulted in deductions being limited by the adjusted gross income cap on charitable contributions and the itemized deductions phase-out.

New Tax Legislation Creates Lots of Change

Uncle Sam was busy in 2008 creating four major pieces of tax legislation. The first to appear was the **Economic Stimulus Act of 2008** released in early February. Its primary purpose was a rebate program to stimulate the economy. Known as "advance credit payments", these rebate checks were as much as \$1,200 per couple and \$600 for individuals. In addition, the new law included help for troubled mortgage holders as well as some business incentives. On May 22, the Food, Conservation and Energy Act of 2008, also known as **The Farm Act** and the **Heroes Earnings Assistance and Relief Tax Act**, also known as **The Military Tax Relief Bill** were passed. The Farm Act provides significant benefits to farmers, ranchers and timber producers, while raising revenue from large corporations. The Military Tax Relief includes help from military personal who are receiving combat pay, saving for retirement and purchasing homes. It also tightens rules for government contractors.

New Law Extends Sales Tax Deduction

Since 2004, Uncle Sam has allowed taxpayers to deduct state and local sales tax in lieu of state and local income taxes if it provided a better benefit. This itemized deduction was scheduled to expire at the end of 2007. The new **Emergency Economic Stabilization Act** has extended the

Deduction for two years through 2009.

To support their deductions, taxpayers may choose to save receipts or use the Sales Tax Tables provided by the IRS. Your tax preparer can help you decide which method provides you with the largest itemized deduction.

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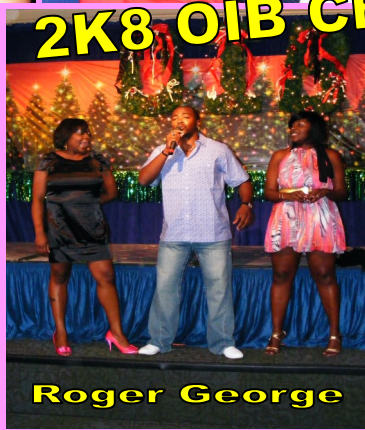


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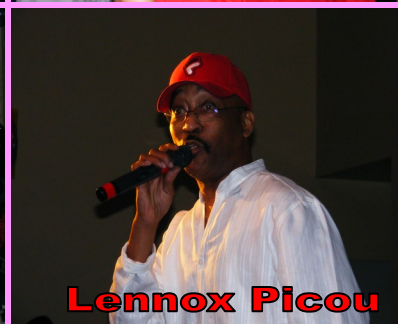
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The History of Valentine's Day

Every year on February 14th, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day — and its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl — who may have been his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France. While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial — which probably occurred around 270 A.D. — others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to 'christianize' celebrations of the pagan Lupercalia festival. In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called spelt throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at the sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would then sacrifice a goat, for fertility, and a dog, for purification. The boys then sliced the goat's hide into strips, dipped them in the sacrificial blood and took to the streets, gently slapping both women and fields of crops with the goathide strips. Far from being fearful, Roman women welcomed being touched with the hides because it was believed the strips would make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would then each choose a name out of the urn and become paired for the year with his chosen woman. These matches often ended in marriage. Pope Gelasius declared February 14 St. Valentine's Day around 498 A.D. The Roman 'lottery' system for romantic pairing was deemed un-Christian and outlawed. Later, during the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of February — Valentine's Day — should be a day for romance. The oldest known valentine still in existence today was a poem written by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting, which was written in 1415, is part of the manuscript collection of the British Library in London, England. Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange small tokens of affection or handwritten notes. By the end of the century, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Approximately 85 percent of all valentines are purchased by women. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia. Valentine greetings were popular as far back as the Middle Ages (written Valentine's didn't begin to appear until after 1400), and the oldest known Valentine card is on display at the British Museum. The first commercial Valentine's Day greeting cards produced in the U.S. were created in the 1840s by Esther A. Howland. Howland, known as the Mother of the Valentine, made elaborate creations with real lace, ribbons and colorful pictures known as "scrap".

Kaiso Korner

Question & Answer Valentine Jokes

Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!

Q: What did the stamp say to the envelope?

A: I'm stuck on you.

Q: Who sends a thousand valentines cards signed, guess who' ?

A: A divorce lawyer.

Q: What did the light bulb say to the switch?

A: You turn me on.

Q: Did Adam and Eve ever have a date?

A: No, but they had an apple.

Q: What did the boy octopus say to the girl octopus?

A: Can I hold your hand, hand, hand, hand, hand, hand, hand, hand?

Q: What did one snake say to the other snake?

A: Give me a little hug and a hiss, honey.

Q: Why did the banana go out with the prune?

A: Because it couldn't get a date.

Q: What is a ram's favourite song on February 14th?

A: I only have eyes for ewe, dear

Q: What travels around the world but stays in one corner?

A: A stamp.

Q: What happens when you fall in love with a French chef?

A: You get buttered up.

Q: What is a vampire's sweetheart called?

A: His ghoul-friend.

Q: If your aunt ran off to get married, what would you call her?

A: Antelope.

Knock, Knock

Q: Who's there?

A: Olive

Q: Olive who?

A: Olive you!



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FIVE	15,975	38,340
SIX	17,175	41,220
SEVEN	18,350	44,040
EIGHT	19,525	46,860

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Our Sports



The Central Florida Cricket Association (CFCA)....

Thakor Patel was the first President of the CFCA. He served from 1985 to 1986. As we get well into the twenty-first century, the Central Florida Cricket Association continues to grow at an astonishing pace. Florida in general, and Central Florida in particular, has seen the rapid influx of new cricketers. These are both new immigrants from the cricket playing nations as well as internal migration as players from the North East USA especially move south to more favorable climates. Our job, as a league, is to ensure that this growth is managed appropriately. It is not enough to simply have more people playing the game, but we must also be in a position to provide more to those players: Thakor Patel (1985-1986), Jack Findley (1987-1991), Clive Espeut (1992), Merve Cashie (1993-1996), Lorenzo Thompson (1997-1998), Philip Simon (1999), Barney Jones (2000-2005).

In memory of his brother, Leo, who passed away in 2003, Mr. Moxey, a steadfast supporter of cricket in the Central Florida area, assumed the financial responsibility for the annual inter-country competition. Teams comprised of players who were born in, or whose family originated in, foreign countries (Guyana, Pakistan, Barbados, etc.) have competed for some time under the Red Stripe umbrella until Mr. Moxey stepped in with his kind offer.

For more info and upcoming tournaments please contact:

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 Joe Allman
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Other Umpires

Merille Weithers

February 1, 2009 match results

LEO MOXEY:

- Antigua & Barbuda (226 for 6 in 20.0 overs) def. Barbados (146 for 6 in 20.0 overs) by 80 runs
- Asia (81 for 1 in 8.5 overs) def. Trinidad & Tobago (80 all out in 17.5 overs) by 9 wks.
- Guyana (161 for 2 in 17.5 overs) def. Pakistan (160 for 9 in 20.0 overs) by 8 wks.
- India (157 for 2 in 18.2 overs - Inning reduced to 19.0 overs) def. Jamaica (152 for 6 in 20.0 overs) by 8 wks.

POINT STANDINGS:

25 points - Guyana
 20 points - Antigua & Barbuda, India
 15 points - Asia, Jamaica, Pakistan
 05 points - Barbados
 00 points - Trinidad & Tobago

30-OVER COMPETITION:

- Wesley Chapel (198 for 9 in 30.0 overs) def. Showtime (119 all out in 29.0 overs) by 79 runs

FINAL POINT STANDINGS:

20 points - Lucas
 10 points - Showtime, Wesley Chapel
 05 points - Brevard, Florida Panthers

PLAYOFFS SEMI-FINAL (FEBRUARY 8, 2009):

- Lucas to host Panthers (qualified by virtue of head-to-head win over Brevard) - Venue to be decided by host team
- Wesley Chapel to host Showtime at Wesley Chapel

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Teaching Our Kids To Go Green

What are we doing to prepare our children to go green? Even though we as parents are trying to adjust to the whole process of going green. It makes it fun to involve your family. My daughter Shappelle is having fun helping me go green, but she would prefer the color red more than green. Here are a few tips and suggestions to help you and your family.

Attention Moms, Dads, Grandparents and kids! The increase in garbage is getting out of control. We need to help the planet by teaching our children about garbage! So, read this article to learn more and take the garbage challenge.

1. **Buy Earth Friendly Toys**—Minimize the amount of toys with batteries or power cords. Children can have just as much fun playing with classic wooden toys which also allow them to use their imaginations. Do you want to keep your children's toys clean? Just visit make-baby-stuff.com. She offers safe and effective ways to clean your children's toys without using harsh chemicals.
2. **All Natural**—Children are especially susceptible to toxic substances both because of their small size and because of their fast rate of growth. You can easily limit your kids' exposure to toxic substances by choosing all natural baby bath/body care, organic baby food, natural bedding and furniture...[visit all-natural-living.com](http://visit_all-natural-living.com)
3. **Kitchen Tips**—Fill a pitcher of water and keep in it the refrigerator. Then, when you want a cold drink, you don't need to waste water by running the tap until it gets cold. If you have an electric or gas range, turn off the oven or burners near the end of your cooking time so you waste less gas or electricity. (I don't recommend this, however, with cakes or bakery items that are temperature sensitive). Buy your food items in bulk. By doing this, you will find yourself making fewer trips to the store. Also, by minimizing the amount of items that you purchase that are packaged individually for resale, you will be throwing away less of the packaging material. Start your own garden to grow some of your own food. You can grow fruit, vegetables, or even your own herb garden. That way, you will minimize the amount of containers and trash from the store where you bought vegetables, you will save money, and you will get the chance to enjoy tastier vegetables. Use sports bottles instead of bottled water. In my family, we each have our own favorite sport bottles that we fill with water and then wash and reuse when we're done with them. We have not only saved money by not buying bottled water, we have also minimized the amount of trash going into the land fill. Have your children bring their lunch to school in a reusable lunch box. Pack the sandwich in a container instead of a plastic bag. This way your children will throw away less garbage.

Written by KUOM Staff



MEDIA TIP

News from Orange County Public Schools

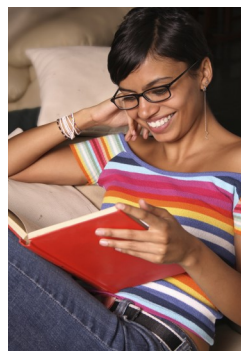
YOUR **A** School District

On Tuesday, January 6th, 2009, CFE Federal Credit Union officially opened a first student-operated branch at Timber Creek High School (1001 Avalon Blvd, Orlando, FL 32828).

The Paw Print branch will allow students to gain real-

world financial literacy as they run the credit union branch. OCPS Partner In Education, CFE Federal Credit Union, were on hand for the opening gala to provide financial literacy information. CFE Federal Credit Union will continue to demonstrate a strong commitment to quality education in OCPS.

For more information, please contact Coleen Jones, Teacher at 321-235-7800 or Jennifer Cantrell, CFE Federal Credit Union at 407-896-9411, ext. 2333.



State recognizes Orange County Public Schools for gains in reading through "Reading First" program

The State Department of Education has recognize Orange County Public Schools as one of 13 school districts in the State that has increased reading performance among districts that are using "Reading First" instructional model. They have seen the percentage a 10.15% of students in grades K-3, who are reading at or above their grade level. And the number of students who where reading below grade level has decreased by 9.17%.

OCPS ranks in the top 25 percent of all **Reading First** districts in the state. This means OCPS has increased the percentage of students reading at or above grade level and reduced the percentage of students reading with serious reading difficulties at an exceptional rate, according to the state Department of Education.

Reading First began as an executive order by Governor Jeb Bush in 2003 to assure that all students have an equal opportunity to learn to read at or above grade level. Using scientifically-based research and strategies, **Reading First** provides an instructional model that supports all students and professional learning for teachers in early literacy instruction. Students, teachers and staff from 11 elementary schools contributed to the success of OCPS in **Reading First**. They are Catalina, Engelwood, Hungerford, Lake Weston, Maxey, Orange Center, Pineloch, Rock Lake, Ventura, Washington Shores and Rolling Hills.

Superintendent Ronald Blocker was invited to discuss the district's winning strategy at a reception in Tallahassee during Celebrate Literacy Week, Florida on January 14, 2009.

OUR CURRENT EVENTS *February / March*

Painting by Euston Tonge



FEBRUARY

Saturday, February 7th

Maxi & Co presents a Pre-Valentine Dinner / Dance All-Inclusive @ Orlando Garden Club (710 E. Rollins Ave, Orlando), Tickets \$50 (sold at Maxi Auto Repair 407-935-1111, Golden Krust Bakery 407-944-8879, Antasha Caribbean Grocery 407-346-6121 or D'Hut 407-650-3860), Music by: DJ Brian Lee, Red Lion & Guest DJ's, Guest Performers: Lyma Dunbar & Soul Xpressions & Lady Shatema, from 7pm—2am

Saturday, February 7th

Dread Entertainment presents their first Annual Soca Chutney Valentine Dance @ 1044 Plaza Drive, Kissimmee, FL (Boggy Creek Rd & Bvl.), Doors open 9pm, Advance Tickets \$10, More info call 407-729-7215, 407-489-7349, 407-760-4484, email: dreadent@hotmail.com, Website: www.myspace.com/powerlinesounds

Saturday, February 14th

Grenadian-American Educational & Cultural Organization of Central FL (GAECO), presents Grenada Independence Gala (Valentine's Celebration), @ The Rosen Center Hotel (9840 International Drive, Orlando), Ticket \$55 adv (**no tickets sold at door**), Contact: Rita 407-299-8316, Val 321-303-9345, Velma 407-578-7887, Glynn 407-580-9489

Saturday, February 21st

Carnival Organization of Jacksonville, Inc. presents "Mardi Gras Ravin" @ Baymeadows Inn & Suites (8050 Baymeadows Circle W., Jacksonville), Doors open at 9pm, Admission \$10, music by DJ Chucks & DJ Star Int'l. More info call 904-465-1989, 904-535-8051, or email: info@jacksonvillecarnival.org or visit: website: www.jacksonvillecarnival.com

Saturday, February 28th

Guyanese-American Cultural Association of Central FL, presents a Black Tie Affair "A Republic Anniversary Ball @ Pegasus Banquet Hall & Conference Center (6394 Silver Star Road, Orlando, FL). More info and purchase your tickets (\$55 per person) contact: [Angeli Brown 407-399-6298](mailto:Angeli.Brown@407-399-6298), [Sam Roberts 407-810-6435](mailto:Sam.Roberts@407-810-6435), George Lyking 321-438-0571. Must

MARCH

Saturday, March 7th

KUO Magazine presents "Pieces Bacchanal Party" @ D'Hut (2141 W. Colonial Dr., Orlando, Admission \$10 (doors open at 9:00pm), Music by Powerline Soundsystem HD, DJ Renny, DJ Cobweb. More info visit www.kuomagazine.com

Saturday, March 28th

KUO Magazine presents Karibbean Jazz Fusion @ D'Hut (2141 W. Colonial Dr., Orlando, Admission \$10 (doors open @ 9:30pm), performance by Lyma Dunbar & Mitch Warner on steel pan, music

*Maxi & Co / 3★
Production*

Presents

*Pre-Valentine
Dinner and Dance*

All Inclusive – Donation \$50 per person

7 p.m. – 2 a.m.

Saturday

February 7, 2009

Orlando Garden Club

710 E. Rollins Avenue, Orlando, FL

*Maxi & Co / 3★
Production*

Presents

*Pre-Valentine
Dinner and Dance*

7 p.m. – 2 a.m.

Saturday

February 7, 2009

Orlando Garden Club

710 E. Rollins Avenue, Orlando, FL

*Live Performance by
Lyma Dunbar & Soul Xpression
Solo by Lady Shatema
Music provided by
DJ Brian Lee, Red Lion
and guest DJ's*

Time: 7 p.m. – 2 a.m.

Cocktail: 7 p.m. – 8 p.m. Dinner: 8:30 p.m. – 9:30 p.m.

Ticket Locations:

Kissimmee – Maxi Auto Repair (407) 935-1111

Golden Crust Bakery (407) 944 8879

Antasha Caribbean Grocery (407) 346-6121

Orlando – D-Hut (407) 650-3860

Guyanese-American Cultural Association of Central Florida

Presents

BLACK TIE AFFAIR

A Republic Anniversary Ball

Celebrating Guyana's 39 Years As a Republic

3
Honored
Guests

Celebrating the Achievements of 3 Guyanese Businesses in Orlando

Saturday, February 28th, 2009

Tickets: \$55 per person 7:00 pm to 1:00 am NO TICKETS SOLD AT DOOR

Pegasus Banquet Hall

6394 Silver Star Rd. ♦ Orlando, FL 32818

**Live Entertainment
by Leon Coldero**

**For more information call: Angeli Brown at 407-399-6298,
Sammy Roberts at 407-810-6435, or George Lyking at 321-438-0571
Tickets available at Pegasus Banquet Hall - 407-299-5362**

Please purchase tickets on or before February 25th, NO TICKETS SOLD AT DOOR

☀ Florida's Caribbean Sun