



The 11th Annual

## Cypressions

CARIBBEAN AMERICAN MAGAZINE

2020 - 2021

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Greetings everyone, It is my distinct pleasure to invite you to join me in recognizing and celebrating National Caribbean American Heritage Month. This is a very special and exciting time as we continue to acknowledge this awesome period in our history which started several years ago in 2006 by President George W. Bush when he signed it into law.

This year, the celebrations throughout the country have taken on different forms of celebrations due to the tremendous impact of the COVID-19 Pandemic. We also have decided that in the interest of keeping everyone safe, the events that were scheduled for this year will take on a different shape, therefore as a soon as it is safe we will announce how best to move forward and will keep you abreast of any updates.

Elizabeth Burns

We know that this period of time has been challenging for everyone, we ask that you pay attention to the reports on how to keep safe, remember! we will get through this time together. For those who have been impacted severely by the pandemic our thoughts and prayers are with you and your families. Please Keep Safe!!

Once again we would like to announce the formation of Advanced Legacy Foundation.

An organization organized for charitable purposes. More specifically, it is dedicated to providing scholarships for disadvantaged students and to assist in improving the socio-economic quality of life for the less fortunate in South Florida and the Caribbean.

For information on how you can support this organization, you may contact us. Additional information on this organization will be forthcoming.

The 11th Annual "Expressions" Caribbean American Magazine, features articles about the Caribbean while giving a bird's eye view of its people, food and culture. It also provides information about many Caribbean and American businesses. We ask that you keep your copy of the magazine for future reference, and that you utilize the services provided by these advertisers.

Thank You to the numerous individuals in the Caribbean American Community including various dignitaries and public officials. This Election period we have included "Profile on Candidates" for the 2020 election, it features a group of candidates we feel would be a good fit for office at this time, we also ask that you consider them when you go to the polls.

To EVERYONE who have supported us and participated in our events we sincerely appreciate YOU and will see you again soon!!

To My Caribbean-American Family!

One Love! Elizabeth



## Proclamation on National Caribbean-American Heritage Month, 2020

Issued on: May 29, 2020

From America's earliest days, Caribbean Americans have contributed to the success, spirit, and character of our Nation. For generations, their skills, knowledge, innovation, and initiative have enhanced and advanced many aspects of our society. During National Caribbean-American Heritage Month, we celebrate the rich history and vibrant culture of the more than 4 million Americans with origins in the Caribbean.

Caribbean Americans have helped improve our Nation by leading communities, advancing science and medicine, and advocating for the common good. We are especially grateful for the Caribbean-American men and women who proudly wear our Nation's uniform as members of the Armed Forces and those serving as first responders, medical professionals, and other essential personnel on the front lines in the fight against the coronavirus. Our Nation is safer, stronger, and healthier because of their service and sacrifices.

Caribbean Americans have also left indelible marks on American culture. Roberto Clemente, a native of Puerto Rico and legendary baseball player, is one of many shining examples. He not only had a stunning Hall of Fame baseball career, but he also dutifully served our Nation as a member of the United States Marine Corps Reserve for 6 years and served others throughout his life with profound care and compassion. Like so many other Caribbean Americans, he continues to inspire us today and remind us of the strong connection the United States will always have with the Caribbean region.

The United States is also the primary trading partner for the Caribbean nations that make up our Nation's "third border." My Administration is dedicated to maintaining and strengthening our partnerships within the Caribbean regions, which are forged through bonds of friendship, diplomacy, and a shared commitment to democratic principles. We will continue strategic engagement in the areas of human rights, maritime security, crime prevention and interdiction, education, health, energy, economic growth, and disaster recovery and relief. Stability in the Caribbean — achieved through increased trade, job creation and investment, and efforts to counter organized crime and illicit trafficking — ensures a more secure, prosperous United States.

This month, we pay tribute to Caribbean Americans for all they have done to drive our country forward.

NOW, THEREFORE, I, DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim June 2020 as National Caribbean-American Heritage Month. I encourage all Americans to join in celebrating the history, culture, and achievements of Caribbean Americans with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-ninth day of May, in the year of our Lord two thousand twenty, and of the Independence of the United States of America the two hundred and forty-fourth.

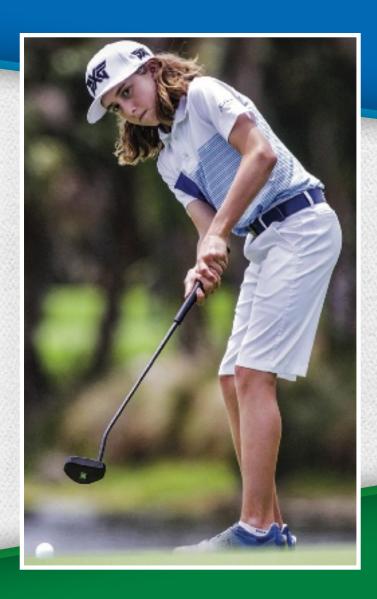


## Making a Difference

Food For The Poor is grateful for Rafe Cochran, and others like him, who are transforming the lives of children through their gifts of education.

At 9, Rafe became one of Food For The Poor's youngest donors. When he was 11, he started the Rafe Cochran Golf Classic, using his talents on the golf course to raise awareness and money to help others in need. Since the first golf tournament in 2016, Rafe has built 10 homes in Haiti and three schools in Jamaica through Food For The Poor.

Perhaps Rafe said it best: "I will continue on my journey of raising money to fund different projects with Food For The Poor. I will continue to help one person, one family and one school at a time in order to make a difference. Students, you are never too young to take action and make a difference."





"As often as you did it to one of the least of My brothers and sisters, you did it to Me."

Matthew 25:40





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Each of the islands has their own unique offerings, so regardless of your choice, you will always have something special to enjoy. You won't have to look far, there are a number of attractions to explore in every island. Depending on your particular interests, however, some destinations might be a better fit than others. Take a look at some of the categories below to find what catches your interest.

#### ARTS AND CULTURE

The culture of the Caribbean Islands is as diverse as its people. Many years of European, American and African influence, along with those of the original indigenous Native culture, have shaped how the Caribbean people choose to express themselves. When you visit the islands, be sure to check out the art and craft no matter which island destination you choose.

#### ART MUSEUMS AND GALLERIES



#### MUSEO DE ARTE DE PUERTO RICO

Art galleries and Museums in the Caribbean offer visitors the chance to experience both local and global art. In most major cities there is, at the least, one museum that features contemporary art. While Traditional art is still the norm in the Caribbean, to ensure that you are truly experiencing local art, galleries might be the best option.

These are very often run by the local artist or a group of artists, whose works are usually for sale, allowing you to bring a piece of the Caribbean back home with you. Some of the most famous

galleries are the Bajo el Sol on the island of St. John in the US Virgin Islands, the Tides Gallery on the island of Barbados, Aah Ras Natango Gallery in Montego Bay, Jamaica, the Grosvenor Galleries and the National Gallery in Kingston, where modern paintings and sculptures are shown. San Juan, Puerto Rico, has the Museo de Arte Contemporaneo. Almost all islands have Art and Craft Galleries displaying local artists. Just ask.

#### **HISTORICAL MUSEUMS and HISTORICAL SITES**



**BERMUDA - NATIONAL MUSEUM** 



HAITI - CITADELLE LAFERIERRE

The islands in the Caribbean were thriving cultures long before countries such as Canada, the USA and many other well known countries were established. The long history of many has been well preserved in some by National Museums and Historical sites, which are open to the public and are very good tours for visitors who might be interested in the History of the particular country. Bermuda has its highly praised National Museum, Jamaica has the Institute of Jamaica, The National Museum, the Fort Charles/Port Royal Exhibit and others, the US Virgin Islands have the St. Thomas Historical Trust Museum, Haiti has Palace San Souci and Citadelle Laferrière, the largest fortress in the Western Hemisphere.

#### SPECIALTY ATTRACTIONS AND CHILDREN'S MUSEUMS

A few of the Islands have special museums which feature a single topic for exhibition. These should be of special interest to the kid's. Of special note are the Bob Marley Museum in Jamaica and the Concorde Experience and the Atlantis Submarine Tour both in Barbados and The Yoda Guy Movie Exhibit in St. Maarten/Martin.



ATLANTIS SUBMARINE TOUR



**BARBADOS - THE CONCORDE EXPERIENCE** 

#### **BOB MARLEY MUSEUM**



Caribbean artwork might be unique and distinctive, but it is probably their music that they are most famous for. Calypso, steel pan, and reggae have become popular world-wide thanks, in part, to Caribbean artists. Jamaica's Bob Marley might be the most famous musician to come out of Jamaica. His life and work can be explored at the Bob Marley Museum in Kingston. However, even bigger artistes have been produced by other islands. Barbados has Rihanna and Trinidad has Niki Minaj and other artists like Tito Puente, Mariah Carey, Jennifer Lopez from Puerto Rico have also contributed. You can learn about these musicians at places like the Museum of Puerto Rican Music in Ponce. Learning about the

history of each culture is definitely interesting, so you will want to visit one of the performing arts and concert halls that can be found in some of the Islands. Venues like the Ruth Seaton James Center For The Performing Arts in Bermuda, the National Theater in Santo Domingo, the National Dance Theater Company in Jamaica and others can let you experience the modern high culture of the islands. For something more casual, check out local bands playing in the larger clubs and hotels.

#### CARNIVALS and FESTIVALS

The Islands of the Caribbean, host annual Carnivals some of which are quite large and lengthy. The largest and oldest is held in Trinidad, and lasts for 1 week in February ending on the Monday and Tuesday before Ash Wednesday, Jamaica is usually in April (2020 is postponed until October), Barbados has their "Crop Over" Festival, in keeping with the harvesting of their sugar cane, start preparations as early as June, and climaxes in early August, the Bahamas Junkanoo Festival is celebrated from the day after Christmas until New Years Day. Many other islands have Festivals and Carnivals, so check your chosen vacation destination for their calendar etc. The islands also host some notable music Festivals. The St. Lucia Jazz & Art Festival is well established in the Jazz world and attracts large numbers of visitors by having a roster of world renown performers each year from March to April. Aruba has Soul Beach Music Festival in May and the Love Festival in November. Cayman Islands have Pirates Week Festival in November. St. Martin/St. Maarten have the big House and Techno bliss SXM Festival in March. Barbados is host for Vujaday Music Festival in April (November 2020). Not to be outdone there is the new big music event in the Bahamas, the Sensation Spring Break Beach Party Music Festival at the Atlantis in March. St. Kitts features their acclaimed St. Kitts Music Festival in July. Jamaica is host to 2 large music events, Reggae Sumfest during July, in Montego Bay and the 6 day TMRWTDAY Culture Fest in Negril.

#### EXPLORING THE LAND

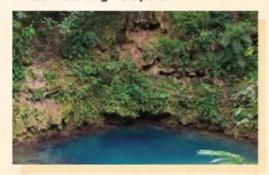


#### THE COASTAL BEAUTY

#### The Turks & Caicos Islands-Grace Bay Beach

The coasts of the Caribbean have, perhaps the greatest appeal, and why thousands make their way to the islands every year. Make no mistake, the beaches in the region are second to none. From the picturesque beaches like Grace Bay Beach in the Turks and Caicos, the natural beaches of Dominica like Black Sands Beach, or the tourist beaches like Seven Mile Beach in Jamaica, there are plenty of options. Of course, all these options can make it hard to choose.

Keep in mind that there is much more to the coast than beaches. Just offshore lies the fantastic coral reefs that are home to countless marine life. Locations like the Buck Island National Wildlife Refuge off St. Croix, and the Belize Barrier Reef System make for absolutely amazing diving opportunities. Visit Harrison's Cave and explore its illuminated stalactite- and stalagmite-crammed caverns, and then view Barbados' undersea life on a submarine dive. However, if you do not plan on diving, you can still experience the marine life by visiting aquariums. Santo Domingo, Guadeloupe, St. Thomas, and Providenciales are just four destinations that have some quality aquariums. Another option to explore the marine-life is to set up a sailing charter or snorkeling tour excursion that will take you out a little further offshore. Dolphin and Whale watching are popular in the Caribbean, with Samana, Dominican Republic and Barbados being two of the whale watching hotspots.



BELMOPAN NATURAL ATTRACTIONS



BARBADOS - HARRISON'S CAVE

#### JAMAICA - MYSTIC MOUNTAIN



A memorable Rainforest Adventure awaits you 700 feet above sea level. Mystic Mountain Rainforest Adventure is an eco-friendly attraction located one(1) minute from the world's famous Dunn's River Falls. Situated between the coastlines and reaching up to the hillside, the park was designed in a unique way to preserve the environment while providing fun and lasting memories. You will be able to make different activities in this tour. Take the SkyExplorer Chairlift to the thrilling Jamaican Bobsled, Raggamuffin rides and Canopy Zipline Tour.

Climb Anancy's Web and Reggae Rock and enjoy so much more on your unique eco-friendly Mystic Mountain Jamaica Adventure. If you turn your attention inland, there is even more to see. Nature in the Caribbean can mean everything from volcanic peaks to deep valleys, natural springs, rainforests, and even deserts. The islands each offer their own unique wildlife and beautiful plants for travelers who spend a bit of time inland. Natural beauty is the selling point for many of the Caribbean islands, especially those popular with eco-tourists.

## 









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- Expand VETERANS Services
- Improve Transportation for SENIORS
- Advocate for Better Education
- Fight for Small Businesses

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Please Vote ★ Elizabeth Burns

Early Voting August, 8<sup>th</sup> -15<sup>th</sup>

Election Day August 18, 2020

We welcome your contributions to the campaign Call our office for further info. 954-292-6848

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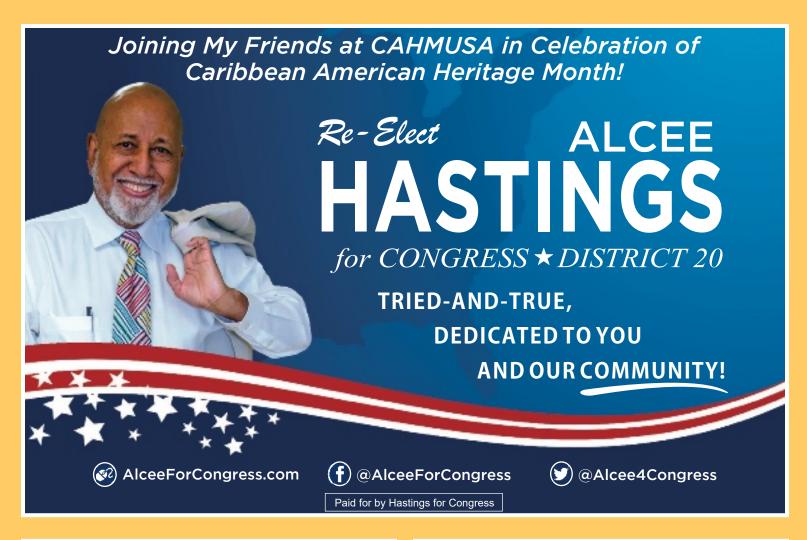
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- ★ As your Clerk I am Florida Supreme Court Certified to be the Clerk of Broward County.
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Early Voting starts \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*
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August 18<sup>th</sup>, 2020

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to retain her seat as your Broward County Clerk of Courts.



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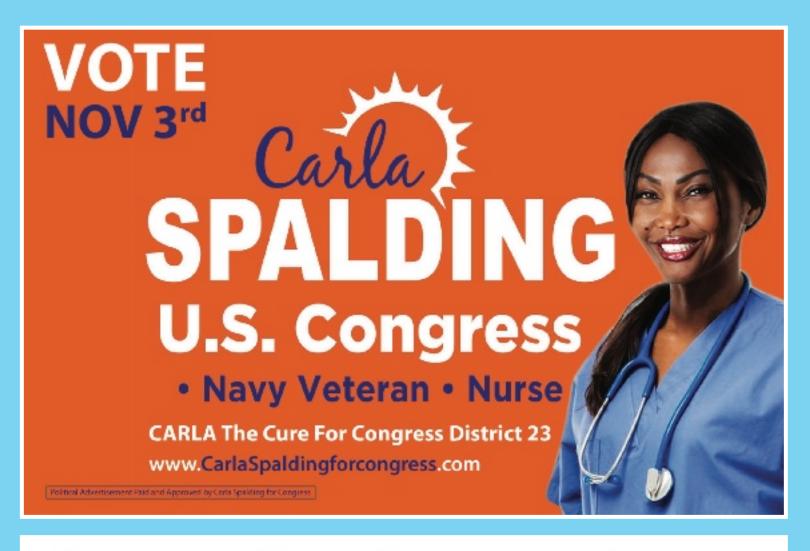


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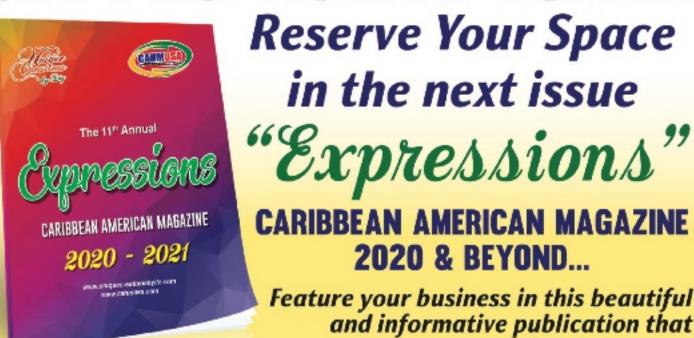


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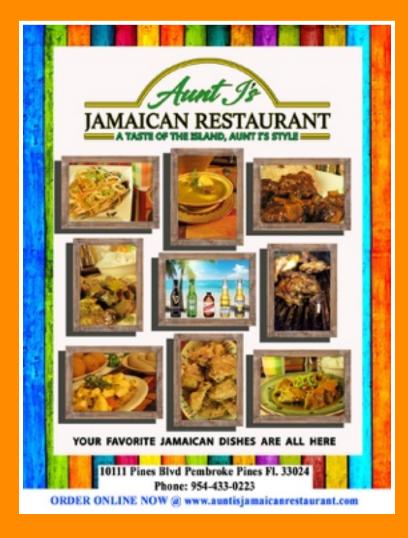
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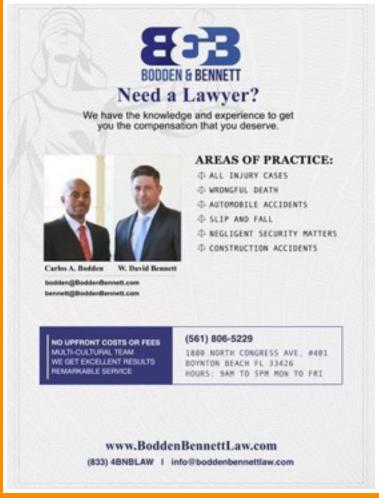
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#### **ANTIGUA & BARBUDA**

#### **FUNGEE & PEPPERPOT**

Prepared either as a breakfast meal or main entre. Fungee is a cornmeal with okra, cooked salted water and boiled to a paste. Pepperpot is a combination of a variety of vegetables, spinach, eggplant, okra, onions, spices, meats, & seasonings, boiled to a soupy finish.



#### **ANGUILLA**

#### PIGEON PEAS AND RICE

The national dish. Pigeon peas are fresh peas often soaked overnight or tinned peas ready to use. Sometimes referred to as beans, they are combined with rice flavored with spices and served with a meat dish.



#### ARUBA

KESHI YENA The national dish

Keshi Yena is a large round ball of cheese stuffed with spiced beef meat that is served baked or steamed. Included in the Keshi Yena stuffing is also chicken or goat meat.



#### **BAHAMAS**

#### CRACK CONCH WITH PEAS AND RICE

This dish is sometimes served with optional side dishes of potato salad, macaroni & cheese (Bahamian style), colesiaw, and fried plantains. Served as a main entre.



#### **BARBADOS**

#### COUCOU & FLYING FISH

Cou cou or coo coo (made with corn meal, flour, and okra) is served with vegetables, ground provisions or rice or served a la carte as a main entre.



#### BELIZE

#### BELIZEAN RICE & BEANS WITH FISH STEW

Beans and rice are cooked together with various spices. Finish with coconut milk for extra flavors. This is prepared as a main entre.



#### **BERMUDA**

#### BERMUDA FISH CHOWDER

Is a soup that is considered quintessential national dish of Bermuda. This dish is an aromatic blend of seafood and spice that often includes potatoes, tomatoes, onions, carrots, green peppers and celery. You might think of it as Bermudian gumbo!



#### BRITISH VIRGIN ISLANDS

#### FISH AND FUNGEE

Fungi is a main staple of the traditional Virgin Islands diet. It consists of commeal that has been boiled and cooked to a thick consistency along with okra.



#### **CAYMAN ISLANDS**

TURTLE The traditional national dish of the Cayman Islands is turtle meat.

Note that turtles eaten in the Cayman Islands are not from the wild but a government owned turtle farm which is also a tourist attraction. The meat from these farm turtles are using in soup or braised as steaks and burgers. Conch is also popular.



#### **CUBA**

ROPA VIEJA (Spanish pronunciation: ro. pa .bje. xa; "old clothes") is one of the national dishes of Cuba, but is also popular in other areas of the region. It consists of shredded or pulled stewed beef (Flank Steak) with vegetables in a tomato sauce base, black beans, yellow rice, plantains and fried yucca..



#### **CURAÇÃO**

TURTLE (traditional national dish) is a huge favorite in many of the Caribbean Islands, and can be prepared in various ways and is absolutely delicious in whichever style you prefer. Conch is also popular.



#### DOMINICA

#### MOUNTAIN CHICKEN

Mountain chicken or frog legs, colloquially referred to as crapaud is heavily seasoned and stewed, bolled or fried until golden brown and then served with white rice, rice & peas, or provisions. Prepared as a main entre.



#### DOMINICAN REPUBLIC

#### SANCOCHO

Soup with vegetable or ground provisions such as yams, yucca, potatoes, etc along with a variety of meats. Prepared as a main entre. Salchichon, Salchichon, Dominican salami, raditionally eaten with fried green plantains.



#### **GRENADA**

#### OIL DOWN

Made with ground provisions, including breadfruit and served with pig tail, salt beef or your choice of meat. Prepared as a main entre.



GUYANA PEPPERPOT

Made with cassareep (cassava extract) and beef or choice of meat, served with white rice or black eye or split peas & rice, spicy, served as a main entre.



**GUADELOUPE** 

PORC-COLOMBO (national dish)

A stew made with pork, chicken, lamb or goat, together with varoius local herbs, spices and vegetables.



HAITI

**GRIOTS WITH RICE & BEANS** 

Griots (pork) are a very tasty Haitian treat made by boiling and then frying cubes of pork.

Served as a main entre and complimented with riz et pois (rice and peas) or riz djon-djon and bananes pesees. Most Haitians eat their griots with burning hot Ti-Malice sauce.



**JAMAICA** 

**ACKEE & SALT FISH** 

Ackee is a pear sized fruit, when prepared it resembles scrambled eggs, salt fish is boiled to extract most of the saltiness. Seasonal well and served mainly as a breakfast meal. The famous and delicious Jerk Chicken that is a popular dish throughout world.



#### MARTINIQUE

GRILLED SNAPPER WITH SAUCE AU CHIEN

Sauce au Chien or creole sauce, made with chives, onions, parsley, tomatoes, peppers and other spices alongside grilled snapper is hot. Prepared as a main entrée. While there seems to be a debate on the number of national dishes. Martiniquans all agree that this is a national pleaser marinated codfish and green bananas, another local favorite main entrée.



MONTSERRAT

GOAT WATER (national dish)

A thick goat meat stew served with crusty bread rolls.



**PUERTO RICO** 

ARROZ CON GANDULEZ AND PERNIL

Rice with pigeon peas and pork shoulder. Much like rice and peas with your choice of meat, prepared as a main entrée.



#### ST KITTS & NEVIS

STEWED SALT FISH WITH DUMPLINGS, SPICY PLANTAINS & BREADFRUIT Stewed salt fish with coconut dumplings & spicy (ripe) plantains served together with seasoned breadfruit, boiled in chicken broth. This medley was recently created as Kititians national dish, served as a main entrée.



#### ST LUCIA

**GREEN FIG & SALT FISH** 

Green figs are green bananas boiled or stewed and served with salt fish, prepared as a breakfast meal.



#### ST MARTIN

**CONCH & DUMPLINGS** 

The conch is pounded and then pressure cooked with seasonings. The dumplings are prepared with flour, water and with or without cornmeal. The thick sauce from the couch and dumplings is used as gravy, prepared as a main entrée.



#### ST VINCENT & THE GRENADINES

ROASTED BREADFRUIT & FRIED JACKFISH

Roasted breadfruit & fried jackfish, and not boiling, as was previously submitted, is purported to be the national dish of St Vincent and the Grenadines. The dish is often served with golden apple drink, which happens to be the national drink.



#### TRINDAD & TOBAGO

CRAB AND CALALOO

Trini's love their crab and calaloo. The callaloo is prepared in a unique specially blended style that almost resembles an interesting (dark green) soupy, gravy/stew like concoction, well seasoned and flavorful. The crab is prepared tender and delicious, served as a main entrée.



#### **TURKS & CAICOS**

CONCH (national dish)

Is an excellent seafood that is considered the national dish, and is cooked in numerous ways such as fried, conch salad and all are very delicious and well flavored.



#### **US VIRGIN ISLANDS**

**BOILED FISH AND FUNGI** (pronounced fun-jee) is a kind of dumpling made from salted commeal mixed with water and shortening, and frequently, okra. It's generally served as a side-dish with fish or meat dishes. Conch in butter sauce is also a great favorite

## Caribbean American Exhibition & Festival Highlights 2019





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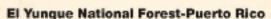
Eco-tourism is environmentally friendly and responsible tourism, in which the travelers strive to explore the natural beauty of a location while leaving as little of a carbon footprint as possible. One such island that embraces the idea of eco-tourism is Saba. Despite encompassing only five square miles in area, the island has some of the Caribbean's best hiking and diving locales, and has begun marketing itself to eco-tourists more and more in recent years.

Mount Scenery is a particularly popular attraction, featuring a 1,064 step carved staircase up the windward side of the mountain. Some other natural attractions in the Caribbean include the Blue

Mountains in Jamaica and the Hato Caves in Curacao. As you can see, there is a lot of nature to explore in the Caribbean. Just knowing that you want to experience some natural attractions does not make choosing an island any easier. Finally choosing a destination depends on your specific interests, and how they align with some of the unique offerings of the island.

#### RAINFOREST and TROPICAL CLIMATES



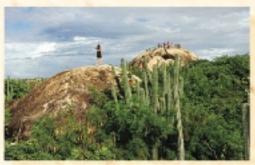




Trinidad & Tobago - Magnificent Northern Mountains

Tropical climates, where the temperatures are high and the rain falls regularly, create lush forests that are fantastic for exploring. Some islands like Dominica, Jamaica, Trinidad, Belize and Puerto Rico are well known for their tropical rainforests that are popular among hikers and eco-tourists. Other islands, like the Bahamas, Bermuda, the Cayman Islands and the Turks & Caicos Islands do not have a rainforest, but generally receive at least three inches of rain per month, enough to have Tropical flora and fauna. Aruba and Curacao, get less rainfall and have Deserts.

#### DESERTS and DRY CLIMATES



#### Aruba - Oranjestad Natural Attractions

Believe it or not, deserts are not uncommon in the Caribbean. Islands such as Aruba and Curacao are well known for their desert terrain and climate. Some islands, like St. Croix, have areas that receive very little rainfall, and other locations where rainfall is plentiful; still other islands can best be described as semi-arid, or they lack the lush tropical vegetation many people think of when they visualize a Caribbean island.

The Bahamas, for example, receives a lot of rainfall, but the climate and subsurface structures generally keep the ground dry – so they tend to have more mangrove forests than regular trees.

#### MOUNTAINS



#### **JAMAICA - BLUE MOUNTAINS NATURAL ATTRACTIONS**

Most islands have at least one mountain, but there are a few iconic locations that stand out. Aruba's Mount Jamanota, for example, is the centerpiece of the island and its off-the-beaten path is complete with donkeys and other animals roaming freely making it perfect for a quiet, all-natural retreat. In Guadeloupe, there is a very famous mountain called Le Grande Soufriere. Actually an active volcano, it has threatened the people of Guadeloupe with an eruption as recently as 1976. For now, it is safe enough to explore.

Finally, one of the most recognizable mountains in the Caribbean are the Pitons in St. Lucia. These iconic and photogenic mountains are a favorite of sightseers and hikers. The extreme incline make it quite a challenge though.

#### HIKING

Hiking in the Caribbean can be a lot of fun for those willing to put up with the heat. While you can find hiking nearly anywhere in the Caribbean, a few places really specialize in it. Dominica, as the Nature Island, has one of the most famous trails in the region, the Waltukubuli National Trail. This trail will take you all across the island in segments, allowing you to start and stop as you please. Another option is Jamaica. Those stopping in any of the big cities will be able to find tour guides ready to take them into the island's interior. However, true eco-tourists will want to look into staying in the center of it all by booking a hotel in or near the Blue Mountains which range from luxury hotels, such as the Strawberry Hill Hotel to AirB&B. Martinique is another great choice thanks to a diverse topography that includes rainforests, beaches, and volcanoes all in just 436 square miles. Hiking the famous Mont Pelee on Martinique is a natural choice, but another great hike is from Precheur to Grand-Riviere in the north of the country. Another option is Puerto Rico which is home to numerous parks and reserves. From Arecibo where you can see the famous observatory, to Cabo Rojo where you can experience the Island's natural coast. However, the most famous natural attraction on that Island, El Yunque, offers perhaps the most exciting hiking. Growing in popularity, is Nevis Peak, which is being touted, by some, as being The Ultimate Challenge.

#### WATERFALLS



#### ROSEAU NATURAL ATTRACTIONS

Beautiful waterfalls can be found in the Caribbean that rival much larger ones found elsewhere in the world. Some of them are famous tourist attractions, while others are hidden gems that are nothing short of marvelous to look at.

One of the most famous, and most visited, is Dunn's River Falls in Jamaica not far from Ocho Rios. Cruise passengers and other tourists flock here because the falls are perfect for climbing, even for the inexperienced.

Someone looking for a bit more of a secluded option, however, might be interested in the falls of Grenada. Concord Falls consists of three different waterfalls, and the latter two require at least an hour's hike. However, those making the trip are rewarded with a beautiful view and cool water perfect for swimming.

Somewhere between the crowds of Dunn's and the seclusion of Concord is Diamond Falls in St. Lucia. While a visit here requires a little bit of a walk, it is located in a botanical garden surrounded by green leaves and colorful flowers. Also away from the crowd. Jamaica has developed and opened a number of other beautiful waterfalls around the Island such as Reach Falls in Manchioneal, Reggae Falls near Port Antonio, YS Falls on the South Coast and Falling Edge in Stony Hill near to Kingston.

#### **HEALING BATHS, HOT SPRINGS and SPAS**

The Caribbean Islands are one of the few areas in the world to have the ability to combine seaside leisure and alternative health treatments. Many of the islands have natural springs in which you get immersed for as long as you wish, in what many people, for many years, have claimed to be healing waters. You might think of it as just folklore, but there are a vast number of people over more than 100 years, who have claimed to have been cured of many different ailment. Jamaica has 10 mineral springs some of which are over 300 years in use. While Jamaica, Nevis and Anguilla is mostly sulphurous mineral water, Soufrière in St Lucia offers the chance to take a bath in thick, oozing, mineral-rich mud. Once you've wallowed, wash it off with a cleansing dip in the thermal spring waters. In Trinidad the La Brea Tar Pits you use the watery tar as a therapeutic body mask.

#### UNIQUE LANDSCAPES



#### BRITISH VIRGIN ISLANDS - RHONE MARINE PARK BVI - THE BATHS

Not all destinations in the Caribbean are the same. From their topography to unique geological features, there is something that allows each and every location to stand out. The following destinations have something unique to offer visitors. Aruba, for example, is known for its desert interior and tourists will even spot cacti as they explore, especially when visiting the Casibari Rock Formation.

In Puerto Rico there are several bioluminescent bays Puerto Rico, including a world famous Mosquito Bay on Vieques and Laguna Grande in Fajardo. In the Cayman Islands there is Bio Bay, and in Jamaica there are a few, such as Luminous Lagoon and Green Grotto. Pitch Lake on Trinidad takes a completely different turn. This lake is actually comprised of an estimated six million tons of asphalt and tourists can hear, see, and smell the bubbling and hissing.

Finally, the most popular natural attraction in the British Virgin Islands is known as the Baths. They are located on Virgin Gorda, and are a collection of underwater boulders that create a series of caves, grottoes, and pools that visitors can't get enough of whether they are diving, snorkeling, or just exploring from boulder to boulder as they swim.

Of course, this is just the beginning of the sites you'll find throughout the islands. A look into the attractions of individual islands will provide an endless listing of things to keep you busy on your vacation, and don't forget there is an entire world of attractions to be discovered underneath the surface of the sea when you plan to spend some time snorkeling and diving. From historic forts and museums to tall mountains and glowing bays, the Caribbean is overflowing with attractions that will not only entertain, but enrich as well.

#### Learn More

We hope this overview has provided you with some ideas concerning the specific attractions that interest you most. Now we hope you will dig deeper into the specific features that make the Caribbean so special.



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