



# Celebrating

**Jamaicans around the world**



# Xavier Murphy

**THE MAN BEHIND JAMAICANS.COM**

---

In June we celebrate Caribbean American Heritage Month, then in August a celebration of the Jamaican culture and the people.





## Meet Xavier Murphy Jamaican American Community Leader

I'm honored to introduce one of South Florida's Jamaican American Community Leader, Xavier Murphy, founded the Jamaicans.com platform in 1995 and is a pioneer for web-based technology for the Jamaican Diaspora. Xavier is very active in the South Florida community and has served in a leadership capacity for many organizations including the President of the South Florida chapter of the Association of Internet Professionals. In celebration of Caribbean American Heritage Month in June, we are honored to feature Xavier Murphy. He has been a community leader and a pioneer in the South Florida area for many years from launching his web-based communication for the Jamaican Diaspora (Jamaicans.com in 1995), which has become the world's leading website covering news, travel, culture, and politics in Jamaica and the Caribbean, and the 3rd largest Jamaican website online. It is also the 1st Caribbean website to launch an iPhone app.

Mr. Murphy's enduring achievements have established him as a luminary among community service leaders in South Florida by being honored in August 2012 as Community Luminary for Cultural Arts/ Media and Community Development by the Jamaican Consulate, Miami in its celebration of the 50th Anniversary of Jamaica's Independence. and in November 2012 as one of South Florida's Most Accomplished Black Community Leaders and Entrepreneurs. In celebration of Jamaicans.com 20th Anniversary, the month of December 2015 was declared "Jamaicans.com month" by the city of Miramar per a proclamation from the Mayor Wayne Messam. In June 2016 Mr. Murphy was named Innovator of the Year at 2016 The People Profile Awards in South Florida. Mr. Murphy received the CAHMUSA 2019 Caribbean American Heritage Award. He was then honored in 2020 with a Proclamation by the City of Lauderhill commemorating his great work in the Caribbean community.

Mr. Murphy is very active in the South Florida community and has served in a leadership capacity for many organizations including the President of the South Florida chapter of the Association of Internet Professionals and the past president of the Miami Dade Jamaican Student Association. He is the founding as well as the current president of the Jamaica College Old Boys Association of Florida (JCOBAFL) and chair of its annual True Blue Weekend & Dennis Ziadie Cup committee. The True Blue Weekend & Dennis Ziadie Cup is the largest annual Jamaican alumni outdoor event in South Florida. Jamaica College boasts two Jamaican Prime Ministers: The Honorable Michael Manley and The Honorable Bruce Golding among its distinguished alumni. Jamaican high school alumni associations are the foundation for many local community service activities as well as philanthropic support for schools in Jamaica. And the co-founder and Coordinator of the Annual Anancy Festival event held in South Florida each June to celebrate Caribbean American Heritage Month. With Mr. Murphy's coordination, the Anancy festival was also held in various countries and cities across the world including Ghana, Kenya, Washington DC, New York, Las Vegas, and Atlanta. The folk hero Anancy is the lead character in the most well-known series of children's stories in Jamaica. The Anancy character was developed in Ghana and transported to Jamaica by slaves.

In June 2021 Xavier Murphy was named the Jamaica Diaspora Champion in Media. In August 2021 Xavier was honored with a Cultural Icon Outstanding Jamaican American Award from the City of Miami Garden for his contributions to the community provided through Jamaicans.com. Mr. Murphy lives in South Florida with his wife Karen and their three daughters. We celebrate Xavier Murphy as our "Men of Kulture 365 "Jamaican" Ambassador in celebration of Caribbean American Heritage Month (June).

**KUOM: As you know these past two years have been challenging for many of us. What challenges or obstacles have you faced, and how did you overcome them?** The biggest challenge for me is getting into a new routine especially with changes happening constantly. One area that really ramped up is Electronic communication. These two years I have learned to have multiple routines to adjust to life.

**KUOM: What advice or words of wisdom have your parents or someone shared with you that will remain with you today?** My dad always said "If you are not going to do it, then don't do it at all".

Continues on page 4



**KUOM: June is Caribbean American Heritage Month. If you had to change three things that would help bring more awareness to embrace and celebrate our beautiful culture?** I know this may be controversial but change it to a month. June is a month when most children in the USA are out of school. I think much of what we see celebrated is the food and culture. I would love to see more emphasis on the people. Not just those who shoulder we stand on but celebrating the future Caribbean Americans doing great things. Others want to celebrate but don't know how. Maybe a unified theme that we celebrate around each year would help to reach more people.

**KUOM: If you had to cook a favorite dish for your family or friends from your cultural heritage (Jamaica) what would it be and why?** I know this sounds cliché but traditional Jerk Chicken/pork done the correct way with 3-4 hours of cooking.

**KUOM: For those who may be embarrassed or shunned away from where they came from, they have now adapted to the American lifestyle. From your observation, has the culture inspired America or has America inspired the culture?** I was just having this discussion with a friend. I think this goes back and forth. I think the culture has inspired America. We live in a time where the Jamaica air horn is prevalent and a Caribbean restaurant is in practically every State. That is the influence.

**KUOM: Xavier, you are a community leader and (the founder of one of the oldest web-based platforms serving) the Jamaicans and the Caribbean American Diaspora. As we bring awareness to Men's Health Month (June). In your own opinion, what are some of the health struggles our Caribbean American men are facing today? And what steps can they take to make changes?** I think one of the biggest obstacles to Caribbean American men's health is ego. I know quite a few Caribbean-American men that refused to get their prostate examined and later have prostate cancer. Our masculinity prevents us from just doing regular routine check-ups and has led to negative consequences. Education can help but I think other men talking to their friends & relatives can have a huge impact. I recently had a friend who called to let me know he was diagnosed with prostate cancer and the next male friend I spoke with that day I asked them if he ever had his prostate checked. I told him the news I received from a friend which brought context to my asking the question. I was able to use the negative news to ask a positive question.

**KUOM: A man's mindset plays a role in being more proactive about their self-care regimens. Can you share some of your healthy self-care regimens you do regularly?** I do a mile walk/run at least 2-3 times a week. I am also a member of the Jamaica Hi-5 exercise group that works out every Saturday. I drink mainly water and have been cutting back on anything with too much sugar. I don't consider myself an extreme health buff but I practice moderation.

**KUOM: What does it mean to be a Man of Kulture 365 in terms of your heritage and inspire other men like yourself?** It's an honor to be considered a Man of Kulture 365. What it means to me is that given the opportunity and support we can achieve great things in our community. However, we must always remember to serve others first.

**KUOM: Xavier, would you like to share any final words with our readers, we didn't cover?** I enjoy serving the Jamaican/Caribbean community and telling their stories on the Jamaicans.com platform. Everyone has a story that can inspire others. No matter how simple you may think your story is, you should share it. My pastor once said "You have a story that someone needs." There are so many great Caribbean-American stories out there. I leave your readers with my favorite African proverb "Until the lion has his or her own storyteller, the hunter will always have the best part of the story."

Continues on page 5



On behalf of KUOMagazine, I would like to say a special thank you to Xavier Murphy for allowing us to feature him as we celebrate Caribbean American Heritage Month & Men's Health Week. Our readers can stay connected with Mr. Murphy and Jamaicans.com on all his social media platforms below or visit online at Jamaicans.com.

Facebook: <http://www.facebook.com/onelovejamaica>  
Youtube: <https://youtube.com/Jamaicans>  
Pinterest: <https://www.pinterest.com/jamaicans>  
Instagram: [http://instagram.com/jamaicans\\_com](http://instagram.com/jamaicans_com)  
Twitter: <http://twitter.com/jamaicansdotcom>  
LinkedIn: <https://jm.linkedin.com/company/jamaicans-com>

Social Media Links Xavier Murphy  
Twitter: <https://twitter.com/xaviermurphyja>  
Instagram: <https://www.instagram.com/xmurphy>

Written by Coach Mea Allman, CPLC-HNC-C  
Founder/Editor-in-chief of KUOMagazine.com



# KARIBBEAN



UNDER ONE MAGAZINE

[www.KUOMMagazine.com](http://www.KUOMMagazine.com)



## Contact Us:

**Location:**  
1516 E. Colonial Drive, Suite 305  
Orlando, FL 32803

**Email:**  
[iamkuomagazine@gmail.com](mailto:iamkuomagazine@gmail.com)  
[menofkulture365@gmail.com](mailto:menofkulture365@gmail.com)  
[womenofkulture@gmail.com](mailto:womenofkulture@gmail.com)

**Office/Cell:**  
Cell: (407) 486-5001

**Youtube**  
[@officialKUOMagazine](https://www.youtube.com/@officialKUOMagazine)  
[@officialwomenofkulture](https://www.youtube.com/@officialwomenofkulture)

### Facebook:

<https://www.facebook.com/glow365tvshow>  
<https://www.facebook.com/KUOMagazine.com>  
<https://www.facebook.com/officialmenofkulture365>  
<https://www.facebook.com/officialwomenofkulture>  
<https://www.facebook.com/ribbonsosurvivors365>

### Website:

<https://www.GLOW365.info>  
<https://www.MenOfKulture.com>  
<https://www.WomenOfKulture.com>  
<https://www.RibbonsOfSurvivors.com>

### Instagram

<https://www.instagram.com/glow365tvshow>  
<https://www.instagram.com/officialKUOMagazine>  
<https://www.instagram.com/officialmenofkulture365>  
<https://www.instagram.com/ribbonsosurvivors365>  
<https://www.instagram.com/officialwomenofkulture>