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From left, Hinna Zeejah, 8, Taejah Goode, 10, Julia Stokes, 11, and Grant Fritz, 8, who wrote letters to President Barack Obama about the school shooting in Newtown, Conn., watch as Obama signs executive orders outlining proposals to reduce gun violence, Wednesday, Jan. 16, 2013, in the South Court Auditorium at the White House in Washington. AP Photo/Charles Dharapak

BRACING FOR A FIGHT

Obama unveils \$500m gun violence package

By Erica Werner & Julie Pace

WASHINGTON (AP) — Braced for a fight, President Barack Obama on Wednesday unveiled the most sweeping proposals for curbing gun violence in two decades, pressing a reluctant Congress to pass universal

background checks and bans on military-style assault weapons and high-capacity ammunition magazines like the ones used in the Newtown, Conn., school shooting.

A month after that horrific massacre, Obama also used his

presidential powers to enact 23 measures that don't require the backing of lawmakers. The president's executive actions include ordering federal agencies to make more data available for background checks, appointing

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CARIB CARBON DEBATE

How To Combat Climate Change

By Desmond Brown

ROSEAU, Dominica, Dec. 26, 2012 (IPS/GIN) - Imagine Guyana and Dominica without forests and rivers, or Antigua, Barbados and St. Lucia without beaches.

Atherton Martin, a conservationist and former minister of agriculture in Dominica, says climate change should be forcing Caribbean countries to take a hard look at how they are managing their natural resources, lest they eventually disappear.

"What the climate change principles tell us is that basically when your natural resource systems are debilitated, weakened or destroyed by climate change, your economy is thereby destroyed," he told IPS.

But all is not bleak. Martin believes climate change could potentially benefit the Caribbean in two ways – firstly, by forc-

ing a change in mindset where countries take the lead instead of simply reacting; and secondly, by allowing governments to build stronger economies by accessing millions of dollars in climate change funding.

He pointed to Guyana's push to become a low carbon economy, noting that it has already drawn down more than 70 million dollars from carbon credits on just 10 percent of its forest systems.

"They expect to draw down a total of over 250 million dollars over the next year and this is a deal made on carbon credits and sequestration valuation with just one country, Norway," Martin said.

In July 2009, Guyana launched a low carbon strategy aimed at promoting economic develop-

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CARIBBEAN ROUNDUP

Updated daily at www.caribbeanlifeneews.com

THE NEWS FROM BACK HOME

Caribbean

Morocco will send a technical team this year to the Bahamas to lure investors from the United Arab Emirates (UAE), Bahamas Foreign Minister Frederick Mitchell said.

This followed recent talks between officials from several CARICOM countries and their Moroccan counterparts as the region seeks to attract investors from the UAE.

Mitchell said apart from the Bahamas, the other CARICOM countries represented at the talks were St. Lucia, Dominica, Antigua and Barbuda and Grenada.

He said the discussions with the Morocco government included the possibility of scholarships for Caribbean students to attend Moroccan technical schools, tourism exchanges, agricultural and fisheries processes and developments.



Mitchell had traveled to Morocco recently to attend the Fourth Summit of the Group of Friends of Syria and he told reporters that the summit afforded The Bahamas an opportunity to have an outreach to Dubai.

He said Morocco which attracts an estimated ten million tourists annually, is interested in The Bahamas program of promoting the tourism industry.

Antigua

The second suspect in the double murder of two Dominican men has escaped police custody. Kergus Martin Jr. jumped through a bathroom window at the St. John's Police Station recently. It is not the first time a suspect has used the window as an escape route.

Martin's escape came hours after another person of interest in the killing broke loose from Montserrat police.



The Montserratian cops were delivering that suspect- Kenroy "Satu" Marshall - to local lawmen at the VC Bird International Airport. Marshall and Martin Jr were captured in Montserrat recently.

Reports indicate that the foreign police officers unlocked Marshall's handcuffs to allow him to sign immigration documents



Tribute to earthquake victims

2010 earthquake, devastating earthquake, Titanyen, a mass burial site, Port-au-Prince, Haiti, Saturday, Jan. 12, 2013. Story on page 6. AP Photo/Dieu Nalio Chery

when he made his dash for freedom.

Barbados

The Barbados Port Inc. has invested about \$2 million in upgrading infrastructure at the Inner Basin of the Careenage as the island's government continues to facilitate the development of yachting as a new niche market for Barbados' tourism industry.



Minister of International Business and International Transport, George Hustson said recently between the last 18 months and two years, the Barbados Port had done substantial work in developing the infrastructure at the Inner Basin of the Careenage to facilitate such activity.

He made the comments after touring two of the 12 yachts that took part in the Classic Trans-Atlantic Race to Barbados.

"The Port has done substantial work in developing the infrastructure. We have put enough buoys to berth 40 yachts and we are going to put additional buoys in the outer careenage," he said,

noting the design for the latter would accommodate approximately 50 vessels.

Bermuda

The new cabinet of Bermuda's Premier Craig Cannonier has pledged to take a 10 percent cut in salaries. Cannonier's 12-member government, which includes two women was recently sworn in by Governor George Ferguson.



Cannonier said the primary focus of his new government "is to get our economy growing again, creating the conditions for new jobs and opportunity... creating the conditions to help people meet their daily needs and to ease the pressure they face."

"The work ahead will not be easy, but we will get the job done. One of my government's goals is to change the way we conduct politics, to bring forward a new emphasis on cooperation and collaboration" he said.

"People of this country are going through very tough times and it is essential they know that

their elected representatives are with them. We cannot expect Bermudians to tighten their belts without their leaders doing the same. Sacrifice must be shared," Cannonier said.

Dominica

The Dominica Public Service Union (DPSU) says it will not accept the government's offer of one percent for public servants even after the parties agreed to meet this month for another round of talks.



The two parties met last month and according to DPSU general secretary Thomas Letang, the Roosevelt Skerrit administration is not moving from the offer on the table. The union is seeking a three percent increase for the period 2010-2012 and has not ruled out the possibility of industrial action.

Letang made it clear the union would be sticking to its demands.

"We made it quite clear that under no circumstances we would accept the government's one percent," he said.

Guyana

Guyana says it will receive an additional US\$45 million in cash from Norway as a reward for protecting its Amazonian rainforest.

President Donald Ramotar says the money will help fund a hydroelectricity project in central Guyana and provide electricity and Internet services in remote jungle communities.



He said in a statement that Guyana has so far received US\$115 million of US\$250 million grant it negotiated with Norway as part of a 2009 agreement. The money serves as incentive for Guyana to protect its lush forests through sustainable mining, timber harvesting and other projects.

Most of Guyana's 730,000 people live on a narrow strip of coastal island, leaving the interior largely unoccupied. About 70 percent of Guyana is covered in forest.

Haiti

Haitian officials have renewed the diplomatic passport of former dictator Jean-Claude Duvalier, his attorney said.

Lawyer Reynold Georges said the country's Minister of Foreign Affairs reissued the expired travel document for Duvalier last month as is customary for ex-presidents and former prime ministers.



"They have to, because he's an ex-president," Georges said.

Duvalier suddenly returned to Haiti in 2011 following 25 years in exile in France. Upon his return, Haitian authorities opened an investigation into the human rights abuses associated with his 15-year rule. But the judge instead recommended that Duvalier be indicted for only financial crimes and faces no more than five years if convicted.

The case is currently dragging its way through an appeal process, and hearing is scheduled for Jan. 24.

Trinidad

National Security Minister Jack Warner says that there has been a decline in serious crime since the People's Partnership Government came into office in 2010.

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Grenadians go to the polls on Feb. 19

By Nelson A. King

Hardly a week after asking Governor Gen. Sir Carlyle Glean to dissolve Parliament, Grenada Prime Minister Tillman Thomas has announced general elections in the "Spice Isle" for Feb. 19.

Thomas made the announcement at a rally on Sunday afternoon, Jan. 13, of the incumbent National Democratic Congress (NDC).

"The time is right to seek a new mandate from the people of Grenada, Carriacou and Petite Martinique," said Thomas, who is also NDC party leader.

"With God's grace and guidance, we shall be victorious," he added.

With the dissolution of Parliament last week, voters in Grenada were expected to go to the polls within 90 days.

General elections in Grenada were constitutionally due by October this year.

"I wish to advise that today I advised his excellency the governor general to dissolve the Parliament of Grenada," said Thomas in a brief radio and television address on Jan. 9.

"This act paves the way for the setting of an election date within the next 90 days," he added. "All such persons who are yet to register are urged to do so now.

"Given the need to ensure that all Grenadians who are 18 years, and over and are registered to vote, are given a fair chance to exercise their hard earned franchise, and against the background of the introduction of a new voter registration system, my government's focus was on ensuring that the new system was properly put in place," the prime minister added.

"It should be noted that if an election was called before the new voter registration was put in place, the old system has to be used. This system, as many of you know, needed to be urgently improved, because, among other



Prime Minister Tillman Thomas.

things, the equipment was obsolete and the list padded," he continued.

Thomas said the "isolated calls" for an early election before the completion of the new system, was "irresponsible, self serving and not in the best interest of all Grenadians.

"Every Grenadian needs to be given an opportunity to participate in a free and fair process of choosing a government," he said.

"I now wish to convey that, in my view, much progress has been made with our electoral preparation. Many Grenadians have responded to the call to be registered. This has contributed significantly to our state of readiness," he added.

Thomas said that on the naming of an election date, the Governor General's responsibility is to "promptly issue the relevant writ.

"When this is done, voter registration ceases immediately," he said.

The Grenadian leader said 2013, despite the lingering challenges, will "usher in some exciting possibilities.

"We will see the implementation of many programs and projects that we have been working on over the past four years," he said.

"These programs and projects constitute key elements of the foundation that we have laid for the growth and development of our beloved country," he added.

N.Y. seals new state gun laws

By Michael Gormley

ALBANY, N.Y. (AP) — New York lawmakers agreed to pass the toughest gun control law in the nation and the first since the Newtown, Conn., school shooting, calling for a stricter assault weapons ban and provisions to keep guns out of the hands of the mentally ill who make threats.

"This is a scourge on society," Gov. Andrew Cuomo said Monday night, six days after making gun control a centerpiece of his agenda in his State of the State address. The bipartisan effort was fueled by the Newtown tragedy that took the lives of 20 first graders and six educators. "At what point do you say, 'No more innocent loss of life?'"

The measure also calls for restrictions on ammunition and the sale of guns. It is expected to pass Tuesday.

"This is not about taking anyone's rights away," said Sen. Jeffrey Klein, a Bronx Democrat. "It's about a safe society ... today we are setting the mark for the rest of the county to do what's right."

Under current state law, assault weapons are defined by having two "military rifle" features, such as folding stock, muzzle flash suppressor or bayonet mount. The proposal would reduce that to one feature, includ-



New York Gov. Andrew Cuomo, center, speaks during a news conference announcing an agreement with legislative leaders on New York's Secure Ammunition and Firearms Enforcement Act in the Red Room at the Capitol on Monday, Jan. 14, 2013, in Albany, N.Y. Also pictured are Secretary to the Governor Larry Schwartz, left, and Lt. Gov. Robert Duffy.

AP Photo/Mike Groll

ing the popular pistol grip. The language specifically targeted the military-style rifle used in the Newtown shootings.

Current owners of those guns will have to register them.

Private sales of assault weapons to someone other than an immediate family would be subject to a background check through a dealer. New Yorkers also would be barred from buying assault weapons over the Internet, and failing to safely store a weapon could lead to a misdemeanor

charge.

Ammunition magazines would be restricted to seven bullets, from the current 10, and current owners of higher-capacity magazines would have a year to sell them out of state. An owner caught at home with eight or more bullets in a magazine could face a misdemeanor charge.

Stores that sell ammunition will have to register with the state, run background checks on buyers of bullets and keep an electronic database of bullet sales.

In another provision, a therapist who believes a mental health patient made a credible threat to use a gun illegally would be required to report it to a mental health director who would have to notify the state. A patient's gun could be taken from him or her.

The legislation also increases sentences for gun crimes including the shooting of a first responder that Cuomo called the "Webster provision." Last month in the western New York town of Webster, two firefighters

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Incarceration, Cause and Consequence

By Chudi Chukwudi

Concerned about the excessive incarceration of minorities in New York City, the Brooklyn grassroots organization, United People's Inclusive (UPI) -- an offshoot of the 26-year-old Caribbean Women Socio-Cultural Association of America (CWUSCAA), last week launched a community awareness mission beginning with a visit to the Eureka Assembly at 1055 Rogers Ave., Brooklyn, as the UPI institutes a grassroots-up, multifaceted community bloc-by-bloc alliance aimed at right the wrongs of the social imbalance.

"The probing question is: Why America maintains the highest and fastest-growing, prison population per capita in the world, which primarily targets Black and Brown people of low income communities?" UPI Elder Austin Tuitt asks, adding that the UPI Elderhood Council was determined to proactively explore the pros and cons of this social malaise.

On Saturday, Jan. 5, 2013, the first effort to establish the UPI Friendship Appreciation Bloc kicked off with the visit to the Eureka Assembly. Contact: 718-284-4453; Email: gcr.lglg@yahoo.com for more details.



Members of the host group and their guests during the Saturday, Jan. 5 visit to the Eureka Assembly. Pictured are: Osmond Lewis, EUREKA's Senior Pastor (4th from right) and Austin Tuitt, UPI's First Elder (3rd from right) respectively) with their wives and several of the church's fast-growing membership.

Photo by Hulda Spence

Gun violence package unveiled

Continued from cover
a director of the Bureau of Alcohol, Tobacco, Firearms and Explosives, and directing the Centers for Disease Control to research gun violence.

But the president, speaking at White House ceremony, focused his attention on the divided Congress, saying only lawmakers could enact the most effective measures for preventing more mass shootings.

"To make a real and lasting difference, Congress must act," Obama said. "And Congress must act soon."

The president vowed to use "whatever weight this office holds" to press lawmakers into action on his \$500 million plan. He is also calling for improvements in school safety, including putting 1,000 police officers in schools and bolstering mental health care by training more health professionals to deal with young people who may be at risk.

Even supportive lawmakers say the president's gun control proposals — most of

which are opposed by the powerful National Rifle Association — face long odds on Capitol Hill.

House Speaker John Boehner's office was non-committal to the president's package of proposed legislation, but signaled no urgency to act. "House committees of jurisdiction will review these recommendations," Boehner spokesman Michael Steel said. "And if the Senate passes a bill, we will also take a look at that."

Senate Judiciary Committee Chairman Patrick Leahy said ahead of Obama's presentation that he didn't know whether an assault weapons ban could pass the Senate, but said there are some measures that can, such as improved background checks.

"There are some who say nothing will pass. I disagree with that," Leahy, D-Vt., told students at Georgetown University Law Center. "What I'm interested in is what we can get."

Senate Majority Leader Harry Reid, D-Nev., called Obama's package "thought-

ful recommendations" and said the Senate would consider legislation addressing gun violence early this year.

"The tragedy at Sandy Hook was just the latest sad reminder that we are not doing enough to protect our citizens - especially our children - from gun violence and a culture of violence, and all options should be on the table moving forward," he said.

Republican National Committee Chairman Reince Priebus dismissed Obama's measures as "an executive power grab."

"He paid lip service to our fundamental constitutional rights," Priebus said of the president, "but took actions that disregard the Second Amendment and the legislative process."

Acknowledging the tough fight ahead, Obama said there will be pundits, politicians and special interest groups that will seek to "gin up fear" that the White House wants to take away the right to own a gun.

"Behind the scenes, they'll

do everything they can to block any commonsense reform and make sure nothing changes whatsoever," he said. "The only way we will be able to change is if their audience, their constituents, their membership says this time must be different, that this time we must do something to protect our communities and our kids."

The president was flanked by children who wrote him letters about gun violence in the weeks following the Newtown shooting. Families of those killed in the massacre, as well as survivors of the shooting, were also in the audience, along with law enforcement officers and congressional lawmakers.

"This is our first task as a society, keeping our children safe," Obama said. "This is how we will be judged."

Seeking to expand the impetus for addressing gun violence beyond the Newtown shooting, the president said more than 900 Americans have been killed by guns in the month since the elementary school massacre.

Associated Press writers Ken Thomas and Jim Kuhnhenn contributed to this report.

Guyana

Continued from cover
ment, while at the same time combating climate change.

At the launch, then President Bharrat Jagdeo called for a platform on which developing countries like Guyana are not seen as mere recipients of aid, but as equal partners in the search for climate solutions.

A low carbon economy is one where economic activities are geared to reduce the amount of carbon dioxide that would otherwise go into the atmosphere, and where other activities and lifestyles seek to minimize the effects of climate change.

About 80 percent of Guyana's forests, or some 15 million hectares, has remained untouched over time. An expert study commissioned by Guyana estimates that the country would earn some 580 million dollars annually if it were to engage in economic activities that could lead to the destruction of

the forests, but the economic value to the world, if these same forests were left standing, would be equivalent to 40 billion dollars.

Jagdeo has described Guyana's forests as a global asset, home to at least 8,000 plant and animal species that make it one of the most biodiverse areas in the world. The forests also act as a sink to absorb carbon dioxide, one of the greenhouse gases that contribute to global warming.

With the right low-deforestation economic incentives, Guyana would avoid emissions of 1.5 gigatonnes of CO2 a year.

Earlier this year, the Inter-American Development Bank (IDB) approved an institutional strengthening project for Guyana's Low-Carbon Development Strategy. The approval means that nearly six million dollars will flow to Guyana for implementation, following an initial sum of 1.06 million dollars released to the country from Norway for preparatory work.

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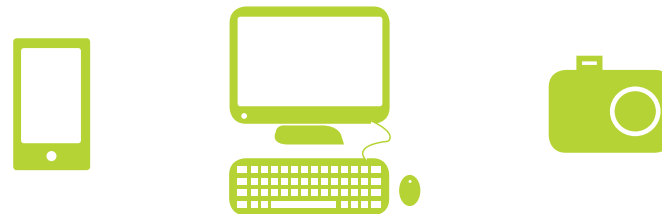
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Anniversary of the Haiti earthquake

By Trenton Daniel

PORT-AU-PRINCE, Haiti (AP) — President Michel Martelly urged Haitians to recall the tens of thousands of people who lost their lives in a devastating earthquake three years ago, marking the disaster's anniversary Saturday with a simple ceremony.

Former U.S. president Bill Clinton joined Martelly later in the day for a similarly quiet wreath-laying commemoration.

"Haitian people, hand in hand, we remember what has gone," Martelly said in the morning as a gigantic Haitian flag flew at half-staff before him on the front lawn of the former National Palace, a pile of tangled steel reinforcement bars nearby. "Hand

in hand, we're remembering, we're remembering Jan. 12."

Martelly thanked other countries and international organizations for their help since the Jan. 12, 2010, disaster.

Clad in black, several dozen senior government officials gathered where the opulent white palace stood before it collapsed in the temblor and was later demolished. Foreign diplomats and Czech supermodel Petra Nemcova, earlier named by Martelly as one of Haiti's goodwill ambassadors, were also there.

In the speech, Martelly announced a government contest seeking designs for a monument to honor those who died in the quake. He also said the government



Haiti's President Michel Martelly, left, UN special envoy to Haiti and former President Bill Clinton, center, and Haiti's first lady Sophia Martelly, right center, attend a memorial service for victims of the 2010 earthquake, at Titanyen, a mass burial site north of Port-au-Prince, Haiti, Saturday, Jan. 12, 2013. AP Photo/Dieu Nalio Chery

had just released a new construction code aimed at ensuring new buildings are seismically resistant in hopes of preventing the same kind of catastrophic damage in any future earthquake.

In the late morning, Clinton, the U.N. special envoy to Haiti, joined Martelly and Prime Minister Laurent Lamothe in placing a wreath at a mass burial site north of the capital of Port-au-Prince. None of the three spoke at the event.

Clinton expressed hope about Haiti's future in brief comments to reporters after the ceremony.

"I think that you will see, particularly in the economic sphere, a lot more in the coming year, where Haiti is projected to have the highest growth rate in the Caribbean," he said. "Well, we hope to speed up some of the infrastructure. We have to repair the agriculture and ... build a lot more houses. We've got to get those people out of those tents."

Archeologist challenges Ponce de León myths

St. Augustine, FL - Jan. 14, 2013 -- As Florida celebrates 500 years in 2013, the world's leading light station and maritime museum, The St. Augustine Lighthouse & Museum is determined to set the record straight. There are many myths concerning Ponce de León's discovery of Florida. While some myths are entertaining and fun, some myths can be very confusing and misleading. And the Lighthouse's Director of Archaeology, Dr. Sam Turner wants to debunk a few of them.

"Many believe that Ponce de León sailed in search of the Fountain of Youth", said Dr. Turner, "Or that he sailed directly from Spain to what would one day soon be named Florida. Some believe that April 2 was the first sighting of the coast of Florida by Ponce de León and his crew when it actually was March 27,

1513. But maybe the biggest misconception would be that he landed in Melbourne Beach, Florida."

Dr. Turner is a maritime history expert and is currently working on writing a book about Ponce de León. He will begin a new series on Ponce De Leon and his La Florida 500th Anniversary Journey beginning Sunday, January 20 on the Lighthouse's website www.staugustinelighthouse.org.

Dr. Sam Turner studied history as an undergraduate student at Antioch College and took a master's degree in Nautical Archaeology at Texas A&M University. His doctorate is from King's College of the University of London in Spanish and Spanish-American Studies. He has lived in St. Augustine since 2006, doing research for the St. Augustine Lighthouse & Museum, a Smithsonian Institution Affiliations Program.

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T&T to elect new prez

By Azad Ali

A new president for Trinidad and Tobago will be elected next month. The Electoral College will meet to elect the new president.

The Electoral College comprises members of the House of Representatives and the Senate-which means that that a nominee is elected based on a simple government majority.

Minister for Communications Jamal Mohammed made the announcement during the first post-Cabinet news conference for the year at the Office of the Prime Minister, St. Clair, Port of Spain.

President George Maxwell Richards is expected to complete his second five-year term on March 17 and under the Constitution a president has to be elected at least 30 days before the term expires.

Mohammed said the election was being held in accordance with Section 26 (4) of the Constitution, which provides that an election "shall be held not more than 60 days or less than 30

days before the expiration of the term of that office."

He said the election must be held no sooner than Jan. 17 and no later than Feb. 18.

Mohammed said Speaker of the House of Representatives Wade Mark will inform members by letter of the meeting of the Electoral College.

"The speaker has recommended to the prime minister and Cabinet has duly noted that Friday, Feb. 15, 2013, is the date selected by the Speaker of the House for the convening of a meeting of the Electoral College for the election of a president of Trinidad and Tobago," he said.

Richards was first elected on March 17, 2003, replacing President ANR Robinson. He was re-elected on March 2009, for a second term.

Richards previously served as principal of the St. Augustine Campus of the University of the West Indies (UWI) and was awarded the country's highest award - The Trinity Cross, as it was called in 2003.



Prime Minister of Trinidad and Tobago Kamla Persad-Bissessar smiles and shakes hands with Trinidadian President Prof. George Maxwell Richards.

AP Photo/Shirley Bahadur

T&T's first president under the Republican constitution was Sir Ellis Clarke, who served from Sept. 24, 1976 to March 19, 1987.

He was followed by President Noor Hassanali, who served from March 20, 1987 to March 17, 1997.

He was followed by Arthur NR Robinson, a former prime minister of T&T.

There is widespread speculation as to who will be elected as the names of several prominent citizens have surfaced.

New York gun law

Continued from page 3

were killed after responding to a fire set by the shooter, who eventually killed himself.

The measure passed the Senate 43-18 on the strength of support from Democrats, many of whom previously sponsored bills that were once blocked by Republicans. The Democrat-led Assembly gavelled out before midnight and planned to take the issue up at 10 a.m. Tuesday. It is expected to pass easily.

The governor confirmed the proposal, previously worked out in closed session, also would mandate a police registry of assault weapons, grandfathering in assault weapons already in private hands.

It was agreed upon exactly a month since the Sandy Hook Elementary School tragedy.

"It is well-balanced, it protects the Second Amendment," said Senate Republican leader Dean Skelos of Long Island.

Cuomo said he wanted quick action to avoid a run on assault weapons and ammunition. He estimates there are already about 1 million assault weapons in New York state.

Republican Sen. Greg Ball called that political opportunism in a rare criticism of the popular and powerful governor seen by his supporters as a possible candidate for president in 2016.

"We haven't saved any lives tonight,

except one: the political life of a governor who wants to be president," said Ball who represents part of the Hudson Valley. "We have taken an entire category of firearms that are currently legal that are in the homes of law-abiding, tax paying citizens. ... We are now turning those law-abiding citizens into criminals."

In the gun debate, one concern for New York is its major gun manufacturer upstate.

Remington Arms Co. makes the Bushmaster semi-automatic rifle that was used in the Connecticut shootings and again on Christmas Eve when the two firefighters were slain in Webster. The two-century-old Remington factory in Ilion in central New York employs 1,000 workers in a Republican Senate district.

The bill was the first test of the new coalition in control of the Senate, which has long been run by Republicans opposed to gun control measures. The chamber is now in the hands of Republicans and five breakaway Democrats led by Klein, an arrangement expected to result in more progressive legislation.

Former Republican Sen. Michael Balboni said that for legislators from the more conservative upstate region of New York, gun control "has the intensity of the gay marriage issue." In 2011, three of four Republicans who crossed the aisle to vote for same-sex marriage ended up losing their jobs because of their votes.



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Type 2 Diabetes occurs mostly in adults over 40, especially overweight adults. About 16 million people in the United States are diabetic. The highest rate of type 2 diabetes are among native Americans, Hispanics and African Americans.

What Are The Symptoms?

- Increased Urination
- Excessive Thirst and Drinking
- Increased Appetite
- Weight Gain or Loss
- Blurred Vision
- Skin Infections
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- Tiredness
- Slowly Healing Sores
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We're Not Broke

By Victoria Bruce

Last January, when our documentary film, "We're Not Broke," premiered at the Sundance Film Festival, we were elated. The film's message about how multinational corporations are cheating the American people out of desperately needed tax revenue to the tune of \$100 billion a year was sure to reach the masses. The night after it screened for the first time, we gathered around the television and watched President Obama's 2012 State of the Union address. Our jaws dropped. "No American company should be able to avoid paying its fair share of taxes by moving jobs and profits overseas," he said to a round of tepid congressional applause. "From now on, every multinational company should have to pay a basic minimum tax." It was as if our president had been at our film screening and was aghast from what he'd learned.

That speech was the last time we heard anything from The White House about making billion-dollar corporations pay their fair share. Obama campaigned in 2008 with the promise to close corporate tax loopholes. And as a U.S. senator from Illinois, he'd been a co-signer on Sen. Carl Levin's CUT Loopholes Act. But in his first four years as president, Obama made zero attempts to reign in the tax dodging of GE, Verizon, Apple, Pfizer or any of the biggest 300 companies that squirrel profits offshore to avoid paying income tax to the U.S. Treasury. While multinational corporations experienced

record profits, the American people suffered a recession that rivaled the great depression.

Last year saw the most public light ever shed tax inequality, with a big part of the Occupy Wall St. movement devoted to calling out tax dodgers. Still, Washington remained silent on changing the broken system. In mid-December, CEOs of the biggest multinationals came to the White House for closed-door meetings. Two weeks later, a deal was drafted in the Senate, passed by Congress and signed by Obama that had a total of zero revenue from multinational corporations to help our staggering deficit.

The fact that the New Year's fiscal cliff avoidance package completely ignored any source of revenue from multinational tax dodgers is an abomination. With the country scrounging for revenue only from the very, very wealthy, this "deal" actually increases the deficit by \$4 trillion over the next decade. There wasn't a single mention of closing corporate tax loopholes, ending deferral (the practice that lets multinationals wait until they repatriate their profits to pay tax) or making them bring back the \$1.5 trillion they've been stockpiling untaxed during the past eight years. Nothing was mentioned about this enormous rip-off that leaves domestic business scrambling to compete while multinational corporations are laughing all the way to their shareholder meetings.

Instead, middle-class fami-

Continued on Page 12

Adjusting Pentagon Spending

By John Adams

At year's end, everyone's eyes were on what is now known as the "fiscal cliff." At the eleventh hour, Congress came to a deal on taxes and unemployment, effectively holding off automatic budget cuts until this March. Now we will likely see a showdown on government spending.

With revenue largely off the table for future negotiating, we need to resolve our budget woes by putting the breaks on runaway government spending in a balanced, strategic way. Given that the Pentagon budget makes up more than half of all discretionary spending, smart savings there should be a key part of the solution to the current budget battle.

Rather than thinking incrementally, policymakers should rise to the challenge of adjusting our national security strategy by crafting a budget deal that funds programs based on their real contribution to our security. The Pentagon budget has grown

Despite the winding down of two wars, the Pentagon still has the highest budget in real dollars since World War II.

exponentially over the past decade with relatively little scrutiny while political battles have primarily focused on revenue and domestic spending. This does a disservice to both our economic and security needs.

Despite the winding down of two wars, the Pentagon still has the highest budget in real dollars since World War II. It's time to reexamine Pentagon spending with an eye towards our long-term strategic goals instead of allowing unnecessary or strategically marginal programs to continue to coast on their own momentum.

For example, we are current-

ly slated to spend \$640 billion over the next decade on a nuclear arsenal far larger than we need and more relevant to the Cold War than the threats we face today. The bloated nuclear budget includes a \$6 billion factory to produce new plutonium cores for nuclear bombs and a \$10 billion life extension program for the nuclear weapons deployed in Europe. Eliminating unnecessary nuclear programs will save billions of dollars that can then be invested in more effective defense programs.

Billions more will be spent on tanks the Army doesn't want and maintaining large numbers of troops in Europe to prevent an invasion from the now defunct Soviet Union.

A growing number of policymakers agree that it's time for us to reshape the Pentagon budget to address our 21st century needs. Many fiscal conservatives elected in 2010 and re-elected this year

Continued on Page 12

Consolidated Voters' List

NDC supports free and faie elections

To The Editor:

A review of the 2012 Consolidated Voters List indicated the omission of the names of some previously registered voters. The New Democratic Congress is confident that the discrepancies which have been identified in the 2012 Consolidated Voters' List will be resolved shortly.

In the interest of democracy, the NDC made immediate contact with the Electoral Office to register our concerns regarding the accuracy of the list and emphasized the need for the appropriate steps to be taken to ensure that the final list includes all enumerated citizens.

The NDC supports a fair electoral process, which honours the wishes of the people through their vote. We believe that every citizen of Grenada, Carriacou and Petite Martinique has the right to cast his/her vote"

Based on the response of the Electoral Office, our party is satisfied that the office is proceeding with full integrity, in a professional manner, using the considerable expertise at its disposal, to complete the reconciliation of the database within an acceptable time frame, in the interest of fair and free elections.

The NDC acknowledges that because the system is new, the discrepancies may well be the result of technical errors, and that the party is appealing to all registered voters

to contact their constituency office or registration officer immediately to ensure that their names are on the voters' list.

The NDC is focused on national development and in this context, condemns attacks on state agencies and respectable public servants who serve this country with dedication and integrity.

Our party will continue to cooperate with all state agencies, other organizations, and the people of Grenada to ensure smooth-running, professionally conducted elections, in keeping with the democratic traditions of our country.

Bernard Isaac
Secretary, NDC
Grenada

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LETTERS TO THE EDITOR are welcome from all readers. They should be addressed care of this newspaper to Kenton Kirby, Editor, Caribbean-Life Publications, 1 MetroTech Center North, Brooklyn, New York 11201, or sent via e-mail to caribbeanlife@cnglobal.com All letters, including those submitted via e-mail, MUST be signed and the individual's verifiable address and telephone number included. Note that the address and telephone number will NOT be published and the name will be published or withheld on request. No unsigned letters can be accepted for publication. The editor reserves the right to edit all submissions.

Let's have more Cabinet Room diversity, please

Congressman Charlie Rangel was evidently in no mood for pulling punches the other day when he weighed in on the matter of picks the president had to that point made for his second-term cabinet. It was “embarrassing as hell,” Rangel said. This was the congressman joining in pushback against the white male bias reflected in the choices Obama announced for state, defense, treasury and C.I.A. director. Parrying the mini assault, the president noted that it was early yet in the process of filling his cabinet slots. But, given the first term as precedent, raising a bit of a ruckus over these early indications may not have been all that indelicate or unjustified, albeit coming from Obama partisans.

The point surely couldn't be lost on any reasonable observer that upon his historic election in '08, fixation with a “black” presidency was precisely where Barack Obama's head didn't need to be. And, savvy operator that he is, no way was this president going there. But that being said, there's no reason that with respect to cabinet choices, the new president could not have followed the path first walked by Bill Clinton in his deter-

mination to have a cabinet “that looks like America” back in 1992.

As far as the inclusion of Blacks, although UN Ambassador Susan Rice and senior advisor Valerie Jarrett were given what are regarded as cabinet-rank positions, as “frontline” cabinet posts go, Attorney General Eric Holder has for the most part been the one publicly identifiable African American cabinet figure. By that yardstick, coming up being bested big time on the diversity front by George W. Bush's record on cabinet choices means effectively throwing folks into double-take territory... even allowing for the Bush selectees being “black” or “minority” with an asterisk.

Jarrett -- who is said to have the president's ear to a degree that might be the envy, reportedly, of other inner circle players -- is probably a good bet to return for second-term duty. But curiosity naturally surrounds Rice, after all the hubbub the Benghazi incident generated and what it did to short-circuit the speculation about her being in line to succeed Hillary Clinton as secretary of state. She and Obama are supposedly close friends but one won-

Viewpoint

By Les Slater

ders, after a post-Benghazi trail that wasn't as smooth as it might have been (indeed quite bizarre, to be blunt about it), whether she will be retained as UN ambassador, whether she cares to be, or what other role, if any, she'll be asked to assume in Obama II.

Generally, though, Obama's first-term showing on diversity, as it pertains to women, was one the administration didn't have much about which to be defensive...at least as far as high profile placements. Clearly out front in this regard would be the two Supreme Court vacancies the president filled. The elevation of Justices Sonia Sotomayor and Elena Kagan, in the process tripling the distaff component the Court has had since the 1980s, was bold, momentous action for which the president deserves credit, certainly not just from the women's lobby. Entrusting to Janet Napolitano (who is rumored to be a second

term holdover) what would normally be perceived as the typically male domain homeland security portfolio demonstrated uncommon Obama spunk as well.

One would imagine that, given the strategic role the Hispanic vote played in many parts of the country last November, to the president's and Democrats' advantage, he must be getting an earful about tangible manifestations of gratification for that support. Hilda Solis was the secretary of labor and the sole Hispanic in Obama's 15-member first term cabinet. If she's not returning, it's pretty safe to assume that the Hispanic element will be represented when they gather in the Cabinet Room for the first time in th new term.

And what of the African American presence in the new schematic? Truth be told, it's really no longer early in the timeline for revelation of names and assignments, as the president countered, with the Inauguration but a few days away. What's behind this unseemly delay in announcing the bulk of cabinet appointments? What's the buzz on Eric Holder -- will he be back and whether or not he will be, has the president thought

to enhance the African American component among the 15 he designates as Cabinet Room regulars? There's second-term leverage here, some of which, if invested toward that end, would elicit a full-throated “Amen!” from a broad swath of the brethren.

Congressman Rangel, even if he jumped the gun a bit by popping off after a relatively small piece of the cabinet personnel mystery had been revealed, was definitely not alone in that discernible angst over how will the president be tracking, in terms of major appointments, in round two. Despite some on the Republican side brazenly acting like November's election results are not yet carved in stone, the president knows well that among the spoils of battle was shedding some of the first-term restraints that perhaps warranted treading gingerly on occasion. No more. And where better to project a robust new independence than in the cabinet, that special knot of men and women with whom he regularly counsels? Men and women of proven ability, obviously. But with first-term inhibitions put to rest, “looking like America” among the criteria would be pretty neat this time around.

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Pentagon spending

Continued from page 10

agree that the "sacred cow" of Pentagon spending should be part of our budget solution. And late into the fiscal cliff debate, Secretary of Defense Leon Panetta pleaded with Congress to cut expenditures that "needlessly divert \$74 billion over the next decade into programs, equipment and activities we don't want or need."

Reshaping Pentagon spending to bring our national security strategy in line with 21st century needs will make us stronger in the long run. Frankly, we bog the military down when we let wasteful spending go unchecked as we are largely doing, once again.

There are those that claim that Pentagon spending should be immune to fiscal discipline, but this fails to consider the full picture of our national security. America's ability to compete in a global economy is our greatest asset. This requires that we equally invest in job creation and education as well as the traditional elements of

defense.

A strong economy benefits our troops as well. We can best support our service personnel serving throughout the world by investing in 21st century capabilities, not Cold-War relics.

The budget showdown should be the push that we need for both parties to work to develop a more effective national security strategy today.

There is a growing consensus for adjusting our spending priorities to address 21st century challenges and the Pentagon budget should remain on the table in the year ahead. Our national security tomorrow depends on policymakers making smart and strategic budget decisions sooner rather than later.

John Adams is a retired brigadier general with more than 30 years of service and a member of the Consensus for American Security, an advisory group to the non-partisan American Security Project.

Taxes

Continued from page 10
lies will see less in their paychecks and those living really well will take a much bigger hit. All the while billion-dollar corporations continue to ask for more favors, more tax breaks, and what's even more obscene, a "territorial tax system" — a permanent tax holiday where they'll never pay any tax on the profits that they book offshore. Now that the fiscal cliff has been averted temporarily, it's time for Obama to close his ear to the Big Business lobby and open it to the American people.

Victoria Bruce is co-director/producer of "We're Not Broke," a film about how multinational corporations are cheating the American people out of desperately needed tax revenue. It will stream free on Hulu beginning on Jan. 15 www.werenotbroke-moive.com.

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How To Avoid Risky Back Surgery With A Breakthrough Non Surgical Treatment And Get Out Of Pain Fast

Here's how the newest breakthrough non-surgical back pain and sciatica treatment may end your pain and solve your herniated, bulging or degenerated disc pain problems...

You may be thinking "What IS going to happen to me if I can't find a solution to my back pain or leg pain?" The answer to your question starts out hopeful. I'll just go to my doctor and he will take care of me. He will know what to do. But then something very odd happens to you. You discover your primary care physician is not really well equipped to handle that job. He or she is very busy treating infections, diabetes, heart conditions and the like, which they are very well equipped to handle. This is very apparent with your resulting drug prescription for Soma muscle relaxers and Norco, Neurontin or any other of the various prescribed pain medications. You then take the drugs soon to feel strangely like you're not altogether "there" or you immediately are sick, feel nausea and vomit the drugs as fast as you swallowed them. When you get sick of that (pardon the pun! I couldn't resist), you go back to your doctor looking for another more appealing treatment. This time it's physical therapy. The thing you already can't do!! You already can't bend over, twist, lift things, and now they want you to do more of it with a bunch of other back pain sufferers! Gimme a break. Now, you've really had it. You try the chiropractor and either you feel better for a little while only to have the pain return, or worse nothing happens at all. Or even worse than that, after your treatment you have **MORE** pain (not because chiropractic does not work...your condition is just too deteriorated or severe). Then you try acupuncture because you read in a magazine it could help pain. You then realize sticking a bunch of needles in you will not magically remove the bulging disc that is smashing your nerve and causing you pain. You try massage as you read on the internet massage may help alleviate back pain...only to be disappointed. You're now beginning to feel desperate. Back to your primary care doctor to tell him about your adventures hoping he will have a different answer this time. He does.



"We can inject pain drugs through a big needle into your spine." You cringe in fear and reluctantly agree at this point. "NOW I will be fixed." Or at least that's what you've been led to believe. You have either no pain relief, some pain relief, a whole lot of pain relief or it makes you have more pain. The second pain shot (oh, yes there will be a second and a third) is usually less effective or not at all and requires another one. You come to the realization that pain shots will not fix the disc bulge or herniation still smashing your delicate nerves causing you pain. Finally, your doctor recommends you see a "Specialist" (Back Surgeon) and he can do risky surgery. If you've read the latest article in the Journal Of American Medical Association*, you will see surgery patients and non surgery patients turned out the same! Why even do the surgery? Risk of paralysis, death, infections, more pain. No thanks. So. Back to the question. What are YOU going to do if you are stuck between serious back pain or leg pain or surgery? **Great News! A new extremely effective non surgical new back pain treatment is now available in Brooklyn.** If you are suffering from back pain or leg pain,

having pain at the belt line, fire down your legs, numb legs, feet or toes or feel like a knife is stuck in your back you owe to yourself to check out this new procedure.

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Yes! I am very confident, but I can't help EVERYBODY. You see, there's

a very small percentage of folks we can't help. Here's what a couple applicants said after I told them both I couldn't help them:

"I was treated very well by the staff. The doctors actually listened to me and I thought they would rush me out of the office but didn't, despite the fact I wasn't a candidate. The exam I had was very thorough, more so than any doctor I have seen yet. The doctor explained things to me that no one else ever has."
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**Lincoln Leung
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I felt like a truck ran over me. I was in such pain it was unbelievable. I gotta tell you, so far I've had 7 or 8 treatments, and I feel 100% better. I live away but worth every mile to come here."

**Fabienne Alexander - Retired
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I saw several different doctors, medical doctors, chiropractors and other various treatments with no results. I had a couple bad discs. I immediately started feeling much, much better and the back pain decreased. At the end of my treatment my pain is almost non-existent."

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2012 Carnival winners receive their awards

By Tequila Minsky

The West Indian American Day Carnival Association wrapped up its 2012 season recently with an Awards ceremony at Brooklyn Borough Hall. The newly minted president since last April, Thomas Bailey, only the third in the 45-year history of the Association, led the ceremonies. Trinidadian-born Bailey, a retired finance professional, has been involved with WIADCA for over 20 years. The 2011 Award recipients were also recognized at the event.

Because of New York's wintery weather, the Carnival parade, which started in Harlem in 1947, was held in September, not February, the typical Caribbean Carnival month. The Eastern Parkway parade, as we know it, began in 1969, organized by the Association, led until 2002 by its leading founder Carlos Lezama, who passed



First Place Male Ole Mas Character winner Roland Guy presents trophy to First Place Junior Female Character Debra James, while Third Place winner Victoria Samaroo looks on. Photo by Tequila Minsky

away in 2007.

The 2012 parade had 42 adult bands with over 8500 dancers and musicians participating. More than two million spectators, reveling with the costumed masqueraders and dancing to the Soca rhythms, crowded Eastern Parkway from Utica to the viewing stand at

Brooklyn Museum. Vendors lined the sidewalks parallel to the Parkway, fueling their energy with Caribbean delights.

It takes a myriad of sponsors to put on Carnival Week including support from the state government. Last year, New York City Council helped to the tune of



One of the invaluable sponsors, from Delta Airlines, Ernie Perez presents the trophy to the Adult Queen 2012, Kay Mason. Tequila Minsky

\$45,000. As for the economic impact, Carnival Week brought into New York City 150 million dollars.

At the Borough Hall Awards ceremony, dozens of shiny trophies waited to be put into the hands of very happy award recipients. Additionally, \$150,000 in cash prizes were awarded to the winners.

Natasha Marcellin from St. Lucia works with WIADCA and understands the personal value of Carnival Week. "We're able to showcase and promote the culture," she

says. "For so many Caribbean-Americans, they've heard of carnival, seen it on TV." This is a time for the next generation to be a part of their heritage.

New York City's largest cultural festival, with the main parade on Labor Day, falls this year on Sept. 2. Marcellin explained that participating bands must register and attend organizational meetings that begin in June. She is happy to answer questions and to provide participation information; call the WIADCA

office at 718-467-1797.

Sharing in the excitement for the recipients of the Awards ceremony at Brooklyn Borough Hall were a few local politicians, police supporters, and of course, long-time parade enthusiasts.

This year, the West Indian American Day Parade & Carnival celebrates its 45th anniversary as it continues to enjoy the distinction of being New York City's biggest cultural festivals by far.

As in the past, count on crowds to be waving flags from Jamaica, Trinidad, Barbados, Grenada, Haiti, and other Caribbean nations in a joyful expression of ethnic heritage and cultural pride.

You do not have to be from the West Indies. Everyone is invited to take part in the spectacle of thousands of marchers in colorful costumes 'jumpin' down the parade route to the sounds of reggae and calypso.

A special added-attraction: the aromas of native foods such as Jamaican jerk chicken, Bajan fried flying fish and other soul-satisfying treats at the city's biggest street festival.

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CARIBBEAN ROUNDUP

Continued from page 2

In a statement to the House of Representatives last week Warner said from the beginning of 2010 to the end of 2012, murder had declined by 26 percent; wounding by 18 percent; breaking and robbery by 26 percent; fraud offences by 45 percent; general larceny by 11 percent; larceny of vehicles by 41 percent and larceny from dwelling house by 14 percent.



He said the statistics were provided by the Crime and Problem Analysis unit of the Police Service.

Warner pointed out that the figures for 2012 were lower than those of 2011, notwithstanding the fact that there was a state of emergency in 2011. He said there were 1,221 serious reported crimes by November 2011, while there were 1,184 by November 2012.

He said in 2012 there were 377 murders compared to 354 in 2011.

The National Security Minister promised this year there will be more police vehicles, a sustained police presence, visibility and

enforcement.

Dominica

Dominica will have access to EC\$50 million under the European Union Banana Accompanying Measures (BAM) during the first quarter of this year,



Permanent Secretary in the Ministry of Agriculture, Samuel Carette, said the funds had been allocated to Dominica over a three-year period.

"Government is embracing collaborative approaches in charting a course for the transformation of the agricultural sector," he said, noting that some people have been advocating for the government "to implement the same prescriptions administered over the past 40 years and of course they expect change in the sector."

He said the loss of the market preferences in Europe and the support mechanism from the European Union "which supported the production and export infrastructure seems to be really a distant past."

Compiled by Azad Ali

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‘THRIVE’ competition to support immigrant entrepreneurs

The New York City Economic Development Corporation (NYCEDC), Deutsche Bank Americas Foundation, Garfield Foundation, and the Lawrence N. Field Center for Entrepreneurship at Baruch College on Friday, Jan. 11 announced the second annual Competition To Help Reach Immigrant Ventures and Entrepreneurs (THRIVE).

Competition THRIVE seeks to generate proposals for programs to assist immigrant entrepreneurs in starting, operating, and expanding their businesses in New York City. Community groups, businesses, and other organizations from the public and private sectors submit proposals for programs that address challenges faced by immigrant entrepreneurs, which commonly include access to credit, financial management, language barriers, and access to business networks. Proposals are reviewed by a panel of judges comprised of business and non-profit leaders, representatives from New York City government and academics. The panel will select five finalists to receive \$25,000 of seed funding to pilot their program for six months. After the six month pilot, the judges select the



Commissioner Fatima Shama, of the mayor's Office of Immigrant Affairs. AP Photo/Richard Drew

winning program based on scalability and sustainability. The winning program receives \$100,000 to further implement their program.

The first year of the competition was such a success that the Maytree Foundation's Cities of Migration initiative has recognized Competition THRIVE as part of an international showcase of excellence and innovation in urban integration practice. Due to its success last year, the competition has been renewed for a second year. While the first

year of the Competition was primarily focused on soliciting ideas from Community Based Organizations, in the second year, NYCEDC intends to broaden the applicant base by conducting significant outreach to organizations including banks, industry groups, chambers of commerce, foreign diplomatic organizations, tech companies, and private sector organizations and businesses.

"New York City has long gained strength from its immigrant population, and

the purpose of Competition THRIVE is to ensure the City's immigrant entrepreneurs will continue to contribute to our economic growth," said New York City Economic Development Corporation President Seth W. Pinsky. "Thanks to the success of last year's competition, we have redoubled our efforts and expanded the competition for a second year. I look forward this year's program and the opportunity to solicit new and innovative ideas from the private sector that will support the next generation of immigrant entrepreneurs in New York City."

"The first round of Competition THRIVE demonstrated that investing in our City's immigrant entrepreneurs and small business owners is a smart way to fuel economic growth and create more jobs for all New Yorkers," said Commissioner of the Mayor's Office of Immigrant Affairs Fatima Shama. "Immigrant-owned enterprises make up nearly half of all small businesses in New York City, and they are a fundamental component of our City's prosperity and competitiveness. Round two of Competition THRIVE will provide an exciting opportunity to build on this initiative's proven success

and enhance the offerings available to the newest New Yorkers as they pursue their dreams of entrepreneurship."

"The Queens Economic Development Corporation was honored to be the first group awarded \$100,000 for Competition Thrive in 2012," said Seth Bornstein, executive director of the Queens Economic Development Corporation. "With these funds we have expanded our Home Improvement Contractor Training program, which has helped over 125 contractors, prepare, take and pass the New York City Department of Consumer Affairs Home Contractor Licensing Examination. As licensed businesses they can take on larger projects, hire more employees and expand their companies. In essence, they are now part of the mainstream business community and are adding value, expertise and improving the economy of our city."

"Deutsche Bank looks forward to continuing our partnership with the New York City Economic Development Corporation to foster innovative ideas that support immigrant businesses," said Gary Hattem, president of the Deutsche Bank Americas Founda-

tion. "The format of the program has proven to be a successful tool in helping to strengthen and diversify New York City's economy."

"Immigrant businesses play a critical role in many cities across the country, but despite their importance, providing effective services to this important sector has been challenging," said Orson Watson, director of Community Revitalization Programs at the Garfield Foundation. "Because of its history and the diversity of its immigrant population, the Garfield Foundation believes that New York City is an ideal place to seek out and test innovative supports for immigrant business sectors that can be replicated in other parts of the country."

"After last year's success, the Field Center is thrilled to continue working on Competition THRIVE," said Monica Dean, administrative director of the Lawrence N. Field Center for Entrepreneurship "As an institution that prides itself in attracting a diverse population, including a great number of first generation students, we are excited to participate in a project that fosters immigrant entrepreneurship."

SMALL BUSINESS RESOURCES

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smallbiz.nypl.org

Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html

2013 New York, NY Small Business Resource

www.sba.gov/sites/default/files/files/resourceguide_3135.pdf

Business Resources: Internet Bibliographies: New York State Library

www.nysl.nysed.gov/reference/busref.htm
Selected business-related web sites compiled by staff at the New York State Library for use in response to reference questions.

Start a Business in New York - Resources for New York Small Businesses

manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm
Find resources and advice on starting a

business in New York City. Get information on New York business licenses and incorporation, free NYC resources for starting a business.

Your Money New York - Help and Resources for Small Businesses

www.yourmoneynyork.com/helpresource/smallbusiness/index.php
This section of Your Money New York is designed to help small business owners - and New Yorkers interested in starting a small business.

Small Business Resources - The Business Council of New York

www.bcny.org/inside/smallbusiness.htm
Capital Business Blog - Read about the issues. Visit www.nyfirst.ny.gov to learn what New York State can do for businesses.

Resources for Businesses in New York City - bfindapc.com

www.bfindapc.com/...business-resource.../resources-for-businesses-i
If you operate a business in New York City, you are especially fortunate. The city has pulled together a wealth of resources for small business owners.

Small Business Resource Guide - New York - HUD

www.hud.gov/offices/osdbu/resource/guide/local/newyork.cfm
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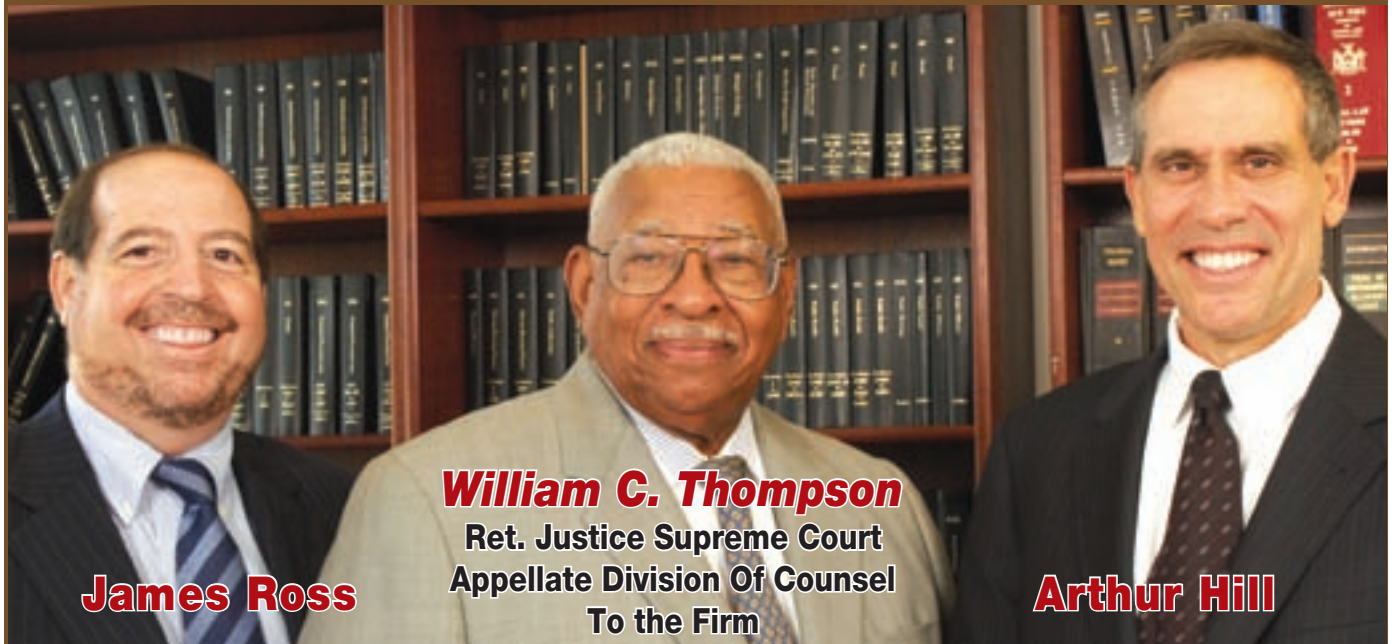
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Community leaders take a stand on violence

By Chudi Chukwudi

In honor of Dr. Martin Luther King Jr.'s legacy of non-violence, a coalition of community leaders and notables will come together Monday in Manhattan to launch the fourth annual Peace Week at 11:00 a.m. and hold a news conference in the wake of the recent tragic loss of life in Newtown, CT. Included in the group are activist Erica Ford, Cheryl "Salt" Wray,

NYC Council members Leroy Comrie, Ruben Wills, Jumaane D. Williams and Terrie M. Williams.

The organization, LIFE Camp, Inc., which enjoys programmatic support from the likes of Russell Simmons, Deepak Chopra, Amare Stoudemire, and Cheryl "Salt" Wray, works to promote the value of LIFE and to reduce teen violence. At the press conference Ford, LIFE Camp

Inc. founder Wray and Terrie M. Williams, renowned public relations practitioner, psychotherapist, author and mental health advocate will announce a series of events designed to create a culture of peace throughout NYC for seven days, as well as a three-year violence prevention pilot program the group will be running.

Peace Week 2013 is designed to combat the challenges facing young

people in New York City, where Black children are killed regularly. Homicide is the leading cause of death among youth, one in 10 teens are not going to school because they feel unsafe at or on their way to school and many youth don't expect to survive beyond the next five years.

At the press conference, details of LIFE Camp's Love My LIFE Violence Intervention & Prevention (VIP)

Program will be disseminated. The VIP program is a three year pilot project targeting 13- to 25-year-old South Jamaica, Queens teens and young adults, families who have been touched by violence-related tragedies and service providers handling the aftermath of such incidents. The project is designed to fundamentally change how interpersonal violence is experienced, perceived and man-

aged to assist in eradicating the reasons for youth gun violence.

LIFE Camp, Inc. was founded by Ford in 2002 to teach violence prevention in schools, following the tragic murders of two community children. The organization has since expanded its role to also generate empowerment opportunities for youth who are educationally, economically and socially disadvantaged.



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January 20: 9:00 a.m. to 12:00 p.m.
January 27: 9:00 a.m. to 12:00 p.m.

James Madison High School
3787 Bedford Avenue
January 19: 7:00 to 9:00 a.m.

Guyana

Continued from page 4

Guyana's REDD+ (Reducing Emissions from Deforestation and Forest Degradation) Investment Fund, dubbed GRIF, was established in October 2010 in order to fund projects of the country's low-carbon strategy.

The project will strengthen the technical and administrative capacity of those institutions responsible for implementing the strategy, and develop an MRV (Monitoring, Reporting and Verification) system on a national level.

The partnership between Norway and Guyana is the second-biggest REDD+ partnership in the world, according to the Guyanese government.

Martin pointed out that there are arrangements with the World Bank, the Organization of American States (OAS), other financial institutions and the United Nations that could allow Caribbean countries to earn financing as a result of their climate change resilience activities.

"They could value their natural resources on the basis of their sequestration of CO2 and then convert that sequestration property into hard cash, as Guyana is doing, or convert it into expanded negotiating room on debt reduction and expanded negotiating room on getting more concessionary loans," he said.

President and founder of the Dominica-based Waitkbuli Ecological Foundation, Bernard Wiltshire, an attorney, agrees that a new way of thinking is necessary.

He told IPS that Caribbean countries now need to build "appropriate industries" and get involved in "the right kind of tourism", for example.

"Dominica could have a tourism industry that could far outstrip Antigua. Antigua has the sun, sand and sea and so on, but Dominica has the sea and in addition to that it has a lot more than Antigua," Wiltshire said.

"Everybody is saying sun, sand and sea are what you need for tourism and are ignoring nature tourism, adventure tourism, heritage tourism and wellness tourism," he said.

"These things are growing. Just slouching, drinking rum under a palm tree – that is going out of fashion. The tourism industry in the Caribbean is going downhill because we are competing with the larger countries. Tourists are going farther afield, they want more adventurous things," Wiltshire added.

ast Asia and the jungles of Burma as new hotspots, adding that "Dominica has its own Caribbean jungle right here" and could attract thousands of people who are looking for a jungle adventure.

Martin lamented that a region like the Caribbean, with so many extraordinary opportunities, has such financially strapped economies.

"You have countries with national annual budgets of 600 million dollars. If you can draw down in a year or two years half of that or even more from converting the silent work of your natural systems into hard dollars from the international financial community, you are home free," he told IPS.

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What you need to fight the flu and common

(StatePoint) While last year's cold and flu season was mild, experts say this year could bring you a wallop of sniffles and sneezes.

While there is no cure for the cold or flu, despite what mom says about her soup, over-the-counter (OTC) medications can provide relief for the most common symptoms. And these guidelines can help you better navigate the cold and flu aisle:

Sneezing Got You Down?

OTC antihistamines can provide relief from sneezing, runny noses and watery eyes by blocking the action of histamine, a chemical in the body that triggers congestion and upper respiratory discomfort.

Constant Cough

Cough suppressants, also known as antitussives, basically tell your brain to stop coughing. One commonly used cough suppressant is dextromethorphan, which relieves cough symptoms but doesn't speed recovery.

If you're producing mucus, how-

HEALTH

ever, don't take a cough suppressant. Instead, look for an expectorant, a medicine that helps thin the mucus in the lungs and soothe an irritated respiratory tract.

All Clogged Up!

Decongestants like pseudoephedrine (PSE) relieve a stuffy nose and congestion by actually narrowing the blood vessels in nasal passages so you can breathe more easily.

PSEs are now located behind the pharmacy counter because they are an ingredient that can be used to make the illegal drug methamphetamine (meth). Rest assured though, PSE has been safely used for decades.

If you're clogged up, consider treating your symptoms and doing your part to keep your community safer at the same time. Ask your pharmacist about new Nexafed 30mg pseudoephedrine HCl tablets, the next-generation PSE that provides the same effective cold

and allergy relief from standard PSEs, but with technology that disrupts the extraction and conversion of pseudoephedrine into methamphetamine.

Stop the Pain

If your symptoms include muscle aches or high fever, consider an analgesic or painkiller. Most OTC analgesics fall in to two categories: acetaminophen or NSAIDs (nonsteroidal anti-inflammatory drugs). Both medications can reduce fever and ease aches and pains from the flu or cold.

Scratchy Throat

Help ease throat pain with cough drops or throat spray. While not a cure-all, cough drops or hard candy can help provide relief from a dry, tickling cough. Also consider taking a warm shower or using a vaporizer to increase the moisture of indoor air.

No matter what your symptoms are, it's important to get some rest and stay hydrated. Doctors recommend six to eight hours of sleep every night to fight



Over-the-counter (OTC) medications can provide relief for the most common symptoms of the flu and common colds.

www.Fotolia.com/Shock (c)

and prevent illnesses and keep the immune system healthy.

If you have any questions or doubts about which medications may be best for you, talk with your pharmacist. And if symptoms worsen or last for more than two weeks, be sure to see

your doctor.

More tips on how to prevent and treat a cold or the flu can be found at www.CDC.gov.

Don't needlessly suffer this season. With the right treatment, you can help alleviate your cold and flu symptoms.

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Tips to lose weight and keep it off

(StatePoint) In the midst of an obesity epidemic, it's easy to ignore that little bit of extra weight you may be carrying around. But experts warn that any amount of excess fat tissue around the middle can boost your risk for serious health issues like heart disease, diabetes and more.

And unfortunately, there are no really easy solutions when it comes to sustained weight loss.

"Fad diets promising a quick fix may help you drop weight quickly, but these programs can do more harm than good," says Dr. Jen Sacke, Associate Professor of Nutrition at Tufts University and co-author of the new book, "Thinner This Year: A Diet and Exercise Program for Living Strong, Fit, and Sexy."

Sacke, along with motivational speaker and co-author Chris Crowley, explain in plain English the science of what goes on inside your body -- both when you're taking care of yourself and when you're not. They're urging those two-thirds of Americans that are overweight or obese to

HEALTH

stop searching for magic weight loss solutions.

"Preaching a commitment to proper nutrition and regular exercise may not win us any popularity contests," quips Crowley, "but at the end of the day, hard work is the only healthful way to lose weight and keep it off for good."

Not only that, eating right and getting exercise can boost your mood, make you feel younger, and give you an overall better outlook on life.

Whether you're looking to drop those extra pounds, or maintain a healthy weight as you age, keep these guidelines in mind:

- Avoidance of entire food groups or excessive consumption of others isn't healthy, realistic or sustainable. Why? Carbohydrates, fats and proteins play necessary and unique functions within our bodies and supply different nutrients crucial for health.

- Ditch wasteful calories that come from foods that are nutritionally void -- think processed and overly packaged foods, refined, flour products, all things fried or covered in creamy goop, sports drinks and other beverages with added sugar. Bottom line: eat real food.

- About half of your diet should be fruits and vegetables. Enjoy healthy fats in moderation and avoid saturated and trans fat. When eating meat, make it lean.

- Don't starve! You need energy to go about your day, especially if you're physically active. Skipping meals can actually lower your metabolism, making it harder to burn calories and lose weight.

- Be prepared to commit to regular aerobic exercise and resistance training. There are no shortcuts. Exercise for forty-five to sixty minutes a day, six days a week, for the rest of your life.

- Stay connected with friends and family. "We are built to care deeply about one another. Get isolated and you will literally get sick," says Crowley. Friends can



Eating right and getting exercise can boost your mood, make you feel younger, and give you an overall better outlook on life.

also offer the best support when it comes to achieving your goals.

For more information, or to connect with others, visit www.ThinnerThisYear.com.

The sooner you get started, the sooner you'll see positive change. But remember; when it comes to sustainable weight loss, there are no miracles.

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It is important for parents to get involved early on and teach kids the importance of proper oral care.

Making oral care fun for kids year-round

Children's oral care is something many parents are concerned about year-round, but there are also several times during the year when oral care is especially important. For example, Halloween, the winter holidays, Valentine's Day and Easter are all large candy-eating times in the year, making it essential to take the time now to teach children the importance of maintaining good oral health.

"Tooth decay is the most common chronic childhood disease, so it's important to teach children effective tooth brushing habits, especially around the holidays, when children are typically consuming more sweets than usual," says dentist and mom Dr.

Jennifer Salzer.

Oral care isn't usually a top priority for children, and teeth cleaning may even be considered a chore to kids, which is why it is so important for parents to get involved early on and teach children the importance of proper oral care. To make oral care more fun for children, Salzer offers some of her best tips:

- Parents should brush their teeth with their child to set a good example. Children also learn by watching and imitating their parent.

- Sing your child's favorite song, like "Twinkle Twinkle Little Star," or play a song from his favorite singer for the two minutes while he is brushing his teeth.

SNACKING DOESN'T HAVE TO BE UNHEALTHY

Snacking often elicits mixed reviews. Some health plans say that it is important to eat several small meals or snacks during the day to keep metabolism rates in check. Other information states that snacks can be a person's undoing, causing unnecessary weight gain — especially when snacking is frequent. These mixed feelings can be a little confusing.

The National Health and Nutrition Survey supports snacking. The survey found that people who eat snacks in addition to three meals a day had higher levels of nutrients in their diets. But not all snacks are a good idea. Consuming a fattening bag of potato chips is an unhealthy approach to snacking. However, a piece of dark chocolate or a handful of nuts can add essential nutrients to a person's diet.

Many different snacks make healthy additions to a person's diet. Two to three snacks a day may be all that's needed to help keep a person feeling satiated and less likely to overeat at meals. Here are some healthy snack ideas.

- Olives: A handful of olives can quench a salty craving and provide essential fatty acids that may help to improve heart health.

- Hummus: Hummus is made from chickpeas, which are naturally low in fat and high in fiber. This dip will keep you feeling full.

- Edamame: These are a variety of soybeans that are sweeter, larger, and more easily digested than other soybeans. They are a natu-



Fruit is one of the more healthy snacks a person can enjoy.

ral source of antioxidants and isoflavones.

- Banana and chocolate: Rolling a banana in semi-sweet chocolate chips can

satisfy a fruit and chocolate craving.

- Dark chocolate bark: Melt dark chocolate and add a desired fruit, such as

dried cranberries, cherries, or raisins. Enjoy a small piece, which will be high in antioxidants, to fend off hunger pangs.



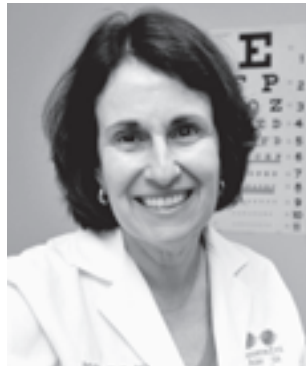
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It's a New Year -

Make a commitment to healthy living

Make an appointment for an Annual Eye Exam

The New Year is the time to take stock of your health. Start with your eyes. January is "Glaucoma Awareness Month". It's the perfect time to make an appointment with your eye doctor for your annual eye exam. Glaucoma is a silent disease; there are no symptoms, no pain. The only pain a patient feels is the pain of irreversible loss of vision. Unfortunately by the time vision loss occurs, the damage is irreversible. A visit to your eye doctor is essential to detect if you have any risk factors and clinical signs of glaucoma.



Millie R. Fell, MD, FACS
Medical and Surgical Director
Cataract & Medical Retina Specialist
Clinical Associate Professor - NYU

Another eye disease that can be aided by early detection which is the leading cause of blindness in the United States is Age-related Macular Degeneration. In the Age-related Degeneration Study, known as AREDS, it was shown that vitamins containing zinc, Vitamins A, C and E help significantly decrease the incidence of macular degeneration. In the second phase of this study known as AREDS 2, fish oil, has been added to the trial's vitamins. Dr. Fell is a specialist in the treatment of medical diseases of the retina. She treats patients with wet macular degeneration with multiple and different injections known to stop the progression of this disease.

Patients often ask what they can do to prevent eye disease. Eating healthy foods, exercising regularly, not indulging in cigarette smoking and visiting your doctors regularly is the best way to start. Early detection of any disease and prevention of disease is often the best way to stay healthy.

Taking fish oils, specifically omega-3 fatty acids in a triglyceride form has been shown to reduce heart disease, atherosclerotic disease and cholesterol levels. They have also been shown to improve joint function, hair and skin. They have been shown to help decrease the incidence of dry eyes and improve blepharitis, a chronic condition in which there is constant eyelid crusting and inflammation. They are also thought to help decrease the incidence of macular degeneration.

Dr. Millie Fell is a Board-Certified Ophthalmologist, working in Brooklyn for over twenty years and committed to the total well-being of her patients. She is fellowship trained in medical diseases of the retina and is also an expert cataract surgeon. Visit her in her new state-of-the art office complete with the latest diagnostic and therapeutic equipment.

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New York Methodist Hospital hosts Day of Dance

New York Methodist Hospital invites Brooklynites "get their dance on" next month for the National Day of Dance.

The Day of Dance is a program of the Spirit of Women Hospital Network, and will be emceed at the hospital on Feb. 9 at 10 am by the reigning Miss New York, Mallory Hagen, as well as stars of reality TV, Alex McCord and Simon van Kempen.

"New York Methodist Hospital is proud to bring this wonderful nationwide initiative to Brooklyn," said Carol Vargas, New York Methodist's assistant vice president and coordinator of the Spirit of Women program. "Dancing on a regular basis offers numerous benefits for cardiovascular health, weight and blood pressure

management, increased coordination and muscle strength, and an overall sense of well-being."

Classes offered include ballroom, ballet, zumba, hip hop, belly dancing, hula hoop, and a salsa lesson led by two-time World Salsa Champion Anya Katsevam. There will also be a yoga class taught by the legendary Tao Porchon Lynch, who has been a yoga instructor for 45 years. Lynch has been in films alongside Elizabeth Taylor, worked as a cabaret dancer in London during World War II, and at age 94, currently holds the Guinness record as the world's oldest yoga instructor.

Screenings for blood pressure, glucose and blood sugar, and body-mass index, as well as a "pharmacy brown bag"

session, will also be offered.

"Ultimately, the goal of the Day of Dance is to educate New Yorkers on a variety of cardiovascular conditions, to teach families about healthy choices that they can easily incorporate into their daily lives, and to have a lot of fun at the same time," said Mark J. Mundy, New York Methodist Hospital's president and CEO. "No one knows how to hit the dance floor like Brooklynites."

The Day of Dance at New York Methodist Hospital's Carrington Pavilion [506 Sixth Street between Seventh and Eighth avenues in Park Slope, (855) NYM-WELL; www.nym.org/dance]. Feb. 9 from 10 am to 2 pm Admission is \$10, kids under 12 free.

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Dr. Borriello is director of Perioperative Services at Downstate Medical Center at Long Island College Hospital in Cobble Hill.

Guests will have the opportunity to join Dr. Borriello for dinner (\$30) at 7:15, following the free talk and light refreshments.

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For more information, visit BrooklynBridgeRotary.org, or call Club President Vivian Hardison at (917) 804-0797



Fight allergies with the help of Dr. Gadi Avshalomov

By Camille Sperrazza

In the United States 40 to 50 million people suffer from allergy-related illnesses.

"The allergic condition can take on many different forms," says Dr. Gadi Avshalomov, an allergy specialist in Mill Basin. "Allergies may be present as nasal or sinus problems, asthma, eczema, hives, or even a life-threatening anaphylactic



Dr. Avshalomov can perform a skin prick test to determine what a patient may be allergic to.

reaction. Now more than ever, the patient's battle with allergies has to be addressed on all fronts."

To ease allergic symptoms, you first need to get to the root of the problem. Dr. Avshalomov performs the highest standards of testing and diagnosis, right at the office. A simple skin prick test, which is performed by pricking the skin with a bit of an allergen and waiting to see if a

hive develops, can provide the answers in about 20 minutes, says the doctor.

The results will reveal what specific allergens you are allergic to, be it dust mites, pets, pollen, mold or foods. Being allergic can result in conditions such as chronic congestion, a runny nose, eczema, sinusitis, and even asthma.

If you suffer from seasonal allergies, the doctor can ascertain what specific pollens have an effect on you.

"It's like detective work," says Dr. Avshalomov. "You break it down to what is causing the problem, and formulate a treatment plan."

Some patients can be treated with medication. Others may need immunotherapy, injections with a bit of the allergen to "desensitize them and stop the allergic reaction in their bodies," says the doctor. This treatment allows patients to get on with their lives and be part of the great outdoors. If you have a pet but develop an allergy to its dander, with injections, you may possibly be able to live with it again. The results are that good.

"The success rate is over 75 percent," says the doctor.

Often people come to him after they have tried a variety of over-the-counter remedies, which haven't helped. Dr. Avshalomov refers to these medications as Band-Aids.

"The only effective treatment is removal of allergen, when possible, and desensitization (allergy shots)," he says.

"Nothing is ever generic or one-size-fits-all. Everyone has a unique reaction to allergens, so everyone needs a unique treatment regimen." Once he knows exactly what people are allergic



If you're bothered by allergies or asthma, see Dr. Avshalomov at The Center for Allergy, Asthma and Immunology.

to, he creates custom-made allergy shots to meet their specific needs.

There are many theories as to why allergies are so prevalent, says the doctor. Living in an urban environment, like Brooklyn, is one factor, he says, as we are exposed to large amounts of dust mites, cockroaches, mice and molds. Other factors include genetics, human migration, and hygiene.

Interestingly, he says that modern medicine has also contributed to creating some conditions. "Once upon a time, people with asthma used to die," he says. "Now, thank God, they're living full lives, but they're passing the problem down to the next generation."

Dr. Avshalomov is board-certified to treat both adults and children. He specializes in the treatment of asthma and allergies. As a specialist in immunology, he deals with all disorders of the immune system, including sinus infections, pneumonia, and bronchitis.

"We offer the most current, scientifically-approved treatment in the field," he says. Most major medical plans are accepted.

The doctor studied medicine at Tel Aviv University Medical in Israel. He has done specialty training at North Shore Long Island Jewish Hospital and at Schneider's Children's Hospital. In addition to his private practice, he is an assistant professor at Schneider's Children's Hospital.

Dr. Avshalomov (2084 E. 67th St. in Mill Basin, (718) 444-8014). Open Sunday 8 am - noon, Monday 2:30 - 6 pm, Tuesday 3 - 7 pm, and Thursday 9 am - 6 pm.

Photos by Steve Solomonson

The Center for Allergy, Asthma & Immunology

GADI AVSHALOMOV, M.D.

Diplomate of the American Board of Allergy and Immunology

Do allergy symptoms keep you from doing what you want to do?

Do You Suffer From

Asthma:

A disorder affecting the airways of the lungs. People with asthma have Allergic airways that cause Wheezing and cough in response to certain "triggers", leading to difficulty in breathing. The airway narrowing is caused by inflammation and swelling of the airway lining, the tightening of the airway muscles, and the production of excess mucus. This results in a reduced airflow in and out of the lungs. You may be waking up at night coughing or wheezing after exertion. Why suffer; today's treatments may permit you to breath and live much better.



Allergies:

An allergy is an overreaction of your body's immune system to substances that usually cause no reaction in most individuals. Reactions can be hives, congestion, sneezing, coughing, sore throat, headache, and itchy runny eyes and nose.

Allergy symptoms are triggered by pollen, molds, dust mites, cockroach and animal dander. For people allergic to these common substances, symptoms can be quite bothersome. And treatment can result in dramatic improvement.



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Exercise and drinking plenty of water are two ways to effectively combat fatigue.

SIMPLE WAYS TO REDUCE FATIGUE

Fatigue can indicate a host of things. People who are overworked feel fatigue, as do those whose diets are low in nutrition. Fatigue can also be the result of a medical condition, which only sheds light on how important it is for those dealing with fatigue to speak to their physicians about their conditions.

In addition to working with a physician to fight fatigue, there are steps you can take to reduce fatigue and start feeling more energetic.

Get off the couch

A sedentary lifestyle will only make it more likely that you will feel fatigued. But including daily exercise as part of your routine will not only boost

your energy levels, but also improve circulation, increase your metabolism, and relieve tension—an especially valuable benefit for those who are overworked.

Get some sleep

The notion that sleep can help fight fatigue might sound simple, but a good night's sleep can elevate energy levels throughout the day, helping the body rest and recover. Failing to get sufficient sleep, which many people find is seven to eight hours per night, can turn today's fatigue into tomorrow's fatigue, and so on.

Address any sources of stress

Fatigue can be a side effect of stress. Many people

find that work is their primary source of stress, but finances and relationship issues can be stressful as well. Whatever the source of your stress, address it and don't allow it to fester. If it's work, then look for ways to make work less stressful, whether it's telecommuting more often or sharing more responsibilities. Exercise is a great way to relieve stress, but those fighting stress-related fatigue should address the source of the stress as well.

Reduce sugar intake

Sugar might provide an initial burst of energy, especially for people battling fatigue. However, once your blood sugar levels begin to drop, which can hap-

pen rather quickly, you will notice a rather steep decline in your energy level. To successfully combat fatigue, avoid relying on quick fixes that only offer temporary relief.

Alter your eating habits

If you're a proponent of three large meals per day but are battling fatigue, then it might be time to alter your eating habits. Replace the large meals with smaller meals, and snack throughout the day to maintain high energy levels. Just be sure to consume healthy snacks, and don't forget to drink water throughout the day. Doing so will fight dehydration, which can also cause fatigue.

Do you know your risk of stroke?

Taking the time to answer a few questions may help to reduce your risk of stroke. Stroke is the number three cause of death of Americans and is a leading cause of disability.

This year, it will strike 700,000 Americans of all ages, genders and ethnicities. A member of your family, a friend or neighbor—or even you—could be a victim.

Many Americans are not aware of their stroke risk factors, many of which can be prevented or controlled. You can start to take control by knowing what factors put you at risk. Check all that apply to you.

•**Age:** For every decade after age 55, your chance of stroke doubles.

•**Family history:** Your mother, father, sister, brother or grandparent had a stroke, or your father or brother had a heart attack before age 55, or your mother or sister had a heart attack before age 65.

•**Previous stroke or transient ischemic attack:** You have had a stroke or transient ischemic attack (“ministroke”).

•**Blood pressure:** Your blood pressure is 140/90 mm Hg or higher (high blood pressure), a healthcare professional has said your blood pressure is high, your blood pressure is 120/80 to 139/89 mm Hg (prehypertension), or you don't know what your blood pressure is.

•**Tobacco smoke:** You smoke, live, or work with

people who smoke tobacco regularly.

•**Diabetes:** You have diabetes (a fasting blood sugar reading of 126 mg/dL or higher), you need medicine to control your blood sugar, or you have been told you have an impaired ability to control your blood sugar (a fasting blood sugar reading greater than 100 mg/dL).

•**Total cholesterol:** Your cholesterol is 240 mg/dL or higher, or you don't know your level.

•**HDL cholesterol:** Your HDL—or “good” cholesterol—is less than 40 mg/dL, or you don't know your HDL cholesterol levels.

•**Physical activity:** Your physical activity level is less than a total of

30 minutes on most days.

•**Carotid or other artery disease:** You have been told you have disease in the carotid arteries (the blood vessels that supply blood to the brain) or you have peripheral artery disease (primarily affects blood vessels of the legs).

•**Certain blood disorders:** You have been told

you have a high red blood cell count or sickle cell disease (also called sickle cell anemia).

•**Atrial fibrillation:** You have a heart rhythm disorder called atrial fibrillation.

•**Other heart disease:** You have coronary heart disease or other heart condition(s), or you have

had a heart attack.

If one or more of these choices apply to you, studies show you are at increased risk for stroke. See a healthcare provider for a complete assessment of your risks.

To learn more, call, toll free, (888) 4-STROKE or visit www.StrokeAssociation.org.



HEART HEALTH TIPS

NO MATTER THE WEATHER

The weather and temperature outdoors can have a large impact on energy levels and motivation to exercise. Warm, sunny weather can beckon one outdoors, while cold or rainy weather could keep one hibernating inside — which is not good for the spirit or the body, including cardiovascular health.

Staying active when the weather seems to be pitted against you can be challenging. However, there are many things you can do to make the best of things and still get the exercise needed for a healthy heart. Here are a few ideas to get you started.

Head outdoors

Instead of the regular workouts you do, consider something that makes the most of the weather outdoors. If it's hot outside, consider walking by the seaside where the ocean mist can keep you cool, or having your feet in the laps of water reaching the sand. Unless you are the Wicked Witch of the West, a little rainfall will not make you melt. Don a raincoat and take a brisk walk around the neighborhood. If it's cold outdoors or if there's a residual snow, sledding or skiing remain fun ways to burn calories. All of these activities count as moderate to vigorous exercise, which is recommended daily for most people.

Workout indoors

This doesn't necessarily mean heading to the nearest gym. It's possible to get recommended exercise at home or at another location. Walking briskly around a mall is good exercise and you can window shop in the process. Lift heavy items around the house in place of dumbbells. Do-

ing regular household chores with more vigor is another way to get blood flowing and your heart pumping.

Eat right

It's far too easy to indulge in comfort foods, but they tend to be fattening. Eating the right foods to maintain a healthy weight goes a long way toward protecting the heart. Be sure to eat breakfast every day, and choose fruits and vegetables as snacks over sweet and salty items. Canned varieties are just as healthy as fresh produce and can offer a variety of flavors when certain foods are not in season. Be sure to include plenty of foods high in fiber. Not only will they help keep cholesterol levels in check, but it will also help you to feel full faster and longer.

Dress appropriately

Weather is often unpredictable. Therefore, dress in layers so you can remove or add clothing as needed to remain comfortable. Children and older adults are more susceptible to the effects of cold weather. According to Jersey Shore University Medical Center, when temperatures are low your heart works harder to keep the body warm. Dressing warmly can help avoid taxing the heart. The same caution applies when the temperature is extremely warm. It's easy for the elderly to overheat and become dehydrated. Dress in light clothing and remember to drink plenty of water.

Before starting any exercise regimen, it is important to discuss your plans with a physician. He can determine if you are physically capable of moderate exercise or if any illnesses may impede your ability.



Women can take health cues from the rest of the world

North American women may want to take health advice from women in other areas of the world. As it turns out, women in other countries may have the secrets to living longer and avoiding medical conditions that seem to plague women in the U.S. and Canada.

Here's how women across the globe are living longer, healthier lives.

Practice portion control

Although you've probably heard it before, reducing the amount that you eat can have its benefits, including weight loss. Many people remark how the French dine on cheese and butter and still manage to stay skinny. That is because they are eating in moderation, not making an entire meal out of two pounds of cheese. Smaller portions and maintaining an active lifestyle are two ways that many French women stay slim and healthy.

Go heart-healthy

The "Mediterranean Diet" has been touted in recent years. Women in Italy and Greece set a good example by serving foods that are rich in heart-healthy antioxidants and good fats. Nuts, whole grains, fish, and olives are hearty and heart-healthy foods. Mediterranean cultures also use wine to improve heart health, help prevent cancer, and slow the progression of neurological diseases, like Parkinson's and Alzheimer's.



Eating foods that are often found in Mediterranean diets, such as vegetables, is one way to improve health.

Stay active in your community

Japanese culture emphasizes family connections and maintaining an extensive support system. The Japanese stay active into older adulthood, which could be why the island region of Okinawa is known for having the highest concentration of centenarians in the world.

Eat locally

Do you want to look like a flaxen-haired Scandinavian woman? Northern Europeans tend to eat farm-to-table, which means consuming things that they or their neighbors have grown and raised. Foods that are rich in omega-3 fatty acids, such as fish, in combination with native vegetables and berries help keep obesity statistics very low.

Five ways to cheer yourself up

According to the National Institute of Mental Health, depressive disorders affect approximately 18.8 million American adults, or about 9.5 percent of the U.S. population age 18 and older, in a given year. Even those who don't have a clinical illness may feel sad at some point.

For those who need a quick boost, there are ways to improve mood that are easy.

- Get organized. Tackling small goals can have a positive effect on your mood.

- Eat spicy food. Researchers at the State University of New York at Buffalo say that the capsaicin in hot peppers triggers your brain to release endorphins.

- Get more sleep. Getting seven



Improve your mood with a few easy solutions anyone can try.

to eight hours of sleep is essential to mental health. Just being a few hours shy of rest can put you in a foul mood.

Sam forges ahead with his music

By Chudi Chukwudi

Singer/songwriter Samuel Archer has launched a new website and reintroduced his album "Redeem The Dream." The EP project has seven songs geared to engage conversation on social issues and promotes positivity. The website lists activities to engage students, teachers, choirs, soloists and community groups, to help spread the positive message of "Redeeming The Dream."

Redeem the Dream, the album's title song, speaks about Martin Luther King, Malcolm X and Mahatma Gandhi and what it would be like if they woke up today. Would they be happy with what's going on in our world, or will they be sad and disappointed?

"Issues," another featured song on the EP, has strong world-beat influences, which mirrors the ethnic genre on "The Return," one of Sam's previous albums.

In 2006 a document-



tary was being produced and Sam was elected to sing the title song for the movie, entitled "A Dream Deferred," based on a poem written by Langston Hughes. There are many notable moments musically and vocally on this album about peace, love and con-

sciousness that touch the listener.

The web site encourages singing groups, dancers and community groups to use the title song for their Black History Month performances and/or events. Students can enter into a video-making competition

and have the option to use the recorded version or create their own of a song to use in the video.

"Prizes will be given for the videos with the most views and students are encouraged to be creative," said Sam.

Sponsors interested in contributing a prize must contact the Redeem the Dream team at letthemusicshelp@gmail.com

"With the celebration of Martin Luther King's birthday on January 21, 2013, National Freedom Day (to be observed February 1, 2013) and a full month to celebrate Black History, *Redeem The Dream* will prove to be a great resource and a conversation piece," Archer says..

Find out more at www.toredeemthedream.info. To sample songs from "Redeem The Dream," and more music from Samuel Archer, please visit www.samuelarcher.bandcamp.com

Bahamian woman pleads guilty to alien-smuggling

By Nelson A. King

The United States Department of Justice says that a Peruvian national and a Bahamian national have pleaded guilty to smuggling undocumented migrants to the United States for private financial gain.

Assistant Attorney General Lanny A. Breuer of the Justice Department's Criminal Division said that Jessie Katherine Gonzales Urquizo, 37, a Peruvian national, and Irene Mildred Janette Burrows, 66, a Bahamian national, pleaded guilty to the charge.

Breuer said Urquizo pleaded guilty to three counts and Burrows pleaded guilty to two counts, before U.S. District Court Judge Kenneth A. Marra in the Southern District of Florida, of bringing and attempting to bring aliens to the United States for commercial advantage and private financial gain.

According to the plea documents, Urquizo and her mother-in-law, Burrows, "facilitated the illegal smuggling of Brazilian nationals into the United States by working for a known alien smuggler in Brazil."

It said Urquizo and Burrows provided lodging and transportation to undocumented migrants waiting on a boat to take them to the United States and charged between US\$100 and US\$125 per day.

The court documents said Urquizo and Burrows received instructions from Brazil-based smugglers on when and where to deliver certain undocumented migrants to waiting boats for passage to the United States.

"Urquizo and Burrows admitted that they brought undocumented migrants, all of whom are Brazilian nationals, to the United States for financial gain," Breuer said.

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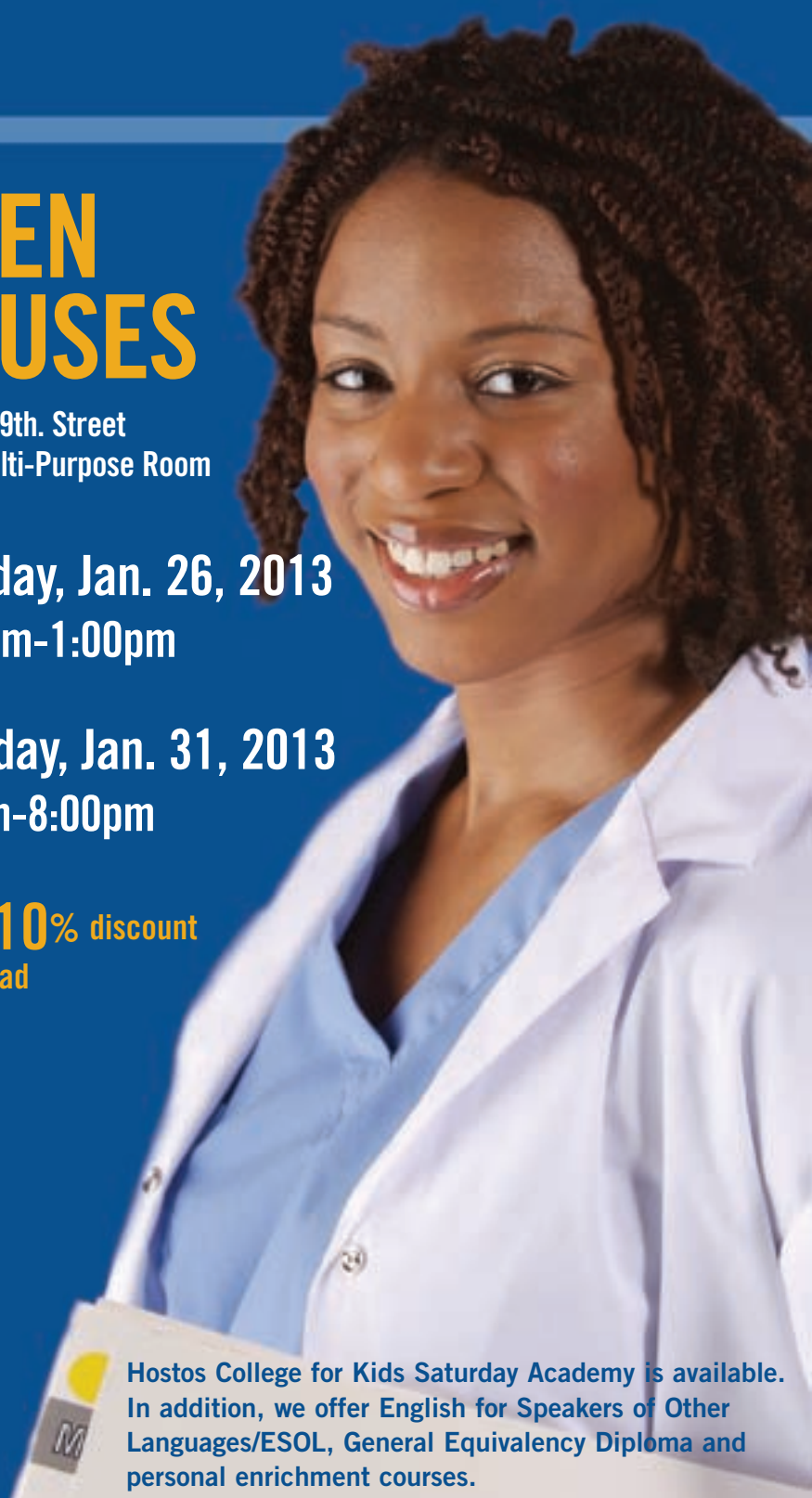
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Venezuela publishes decree with Chavez signature

By Fabiola Sanchez & Vivian Sequera

CARACAS, Venezuela (AP) — Venezuela's government has published a decree signed by President Hugo Chavez, while his vice president said Wednesday that the ailing leader also sent a message of gratitude to the military for its loyalty.

It was the first time the president's signature has appeared in the Official Gazette since his latest cancer surgery in Cuba more than five weeks ago. The decree issued Tuesday and published in the government newspaper on Wednesday names former vice president Elias Jaua as Venezuela's new foreign minister. The signature is printed along with the presidential stamp.

Current Vice President Nicolas Maduro, who has been in charge of the country during Chavez's recovery, announced Jaua's appointment

at a National Assembly session on Tuesday.

Chavez has not made any public comments since his operation last month, his fourth in 18 months. He has been fighting an unspecified type of pelvic cancer, and his silence has fed speculation about his medical condition.

Before the decree was published, the opposition had questioned the legality of the new foreign minister's appointment, citing a lack of publicly released documents with Chavez's signature.

The opposition has also been demanding more information about the president's condition.

"If the president of the republic can sign decrees, I call on him to appear, speak to Venezuela and talk about everything that's happening in that government," top opposition leader Henrique Capriles said Wednesday.

In a televised speech to soldiers, Maduro recalled meeting with Chavez in Havana earlier this week, saying the president was pleased with how his allies have been working together.

"We were with the commander in chief 48 hours ago, and yesterday we spoke with Minister Jorge Arreaza (Chavez's son-in-law), and he really feels great happiness to see, when we described how we've been interacting, the work we're doing constantly," Maduro said.

"He told us to transmit to the Bolivarian National Armed Force, from his heart, all his gratitude for so much loyalty from you all."

The government says Chavez is being treated for "respiratory deficiency," but it remains unclear how much longer he could remain in hospital in Cuba.



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Disney Treasure Trove comes to Brooklyn

By Chudui Chukwudi

Discover endless riches when an extraordinary lineup of stories from the Disney animated film vault comes to life right in your hometown in Disney On Ice presents "Treasure Trove!"

Produced by Feld Entertainment, Disney On Ice presents Treasure Trove is performing at Barclays Center, Jan. 23 – Jan. 27. Tickets are available at Ticketmaster.com, Ticketmaster retail locations, American Express Box Office at Barclays Center or call 1-800-745-3000.

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses –Tiana, Cinderella, Jasmine, Ariel, Sleeping

Beauty, Belle, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army of Cards. Relive magical moments in this ultimate Disney animation celebration coming to Brooklyn!

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To discover more about Disney On Ice, go to www.disneyonice.com, or visit us on Facebook and YouTube.

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Haitians mark earthquake anniversary

By Tequila Minsky

It was as if the Haitian Diaspora had taken over Brooklyn Borough Hall, at least for the evening of Jan. 10 when at times, those attending one of the two different Haitian events happening simultaneously, co-mingled in the Hall's staircase-framed marble lobby.

An interfaith gathering organized by International Humanitarian Outreach Ministries (IHOM, Inc), for an evening of hope, healing and remembrance marking the Haitian earthquake's third anniversary, began with a reception. Representatives from the faith community, HALEFO, and a wide swath from the Haitian professional and political community greeted each other before the ceremonial part of the evening took place in the formal court chambers upstairs.

Among those in attendance was a former president of Haiti, the 48th. The first woman in Haitian history to hold that office, Ertha Pascal-Trouillot, provisional President of Haiti from March 1990 to early February 1991, visiting from Haiti, paid tribute along with local diplomats and metro-New York denizens.

Meanwhile the organization,



Members of the Kipp AMP Academy school band perform at Borough Hall.
Photo by Tequila Minsky

community2Community(C2C), with representatives from numerous Brooklyn community organizations at info tables circling the main floor multimedia room, held a different kind of commemorative event. A kind of town hall celebrated with a progress report: Three Years Later, Building Forward Together.

C2C was founded and is directed by Marie-Yolaine Eusebe who emigrated from Haiti when she was five years old. Following the earthquake, Eusebe quit her job as a marketing executive at American Express to work for significant change in Haiti, targeting her

father's home town area of Petit Goave. Initially she focused on access to drinkable water—C2C's first project, a complete water system in Piton Vallue, Petit Goave, utilizing a team of local volunteers.

Subsequently, C2C also distributed 25,000 aqua tabs for water purification and provided a one-day training for cholera prevention.

An informative video shown at the Boro Hall event illustrated how this non-profit service organization works on the ground, partnering with local residents.

Additionally, now there are 15 latrines, when before C2C, there were none.

Marie-Yolaine is especially conscious to get together to meet different partners, find out who is working on the ground in order to better engage with each other. "It's the people that are keeping us in Haïti." Both the Diaspora and in the homeland.

C2C is a bridge. Eusebe notes, "Folks approach us all the time to help out in different areas," she says. "Some are part of the Haitian Diaspora and are interested in going back home, or they've never been 'home' and aren't sure how to embark on such a journey."

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Hundreds pay tribute to Monte Burke

By Nelson A. King

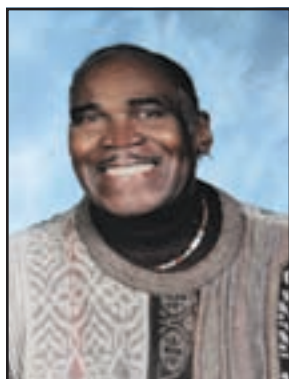
Hundreds of mourners on Jan. 2 paid their last respect to Guyanese-born baritone extraordinaire Monte Burke, who died on Dec. 27 after a brief illness. He was 85.

Mourners at Fenimore Street United Methodist Church paid tributes in songs, words and musical instruments to the man, who they said was also a jazz singer, "fashion statement" and role model for the younger generation.

"Monte embraced the new commandment of Jesus Christ - 'Love One Another,'" said the Guyanese-born Rev. Dr. William Lloyd Andries in his eulogy.

"He was kind and always willing to help others," he added. "His charismatic and vivacious personality permeated the surroundings. He respected everyone, and this was reciprocal.

"He was a role model for younger men," Father Andries continued. "He was open-minded. He captured



Montague Monte Aubrey Castillo Burke.

Photo by Nelson A. King

many audiences. Monte was a jazz connoisseur. He was an evangelist by virtue of his contribution. He had done a marvelous work while he was here."

Opera singer Juanita Faulkner, who paid tribute to Burke with "Panis Angelicus" and "The Holy City," said she "had the privilege to sing with Monte many, many times.

"Monte was not intimidated," she said. "We'd do roman-

tic duets. In stature, he was short, but I thought he was singing to a 7 ft. giant."

Educator Dr. Marguerite Thompson, president of the Allied Association of Guyana, U.S.A., of which Burke was an active member, read a proclamation, describing him as a "community person" and "a lion."

Yet, she said he was "one of the most humble peoples" she'd ever met, adding that there wasn't a "Silent Supper" at Fenimore Street United Methodist Church without him. Dr. Thompson and Burke were prominent members of the church.

"This man made it when there were not many Black men in banking," Thompson said. "He was honorable. He's resting in peace because he'd worked hard for his family."

Vincentian Registered Nurse Cynthia Grant, president of the Chancel Choir at Fenimore Street United Methodist Church, of which Burke was a member, said members will especially remember him

during "Silent Supper."

She added that Burke was always "impeccably dressed."

Guyanese lawyer and community activist Colin Moore said it would be a "travesty of justice" if he did not pay tribute to Burke, who he met 25 years ago at the People's Cathedral, where he did a rendition of the "Alleluiah Chorus."

"Not only was he a great vocalist, but he was a talented individual," he said. "He had a very extensive personality. Monte was a very sharing personality.

"Monte had hope of Job," Moore added. "Monte, you have fought a good fight."

Montague "Monte" Aubrey Castillo Burke, affectionately called "Uncle Monte," was born on Nov. 27, 1927 in New Amsterdam, Berbice, Guyana.

His mother, Adele Adams, died when he was only three months old. He was thus raised by his grandmother, Wilhelmina Faulkner.

At 10, Burke began singing

at Frank Memorial Church in New Amsterdam under the tutelage of Verna Giles.

Soon, he joined the Nams Choir and continued training under Ruby McGregor.

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Ewart Thomas: Academic icon and math prodigy

By Colin A. Moore

Happy Birthday, Ewart, on your 70th Birthday Celebration on Dec. 25, 2012. Seventy runs, not out, and still batting vigorously.

Hip Hip Hooray on a magnificent Test Match. May you, with God's blessing, advance, like Brian Lara, to the century-mark and beyond. Permit me, Ewart, to extend this convoluted sporting metaphor, one step further.

The apostle Paul, at the end of a glorious spiritual marathon exclaimed: "I have fought a good fight. I have finished the course. I have kept the faith. Henceforth, there is reserved for me a crown of righteousness which the Lord, the righteous judge, shall give me at that day". [2 Timothy 4:7-8]

Ewart, I have looked on, with bated breath, as you have run this magnificent marathon. It is a journey that began in the sleepy hamlet of Vryheid in New Amsterdam, Berbice, where you attended your father's elementary school and learnt the fundamentals of arithmetic, algebra and geometry which you later developed to perfection.

The marathon continued at Queens College in Georgetown, where you won the Guyana scholarship in 1959, and became one of the first Guyana scholars to have earned distinctions in all three science subjects - Physics, Chemistry and Mathematics.

In 1960 you won a UCWI open scholarship and proceeded to the Mona campus of the University of the West Indies where you graduated in 1963 with first class honors in mathematics.

The marathon continued at St. Johns College in Cambridge, U.K. where you were awarded the PhD in statistics in 1967. Your dissertation involved the

creation of a mathematical model of the brain.

The marathon culminated at the University of California at Stanford where you became Professor of Mathematical Psychology in 1974, then chairman of the Department of Psychology at Stanford the largest psychology department in the world. In 1988 you became dean of the School of the Humanities and Sciences, the first person of African ancestry ever to achieve this feat. In 1989 UWI granted you an honorary Doctorate of Laws for being the most outstanding student in the quarter century since your graduation in 1963.

As you continue your magnificent marathon, I tip my hat in tribute to a great Berbician, a famous Guyanese, a celebrated West Indian, a renowned alumni of Queens College, an illustrious alumni of the University of the West Indies, a mathematical genius, an outstanding scholar, teacher and administrator.

In spite of his monumental academic achievements Ewart Thomas remains at heart "a simple country boy" without the hubris and affectations so often found in Afro-Saxon academics. He is a "people's person" who has become a friend and confidant to the Caribbean community at Stanford. When asked by a reporter why he was so famous on campus, Ewart replied, in his usual self-deprecating and unpretentious manner, "Because I throw the best fetes on campus"

One day when this marathon is completed I have no doubt that the Creator will meet Ewart at the Pearly gates, and confer on him that blessed crown of which St. Paul spoke, and greet him with the words, "Come ye blessed of my



Prof. Senator Ewart Thomas. Photo by Stanford University News Service/ Linda A. Cicero

father. Inherit the kingdom prepared for you from the foundations of the world."

[Matthew 25:34]

It is a serious travesty of justice that, in spite of his outstanding academic credentials, the University of the West Indies, his *alma mater*, has not seen fit to appoint him as Vice-Chancellor. It is even more pathetic that the University of Guyana, a second-rate academic institution, has not seen fit to appoint this first-rate Guyanese scholar as its Vice-Chancellor. I can only hope that President Barack Obama, who has often spoken of the need for minorities to do well in mathematics and sciences, would appoint this outstanding black scholar as Presidential Advisor in Mathematics and Science at the U.S. Department of Education, where he would be an inspirational role model to young Black and Hispanic students in the United States.

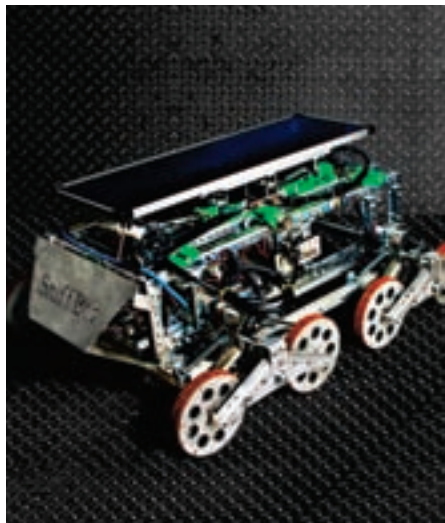
*Colin A. Moore, Esq. was a classmate of Ewart Thomas' at Queens College, Georgetown; a fellow resident of Taylor Hall at the UWI campus at Mona, Jamaica; a fellow Berbician and Guyanese national.

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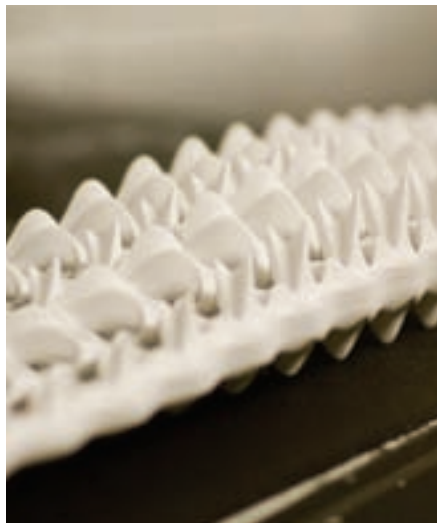
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2013: Jubilee Year of MLK's 'I Have A Dream'

In addition to this year's celebration of the 84th birthday anniversary of Civil Rights activist and Nobel Peace Prize winner Dr. Martin Luther King Jr., the golden jubilee of his iconic "I Have a Dream" speech will be marked by a year-long commemoration of his ideals to fostering racial harmony and equality.

"Our program will kick off the golden anniversary commemoration of the "I Have a Dream" speech.

We will present an inspiring, educational and multi-faceted program of events commemorating the 84th anniversary of the birthday of my father, Martin Luther King, Jr.," Bernice A. King said.

She announced a 10-day observance slated to begin Jan. 11 and continue through the official MLK holiday on Jan. 21.

"Remember! Celebrate! Act! King's Dream for our World" is the theme for a birthday commemoration



Inside Life

By Vinette K. Pryce

program.

The 17 minute monologue from the nation's capital called for an end to racism in America.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed, 'We hold these truths to be self-evident; that all men are created equal,'" Dr. King explained during the March on Washington, Aug. 1963.

That year Dr. MLK was named Man of the Year by Time Magazine.

The following year he was named the youngest person ever awarded the Nobel Peace Prize. At the end of the speech, King reportedly, departed from his prepared text and partly improvised his message on the theme of "I have a dream."

According to Wikipedia, the speech was ranked the top American speech of the 20th century by a 1999 poll of scholars of public address.

"The King Center's challenge to people of all nations is to begin a new era of nonviolent conflict reconciliation bringing people together across racial, religious, political and cultural divisions in keeping with Dr. King's vision of the essential unity of all people," she added.

"We want to ignite a flame of freedom in the hearts of people everywhere that long for peace, prosperity, justice, and yes, even brotherhood and sisterhood."

A highlight of the program will be the Salute to Greatness Awards Dinner



Dr. Martin Luther King, Jr.

AP Photo

on Jan. 19 in Atlanta.

Dr. King made the speech at the base of the Lincoln Memorial. He was assassinated in Memphis, Tennessee on April 4, 1968.

For more details, contact

404-526-8900 or visit www.thekingcenter.org

WARWICK TO JAZZ IN JA

The roster of talents booked for Jamaica's 27th

annual jazz festival has expanded to add Dione Warwick to an already-soul-filled lineup of performers.

Recently announced as the final night attraction to the Jan. 24 to Jan. 26 attraction, Warwick will join Monica, John Legend, Michael Bolton, KC & The Sunshine Band and Mary J. Blige to the list of must-see performers booked to the island.

Warwick's hits have been staples to the nation's radio playlist.

Hits such as "Don't Make Me Over," "Alfie," "Wishing & Hoping," "Message To Michael," and "That's What Friends Are For" are as familiar as any local reggae recording topping the charts.

Other names billed for the festival includes Barbadian, saxophonist Arturo Tappin and home-town favorites Etana, Third World and Rootz Underground.

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ENTERTAINMENT

Jamaican 'King' ready for prime-time

By Vinette K. Pryce

A document chronicling the life of Jamaican intellectual, dancer and choreographer Ralston Milton Nettleford is set to premiere in February. The film about the dancer and social critic popularly known as Rex will debut at the start of Black History Month and simultaneous to the anniversary of his untimely death on the eve of his 77th birthday.

Directed by Lennie Little-White, "Long Live The King!" chronicles the life and work of the academic who died in Washington D.C on Feb. 2, 2010.

"We managed to create a balance that looks at his humble beginnings in Trelawny; his academic prowess and his pinnacle in the dance," Lennie Little-White said.

"Despite all his accolades in academia, the arts and governance — at home and



Ralston Milton Nettleford.

abroad, Professor Nettleford took pride in being an ordinary man. We believe we have captured that essence in the film," he added.

Included in the documentary are interviews with three, former Jamaican prime ministers -- Edward Seaga, P J Patterson and Bruce Golding.

Saint Lucian poet and Nobel laureate Derek Walcott, Jamaican reggae singer Jimmy Cliff, Barbadian historian Sir Hillary Beckles

Continued on Page 42

'Circumstances' - A play about choices

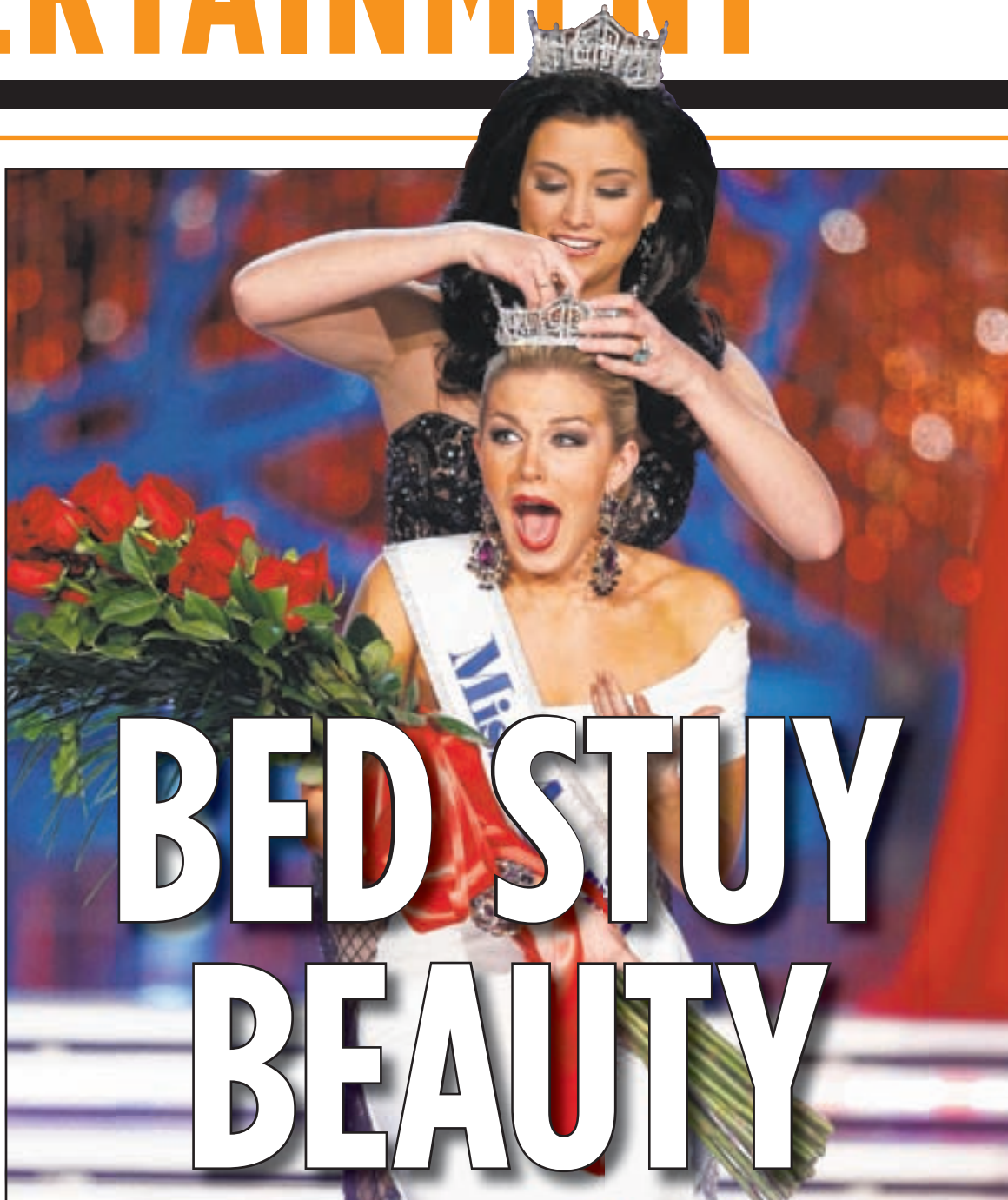
By Deandra Shuler

"Circumstances," a play written by Roger Parris, is being presented at the Harlem School of the Arts, located at 647 St. Nicholas Avenue in Manhattan (142nd Street). A Hadley Players production, "Circumstances" takes form under the directorship of veteran director and performer, Arthur French, Gertrude Jeannette, Hadley Players' Founder/CEO Emeritus; CEO, Voza Rivers, and Artistic Director,

Ward Nixon. "Circumstances" runs until Sunday, Jan. 20.

The play takes place at a predominantly white New England university during the 1960s, a time when the Civil Rights Movement was at the fore and many social-conscious individuals of all races traveled to the south to aid voter registration. Given the violence by whites and the life-threatening circumstances facing black people, only the bravest,

Continued on Page 42



Miss New York Mallory Hagan is crowned Miss America 2013 by Miss America 2012 Laura Kaeppler on Saturday, Jan. 12, 2013, in Las Vegas.

AP Photo/Isaac Brekken

Mallory Hagan crowned Miss America

By Tangerine Clarke

Congratulations to Brooklynite - the lovely Mallory Hagan, Miss America 2013, a former resident of Bedford Stuyvesant who tapped her way into the pageant's history with an exciting performance to James Brown's hit - "Get Up Off Of That Thing."

From the moment the 23-year old Fashion Institute of Technology Cosmetics Management major stepped onto the stage in the swimsuit com-

petition, during the pageant on Saturday in Las Vegas, she wowed the audience, garnering thunderous applause.

Wearing a stunning white asymmetric shoulder white floor length gown, the queen referred to her sense of style as similar to that of (JLo)-Jennifer Lopez during a backstage interview.

Hagan, cinched the titled after answering the question posed to

her during the Q&A segment about whether armed guards belong in grade schools. She articulated her answer by saying "we should not fight violence with violence."

The beauty that was born in Opelika, Ala moved to Brooklyn in 2008 according to ABC News, with less than \$1000 in her pocket, and entered the pageant while working as a waitress in Manhattan.

TOP OF THE CHARTS

TOP 10 SINGLES



- 1 **Locked Out Of Heaven**
Bruno Mars
- 2 **Diamonds**
Rihanna
- 3 **Ho Hey**
The Lumineers
- 4 **One More Night**
Maroon 5
- 5 **I Cry**
Flo Rida
- 6 **Beauty And A Beat**
Justin Bieber Feat. Nicki Minaj
- 7 **I Knew You Wer Trouble**
Taylor Swift
- 8 **Home**
Phillip Phillips
- 9 **Try**
Pink
- 10 **Die Young**
Ke\$ha

TOP 10 ALBUMS



- 1 **Babel**
Mumford & Sons
- 2 **The World From The Side...**
Phillip Phillips
- 3 **Les Miserables**
Soundtrack
- 4 **Pitch Perfect**
Soundtrack
- 5 **The Lumineers**
The Lumineers
- 6 **Take Me Home**
One Direction
- 7 **My Head Is An Animal**
Of Monsters And Men
- 8 **Night Visions**
Imagine Dragons
- 9 **Red**
Taylor Swift
- 10 **Believe**
Justin Bieber

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'Ballet With A Twist' wows audience

By Tangerine Clarke

Performing arts group, "Ballet With a Twist", wowed the standing-room-only audience at the Beacon Theatre in Manhattan, last Sunday, it was unveiled at the opening season with live musical accompaniment from the group's official Cocktail Hour soundtrack.

The group brought together its artistically seductive movement to the stage accompanied by Peter Zummo who added intoxicating cocktail named performances, such as Mai Tai. Singer Barbara Morillo sweetened up the audience with a Shirley Temple, while Deni Bonet stirred up Mint Julep with a touch of Southern roots charm, all from her finest fiddling.

The evening of a glamorous mix of original choreography, music and costumes, featured Peter Valentine and Tabitha Fair who added their soulful vocals



"Ballet With a Twist", at the Beacon Theatre in Manhattan.

Photo by Arthur Eisenberg

to the crowd-favorite 'Holy Water as Ballet with a Twist delighted their fans with a delicious taste of "Marga-

rita". Victoria Bruce; CUT Loopholes Act; Sen. Carl Levin; Occupy Wall St. Movement; Sunadce Film

Festival; We're Not Broke Critically acclaimed dancer Marilyn Klaus's outstanding ballet style

came together in the choreographies that were all on display at the Beacon Theater.



The cast of "Circumstances."

Photo by Don Small

Circumstances

Continued from page 41

est of souls traveled south to fight for change and greater freedom for Black people.

The storyline of this drama centers around two young African American college roommates who have little in common outside of their 4.0 grade average. Both brilliant, they come from socially and economically diverse backgrounds. The more

worldly Timothy (Curtis Williams), who was raised by his number-running grandmother, Mama Dee (Louise Mike), who's wish for her grandson, was to make a difference in the world via obtaining his degree and using his brains over his fists. Afrocentric in his thinking and impatient to change the circumstances of black people in America, particularly as the Civil Rights Movement began to demand

that black people be allowed to exercise their rights to vote which was opposed throughout the racist south, Timothy was anxious to get involved in voter registration down south, even if it meant foregoing his education.

Eighteen-year old Robert Hudson played by Matthew Murumba, on the other hand, was raised in a protective environment and had very little exposure to the world at large, let alone to the plight of other members of his race. A studious sort, Robert kept his nose to the grindstone in an effort to live up to his father's expectations of him. Unfortunately, Robert's father, Dr. Hudson, (Leopold Lowe) spent more time with his medical practice than with his son. Dr. Hudson had already decided what Robert's future would be. In fact, so adamant was Dr. Nelson in his resolve, it never occurred to Robert to question his father's goals for him. Rather cold in his demeanor, Dr. Hudson (Leopold Lowe) rarely showed up for any of his son's social activities and behaved more in the capacity of disciplinarian than caring father.

'JA King' ready

Continued from page 41

and Mia Mottley, Barbadian Member of Parliament also opine on the Caribbean achiever.

Little-White said while the distinguished spokespersons represent a few luminaries that feature prominently in the film about the legendary individual, he said more than any other's commentary, Nettleford own spoken words present the most compelling reflection of the "king" of arts in Jamaica.

According to Little-White, in the film he weaves "a patchwork quilt of many interviews done in the last quarter of his life" to create "an incredible insight into what made the man who will be forever revered around the world for his intellect and his role in the arts."

Archival footage will focus on his life as a co-founder of the National Dance Theatre Company (NDTC), dancer and choreographer.

Also included are photographic contributions from photographer, Monica La Yacona who has documented the work of the NDTC since it started half a century ago.

A rural photographic essay by Dr. Owen Minott also illustrates Rex's youthful years. Born in rural Jamaica he established himself as a Jamaican icon and Caribbean legend.

The story is narrated by Adrian Atkinson and Prof. Edward Baugh.

Reportedly, multiple screenings will be held in various cities throughout the world to premiere the milestone film.

Sean Penn shines in crime saga about legendary mobster

"Gangster Squad"
Excellent (4 stars)
Rated R for profanity and graphic violence
Running time:
113 minutes
Distributor: Warner Brothers

By Kam Williams

Mickey Cohen (Sean Penn) was born and raised in Brooklyn where he started out as a prizefighter before moving to Chicago during Prohibition to become an enforcer for Al Capone. In the Forties, he was sent by Meyer Lansky to Los Angeles to establish extortion, gambling, prostitution and loan shark operations on behalf of the Jewish Mafia.

Mickey gradually began to make inroads, which didn't sit well with LA Police Chief Bill Parker (Nick Nolte) who was determined to pre-

vent any crime syndicate from gaining a foothold in his city. But that would prove easier said than done since the vicious mobster had already succeeded in bribing and/or intimidating many cops, judges and powerful politicians.

Given the frightening degree of corruption, Parker decided that the only way to bring down Mickey was to behave just as ruthlessly. So, he asked one of his most fearless officers, Sergeant John O'Mara (Josh Brolin), to form a top secret team whose mission would be to enforce the law by breaking it.

For, the so-called Gangster Squad's mission was simply to enter each of Cohen's establishments anonymously in order to break kneecaps and generally trash the place. Of course, if any of O'Mara's goons were killed or captured, the Commissioner would have to disavow any knowledge of their actions.

Thus unfolds Gangster Squad, a stylized costume drama with



Michael Pena (left) and Anthony Mackie in "Gangster Squad."

far more charm than one would ordinarily expect to find in an old-fashioned shoot 'em up. Directed by Ruben Fleisher (Zombieland), the film is based on the clever Paul Lieberman best-seller of the

same name.

The production was blessed with an A-list cast which includes Sean Penn, Ryan Gosling, Josh Brolin, Emma Stone, Nick Nolte, Anthony Mackie, Giovanni Ribisi, Michael

Pena, Robert Patrick and Mireille Enos. Therefore, there are no throwaway roles here, with even lesser characters benefitting from development as a consequence of veteran thespians putting their all into their performances.

As a result, you come to care not only about whether or not Mickey will ever be brought to justice, but about surprisingly-engaging subplots involving a lawman (Gosling) going gaga over the gangsta's moll (Stone), and about a pregnant wife's (Enos) worry about whether her gung-ho hubby's (Brolin) will live long enough to witness his baby's birth. Nevertheless, the front story does feature all the staples of the genre, from flashy Zoot suits to Tommy guns to street smart dialogue mixing slang and savoir faire in a manner reminiscent of Damon Runyon.

A high body-count showdown between rogue cops and the Koshier Nostra for the future of Los Angeles!

Independent & Foreign Films

Brief Reunion (Unrated) Stalker thriller about an Ivy League grad (Joel de la Fuente) whose perfect life comes apart at the seams when a jealous ex-classmate (Scott Shepherd) crashes his 40th birthday party and starts stalking his wife (Alexie Gilmore). With Francie Swift, Quentin Mare and Kristy Hasen.

Hors Satan (Unrated) Minimalist tale revolving around a mysterious drifter (David Dewaele) who manages to perform miracles on behalf of an equally-inscrutable damsel-in-distress (Alexandra Lematre). With Christophe Bon, Juliette Bacquet and Aurore Broutin. (In French with subtitles)

Luv (Unrated) Fact-based drama, set in Baltimore, about a day-in-the-life of an abandoned 11-year-old (Michael Rainey, Jr.) who becomes embroiled in an escalating series of events leading to a triple-homicide while hanging with his recently-paroled uncle



Kam's Kapsules

By Kam Williams

(Common) haunted by a criminal past. Cast includes Meagan Good, Dennis Haysbert, Danny Glover, Lonette Mckee and Charles S.Dutton.

BIG BUDGET FILMS

Broken City (R for sexuality, violence and pervasive profanity) Revenge thriller about a streetwise ex-cop (Mark Wahlberg) hell-bent on evening the score after being framed by the Mayor of New York (Russell Crowe). Supporting cast includes Catherine Zeta-Jones, Jeffrey Wright and Barry Pepper.

The Last Stand (R for profanity and pervasive graphic violence) Arnold Schwarzenegger stars in this present-day Western about a disgraced, LAPD narcotics detective who gets a shot

at redemption when a drug kingpin (Eduardo Noriega) on the 10 Most Wanted List makes a break for Mexico through the sleepy border town where he's now serving as sheriff. Featuring Forest Whitaker, Harry Dean Stanton and Johnny Knoxville.

Mama (PG-13 for violence, terror, disturbing images and mature themes) Haunted house horror flick about a young couple (Jessica Chastain and Nikolaj Coster-Waldau) that encounters nothing but supernatural trouble after taking custody of a two orphaned nieces (Megan Carpenter and Isabelle Nelisse) found alive after fending for themselves in the forest for five years. With Jane Moffat, Daniel Kash and Hannah Cheesman.

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SUN KULCHA

COMMUNITY EVENTS

SATURDAY, JANUARY 19

SPIRITUAL WHOLENESS "I HAVE A VOICE":

The Tamar Women's Ministry invites you to attend "Finding My Way" a four-part series on spiritual wholeness between noon - 2:00 p.m. at the Tried Stone Baptist Church, 1591 Boston Rd., Bronx, N.Y. 10460.

WEDNESDAY, JANUARY 16 - SATURDAY, JANUARY 19

ARTS: "Black Latina: The Play" returns to the stages of New York City at Teatro La Tea. Whether dark-skinned or indeed African-American and Hispanic, Black Latina chronicles the journey of ones struggle identifying with both cultures. It deals with external factors from society to media as well as the internal viewpoints of family and friends. Appropriate for ages 13 and up. Showtime is at 8:00 p.m. and tickets are \$19.62. In addition to the 8:00 p.m. performance, there will be a matinee performance on Jan. 19 at 3:00 p.m. Teatro La Tea, 107 Suffolk St., 2ndFL., New York, N.Y. 10002. Tickets can be purchase online at <http://www.brownpapertickets.com/event/299560>.

SUNDAY, JANUARY 20

OBSERVANCE: Join the 15th Annual Interfaith Observance for religious and racial harmony, sponsored by the N.Y. Metropolitan MLK Center for non-violence. Hear words of inspiration and the beautiful sounds of four choirs. The public can join at any location. Observance begins at 2:00 p.m. at the Islamic Cultural Center, 1711 Third Ave. (97th St.). At 2:45 p.m. the bus will travel to Sutton Place Synagogue, 225 East 51st, and at 3:45 p.m. there will be a march to St. Bartholomew's church, Park Ave & 51st Street. To participate in the free bus ride, or for more information, contact Cliff Frazier (718)589-7858 ext.30.

MUSIC AND DANCE WORKSHOP: The Center for Traditional Music and Dance is thrilled to present Un Taller Andina, a workshop of Andean music and dance from 4:00 p.m. - 7:00 p.m. El Taller Latino Americano 2710 Broadway (by 103 St. in Manhattan), 3rd Floor, N.Y., New York 10025 (212)665-9460. Admission is free!

WEDNESDAY, JANUARY 23

FINANCIAL AID WORKSHOP: Free college financial aid workshop. Please RSVP by or before Jan.21 to Frank Dody at fdody@restorationplaza.org. Restoration Plaza 1368 Fulton St., fourth floor, Brooklyn.

SATURDAY, JANUARY 26

HOME BUYER FAIR: Chhaya will be holding it's 4th Annual Home Buyer Fair from 12:30 p.m. - 5:00 p.m. Come meet with lenders and industry experts and learn more about the home buying process in a culturally accessible space! If you have any questions, please contact yangchen@chhayacdc.org or you can reach us at (718)478-3848. If you are interested in volunteering for this event, please contact info@chhayacdc.org. PS 69,



FARMERS MARKET: Seeds in the Middle is sponsoring The Crown Heights Farmers Market offering fresh fruits and vegetables, including calaloo and Caribbean favorites and accepting EBT,WIC, Snap, FMNP, Health Bucks, and Fresh Connect. The market will be operating every Thursday from 12 noon to 7:00 p.m. at Hamilton Metz Park at Albany and Leferts avenues, Brooklyn. For more information, visit www.seedsinthemiddle.org.



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MONDAY, JANUARY 28

MARTIN LUTHER KING CELEBRATION: The Martin Luther King Jr. Center New York Support Group presents "Keeping The Dream Alive!" 28th Annual Dr. Martin Luther King Jr Birthday celebration from 7:00 p.m. - 9:00 p.m. Guest speakers will be Daniel W. Webster, director of the John Hopkins. For more information and/or to RSVP, please call (212)281-2374 Joseph P. Kennedy Memorial Community Center located 34 West 134th St., Harlem.

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DONATIONS: As you know, there are so many families in need of food and many of our local pantries are virtually running on empty. Please donate non-perishable and/or canned goods. Below are just a few, be advised that ID maybe requested.

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HOPE CITY EMPOWERMENT CENTER. 650-656 WASHINGTON AVENUE BROOKLYN, N.Y. 11238 . CONTACT: Jennifer Ochoa 718.857.5698. Hours of Operation: Tuesday, Thursday & Friday, 10:00 a.m. - 4:00 p.m.

QUINCY COMMUNITY SERVICE - (MT. SINAI BAPTIST CHURCH). 84 QUINCY STREET BROOKLYN, N.Y. 11238. CONTACT: Doretha Haywood & E. Brown 718.740.1680. Hours of Operation: 1st & 3rd Saturdays, 2nd & 4th Wednesdays, 9:00 a.m. - 11:00 a.m.

CHURCH OF GOD FEEDING HUNGRY. 836 CLASSON AVENUE BROOKLYN, N.Y. 11238. CONTACT: May Walker, 718.783.6024

HOURS OF OPERATION: Thursdays, 10:00 a.m. - 1:00 p.m. Holiday Train Show: All Aboard! Grand Central Terminal turns 100 in 2013! Our brand new Lionel layout features New York Central, Metro-North and the latest Grand Central Express trains racing North! Kids can join the Great Grand Central scavenger hunt! Meet the challenge weekdays 10:00 a.m. to noon. New York Transit Museum Gallery Annex and Store is located at Grand Central Terminal, Shuttle Passage, next to Station Master's Office Monday-Friday 8:00 a.m. - 8:00 p.m., Saturday and Sunday 10:00 a.m. - 6:00 p.m. Admission is free.

DONATIONS: St. Robert Bellarmine Church is joining efforts with the Dioceses of Trenton to bring relief to victims in the hardest hit areas. The church has organized a sorting sub station in the parish and will be delivering donations to various locations shortly. The church is seeking donations of cardboard shipping boxes for packing or rubbermaid bins for storage for victims. Donations are tax deductible and the church will provide you with a receipt upon request. Feel free to contact St. Robert Bellarmine Church at any time Attn: SRB Hurricane Relief Effort, 61 Georgia Rd., Freehold, NJ 07728 or srbwelcome@gmail.com, Pam Stengel (732)580-0075, Linda Altini (917)578-4852. Phone: (732)462-7429 or Fax: (732)409-3496.

QUEENS SICKLE CELL: The Queens Sickle Cell Advocacy Network, 207-08 Hollis Ave., Queens Village, N.Y., presents a Parent to Parent Support Group meeting every first Monday of every month, 7:00 p.m. For directions and registration, call (718)712-0873 or email Qscanorg@verizon.net.

FORECLOSURE SERVICES: Are you behind in your mortgage or seeking a modification? The Flatbush Development Vcorp, NHS of East Flatbush and the Center for N.Y.C. Neighborhoods are offering free services and assistance. Referrals for free legal assistance are also available. To schedule an appointment, call (718)469-4679.

Compiled by Natalie Y. Henry

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SPORTS



Brooklyn Nets interim head coach P.J. Carlesimo talks with Deron Williams (8) on the sidelines in the first half of an NBA basketball game against the Charlotte Bobcats on Friday, Dec. 28, 2012 at Barclays Center in New York.

AP Photo/Kathy Kmonicek

Nets look to P.J. Carlesimo

By Robert Elkin

Just ask two of the present coaches on the high school and college levels if the timing and person was the right decision in naming P.J. Carlesimo as the interim head coach of the Brooklyn Nets of the National Basketball Association?

Bishop Loughlin high school assistant varsity coach Bob Leckie, who has been around the high school and college game for many years, feels that the players turn

Continued on Page 48

Watershed year

By Azad Ali

President of the West Indies Cricket Board (WICB) Julian Hunte has described 2012 as “a watershed year in West Indies cricket.”

Noting that there were a number of historic events in the year, Hunte said that West Indies cricket is better positioned for the rest of the decade on many fronts.

“Most significantly is that the West Indies team won the ICC World Twenty20 Tournament and are world champions again after a period of drought,” Hunte noted.

“We must recognize and hail the efforts of Darren Sammy and Ottis Gibson, along with team manager Richie Richardson and the senior players in particular,” he said.

Hunte added: “Shivnarine Chanderpaul

Continued on Page 48



PLAYER OF THE YEAR

U.S. soccer player Abby Wambach poses with the trophy after winning the FIFA Women's World Player of the Year Award during the FIFA Ballon d'Or Gala 2013 held at the Kongresshaus in Zurich, Switzerland, Monday, Jan 7, 2013.

AP Photo/Keystone, Walter Bieri

Abby Wambach wins female FIFA title

By Patrick Horne

USA forward Abby Wambach won the female FIFA World Player of the Year award recently at FIFA's big annual awards ceremony at its Zurich headquarters in Switzerland. The award capped off a stellar year for the forward who has dominated

women's soccer the past five years. Despite her achievements the past two years in particular, she had been overshadowed by Brazilian Marta, who won the award consecutively from 2006- 2010; last year, after leading the U. S. to the World Cup final, she missed out on the award because

captain Homare Sawa led eventual world champion Japan on a miracle run in the tournament, despite Wambach consistency throughout the previous year.

This time around, the forward from Rochester, New York culminated another

Continued on Page 48



Khadeem Carrington of Bishop Loughlin plays defense against a Cardinal Hayes player in Loughlin's 74-70 loss to Hayes Dec. 7 in Fort Greene. Photo by Elizabeth Graham

Nets look to P.J.

Continued from page 47

When the Nets' management fired Avery Johnson after he earned NBA Coach of the Month honors for November, his assistant P.J. Carlesimo, who brings a wealth of experience to the pro game, was the right choice. PJ also knows the local college and high school scenes because he's been around this area.

"The Nets need a hard

main concern is to get healthy and return to the bench of the Catholic High School team. "I 'could' step in as an advance scout. We at Loughlin right now are 6-1 and are very high on junior Khadeem Carrington, (who is capable of becoming our all-time top scorer)."

On the college level, Ron St. John, head coach at NCAA Division III York College, felt it was premature that Avery Johnson left the Nets.

(after a month of excellent team basketball). Now PJ has to get the most out of his players. Right now he is the right choice. He has to make a statement."

Carlesimo is the interim head coach. Other names including Mark Jackson, former NBA star guard and a native New Yorker, could step in and has been mentioned and could step at future time.

Let's see how PJ does. This reporter feels that PJ was the right man for the job. Look, he has a wealth of experience both on the college and pro levels, coaching on the

pro level, knows the New York area, and most important has been the assistant coach for over a year. He knows the players and has the voice and ability to step right in. Because he is the most experienced of the assistant coach on the staff, the front office moved him up.

However, it is never ideal for any coach to take over in mid-season with little practice time to install radical departures. The emphasis has to be on playing hard and less on the Xs and Os. PJ could stress playing hard both in practice and in games. He has to emphasize the right plays at the right time.

Time will only tell for the Nets and one month can not make a difference unless injuries to key players become a factor.

It's always good to see a person with a local background step to the front and give it all that he has.

Remember, he coached Seton Hall to the NCAA Final Four during his days of coaching in the college ranks. Of course, the NBA is a different game, but he has that winning background.

He knows how to prepare the players for a particular game and opponent.

Management and fans alike, only want a championship, no more. They are talking about it now. But realistically it won't happen this year, unless they get some kind of streak going now.

They are in a tough division of the NBA.

PLAYER OF THE YEAR

Continued from page 47
er stellar year-round performance by leading her team to its second Olympic gold, and in the process, avenging the USA's loss to Japan in the 2011 World Cup final. Wambach led the Olympic tournament with five goals as the U. S. went undefeated and untied; in fact, the U. S. finished 2012 with the best record among women's national teams, 28-1-3, as Wambach scored 27 goals.

The tall, solidly built forward carried the U.S. many times, scoring the winning goals on numerous occasions. Although teammate Alex Morgan scored one more goal (28) than Wambach last year, Morgan was the first to admit that it was "Wambach's selfless off-the-ball work, aerial battling and off-field mentorship..." that aided her success. It was Wambach who twice scored to pull the U.S. even in that memorable 2011 World Cup final that went into double overtime.

Now 32, and after scoring 152 international goals, second only to Mia Hamm (158), Wambach's amazing career is obviously nearing its end; she may survive the very competitive U.S. team and could be around for the 2015 World Cup in Canada, but that is no guarantee. She has not won a World Cup, so maybe a World Cup ring could be the impetus to keep on kicking until 34, at least for another two or three more years.

New women's league

The National Women's

Soccer League, set to kick off its inaugural season this spring, recently began the process of allotting some of the 55 national team players from the U. S., Mexico and Canada among its eight teams. Abby Wambach was assigned to the Western New York Flash, which is the only New York franchise; her teammate Alex Morgan went to the Portland Thorns, which also landed midfielder Tobin Heath, defender Rachel Buehler and Canadian striker Christine Sinclair, who played college soccer in the area.

Among some others who were assigned teams in the ongoing staffing of the franchises are U.S. goalkeeper Hope Solo, who lives in the city and was assigned to the Seattle Reign, along with Megan Rapinoe and Amy Rodriguez. Christie Rampone and Kelly O'Hara went to the New Jersey Sky Blue FC. Ali Krieger and Lori Lindsey will play for the Washington Spirit. Other national team players will be assigned; a college draft along with former professional players from previous leagues and foreign players will also be signed to complete new venture.

Former Canadian national player and look forward to taking on the role of interim head coach for a second time," said Miller. "I am honored to have been selected by the Canadian Soccer Association, and thank FC Edmonton's organization, particularly owner Tom Fath, for its support in this process."



WICB president Julian Hunte (left) with Shivnarine Chanderpaul. AP Photo/Andres Leighton

Watershed year

Continued from page 47

continues to be an outstanding performer in Tests, once again attaining the top ranking as a Test batsman.

"Chris Gayle, Sunil Narine, Kieron Pollard, Marlon Samuels and Dwayne Bravo are some of the finest and most entertaining players in the shorter formats in particular, and they are foremost cricket ambassadors when in West Indies colors and when they are in other colors flying the West

Indian flag in the various leagues around the world."

Turning his attention to off-the-field, Hunte praised the partnerships agreements the WICB was able to secure and finalize.

"We also saw the launch of the Caribbean Premier League, which will come on stream in 2013 and we were able to secure a major television rights deal with TAJ TV, which will ensure the financial viability if West Indies cricket for this decade," he said.



Argentina's Lionel Messi, left, and US Abby Wambach, right, pose with their trophies next to FIFA President Joseph Blatter after winning the World Player of the Year Awards during the FIFA Ballon d'Or Gala 2013 held at the Kongresshaus in Zurich, Switzerland, Monday, Jan. 7, 2013.

AP Photo/Keystone, Walter Bieri

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Bravo stars in Trinidad & Tobago's victory

Darren Bravo slammed a swashbuckling 82 not out from 51 balls with 8 fours and 4 sixes against Guyana at the Queens Park Oval in Trinidad in the Caribbean Twenty20 match up. Trinidad and Tobago leads the points table as of 1-13-13 with 13 points.

Bravo Shared in Three Vital Partnerships

Darren Bravo participated in a partnership of 48 runs from 33 balls with his brother Dwayne Bravo who scored 19. The other partnership was with his captain Denesh Ramdin that gathered 54 from 30 balls and the most exciting of the three was with Kieron Pollard, 64 runs from 27 balls, Pollard ended with 44 not out from 17 balls.

Trinidad & Tobago Scored 120 Runs in 10 Overs

Trinidad & Tobago were 71 runs for 2 wickets after 10 overs and rocketed to 171



Eyes on Cricket

By George H. Whyte

for 4 in the 19th over then scoring 20 runs in the last over pushing Trinidad and Tobago to 191 runs from 20 overs for four wickets. Trinidad & Tobago dominated this match and out played Guyana who lost by 80 runs.

Guyana Spins out Barbados

Some talented and penetrative spin bowling from the Guyanese spinners against Barbados in the Regional Tournament Twenty20 match brought Guyana victory by 42 runs. Guyana was sent in by Barbados and they scored 108 runs from 19 overs all out. Openers Trevon Griffith and Shivnarine Chanderpaul scored 27 runs from 29 balls. Griffith was first to go for 16

runs from 16 balls. Chanderpaul scored 23 runs from 27 balls. Guyana's middle order fell cheaply with Narsingh Deonarine being given out by a very controversial decision. He was given out trapped leg before wicket. While the batsman indicated that he got an edge on to the pads it also appeared that the bowler delivered a no ball, clearly over stepping. For Barbados, Sulie-man Benn picked up 2 for 22 and Dwayne Smith 2 for 14.

Barbados Were 6 Runs for 3 Wickets

Barbados stumbled repeatedly losing their captain Dwayne Smith without scoring. He was bowled by spinner Steve Jacobs. Jacobs got some terrific turn and he used it fully to his advan-



File photo of West Indies batsman Darren Bravo, playing a shot during the third and final One-Day International cricket match against Sri Lanka.

AP Photo/Eranga Jayawardena

tage by putting team Barbados in a shell.

Carter and Dowrich Scored 38 From 46 Balls

Jonathan Carter and wicket keeper batsman Shane Dowrich tried hard to repair the early damage

that their team had. A partnership of 38 for the fourth wicket ended when Carter stuck out too long off and Chanderpaul gladly took the catch. Barbados reached 44 for 4 and then slumped to 44 for 5 and after three run outs they were bowled out for 66 runs, their lowest Twenty20

score in regional competitions. Steven Jacobs got 2 wickets for 13 runs from 4 overs, Veerasammy Permaul 2 for 14 from 4 overs, Christopher Barnwell 2 for 11. Guyana won the regional Twenty20 championship in 2010 when Narsingh Deonarine was the hero.

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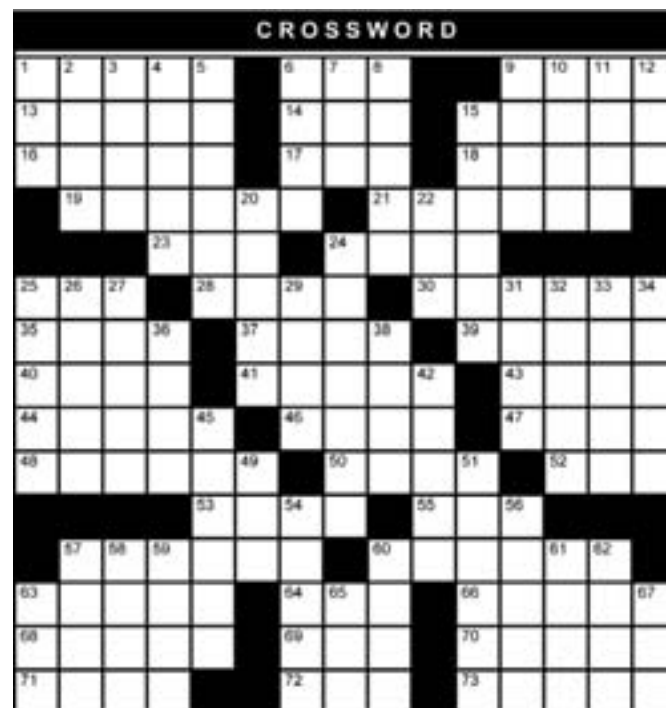
ACROSS

1. Sweeney Todd's weapon
6. *Recluse from "To Kill a Mockingbird"
9. Dumbfounded
13. **"Fear of Flying" author Jong
14. Unit of electrical resistance
15. Groom, to a bird
16. Brightest star in Cygnus
17. Anonymous John
18. Shadow
19. Covered with scabs
21. *F. Scott Fitzgerald's mysterious millionaire
23. Nada
24. Circle overhead?
25. Douglas ____
28. Lowest brass
30. Catch in a net
35. Bad day for Caesar
37. Grey, of tea fame
39. Spanish saint
40. Church section
41. *Poe's talking bird
43. Bucolic poem
44. Chirp, as in bird
46. **"Twilight" series, e.g.
47. "The farmer in the ____"
48. Bonnie and Clyde's doing
50. Mythical bird, pl.

52. Without professional help, acr.
53. Sound of impact
55. Tint
57. *T. Williams' fading Southern belle
60. *J.D. Salinger's young cynic
63. Pilaff or plov
64. ET carrier
66. Unbroken
68. Dadaist Max _____
69. Rip off
70. Savory taste sensation
71. Kind of moss
72. Affirmative English rock band
73. Torn down

DOWN

1. *Like Stephen Crane's Badge of Courage
2. Mars, to the Greeks
3. Brass component
4. Home to largest mammal
5. *John Updike's "_____, Run"
6. *Stephen King novella "The _____" adapted into "Stand by Me" film
7. Exclamation of surprise
8. The end
9. They're missing from Venus de Milo
10. He played Sergeant Joe Friday
11. Suggestive of supernatural
12. Piece of evidence
15. Capers or charades
20. Gloomier
22. Brewpub offering
24. *John Updike's alma mater
25. *Harper Lee's Atticus _____
26. Gem State
27. Live it up
29. Bleats
31. *Occupation featured in "The Help"
32. Terminated
33. They're found at checkout
34. *Truman Capote's party girl
36. Garden starter
38. Toy block
42. Jack Black's "_____ Libre"
45. Blow out the candle, e.g.
49. Sigma ____ Epsilon
51. S
54. Shylock's practice
56. Swelling
57. ____ Straits
58. Arm bone
59. Cat-headed Egyptian goddess
60. Gremlins
61. Timeline divisions
62. What one goes by
63. ____ rally
65. *Wicked Witch of the West to Dorothy Gale
67. Jack-in-the-box part



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- Medical Help Wanted
- General Help Wanted
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Business Opps Pg 57



- Financing / Loans
- Business For Sale
- Misc. Business Opps
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Instruction Pgs 53-54, 57



- **Career Training**
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Merchandise Pg 57



- Garage / Yard Sales
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Here's My Cards Pgs 73-74



- Professional, Commercial And Residential Services
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- Home Improvement
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Real Estate Pgs 62-63



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- Properties For Sale
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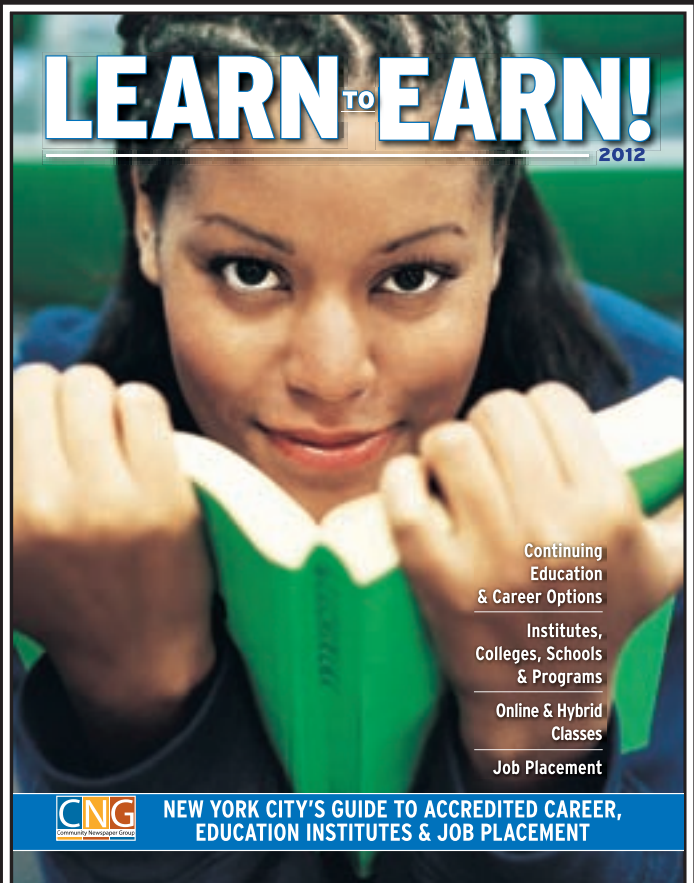
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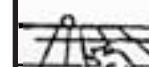
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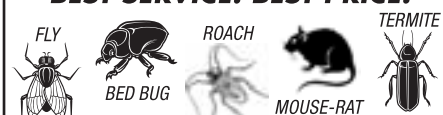


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