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Protesters in New York demonstrate against the 'not guilty' verdict in the Trayvon Martin killing.

Photo by Tequila Minsky

AG 'concerned' about Trayvon case

By Nelson A. King

On Tuesday, as members of New York City congressional delegation called on the U.S. Department of Justice to conduct a "thorough" investigation and possible prosecution of Florida neighborhood watch volunteer Robert Zimmerman in the killing of Treyvon Martin, Attorney General Eric Holder says he is "concerned" about the case.

"I am concerned about this case; and, as we confirmed last spring, the Justice Department has an open investigation into it,"

he said while attending the annual convention, in Orlando, Florida of the National Association for the Advancement of Colored People (NAACP), where he was the keynote speaker. "While that inquiry is ongoing,I can promise that the

Continued on Page 4

MAKING UP FOR SLAVERY

Seeking reparations for the Atlantic slave trade

By Bert Wilkinson

Caribbean Community leaders who ended their main annual summit in Trinidad last weekend, took some key decisions, including plans to make Britain and other European nations pay for the horrors of the slave trade, making it easier for people to travel in the bloc and are now inching their

way towards allowing the Dominican Republic to join the trade bloc in the near future.

In what was clearly one of the recent summits with a full slate of serious items on the agenda, the leaders also participated in a re-enactment of the Treaty of Chaguaramas that founded the

Continued on Page 4



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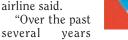
THE NEWS FROM BACK HOME

Antigua

LIAT has implemented a security surcharge on tickets in response to rising security demands and spiraling security costs. The new security surcharge of US\$1.25 per one-way trip applies to all passengers, including children and infants, on all LIAT flights, the airline said in a statement recently.

"Heightened airline and airport security over the last 10 years has resulted in rising security demands on airlines. Additional security measures at many airports have been introduced including extra baggage searches and increased security around

aircraft while on the ground," the airline said.



security costs have been climbing and LIAT has been absorbing these costs in an effort to cushion the effects on its customers. With the introduction of the security surcharge, LIAT hopes to recoup some of the additional security costs," the statement said.

The carrier said it joined more than 100 airlines worldwide that introduced similar charges since 2001.

Bahamas

Former Minister of National Security Tommy Turnquest said yesterday he found it "amazing" that Deputy Prime Minister Phillip Brave Davis would say that no one in the country is safe from crime after his aide was shot recently.

Turnquest said this is the same Progressive Liberal Party (PLP) that blamed him every time a crime happened.

One of the DPM's aides, Sergeant Andrew Sweeting, was shot recently and remained hospital-

ized. Davis told reporters, "Crime is still unacceptably high and what it tells us



is that none of us are safe from what is going on in our country today and it means that all of us must come together again to make a concerted effort to stop this scourge of crime."

In the lead up to the May 2012 general election, the PLP placed billboards about the record number of murders under



Guarding the J'a fishing reserves

In this June 13, 2013 photo, warden Owen Turner patrols the Bluefields Bay marine reserve in southwestern Jamaica. This long stretch of water, patrolled daily by a small team of wardens and marine police, is one of a growing number of no-fishing zones in the Caribbean, where most coastal reefs have been severely damaged by overfishing, pollution, and more recently global warming. See story on page 13.

AP Photo/David McFadden

the Ingraham administration at various roundabouts on New Providence, including in tourists areas.

The billboards read, "Under the FNM government 490 plus murders". When some of the billboards were taken down on the instruction of the Ministry of the Environment, Davis accused the then government of "strong arm tactics."

Barbados

Opposition Leader Mia Mott-

ley has described as "unprecedented," the manner in which Police Commissioner Darwin Dottin



was sent on leave pending his retirement in the public interest. Media reports said that the Police Service Commission (PSC) took the decision recently and has since named Assistant Commissioner of Police Tyrone Griffith to act as interim head of the police service.

Dottin has not commented on the PSC decision.

"In my view it is an assault on one of the key institutions that is required to protect our democracy and our people. It is disconcerting that the people of Barbados would learn of this development as an unsourced story on radio.

"Both the prime minister and the attorney general have a duty to come urgently and explain to the people of Barbados why the Commissioner has been so shabbily treated after the Force was showered with praise only last week for a job well done," she said in a statement.

Dottin, 63, has been head of the police service here for the past nine months and Mottley said the announcement of his removal was unprecedented in the history of modern Barbados.

"This is another aspect of the rapidly emerging Barbados with a type of leadership to which we are not accustomed and which we cannot fathom".

Mottley said the planned national consultation on the economy, should also be used to discuss "the alarming rate of decline at all levels and in all spheres in the country. Bajans simply feel that Barbados today is on the wrong track and moving

in the wrong direction," she said in her statement

Guyana

The government of Guyana is compensating more than two dozen protest-

ers injured when police opened fire on them in the town of Linden last July.



Linden's Administrative Chairman Sharma Solomon says payouts are capped at US\$5,000 for those injured, an amount he called inadequate. Protesters say they will go to court to seek a higher amount.

Three people were killed in the accident, and survivors of the victims are receiving about US\$15,000 each. The crowd had been protesting a plan to increase electricity rates by nearly 30 percent, a proposal that has since been put on hold.

The payouts began on yesterday, with opposition legislators accusing the administration of President Donald Remoutar of ignoring the economic development of the southwest bauxite mining town of Linden.

Haiti

Haiti is receiving US\$35.5 million from the Inter-American Development Bank to improve drinking water services in the Caribbean nation's gritty capi-

tal of Port-au-Prince. The grant will support a program created in 2010 with the



help of the bank and the Spanish Cooperation Fund in Water and Sanitation in Latin American and the Caribbean.

The program aims to cut losses from leaks, clandestine connections and unpaid bills. It also seeks to improve revenue to cover operational expenses. The effort will be carried out by Haiti's national water and sanitation agency and a water company that serves the Port-au-Prince area.

Jamaica

Jamaican air traffic controllers are back on the job after a recent sick-out in a pay dispute. During the two-day protest, the island's civil aviation agency called in teams of supervisors to man control towers. Officials say safety was not compromised at Jamaica's internation-

al airports and air fields. The disgruntled controllers returned



to work after Jamaica's Supreme Court issued an injunction at the request of the government ordering them to report to their jobs.

The Jamaica Air Traffic Controllers' Association is still demanding a salary increase. The association argues that controllers are operating under "severe stress" and are in serious need of a raise. Other Jamaican unions have previously agreed to public sector wage freezes.

St. Lucia

Prime Minister Kenny Anthony is proposing major changes

to the regional educational system in order to reduce the growing prob-



lem of unemployment among young people. He made the recommendations in an address to more than 150 youth attending a regional conference hosted by the Caribbean Youth Empowerment

Continued on page 20



U.S. Transportation Secretary Ray LaHood.

AP Photo/Paul Beaty, file

Trinidad airline gets a ticket

By Azad Ali

The U.S. Department of Transport (DOT) has fined Trinidad and Tobago national carrier Caribbean Airlines (CAL) US\$100,000 for violating federal rules last August by not providing passengers with an opportunity to leave a plane that was delayed on the tarmac at New York's JFK Airport for more than four hours.

A DOT press release said the carrier failed to provide customers with food and water until almost four hours after the plane left the gate during the tarmac delay.

DOT fined the airline and ordered the carrier to cease and desist from further violations.

"Passengers have rights when they fly, including the opportunity to leave a plane during a long tarmac delay and to access food and water," said U.S. Transportation Secretary Ray LaHood.

"DOT's tarmac delay rules were put in place to ensure that passengers are treated with respect when they travel, and we will continue to work to ensure that passengers are treated with respect when they travel and we will continue to work to ensure that airlines treat their customers fairly," Lahood said.

Under DOT rules, foreign airlines operating aircraft with 30 or more passenger seats that fly to and from U.S. airports are prohibited from allowing their aircraft to remain on the tarmac for more than four hours without giving passengers on board an opportunity to leave.

Exceptions to the time limits are allowed for safety reasons, security or air traffic control-related reasons. There is a three-hour limit for tarmac delays on domestic flights.

For all flights delayed on the tarmac, airlines are also required to provide adequate food and water no later than two hours after an aircraft leaves the gate or lands, unless the pilot-incommand determines that it cannot provide these services for safety or security reasons.

On Aug. 15, 2012, Caribbean Airlines flight 421 from New York's JFK Airport to Piarco International Airport was scheduled to depart JFK at 2.55 p.m. and arrive at 9.25 p.m. The plane pushed back from the gate at 3.07 p.m., but was unable to depart immediately because of poor weather conditions and the need to refuel.

The plane remained on the tarmac with passengers on board until the airline was able to obtain a staircase, allowing passengers to leave the plane at 7.35 p.m., four hours and 28 minutes after the plane initially left the gate.

Although the weather was a factor in the delay, the carrier did not cite any weather-related safety, security or air traffic control-related reason for failing to allow the passengers to leave the plane.

Passengers were not offered meals until between 7:00 p.m. and 7:30 p.m., approximately four hours after leaving the gate. The plane finally took off at approximately 10:00 p.m.

Bed-Stuy ambulance corp. celebrates a milestone

By Eulene Inniss

The Bedford Stuyvesant Volunteer Ambulance Corp. (BSVAC) has served the people of the Bedford Stuyvesant community for the past 25 years and to mark this milestone a fleet of various emergency vehicles cruised through the community on Saturday, July 13, in an exhibition of pride and strength.

The needs of the residents of Bed-Stuy are no different from those of communities elsewhere. People feel more secure when they know that exceptional medical service is available in case of an emergency. BSVAC brings a measure of security to the community.

This volunteer EMT service was the brainchild of two neighborhood men, Commander Rocky Robinson and Joe Perez. At that time both men were employed as EMTs and decided to use their skills to help their community, which was being underserved. Perez, who is now employed by the United States Coast Guard Public Affairs Office Air Station Clearwater, Florida, Homeland Security, says that he and Commander Robinson started on foot. They had roped off an



From left, Rudolph Muhammad, Commander and Founder Rocky Robinson, Captian Denis, founder of Peacekeepers and Andre T. Mitchell, founder.

Photo by Lem Peterkin

area in the community for an operation base, and used their personal equipment and scanners as they ran to help residents with emergencies. They soon elevated to a car and set the goal of response time to four minutes, which they achieved. On many occasions they were the first responders on the scene and the city's EMT resented their presence. As the years went by, and they continued to dis-

play their exceptional medical skills they were no longer viewed with scorn but as valued partners. Surplus equipment was donated to them.

Commander Robinson, a retired FDNY Captain, operates the academy located at 727 Green Ave. in Bed-Stuy. The academy is state certified and offers year-round classes, which include CPR; First Aid; EMT-B; First Responders; Cevo and Cabs in languag-

es such as English, Spanish, Creole and French. This emergency service academy has a history of assisting others during disasters and their policies has had national impact on emergency service. Graduates and volunteers from the Academy have been among first responders at Ground Zero during 911, Hurricane Katrina, Irene, Sandy and even the earthquake in Haiti.

Big brother is watching over us

By Ignacio Ramonet

PARIS, July 12 2013 (IPS) - We were afraid this would happen. We had been warned by books (George Orwell's "1984) and films (Steven Spielberg's "Minority Report") that with the progress being made in communication technology, we would all end up under surveillance.

Of course, we assumed that this violation of our privacy would be practised by a neo-totalitarian state. There we were wrong, because the unprecedented revelations made by Edward Snowden about the Orwellian surveillance of our communications directly implicate the

United States, once regarded as the "country of freedom."

Apparently this came to an end after the passage of the Patriot Act of 2001. President Barack Obama himself admitted, "You can't have 100 percent security and then have 100 percent privacy." Welcome to the era of Big Brother.

What has Snowden revealed? The 29-year-old former Central Intelligence Agency (CIA) computer analyst who most recently worked for the private company Booz Allen Hamilton, subcontracted to the U.S. National Security Agency (NSA), leaked to The Guard-

ian and to a lesser extent The Washington Post the existence of secret U.S. government programmes to scrutinise the communications of millions of citizens.

The magnitude of this incredible violation of our civil rights and private communications has been described by the press in precise and hair-raising detail. On Jun. 5, for instance, The Guardian published the order issued by the Foreign Intelligence Surveillance Court instructing the phone company Verizon to hand over to the NSA tens of millions of its clients' phone records.

The order does not appar-

ently cover the contents of phone communications nor the identity of the users of the phone numbers involved, but it does include the duration of calls and the phone numbers of callers and recipients.

The next day, The Guardian and the Post revealed the existence of a secret surveillance programme, PRISM, that enables the NSA and the FBI (Federal Bureau of Investigation) to access servers of the nine main internet companies (with the notable exception of Twitter): Microsoft, Yahoo, Google, Facebook, Paltalk, AOL, Skype, YouTube and Apple.

Cashing in on Slavery

Continued from cover

15-nation trade bloc in July 1973 as they reaffirmed their commitment to the integration movement inspite of lingering skepticism about the relevance of Caricom.

In a move that many did not appear to see coming, the leaders decided to lay the groundwork for plans to push European nations which had participated in the Transatlantic slave trade to pay reparations for the deaths of millions of people of African origin and for the fact that they were forced to work for hundreds of years without pay.

The conference announcement said the leaders have agreed to establish a reparations committee in each member state. The chairpersons from each national committee will be afforded seats on the Caricom reparations commission that will seek to make the case to Britain and other countries which have greatly benefited from slavery.

"The heads of govern-

ment of Barbados, St. Vincent, Haiti, Guyana, Suriname and Trinidad will provide political oversight," the announcement said.

It comes as activists in Barbados, Haiti and Jamaica among others have stepped up their campaign to force governments to lend their weight to the fight to win compensation for slavery and its after-effects.

St. Vincent's Ralph Gonsalves, who has been among the leading political lights for reparations has persistently pointed to the fact that many of the established companies in Britain including Barclays Bank and many of the rich and gentrified families in Europe have gotten their riches on the backs of slavery and not even having to pay for labor.

"Great homes in England -- Lord this and Lord that -- were financed by the compensation money from the slaves," he said, pointing to the irony of slave owners being compensated for losing slaves to abolition, while



CARICOM Chairwoman Kamla Persad-Bissessar. AP Photo/Rob Griffith

those who worked on sugar, coffee and cotton plantations hve not not earned a single cent to this day.

In the meantime, Caricom said that the leaders have decided to return to the single-domestic-space travel system that was in place for the 2007 Cricket World Cup. The system basically allows a traveler to have his passport stamped at the first destination of arrival and thereafter be treated as journeying on a domestic flight, barring security checks; if stops are made in other trade bloc member states.

Justice Dept. investigation

Continued from cover

Department of Justice will consider all available information before determining what action to take."

"Independent of the legal determination that will be made, I believe this tragedy provides yet another opportunity for our nation to speak honestly – and openly – about the complicated and emotionally-charged issues that this case has raised," Holder continued.

On Saturday, an all-female jury in Florida found George Zimmerman, 29, not guilty in the Feb. 26, 2012, shooting death of Jayvon Martin, 17, in Sanford, Fl.

After three weeks of testimony, the jury rejected the prosecution's claim that Zimmerman had deliberately pursued the teenager.

"We know that Trayvon Martin would have been living today if George Zimmerman had not pursued him with a firearm," said Rep. Yvette D. Clarke,

who represents the predominantly Caribbean 9th Congressional District in Brooklyn, "I am disappointed that the laws of Florida have failed to secure justice for Trayvon and his family," added Clarke, a member of the House Committee on Small Business, Ethics and Homeland Security, and the ranking member of the Subcommittee on Cybersecurity, Infrastructure Protection and Security Technologies.

"Our children are not safe if private citizens have the authority to act as vigilantes," she continued. "My prayers are with the parents of Trayvon Martin, who have demonstrated extraordinary courage in this awful tragedy."

Congressman Hakeem Jeffries, who represents the 8th Congressional District, adjacent Clarke's, said Zimmerman "racially profiled Trayvon Martin, and then shot him dead in cold blood.

"The continuation of the Justice Department inquiry is a significant step in the right direction," Jeffries said.

"Ultimately, a federal grand jury should decide if Trayvon Martin was shot by George Zimmerman because he was black in violation of our nation's hate crime laws," he added.

Harlem Congressman, Charles Rangel said he was "deeply saddened and angered that George Zimmerman has escaped responsibility for the shooting of Travyon Martin.

"The Justice Department should investigate whether there was a violation of our nation's civil rights laws in this case," he said.

Congressman Jerrold Nadler, representative for the 10th Congressional District and Ranking Member of the Constitution and Civil Justice Subcommittee of the House Judiciary Committee, said, like many Americans, he "watched the aftermath of Trayvon Martin's senseless death very closely and with a deep, abiding sadness.







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Experts troubled by Cuba arms shipments

By Michael Weissenstein & Peter Orsi

HAVANA (AP) — North Korea on Wednesday repeated Cuba's assertion that the antiquated weapons systems found on a cargo ship in Panama were headed to the Asian county for repair. But while the explanation is potentially credible, it leaves troubling questions unresolved, international arms experts say.

Acting on intelligence it hasn't publicly described, Panama seized the rusting, 34-year-old North Korean freighter Chong Chon Gang on July 11 as it headed toward the Caribbean entrance of the Panama Canal on its way to the Pacific and its final destination of North Korea.

Hidden under about 240,000 white sacks of raw brown Cuban sugar, Panamanian officials found shipping containers with parts of a radar system for a surface-to-air missile defense system, an apparent violation of U.N. sanctions that bar North Korea from importing sophisticated weapons or missiles.

The North Korean Foreign

Ministry commented on the seizure for the first time Wednesday, saying: "This cargo is nothing but aging weapons which (North Korea) are to send back to Cuba after overhauling them according to a legitimate contract."

A Foreign Ministry spokesman, who was not named by the official Korean Central News Agency, said "the Panamanian investigation authorities rashly attacked and detained the captain and crewmen of the ship on the plea of 'drug investigation' and searched its cargo but did not discover any drug."

"The Panamanian authorities should take a step to let the apprehended crewmen and ship leave without delay," the dispatch added.

Thirty-five North Korean nationals were arrested after resisting police efforts to intercept the ship in Panamanian waters, according to the Central American country's government. The captain had a heart attack and also tried to commit suicide, said Panamanian President Ricardo Martinelli, who



Military equipment lays in containers aboard a North Korean-flagged ship at the Manzanillo International container terminal on the coast of Colon City, Panama, Tuesday, July 16, 2013. A North Korean ship carrying weapons system parts buried under sacks of sugar was seized as it tried to cross the Panama Canal on its way from Cuba to its home country, which is under a United Nations arms embargo, Panamanian officials said Tuesday.

AP Photo/Arnulfo Franco

announced the discovery via radio Monday night.

Nearly 24 hours after Panama announced the find and said it would continue searching the ship for more contraband, Cuba acknowledged late Tuesday that the ship's cargo included 240 metric tons of "obsolete defensive weapons": two Volga and Pechora anti-aircraft missile systems, nine

missiles "in parts and spares," two Mig-21 Bis and 15 engines for those airplanes. The equipment was meant to be repaired in North Korea and returned to Cuba, the Cuban government said.

North Korea has a robust capability to repair and upgrade Sovietera military equipment, and the economically struggling, isolated

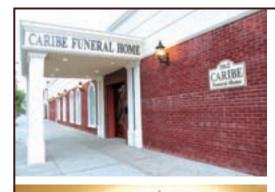
Continued on Page 16

OECS eye maritime transport

Eastern Caribbean public- and private-sector institutions are in agreement about creating a more coherent maritime transportation system that would provide a reliable and affordable high-integrity service for intra-regional movement of cargo and passengers

In a recent video conference involving representatives from regional Chambers of Industry and Commerce, Air and Seaport Authorities, Organization of Eastern Caribbean States (OECS) shipping stakeholders, the Eastern Caribbean Currency Board and the OECS Secretariat, participants discussed the improvements to the maritime transportation system in the region.

Participants identified opportunities for a sea-transportation sub-sector, while ECCB Governor, Sir K. Dwight Venner highlighted the urgency of engaging the OECS Business Council in moving the process forward.



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Warner launches new political party

By Azad Ali

Former United National Congress (UNC) MP Jack Warner last Friday night announced the formation of a new political party - The Independent Liberal Party (IPL).

And hours later Prime Minister Kamla Persad-Bissessar told supporters at meeting in the Chaguanas West constituency that the former MP was expelled from the UNC party.

Warner addressing a massive crowd in Felicity, Central Trinidad, (in the constituency of Chaguanas West) said he wants to deal with what he saw as the betrayal of the UNC cabal not only to himself but to the ordinary grassroot members of the party.

He slammed his former colleagues in the People's Partnership coalition government, whom, he said, changed since getting in office.

"Before 2010, they used to



Jack Warner, leader of the the Independent Liberal Party (IPL).

AP Photo/Shirley Bahadur, file

walk the streets among you... they used to give you their phone numbers... and waved to you and your children. Today, they move around in chauffeur-driven high-priced luxury cars- some bought and some leased, their faced are no longer friendly, their humility is gone. Their chil-

dren are no longer going to the same school as yours, and you cannot communicate with them," he said."

"That is not the change you voted for," he told cheering supporters.

He promised a new dawn in the politics of Trinidad and Tobago.

Guyana elections chief ousted for cheating

By Bert Wilkinson

The head of Guyana's elections commission has been sacked for deliberately trying to fudge the figures to show that the governing People's Progressive Party (PPP) had won a majority of seats in the late 2011 general elections.

Gocool Boodhoo who was chief elections officer for the past three successive polls was sent packing following a lengthy meeting of the commission late Tuesday.

The meeting was called specifically to deal with allegations that he had deliberately used the wrong formula to show that the PPP had won a majority of the 65 house seats when it fact the corrected final tally showed that the two opposition par-

ties had in fact gained a oneseat majority in parliament as is still the case today.

Boodhoo has denied the charges, calling it a genuine mistake but opposition Commissioner Vincent Alexander, his two colleagues and Commission Chairman Steve Surujbally all voted to send him home, contending that he knew better as the institutional memory of the agency that oversees all elections in the country.

The high court had also recently dismissed an application by Boodhoo to prevent his firing.

The three PPP representatives on the commission voted to keep Boodhoo, saying they believed he had made a simple mistake. The PPP had won just over 48

percent of the votes in the November 2011 elections but Boodhoo's calculations would have showed that it was nevertheless entitled to more than 50 percent of the seats, a calculation Alexander called bizarre.

"There were no miscalculations or mistakes. There was a change in formula and the protocol for working out the allocation of seats. How could the chief election officer of three elections not know that how to calculate the value of a seat?" Alexander said.

The current parliamentary composition has made for serious deadlock as President Donald Ramotar has persistently refused to assent to bills brought by opposition legislators.

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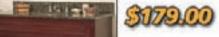
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OP-EDS

Not the end of the American dream

By Gertrude Onuoha

America is a country of immigrants. Many strive to come into the United States so as to get a "better life". Sometimes, aliens or permanent residents are placed in removal proceedings. Very often this can cause a lot emotional trauma and disillusionment.

Removal proceeding a legal term referring to the legal process of removing or deporting a person from the United States, due to various issues including visa violations, denial of immigrant petitions, criminal convictions, and other problems. It is a long and complicated process; however, there are many reliefs for people who have been placed in deportation.

Aliens or permanent residents in removal proceedings will not just be thrown into the next flight leaving the United States.

There will be a judicial hearing in a court presided by an Immigration Judge who hears removal cases. The judge decides whether to allow the respondent remain in the U.S. or be removed.

On the date of the removal hearing (individual), the respondent will be expected to answer the charges against him or her by pleading to the allegations and to apply for any relief from removal.

An alien or permanent resident may request for the following reliefs Asylum, adjustment

of status, voluntary departure, Withholding of Removal, Relief under Convention against Torture, cancellation of removal, stay of deportation, and/or administrative closure where appropriate. At the conclusion of the merits (Master) hearing, the immigration judge issues a decision.

Even after a respondent's application for relief from removal is denied by an immigration judge, the respondent may be eligible to appeal that decision to the Board of Immigration Appeals if the appeal is denied, an appeal can be made to the Federal Court Appeal, the U.S. Court of Appeal and to U.S. Supreme Court.

The content of this article is intended for general information purposes only, and is not legal advice. Removal Proceedings are highly complicated legal matters, and all respondents are strongly urged to seek legal advice before appearing in Immigration Court.

Those seeking specific legal advice should contact Gertrude Onuoha Esq. at 575 Lexington Avenue, 4th Fl. NY NY 10022 (PHONE) 212-971-9704 or 7326421604)

Gertrude Onuoha Esq. is the founder of the law offices of Gertrude Onuoha, P.C. and is a member of the American Immigration Lawyers Association, the New York Bar Association and a New York State Certified Mediator.

Wellspring of innovation and economic enrichment

By Bryan McGannon

The climate proposals recently announced by the president will divide the business community. Fossil fuel companies will be alarmed and clean energy businesses will be encouraged. But one segment of the business community seems united in its support of limits on power plant emissions and other policies to protect the environment: small business owners.

New polling of small business owners across the country show that they strongly support the kind of proposals that the President is pursuing. The results of the poll, commissioned by the American Sustainable Business Council (ASBC), make small business owners out to be surprisingly pro-environment.

Consider the anchor of the president's proposal: new EPA regulations for existing power plants that will limit how much carbon pollution they may emit. In the ASBC poll, 63 percent of small business owners sup-

The EPA proposal will also help provide the clear signal businesses, entrepreneurs, and investors are looking for in longterm energy and environmental policies.

port proposed efforts by the EPA to limit carbon emissions from existing power plants.

Why? Small business owners have a stake in avoiding the rising energy and water costs, supply-chain disruptions, declining property values and other dangerous side effects of climate change. Business owners understand the cost of not taking preventative action to mitigate climate change. It means fewer resources, higher externalities, and a more difficult economic environment.

Think about the widespread business costs of recent climate events. Hurricane Sandy cost millions of dollars in repairs, and the livelihoods of many small business owners and their employees were swept away with the rising tides. Massive draughts have ravaged the Midwest, leaving business owners often without a product to sell, or whole farms destroyed. To account for these loses, insurance steps in, driving up the cost of insurance to all business. Even if your business is fortunate enough to escape adverse weather, you will often still bear the costs of climate change.

The EPA proposal will also help provide the clear signal businesses, entrepreneurs, and investors are looking for in longterm energy and environmental policies. As the regulations continue to be clarified, technological innovation and investment in the domestic clean energy market will begin to grow. To

Continued on Page 12

Family is the backbone of health care

By Gregory Johnson

The United States has about 5,000 hospitals, 900,000 doctors and three million nurses. But the backbone of the health care system is the millions of family caregivers, treating loved ones during

Family caregivers are the invisible supporters, often referred to as silent patients because they endure physical, emotional and economic challenges without ade-

Caregivers need the support of their family, friends and even their employers to do their work. But that support will only happen when we continue to educate ourselves and others about who family caregivers are and why they are essential to the health care

An estimated 65.7 million people in the United States are family caregivers. Without them, the health care system probably could not function. In 2009, the last year with complete statistics, unpaid family caregivers provided an estimated \$450 billion in free services.

Much of that care included medical and nursing tasks for patients. In fact, nearly 20 million people — six times the number of nurses in the entire country - perform nursing tasks as caregivers. Most have had no training besides instructions for care when

the patient left a hospital.

How well they are able to perform these tasks can make the difference between care at home and cycling in and out of hospitals. More hospitals and insurers are focusing on providing improved instructions and support for caregivers, precisely so patients can be stabilized at home and not need to return to a hospital again and again.

Who are these caregivers? We usually think of them as people who are caring for aging seniors. That has long been the hallmark and focus of caregiving.

But caregivers have many faces, including grandparents raising

Continued on Page 12

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2016 bashing, ignoring the boomerang effect

One would hardly think it to be by design, but it's uncanny how much the hoof-in-mouth malady tends to afflict assorted frontline players in the GOP, leaving us to wonder whether sounding off on stuff with sure-fire boomerang potential is a practice to which party chieftains are just ineluctably drawn. We heard the other day, for instance, from the minority leader in the Senate. Mitch McConnell, as he took a swipe at Hillary Clinton and the incessant speculation about her running for president in 2016. Democrats couldn't be the party of the future, he chortled, if they're thinking of a candidate reminiscent of one of the "Golden Girls." McConnell, alas, went for this laugh and attack line little thinking, evidently, of the "Sunshine Boys" his party has trotted out as presidential candidates in the recent past.

As stuck in a time warp on issues from A to Z as the GOP has been known to be, we can't imagine McConnell being so devil-may-care reckless on the age thing to seriously suggest that with respect to Clinton it's a deal breaker, but becomes a non-factor as applied to those long-in-the-

tooth Republican specimens. Even a senator from Kentucky would want to avoid being caught in that chauvinistic trap, wouldn't he?

If she is the Democratic candidate in 2016, Clinton would have turned 69 just before the election. But let's review the GOP file. That most deified of Republican/conservative Oval Office stalwarts, Ronald Reagan (the guy who thought Barry Goldwater was manna from heaven for this country in 1964), was just weeks shy of his 70th birthday when he took the oath of office in 1981. John McCain, when he ran in 2008, was 72. Bob Dole, the GOP nominee for Bill Clinton's second-term run, was 73 when he lost to Clinton in 1996. Given that track record, how does anyone on the GOP side summon the chutzpah to introduce age as a disqualifier for seekers of the presidency, fellow GOP confederates brazenly exempted?

If McConnell's pot shot at the former first lady, senator and secretary of state is indicative of the best Republicans have in the way of ammunition, Clinton would seem to have not a great deal to worry about. Undeclared though she is as a 2016 candidate, she con-

Viewpoint

By Les Slater

tinues to poll well. Which, given her 2008 experience, is a position, should she be a candidate, she would presumably go into full preventive mode to avoid the strategic miscalculations of that campaign. Her opposition, though, if history is any guide, would be pretty much looking to follow that well-worn script yet again. The "Golden Girls" zinger from McConnell, without regard for the counter-punch possibilities it exposes, is straight out of the party's playbook.

Dennis Hastert became speaker of the House in 1999 primarily because the man in line to replace a chastened Newt Gingrich for the speaker's job was Louisiana's Bob Livingston who, although setting himself up as one of Bill Clinton's principal attackers over the Monica Lewinsky affair, was himself exposed as involved in peccadilloes of his own, causing his fall from grace. Years before, Reagan, prior to becoming president,

was one of the early pied pipers for the "too much government" sound bite, before his administration engaged in spending that ballooned the deficit to unprecedented levels. It would be a huge surprise if the "do or die" battle to which Senate Democrats have committed, as of this writing, to amend the chamber's rules particularly regarding the much abused filibuster, are indeed changed to reform this bastardization of the legislative process. Ready resort to the filibuster, overwhelmingly among Republicans, to sabotage legislation or bury presidential appointments has become a key contributor to the stasis for which modern-day Washington has shamefully become known. Here again, Republican behavior that would elicit from their folks cries of bloody murder if the shoe is on the other foot.

As for this early McConnell shot across Hillary Clinton's bow – a shot that clearly doesn't make it in the good-taste department – the GOP masterminds must determine whether the age-challenged smear looks to be their best ticket to nirvana. The Benghazi dance seems to have been reconfigured time

and again without producing the "Aha" moment assorted inquisitors have sought. During her time as first lady, there were God only knows how many attempts to nail her on allegations of wrongdoing that, again, never amounted to anything. After all of that earlier fuss, anti-climatic though it all turned out to be, "Is that all you got?" would seem now a fitting reaction to this descent into age bashing as issue one.

Whenever she makes known her 2016 intentions, one imagines that Clinton would have come to her decision relying foremost on her own instincts and judgment and with due consideration given to the counsel of those in her trust. That she has the innate smarts for the job and has now acquired valuable experience that has only burnished her credentials, is beyond doubt. Typically, we would expect that Clinton would deftly deal with McConnell's below-the-belt jab, having long displayed an ability to go toe-to-toe with the best of the gladiators in the political ring. The smart betting definitely says it would require a lot more than a "Golden Girls" taunt to throw Clinton off her game.



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OP-EDS

Ready to embrace change

Continued from page 10

illustrate, the standard proposed for new power plants provides a clear path forward for the electric sector and the important domestic resources they rely on, including natural gas. Setting a clear direction for existing power plants helps resolve the uncertainty that has constrained investments companies might otherwise consider. Without a path, these investments are often put on the backburner, putting America's global competitiveness at

The inclusion of carbon pollution limits is an especially profound step. But business owners also understand that investing in cleaner technologies and more efficient resources can be a pathway to profit and prosperity. Economic growth is boosted and jobs are created, while investors

reap competitive returns.

In the poll, 72 percent of small business owners said incentives for clean energy are a priority. Strong majorities across party lines want incentives to help U.S. companies build a competitive advantage over other countries are a top, high, or middle priority, including 81 percent of Independents and 58 percent of Republicans. The positive economic outcomes associated with proactively fighting climate change - including returns on investment in renewable energy and exportable technology- are too great to ignore.

Small business owners also strongly back the president's proposed energy efficiency measures. In the ASBC poll, almost eight out of 10 small business owners support increasing energy efficiency by 50 percent over the next 10 years. With

such overwhelming support in the business community, the United States, ever a world leader, has the opportunity to efficiently lead once again on climate change. The proposed regulations will help direct the economic and industrial opportunities that stand to flow from these new initiatives. There is a wellspring of innovation and economic enrichment waiting to be tapped.

While the private sector is moving in the right direction, active federal government leadership is needed in the short-term to mitigate the worst impacts of climate change on our economy. Small business owners are ready to embrace change and with the president's new climate proposals, businesses of all sizes stand to see welcome shifts in opportunity and support for our ever-changing climate.

Caring for yourself comes first

Continued from page 10

grandchildren, people caring for friends with chronic conditions, children caring for family, people providing care long distance, or people assisting veterans with chronic wounds.

I've met and spoken with thousands of family caregivers all over the world.

I've provided care to someone before and I'm caring for someone again. I have done what they do and I have been where they are.

Caregivers often feel isolated, sacrificing careers and relationships to look after family, friends, children and adults in their charge.

Often, they feel they must choose between caring for a loved one and doing almost anything else. Many feel lost and alone.

Taking care of someone else is as difficult as it is satisfying and necessary.

But to start, they must accept that they are a family caregiver.

It is a crucial step to understanding that before they care for someone, they must care for themselves. This is not being selfish or unkind. It is mandatory and a prerequisite for successful family caregiving.

Each of us is a person with physical, emotional and spiritual needs. We cannot provide physical, emotional and spiritual caring to others that we do not have it ourselves.

It is often a revelation to caregivers when they learn that there are so many other people who are doing the same thing. Suddenly, they realize there are other

people who can understand and point the way forward.

For a system as vital to the ultimate success of healthcare, it is remarkable how fragmented and unorganized caregiving actually

Without formal training or formal medical support, caregiving hinges on each person supporting the work of the other. We do for others what one day another will do for us.

The Gregory Johnson, pastor of The Marble Collegiate Church in Manhattan, created EmblemHealth's Care for the Family Caregiver program, and coauthored "Peace, Be Still: Prayers and Affirmations, Inspiration for Family Caregivers."

Go to www.Caribbeanlifenews.com for the latest in Caribbean news, entertainment, sports, business, viewpoints and more.

Push to preserve the J'a fishing industry

By David McFadden

BLUEFIELDS BAY, Jamaica (AP) — Young fish leap in the wake of a warden's patrol boat as it motors through waters off Jamaica's southwest coast that are a brilliant palette of blues. Beneath the surface, reefs bristle with spiny lobsters, and rainbow-colored parrotfish graze on algae and seaweed.

After rampant destruction of local fish habitats over decades, marine life is gradually rebounding in Bluefields Bay now that every minnow and mullet, each sea urchin and snapper is protected from spear guns and nets. This 6½-mile (10-kilometer) long stretch of water, patrolled daily by a small team of wardens and marine police, is one of a growing number of no-fishing zones in the Caribbean, where most coastal reefs have been severely damaged



In this June 6, 2013 photo, fishermen navigate their boat back to shore near the historic town of Port Royal in southeastern Jamaica. Across the Caribbean, governments and fishing communities are beginning to understand that such "no-take" zones can help rebuild severely depleted fish stocks and make coastal ecosystems more resilient to a warming planet.

AP Photo/Andres Leighton

by overfishing, pollution, and more recently global warming.

"If we want to protect our

future, setting up more places like this is a no-brainer. If we keep destroying areas with thousands of baby and



juvenile fish, where will the big fish come from tomorrow?" said Wolde Kristos, chairman of the Bluefields Bay Fishermen's Friendly Society that lobbied Jamaica's government to create

most robustly enforced of the island's 14 fish sanctuaries.

Across the Caribbean, governments and fishing communities are beginning

to use such "no-take" zones to help rebuild severely depleted fish stocks and make coastal ecosystems more resilient to a warming planet and acidifying oceans.

No-take areas that expand on less-restrictive marine protected areas have become a growing trend, with U.S. states and nations across the world barring fishing boats from areas that sometimes cover well over 100,000 square miles (300,000 square kilometers).

In the tourism-dependent Caribbean, conservationists say about 17 million acres (6.8 million hectares), or just over 2 percent, of marine and nearshore resources such as mangroves are protected in some way. And no-take reserves with the highest level of protection are starting to catch on.

The Bahamas boasts the region's largest fishery reserve with the 176-square mile (455 square kilometer) Exuma Cays Land & Sea Park. They're also found in places such as the U.S. Virgin Islands, Belize and the Cayman Islands.

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Greenhouse Cafe: a landmark in Brooklyn since 1979!

BY CAMILLE SPERRAZZA

It's always springtime at the beautiful Greenhouse Cafe.

Rooms are divided into nooks and crannies, making dining cozy and fun. One room includes a garden-like setting, where greenery dangles from above, and sunlight streams through the windows of the ceiling.

Even if you are not seated inside this lovely area, a windowed wall towards the back of the restaurant allows the beautiful view.

Tables are adorned with bright green table cloths and napkins, contributing to the spring-like ambiance.

The Greenhouse Cafe has been around for more than 30 years, and it has long been the restaurant to go to for an outstanding meal, at a reasonable price. It still is.

Incredibly, the Greenhouse Cafe offers an Early Bird \$19.95 menu, Mondays through Saturdays, from 11:30 am to 6 pm. It includes appetizer, entrée, dessert & coffee. Portions are generous, so it's a real steal.

Select from appetizers that include options such as zuppa de mussels in a red or white sauce, eggplant rolletini, stuffed mushroom, Caesar salad, fresh fruit plate, garden salad, or an incredible seafood salad.

The latter is a heaping plate of mussels, the most tender calamari rings, huge shrimp, and clams. Sprinkle on some hot sauce, and the feast begins. Even the garden salad is no small dish of leaves — it's a generous mix of greens, sliced cucumbers, olives, and radishes, served with



Greenhouse Cafe has been around for more than 30 years. (Right) Waitress Christine serves a fresh fruit plate.

Photos by Steve Solomonson

your choice of dressing.

A delicious sliced steak, cooked with a bordelaise sauce, is one of the entree options. The meat is tender and juicy. Select a side of mashed or baked potatoes, French fries, or rice. A mix of fresh vegetables is also included. You couldn't prepare a feast like this at home for \$19.95 — and Greenhouse does all the shopping, chopping, and cooking for you.

Other options tempt, too — a roast loin of pork with baconkraut, cooked in a bass ale gravy; sauteed shrimp scampi; and favorites such as chicken parmesan and française. On the lighter side, indulge in an avocado salad, surrounded with slices of mango, tomato, and sliced peppers, topped with a lavish piece of grilled salmon. Or, enjoy a broiled tilapia; or perhaps a balsamic grilled chicken, served with broccoli rabe and Yukon gold potatoes.

When it comes to dessert there's a warm brownie, drizzled with choco-



late, and surrounded by whipped cream awaits — one of many possibilities.

Counting calories? No problem. A dessert of fresh fruit is served on a clear dish, so the colors of the red strawberries, green grapes, oranges, watermelon, cantaloupe, and pineapple, shine.

Should you prefer to dine at a later hour, the Greenhouse Cafe offers a \$26 menu, Mondays through Saturdays, that starts at 4 pm; and on Sundays, starting at 2 pm. You'll enjoy three courses: appetizer. entree, and dessert. A number of the options from the \$19.95 menu are on this menu as well, along with additional choices such as vegetable lasagna: seafood linguini; veal scaloppini; boneless shell steak: and fried shrimp.

When it comes to desserts, there's apple strudel, cheesecake, chocolate mousse pie, fresh fruit plate, ice cream, and sherbets. Oh la la.

The elegant mahogany bar remains the central focus of the main room, an inviting place to enjoy a drink before or after dinner. It's also a gathering spot for those looking for some good conversation and a nightcap.

There's live music on the weekends. On Wednesdays, come for karaoke.

Sunday brunch is always a favorite. For \$25, you'll get unlimited brunch cocktail, appetizer, entree, dessert, and coffee or tea. Crepes, omelets, salads, pancakes, and steak and eggs are among the options.

Countless celebrations

have been held at the Greenhouse Cafe — birthdays, anniversaries, retirement parties, bridal showers, Communions, and Confirmations. Up to 150 people can be accommodated for lunch, dinner, and cocktail parties. Pricing starts at \$33 per person.

If it's been a while since you've had the pleasure of enjoying a meal at the Greenhouse Cafe, you may have forgotten what you've been missing. Refresh your memory.

Greenhouse Cafe [7717 Third Ave. between 77th and 78th streets in Bay Ridge (718) 833–8200, www.GreenhouseCafe.com]. Open Mondays through Thursdays, 11:30 am–11 pm; Fridays and Saturdays, 11:30 am–midnight; and Sundays, 11 am–10 pm.



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Many unanswered questions

Continued from page 6

nation has a track record of trading technical help for commodities such as sugar, experts said.

At the same time, North Korea is known to be seeking to evade sanctions and get spare parts for its own weapons systems, particularly Mig jet fighters. That raises the possibility that in lieu of cash, Cuba was paying for the repairs with a mix of sugar and jet equipment, experts

said

"We think it is credible that they could be sending some of these systems for repair and upgrade work," said Neil Ashdown, an analyst for IHS Jane's Intelligence. "But equally there is stuff in that shipment that could be used in North Korea and was not going back."

Britain's U.N. Ambassador Mark Lyall Grant said Wednesday that "any weapons transfers, for whatever reason, to North Korea would be a violation of the sanctions regime and therefore there are questions to be answered."

"If it is confirmed that the vessel was carrying arms and or related material and the shipment was part of a purchase or sale to or from the Democratic People's Republic of Korea, then that would indeed be a breach of the sanctions regime relating to that country," said U.N. spokesman Martin Nesirky. "But ... it's up to the sanctions committee of the Security

Council to pronounce itself on that matter."

U.N. diplomats speaking on condition of anonymity because of the sensitivity of the issue said that if Cuba wanted to send the weapons for repairs and have them returned, they would need to get a waiver in advance from the Security Council committee monitoring sanctions against North Korea.

In 2010, the South African navy intercepted a shipment of upgraded tank engines that were being transported from North Korea to Congo-Brazzaville, said Hugh Griffiths, arms trafficking expert at the Stockholm International Peace Research Institute.

"The North Koreans have a track record of actually doing this," he said. "Upgrading, servicing and repairing, that's what the North Koreans do."

He said the deals are part of a barter trade, where North Korea upgrades military equipment in return for commodities, like Cuban sugar or, in another documented example, Burmese rice.

"It looks like it was definitely a violation of the U.N. sanctions, and this is why there was an effort to camouflage and conceal it," Griffiths said. "It is military equipment prohibited under U.N. sanctions so whether payment is made in the form of barter trade or foreign currency it still constitutes a violation."

Soviet-built air-defense missiles, radar systems and MiG-21 fighter jets are complex enough to periodically require a factory repair in addition to regular maintenance.

North Korea has developed arms industries producing missiles and other weapons derived from old Soviet designs and has found customers in countries that can't afford more expensive mod-

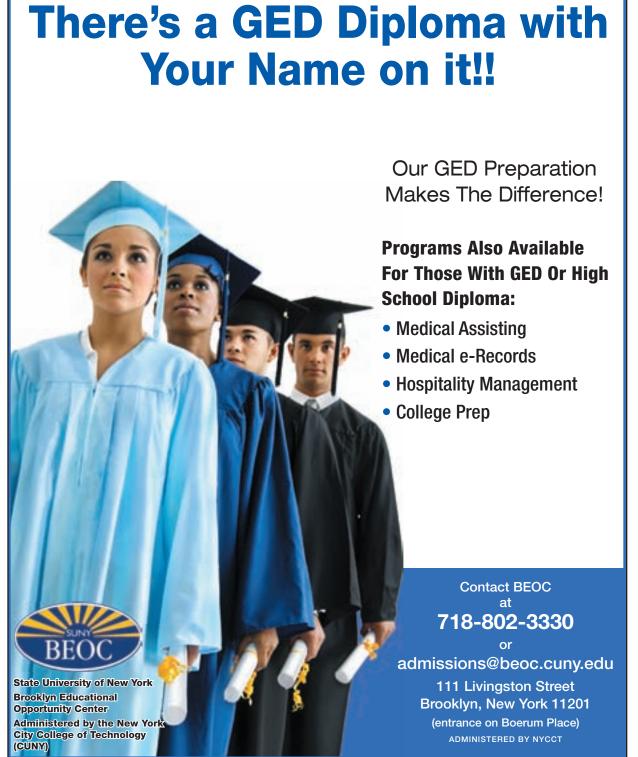
ern arms.

Cuba wouldn't be unique in sending its weapons for repairs abroad. In June 2012, a Russian-operated ship carrying three Soviet-built Syrian helicopters after repairs in Russia was forced to turn back after a British insurer removed its coverage.

Alongside the repair and upgrade business for countries with less advanced militaries, North Korea also has a long history of aggressively buying, marketing and selling entire weapons systems around the world, especially in developing countries in the Middle East, Africa and Southeast Asia.

Much of that business was in sales of short- and medium-range missiles, but the market for full missile systems is thought to have dried up in recent years.

That's partly because of international pressure and sanctions banning weapons exports following North Korea's three nuclear tests conducted since 2006 and a string of long-range rocket launches. Sales may have also suffered because of the poorquality, Soviet-type weaponry that Pyongyang has traditionally produced.









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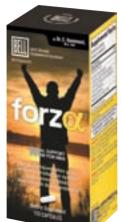
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Men: Bell Ezee Flow Tea #4A is nature's nutritional support for urinary comfort, balance and ease.

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- Guaranteed to make urine flow easier again.* Relief from dribbling, discomfort, burning, urgency, poor flow.*
- Formulated using many herbs, such as chamomile, cranberry, willow flower, saw palmetto and many more.
- We have had thousands of satisfied repeat customers.
- Tastes great hot or cold!

Testimonials from everyday people:

■ I feel like another person with no more frustrations! It is phenomenal! It's unbelievable. I'd like to thank Bell. I will get other Bell products. Thank you again! Richard Dorvilus, 55, Elmont, NY. ■ Ezee Flow tea gave back good sleep and health! I feel like I'm 30 years old. During the night I hardly have to go to the toilet anymore. What a feeling. Because I sleep well, I'm not tired anymore during the day. "Old age" was bearing down on me. Now I feel great again and healthy. Jerry H. Cole, 73, Lansing, IL. ■ I'm truly amazed and relieved. After just 2 weeks of drinking the Bell Ezee Flow Tea I no longer have to get up during the night. I'm enjoying a normal sex life. This product is so incredible. I enjoy drinking the tea. I hope that a lot of men with a pride issue give this a shot. It's difficult to express how delighted I am. Clarence A. Rehrig, 58, Allentown, PA. *

Bell Bladder Control Tea for Women #4b

Satisfaction guaranteed (see box) for incontinence and control.* This inexpensive, pleasant tasting herbal combination tea is safe and effective. Put an end to embarrassments and discomfort. Support the bladder and urinary tract with these all natural ingredients. Tastes great hot or cold!

Testimonials from everyday people:

■ I wish I had found this tea sooner! A family member told me that she used the Bell Tea for Women #4b with positive results. What a wonderful product. It also worked for me. Australia P. Rodriguez, Rego Park, NY. Plan to keep taking it as long as I live! One of the clerks in my local health food store recommended the Bladder Control Tea #4b. I was very skeptical. What a surprise it worked! 5 days after starting the tea I noticed a major improvement



and it is continually getting better each day. I plan keep taking it for as long as I live. Thank you!* Frances Baird, 87, Venice, FL. Exercises didn't help! After drinking the Bell Tea for Women #4b my life is far less stressful especially when I am at work. Thanks for such an amazing product! Marilyn Sallows, 53, Fort McMurray, AB ■ Tea represents truth in advertising! Being a skeptic, I ordered this Bladder Control Tea for Women as a more or less last resort, after trying everything else in the last 5 years. It worked better than I hoped for. Thank you for this great product, and above all, for truth in advertising, Marina Rosa, 57, Las Vegas, NV*

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



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THE CARIBBEAN BUSINESS REPORT

The Brooklyn Chamber of Commerce

Committed To Creating New Opportunities

By Chudi Chukwudi

The Brooklyn Chamber of Commerce promotes economic development across the borough and serves as an advocate for its member businesses. Its mission is to promote a healthy and robust business environment throughout Brooklyn. As the foremost resource for doing business in Brooklyn, the Chamber is respected as a leader in advancing public policy, new technologies, products, services and programs that support and promote a vibrant local econ-

Founded in 1918, the Brooklyn Chamber of Commerce was, even then, a "modern" organization that spoke to the needs of Brooklyn's business community.

The early Chamber saw itself as protector and promoter of the commercial and industrial interests of the city, which would develop and keep alive an active, civic spirit, and guard and improve the living conditions and social welfare of the citizens of the community.

One of the Chamber's earliest efforts to link business and community began in 1922 with the Manufacturers Industrial Show highlighting Brooklyn's leading



(From left to right): Carlo A. Scissura, president and CEO of the Brooklyn Chamber of Commerce; along with Chamber Board Chair Denise Arbesu and Borough President Marty Markowitz at a recent Brooklyn Chamber event in Red Hook.; Photo courtesy The Broolyn Chamber of Commerce.

Photo: Courtesy Brooklyn Chamber of Commerce

producers. Held at the 23rd Regiment Armory, the exposition involved more than 200 Brooklyn manufacturers. The show attracted thousands of Brooklynites each day, with one afternoon set aside for visits by students and teachers of high schools and technical schools.

The Chamber was at the forefront of social change when in February 1922, it voted to open its member-

ship to 16 women. Eight months later, the Chamber had 57 female members. One involved member, Dr. Eliza Mosher, organized the Cleaner Brooklyn Committee. At the time of her death in 1928, Dr. Mosher was the oldest practicing woman physician in the U.S.

In 1925, 325 Chamber members traveled 9,000 miles to educate America about Brooklyn on the Chamber's transcontinental Trade and Good Will Trip. The nine-month trip covered the "Middle Western States."

By 1927, less than 10 years after its founding, the Brooklyn Chamber was the second largest in the U.S. and by the 1930s, with the onset of the Depression, the Chamber worked to bolster Brooklyn businesses and address unemployment. The Chamber developed the All Brook-

lyn Progress Movement.

The Chamber's partnerships with other borough organizations dates back to the 1940s when Brooklyn Dodgers President Larry Mac Phail insisted that visiting National League baseball clubs stay in Brooklyn hotels while they played against the Dodgers.

In 1964, the Chamber produced Everybody Knows Brooklyn, a full-length film showcasing the borough and its neighborhoods. In an early attempt to promote tourism in the borough, the Chamber distributed a "Passport to Brooklyn," which held a 15-cent subway token. During the 1965 World's Fair, RCA broadcasted Everybody Knows Brooklyn on its network.

In the 1970s, the increase in crime across the city caused Brooklyn's merchants to take unified action. With the assistance of the Chamber, shopkeepers on Livingston Street formed the Livingston Street Committee that worked with the local police precinct chiefs to increase officers on patrol.

In 1976, the 10-year old Downtown Brooklyn Development Association (DBDA) merged with the Brooklyn Chamber of Commerce. Later that year, Congresswoman Shirley Chisholm spoke about "revitalizing Brooklyn" at the Chamber's Annual Meeting. The Chamber took heed of the congresswoman's advice and began shaping programs to serve specific business populations.

In the 1980s, the U.S. Small Business Administration recognized the Chamber and its Minority and Women's Business Development Committee for its outreach efforts, technical assistance and referrals on behalf of its minority and women-owned businesses.

By the late 1990s, the Chamber embarked on promoting emerging industries with a series of programs such as BKLYN DESIGNSTM, Brooklyn Goes Global, Good Help and Brooklyn EatsTM, all of which continue as signature programs to this day.

While Brooklyn's landscape has evolved dramatically over the decades, the Brooklyn Chamber of Commerce remains committed to creating new opportunities for its members, while serving as a resource for doing business, and promoting a healthy and robust business environment in Brooklyn.

www.ibrooklyn.com

SMALL BUSINESS RESOURCES

Small Business Energy | SmallBusinessEnergy.com

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NYC Small Business Resource Center | The New York Public Library

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.yourmoneynewyork.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.bcnys.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 - bfandapc.com

www.bfandapc.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 100+ items – to assist the small business community in the State of New York.

Empire State Development Strategic Business Division Minority and Women's Business Development

New York Regional Office 26 Federal Plaza, Suite 3108. New York, NY 10278

Are You Suffering With Severe Constant Pain?

New Laser Light Breakthrough Treatment May Reduce Or Even Eliminate Pain Of The Worst Kind In Just Minutes

If you are suffering with severe pain despite all the treatments, that may have failed you in the past, you may now have some hope of reducing or even eliminating your pain with a new non-surgical, painless laser treatment now available in Brooklyn.

Deep Tissue Laser Treatment is an innovative, scientifically based, therapeutic modality. This new technology offers advanced pain relief and expedited healing times through a process known as photobiostimulation.

Deep Tissue Laser Treatment delivers, deep, penetrating, photonic (light) energy to bring about profound physiological changes. ATP (Adenosine-triphosphate) production is increased, inflammation and pain reduced and circulation increased at the site of pain. These changes in cellular chemistry are triggered by the deep tissue laser making it a true healing modality.

Deep Tissue Laser Therapy does not require the use of drugs or surgery, and there are no known side effects or risks that may occur with other forms of treatment. In addition, it can often achieve results faster than other treatment modalities. During the treatment the patient will feel a deep soothing warmth. This pleasant sensation reassures the patient that the laser is stimulating cellular activity.

Lasers have made a remarkable contribution toward healthcare, allowing practitioners to treat a variety of conditions with the speed of light. As a non-invasive tool, the laser is particularly effective for the efficient treatment of soft tissue injuries, sprains and strains, and a variety of other ailments and pain.

Low Level Laser enhances metabolic activity at the cellular level, without generating tissue-damaging heat.

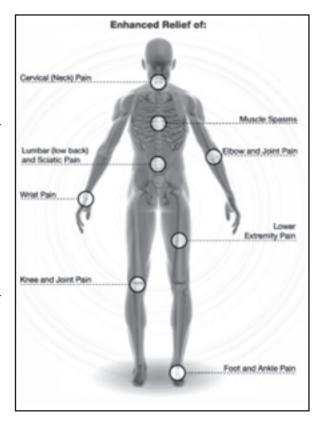
Some of the benefits of laser treatment include:

- Fast reduction of pain
- Improvement of nerve function
- Reduction of muscle spasms.
- Speeding of tissue repair
- Development of muscle tissue and collagen
- Reduction of inflammation, swelling and scar tissue formation
- · Pain reduction immediately

The Class IV laser, approved by the FDA in 2006, packs a punch while remaining non-invasive. The Class IV laser is capable of reaching depths of 6 to 9 inches, with a treatment beam of up to 3 inches

With a treatment beam of up to 3 inches.

Because the Class IV laser reaches deep into the tissues, it is ideal for treating sprains and strains, arthritis, calcified muscles and fibrotic adhesions, as well as intraarticular tissues inside of the joints. Its far-reaching capabilities also allow the Class IV to achieve results in less time than most cold lasers currently used today. With treatment times of as little as 5 to 15 minutes, the Class IV laser allows many conditions to vastly improve within a few visits. Oftentimes, patients find immediate, soothing relief that improves with each treatment.



A partial list of the kind of conditions that can be helped...

- Bulging, Slipped Discs
- Spinal Fusion
- Neck Pain
- Sciatica Pain
- Migraine Headaches
- Back Pain & Spinal Conditions
- Tennis Elbow
- Carpal Tunnel Syndrome
- Neuropathy Pain
- Bell's Palsy
- Plantar Fasciitis
- Sports Injuries
- Sprains & Strains
- Knee Pain
- Hamstring Tears
- Arthritic Pain

If you are tired of living with pain and would like to see if you qualify for deep tissue laser treatment call 718-234-6206 for a FREE CONSULTATION right now. Dr. Keller has seen such dramatic fast pain relief with Deep Tissue Laser Treatment, that she offers one FREE treatment to see if you respond and if you are a candidate for this revolutionary new non surgical pain relieving treatment. Due to the overwhelming response to this type of offer, this offer will be good for the first 25 callers. If the lines are busy, keep trying.

Listen to what patients are saying:

"I had been suffering from knee pain for many months before I tried laser treatments using Deep Tissue Laser. After just a couple treatments, my knee pain was reduced to the point where I can finally live a more normal life again. These treatments are simply remarkable!"

- Jennifer C.

"I started treatments with Deep Tissue Laser after I had injured my neck in a car accident. The treatments allowed me to return to work much more quickly than anyone had expected, considering the pain I was in. During the treatments, all I felt was a warming sensation as the laser was moved across the injured area where all my pain was. After just three short treatments, my pain was almost totally gone. Thanks, Doctor!"

- Jason B.

- John M.

"The Deep Tissue Laser treatments I received dramatically helped my recovery from a broken leg. Not only did it help reduce the swelling, the pain relief I experienced was nothing short of miraculous. My orthopedic doctor was amazed with the results."

Brooklyn Spine Center Dr. Melinda Keller 5911 16th Avenue Brooklyn, NY 11204

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CARIBBEAN ROUNDUP

Continued from page 2

Program, which highlights challenges facing youth at risk in the region, at a three-day conference recently.

Anthony contends that training is not the sole responsibility of the state and cited the need to make better use of the available learning institutions.

He called for targeted interventions to help young people in the acquisition of skills that combine training with employment.

"As far as I am concerned if students stay in school longer, perhaps an additional two years in postsecondary school education, then the employment rate would most likely decline," he suggested.

The Prime Minister lamented that there were hundreds of under-skilled school drop outs, who cannot obtain gainful employment. In this regard, he outlined changes to be implemented in the education system and called for more accountability from the learning institutions.

"We must not be afraid of change in the education system: curriculum, technology and the delivery of technology cannot simply remain stagnant. There must be a new level of accountability, expected from the schools and agencies charged with administering the delivery of education. There must also be a willingness to experiment in areas where we continue to record failures," he said.

Trinidad

Two investigative journalists and an editor

have resigned from the Trinidad Guardian newspaper for what they alleged is political interference in the newspaper.

Public Affairs Editor Dr. Sheila Rampersad, reporters Anika Gumbs-Sandiford and Denyse Rene resigned for what they also say was the sidelining of its editor-in-chief Judy Raymond.

Staffer at the newspaper, the oldest daily in the country said there have been complaints about several articles about alle-



gations of corruption in the PP Govern-

They claim that the editor-in -chief was informed that the paper should not run any stories criticizing anyone unless the journalist had verified all the facts in the story with the person (criticized) first.

Journalists claim new rules were being put in place to vet stories.

The political interference is seen as a blow to press freedom and democratic principles in this country, according to the Media Association of Trinidad and Tobago (MATT).

Sources say that two government officials met with the Guardian board of directors to discuss the editorial direction of the newspaper.

They reportedly threatened to pull all advertising revenue from the newspaper.

Compiled by Azad Ali

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STEPPING ONTO A WELL-DESIGNED POOL DECK CAN BE A WALK IN THE PARK

When You Rely On Natural-Looking Hardscape Products

The allure of a swimming pool dates back thousands of vears. Referred to as the "great bath," the earliest public water tank in the ancient world existed over 5,000 years ago in the Pakistani city-settlement Mohenjo-daro. Two wide staircases led down into the tank from the north and south. Small sockets at the edges of the stairs are thought to have held wooden planks for treads. Swimming as an organized activity goes back as far as 2,500 B.C. in ancient Egypt, then later in ancient Greece, Rome, and Assyria, an ancient empire in Mesopotamia. The Romans built the first "swimming pools," which were different than bathing pools. Believe it or not, Gaius Maecenas of Rome built the first heated swimming pool in the first century BC. However, it was not until the middle of the 19th century that swimming pools became widely popular.

In the modern world, swimming pools have had many faces - from aboveground to in-ground; from those in legendary, family destinations such as Palisades Amusement Park in New Jersey where a salt-water swimming pool was added in 1912, to those luxurious pools and spas found in world-famous resort settings. Current trends in residential swimming pools point to more intimate and natural settings that combine the backyard swimming experi-



ence with a host of other outdoor lifestyle activities. The goal of today's landscape architects, designers and contractors is to combine all this into an ambience that rivals a vacation resort.

Here's where hardscape materials such as pavers and manufactured wall systems can play an important role as an alternative to other materials in achieving maximum, natural effects, often with considerable cost savings and added convenience. For instance, pool coping, which separates the pool itself from the adjoining pool deck, is usually can-

tilevered over the edge of the pool. It can be built from matching paver materials as opposed to a coping made of fiberglass, plastic, concrete, stamped concrete or travertine. The pavers offer various surface and edge designs ranging from a bull-nosed (rounded) edge that faces the pool to a factory edge that more closely resembles the surrounding pavers. Surfaces range from smooth to shapes with a natural bluestone-like texture. Unlimited patterns and bordering treatments can be created with the myriad of shapes in the

marketplace. Cambridge is one of many manufacturers offering these and other shapes and textures. Look for those that are also specially configured to follow the curves of a freestyle pool - such as a boomerang shape or serpentine design. Offered in design kits, they can keep cutting of payers to a minimum. These shapes are also conducive to coping around a circular spa or pond.

Overall, the surface of your pool deck is important. Did you know that an interlocking system of concrete pavers is, by its nature, slip and skid resistant? And because they set in sand — without mortar — access to underground utilities does not require breaking into the pavement, which is the only viable solution with poured and stamped concrete.

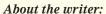
Just as you would insist on a warranty and/or guarantee from your pool installer, expect the same from the manufacturer of the pavers used around the pool. It should be reassuring to know that pavingstones from Cambridge, a leading-edge manufacturer, come with a fully transferable lifetime warranty and a

"Fade-Proof" Color Guarantee. This assures that the color will not fade and provides an added value to your investment

Another popular option is Cast Stone Slabs. which are larger in scale than traditional pavers vet offer surface and designer color characteristics such as those found in granite and flagstone. Among the shades one can use are the six 2013 slab colors from Cambridge: Bluestone, Sandstone, Sage, Rose, Rustique and Dark Chestnut. In addition to the natural stone texture, true color and cost savings, the cast stone and concrete payers do not retain heat like real bluestone, making pavers ideal surfaces for bare feet around your pool.

Adding the latest in patio conveniences that touch all of the senses is easy with hardscapebased components. With fully assembled components and pre-packaged kits like those offered by Cambridge, you can choose from a full scope of personalized and matching amenities such as an open-air kitchen, a pizza oven, a refreshment bar, a fire table or fire pit and water features, as well as casual seating that will keep you poolside with family and friends before, during and after pool season — year after year.

For more information please contact Charles Gamarekian at (201) 697-2895.



Charles H. Gamarekian is the Chairman/CEO of Cambridge Pavers Inc., manufacturers of Cambridge Pavingstones with ArmorTec®,

Cambridge Wallstones and a full line of products for outdoor living. He is one of the founders and a current board member of the Interlocking Concrete Pavement

Institute (ICPI). Organized in 1993, ICPI is the North American trade association representing the interlocking concrete paver industry and considered by peer associa-

tions around the world as the leader in development and dissemination of technical information for design professionals and contractors. Mr. Gamarekian is recognized worldwide as an expert in his field and is a frequent speaker on the proper installation of pavingstones, wallstones and many outdoor living products.



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Both pavingstones shown above were installed in residential driveways in 2006 (Photos taken in January 2010)

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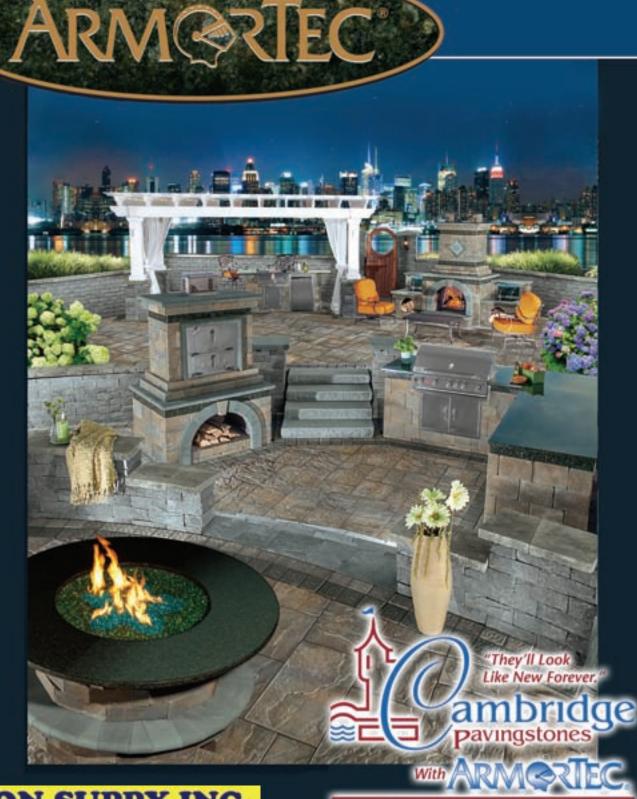
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Back to school check-ups: What to ask the pediatrician

(StatePoint) Between buying new school supplies and meeting your children's teachers, back to school season is a busy time. But parents should not forget to prep for the school year by considering health and wellness.

Experts say the first step is to schedule a visit to the doctor.

"The start of a new school year is an excellent reminder to take kids to the pediatrician for their annual checkup," says Dr. Thomas K. McInerny, president of the American Academy of Pediatrics (AAP).

To prepare for a healthy, safe and happy school year, the AAP is offering these tips for parents:

- Doctor's visit: Make the most of your visit to the pediatrician by making a list of issues to discuss.
- Immunizations: Whether you're the parent of a young child, a teen or a young adult heading to college, ask your pediatrician what immunizations your child is due to receive. Vaccines save lives and

HEALTH

keep kids and adults healthy.

• Nutrition: Talk with your child's pediatrician and school about healthful food choices. You can ask the school to stock the cafeteria and vending machines with nutritious food, such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice. If you don't like the options the school offers, pack lunch and snacks at

Limit soda consumption. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent.

• Exercise: Make sure your kids are getting plenty of exercise. Turn off the television and make time for sports teams, gymnastics classes and bike rides. Aim for at

least an hour a day.

- with wide, padded shoulder straps and a padded back or a rolling backpack. Backpacks should never weigh more than 10 to 20 percent of your child's body weight.
- should wear them.
- Sleep: Children and adolescents need plenty of sleep to be alert. A regular bedtime can help your child get on a healthy sleep schedule.
- Bullies: A bully can pose a true threat to a child's physical and mental well-being. Your pediatrician is well equipped to answer questions about mental health,

• Backpacks: Choose a backpack

• Getting there: Make sure your child has the necessary gear for getting to school. Whether your child is biking or walking, teach him or her about traffic safety. For bikers, ensure helmets fit properly. Those who take the bus should be instructed to stay seated and listen to the bus driver. If the bus is equipped with seat belts, children

• College health: For kids heading to college, ask your pediatri-

too. Teach kids how to respond

confidently to bullies and encour-

age them to tell an adult when

there's a problem. Remember, bul-

lying can occur online too. So

keep tabs of your children's social

cian about coordinating health care with the school.

More back to school health tips can be found at www.HealthyChildren.org.

With a focus on safety and health, you can help make this school year successful for your



It is important to take kids to the pediatrician for their annual checkup. (c) Monkey Business - Fotolia.com

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Regardless of your age breakfast is essential

(StatePoint) Everyone knows it's important to make sure children have breakfast before school, but college students and busy parents also need a dose of morning nutrition.

Breakfast, which refers to "breaking the fast," is the first meal of the day, usually consumed when the body has gone about eight to 10 hours without food. Eating breakfast is often associated with a higher nutrient intake and being a smart way to start the day.

When it comes to college students and parents, far too many admit to being a breakfast skipper. Thirty-one million adults skip breakfast, according to a recent National Eating Trends survey. And millennials, aged 18-34, are the largest population of breakfast skippers.

Today, with schedules busier than ever, it's easy to simply focus on getting the day started. "Whether you're in college or

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chasing after school-age kids, it's easy to forgo breakfast to stay onschedule," says Betsy Frost, manager at General Mills.

"The tradeoff hits mid-morning with what people are calling the "hangries" -- the feeling of being 'hungry' and 'angry' or irritable," she adds.

With this in mind, Frost and her colleagues at General Mills recently unveiled BFAST, a new breakfast shake containing the nutrition of a bowl of cereal and milk. It has eight grams of protein, eight grams of whole grain (48 grams recommended daily) and three grams of fiber, and comes in chocolate, vanilla and berry flavors. More information is available at www.bfastshake.com.

Indeed, more on-the-go parents and college students are opting for easy options they can consume on their way to work or class, or while getting ready to race out the door, say food industry experts.

"A drinkable breakfast shake that doesn't need refrigeration fits into life no matter what you've got on your plate for the day. It's perfect for busy breakfast skippers," says Frost, who is reaching out to young breakfast skippers via Twitter and Instagram.

We've all heard from our mothers that breakfast is the most important meal of the day and now there is research to support the benefits of breakfast:

* Breakfast consumers have healthier body weights: People who consumed breakfast daily had 20 percent lower risk of developing obesity and 19 percent lower risk of developing type 2 diabetes, according to a breakfast frequency and metabolism study conducted in 2013 by the University of Minnesota School of Public Health.

* Breakfast can make you healthier: People aged 20-39 who

On the go parents need to have a proper breakfast.

(c) ArenaCreative - Fotolia.com

regularly had breakfast, including ready-to-eat cereal, had lower cholesterol levels and were less likely to have high blood pressure, compared with breakfast skippers, according to a study published in 2012 by The Nutrition Society.

It's important to get all members of your family to have breakfast, no matter if they are grade schoolers about to board the school bus, college kids racing to their first class, or busy moms and dads trying to juggle it all.

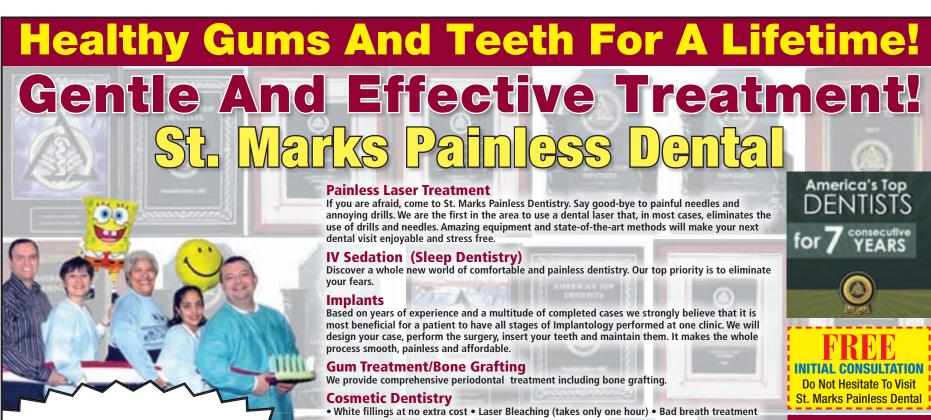
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Caribbean seeks finance for renewable energy

By Jewel Fraser

PORT OF SPAIN, Trinidad, July, 8 2013 (IPS) - When James Husbands, a 24-year-old Barbadian businessman, began weighing the possibility of manufacturing solar water heaters, there was already a prototype on the island that had been designed and installed by an Anglican priest living there in the early 1970s.

A market study on the viability of producing solar water heaters had been done by a local NGO. This study, coupled with the Barbados government's imposition of import duties on the solar water heaters sold by an Australian company to the island, convinced James that the time was right to enter the field.

Husbands, now managing director of Solar Dynamics, told the IPS that government support in the late 1970s was crucial to the success of his venture in the early days. Barbados currently has the fifth highest penetration worldwide of solar water heaters per thousand households.

Arnaldo Vieira de Carvalho, a specialist in the Energy Division of the Infrastructure and Environment Sector of the Inter-American Development Bank, told IPS that Latin America and the Caribbean use renewable energy (RE) in much greater proportion than any other region, although much of that is hydropower and biofuels. The use of wind and solar remain quite small.



Children in Georgetown, Guyana learn about solar energy during an exhibition.

Photo courtesy of CREDP

IDB and its partners have sponsored a competition since 2009 for RE and Energy Efficiency projects in the Caribbean, the winners of which receive up to 100,000 dollars in financing and technical support. Eight winners were selected last year. The competition, IDEAS, has among its criteria that winners' projects should benefit the poor, gender equity, and indigenous communities.

An added incentive to accelerate the slow pace of RE development, even though the region is not a major source of fossil fuel emissions, is the spate of devastating natural disasters over the past decade.

Ulric Trotz, deputy director and science adviser of the Caribbean Community Climate Change Centre (CCCCC), told IPS in an e-mail, "Extreme weather events (often associated with climate change) have caused significant damage to the region. For exam-

ple, Hurricane Ivan in Grenada wiped out approximately 200 percent of her GDP in 2004. Similarly, a one in 100-year flood in Guyana in 2005 wiped out more than 60 percent of that country's GDP in that year, moving it from a positive growth position to a negative real growth."

Consequently, Caribbean governments have begun taking a more proactive approach to promoting the development of renewable energy, establishing an Energy Unit at the CARICOM regional headquarters which works in conjunction with the CCCCC.

Trotz said promoting renewable energy is important, because "by diverting costs away from the importation of fossil fuels, [Caribbean] countries will have additional resources from the savings to put towards building resilience to the impacts of Climate Change and Climate Vulnerability.

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What's the fuss about Cronuts?

By Teguila Minsky

The line started in the middle of the block at 189 Spring Street in Soho and wound way around the corner at Thompson Street. Stephanie Hilliard, an employee of the federal government, had ridden her bicycle from Flatbush and Parkside and was the first in line. She arrived at 4:50 a.m. On that lonely street, the next in line showed up at 5:30 a.m. In line for what?

Hilliard like all those behind her waited until 8:00 a.m. when the doors were opened by bakery owner and pastry chef Dominique Ansel to buy Cronuts.

The Cronut, a cross between a croissant and donut with a flavored filling –its name trademarked by Ansel–hit New York by tsunami in early May. Because there is a very limited amount baked each day, since day one, anxious foodies line up well before the shop opens. Ansel changes filling flavors every month.

"I had the maple-lemon,



Dominique Ansel, creator of the Cronut and owner of the bakery with his name greets Stephanie Hilliard, who bicycled from Brooklyn and was the first in line, having arrived at 4:50 a.m. Photo by Tequila Minsky

last month," Hilliard said, explaining that she initially came because she wanted to see what all the hoopla was about. Of the Cronut, "It (the filling) was well-balanced and the lemon was not overpowering," adding, "I want to try the new flavor, blackberry." There's a two-Cronut buying limit and the second of her purchase was destined to a friend for her

birthday.

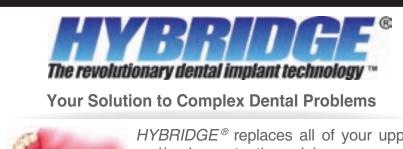
After the purchase, Hilliard sat at table in an airconditioned back foyer waiting for her friend, Joe Lim, behind her in line—the two had been students together at Cooper Union. These two were like Cronut buddies, having bought their first ones also together. "Um, that's good. I like this flavor more than the lemon," Lim

said, after his first bite.

At the table next to the two college pals, two tourists, on a five-day visit from San Francisco, both engineers, opened the bags that held their purchases.

They heard about the bakery and Cronuts online and Andrea Gardley thought, "We must bring this our lives." (Many other tourists also found their way to this phenomenon.) The two waited since 6:00 a.m. to get in. And, having purchased other goodies too, the vacationers did a taste test, right there, including a very popular and not-aslimited the DKA- a kind of crispy croissant that has been out for over a year. After this early breakfast, Gardley was heading back to her hotel for a nap.

Isa Fleming with her nephew Jibri Standford, who live in Co-op City, arrived at the long line around 8:00 a.m. By the time the two got to the counter at 10:00 a.m., the bakery was well sold-out of Cronuts.





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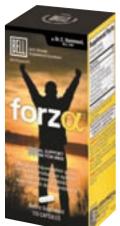
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and it is continually getting better each day. I plan keep taking it for as long as I live. Thank you!* Frances Baird, 87, Venice, FL. Exercises didn't help! After drinking the Bell Tea for Women #4b my life is far less stressful especially when I am at work. Thanks for such an amazing product! Marilyn Sallows, 53, Fort McMurray, AB Tea represents truth in advertising! Being a skeptic, I ordered this Bladder Control Tea for Women as a more or less last resort, after trying everything else in the last 5 years. It worked better than I hoped for. Thank you for this great product, and above all, for truth in advertising, Marina Rosa, 57, Las Vegas, NV*

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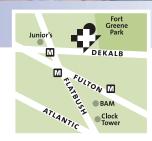


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Great support at major SVG fundraiser

By Nelson A. King

Hundreds of Vincentians and other Caribbean nationals on June 22 supported a major fundraising dinner aimed at helping St. Vincent and the Grenadines.

The event, held at the Friends of Crown Heights Educational Center in Brooklyn, was the Second Annual Dinner organized by the Bronx-based, nonprofit group, St. Matthias Charities, Inc.

"I'm very, very happy about the support that we've been getting right across the board from Vincentian and other communities," said the group's president and cofounder, Robert Mc Barnett, in an exclusive Caribbean Life interview.

"We can see an increase in the support we've been getting," he added. "We will like the support to continue, so we can continue what we're doing to help St. Vincent and the Grenadines.

"It was a wonderful event to highlight what the organization has been doing and to continue efforts, with the support of fellow Vincentians, to give back," he continued.

Mc Barnett, an aide in the Environmental Service Department at Wyckoff Heights Medical Center in the Bushwick section of Brooklyn, said among his group's goals is furnishing medical supplies to all clinics throughout the length and breadth of St. Vincent and the Grenadines.

The dinner featured, among others, performances by popular gospel artistes in the New York community; video clips highlighting items donated to the Milton Cato Memorial Hospital (MCMH) and other distribution sites in St. Vincent and the Grenadines, and a message by Car-

riacou-born the Rev. Cyprian Joseph, pastor of Crown Heights Gospel Church in Brooklyn.

Gospel and cultural artistes included Vincentians La Fleur Durrant; Anndean Charles, who doubled as Mistress of Ceremonies; Ellsworth Quammie, a former calypsonian, who carried the sobriquet "Life Buoy"; Trinidadian Ruby Collins; and Jamaican Croswell Daily.

Rev. Joseph noted that Mc Barnett's compassion moved him to help his homeland.

"In many ways, compassion is a litmus test to love, as Jesus loves us," he told patrons.

"In many ways, when I think about the work Robert (Mc Barnett) is doing, I say to myself, 'something has to happen to his heart," Rev. Joseph added.

"There are lots of things we need to do [to help our country]," he continued. "What we need to do is to see the need and attend to the need. We need to move with compassion

"Move with compassion for the people who need a healing," he urged. "So, let's make a difference. As we see the need, don't just talk about it do something about it. I commend my brother [Robert Mc Barnett] and the St. Matthias Charities, Inc."

Mc Barnett said funds

raised at the fundraising dinner will, among other things, help in the purchase of a bronchoscope for the MCMH, which is expected to cost over US\$10,000.

[Mc Barnett said he, his wife, Sharon, and Joan Moore, a registered nurse who lives in Queens, recently formed the St. Matthias Charities, Inc., named after the St. Matthias Baptist Church in St. Vincent and the Grenadines that was founded by Mc Barnett's late grandfather, Archbishop Percival Dick.

Mc Barnett, who migrated to New York in 1980, said his fervent interest, in helping his native land, intensified three years ago after participating in a crusade at home with members of the St. Jude Baptist Church on Bristol Street in the Brownsville section of Brooklyn.

He said his group will hold its second annual fundraising barbeque on Aug. 24, at East 49th Street and Avenue D in Brooklyn.

"The St. Matthias Charities, Inc. continues to seek donations and support, and ask the public to join us at our annual barbeque," he said.

"We have a list of items that the hospital [MCMH] is in need of, and we want to do our very best to get all items together for the next shipment of the 40ft. container," he added.



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2001	Toyoyta Corolla, 73k	17062	\$2,995	2004	Nissan Sentra, 53k	UC16122	\$3,995	2003	Honda Civic Hybrid, 154	k 001383	\$4.995	ı
2003	Toyota Camry, 108k	67147	\$2,995	1999	Toyota Rav4, 160k	218724	\$3,995		VW Passat ndsmtr, 24k		\$4,995	1
2001	Honda Civic, 87k	73406	\$2,995	2002	Ford Mustang, 97k	207519	\$3,995		Toyota Camry, 65k		SAVE	ı
YEAR	MAKE/MODEL/MILES	STK /VIN	PRICE	YEAR	MAKE/MODEL/MILES	STK /VIN	PRICE	YEAR	MAKE/MODEL/MILES	STK /VIN	PRICE	ı
2002	Mercedes C240, 112k	67680	\$5,995	2008	Toyota Corolla, 7k	43265	\$6,995	2007	Mazda 3, 5k	JU13340	\$7,995	ı
2003	Honda Accord, 91k	72885	\$5,995	2003	BMW x5, 110k	68755	SAVE	2007	Toyota Corolla, 92k	74352	\$7,995	1
2004	Honda Civic, 106k	79679	\$5,995	2008	Volkswagen Jetta, 30k	52550	SAVE	2006	Scion XB, 50k	76958	\$7,995	9

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Sheila E., Bombino come to MetroTech

By Amun

Shelia E and Bombino come to the BAM R&B Festival at MetroTech Commons in Brooklyn. Bombino performs on Thursday, July 25 and Sheila E on Thursday, Aug. 1. This is the 19th year of the BAM R&B Festival at MetroTech. Each summer for the past 19 years audiences have been entertained by great bands on MetroTech Commons at lunch time, from 12 noon to 2:00 p.m. starting in June and concluding in August. The concerts are free, open to the public and performed on a stage in the grass on the MetroTech Commons.

Thousand have attended these wonderful free concerts over its 19 years. Each year events producer, Danny Kapilian has brought top bands to perform in this festival, Ruth Brown, George Clinton, Booker T



Sheila E., performs on stage during a performance celebrating Hispanic musical heritage on the South Lawn of the White House in Washington. AP Photo/Pablo Martinez Monsivais, file

& the MG's, Billy Paul, Geri Allen, JD Allen, Shameka Copeland, Fishbone, Larry Graham, India Arie, Zapp Mama, Kindred the Family Soul, Rokia Traore, Ladysmith Black Mambazo, Dr.

Continued on Page 40

Shaggy to jerk 3rd Annual Food Fest

By Vinette K. Pryce

Jamaica's Shaggy will add spice to the third annual Grace Jamaican Jerk Festival on July 21 at Roy Wilkins Park in Queens.

Dancehall's most "bombastic" reggae talent will liven the main stage with his chart-topping hits and introduce young, reggae sensation Christopher Martin to new audiences. Jamaica's popular Fab 5 Band is also billed for the main stage with comedian Blakka Ellis, violin duo Sons of Mystro, gospel sensation George Ban-



Jamaican singer Shaggy performs on stage at the Avo Session in Basel, Switzerland. AP Photo/ KEYSTONE/ Georgios Kefalas, file

ton and deejays from reggae radio stations.

Early in the day, activi-Continued on Page 40



Mas is color and this masquerader brightened the steps of Borough Hall during the 2013 Carnival launch.

Photo by Tequila Minsky

WIADCA launches 2013 Labor Day Mas

By Tequila Minsky

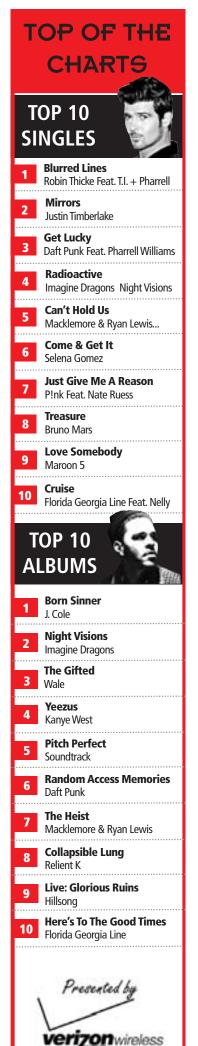
The day was Caribbean hot in downtown Brooklyn and the pre-Carnival kick-off last week began with youth. Young people modeled glittery-feathered carnival costumes in bright shades of orange, purple, gold, peacock blue and lime green. They were from the mas camps, Sesame Flyers, New Generation, Ramajay, and Flanks New York.

Notes from the steel orchestra CASYM danced down the steps of Borough Hall, adding to the festive spirit.

Juquan Phillip, turning 15 years old, was one of the pan musicians entertaining the lunchtime crowd. For 10 years, he has played with CASYM (Caribbean American Sports & Cultural Youth Movement, for youth ages 7-21).

Phillip, a sophomore at Brooklyn School for Music and Theatre, explained how steel pans, also known as steel drums–referring to the oil drums the instruments were originally made from–come in different pitches: tenor, double tenor, guitar, bass and cello.

Among the 100 young players with CASYM, the beginners learn basic Continued on Page 40



MetroTech

Continued from page 39

John, Allen Toussaint, Toshi Reagan, Simone, Lakeside, and many more.

This year the acts have included: Mint Condition on June 6, Kaleta & Zozo Afrobeats, June 20, Stooges Brass Band, Avery Sunshine on Wednesday, July 3r the only Wednesday concert of the series (due to 4th of July holiday on Thursday) Sly & Robbie, and Fatoumata Diawara, Malian singer musician. Next Thursday's concert, July 25 will feature Omara "Bombino" Moctar, Tuareg guitarist and singer who has a newly released album, Nomad on Nonesuch Records.

Shelia E, American singer, bandleader, drummer, and percussionist, who has performed and toured with Prince, George Duke, Ringo Star and Gloria Estefan will take the stage on Thursday, Aug. 1 in what is guaranteed to be a fantastic concert. Sheila comes from a family of Latin music legends. Her father is Latin jazz legend and timbalero, Pete Escove-



Shuggie Otis will perform at the final concert of this season on Thursday, Aug. 8

Photo by Adam Farber

do, her uncles are acclaimed rock singer- songwriter, Alejandro Escovedo, and original Santana band member Coke Escovedo, and her godfather is "El Rey de los Timbales" (King of the Timbales) Tito Puente. She is a multiple Grammy and American Music Award nominated music director.

The final concert of this season will be on Thursday, Aug. 8, and featuring Shuggie Otis the son of R&B bandleader, legend, Johnny Otis who taught Shuggie to play guitar, bass, harmonica, and organ. Shuggie has been

compared to Jimi Hendrix and the great kings of the blues guitar B.B. King, Albert King.

For additional information on the BAM R&B Festival, please contact Monica Ortiz Rossi at mrossi@BAM.org or 718-636-4129 ext 8.



WIADCA President Thomas Bailey (left) with local government and WIADCA officials pose with masqueraders on the steps of Borough Hall. Photo by Tequila Minsky

West Indian Day Parade

Continued from page 39

techniques, class two learns more songs, and about 25 are the "Starside" performing musicians who even travel out-of-state for gigs.

Phillip related, "We played to about 200 college students at Penn State. They didn't know what pan was." An explanation was given.

"CASYM (whose students' heritage is mostly from Trinidad and Tobago but also, Guyana, St. Vincent, and a couple from Haiti) is celebrating its 30th anniversary," Phillip proudly shared.

West Indian Day Parade organizers, supporters, sponsors and local politicians gathered for the mid-day Carnival launch. This is the 46th year of New York's Carnival celebration.

For the first year, the Brooklyn Chamber of Commerce will partner with the West Indian American Day Carnival Association-WIADCA, to help raise money and encourage local businesses to help sponsor activities.

Among the many who spoke at the kick-off were Thomas Bailey, head of WIADCA and Borough President Marty Markowitz, (who called himself a Trinidadian) and nostalgically mentioned that this is his last year at the Parade as Borough President.

A new addition this year is Caribbean Woodstock—Mas and Music, the assemblage of all the islands' cultures. On the Brooklyn Museum grounds, vendors will provide tastes of the various islands and live performances will showcase musical genres from the different islands.

The annual Caribbean Day Parade takes place on Labor Day (Sept. 2, this year) starting at 11:00 a.m. at Schenectady Ave. following Eastern Parkway to the judging area at Grand Army Plaza.

The parade culminates five days, starting Aug. 29, of related events.

On Aug. 30, the Friday afternoon "Stay in School" free Youth Talent Show will be followed by Brass Fest, at 8:00 p.m. that evening.

As usual, the Junior Carnival for those under 16 will be on Saturday, Aug. 31. The Steelpan Panorama competition will be held on Saturday, Aug. 31 at 7:00 p.m. Dimache Gras (Big Sunday) will offer a taste of traditional Caribbean music—Soca, Chutney, Calypso and World Music.

Participants for the Parade on Labor Day must register. A comprehensive list of rules and regulations for participation can be found at the West Indian American Day Carnival Association, 718-467-

Festival

Continued from page 40

ties will feature top chef, Mazie Miller offering creative cooking demonstrations and sampling. Actor and singer Leon will host the celebrity cook-off.

The cultural stage will feature Braata Folk Singers and Diane Dixon in traditional cultural presentations. A fashion show and the Brown Rice Family band are also added for a treat.

Along with a promise of "delivering on everything from delectable jerk foods and cultural presentations to high-energy entertainment and activities for the kids," a fun-filled, family festival of flavorful foods, authentic culture and phenomenal entertainment are guaranteed to build on last year's successful festival.

"We are working to ensure that patrons have the best possible experience at this year's festival. From speedy admissions at the gate, seating and first class entertainment, this year's festival experience will be out of this world," Eddy Edwards, chairman of Jamaican Jerk Festival USA, Inc. said.

For more information, check www.jerkfestivalny.com or call 718-425-1177.

A classic battle between God and the devil

"The Conjuring"
Excellent (4 stars)
Rated R for disturbing violence and scenes of terror
Running time:
112 minutes
Distributor: Warner
Brothers

By Kam Williams

In 1952, Ed (Patrick Wilson) and Lorraine Warren (Vera Farmiga) founded the New England Society for Psychic Research. Back then, the couple also began devoting a wing of their home to a museum of occult artifacts they would collect over the course of their long career.

Lorraine was a celebrated clairvoyant and medium while her World War II veteran husband was the only non-ordained demonologist recognized by the Catholic Church. As a team, they

would investigate thousands of reports of haunted houses over the years, most notably, The Amityville Horror.

"The Conjuring," directed by James Wan (Saw), revisits one of the Warrens' lesser-known cases. Set in 1971, the film unfolds in Harrisville, Rhode Island where they were summoned to the secluded, lakefront home of Roger (Ron Livingston) and Carolyn Perron (Lily Taylor).

The Perrons had recently moved into the old farmhouse with their five young daughters (Mackenzie Foy, Joey King, Hayley McFarland, Shanley Caswell and Kyla Deaver), initially ignoring several, telltale signs that the place had bad energy, such as their pet pooch's refusal to enter the premises. In addition, the smell of rotting meat would periodically permeate the air, and they would awaken every morning to discover that their clocks had stopped running at precisely



A scene from "The Conjuring."

3:07 a.m.

Nevertheless, as optimistic new owners, the Perrons did their best to adjust to the disconcerting disturbances, only to have the supernatural spirit gradually up the ante. Before long, it was shaking paintings off the wall, toying with an antique music box, and knocking loudly three times in the middle of the night, an ostensible insult to the Holy Trinity.

Mr. Perron was particularly frustrated by these developments,

given that as a truck driver he often had to be away from his family for as long as a week at a stretch. The straw that broke the proverbial camel's back arrived when the evil escalated from annoyances to the demonic possession of a loved one.

And when the Vatican dragged its feet about sending an exorcist to the scene, the Perrons enlisted the assistance of the Warrens out of sheer desperation. What ensues is a classic battle between God and the devil heavily laden with lots of Christian symbolism.

Provided you aren't offended by an obvious, faith-based agenda suggested by exchanges like "Are you baptized?" "No." "You might want to rethink that," this film otherwise proves to be a deceptively-frightening, old-fashioned screamer which does a masterful job of ever so slowly ratcheting up the terror. The most spinetingling exorcist flick since, well, since "The Exorcist!"

Independent & Foreign Films

The Act of Killing (Unrated) Macabre musical documentary in which Indonesian death squad leaders reenact real-life mass executions in a manner mimicking the classic Hollywood films they so admire. (In English and Indonesian with subtitles)

Big Words (Unrated)
Dream deferred drama, set
on the eve of Obama's history-making election, revolving around a once-promising
rap trio's (Dorian Missick,
Gbenga Akinnagbe and Darien Sills-Evans) reminiscing while speculating about
what led to their break-up 15
years earlier. With Yaya Alafia, Zachary Booth, Jean Grae
and Amir Arison.

Blackfish (PG-13 for disturbing images and mature themes) Free Willy documentary detailing the devastating consequences of keeping killer whales in captivity. Featuring testimonials by Samantha Berg, Kim Ashdown and Dave Duffus.

Broken (Unrated) Loss of innocence drama, set in North London, about an 11 year-old girl (Eloise Laurence) whose life is irreversibly altered after she witnesses a violent attack. With Cillian Murphy, Tim Roth and Rory

Kam's Kapsules

By Kam Williams

Kinnear.

Colossus (Unrated) Mark Hendrickson wrote, directed, produced and stars in this musical mockumentary as a con artist who sets out to tour Russia as the front man for a faux, heavy-metal band. Featuring Polina Belenkaya, Elena Dudina and Valery Novikov. (In English and Russian with subtitles)

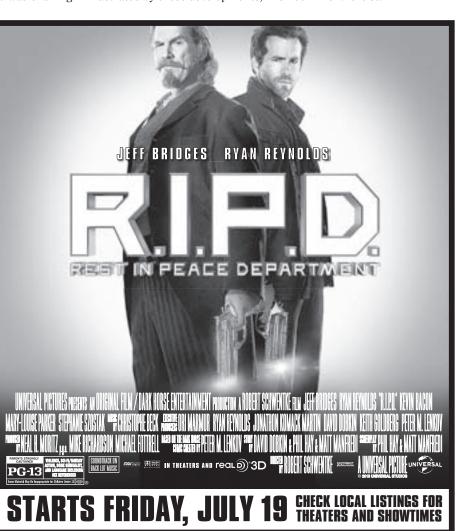
Computer Chess (Unrated) Artificial Intelligence comedy, set in the Eighties, about a tournament showdown between humans and gameplaying machines equipped with state-of-the-art software. Starring Kriss Schludermann, Tom Fletcher and Wiley Wiggins.

D-Day (Unrated) Haunted house thriller revolving around four roommates at a female boarding school who find themselves beset by fresh visions of a fire that had swept across campus years earlier. Cast includes Ri-na Kim, Joohee Yoo, Eun-kyeong Kim and Jin-yong Heo.

Girl Most Likely (PG-13 for sexuality and profanity) Dysfunctional family comedy about a suicidal, struggling playwright (Kristen Wiig) who moves back to Jersey from Manhattan to live with her gambling-addicted, ex go-go dancer mother (Annette Bening). With Matt Dillon, Christopher Fitzgerald and Darren Criss.

Iceberg Slim: Portrait of a Pimp (R for profanity, sexuality and violence) Pink Caddy documentary examining the life of the legendary Chicago pimp-turned-best selling author (1918-1992). Featuring commentary by Snoop Dogg, Ice-T and Quincy Jones.

La Playa D.C. (Unrated)
Colombian coming-of-age
saga, set in Bogota, about
an aspiring barber (Luis Carlos Guevara) who puts his
future on hold to search for
his missing younger brother
(Andres Murillo). Support
cast includes James Solis
and Veronica Castellanos. (In
Spanish with subtitles)



Go to www.Caribbeanlifenews.com for the latest in Caribbean news, entertainment, sports, business, viewpoints and more.

Wailers' trusteee pens 'On The Road' with Bob

"On the Road With Bob Marley" by Mark Miller is a personal account and one man's reflections on the three years he spent with the Caribbean's first superstar. Through an easy read of chapters. Miller relates how as stage manager to reggae's finest he found his way with Bob Marley & The Wailers through Europe, the USA and Africa. Although he cites the opinions of some of the closest and longest collaborators with the iconic reggae figure, Miller wanted to add his voice to the many already speaking volumes on a myriad of remembrances and as many fictional accounts claimed to be facts. Perhaps, the latter was his reason for sharing his unpretentious seemingly honest and humble story with readers.

From the very beginning of the 216-page book Miller makes clear that some of his memories might not be dead-on. Inhaling pure sensimilia he said could be



attributed to gaps in his memory bank, however, the few instances he offers the disclaimer are few and pertains to whether he flew from point from one destination to the next gig or something less trivial.

Also, living in Cali during that era probably added psychedillic to his cerebrum.

However, throughout the published work none of his recollections detract from the heartfelt experiences he encountered as a white roadie travelling with more than a few Jamaican Rastafarians who doubled as musicians. As a matter of fact among the Buffalo soldiers, Miller considered himself "a white knight in Babylon." Ironically, Miller was not really one of those weed-smoking, white,

fanatical reggae fans who often attach themselves to musicians in order to share the adventure...and high. Miller did not even know what reggae was, sounded like or heard any of the songs folks are now claiming to be national anthems. Miller had no passion to visit Jamaica; grow locks or even sport the colors. According to his book, like a majority of California residents, he enjoyed music; lived a relatively comfortable existence and as a bonus worked with some of pop music's best known recorders - Rod Stewart, Elton John etc. What he knew at the time too was that he was not exactly a fan of the dance group the Village People. Remember them? They scored massive hits with "YMCA," "Macho

Man," "San Francisco," and a host of other dance-happy discs.

When Miller's boss asked him to work their show for a week in Seattle, his colleagues pulled rank and he lost out becoming the pawn to tout equipment up north where the most gay-friendly group of the era were booked to entertain their massive fan base wearing mock police, Indian chief, construction worker, soldier, biker, cowboy and other such outfits. As fate would have it, Miller's loss became a gain when another request from his boss demanded he lug that same equipment to Vancouver where Marley & The wailers were due to satisfy the souls of reggaefarians yearning for a rare northern exposure. Again, Miller was not a happy camper. Imagine having to travel further north to sure-up another group unsuited to his musical palate. The difference this time though, was that Miller actually had no opinion of the immigrant, foreign music or the legend he would embrace and later pen an entire book to laud.

In the first chapter, Miller recounts that he pointed

Miller did not even know what reggae was, sounded like or heard any of the songs folks are now claiming to be national anthems.

his truck towards Vancouver and there began his unforgettable three year residency with reggae's best known band. The date was July 1978. And instead of returning to Los Angeles after the shows, at Marley's invitation, Miller embarked on a world tour with the now world famous recording group.

Miller is more than kind to all of the characters he encountered then and is especially gratuitous to Marley, the man he obviously admired, respected and probably misses.

And if anyone questions why Miller took so long to tell his side of history, apparently he wasn't really fussy, it was at the urging of his sons Matthew and Harrison that he journeyed into the past. Miller now resides in the south of France. He is not retired but now associated with quite a few reggae names including South Africa's Nkulee Dube (Lucky's daughter).

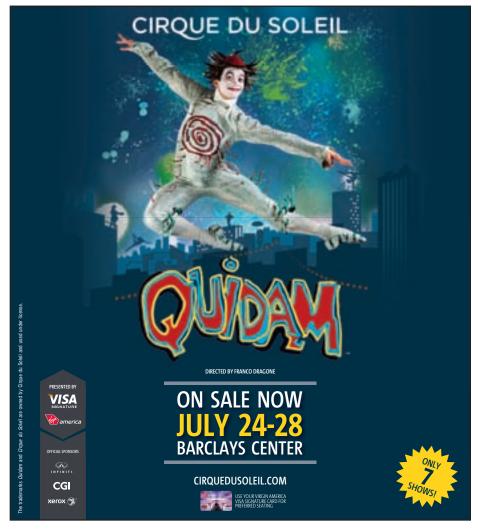
Nkulee Dube Productions, Turbulence, Warrior King, Lulu Dikana, Tosh Meets Marley, Don Carlos & Dub Vision, The Lucky Dube Celebration Tour, Roots Nation, The "Together As One" Tours.

Check out the insider's perspective on being "On The Road with Bob Mar-lev"

It's a good read. Get it by logging onto www.reggaefestivalguide.com

Catch You On The Inside!







Anthony Vaughn Merchant (Bottom), center, is tended to by the fairies Mayaa Boateng (Cobweb), Jaylene Clark (Peaseblossom), Akilah Walker (Mote), Daisy Peele (1st Fairy) and Erica Camarano (Mustardseed). Zainab Jah (Titania) is in the background.

Photo by Lelund Durond Thompson

'A Midsummer Night's Dream'

A Midsummer Night's Dream, William Shakespeare's popular story of illusive and abiding love, opened Saturday to cheers and a robust crowd at Harlem's Richard Rodgers Amphitheater in Marcus Garvey Park. The show, produced by the Classical Theatre of Harlem (CTH) (Producing Artistic Director, Ty Jones), is directed by CTH Artistic Associate and

Oberlin College Professor of Theater and Africana Studies Justin Emeka and runs Tuesdays through Sundays at 7:30 p.m. through July 30. The show is made possible by the Ford Foundation.

Emeka weaves Harlem's artistic legacy and other traditions of the African Diaspora within Shakespeare's classic text, infusing it with music, dance, and various traditions

from the African Diaspora to present an enchanted concrete jungle inhabited by spirits who revel in the magical nature of summer love. Theseus, the Duke of Harlem, prepares to unite two hemispheres with his marriage to Hippolyta, the African queen. Meanwhile, four Harlem lovers pursue forbidden romance by escaping to the woods, where a group of Harlem's work-

ing class—AKA the "rude mechanicals"—rehearse a "classic" performance to entertain the Duke on his wedding night in hopes of fame and fortune. Colorful West African and Capoeira dance elements are weaved throughout the production, which also boasts a timely same-sex marriage angle; the maiden Hermia loves not the original male

Continued on page 50

Richie Stephens doing it big in Europe

Award winning reggae singer Richie Stephens and German singjay Gentleman are doing it big in Europe, tearing up the first leg of their 2013 European tour. With many hit songs, big stages, flashy lights, and strong performances, the two reggae stars are putting on one heezy of a show that has attracted thousands of reggae lovers in Koln, Germany; Voss, Norway and Saarbrucken Germany.

The tour includes the popular three-day "Summerjam Reggae Festival" in Cologne, Germany where Richie and Gentleman shared stage with Romain Virgo, Snoop Lion, Tarrus Riley, Matisyahu, Morgan Heritage, Alborosie, Busy Signal, Popcaan, Chronix, Major Lazer, Protoje and others. Other upcoming dates include stops in Pforzheim, Germany; Frauenfeld, Switzerland; Reta, Spain; Carhaix, France; Venice, Italy and Brandenburg, Germany.

"I am having the time of my life" Richie said, moments after an explosive performance at "Summer Jam."

"I feel honored to have had this opportunity to perform each night with my friend Gentleman who is a mega star here in Europe. We are selling out big venues and playing gigs that a lot of reggae star do not normally get to play. I feel I am not just representing myself but I am carrying the reggae flag for



Richie Stephens being interviewed by Big FM on his European tour.

the entire Jamaica and taking the message directly to the people here. The music has been great, the vibe has been magical and fans are loving the music" Stephens noted.

Each night the lovers rock crooner has served up a magical hybrid of cultural, lovers rock, reggae songs that has served to whip the crowd into an explosive frenzy. The current tour is in support of the European release of Stephens' new album "Real Reggae Music." The lead single from the disc "Real Reggae Music" which was recorded with Daddy U Roy is doing extremely well stateside, having already topped charts in South Florida. New York and Jamaica.

"Refreshingly authentic is the phrase that comes to mind when I listen to the album" gushed Danny Browne, producer of the project and current manager for Stephens.

"When Richie set out to make this album a few months ago, he knew exactly what it would take to make this as authentic as possible.



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SATURDAY, JULY 20

HOMEOWNER RESOURCE FORUM

SERIES: Rebuilding After Sandy Mortgage problems? Free mortgage check-ups and review. Also: Free Homeowner Insurance Information session. Free information on home improvement options, home repair courses and the NYC Build-It-Back program. When: Saturday, July 20, 11:00 a.m. - 2:00 p.m. Where: Capital One Bank, 1425 Rockaway Parkway(corner of Glenwood Rd.) Brooklyn, NY 11236. To register, please call 718.469.4679 or email infoef_01@ nhsnyc.org Lunch provided. Sponsored by Neighborhood Housing Services, Capital One and CNYCN. NHS is a not for profit housing organization.

SUNDAY, JULY 21

GRENADA DAY: Grencap United presents its 5th annual Grenada, Carriacou & Petite Martinque Day celebrating the country's cultural heritage from 10:00 a.m.- 8:00 p.m. Join us for food, fun, song, and dance at the St. Andrews Playground (Herkimer between Atlantic & Kingston). For more information, email:grencapunited@gmail.com, Michael Vincent: (347)623-9381, Roy McKenzie (917)846-9843, Raymond Layne (718)809-2517, or Val Adams (347)262-2893.

MONDAY, JULY 22

HEALTH SERIES: Join us for a fun walk-in-place workout! No complicated steps and no equipment needed. This DVD workout is safe for all ages and fitness levels, so lace up your walking shoes and join us! Wear comfortable shoes and workout wear. We'll provide plenty of water. We'll ask you to fill out an emergency form on the first day of class. Be sure to let your doctor know you'll be taking part in an exercise class. This event is free and open to the public. RSVP: 1-646-476-1294. 206-20 Linden Bld. in Cambria Heights, Queens.

TUESDAY, JULY 23

HEALTH SERIES: Do you know which medications you take to control your blood pressure? Do you feel confused about these drugs and why you need to take them? You can bring all of your medications with you and join us in learning:

- What IS high blood pressure?
- Why do you need to control your blood pressure?
- Which lifestyle changes can help you manage your blood pressure?
- What are some of the common medications that people take and what are the side effects?
- What should you monitor when taking these medications?
- What should you do when you experience side effects?

This event is free and open to the public. RSVP: 1-646-476-1294



SUMMER CAMP: Treat yourself or your kids to some creative exploration this summer with exciting week-long creative "Camp" workshops or summer art classes. Whether you are ready to jump right in, or just test the waters, we have classes for all ages and skill levels. Check us out online to view a full catalog of our summer offering at www.PelhamArtCenter.org/Education For more information, or to register for our summer workshops and classes stop by the office, or call (914) 738-2525 x111.



COMMUNITY CENTER: Are you looking to improve your life? Take a class at Community Learning Center: How to Write a Book or Script, Create a Resume, How to Create Wealth, Get/Keep a Spouse, Start a Business. Classes for everyone. Community Learning Center, 147-12 Archer Ave., Queens. For more information/RSVP, call (718) 291-1094.



HOME HELP FOR DISABLED: If you are a disabled homeowner living in Brooklyn or have someone disabled living in your household, you may qualify for up to \$5,000 in home repair grants. Repairs must be geared toward making the home accessible and convenient for the disabled person. Sponsored by Neighborhood Housing Services of East Flatbush, a not for profit housing organization, and the New York State Housing Trust Corporation. For more information, please call 718-469-4679.

WEDNESDAY, JULY 24

SEMINAR: Attendees will be able to get answers to question such as – Can I find affordable health insurance for my small business? Can federal health reform help reduce my business health insurance cost? What are my rights and responsibilities as an employer? Other topics include: tax credits for small businesses that offer health insurance to their employees and the small business health options programs. This event will be held from 9:00 a.m. – 11:00 a.m. (Breakfast included), Freeport Recreation Center 130 Merrick Rd., Freeport, New York 11550. Call Bonita Clark at (888) 512-7175 RSVP Today! SPACE IS LIMITED!

THURSDAY, JULY 25

HEALTH SERIES: Medicare 101 **HOW DOES MEDICARE WORK?**

- What Is A Donut Hole?
- What Is A Copay? Why Is It Necessary?
- How Do I Choose A Doctor?
- What Assitance Is Available To Help With Costs?

This event is free and open to the public. RSVP: 1-646-476-1294

SATURDAY, JULY 27

J'OUVERT BAND LAUNCH: Join Roy Pierre and Associates for the J'ouvert band launching "Magic Carpet Ride" party at the Mas Camp from 10 p.m.- 4 a.m. at Charl-Ena Chateau 3820 Church Ave. (Corner of E39th street, Brooklyn). For more information, call (718)282-1229

ONGOING FRIDAY, JULY 12 - FRIDAY, AUGUST 9

EXHIBIT: Pelham Art Center is pleased to present its highly popular Faculty and Student Showcase. This annual exhibition features both two and three dimensional work in a variety of media by the Art Center's distinguished teachers and enthusiastic students. Exhibited work ranges from charcoal to oils, black and white photographs to digital prints, and mixed media to ceramics. The

Faculty and Student Showcase provides a great opportunity to view and collect original work from emerging and established artists. 155 Fifth Ave., Pelham, NY 10803, Telephone (914)738-2686.

SATURDAY, JULY 13 -TUESDAY, JULY 30

PERFORMING ARTS: Producing Artistic Director Ty Jones presents the Shakespeare classic "A Midsummer Night's Dream" directed by Artistic Associate Justin Emeka this summer in Harlem's Richard Rodgers Amphitheater in Marcus Garvey Park. All performances are free and run from Tuesday through Sunday. The Richard Rodgers Amphitheater is located in Marcus Garvey Park at 18 Mt. Morris Park West and 122nd Street. The venue opens for seating for the free show at 7:00 p.m. nightly and showtime is at 7:30 p.m. For more information, call 347-688-6304 or visit www.classicaltheatre-ofharlem.org.

MONDAY, JUNE 24 -SATURDAY, AUGUST 17

SUMMER CAMP: Treat yourself or your kids to some creative exploration this summer with exciting week-long creative "Camp" workshops or summer art classes. Whether you are ready to jump right in, or just test the waters, we have classes for all ages and skill levels. Check us out online to view a full catalog of our summer offerings; from traditional painting, drawing and clay to digital media. Classes are fun, inspiring and the option of week-long workshops works nicely with your family's vacation plans. www.PelhamArtCenter.org/Education For more information, or to register for our summer workshops and classes stop by the office, or call (914) 738-2525 x111 You can visit our website www.pelhamartcenter.org. Need-based scholarships are available to all students who qualify. Pelham Art Center, 155 Fifth Ave., Pelham, N.Y. 10803.

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 rubber 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.

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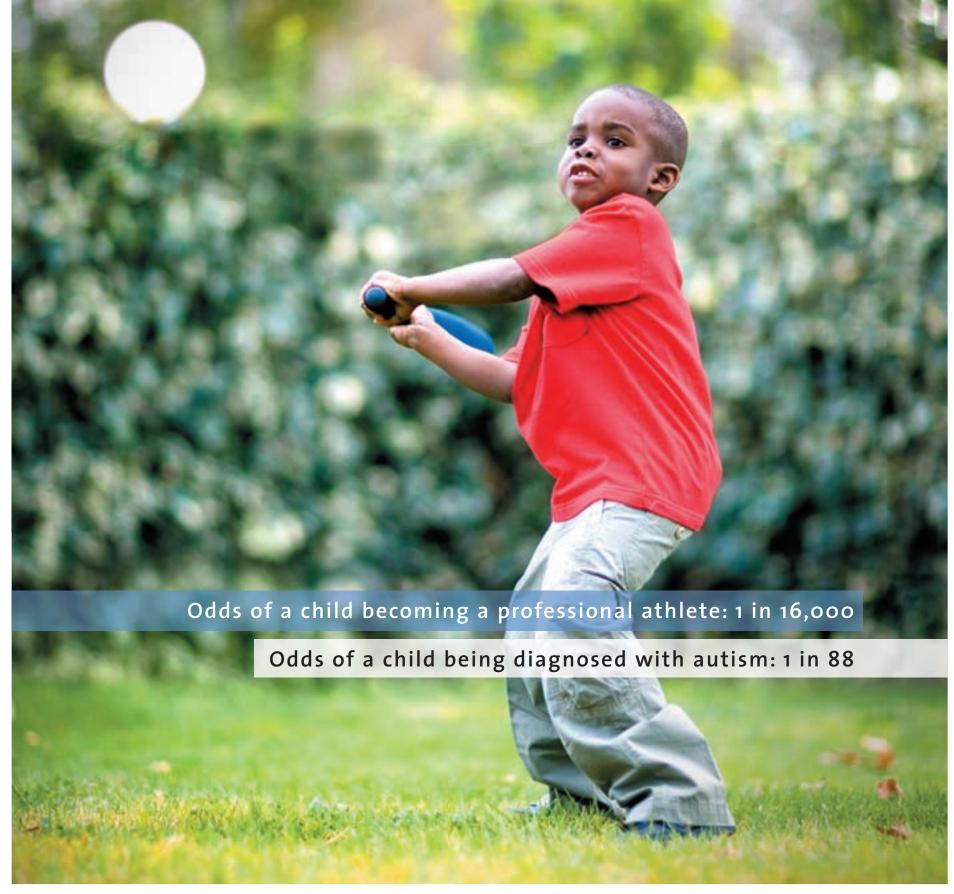
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CELEBRATIONS TODAY





Some signs to look for:

No big smiles or other joyful expressions by 6 months.

No babbling by 12 months.

No words by 16 months.



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There are really two reasons to love "Love Him or Leave Him But Don't Get Stuck with the Tab." Number one, it's funny. And number two, though some of the advice is meant in jest, most of it's quite useful.

There's no wallowing in man-misery allowed when you're reading this book. Author and comedian Loni Love speaks bluntly and truthfully while advocating that women stand up for themselves, take back their strength, and stop being wimpy - whether they're in their first romance or their fiftieth. Along the way, we meet Love's ex-loves, her wild and clueless friends, and her bawdy, wonderful sense of humor.

If you're dating, mating, situating, procreating, or tired of relationship drama, then this book may give you what you need to get your mojo back. If that's you, then grab this book because "Love Him or Leave Him But Don't Get Stuck with the Tab" speaks your language.

Loni Love speaks bluntly and truthfully about love

By Terri Schlichenmeyer "Love Him or Leave Him But Don't Get Stuck with the Tab" by Loni Love c.2013, Simon & Schuster \$24.00 / \$27.99 Canada 256 pages

The man you love obviously speaks a different language than you speak.

How else do you explain that you can see the fool's lips move but you can't understand a single thing he says when he says you're the only one for him, he was at his Mama's (til 3am), he looooves you? He's talking some other language that you don't (and don't want to) speak.

Maybe it's time to leave him. Then again, maybe not

BOOK REVIEW

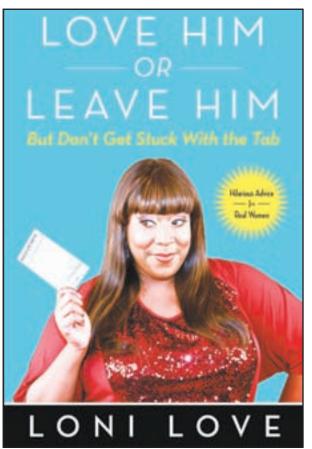
- you can't decide. Or maybe you need real advice, which you'll find in "Love Him or Leave Him But Don't Get Stuck with the Tab" by Loni

When Loni Love was a teenager, she had a BFF named Peaches who had poor taste in men: Peaches was sure her "businessman" boyfriend was successful and wealthy; Love knew he was slinging crack. She tried to warn her friend but one night, Love heard gunshots and soon afterward, she did 17--year-old Peaches' hair one more time - for her funeral.

Peaches' death taught Love that too many women sacrifice too much to be with a man. And so when Love decided to leave an engineering career to become a comedian, she made it her "personal mission" to remind women to put themselves first, which is the most first and most important step in finding a relationship.

Love says she enjoys going on first dates because they're great opportunities to gather information and get a free meal. After the first date, she says, move forward cautiously and be prepared: smart women stay safe.

Think twice before confessing your past, sharing guilty feelings, or moving in together. Know when it's time to break up with your man (and how to do it), know how to get over him and move on, and know when it's time to tap into your "Detroit Debbie." Learn the only reasons for giving a guy a second chance. Get advice



Book cover of, "Love Him or Leave Him But Don't Get Stuck with the Tab," by Loni Love.

Photo courtesy of Simon & Schuster

on dealing with his Mama, his kids, his kids' Mama, and his friends. Memorize Loni Love's Signs of a Faithful

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Shakespeare in the Park

Continued from page 43

character Lysander, but the female Lysandra.

"I wanted to incorporate into the work the issue of marriage equality, one that black and brown people continue to struggle with, and to give the audience another way to come to terms with Hermia's father demanding her death for not marrying his choice Demetrius," said Emeka.

The professional theater company—the only year-round theater company in Harlem on an Actor's Equity Association League of Resident Theaters (LORT) contract—specializes in making the classics accessible to the masses. They hope to make its Shakespeare in the Park a yearly cultural event in Harlem and to entice the regular theater crowd to experience Uptown culture and cuisine.

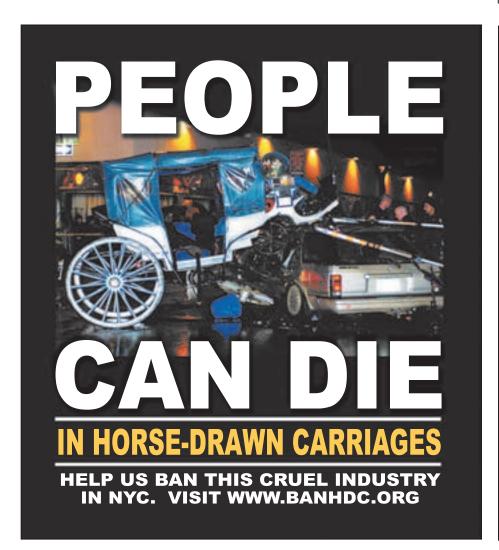
"The community will be delighted to see itself reflected in the many wonderful characters in this production," said Jones, "We hope

the show will serve as a vehicle to celebrate Harlem and to help build its institutions and establishments."

Cast members include Michael Early (Theseus/ Oberon), Zainab Jah (Hippolyta/Titania), Sheldon Best (Puck), Halle Morse (Hermia), Ito Aghayere (Lysandra), Matthew Harris (Demetrius), Jamie Rezanour (Helena), Anthony Lalor (Egeus/Robin Starveling), Anthony Vaughn Merchant (Bottom), Tim Johnson (Quince), Kambi Gathesha (Snout), Kalon Hayward (Flute), Keith Oliver (Snug), Jaylene Clark (Peaseblossom/Dancer), Mayaa Boateng (Cobweb/Dancer), Akilah Walker (Mote/Dancer), Erica Camarano (Mustardseed/ Dancer), Daisy Peele (Fairy/ Dancer) and Mark Blanchard (African Boy). Lakai Worell is choreographer, Anka Lupes is set designer, Paul Hudson is lighting designer and Rachel Dozier-Ezell is costume designer. Music is by Michael Wimberly.

The Richard Rodgers Amphitheater is located in Marcus Garvey Park, Fifth Avenue between 122nd Street and 124th Street. The venue opens for seating for the free show at 7:00 p.m. nightly. For more information, call 347-688-6304 or visit www.classicaltheatreofharlem.org.

CTH and this performance are supported by Councilmember Inez E. Dickens, Councilmember Robert Jackson, Doug and Paige Armentrout, Luther and Deborah Ragin, Zead Ramadan, Fund for the City of New York, the Casement Fund, the Upper Manhattan Empowerment Zone (UMEZ), New York City Department of Cultural Affairs, the New York State Council on the Arts, the National Endowment for the Arts, the Columbus Foundation, the Jarvis and Constance Doctorow Family Foundation, West Harlem Local Development Corporation, Time Warner, the Dramatists Guild, the Axe-Houghton Foundation, the Manhattan Borough President's Office and the L & S Andreas Foundation.





M/SPORTS

FOR MORE SPORTS, GO TO CARIBBEANL



Participants at the All-Star MLB 5K and Fun Run in Brooklyn's Prospect Park.

Photo courtesy of NYRR

All-star 5k road race

By Robert Elkin

All-star week marked not only a major league baseball attraction among the best from the American League against their counterparts from the National. It also marked the bringing to New York people who not only viewed the game at Citi Field on Tuesday night, but also the best and even beginner athletes who can run.

An idea sprung up almost three months ago to stage a road race of 3.1 miles in Brooklyn's Prospect Park, which attracted persons

Continued on Page 52

Sarwan to captain Guyana

By Azad Ali

Ramnaresh Sarwan was named as one of the six captains of the Limacol Caribbean Premier League franchises yesterday, and the experienced West Indies batsman is "honored" by his selection. Sarwan will lead the Guyana Amazon Warriors into battle in the CPL, which bowls off on July 30, with the first match pitting Barbados Tridents against St. Lucia Zouks.

The other players selected as captains are all West Indies regulars.

West Indies One-Day International skipper Dwayne Bravo will lead the Trinidad and Tobago Red Steel, while the Zouks will have Bravo's predecessor Darren Sammy at the helm.

Kieron Pollard (Tridents), Chris Gayle Continued on Page 52

Cup soccer match Tuesday, July 16, 2013, in East Hartford, Conn. Haiti, Martinique out of Gold Cup By Patrick Horne the Caribbean tournament, but, hold on, The 2013 CONCACAF Gold Cup tournot in this tournament. These results nament is in its quarterfinal stage and remind us of the old adage, that soccer Haiti and Martinique.

Cuba's Ariel Pedro Martizez, left, fights for a loose ball with Belize's Elroy Smith during the first half of a CONCACAF Gold AP Photo/Fred Beckham

among the eight teams that progressed are Caribbean champion Cuba and runners-up Trinidad and Tobago, and this seems fitting based on their results in

is a game of glorious uncertainties, and that so many other factors, beyond team performance, determine success. Cuba and Trinidad and Tobago were not the

best Caribbean performers in the 2013 CONCACAF Gold Cup that honor goes to

In the quarter finals at The Georgia Dome in Atlanta (GA) on Saturday, July 20, Group A winner Panama will play

Continued on Page 52



Honduras goalie Kevin Hernandez (18) makes a save on a shot by Trinidad & Tobago forward Kenwyne Jones (9) in the first half a CONCACAF Gold Cup soccer match on Monday, July 15, 2013, in Houston.

AP Photo/Bob Levey

Gold Cup reaches semi-final stage

Continued from page 51

Cuba, one of the two best third-place finishers, at 3:30 p.m. ET; the second half of the doubleheader will see Group A second-place finisher Mexico play Group B second place Trinidad and Tobago at 6:30 p.m. ET.

At the M&T Bank Stadium in Baltimore (MD) on Sunday, July 21, Group C winner USA will take on the other third-place finisher, El

Salvador, at 4:00 p.m. The doubleheader will end with Group B champion Honduras going against Group C second-place Costa Rica at 7:00 p.m. All games are on Fox Soccer Channel.

The semifinals are on Wednesday, July 24, at Cowboys Stadium in Arlington (TX) when the quarterfinal winners from the Baltimore doubleheader play each other before the winners from the

Atlanta games meet. The Gold Cup final is on Sunday, July 28 at Chicago's Soldier Field at 4:00 p.m. Trinidad and Tobago

and Cuba, though, must be praised. Trinidad did well to beat Honduras, although the opponent had already won the group and used its substitutes and also played with 10 players for much of the game; the Trinidadians did well to garner a 1-1 draw soccer in this tournament that neither Cuba nor Trinidad and Tobago achieved, but conditions beyond players' control impact the game. Haiti's display versus Honduras in the teams' first game was a joy to watch; the Haitians totally dominated the Hondurans, but on two occasions that should have resulted in penalty kicks for Haiti, the referees failed to make calls. Commentators questioned the referee's no-call; in the Haiti-El Salvador game, the referee's mistake gave the opponent the victory: a Salvadorian forward fell in the penalty area after a tussle for the ball, as the referee signaled for goal kick, the linesman made him change the call to award El Salvador the penalty in Haiti's 1-0 loss. Although Haiti beat Trinidad

and Tobago, 2-0, the three

versus El Salvador in their first game, despite a lack-luster performance. Cuba, with two losses and only a 4-0 win versus Belize was very disappointing but managed to be one of two best third-place finishers based on goals.

Haiti and Martinique, which finished third and fourth, respectively, in last year's Caribbean Cup championship, displayed a level of points were not enough for Haiti to advance; the sentiments among commentators and other following the tournament was a feel of sympathy for Haiti, one of the best-playing teams in the entire tournament that did not advance.

Ditto Martinique! The other French Caribbean team in the tournament, Martinique, got off to a good start by upsetting Canada. Like Haiti, fitness and organization were at the crux of Martinique's success. They were a disciplined team that did the Caribbean proud; its unfortunate call came in a 1-0 loss to Panama. Martinique was also in the toughest group as Mexico and Panama are very highly skilled teams that are still vying for a CONCACAF berth to the 2014 World

Captains selected

Continued from page 51

(Jamaica Tallawahs) and Marlon Samuels (Antigua Hawks – bills) are the other captains named for the CPL. Only Samuels has not skippered West Indies before, while Kieron Pollard made his debut on Sunday after an injured Bravo did not play.

According to a CPL release yesterday, Sarwan was pleased to be chosen to head the team. "It is a great honor to have chosen to captain the Guyana Amazon Warriors in the first ever Caribbean Premier League Twenty20 tournament," Sarwan was quoted as saying. "I have the opportunity to work with and



West Indies', batsman Ramnaresh Sarwan.

AP Photo/Andres Leighton, file

lead some of the best players in the region and the world, and I am looking forward to using my years of experience to guide the Amazon Warriors to victory."

Young wins 5K

Continued from page 51 of all ages and even a fun run at a shorter distance, especially for the kids.

It was put on by Major League baseball in cooperation with the New York Road Runners, who stage the New York City Marathon and countless other races of various distances. This first event was extremely successful.

In the feature race, Thomas Young of Old Lyme, Connecticut broke away from Jerry Faulkner of Sunnyside after the second mile in a close field and captured the 5K race benefitting last year's Sandy's Relief Storm in a time of 15:24,

Justice Scheid of Sparta, New Jersey wound up third in 16:01.

"Jerry and I tried to run together pretty much for the whole way," the winner said. "And it was a training race for me. Running in this race is a great experience. I maybe running in a marathon during the fall."

The race attracted people both interested in runners of all kinds including beginners, and baseball, for numerous former Mets were in attendance to have a good time and sign autographs especially for the kids

Included in the huge field was Crown Heights resident Neil Caesar, who runs unattached and was a former 400-meter runner at Murray Bergtraum High School. Now 43 years of age, Caesar, just loves to run especially in Prospect Park.

"This is home for me," Caesar said after the race. "(In fact) my father is a native of Trinidad where he used to run. He lived there until he was a teenager. He

never taught me any thing about running as I picked it up on my own. He told me just keep running."

Caesar, who runs a lot and puts in about 20 miles a week, is headed for the Queens 10K run this weekend in Flushing Meadow Corona Park. Meanwhile, Vivien Wadech, who came to New York from California, lead all the way, was timed in 18:02, became the initial female finisher to cross the line and wound up 20th overall.

"I had a pretty good start," she said after the event. "After the downhill I just took off and didn't look back."

Overall, there were over 7000 entrants who came out to Prospect Park in Brooklyn to make the first of this kind of race a tremendous success. The race stayed within the park itself. Both the staff of the New York Road Runners Club and of Major League Baseball put on an excellent show as part of all-star weekend here in New York.

"Everyone had a great time," said Peter Chacha, of the NYRRC and one of its organizers, "It's great doing work with Major League Baseball.

Some New York Met legends were on hand to showcase and support the athletes who tested the course. Included were New York native John Franco. another pitcher Dwight Gooden both of whom went into the Met record book, and Ed Kranepool and Art Shamsky, along with front office personnel, supported the action. It was a great event for a great cause," said Franco, who pitched mostly in relief, and is now a team ambassador.



Young and old came out to participate in the All-Star MLB 5K and Fun Run in Brooklyn's Prospect Park. Photo courtesy of NYRR



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CLONES CONFIDENT

Cyclones have a rocky road trip

Clones win three, lose three, shut out once in away games versus Doubledays, Tigers

Auburn 7 Cyclones O

July 11 at Auburn

Doubledays pitchers picked up right where they left off in last Wednesday's suspended game, as they shutout the Cyclones

Auburn had a 2-0 on Wednesday before the umpires suspended the game because of bad weather, but the change of date had no effect on the outcome. The Auburn hurlers pitched a no-hitter through seven innings.

The Doubledays added three of the team's runs in the sixth inning when Austin Chubb scored on a sac fly and Isaac Ballou and Wilmer Difo each ran home off an RBI double by Jean Carlos Valdez.

Cyclones' second baseman L.J. "Mini-Maz" Mazzilli recorded Brooklyn's first hit in the seventh, followed by a single by catcher Tomas Nido, but Auburn shut the door on any comeback hopes with a groundout play. The Clones recorded two more hits in the last innings, but nothing came of them.

Cyclones 4 Auburn 3

July 11 at Auburn

Brooklyn's Boys of Summer scored the first four runs of the game and held off a furious comeback attempt to get the doubleheader split in the shortened second game.

First baseman Matt "Bright Eyes" Oberste singled at the top of the order in the second inning, later scoring on an RBI single by catcher Eddie Rohan. Oberste would also hit an RBI single and score another run in the third to put the Clones up by three early.

The Doubledays responded in the fourth with an RBI single by Wilmer Difo and an RBI sac fly by Jordan Poole.

After the Cyclones gave up another run in the fifth, pitcher Dawrin Frias entered in the sixth to retire six-straight batters to get the save in the shortened second game.

Auburn 4 **Cvclones 3**

July 12 at Auburn

The Doubleday's Wilmer Difo hit a sacrifice fly scoring Cody Dent to break the tie in the bottom of the ninth for the 4–3 win.

The Clones took the 3–2 lead off two runs in the fourth inning. The first came when Matt "Bright Eyes" Oberste reached second on an Auburn throwing error, followed by a James "Papa" Roche single. Bright Eyes went to third, and then made it home on a wild pitch by Auburn hurler R.C. Orlan. Catcher Tomas Nido then hit an RBI single to allow Roche to score the go-ahead run.

The Doubledays tied the score in the



DEEP SIX: Dawrin Frias retired sixstraight Doubleday batters in the sixth inning of the second game of the Clones' double-header against Auburn on July Photo by Steve Solomonson

fifth off an RBI groundout and the score remained tied until the ninth, when, despite a walk by Nido and another fielding error

by the Doubledays, the Cyclones couldn't cash in.

In the bottom half, Dent doubled and Austin Chubb reached base on a sacrifice bunt attempt that Nido couldn't handle, putting Dent at third and setting up Difo's game-winner.

Cyclones 2 **Connecticut 1**

July 13 at Connecticut

An RBI double by Anthony Chavez in the ninth drove in James "Papa" Roche to break the tie and John Mincone held Connecticut at bay for the 2–1 win.

The Cyclones started off with a bang when leadoff man Patrick "To Infinity and" Biondi tripled to right, and shortstop Juan Gamboa grounded out, allowing Biondi to come home on just the second at-bat of the

The Tigers tied it in the third, when Austin Schotts recorded the first of only two hits by the team, and made it home on a fielder's choice.

In the ninth, Cyclones' Eris Peguero singled to center, and Roche took his place at first as a pinch runner. Chavez then hit his line drive to left, bringing Roche around for the winning run.





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Big names in track fail test for banned substances

By Eddie Pells and Pat Graham

Tyson Gay felt healthy for the first time in years and was aiming high: He planned to step on the track at world championships and push Usain Bolt.

Not so fast.

The anticipated 100-meter showdown got scrubbed after Gay, the American record holder in the event, failed a drug test for a banned substance.

That revelation came Sunday, within hours of more bad news for track and field: Asafa Powell, the onetime world-record holder at 100 meters, and his Jamaican teammate, three-time Olympic medalist Sherone Simpson, tested positive for prohibited stimulants.

A sport that vowed it had cleaned itself up after decades of stories about disgraced, drug-fueled sprinters — Ben Johnson, Marion

Jones, Tim Montgomery, to name a few — found itself in a very similar spot after this latest flurry of doping cases.

"A sad day," said Doug Logan, the former CEO at USA Track and Field. "But I don't see anything on the horizon that says this will be abated in any way."

Gay chose to withdraw from next month's world championships while his case plays out; the next step is a test of his "B" sample, which could come as early as this week. Simpson's and Powell's status remains in limbo. Simpson was eligible for the 100, while Powell was waiting to see if he'd make the relay team.

"Will this be a cloud over (worlds)? I think it would be naive to say otherwise," said Ato Boldon, a four-time Olympic medalist and sprint analyst. "I sat down and thought about the events I'm looking forward to. There are all the wrong reasons. ...'

Long considered a non-

"People ought to open Logan said.

offered apologies while also claiming extenuating circumstances.

"I am not now - nor

people who are not there, for

conforming pot-stirrer, Logan recently wrote a column arguing that the fight against performanceenhancing drugs in sports should be surrendered because, in his view, antidoping rules make very little headway against a problem that never seems to disappear. He said Sunday's onslaught of failed tests only bolstered his point.

up their eyes and see that there's very little we're doing that is keeping those who are motivated to use the substances from using them,"

The sprinters, meanwhile,

have I ever been — a cheat," Powell said on his Twitter



In this Sept. 12; 2009 file photo Tyson Gay; left; of the United States and Asafa Powell from Jamaica compete in men's 100 meters during an IAAF World Athletics Final at Thessaloniki's Kaftanzoglio stadium; Greece.; AP Photo/Thannasis Stavrakis; file

account.

The 30-year-old sprinter, whose 100-meter record of 9.74 seconds stood until Jamaican teammate Bolt beat it in 2008, was calling for an investigation as to how a stimulant called oxilofrine entered his system and caused a positive test at Jamaica's national championships in June.

Simpson, who tested positive for the same stimulant. said she "would not intentionally take an illegal substance of any form into my system."

Gay was more contrite, though he also wasn't taking full responsibility.

"I don't have a sabotage

story. I don't have any lies. I don't have anything to say to make this seem like it was a mistake or it was on USA-DA's hands, someone playing games," said Gay, who fought back sobs in a telephone interview. "I don't have any of those stories. I basically put my trust in someone and I was let down."



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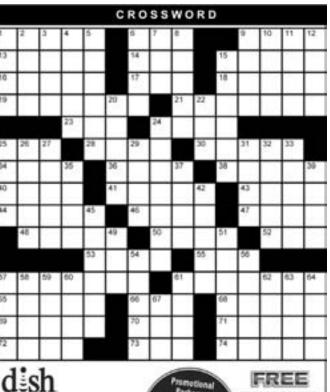
ACROSS

- 1. Half of the Odd Couple
- , the Beloved Country"
- 9. Greek portico
- 13. Just outside a fairway
- 14. Thou, today
- 15. Sound units
- 16. Covered with hair
- 17. 2, on a telephone dial
- 18. Moonshine
- 19. *He drove Miss Daisy
- 21. *Played TV doc before becoming movie star
- 23. Water snake
- 24. Nightcrawler
- 25. Michigan's " __ Five"
- 28. Kind of jerk
- 30. King Tut's and Napoleon's hangouts, e.g.
- 34. Paella pot
- 36. *Without Tijuana Brass, this Alpert appeared in "The Ten Commandments"
- 38. Civil rights org.
- 40. Sound of pride
- 41. Breastplate
- 43. Smoothie berry
- 44. Ionic and Corinthian predeces-
- 46. *He was a dead man walking
- 47. Lose coat
- 48. Phobias
- 50. A personal view

- 52. Court divider
- 53. "Once ___ a time..."
- 55. Baseball stat
- 57. Of the essence
- 61. *A Bond man
- 65. Flowing tresses
- 66. Genetic stuff
- 68. Handy
- 69. Express a thought
- 70. H+, e.g.
- 71. *Ed Sullivan Show vetriloguist, Wences
- 72. Post-deductions amount
- 73. Armageddon
- 74. Muse of love poetry

- 1. "Carmina Burana" composer, developed system for teaching music to kids
- 2. Lemon quality
- 3. "Kiss Me, Kiss Me, Kiss Me" band
- The
- 4. Come to terms
- 5. Nursery poems
- 6. Greenish blue
- 7. *Sam Seaborn on "The West Wina"
- 8. New Mexico's state flower
- 9. Begone!
- 10. Roger Rabbit, e.g.
- 11. One third of thrice
- 12. Light grey
- 15. Quantum of light
- 20. #46 Across said, "

- Hand"
- 22. Ignited
- 24. Enter uninvited, 2 words
- 25. *Indiana
- 26. Reserved
- 27. Harsh noise
- 29. Profound
- 31. "Yes, ___"
- 32. *He was rebellious and footloose
- 33. Found on a map
- 35. "Mi chiamano Mimi." e.g.
- 37. Tough spot
- 39. *He stole from Louise and spent seven years in Tibet
- 42. Contemptuous look
- 45. *He had Zellweger at "Hello"
- 49. Kind of resort
- 51. Excite
- 54. "An but a goodie"
- 56. Daisylike bloom
- 57. Hurry up
- 58. Bright yellow flower, ___seed,
- known for its oil
- 59. U in I.C.U.
- 60. *Rapper 50 ____, acted with De Niro and Pacino in "Righteous Kill"
- 61. Boston or Chicago, e.g.
- 62. Columbus' vessel
- 63. Loads
- 64. "I, Claudius" role
- __, Mr. 67. Negation of a word







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and the respective wives.

or widows of his, if any,

all of whose names and

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> LEGAL NOTICES

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19-25,

NOTICE IS HEREBY given that an Order entered by the Civil Court, Kings County on 07/11/2013. bearing Index Number NC-000802-13/Kl. а copy of which may be examined at the Office of the Clerk, located at 141 Livingston Street, Brooklyn, NY 11201, grants me (us) the right to: Assume the name of (First) Terrence (Last) Wiltshire. present name is (First) Augustine (Last) Wiltshire AKA Terence Augustine Wiltshire AKA Terrence Wiltshire. Μv present address is 270 Brooklyn, Lenox Rd.. NY11226-. My place of birth is Trinidad And Tobago. My date of birth is May 28, 1951.

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STATE OF NEW YORK SUPREME COURT SUM-MONS AND NOTICE Index No. 20992-10 Borough: Brooklyn Block: 1813 Lot: 52 NYCTL 1998-2 RESIDUAL TRUST AND THE BANK OF NEW YORK MELLON. AS COLLATERAL AGENT AND CUSTODIAN. Plaintiffs, vs. KARIM SARDER A/K/A KARIM SADER, if living, or if he be dead, wife, heirs-at-law next of kin, distributees, executors, administrators, assignees, lienors, successors-increditors. interest and generally all persons having or claiming under, by or through SARDER A/K/A KARIM SADER, by purinheritance, lien or otherwise of any right, title or interest in and to the premises described in the complaint herein, generally all persons hav-

YORK CITY ENVIRON-MENTAL CONTROL BOARD; CONSUMER SO-LUTIONS REO. LLC: DEUTSCHE BANK NA-TIONAL TRUST COMPA-NY. AS TRUSTEE OF **AMERIQUEST** MORT-GAGE SECURITIES, INC ASSFT BACKED PASS THROUGH CERTIFICATES 2005-R10 UN-SFRIFS DER THE POOLING AND SERVICING AGREEMENT DATED AS OF NOVEM-BER 1, 2005; CITIBANK NATIONAL ASSO-CIATION, SUCCESSOR IN INTEREST TO CITIBANK DAKOTA), (SOUTH NA-TIONAL **ASSOCIATION** AND "JOHN DOE THROUGH "JOHN DOE #100", the names of the last 100 defendants being fictitious, the true names of said defendants being unknown to plaintiffs, it being intended to designate fee owners, tenants or occupants of the liened premises and/or persons or parties having or claiming an interest in or lien upon the liened premises, if the aforesaid individual defendants are living, and if any or all of said individual defendants be dead. their heirs at law, next of kin. distributees. executors, administrators, trusdevitees, committees, sees, legatees, and the assignees, lienors, creditors and successors in interest of them, and

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ing or claiming under, by, through, or against the said defendants named as a class, of any right, title or interest in or lien upon the premises described in the complaint herein. Defendants.

TO THE ABOVE NAMED

DEFENDANTS: YOU ARE HEREBY SUMMONED to answer the Complaint in the above-entitled foreclosure action, and to serve a copy of your answer on the plaintiff's attorney within thirty (30) days after the service of this Summons, exclusive of the day of service or within thirty (30) days after completion of service where service is made in any other manner than by personal service within the State. The United States of America, if designated as a defendant in this action, may answer appear within sixty (60) days of service hereof. In case of your failure appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. Kings County is designated as the place of trial. The basis of venue is the loof the subject cation premises.

Dated: November TO THE ABOVE 2012 NAMED DEFENDANTS: The foregoing summons is served upon you by publication, pursuant to Order of Honorable an Francois A. Rivera, Justice of the Supreme Court, dated June 2013, and filed with supporting papers in the Kings County Clerk's Office. This is an action to foreclose certain tax liens (the "Tax Lien") covering the property known as 810 Marcy Avenue, Brooklyn, New York and identified as Block 1813 and Lot 52 (the "Premises"). The relief sought is the sale of the Premises at public auction in satisfaction of the Tax Lien. In case of your failure to appear, judgment may be taken against you in the sum of \$13,005.78, toaether with interest costs, disbursements and

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> LEGAL NOTICES

tion, and directing the public sale of the Premises. Anthony J. lacchetta PHILLIPS LYTLE LLP Office and Post Office Address 1400 First Fed-Plaza Rochester, eral New York 14614 Tel. No. (585) 238-2000

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File No.2007/746/A SUPPLEMENTAL CITA-TION

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next of kin and distributees whose names and places of residence are unknown and if such pursuant person died subsequent to the decedent herein. to such person's execuadministrators. tors legatees, devisees, signees and successors in interest whose names and places of residence are unknown and to all other heirs at law, next of kin and distributees of **SELBERT** PROVIDENCE, the decedent herein whose names and places of residence are unknown and cannot after diligent inquiry be ascertained the unknown spouse, if any, and any and all undistributees known heirs-at-law and next-ofkin of SELBERT PROVI-DENCE, and if any of the aforementioned persons be dead, their respective husbands or wives. anv. legal representatives. heirs-at-law, nextof-kin, distributees and successors-in-interest generally, all of whose names and places Ωf residence are unknown and cannot after diligent effort be ascertained A petition having been duly filed by Public Administrator of Kings County, with offices at 360 Adams Street, Room 144A Brooklyn, New York 11201, YOU ARE HEREBY CITED TO SHOW CAUSE before Surrogate's Court, Kings County, at 2 Johnson Street, Room 319, Brooklyn, New York, on August 29, 2013, at 9:30 o'clock in the forenoon of that day, why the account of the Public Administrator of Kings County, a summary of which has been served interests herewith, as Administraand to tor of the estate of Sel-

bert Providence, should not be judicially settled. [X] Further relief sought (if any): that the above persons be cited to show cause why such settlement should not granted; why the Surrogate should not fix, determine and approve the petitioner's statutory commissions pursuant to SCPA 2307 in the er, upon fully complying

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as shown in Schedule C-1, the petitioner's administration expenses to SCPA 1106(3) in the amount of \$2.887.98. as shown in Schedule C-1, and the compensation of the petitioner's counsel, Steven R. Finkelstein, Esq., in amount \$16,574.75, as shown in Schedules C and C-1, together with such additional amounts as determined by the Surrogate, based on additions to the estate from the closing date of the Account to the date of the Decree; why the claims of New York State Department of Taxation and Finance, in an unknown amount, as shown in Schedule D. Contingent and possible claims, and Schedule C-1, should not be fixed and determined or, if not so fixed and determined, deemed rejected; whv the claim of New York City Human Resources Administration, in an unknown amount, as shown in Schedule D, Contingent and possible claims, should not be fixed and determined or, if not so fixed and determined deemed rejected; why a hearing should not be held to determine the decedent's distributees, at which time proof pursuant to SCPA 2225 may be presented; why the petitioner should not be permitted to distribute so much of the net estate, less an appropriate reserve for the preparation of fiduciary income tax returns and the payment of taxes, if any, shown thereon to be due, to the decedent's distributees. as now known or hereafter determined, as their may appear, deposit anv amount not so distributed with the Commissioner of Finance of the City of New York for the benefit of any distributees of the decedent who are under disability and for whom or for whose estate no fiduciary has been appointed, or who are unknown whose or whereabouts are unknown; why the petition-

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made in this proceeding. should not be released and discharged of and from any liability, responsibility or accountability with respect to the petitioner's acts and proceedings, whether embraced in or reasonably to be inferred from the Account: and why such other and further relief as this Court deems just and proper should not be granted Dated. Attested and Sealed, June 19, 2013 Seal HON. DIANA A. JOHN-SON Surrogate Doreen A. Quinn Chief Clerk Steven Finkelstein. Fsa Attorney Name (212) 363-2500 Tel No Firm 90 Broad Street, Suite 1700, New York, New York 10004-2286 Address NOTE: This citation is served upon you as required by law. You are not required to appear. If you fail to appear it will be assumed that you do not object to the relief re-You have a auested. right to have an attorney appear for you, and you or your attorney may request a copy of the full account from the petitioner or petitioner's at-

torney. NOTICE

Julie L. Clarke, Plaintiff has sued you, Johnny L. Clarke, Defendant, in the Court of Common Pleas County, Clearfield Pennsylvania to Civil Divi-No. 2013-395-CD sion for Divorce and Custody and Visitation of the minor child, Julian Clarke,

d.o.b. 6/25/08. If you wish to defend against the claims set forth in the Complaint in Divorce, vou must take prompt action. You are warned that if you fail to do so, the case may proceed without you and a decree in divorce or annulment may be entered against you by the Court. A judgment may also be entered against you for any other claim or relief attorney's fees of this ac- person's heirs at law, amount of \$12,551.92, with the Decree to be requested in these pa-

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pers by the Julie L. Clarke. You may lose money or property rights important to you, including custody or visitation of your child.

When the ground for divorce is indignities or irretrievable breakdown of the marriage, you may request marriage counseling. A list of marriage counselors is available in the Office of the Prothonotary of Clearfield County. Clearfield Courthouse. County

Clearfield, Pennsylvania IF YOU DO NOT FILE A CLAIM FOR ALIMONY, DIVISION OF PROPERTY. LAWYER'S FEES OR EX-PENSES BEFORE A DI-VORCE OR ANNULMENT IS GRANTED, YOU MAY LOSE THE RIGHT CLAIM ANY OF THEM.

You are ordered to appear in person at Clearfield County Courthouse on August 15, 2013 at 1:00 p.m. for a custody conference. port to the Court Administrator's Office, Floor, Clearfield Courthouse, Pennsylvania. be directed as to where the conference will held. If you fail to appear as provided by this Order, an Order for custody, partial custody or visitation may be entered against you or the Court may issue a warrant for your arrest.

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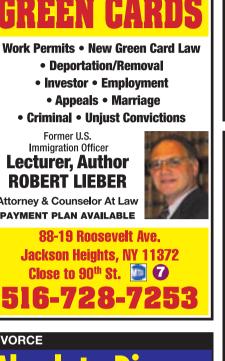
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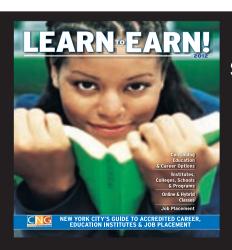
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