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Carib urged to improve domestic reforms

By Nelson A. King

The World Bank is urging the Caribbean and other developing countries to “double down” on domestic reforms, saying that first quarter weakness in 2014 has delayed an “expected pick-up” in economic activity.

According to the Washington-based financial institution’s Global Economic Prospects (GEP) report, the region is headed for a year of disappointing growth. The report says bad weather in the United States, the crisis in Ukraine, rebalancing in China, political strife in several middle-income economies, slow progress on structural reform, and capacity constraints are “all contributing to a third straight year of sub five percent growth for the developing countries as a whole.”

“Growth rates in the developing world remain far too modest to create the kind of jobs we need to improve the lives of the poorest 40 percent,” said World Bank Group President Jim Yong Kim. “Clearly, countries need to move

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Taste of the islands

The ultimate taste of the islands, fresh fruits welcome summer during the launch of Caribbean Restaurant Week at Brooklyn’s D’Savannah. See page 3. Photo by Tequila Minsky

GUYANA AIRLIFT BOOST

Airlines cash in on Guyana market

By Bert Wilkinson

When U.S. mega carrier Delta pulled out of Guyana 13 months ago, passengers traveling to there were left to the mercy of Trinidad-based Caribbean Airlines on the Georgetown-New York and American Eastern Seaboard routes.

Fares which normally hovered at around \$800 for the five and a half hour flight between the two cities skyrocketed in some cases up to \$1,400, triggering outrage

and charges by the Guyanese tourism ministry of exploitation by a monopoly.

Top officials from CA even traveled to Guyana for talks with top officials, made almost amendments to fares and won widespread plaudits from passengers when the Caribbean trade bloc’s leading carrier commenced, regular non-stop, round flights between the two cities, sparing Guyanese

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Taste great Caribbean food

By Tequila Minsky

Caribbean Restaurant Week — June 22 - 28 is happening! A great way of culminating Caribbean Heritage Month and celebrating the diversity and tastiness of Caribbean food boasts its organizer, Jean Alexander of the West Indian American Day Carnival Association (WIADCA).

Bajan, Jamaican, Trinidadian, Cuban, Haitian and Pan-Caribbean are some of the eats from 35 participating restaurants that one can sample or indulge in at eat-in or take-out restaurants and even supper clubs with live music. Callaloo, griot, roti, stewed or jerk meats, doubles, Trini-Chinese and Caribbean fruit punches are among the bold and bright, savory and spicy, nuanced flavors that make up the many cultures and cuisines in the world of Caribbeans in New York. For the non-red meat eaters, some restaurants offer fresh oysters, Caribbean-style vegan, veggie burgers, jerk seitan, aloe pies and pepper shrimp.

WIADCA consulted with the Brooklyn Chamber of Commerce and a team of four from WIADCA pulled together the first citywide focus on Caribbean eats. Ms. Alexander cites one of the main goals, “We want to give a boost to small Caribbean-owned restaurants; most are mom and pop.”

The BCC was experienced with two other successful “restaurant weeks” this year – Italian and Kosher – so BCC was the perfect partner, even as the event extended beyond Brooklyn boundaries.

“We did it in one month. We identified and invited 100 restaurants to participate and over 40 responded,” says Ms. Alexander. (Some saying they will do it next year.) The use of social media and e-mail blasts were used extensively to get the word out, including the Caribbean Restaurant Week New



Flavorful and unique, mango chow, a melange of mango, pineapple and cilantro served during the launch of Caribbean Restaurant Week last week at the D’Savannah Restaurant, Brooklyn.

Photo by Tequila Minsky

York Facebook page.

This year, the bulk of the restaurants are in Brooklyn with two in Queens, and two in Manhattan. Next year, Ms. Alexander is sure to find participation from the other boroughs. The sit-in restaurants are offering lunches from \$8-\$18, dinners from \$15-\$35. The take-out restaurants have fare from \$5-\$15. Some of the eateries have Caribbean-week new recipes or added specials, free fruit punch or all-day specials.

Last Friday on a glorious early summer evening, organizers, supporters, and local politicians munched on fresh fruit kabobs, mango and pineapple chow (chutney), and spicy shrimp for the festive Caribbean Restaurant Week kick-off in the back yard at Brooklyn’s D’Savannah, one of the participating restaurants. For a full list of restaurants: <http://wiadcacarnival.org/2014/06/caribbean-restaurant-week-new-york/>

Says Natasha Andrews of the West Indian American Day Carnival Association, “I am so thrilled this many restaurants are participating and there is this much interest in the foods of the Caribbean.”



Comptroller Scott Stringer (left) presents commendation to Brooklyn-born, renowned songwriter Irving Burgie, who is of Barbadian ancestry. Photo by Tangerine Clarke

Comptroller praises Caribbean Americans for contributions

By Tangerine Clarke

Comptroller Scott Stringer told Caribbean Americans that it would be impossible to imagine New York City without them, noting that the nationals have made the city a great place to live.

“Everyone wants to be in New York because this is an aspirational city, and for centuries Caribbean Americans have shared their civic and economic life here,” said Stringer who celebrated Caribbean American Heritage Month at the Surrogate’s Courthouse in New York City.

In his June 18 address, Stringer said, “I renew my commitment to you as your

comptroller to keep the fundamental promise of this city alive where everyone can work, educate their children and build for the future.”

“I believe we must include everybody as we fight to make sure all immigrants who come here, have the same opportunities as previous generations,” he added.

In acknowledging the many activists and successful nationals that were present, Stringer said, “I know that you have made great sacrifices for this city. You not only believe strongly in the Caribbean community, but also in the diversity of our city.

“This is why it’s so important that we take the time to celebrate the different heritage of our city and the people who make special contributions.”

Stringer presented commendations to Brooklyn-born, renowned songwriter Irving Burgie, who is of Barbadian ancestry, Haitian-born Dr. Carole M. Berotte Joseph, fifth president of Bronx Community College, and the Caribbean American Chambers of Commerce and Industry.

Community activist and scholar, Dr. Una T. Clarke in introducing Stringer, called the comptroller a progressive and an advocate for the

voiceless in the Caribbean, and the community as a whole.

She acknowledged President Obama’s reaffirmation of Caribbean American Heritage Month and noted, “If we don’t use it, we would lose it” before thanking the comptroller for hosting the celebration.

Clarke added, “It is time for us to come together to understand what we have contributed to the United States as a nation and use this occasion as a vehicle to organize ourselves to make sure the Caribbean is not marginalized.”

“We must also advocate
Continued on Page 30

Celebration at African Burial Ground

By Tequila Minsky

Douglas Massenburg of the National Park Service has been wanting to have Illyasah Shabazz, daughter of Malcolm X, speak as part of the African Burial Ground programming for a long time. This year, June 19, became that day. The date is also called Juneteenth, known as Emancipation Day, and is the oldest known celebration commemorating the

ending of slavery in the United States.

On June 19, 1865, Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the Civil War had ended. General Order No. 3 stated, “The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free.”

Commemorating the

Civil Rights movement as part of the park’s annual Juneteenth celebration, Ms. Shabazz gave a powerful lecture about civil rights, sharing her personal experiences while growing up as the child of Malcolm X.

She emphasized the importance of knowing where one came from—one’s history. And, she was referring to the spectrum of Africans in the Diaspora and their history,

Africa, slavery, historical moments and movements, and notable figures in African Diaspora history. Her father, Malcomb X is one of the great figures in American history.

Following the presentation, Ms. Shabazz responded to questions from the audience and then signed her latest children’s book “Malcomb Little: The Boy Who Grew Up To Become Mal-

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CARIBBEAN ROUNDUP

Updated daily at www.caribbeanlifeneews.com

THE NEWS FROM BACK HOME

Antigua

One day after taking up the position as Antigua and Barbuda's prime minister, Gaston Browne has signed a Memorandum of Agreement (MOA) with Yida International Investment Antigua Ltd to pave the way for a two-billion investment project in the twin-island state.

According to a government press release, the MOA emerged after an eight-hour session of negotiations on Saturday June 14, 2014.



Yida International is expected to invest over \$200 million annually in the economy over the next 10 years, as well as provide an Antigua & Barbuda presence in the People's Republic of China to attract additional economically viable investments.

Prime Minister Browne said, "I promised the people that my administration would bring the type of investments to the country that will transform Antigua & Barbuda into an economic powerhouse and I am serious about that promise."

"The Memorandum of Agreement is the result of our determination to work in the interest of the people of the country," he added.

Yida investors say the initiative will see the transformation of Guiana Island and surrounding lands via the construction of five-star hotels.

Thirteen hundred (1,300) residential units, a casino, conference center, 27-hole golf course, marina and landing facilities, as well as a commercial, retail and sports facility will also be built.

Guyana

The Guyana government is urging students to repay loans



Preparing for natural disasters

St. Vincent has been strengthening river defences and coastal defences following deadly floods in December 2013. See story on page 14.

IPS/Desmond Brown

granted for their higher education even as it indicated that it would continue to meet the expenses despite the cut in budget allocation this year.



Finance Minister Dr. Ashni Singh said that while the government is reviewing the Guy \$450 million allocation in the budget for the loan scheme, he however, lamented that the current level of repayment of the loans is unsatisfactory and that measures were being contemplated in terms of alternative courses of action to encourage greater level of compliance.

A government statement said

that over the years, a vast majority of the student population at the University of Guyana have benefited from student loans and that large percentage of new entries continue to apply for this facility.

The loan facility is designed to assist Guyanese students, who, otherwise, would not have been able to pursue tertiary education in a field of their choice and in so doing, secure a brighter future for themselves and their families.

Grenada

The World Trade Organization (WTO) will conduct a Thir5d Trade Policy (TPR) on member countries of the Organization of Eastern Caribbean States (OECS),

which will take place in Geneva this week.

The TTR process is mandated by Annex 3 of the Marrakech Agreement which forms part of the WTO body of agreements.

Developing countries such as those in the OECS grouping are mandated to undergo a TPR every six years.



The WTO said the purpose of the TPR is to contribute to improved adherence by all members to rules, discipline and commitments made under the multilateral trade agreements and, where applicable, the plurilateral trade agreements, to ensure the smoother functioning

of the multilateral trading system, by achieving greater transparency in, and understanding of, the trade policies and practices of member states.

Grenada's Ambassador to the WTO, Dr. Patrick Antoine, will deliver a statement on behalf of the OECS that comprises Antigua & Barbuda, Dominica, Grenada, St. Lucia, St. Vincent and the Grenadines and St. Kitts-Nevis at the opening of the TPR.

Haiti

Law enforcement officials are searching for seven prisoners who escaped from a police station in Petit Goave injuring a police officer in the process.

The authorities said that one of the prisoners had thrown a liquid in the face of the officer as he opened the cell door to attend to another inmate who had requested help.

The officer was wounded as the prisoners sought to take his fire-arm during their escape recently.



The authorities have named the seven escapees, noting that three others who came to his assistance had refused to flee the prison.

Jamaica

The International Monetary Fund (IMF) will pay a visit to Jamaica by the end of this month.

This is according to a statement issued by the Ministry of Finance, which said a delegation headed by IMF Managing Director Christine Lagarde will hold meetings with Prime Minister Portia Simpson-Miller, Finance Minister Dr. Peter Phillips and other senior government officials.



The IMF director will also par-

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St. Vincent, Guyana discuss twining tourism products

By Nelson A. King

Tourism Minister Cecil “Ces” McKie says he recently held discussions with his Guyanese counterpart, Mohamed Irfaan Ali, in twining the tourism product in both countries.

On a stop-over in New York over the last weekend, after attending a major Spain-Caribbean Community (CARICOM) seminar in Madrid, McKie told Caribbean Life, in an exclusive interview, that he held wide-ranging talks with Ali surrounding the marketing of both countries as a common tourism package.

“We also looked at several investment opportunities with Guyana,” said McKie, disclosing that Guyana is assisting the nation in getting the South American Airline, COPA, to travel to St. Vincent and the Grenadines on completion of the Argyle International Airport.

He further reiterated previous statements that the Dr. Ralph E. Gonsalves administration is holding talks with other international airlines “to come directly to St. Vincent and the Grenadines”

when the airport becomes fully operational.

McKie said he met with Ali on the margins of last week’s Spain-CARICOM seminar, which was attended by a number of regional tourism ministers and representatives.

A Guyanese tourism statement said while St. Vincent and the Grenadines is known for its “wonderful beaches, sunshine, waters,” Guyana is a “fantastic destination for Eco (ecology) and Nature tourist and lovers.”

“Both ministers believe that combining the two products would make both destinations more competitive and appealing for the international market,” the statement said.

“Both countries are working on improving their international airports. Whilst Guyana is implementing an absolutely essential upgrade of its facilities, St. Vincent [and the Grenadines] is similarly completing a new international airport,” it added.

“Both ministers spoke of the immense potential these facilities will fulfill for the two countries,”



St. Vincent and the Grenadines Tourism Minister Cecil Ces McKie. Photo by Nelson A. King

it continued.

McKie said regional ministers and tourism officials were able to get a “first-hand look” at Spain’s tourism product by visiting museums and other sites, and by looking at “areas on how to strategize.”

“Spain and CARICOM have a very good working relationship,” he said. “We’re looking to strengthen our partnership with Spain – the whole question of connectivity; the question of airlines; the use of technology; the various types of tourism they have to utilize (heritage, the use of movies). They were able to use these types of activities to advance the tourism product.”

Dynamic Airways makes inaugural flight to Guyana

By Tangerine Clarke

North Carolina based Dynamic Airways, a charter service that will be managed by Roraima Airways Guyana, lifted off from John F. Kennedy International Airport for Cheddi Jagan International Airport on June 26 to begin its four-day per week service to the Republic.

The carrier is expected to provide much needed competition in the travel market that has been plagued by high fares and passenger dissatisfaction. The Guyana government gave the green light to Dynamic Airways to operate its budget carrier with fares starting at \$499.00 round-trip.

During the airline’s launch at the JFK Sheraton Hotel recently, Tom Johnson, VP of business development assured the gathering that Dynamic Airways is committed to providing excellent service and reiterated that his promise to Donald Ramotar president of Guyana, will be kept.

He thanked the government of Guyana for giving the UK-based group ASM the opportunity to

connect Dynamic Airways with Guyana as part of its services that merge airlines with destination airports and routes.

The wide cross-section of nationals, travel agents, and the media, asked many questions of the executive, who ultimately satisfied the customers and assured them that one aircraft from several of its fleet will have a permanent home at Cheddi Jagan Airport for uninterrupted service and minimal delays.

“Guyana is on the threshold of becoming a strong tourism market and as such, any additional lift for passengers and tourists would be a welcome opportunity,” said Chief Executive Officer of Roraima Airways, Captain Gerry Gouveia, who praised Dynamic Airways for flying the route at a time when every possible addition to other airlines now serving to Guyana, would be an asset.

Gouveia added that the carrier creates room for advanced and higher service standards, as well as reasonable fares offered to the Guyanese travelling public.



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Caribbean Life salutes 48 healthcare professionals

Forty-eight Caribbean Americans in the health care profession were honored at the first Caribbean Healthcare Awards organized by Caribbean Life newspaper at a gala on Wednesday, June 25, 2014 at the Tropical Paradise Ballroom, Brooklyn.

Those honored come from, Aruba, Barbados, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St. Martin, and Trinidad & Tobago.

Caribbean Life Publisher Clifford Luster in commenting about the awards said, "We are thrilled to honor these talented healthcare providers. Our healthcare industry would not be near-

Our inspiring stories included a former undocumented homemaker who launched her American dream with her own home care agency.

ly as successful without the Caribbean Americans who comprise a significant portion of our workforce and dominate critical areas of our caregiving disciplines."

Caribbean people known for their loyalty and hard

work have continued to apply these attributes in the Diaspora with many making significant contributions in the healthcare industry.

Our inspiring stories included a former undocumented homemaker who launched her American dream with her own home care agency and a physician who was inspired as a young teenager to embark upon a career in internal medicine after witnessing "a man in a long white coat with a stethoscope" tend to his ailing grandmother in Haiti, and hearing his father's magical words, "this is a doctor and he's going to save your grandmother's life."

Airlines compete for Guyana route

Continued from cover
passengers from annoying stopovers in Trinidad.

Now the aviation landscape is about to change for the better, with serious competition looming on the summer horizon.

Three new airlines, Panamanian flag carrier, COPA Airlines, Insel Air, the Dutch Caribbean's main symbol in the skies operating out of Curacao and Dynamic Air out of New York are set to compete with Caribbean Air and Fly Jamaica this summer.

Upstart carrier, Fly Jamaica which appeared on the aviation horizon last spring is about to celebrate a full trouble-free year operating between Guyana, Jamaica, New York and Canada.

It is owned by veteran Guyanese aviator Captain Ronald Reece and Jamaican Captain Lloyd Tai and has designs on other routes including South American markets like Brazil and Suriname. It recently bought a Boeing 767 in

addition to a 757 it had acquired at start up.

As the summer peak gets going albeit even slowly, Insel Air rolled out its Guyana-Dutch Caribbean service mid last week to much fanfare, opening new routes to tourists and the business community which up until now, had to endure overnight transits or lengthy stopovers in Trinidad, Venezuela and other destinations to get to Dutch Caribbean cities like Curacao, Bonaire and Aruba in a matter of hours rather than a day.

COPA, meanwhile, which is widely regarded as the Central American aviation bully, is set to begin its Georgetown flights in mid July, opening up easy access to exotic destinations like Cuba, Belize, Guatemala, Mexico and others. These would have been previously accessed via Miami, in many cases by way of overnight sleepovers there.

Dynamic on the other hand was scheduled to

commence service this week out of New York. It is more of a chartered service, which is being adapted to work the Guyana route on a scheduled basis.

As passengers and tourism officials watch on with excitement, one thing is becoming clear and that is there is now more competition on the routes and fares are expected to fall as people such as Tourism Minister Irfaan Ali and Airports Authority Chief Ramesh Dookhoo predict.

"We are against predatory pricing and we saw that last year. That is one of the reasons why Delta had pulled out, citing predatory pricing by Caribbean until it had captured the market then took fares right back up. That should cease now," Dookhoo told this publication this week.

And even though passengers are expected to be happier than a year ago when Delta quit without explanation, the aviation scene is a far cry from the late 70s and 80s.

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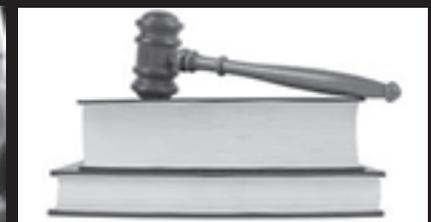


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Change has come to sports in the USA

By Vinette K. Pryce

Coming to America was no easy transition for sports aficionados arriving as immigrants from the Caribbean. In Jamaica, track and field, soccer AKA football and cricket were the seasonal attractions. Therefore, when I attended Theodore Roosevelt High School in the Bronx to find a soccer team in place, it was assurance that a measure of familiarity would prevail.

The entire team was comprised of players either from foreign countries or had parents who had migrated here. Most were Europeans. The best of the lot was Rene, a Cuban center fielder who resembled Brazil's best, Pele.

Watching the team play was like revisiting Bob Marley's music.

And although the sport seemed to gradually build recruits, there was little passion to gloat when Pele was king.

Sure, the U.S. has been competing in World Cup since the 1930's. Neither could the players nor country be considered Yankee-come-lately. After qualifying in 1934, withdrawing participation in 1938, the team remained a bystander until 1950 when they resurfaced. It was not until 1990 that the U.S. qualified again. A year earlier during the CONCACAF Championships, the Yanks gained confidence winning 1-0 against Trinidad and Tobago. It marked the U.S.'s first away win in near-

ly two years and earned the United States its first World Cup appearance in 40 years. Perhaps the upward climb started then because in 1994 when the U.S. hosted the contest I recall being on a flight to California and the pilot on a United Airlines flight announced the score to a game versus Brazil. Brazil scored a 1-0 victory and it felt like the worst turbulence.

Americans it seemed had caught the fever and have not cooled towards the global game of champions.

Fast forward to 2010 when FIFA World Cup moved to South Africa, U.S. fans blew into vuvuzelas as if the horn represented a hat-trick. Four years later, 180,000 Americans purchased tickets to spread across the Amazon to see team USA play a game that is now broadcast on ESPN and WABC.

In this same year it seems everyone is talking about Portugal's fearless Cristiano Ronaldo. It is hard to imagine that since graduation from Hunter College a movie titled "Bend It Like Beckham" sold audiences to the skill of England's David Beckham."

All this has happened over a relatively short time-frame. The underdog sport of America -- soccer -- is number two for young sports-minded Americans. Named the second most popular sport among a generation of 12 to 24 year-olds, the

Continued on Page 12

College graduates need a debt free future

By LeeAnn Hall

The U.S. Senate held a vote recently to bring up legislation allowing student debt holders to refinance old loans at lower current interest rates. The motion to debate the "Bank on Students Emergency Loan Refinancing Act" (S. 2432) garnered a 56-38 majority but fell short of the 60 votes needed to open debate.

Republicans cast 37 of the 38 "no" votes. Only three Republicans joined 53 Democrats and Independents in voting to debate the bill.

For members of the college and high school classes of 2014, and for past graduates, this effort to tackle the student debt issue is sorely needed. For whether their degrees are in math, science, history or English, our graduates are coming out of college schooled in something else entirely: the crushing weight of student loan debt.

With outstanding student debt now topping \$1.2 trillion, 40 million Americans are facing the consequences of our failing national commitment to higher education. This situation poses a threat to America's economic vitality and its promise of opportunity.

The Federal Reserve reports that growing student loan debt is holding borrowers back from buying homes and cars. This is bad news for an economy still trying to get its mojo back since the Great Recession.

And student loans have turned into a big business for the U.S. Department of Education, which reportedly made a profit of \$41.3 billion from federal student loans last year. If the agency were a corporation, it would be one of the most profitable in the world.

It's time to address the student debt crisis and the toll

"The Federal Reserve reports that growing student loan debt is holding borrowers back from buying homes and cars"

it's taking on the economy. Allowing refinancing will save borrowers thousands of dollars in interest payments. That will free up disposable income, boost consumer spending, and strengthen the economy.

However, to fix the overall student debt picture, we need to think even bigger -- big enough to put "free college" back on the national agenda. Does free college sounds like magical thinking? It's more like a walk down memory lane.

Fifty years ago in California, tuition-free college wasn't pie in the sky, it was state policy. In 1964, a world-class education in the public University of California system came with free tuition and fees totaling just \$220 for the year.

At the 1964 minimum wage of \$1.25 an hour, you could earn \$220 in four and a half weeks of full-time work. That means a University of California student 50 years ago could earn enough to pay for a year's college costs by flipping burgers for a month in the summer.

Today, even at in-state rates, with tuition and fees averaging \$8,893 for the 2013-2014 school year, it would take seven months of full-time work at the \$7.25 federal minimum wage to make that much.

What's changed since 1964? A massive public disinvestment from higher education has shifted the costs of college onto students and families. Just in the

past few years, state funding per student was cut by an average of 27 percent nationwide.

Private interests have filled the void, transforming college finance into a vehicle for financial industry profits. Private lenders have moved aggressively into the student loan market, offering loans with interest rates in the double digits. The explosion of student loan debt has also fueled a burgeoning student loan debt collection industry.

Translation: Wall Street has turned our college students into a new cash cow.

It doesn't have to be this way. If we're serious about giving our children and grandchildren real freedom -- freedom from student debt -- we need to reverse the trend of public disinvestment, put a stop to private profiteering, and recommit to free college in America. Then we need to marshal the resources to make it happen. Ending offshore tax giveaways to multinational corporations and millionaires would be one way to get there.

Is solving the student debt crisis going to take a fight, given the political clout of the financial interests that are making big money off the status quo? Of course. But it's a fight worth having.

Let's make college in America what it should be: a free, shared vehicle for building an educated people, not another costly way for special interests to take us for a ride.

Hall is executive director of the Alliance for a Just Society, a national research, policy, and organizing network that advances state and national campaigns for economic and social equity.

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

Very questionable 'expertise' from this senator

It is appropriate to ask how much deference is due a prisoner of war after his or her release, perhaps more so in light of the eruption of unseemly hostility that surrounded the recent release of Army Sgt. Bowe Bergdahl after he was held captive for five years in Afghanistan. But the angry response to the Bergdahl release and swap for five supposedly bad guys held by the U.S. made for quite a contrast with another well-known p.o.w whose red-carpet ride continues, decades after his release from imprisonment in North Vietnam. Does the case of Senator John McCain beg the question of there being possibly some over-compensating in the goodwill bonanza the senator has enjoyed?

No one is about to deny McCain his country's respect and gratitude for his record of outstanding service in the Vietnam war. That he chose to follow his time in the military with further national service as, first, a member of Congress and subsequently a senator, speaks to a patriotic bent in the man that is obviously beyond question. But the idea of McCain having a virtual hammer lock on media exposure as he spouts his unabashedly

hawkish views ad nauseam leaves you to wonder if there hasn't been some tacit "hands off McCain" understanding among the folks who "run things." Much to the chagrin of the lot of us.

In the midst of all the political sparring about the current deepening chaos in Iraq, there he was, in full flight the other day, railing against those who posit that the nation has become war weary. Who, in heaven's name, would dare question – after military engagement in Iraq since 2003 and Afghanistan even longer – that the country is indeed very war weary? The super-hawk senator from Arizona, that's who.

Another former military man, Senator Lindsey Graham, no slouch of a hawk himself, has frequently been a sort of McCain fox-hole companion, invariably on the same page, delivering tough talk about some muscular action by the U.S. military that is the proper response to a problem in this or that location around the world. The two advocates of American big-stick policy abroad are now regularly billed as the GOP's go-to foreign policy expertise team, but McCain has to be considered

Viewpoint

By Les Slater

the senior partner in this deal. If only for the "ultimate authority" role that the media seems to have assigned him. It's uncanny, this constant bull rush toward McCain by mainstream media, as if to suggest that utterances from him had somewhat of a Delphic oracle status. All of this for a guy whose predictable pronouncements about the Obama administration's foreign policy failings have all the originality of the latest Elvis contest winner.

I mean, how truly newsworthy could it be if it's known well in advance that the same tired lines about the use of American military resources for any skirmish popping up anywhere are the guaranteed sum total of the McCain contribution? Now he's into getting on the American public's case for being "war weary" after having been saddled with a protracted and costly Iraq occupation, thanks to a bunch of Republican manipula-

tors' grand deception.

How much further along this know-it-all path is McCain prepared to go? And, more importantly, how much longer is the mainstream media prepared to play the pretend game that stuff emanating from McCain represents gold-standard wisdom on the conduct of U.S. foreign affairs? A survey released last week by Public Policy Polling about the American people's feelings on sending combat troops back into Iraq showed as many as 74 percent of respondents disapproving of any such re-deployment. Understandable numbers for sure, given what Americans have long known of the farce that served as pretext for initially becoming involved. McCain thinks there is something very wrong with the great majority of us for harboring such a view. And supposedly grown men and women in the media evidently consider McCain as having something important to bring to the table – so much so as to make him the dominant talking head on the glut of network Sunday morning newsmaker programs.

It's enough to make you wonder about the retentive powers of media masterminds calling these plays.

The presidential election of 2008 was a fairly recent happening. How could presumably reasonable people think to ascribe extraordinary or even adequate good judgment to an individual who was altogether untroubled to have Sarah Palin the proverbial heartbeat away from the presidency? Why is there this disproportionate attention still being paid to a man who, having been a frontline cheerleader for the original Iraq travesty, now unapologetically cheers for a rerun?

It is thus difficult to arrive at a rational explanation for why McCain thinks his is a voice worthy of being listened to. The p.o.w angle seems as good as any. But if McCain does indeed think his prisoner of war experience earned him an unlimited pass to regale us with outdated blood-and-guts fixes for how the U.S. engages the rest of the world, how wrong, one more time, this guy tends to be. Honoring McCain for his great service to country includes no obligation on our part to refrain from telling him he's on the wrong side of history. The fawning media should get with the program as well and quit this long-running orgy of McCain silliness.

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OP-EDS

American soccer has arrived

Continued from page 10
once foreign game is homeland security.

When Ghana played the USA recently, Manhattan seemed a virtual viewing hub. From Times Square to Union Square, crowds packed into bars to cheer the Stars and Stripes. When Team USA scored, the noise reverberated through the subway systems and deafened clueless observers. American troops in Afghanistan watched in huge numbers. And after The Yanks beat Ghana 2-1 all bets are on for a US advancement to the next level.

Win, lose or draw, American soccer has found a place among the top sports.

The second match in Rio de Janeiro drew even bigger gatherings in downtown Kansas City, Chicago, Illinois, and in many major cities.

The 2-2 score that cooled top-ranked Portugal's heat finds them facing Germany on June 26.

Win lose or draw, American soccer has found a

place among the top sports. Ranked 13th in the entire world, the USA has rapidly gained respect playing the challenging sport and fans are as passionate as those in Brazil, Europe, and wherever the sport reigns.

"Baseball is currently the second most popular sport among all Americans but most baseball fans are older while Major League Soccer is a young person's game. This means that as generations of baseball fans die off, they will be replaced with generations of soccer fans, and the MLS will welcome them with open arms."

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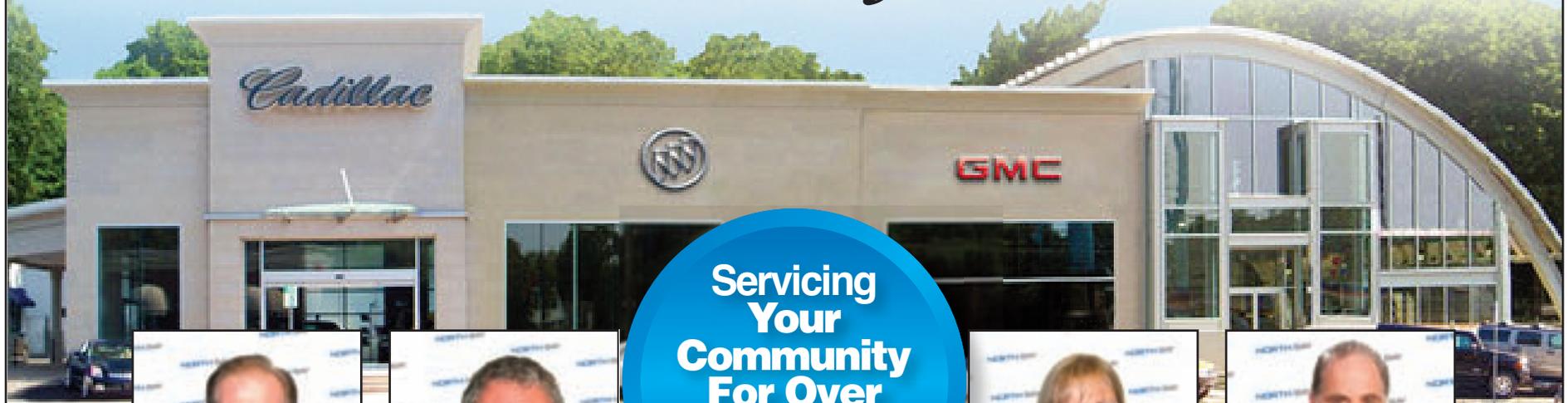
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St. Vincent officials are assisting residents who live close to rivers to move to safer locations.

IPS/Desmond Brown

Disaster-prone Caribbean

By Desmond Brown

KINGSTOWN, St. Vincent, June 15, 2014 (IPS) - A freak storm, followed by heavy floods in December 2013, will go down in history as the most destructive natural disaster to have hit the Caribbean island nation of St. Vincent and the Grenadines, with reported total damages and losses of at least 103 million dollars.

Six months later, the country, which is a mem-

ber of the Organisation of Eastern Caribbean States (OECS), is still in the recovery phase of this crisis, but Tourism Minister Cecil McKee said several lessons have been learned, making the country better prepared for future catastrophic weather events.

"We have been dealing with our river defences and our coastal defences," McKee told IPS, adding that the government is

not only repairing damaged homes but also "relocating a number of persons whose homes are situated on river banks in areas that are obviously going to put them at risk should we have a reoccurrence of such events."

A slow-moving, low-level trough on Dec. 24 dumped hundreds of millimetres of rain on the Caribbean island states of St. Vincent and the Grenadines, St. Lucia and Dominica, killing at least 13 people.

Scientists have called the floods the worst disaster in living memory for the small countries, caused by higher-than-average rainfall of 15 inches, which overwhelmed the water systems' ability to facilitate smooth run-off.

For McKee, the Christmas disaster was a reminder that "climate change is going to be here with us for some time."

"If we look at the events of Christmas Eve 2013, I think we can all agree that climate change is affecting not only St. Vincent and the Grenadines but the entire Caribbean in a significant way," he asserted.

But simply understanding the problem is not enough - many of the island nations in the Caribbean are in dire need of financial resources to assist with mitigation and adaptation.

CARIBBEAN LOOKS TO CLIMATE FINANCE

Flooding is commonplace in the Caribbean, with Guyana, one of the most flood-prone countries in the region, recently benefitting from a multi-million-dollar credit scheme to guard against flooding.

A statement from the World Bank said more than 300,000 people from the flood prone region of East Demerara will benefit from reduced flooding and climate risks as a result of an 11-million-dollar loan from the International Development Association (IDA).

Nearly 90 percent of Guyana's population lives in this narrow coastal plain, largely below sea level and, therefore, highly vulnerable to climate change.

Extreme rainfall in 2005 resulted in flooding and dam-

ages estimated at nearly 60 percent of the country's gross domestic product (GDP), or 465 million dollars at the time.

The impact on poverty was evident and many subsistence farmers, small business operators and vendors were affected.

Sophie Sirtaine, the World Bank's country director for the Caribbean, said the funds would assist in providing opportunities for all Guyanese by reducing vulnerability to climate change.

"To boost competitiveness, it is essential to address the vulnerability to climate risks and ensure that the skills learnt in the classroom lay the foundation for future work-place success," she told IPS.

Specifically, the project will upgrade critical sections of the East Demerara Water Conservancy dams and channels; improve drainage capacity in priority areas along the East Demerara coast; and increase flood preparedness by installing instruments to monitor hydro-meteorological data.

The IDA credit to the Government of Guyana has a final maturity of 25 years, with a five-year grace period.

During its annual board of governors meeting held in Guyana last month, Caribbean Development Bank (CDB) President Dr. Warren Smith said the Caribbean was becoming more aware of the severe threat posed by climate change on a daily basis.

"Seven Caribbean countries...are among the top 10 countries, which, relative to their GDP, suffered the highest average economic losses from climate-related disasters during the period 1993-2012.

"It is estimated that annual losses could be between five and 30 percent of GDP within the next few decades," he added.

According to Smith, despite the region's high vulnerability and exposure to climate change, Caribbean countries have failed to access or mobilise international climate finance at levels commensurate with their needs.

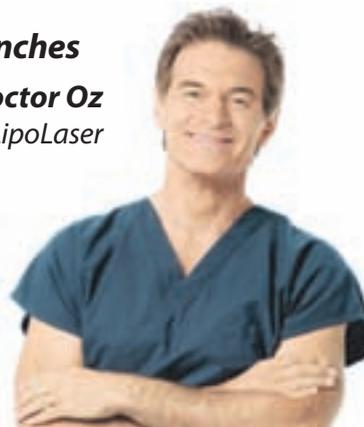
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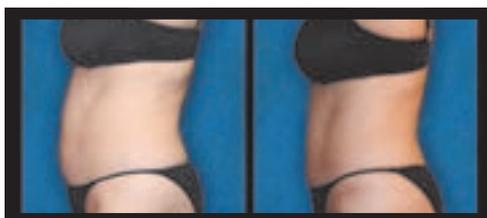


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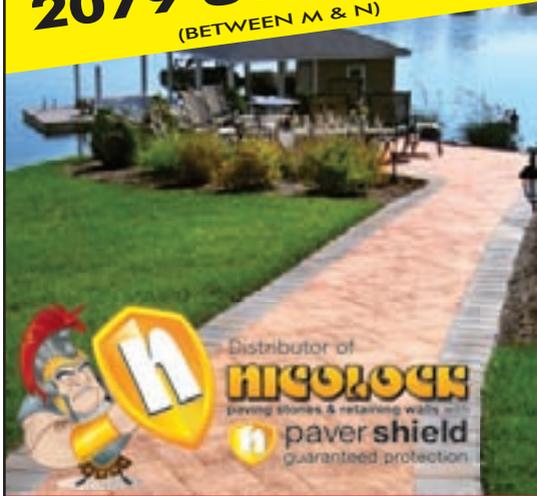
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CARIBBEAN ROUNDUP

Continued from page 4
 participate in several outreach activities before departing on June 28.

"The visit by the managing director of the IMF underscores the Fund's support for Jamaica's Economic Reform Program, and signals its commitment to assisting the wider Caribbean," the Finance Ministry said.

In May, an IMF review mission to Jamaica concluded that the country's overall economic performance under the program remains strong and the economic outlook is improving.

Suriname

Police are investigating the death of a 10-year-old boy who ate biscuits covered with rat poison in the Maroon village of Djoemoe on the upper Suriname River recently.

Police said that Vigo Gaga went to his grandmother's house while she was away and found the crackers smeared with what looked like colorful sandwich filling.



The filling, however, turned out to be rat poison that the grandmother had left as a trap for mice.

The boy died shortly after eating the poison and police officers had to travel to the remote village to carry out investigations.

St. Kitts

Police have arrested a member of a cruise

vessel of a sexual offence allegedly committed in the territorial waters of St. Kitts-Nevis.

Police said in a statement they had conducted an investigation into an allegation of a sexual offence which was committed on the ship on Friday June 6, 2014 in collaboration with the captain and crew of the Carnival Valor Cruise Line.



The statement said an intense collaborative investigation took place on the vessel into the sexual offence, which was allegedly committed on a passenger and led to the arrest and charges against a crew member.

Trinidad

President of the Caribbean Court of Justice Sir Dennis Byron says the region must get serious about crime, noting that certainty of punishment is a more effective punishment than severity of punishment.

Therefore, he said, it is necessary to increase crime detection and have trials take place closer to the committal of the offence.

He was at the time speaking on the Dana Seethahal Symposium; Reengineering the Criminal Justice System at the University of the West Indies, St. Augustine, Trinidad.



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The World Bank has lowered its forecasts for developing countries, now eyeing growth at 4.8 percent this year, down from its January estimate of 5.3 percent.

It said signs point to strengthening in 2015 and 2016 to 5.4 and 5.5 percent, respectively.

The bank said China is expected to grow by 7.6 percent this year, "but this will depend on the success of rebalancing efforts."

"Activity in the Latin America and the Caribbean region has been weak, reflecting stable or declining commodity prices, the drop in first quarter U.S. GDP (Gross Domestic Product) growth and domestic challenges," it said.

"The regional weakness carries over from 2013, weighing on merchandise exports in a number of countries," it added.

The World Bank, however, said regional exports, including tourism receipts in the Caribbean, "are expected to firm due to stronger growth in advanced countries, and improved competitiveness following earlier currency depreciations."

"This, coupled with continued robust investment growth along the Pacific coast of South America, and strong capital inflows should overcome first quarter weakness and generate a modest 1.9 percent increase in regional GDP in 2014, with growth accelerating to 2.9 percent in 2015 and 3.5 percent in 2016," the bank said.

Overall, the World Bank said the global economy is expected to pick up speed as the year progresses

and is projected to expand by 2.8 percent this year, strengthening to 3.4 and 3.5 percent in 2015 and 2016, respectively.

It said high-income economies will contribute about half of global growth in 2015 and 2016, compared with less than 40 percent in 2013.

The World Bank said the acceleration in high-income economies will be an "important impetus" for the Caribbean and other developing countries.

It said high-income economies are projected to inject an additional US\$6.3 trillion to global demand over the next three years, "which is significantly more than the US\$3.9 trillion increase they contributed during the past three years, and more than the expected contribution from developing countries."

The bank said developing country bond yields have declined, and stock markets have recovered, in some cases surpassing levels at the start of the year, "although they remain down from a year ago by significant margins in many instances."

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T&T promotes its petrochemical industry

Dr. Neil Parsan, ambassador of the Republic of Trinidad & Tobago to the United States of America, praised Trinidad and Tobago's petrochemical industry for its resilience and diversity in the face of many challenges over the past few decades.

In delivering the keynote address to government officials, industry leaders and business associates at the WADE Energy Conference in Puerto Rico, Ambassador Parsan emphasized that Trinidad & Tobago is a significant player in the international energy market with a portfolio that includes 10 ammonia plants, seven methanol plants and four Liquefied Natural Gas (LNG) trains. He mentioned further that Trinidad and Tobago is the world's number one exporter and third largest producer of methanol, and the among the largest producer of LNG worldwide.

Ambassador Parsan also stated that the government's policy on the natural gas industry is to continue to diversify the sector so that a broad range of commercial activities are developed. This strategy is intended to ensure the sustainability of the



In this Sept. 5, 2005 file photo, the refinery of the state-owned Petroleum Company of Trinidad and Tobago Ltd., PETROTRIN, is shown in Pointe-a-Pierre, on the Gulf of Paria, Trinidad & Tobago. From the Bahamas and Cuba down to Aruba and Suriname, international oil companies are lining up to locate potentially rich offshore deposits in the Caribbean.

AP Photo/Shirley Bahadur, File

natural gas sector well into the future. He highlighted the Di-Methyl-Ether (DME) Plant in Trinidad & Tobago through a partnership with Mitsubishi and Neal and Massy, a metals processing plant and an integrated downstream methanol and melamine petrochemical complex as examples of the types of projects that are being pursued in the

country. A LNG project with Gasfin Development SA is also being developed with a proposed capacity of 500,000 tonnes per annum. Given the intended size, the facility would fall within the mid-scale LNG project category and is intended to provide natural gas to Caribbean markets.

He touched on the energy challenges facing

the Caribbean region and suggested a three-pronged solution of renewables, LNG and increased energy efficiency. "Innovative funding mechanisms need to be conceptualized" said Dr. Parsan.

On the margins of the Conference, Ambassador Parsan met with the Deputy Secretary of State of Puerto Rico, Javier Gonzáles

accompanied by senior staff, to discuss opportunities to enhance trade and business links, education exchanges and language training between Trinidad and Tobago, the Caribbean and Puerto Rico. Mention was made of the need for greater collaboration in the protection of the Caribbean rum market and particular attention was paid to the

Puerto Rico Electric Power Authority (PREPA) which is currently undergoing a transition from oil to natural gas. The Puerto Rican officials expressed its interest in exploring natural gas from Trinidad and Tobago as an option for PREPA.

Honourable Eduardo Bhatia, president of the Senate of Puerto Rico and Congressman Pedro Pierluisi, Puerto Rico's Resident Commissioner in Washington both delivered remarks at the conference.

WADE is a non-profit research and advocacy organization that was established in 1997 to accelerate the worldwide deployment of decentralized energy systems. The conference highlighted, inter alia, opportunities in Puerto Rico and the Caribbean Basin, the changing regulatory landscape for the energy sector and the natural gas supply outlook. Puerto Rico imports all of its LNG and petroleum and the cost of imported petroleum has driven electricity prices to more than twice the U.S. average. It is hoped that recent legislation will result in an increase in the use of renewables for electricity generation.

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www.esd.ny.gov/smallbusiness.html

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

Small Business Resources - The Business Council of New York

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

Resources for Businesses in New York City - bfindapc.com

www.bfindapc.com/...business-resource.../resources-for-businesses-i
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Small Business Resource Guide - New York - HUD

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Illyasah Shabazz holds book signing

Continued from Page 3

colm X" that she authored, based on her father's childhood.

The African Burial Ground is recognized as the oldest and largest known African cemetery excavated in North America. It extends for 6.6 acres, and it is estimated that approximately 15,000 enslaved and free Africans are buried within its boundaries. On Feb. 27, 2006, the African Burial Ground was designated a National Monument by Presidential Proclamation, making it the 390th national park site to be managed by the National Park Service, an agency of the United States Department of the Interior.

The national park site consists of an indoor visitor center and exhibition—at 290 Broadway—the Ted Weiss Federal Building, just blocks north of City Hall. The impressive outdoor memorial, designed by Haitian-American Rodney Leon, is east of the building and can be seen from



A very happy Douglas Massenburg of the National Park having author Illyasah Shabazz, daughter of Malcolm X, sign a copy of her children's book, "Malcomb Little, The Boy Who Grew Up to Become Malcolm X."

Photo by Tequila Minsky

Duane Street, but should be entered into to truly appreciate it. The hours of the outdoor memorial are Monday through Saturday, 9:00 - 5:00 p.m.

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Live Holistic still teaching Brooklynites how to stay healthy

BY CAMILLE SPERRAZZA

Live Holistic celebrates its third year of keeping the borough healthy with the addition of another physician, Dr. Robert Ladyzhensky.

Like Dr. Vincent Adamo who founded Live Holistic, Dr. Ladyzhensky believes in teaching people how to maintain health, and treating ailments from a physical, mental, and nutritional approach. Rather than prescribing pills for what ails us, Live Holistic explores the factors that create conditions that make us feel sick.

As more people are seeking this type of wellness treatment, Live Holistic continues to grow. Dr. Ladyzhensky started working part time at Live Holistic last September, and joined the firm full time this May. Both doctors are chiropractors who share the same philosophies.

Educating people is a priority, says Dr. Ladyzhensky. While patients are at the of-

ice, they view documentaries on food and nutrition that play continuously on television sets. Proper nutrition is essential to wellness. The doctor practices what he prescribes by limiting his own intake of red meat. A healthy lunch might be a shake, made from ingredients that include kale, spinach, and coconut water. When you blend and liquefy meals, they are easier to digest, says the doctor.

Too much of what we eat is acidic — it contains lots of sugar — creating conditions to which diseases cling.

“Stay away from acidic foods,” says Dr. Adamo. “The body can’t heal in an acidic state.”

Instead, he recommends eating greens and vegetables, which put our bodies in an alkaline state. This is a state of wellness. Drinking lots of water is essential, too. When you consume soda, “the body has to work harder to get rid



Live Holistic in Bay Ridge celebrates its third year of keeping the borough healthy with the addition of another physician, Dr. Robert Ladyzhensky, here performing percussion massage on a patient.

Photos by Steve Solomonson



of it,” he says.

Unfortunately, many medical doctors aren’t taught much about the role nutrition plays in overall health, says Dr. Ladyzhensky.

“The pharmaceutical industry has infiltrated medi-

cal schools, pushing certain drugs, and teaching about them,” he says.

The public needs to know that there are alternatives. People used to laugh at the thought of being treated without drugs and surgery.

But more people are opening up to these possibilities.

“We are here to help them see the light,” he says.

Dr. Adamo has traveled the world, and says his studies have proven that the body has the power to heal itself, without drugs and surgery. This is because the nerves supply life to all cells, organs, and systems in the body; therefore, they are also responsible for healing it, he says. Think about the spinal cord.

“It controls your brain, which sends messages throughout your body. What happens when your spinal cord is injured?” he asks. “You are paralyzed.”

Dr. Ladyzhensky says when ligaments are loose, they are flexible, and take stress off the nerves.

But when the spine is not aligned properly, it presses on nerves, and we experience pain or other “paralysis” in areas of our lives. At

Live Holistic, the doctors specialize in spinal cord correction. One way this is achieved is with a machine that “pulls pollution from the body via electronic currents,” says Dr. Adamo. “It excites the cells, allowing them to release toxins.”

Live Holistic is a family-friendly facility that welcomes everyone, including children. The practice accepts health insurance, and works with people to make health care affordable.

“That’s what we are noted for,” says the doctor. “We don’t turn anyone away.”

View some of the doctor’s videos on YouTube.

Live Holistic [446 Bay Ridge Pkwy. between Fourth and Fifth avenues in Bay Ridge, (718) 921-5483, www.LiveHolistic.net]. Open Mondays and Wednesdays, 9 am–noon and 3–6:30 pm; Tuesdays and Thursdays, 1–6:30 pm; and Saturdays, 9 am–noon.

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Strength training tips for women

Many women might be surprised to know that strength training can be just as beneficial to the fairer sex as it can be to men. But according to the National Center for Health Statistics, only one in every five women include strength training in their weekly workout routines, a discouraging figure that could be making it more difficult for women to maintain a healthy weight and protect themselves against potentially debilitating conditions such as osteoporosis.

So why are so many women avoiding the weights in favor of the cardiovascular machines? Though the answer to that question remains a mystery, it's fair to speculate that many women are hesitant to lift weights out of a fear that they will bulk up and appear muscular. Such a fear is largely unfounded, as the Women's Heart Foundation notes that the average woman's estrogen levels are so high that it's difficult for her to become overly muscular. In fact, women who lift weights tend to benefit without adding the bulk by building muscle that is firm and tone, a look that's both healthy and vastly different from that developed by men who strength train.

In addition to producing toned muscles, strength training can help women to control their weight, as strength training reduces body fat and burns calories more efficiently. Muscle built during strength training also reduces a woman's risk of injury by improving her balance and coordination.

Strength training also benefits a woman's bones. As women age, their bone density decreases thanks to hormonal changes. That decrease in bone density puts women at risk of injury should they fall and also increases their risk of developing osteoporosis, a condition in which bones become brittle and fragile due to a loss of tissue. But strength training slows that deterioration, help-

ing bones maintain their strength longer.

While strength training pays numerous dividends for women, that's only the case if training is done correctly. The following are a few tips for women about to begin a strength training regimen.

Don't go it alone. Beginners, both male and female, should always enlist some help when starting a strength training regimen. Many fitness centers offer one or two free personal training sessions to new members, and women should take advantage of such offers to learn how to use certain machines and the proper form for the various strength training exercises they intend to include in their routines. If a facility does not offer the sessions free, consider hiring a personal trainer for a few sessions until you are comfortable with each exercise and confident your form is correct. Proper form prevents injury and promotes long-term health.

Keep it simple. Part of the difficulty with beginning a strength training regimen rests with the abundance of advice out there, whether "out there" is in your own gym or online. But simplicity is good when beginning a strength training regimen. Learn some basic exercises for each muscle group at first. Once you are comfortable with these basic exercises — and it might take several months to feel comfortable — you can then look to master additional exercises and create a more specialized strength training routine. Speak with a professional trainer at your gym to develop a good beginner's routine and then expand on that routine later.

Don't abandon cardiovascular exercise. Strength training should not be introduced at the expense of cardiovascular exercise. An adequate exercise regimen includes both strength training and cardiovascular exercise, which improves heart health

(remember, the heart is a muscle, too), helps to boost metabolism, and improves recovery time, among other benefits. As you grow more accustomed to your workout routine, increase the intensity of your cardiovascular workout and not the volume.

Don't be discouraged. It's easy to feel discouraged when beginning a strength training regimen, as results don't come overnight, leaving some to question if they will ever get stronger and reap the rewards of their efforts. Significant cosmetic results such as

finely toned muscles and considerable weight loss won't be immediate, but if you stick to your routine, you will likely begin to notice your energy levels are improving and you feel better, and those kinds of results often come sooner rather than later. Use such

encouraging developments as motivation if necessary and always keep in mind that strength training will pay off in the long run.

Many women avoid strength training out of fear that will develop large muscles that compromise their femininity. But such fears are unfounded, and strength training is a great way for women to get in shape and foster long-term health.



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Many benefits of yoga

In its 2012 “Yoga in America” study, Yoga Journal found that more than 20 million Americans practiced yoga, a nearly 30 percent increase from 2008, when the magazine conducted its previous study. Among the millions of yoga practitioners surveyed, roughly 82 percent were women. While those statistics figure to change as more and more people, men and women alike, turn to yoga, it’s clear that women, at least in the western hemisphere, are blazing the yoga trail.

Many women turn to yoga because they recognize the value of strength training but are uncomfortable or nervous about lifting weights. The various poses performed in yoga can increase muscle strength and tone, providing similar benefits to weightlifting. But yoga does more

than improve strength and muscle tone. The following are a few additional benefits of yoga, some of which may surprise even the most devoted of practitioners:

Improved flexibility. Some people are intimidated by yoga because they feel their bodies simply aren’t flexible enough to perform many of the poses typical of the average yoga class. While beginners may find the poses difficult, they are designed to safely stretch muscles. Over time, the poses may release lactic acid that builds up in muscles, and that lactic acid often contributes to fatigue, pain, stiffness, and tension. This release leads to improved flexibility, and like many physical activities, yoga poses become easier to perform as practitioners’ bodies become more accustomed to them.

Increased range of motion. Joint pain does not discriminate based on age or gender, and many sufferers of joint pain find it debilitating at times and at least mildly painful most of the time. But yoga can improve lubrication in the joints, increasing one’s range of motion as a result. That makes it easier for some people to live with joint pain, which may even subside among practitioners who fully commit to yoga.

Improved posture. The stronger, more flexible body that yoga often creates also contributes to better posture. Many yoga poses rely on the deep abdominal muscles to help maintain each pose, and this strengthens the body’s core. A stronger core increases the likelihood that a person will stand straight and tall, an improvement in posture that many nonpractition-

ers would enthusiastically embrace.

Reduced stress levels. Yoga practitioners often tout the effect that yoga has on their stress levels. Certain styles of yoga employ deep breathing techniques that force the mind to focus on breathing, and that focus has a calming effect, reducing stress as a result. Other yoga styles may employ meditative practices that aim to clear the mind of distractions that contribute to stress. Novices may be skeptical and question the efficacy of such techniques, but long-time practitioners of yoga find its effect on stress levels to be a hidden benefit of the practice. In addition, research has suggested that yoga may result in an increase of hormones associated with relaxation.

Heart health. People with a personal or family history



The majority of yoga practitioners are women, many of whom may be benefitting from yoga in ways they never imagined.

of heart disease may be surprised to learn that yoga has been shown to have a positive effect on those dealing with heart disease. Yoga slows the rate at which the heart beats, which helps

alleviate high blood pressure and helps those people with heart disease and lowers their risk of stroke. Yoga also has been linked to lower cholesterol and a healthier immune system.

New York Methodist-Cornell Heart Center Adds Advanced A-Fib Procedure

Specialists at the New York Methodist-Cornell Heart Center have recently begun performing hybrid ablation procedures, which are among the most technologically advanced procedures for the treatment of atrial fibrillation (A-fib), a heart rhythm disorder that impacts millions of Americans.

In a patient with A-fib, the natural electrical impulses that travel through heart tissue to control the heartbeat have malfunctioned, resulting in an intermittent or persistent quivering of the heart. Sometimes known as the Convergent Procedure, hybrid ablation involves the creation of scar tissue on precise areas of the heart to block abnormal electrical signals which are disrupting a healthy heart rhythm. Whereas normal heart tissue is able to conduct electrical impulses—even if that tissue is the source of

the heart’s electrical malfunction—scar tissue cannot. This is why focused ablation (scar tissue formation) can create a new, working electrical “network.”

“Depending on the individual, a wide range of effective treatment options are available for A-fib, including medication, electrophysiology and surgery,” said Anthony Tortolani, M.D., chairman of cardiothoracic surgery at New York Methodist Hospital (NYM). “However, for those whose A-fib has persisted despite these approaches, the hybrid ablation technique combines the most beneficial aspects of both cardiac surgery and electrophysiology into a single, minimally invasive procedure, and is a safe way to improve quality of life and reduce the risk for the complications of A-fib.”

The hybrid ablation procedure is performed at NYM by

cardiothoracic surgeons Isosif Gulkarov, M.D., and Berhane Worku, M.D., and cardiac electrophysiologists Brian Wong, M.D., and Bharath Reddy, M.D. During the surgical portion of the procedure, Dr. Gulkarov and Dr. Worku use a specialized endoscope to access the heart through a small incision in the patient’s abdomen. They then use radiofrequency (focused heat) ablation to produce scar tissue on the heart’s surface. Next, Dr. Wong or Dr. Reddy uses live x-ray guidance to thread an ablation catheter (tube) through an artery in the patient’s leg up to the inside of the heart. He then evaluates a three-dimensional, computer-generated map of the heart’s electrical system to ensure that the abnormal electrical signals have been interrupted, performing any additional ablations necessary on the interior of the

heart to fine tune the new electrical pathway.

“This procedure exemplifies the future of treatments for heart conditions, because it relies on the convergence of both technology and technique,” said Terrence Sacchi, M.D., chief of cardiology at NYM. “A normal heartbeat is the result of an incredibly sophisticated electrical process, which is why A-fib can require an equally sophisticated approach to treat. We’re proud to be able to add this new dimension to our treatment options for A-fib, and help even more of our patients get the rhythm back.”

For more information about hybrid ablation, call 866.84.HEART (866.844.3278) for the Institute for Cardiology and Cardiac Surgery at New York Methodist Hospital, which includes the New York Methodist-Cornell Heart Center.



(Left to right) New York Methodist Hospital electrophysiologists Bharath Reddy, M.D., and Brian Wong, M.D., and attending cardiothoracic surgeon Isosif Gulkarov, M.D., who collaborate to perform hybrid ablation procedures.



(Left to right) New York Methodist Hospital cardiothoracic surgeons Berhane Worku, M.D., and Isosif Gulkarov, M.D.

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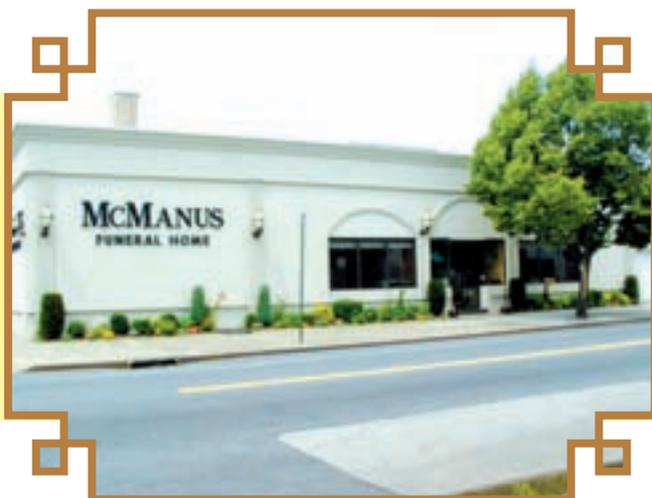
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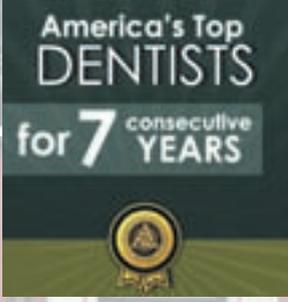
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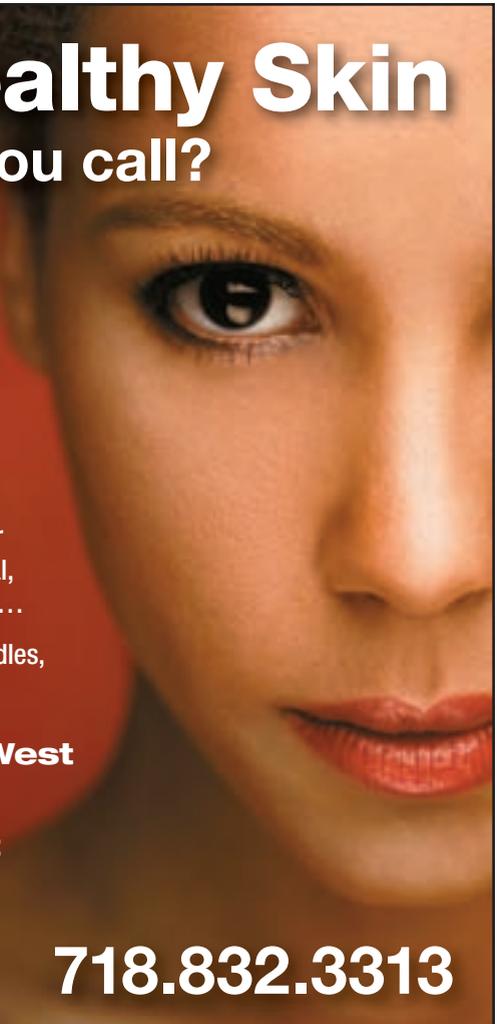
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Dr. Melinda Keller Introduces Zerona LipoLaser — A Non-Invasive Procedure that Helps Lose 3-9 Inches in Two Weeks!

Dr. Melinda Keller has been providing Chiropractic care to our community for over 30 years. As Director of the Brooklyn Spine Center located at 5911 16th Avenue, Dr. Keller specializes in a drug-free, hands-on approach to optimizing her patients level of health and wellness. However, she is as much of life coach as she is a chiropractor, helping patients coordinate

their good health through natural forces. With her latest focus, Zerona LipoLaser, Dr. Keller helps patients lose inches and weight as well as teach them to lead a healthier lifestyle. She takes a comprehensive approach to Zerona therapy as she believes it is more than just the laser treatment. Dr. Keller believes the key to this program is to achieve wellness by encompassing

good nutrition, exercise, vitamin supplements and a positive attitude.

Dr. Keller is teaching individuals that there are many benefits to this laser treatment. "This Lipo-laser procedure removes fat without surgery, pain or wounds." states Dr. Keller. Sounds too good to be true? Dr. Keller continues, "Zerona is a body sculpting procedure designed to cre-

ate a pore in the fat cells allowing the fat to leak out of the cell and your body to eliminate excess fat. What's great about it is there's no need for recovery. After your treatment you can continue your daily activities without interruptions from surgery, pain, or wounds."

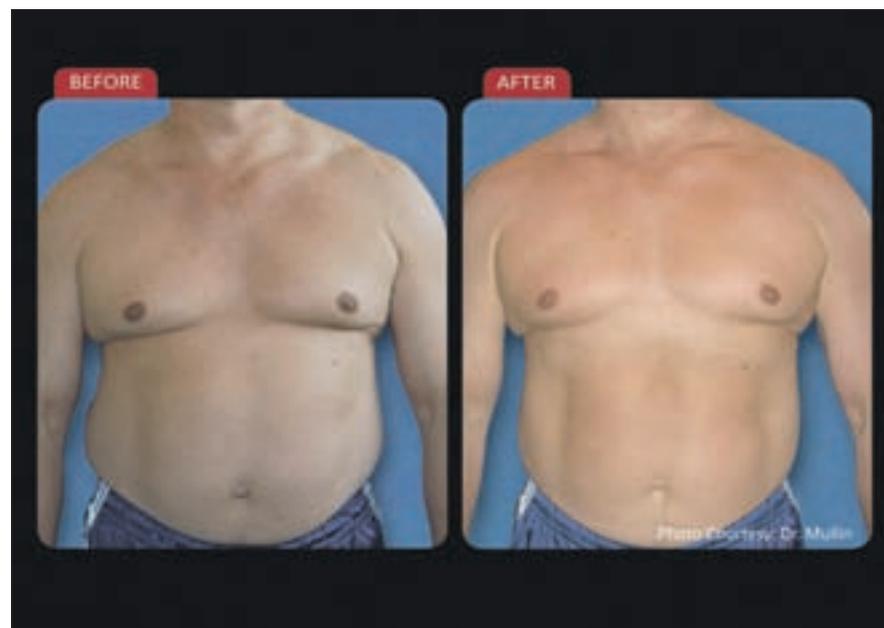
The program includes six sessions of laser therapy in a course of two weeks. During each session an in-

dividual will feel no pain and can practically take a nap or read a book for the twenty-minute duration. The body contouring method vows to help you lose 3-9 inches.

"Many people hear "Lipo-laser" and think of a "quick fix", says Dr. Keller. "My mission is not only to jumpstart fat reduction and weight loss but to help individuals make lifestyle

changes and achieve long-standing health results."

Dr. Keller invites people to come and learn about Zerona and decide if it is the right program for them and the right time to start. To find out when the next Zerona workshop will take place or for more information about the laser treatment please visit zeronala-serofnewyork.com or call (718) 234-6212.





Nelson A. King accepts award from Registered Nurse Celia Bramble (R), flanked by his wife, Dofflyn.

Photo courtesy of Nelson A. King

Caribbean Life's freelancer Nelson A. King honored at nurses gala

By Kevin Williams

Veteran Caribbean journalist, Nelson A. King, one of Caribbean Life's senior writers, last Sunday received a host of awards at the St. Vincent and the Grenadines Nurses Association of New York, Inc.'s gala Awards Luncheon at El Caribe Country Club in Mill

Basin, Brooklyn.

Besides a special award bestowed on him by the Brooklyn-based Vincentian nursing group, King also received a United States Congressional Proclamation from Brooklyn Congresswoman Yvette D. Clarke (D-9th CD); a New York State Proclamation from Assem-

blyman Nick Perry (D-59th AD); a New York City Proclamation from Dr. Mathieu Eugene (D-40th CD); and a Brooklyn Borough Citation from Borough President Eric Adams.

New York City Mayor Bill de Blasio also dispatched a letter, printed in the souvenir journal, congratulating the St. Vincent and the Grenadines Nurses Association of New York, Inc. and King for his "longstanding commitment to supporting our city's Caribbean community."

Registered Nurse Celia Bramble, president of the St. Vincent and the Grenadines Nurses Association of New York, Inc. told Caribbean Life that King, "truly exemplifies extraordinary excellence in journalism not only in the Vincentian community in New York but also at home and beyond.

"We have honored other individuals in the past, but there has not been so much input from so many elected officials," she said. "It speaks for itself. Mr. King has not only reached out to the Vincentian community, but he has crossed boundaries beyond our community."

Bramble, a retired colonel in the United States

Army Reserve, also wrote in the journal: "We are also delighted to pay homage to Mr. Nelson A. King, who exemplifies excellence, integrity and sincerity in the field of journalism."

St. Vincent and the Grenadines' United Nations Ambassador I. Rhonda King, New York Consul General Selmon Walters and president of the Brooklyn-based umbrella Vincentian group, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO), who all attended the ceremony, said King was "very deserving" of the awards.

King said it was with "sheer humility" that he accepted the awards, thanking the nurses for recognizing him for doing what he loves "doing best."

He also lauded his late parents, Jack and Beryl King, for having "the foresight" to send him to the St. Vincent and the Grenadines Grammar School, one of the leading secondary schools in St. Vincent and the Grenadines, where, he said, his "educational foundation was laid."

In addition, King thanked his wife, Dofflyn, a registered nurse, for her "love and support" over the years.

IMMIGRATION GUIDE

REMOVING IMMIGRATION NIGHTMARES

There are solutions to problems immigrants frequently experience.

Among the problems and solutions are the following:

1. GETTING MARRIED TO A US CITIZEN OR GREEN CARD HOLDER AND BEING ABUSED OR ABANDONED BY THE SPOUSE:

If you are married to a US Citizen or green card holder who is abusive or has abandoned you, you may be entitled to a work permit and green card even if you are divorced or have a criminal record. You do not need your spouse to file for you or sponsor you or attend the interview with you. This relief is also applicable to child (including step child), fiancée and parent of US citizens or green card holder. You can also get relief if you are married to a citizen or green card holder who was already married but did not divorce before marrying you, that is, a bigamy or polygamy situation.

2. PARENTS OF US CITIZEN WANTING TO WORK AND MAINTAIN THEIR CHILDREN:

Are you a parent of a US Citizen Child or Green card holder? You may be administratively approved for a work permit to enable you to maintain your family. This is an administrative relief subject to discretion of the government officials.

3. ILLEGAL ENTRY INTO THE US:

This is a major problem but there is relief for special immigrants married to a US Citizen or green card holder or those who have US citizen children. You may still get a work permit and green card.

4. ILLEGAL REENTRY AFTER DEPORTATION:

Did you enter the US after being deported? This is a crime. There is relief for special immigrants married to a US Citizen or green card holder. Hurry to talk to us before you are arrested. You may be entitled to relief?

5. WORK PERMIT AND GREEN CARD FOR CHILDREN AND YOUNG PERSONS:

- Are you less than 21 years old?
- Are you living in the US dependent on someone other than your parent?
- Is your natural parent dead or lack viable

means to take care of you?

- Do you think it is not in your best interest to return to country of birth or citizenship now? You may be entitled to work permit and or green card whether you entered with visa or not. You may still be approved even if you entered without inspection, entered with fraudulent document or overstayed your visa or have certain criminal record.

6. CRIMINAL RECORDS: WAIVERS AND PARDONS:

If you are convicted or pled guilty to a crime in the past it can generate complexities and be a nightmare but waivers and various special actions and legal procedures are available to relieve immigrants with past criminal records.

7. REMOVING 2-YEAR CONDITIONAL GREENCARD:

Many immigrants have found it difficult to remove conditions on their 2 year green cards either because they are not able to convince the government that their marriage is genuine or because they are not getting cooperation from their spouse. We can help remove conditions on your greencard, even if your spouse is not filing with you and even if you have been denied and placed in a removal proceeding. You need not wait for 2 years if you are abused by your spouse or if your spouse died.

8. ASYLUM PROBLEMS AND DEPORTATION ORDERS:

Do you have deportation order on you that makes you a fugitive? Hurry to talk to us before you are picked up by Detention and Removal Office (DRO). Your deportation may be suspended and get work permit & green card.

9. APPROVALS AND VISA BULLETIN PROBLEMS:

Do you have an approved petition filed by your brother or sister, parents etc and

you were unable to apply for a green card because you overstayed here in US? Call us now. We might be able to assist you.

10. NOTICE TO APPEAR (NTA) IN IMMIGRATION COURT AND IMMIGRATION COURT PROCEEDINGS:

Did you receive NTA from the government or are you currently in immigration court?

Consider speaking to us for a great first or second opinion and resolution of your case. You will not regret calling.



11. DO YOU NEED A WORK PERMIT, IDENTIFICATION CARD AND FOREIGN TRAVEL PERMIT?

You may be entitled.

12. CBP AND TSA PROBLEMS:

Correcting travel records- US-VISIT, ADIS Records, Enforce/Indent Records, DHSTRIP, and CLASS etc. Citizens and green card holders can remove names from CLASS

13. CITIZENSHIP AND CITIZENSHIP DELAYS OR DENIALS:

Did you apply for citizenship and you are being denied or unnecessarily delayed? Call us to enforce your rights in Federal Court.

14. WE PROCESS ALIEN WORKERS, STUDENTS, ENTREPRENEURS AND BUSINESS IMMIGRATION.



15. WE PROCESS CHANGE AND EXTENSION OF STATUS.

16. WE PROCESS ORPHAN AND ADOPTION PETITIONS.

17. VICTIMS OF CRIMES RELIEFS:

Are you a victim of Domestic Violence, Sex, Assault, Trafficking and other crimes? You may be entitled to relief?

18. UNCONTESTED DIVORCE- FROM \$399.

19. FEDERAL COURT ACTIONS.

**NO APPROVALS
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for DHS cases**

Juneteenth celebration

Continued from Page 3

for those in the Caribbean boarders and make sure America's foreign policy is even-handed as we fight for immigration reform. We are all in this together. Don't wait for others to do for us, that which we can do for ourselves," Clarke added.

The audience including Deputy Consul General of Antigua and Barbuda, Omya E. David and Ambassador Humanitarian & Diaspora Affairs, Derrick James, enjoyed a colorful dance performance by the St. Lucia Cultural Organization.

Honoree Irving Burgie, an 89-year-old WW II Vet, garnered loud applause

when he got up and sang "Islands in the Sun" and the Banana Boat song "Day-O," made famous by singer Harry Belafonte.

Berotte Joseph in turn, stated how proud she were to be a Haitian-American, and the first from her country to become a college president in the U.S., as she thanked the comptroller for the honor.

Calling Scott Stringer his very good friend, President of CACCI, Dr. Roy A. Hastick thanked the politician and applauded him for his commitment to the development of small businesses, and his ongoing work to help women and minority entrepreneurs.



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2001	Honda Civic, 87k	73406	\$2,995	2008	Toyota Camry, 65k	6035	\$8,995	2012	Ford Fusion, 27k	1880	\$10,888
2000	Honda Civic, 130k	544413	\$2,995	2010	Toyota Camry, 34k	1013	\$8,995	2012	Nissan Altima, 32k	1079	\$11,500
2003	Honda Accord, 91k	72885	\$3,995	2008	Hummer H3, 97k	3802	\$9,500	2012	Chevy Traverse, 50k	1260	\$12,888
2008	Hyundai Accent, 16k	1087201	\$5,995	2011	Ford Escape XLT, 25k	74493	\$9,995	2012	Volkswagen Passat, 22k	4362	\$13,995
2012	Hyundai Elantra, 15k	79461	\$8,995	MANY MORE LIKE THIS TO CHOOSE FROM!				MANY MORE LIKE THIS TO CHOOSE FROM!			

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2011	Nissan Rogue, 50k	69968	\$13,995	2011	Ford Edge, 51k	82896	\$16,995
2011	Honda Odyssey, 35k	036772	\$13,995	2012	Nissan Maxima, 20k	3788	\$18,995
2014	Nissan Versa, 9k	3309	\$13,995	2010	Infiniti G37, 28k	70898	\$18,995
2008	BMW 528xi, 34k	1008	\$13,995	2011	Acura MDX, 48k	1321	\$23,459
2009	Infiniti G37, 52k	83017	\$14,888	2011	Infiniti FX-35, 39k	1054	\$24,995
2012	Dodge Charger, 8k	1030	\$15,995	2010	Lexus LS 460, 39k	82704	\$31,995
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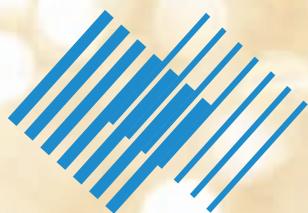
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JA'S Inner Circle records 'All About The Ball'

Jamaica's Reggae Boyz did not qualify for FIFA World Cup soccer contest in Brazil but Inner Circle, the island's reggae recording group known as the "bad boys of reggae" are ensuring that reggae music is fully represented at the South America Olympic football competitions.

The Miami-based music group that burst onto the scene with their infectious TV-themed "Bad Boys" a few years ago, recorded "All About The Ball," another catchy track that already has been sounded throughout football circles and predominantly at Caribbean viewing venues throughout the USA.

Now being touted as the World Cup anthem, the lyrics voiced by Mykal Roze, former lead singer of Black Uhuru promotes the game and its attraction. In a repetitive style, the Grammy winner touts the skilful athletic international sport through a bouncy beat.

A newcomer named



Inside Life

By Vinette K. Pryce

Bizerk helped the track to echo the now-famous extended scoring announcement "G-O-A-L" which now is a trademark of the world-famous sport.

THIRD WORLD REGGAE AMBASSADORS COMING TO BROOKLYN

Jamaican reggae musicians Third World are among the stellar line-up of artists booked for the free summer concert series slated for the BAM R&B Festival at Brooklyn's Metrotech. Returning to the city for the first time since the passing of lead-singer Bunny Rugs, the group will perform on July 17 during the 20th anniversary free lunch-time event which runs thru Aug. 7.

It could be "96 Degrees

in the Shade" when the band reprises those lyrics at the Metrotech Commons between noon and 2:00 p.m.

Others slated to perform include:

- June 5: Darlene Love
- June 12: Nicholas Payton presents Black American Music
- June 19: The Ohio Players
- June 26: Butler Bernstein & The Hot 9
- July 3: Davell Crawford
- July 10: Fredericks Brown
- July 17: Third World
- July 24: Bobby Rush
- July 31: Snarky Puppy
- Aug 7: Lisa Fischer

'KINDNESS' SLATES MEMORIAL FOR GUYANESE RADIO PRODUCER



Jamaican reggae band Third World singer, William Rugs Clark, performs at the Gurten Festival in Bern Switzerland on Friday, July 13, 2001. AP Photo/KEYSTONE/Yoshiko Kusano

A memorial tribute to Imhotep Gary Byrd's "Global Black Experience" however, Livingstone is slated to be held June 28 at the Adam Clayton Powell State Office Building in Harlem from 1:00 p.m. to 4:00 p.m.

Billed "Thank You For Your Kindness" the memorial tribute will feature music and dance in honor of the producer of several programs aired on three radio station - WBLS, WLIB and WBAI. Livingstone was most known as producer of

Imhotep Gary Byrd's "Global Black Experience" however, in times of need, many people regarded Livingstone as the go-to person for action and attention.

In addition, he was a special assistant to Rev. Al Sharpton and crisis manager with National Action Network, the activist organization founded by the activist and current TV host at MSNBC.

Sharpton, Rev. Herbert Daughtry, Councilmember Inez Barron, former City

Councilman Charles Barron along with a myriad of respected leaders are expected to attend the community event.

Livingstone died on March 14 at age 64.

For more information, call 212-592-3279.

EVERYBODY'S JAMAICAN PAT PASSES

Pat Boothe, the tireless editor at Everybody's Magazine passed on June 12. In a statement from Herman Hall, publisher, he said: "Pat was only in her mid 50s and after a brief illness from a heart problem died while in New York University Hospital."

"She was dedicated and primarily responsible for the editorial growth of the magazine," Hall added.

The Jamaican journalist leaves one son, Leon, mother, brother and sister Maxine to mourn. At press time there was no information about funeral arrangements.

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Jazz Forum at 35!

By Deandra Shuler

Jazz may have birthed out of slavery but over the years it has taken on many forms. While some say jazz is difficult to define, most agree its key component is improvisation. A music that took shape from the repetitive call and response hollers of African American slaves working on plantations to embody their blues, jazz has grown into a force to be reckoned with. Eventually, Dixieland jazz was conceived in New Orleans, and then the swing era brought in the big bands, although later bebop shifted the music back to small groups. Cords and rhythms changed offering freedom of composition as various harmonies and rhythms developed that defined the altering styles that denote jazz as a truly American creative art form defying boundaries.

On Saturday, June 28 at 8:00 p.m. nearly 30 jazz greats will come together to offer one of the greatest tributes to jazz experienced



Jazz drummer Billy Hart. Photo by John A. Lacko

on a single stage. Trumpeter, Executive Director and Jazz Forum Founder, Mark Morganelli, is bringing together jazz alumni to honor the Jazz Forum he established on June 29, 1979 in the East Village in Manhattan. This collection of renowned jazz musicians consisting of artists the likes of Lee Monitz, Larry Willis, Michele Rosewoman, John Burr, Mari-on Cowings, Chari Persip, T.S. Monk, Candido, David Amram, Bobby Sanabria, Wallace Roney, Steve Turre, Robbie Cuber, Valery Pomomarey and Bob Mover, to

Continued on Page 42

‘Impressions’ Dance Recital at JPAC

By Tangerine Clarke

Artistic Director Verna Walcott-White, and founder of Impressions Dance Theatre said she is proud of the incredibly milestone her students have reached over the last year of instruction, and look forward to the company’s 12th Annual Dance Recital set for Sunday, June 29 at the Jamaica Performing Arts Center (JPAC), at Jamaica Avenue and 153rd Street.

Titled “Let’s Danz 2” – The Journey Continues” the tots and teen will per-



Members of the Impressions Dance Theatre.

Photo by Tangerine Clarke

form pieces including Afro Caribbean, Ballet, Pointe, to

Continued on Page 42



K-Star and Finesse performing at the Caribbean Music Festival on Church Avenue.

Photo by Kevin Bollers

Carib music resonates on Church Ave.

By Kevin Bollers

The Church Avenue Business Improvement District presented “Island Sounds” as part of Caribbean Heritage Weekend on Church Avenue on Saturday June 21, 2014. The free Caribbean Music Festival featured Kompa, Reggae, Soca and Dancehall music. Community members were encouraged to come out, pick up a snack at any one of

Church Avenue’s many food stores and enjoy the live music at the BID’s outdoor plaza filled with palm trees, tables and chairs.

The Church Avenue BID partnered with HealthPlus Amerigroup to kick off a three-day Caribbean-American Heritage Weekend on Church Avenue from June 20 – 22, 2014. This three-day event included face painting, music, and giveaways

from small businesses on Church Avenue between Coney Island Avenue and Flatbush Avenue.

However, the main attraction took place on Saturday, June 21, 2014 (the summer solstice) in conjunction with the Make Music New York concert series, when the BID presented “Island Sound,” a free Caribbean music festival, featuring

Continued on Page 42

Hundreds ready to groove in Roy Wilkins Park

With less than a few days before the blastoff of Groovin' In The Park, the biggest one-day reggae and R&B summer show in the New York area, promoters of the June 29 event have stated that tickets are moving at a much faster pace than in previous years.

The star-studded lineup will present a rare New York City performance by Australian pop duo Air Supply who have sold more than 100 million albums, and who will be belting out smash singles such as "All Out of Love," "Every Woman in the World," "Even the Nights are Better," "Lost in Love," and more.

Air Supply will be joined by reggae icon and a timeless favorite Beres Hammond, plus reggae queen Marcia Griffiths celebrating 50 years in the music industry who will be performing with her friends Judy Mowatt, Bob Andy, Tony Gregory and John Holt. Also on this amazing lineup of A-list talent for Roy Wilkins Park in Queens are L.U.S.T (Lukie D, Thriller U, Singing Melody, Tony Curtis) and

"Music lovers are becoming excited by the lineup, the pace of ticket sales is ahead of previous years and we are expecting a good turnout."

youth idol Chronixx who is being hailed by music tastemakers as reggae's next megastar.

"We are very happy with ticket sales at this point," Andrea Bullens, Groovin' executive said. "Music lovers are becoming excited by the lineup, the pace of ticket sales is ahead of previous years and we are expecting a good turnout," she continued.

Not all the ticket sales for Groovin' In The Park are coming from the New York tri-state region. A resident of Ireland says he learned about the concert through stumbling upon a website with the Air Supply information. He immediately bought two tickets and he

is re-arranging his itinerary for a U.S. business trip to coincide with the festival.

There are three options for music lovers wishing to attend the festival. There is the premium VVIP section consisting of a limited number of elevated private tents and suites that are fully catered with food, beverage and other thoughtful considerations. Next there is the VIP section with seating close by the stage with light entrees and beverage. There is also the general admission section with unlimited access to purchase from a mouthwatering array of Jamaican and Caribbean dishes. Concert tickets can be purchased online at www.groovininthepark.com, and a various times, special promotions take place around New York City with a limited number of discount price tickets available for sale.

On random days, music lovers can have their pictures taken with Bubbles, the Groovin' In The Park mascot at The Door Restaurant, 163-07 Baisley Blvd. in Queens.



Meet "Bubbles," the Groovin' In The Park mascot who periodically sells discounted tickets.

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Knightley, Ruffalo co-star in magical NYC musical

“Begin Again”

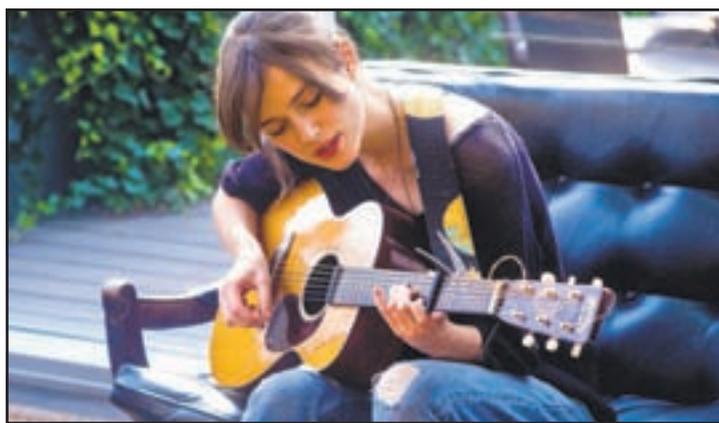
Excellent
(4 stars)
Rated R for
profanity
Running time:
104 minutes
Distributor:
The Weinstein Company

dive on open mic night. The haunting strains of “A Step You Can’t Take Back” catch the ear of Dan Mulligan (Mark Ruffalo), a legendary talent scout who happens to be sitting in the audience.

He proceeds to imagine how great Greta would sound accompanied by a full band instead of simply by her acoustic guitar. So, right after the diamond in the rough steps off-stage, he offers to help turn her into the next singing sensation.

But Greta is initially reluctant for a couple of logical reasons. First of all, she’d just decided to abandon her silly pipe dream of superstardom and was on brink of moving back to England. Secondly, the solicitous stranger standing in front of her reeks of alcohol and looks homeless, and nothing like a veteran A&R exec.

Truth be told, disheveled Dan is in the dumps because he was recently fired from Distress Records by the Harvard classmate (Mos Def) he’d co-founded the company with.



Keira Knightley as Greta in a scene from “Begin Again.”

Photo courtesy of <http://beginagainfilm.com/>

Furthermore, he’s being missing his estranged wife (Catherine Keener) and daughter (Hailee Steinfeld) since being kicked out of the house a year ago.

In fact, he was actually contemplating suicide until Greta’s voice gave him a new reason to live. Well, will he be able to revive his

career and launch Great’s simultaneously, or will the ambitious endeavor fail miserably? And, will the two fall in love, despite the age difference, or might they merely return to their respective exes? Those are the alternate scenarios contemplated by *Begin Again*, an absorbing, character-driven, musi-

cal drama written and directed by John Carney.

The movie is most reminiscent of Carney’s earlier offering *Once*, which won the 2008 Academy Award for Best Song (“Falling Slowly”) en route to the Broadway stage where it subsequently swept the Tony Awards, including Best Musical. *Begin Again* similarly revolves around a pair of losers down on their luck whose close collaboration yields a cornucopia of mellifluous melodies.

Who knew that Keira Knightley could carry a tune let alone in such a dulcet tone? Or that she was capable of generating palpable screen chemistry? Kudos are also in order for her top-flight, supporting cast, especially Mark Ruffalo, Adam Levine, Mos Def, James Corden, Catherine Keener, Hailee Steinfeld and CeeLo Green.

An enchanting musical adventure amounting to the best kept cinematic secret of the summer! At least until now.

Independent & Foreign Films

La Bare (R for pervasive profanity, incessant sexuality and brief graphic nudity) Homoerotic documentary offering a revealing peek inside the most popular male strip club in the world, *La Bare Dallas*, located in Texas. Director Joe Manganiello does double duty as narrator, interviewing dancers Nick Soto, Lance Winters and others.

Bound by Flesh (Unrated) Leslie Zemeckis (Bob’s wife) directs this heartbreaking documentary about Daisy and Violet Hilton, conjoined twins who made a fortune as a circus sideshow act, only to end up broke after being fleeced by crooked managers.

Drones (Unrated) Character-driven drama about the ethical dilemma faced by two soldiers’ (Matt O’Leary and Eloise Mumford) questioning the order to slay a suspected terrorist (Mahmoud Khalil) from miles away with the push of a button. With Mae Aswell, Vivan Dugre’ and Drea Garcia.

Jackpot (Unrated) Action-filled farce about the lives of four factory workers that come apart



Kam’s Kapsules

By Kam Williams

at the seams in the wake of winning over a million dollars in the lottery. Co-starring Kyrre Hellum, Mads Ousdal, Henrik Mestad and Arthur Berning. (In Norwegian and Swedish with subtitles)

The Pleasures of Being Out of Step (Unrated) Reverential profile retrospective, narrated by Andre Braugher, profiling the career of the legendary jazz journalist and civil libertarian Nat Hentoff.

Postman Pat (Unrated) Ronan Keating handles the title role in this animated adventure as an Average Joe whose faith is shaken after entering a TV talent show competition. Voice cast includes Jim Broadbent, Jane Carr and Greg Ellis.

Snowpiercer (R for violence, profanity and drug use) Climate change sci-fi, set in a futuristic dystopia where global warming has choked-off all life except for the few lucky enough to be

aboard a train circumnavigating the globe. Ensemble cast includes Chris Evers, Tilda Swinton, Jamie Bell, Octavia Spencer, Ed Harris, Alison Pill, John Hurt and Ah-sung Ko. (In English, Japanese, Korean and French with subtitles)

They Came Together (R for profanity and sexuality) Romantic comedy about a candy company exec (Paul Rudd) who falls in love at first sight with the eccentric owner (Amy Poehler) of the franchise he came to shut down. With Bill Hader, Ed Helms and Kenan Thompson.

Under the Electric Sky (PG-13 for suggestive material, drug references, partial nudity and brief profanity) Be-In gathering documentary about the Electric Daisy Carnival, an annual three-day festival which has evolved since its inception in 1997 into North America’s largest dance music event.

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TOP OF THE CHARTS

TOP 10 SINGLES

- 1 **Fancy**
Iggy Azalea Featuring Charli XCX
- 2 **All Of Me**
John Legend
- 3 **Problem**
Ariana Grande Feat. Iggy Azalea
- 4 **Not A Bad Thing**
Justin Timberlake
- 5 **Am I Wrong**
Nico & Vinz
- 6 **Ain't It Fun**
Paramore
- 7 **Summer**
Calvin Harris
- 8 **Rude**
MAGIC!
- 9 **Turn Down For What**
DJ Snake & Lil Jon
- 10 **Happy**
Pharrell Williams

TOP 10 ALBUMS

- 1 **Lazaretto**
Jack White
- 2 **The Fault In Our Stars**
Soundtrack
- 3 **Platinum**
Miranda Lambert
- 4 **Count Me In**
Rebellion
- 5 **Whispers**
Passenger
- 6 **Ghost Stories**
Coldplay
- 7 **The Rockville LP**
O.A.R.
- 8 **Frozen**
Soundtrack
- 9 **Turn Blue**
The Black Keys
- 10 **Gypsy Heart: Side A (EP)**
Colbie Caillat

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Woodie and The BAZ Troubadou Band performing on Church Avenue. Photo by Kevin Bollers

Caribbean music

Continued from page 39

live Kompa, Reggae, Soca, and Dancehall music. This three-hour concert was held on the corner of Church Avenue and East 17th Street next to the Downtown Natural Market

The Festival line-up includ-

ed former Dancehall/EDM, now turned Christian Reggae and Calypso DJ powerhouse SkerritB-boy, Guyanese Singer, Songwriter, and Producer Safo, Haitian Reggae and Kompa Artist Woodie and the BAZ Troubadou Band and Jamaican Reggae/Pop Artist K-Star.

The atmosphere had everyone

in a party mood. Attendees and passer-byes alike jammed, waved their hands, whined their wishes and sang along to the awesome Caribbean sounds sung and played by these talented artists and musicians while enjoying natural fruit and vegetable juices from Downtown Natural market and free promotional giveaways. Even members of the BID joined in on the fun, dancing and singing with K-Star and his partner Finesse. It

was truly a fun-filled event enjoyed by all.

The Church Avenue Business Improvement District (BID) is an organization that seeks to enhance the Church Avenue commercial district for businesses, residents, and shoppers by making it cleaner and safer, promoting the neighborhood as a shopping destination, and providing development resources to Church Avenue merchants and property owners.

Jazz forum

Continued from page 39

name a few, will celebrate the 35th anniversary of Jazz Forum via Jazz Forum at 35! as part of the Blue Note Jazz Festival held at the Skirball Center for the Performing Arts, located at 566 LaGuardia Place at Washington Square in Manhattan.

"When I established the Jazz Forum back in 1979, which is almost 35 years to the date of the June 28 show, it was to create opportunities for musicians who at the time weren't playing many gigs in more established clubs like the Village Vanguard, Fat Tuesdays or Sweet Basils which were booking the likes of Stan Getz, Dizzy Gillespie, Art Blakely and the Jazz Messenger and major artists like that. When I first opened, I started off with trumpeter Dizzy Reece the first weekend and booked Clifford Jordan the second week. Before long I had jazz going seven nights a week, a Sunday Singer's Brunch and even had Barry Harris conducting a jazz workshop at the loft that contained the Jazz Forum for three years before we moved to a bigger loft on Bleeker



The jazz trio of Kenny Barron, piano, Ray Drummond, bass, and Ben Riley, drums, performs the Erroll Garner classic "Misty," to a sold-out crowd at the 42nd Annual Monterey Jazz Festival.

AP Photo/Richard Green

Street," recalled Mark who later established Jazz Forum Arts.

"I plan to open the Saturday, June 28 show with a quartet comprised of Sonny Fortune, Kenny Barron, Ray Drummond and Billy Hart, which is just about the finest quartet you can assemble in straight ahead jazz. These are legends still playing at the top of their game. Vic Juris and Dave Stryker will play as a guitar duo. Dave will remain on stage where Cameron Brown and Michael Carvin will join him with base and

drum afterwards. And 92-year-old John Hendricks will collaborate with pianist Steve Ash," promised Morganelli, who also presents free summer concerts in Westchester.

Morganelli features 33 free concerts in 6 venues on Wednesdays evenings in Dobbs Ferry and a show in Tarrytown on a 67 acre site for 8 Thursday evenings in July and August. He does a musical series at Pierson Park on Fridays in August, as well as shows in White Plains, Greenwich, CT and at John Jay College in NYC.

Recital

Continued from page 42

Modern, Jazz, African, Hip Hop and Classical Kathak Rhythms, when they take to the stage at 1:00 p.m.

The Cambria Heights school, which comprises students of Caribbean ancestry, Canada and America have won numerous awards for their show-stopping performances and have thrilled audiences at New York City Hall, York College, the Holiday Inn and for Congressional and City Council members.

Guyanese-American Verna Walcott-White celebrates the diversity of her students and brings a wealth of experience to her dance studio. She is prolific in the art form that she acquired at the Guyana National School of Dance, the Guyana National Dance Company, and numerous other dance companies, where she was a dancer, choreographer and instructor.

For more information, call Verna Walcott-White 347-432-2856 or Kayla Stevenson 516-813-5084. Follow Impressions Dance Theatre on Facebook.

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US Open seeks ball persons

By Robert Elkin

Let's turn the clock back several years to some good days at Lincoln High School in Manhattan Beach, Brooklyn. During that time, there were basketball players such as Lance Stephenson, who has since blossomed to be a star in the National Basketball Association, and Sebastian Telfair, who has also been a professional.

At Lincoln there was a student named Winsley Cazeau, who became manager of sports teams, including basketball, at the school. He graduated from Lincoln in 2011.

Winsley's father, Felix Cazeau, whose claim to fame was to play soccer in his native land of Haiti.

Winsley, now 22 years of age, resides in the Flatbush section of Brooklyn.

He recently made a short trip to the USTA Billie Jean King National Tennis Center in Queens to try out to be a ball person at the United States Open Tennis Championships either from the back position or up front by the net.

Continued on Page 46

Chanderpaul's new Test rank

By Azad Ali

West Indies middle-order batsman Shivnarine Chanderpaul has jumped into second place for Test batsmen, ahead of Sri Lanka's Kumar Sangakkara in the latest ICC Test rankings.

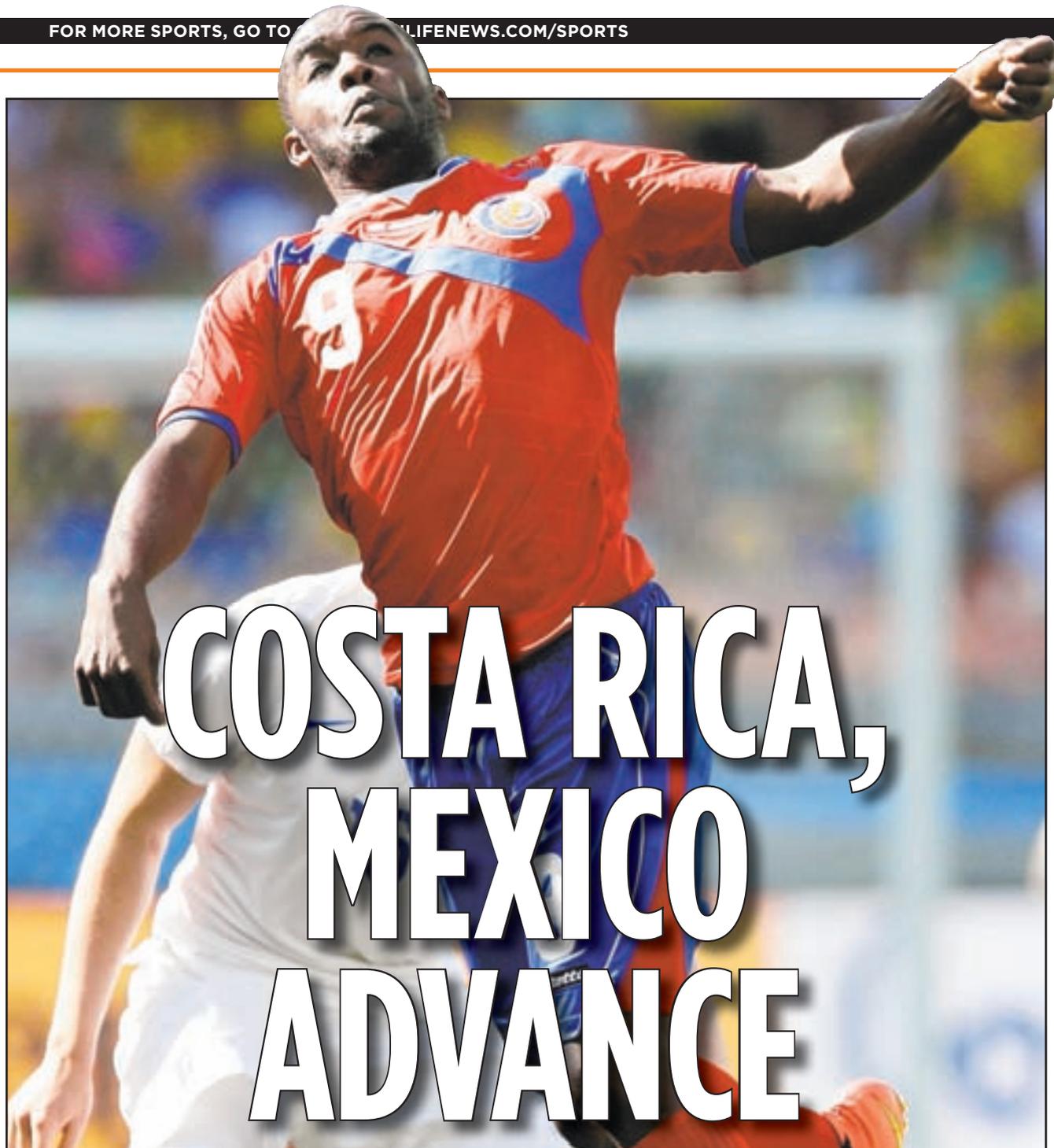
And three fast bowlers in the regional side have returned to the rankings.

Chanderpaul who scored an unbeaten 84 and 24 for West Indies in the opening Test against New Zealand in Jamaica now trails top-ranked AB de Villiers by 41 ratings points.

West Indies lost the Test by 186 runs with a day to spare.

Fast bowlers Kemar Roach and Jerome Taylor and spinner Sulieman Benn

Continued on Page 46



Costa Rica's Joel Campbell controls the ball during the group D World Cup soccer match between Costa Rica and England at the Mineirao Stadium in Belo Horizonte, Brazil, Tuesday, June 24, 2014.

AP Photo/Matt Dunham

CONCACAF soccer has arrived

By Patrick Horne

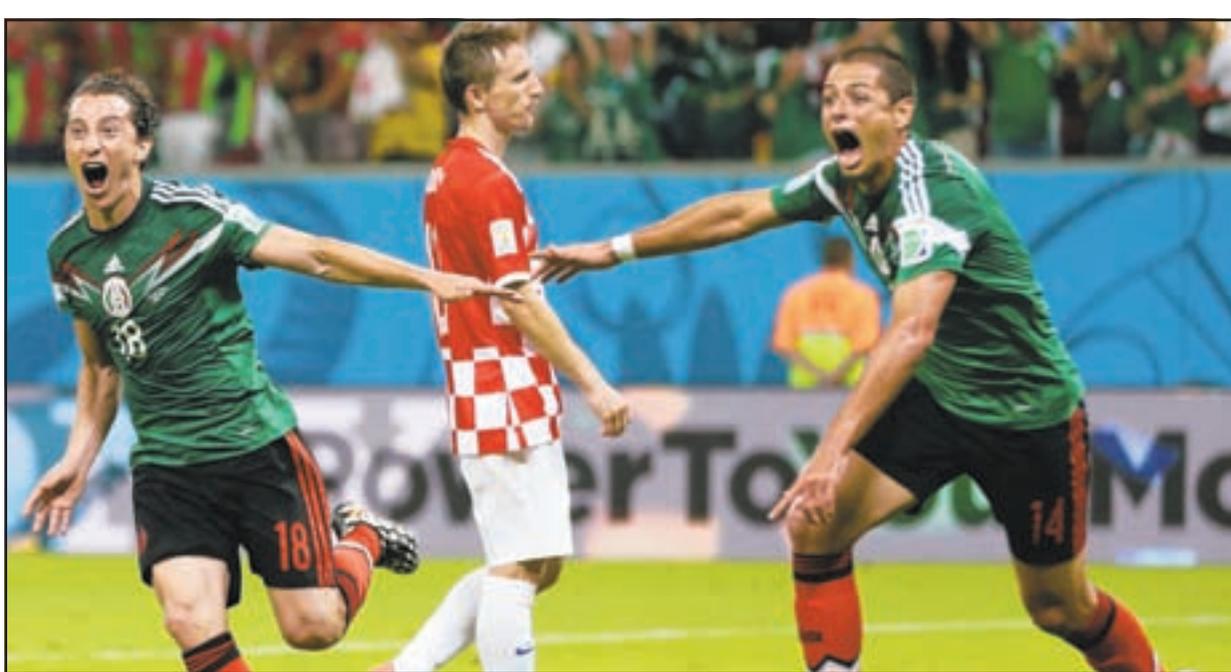
Costa Rica finished second to the USA in CONCACAF World Cup qualifying a year ago, Mexico backed into the tournament after the U. S. pulled off an upset win in Panama on the last day of qualifying that put El Tri in a play-off against

New Zealand for the half berth available after Honduras clinched the third automatic place. Both Costa Rica and particularly Mexico have made the most of their opportunities at the World Cup in Brazil and have advanced to the Round of 16, the second and single elimination phase,

which gets underway this weekend when Mexico, second in Group A, plays Group B winner, The Netherlands, on Sunday. Brazil, Group A winner, plays Chile on Saturday.

The USA had a good chance to advance

Continued on Page 46



Mexico's Andres Guardado celebrates with Mexico's Javier Hernandez, right, after he scored his team's second goal during the group A World Cup soccer match between Croatia and Mexico at the Arena Pernambuco in Recife, Brazil, Monday, June 23, 2014. Mexico won 3-1. Center is Croatia's Luka Modric. AP Photo/Ricardo Mazalan

CONCACAF represents region well

Continued from page 45
with at least a draw against Germany in its last group game that was scheduled for Thursday, June 26, and although Honduras is winless, it could advance with a win over Switzerland and a France defeat of Ecuador. Those games were scheduled for Wednesday, June 25.

The four CONCACAF teams have represented the region well; much respect was gained for the game in North and Central America and the Caribbean region. Costa Rica started the CONCACAF ball rolling in Brazil when it surprised two-time World Cup champion Uruguay in 3-1 defeat, but four-time World Cup champion Italy was up next

and all eyes were on the Ticos to see if the first-game victory was a fluke. Costa Rica confirmed that CONCACAF soccer has arrived and is for real and as it ran to a convincing 1-0 defeat of the Azzurri behind Captain Brian Ruiz's 44th minute goal and sound strategy that stifled the Italians play last Friday.

Costa Rica defended smartly by limiting the space that Italy had to operate and attacking with effective combination plays. With a tie against winless England, the Ticos could clinch the top spot in Group D and play the second place team in Group C, which could be the Ivory Coast. School children in Costa Rica got the time off to cheer on their heroes, a

trend that may continue as the Ticos march forward.

Mexico quickly put its torrid qualifying past behind it once it arrived in Brazil. When El Tri held the mighty guest and five-time champion, Brazil, to a goalless draw after beating a physical Cameroon team, it had its work ahead, as its next opponent Croatia was in the hunt for a win to advance. The Mexicans maintained their composed play and defeated the Croatians, 3-1, in Recife on Monday. Mexican forward Chicharito Hernandez, who came off the substitute's bench to score El Tri's third goal, told reporters after the game that qualifying from CONCACAF wasn't easy, he said the world now gives CON-

CACAF more respect.

The USA vastly improved its play in a 2-2 heartbreaking tie with Portugal in hot and humid Manaus, in the Amazon region in the very north of Brazil. The Americans improved their game considerably since its 2-1 win over Ghana a week earlier. After rallying from a 1-0 deficit to lead Portugal, 2-1, on goals by Jermaine Jones (64th) and Clint Dempsey (81st) - and behind a Herculean effort from goalkeeper Tim Howard, who kept them in the game with breathtaking saves - their inexperience got the better of them and led to a series of defensive mistakes late in the contest that led to Portugal's second and tying goal. Nani scored Portugal's first tally within the first five minutes of play.

Honduras got off to a bad start with a 3-0 defeat to France, compounded by a 2-1 loss to Ecuador. The Hondurans have not won in eight World Cup games all-time, but Carlo Costly's goal in the 31st minute was Honduras' first in the tournament since the 1982 World Cup. Two strikes from Edam Valencia outdid Honduras. Other teams that have so far advanced to the Round of 16 are Colombia from Group C, France from Group E, Argentina from Group F, and Belgium from Group H.

U.S. Open Tennis

Continued from page 45

He was one of 350 ball persons - male and female - out to earn 80 spots enjoying tennis and working at this sport at the same time in the last of the Grand Slam tournaments, conducted by the United States Tennis Association.

Prospective ball persons are evaluated by the US Open officials on their running, throwing and catching ability. Ball persons must start at age 14 and over to be able to work at such a position.

Then there was Jonathan Spence, who tried out for the net and back positions for the US Open that starts with the qualifying round Tuesday afternoon August 19 and ends with the men's singles final on the second Monday of September, Jonathan Spence is the son of Talib Spence, who happens to be a native of Jamaica, West Indies.

"I'd rather play the net position," said the resident of the Bushwick section of Brooklyn, who attended the Brooklyn Latin school. "I have speed and agility for a ball person position. My friend Zack Gannon told me about the job."

"I first started to play tennis years ago, but I also played basketball, flag football, and wrestled."

Spence will be a senior

in high school and graduating next year."

"I'll be focusing on graduating," he went on. "Being a ball person is a great way to stay active and allow me to exert my body."

Another candidate for the ball person job is Daquan Flanighan, a resident of Whitestone, Queens. The 17-year-old netter is strong from the back position.

Flanighan's father Courney Flanighan, comes from Jamaica, West Indies, where he played soccer, but passed away two years ago. Duaquan's high school days were spent in Jamaica. He gave up soccer when he came to the met area to take care of responsibilities.

The former student at Bayside High School used to indulge in tennis when he was about 12 years while attending PS 127 in East Elmhurst. He did not pursue any sports while he was in high school.

Duaquan's friend, Jason Ecobal, told him about the position and encouraged him to try out to be a ball person and at the same time to get paid for working.

"Making the ball person team will mean a lot," said Flanighan, whose strong part of his game is his backhand.

ICC Test rankings

Continued from page 45

returned to the rankings table after performances in the Kingston Test.

Roach, who picked up two wickets, has returned to 15th position, while Benn and Taylor, who captured four wickets, are ranked 35 and 75 respectively.

Meanwhile, New Zealand's Tim Southee has achieved a career-best position of fifth in the ICC rankings for Test bowlers.

Southee took six wickets in New Zealand's win and has jumped three places behind only Dale Steyn, Ryan Harris, Vernon Philander and Mitchell Johnson.



West Indies, Kumar Roach bowls during the fourth one-day international cricket match against Pakistan in Bridgetown; Barbados. AP Photo/Lynne Sladky, File



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Windies team getting into perfect stride

West Indies cricket team is slowly getting into the rhythm that would carry them forward to develop better statistics in the International Cricket Committee (ICC) Test format. Apparently the West Indies selectors are getting into the correct gear by choosing the near perfect squad for the second Test at the Queen's Park Oval, Port of Spain, Trinidad.

Kraig Brathwaite and Jermaine Blackwood are two young remarkable players with superb talents. Blackwood will assist with the stability of the middle order along with captain Denesh Ramdin. Young Brathwaite comes into the Test squad as a superb anchor player. He will develop his scoring pace as he gets experience. He is not afraid to play strokes and he maintains his unique role of staying at the wicket and defying the opposition. A solid opening start is of paramount importance.



Eyes on Cricket

By George H. Whyte

SULIEMAN BENN MUST DEVELOP THE STRAIGHT DELIVERY

After some splendid performances from left-arm spinner Sulieman Benn in the first two Tests against New Zealand at Sabina Park in Jamaica and at Queen's Park in Trinidad, he is however lacking the fast straight delivery. New Zealand batsmen are frequently playing for turn, so if Benn can produce some quick, fast, straight ones, he will be much more effective in taking wickets. Jerome Taylor and Kemar Roach are expected to do very well in Barbados.

TAYLOR AND ROACH CAN DESTROY KIWIS AT KENSINGTON

Fast bowlers Jerome Tay-

lor and Kemar Roach both have the speed and accuracy to unsettle New Zealand at Kensington Oval in Barbados. Taylor has been troubling the New Zealand batsmen so far in the series and during the last Test match he picked up six wickets.

DARREN BRAVO AND KIRK EDWARDS SEEM IN GOOD TOUCH

Darren Bravo and Kirk Edwards seem to be much more confident as the series progress. Edwards will have to work on his flaw of getting caught in the slips. During the first Test in Jamaica he was caught in the slips and also after scoring 55 runs in the second Test in Trinidad at the Oval he was caught in the slips. He needs to get much



West Indies debutante batsman Jermaine Blackwood; left; bats on his way to score a half century as New Zealand's wicket keeper BJ Watling; right; look on during the third day on their second cricket Test match in Port of Spain; Trinidad; Wednesday; June 18; 2014.;

AP Photo/Arnulfo Franco

more over the ball, avoid crouching and must use his feet much more against the spinners. It is hoped that the veteran Shivnarine Chanderepaul will stop the unnecessary padding out that cost

him his wicket twice in the series so far. West Indies should win the third Test in Barbados at Kensington Oval but they have to hold on to their catches.

Note: For Barbados, four

of their national players will be on the Test team for the third Test match in Barbados, they are Kemar Roach, Sulieman Benn, Kraig Brathwaite and Kirk Edwards.

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certified pre-owned vehicles. Every type of credit worthiness will be accepted to obtain credit approval, even for those who may have had credit problems in the past. *"In this economy,"* stressed Avrutsky, *"almost everyone is having some type of credit issue. There's just no way that we're going to exclude them from this event."*

Trades are also welcome at this event. Kings County Chrysler Dodge Jeep Ram will do whatever they can to ensure they offer more than market value whenever possible. Vehicle subject to inspection; less wear and tear. Kings County Chrysler Dodge Jeep Ram would like to remind customers that this event is a first-come, first-served event, so it's critical to come early for the best selection.

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Must be sweeps week for the Clones!

Brooks break out the brooms in winning series against Renegades, IronBirds

Cyclones 4 Hudson Valley 3

June 18 at Hudson Valley
Third baseman Jhoan Urena's lead-off homer in the ninth tied the score, and sloppy play by the Renegades in the 10th led to the winning run in the Cyclones' exciting come-from-behind win.

The Clones got off to a good start when rookie sensation Amed Rosario slammed his first homer over the left-field wall in the first.

The score stayed that way until the fifth when starter Alberto Badonado gave up a lead-off double and a run.

Baldonado gave way to Brandon Welch with two outs in the sixth, but sloppy play behind him led to two unearned runs for the Renegades, which had a 3-2 lead going into the ninth, setting the stage for Urena's heroics.

Cyclones 4 Hudson Valley 0

June 19 at Hudson Valley
Four Cyclone hurlers



LEADING MAN: Jhoan Urena.

combined to shutout the Renegades, leading the Cyclones to its first sweep of the season.

Opening day starter Octavio Acosta threw six impressive innings, striking out four Renegade, giving up four hits, and lowering his earned-run average down to 0.84. Three Cyclone relief pitchers did not walk a batter to help preserve the shutout.

Brooklyn's bats were quiet until the sixth inning when Luis Arrizurieta hit a triple, scoring Amed Rosario, who had a leadoff walk. The Clones tacked on two more runs before the inning ended, and put another on the board in the eighth, concluding the scoring.

Cyclones 7 Aberdeen 6

June 20 at Aberdeen.

Right fielder Michael Bernal went four-for-five with two triples, a double, and three runs batted in, extending the Cyclones' winning streak to four. The 22-year-old, in his fourth year in the Mets' system, tripled in two in the first, giving the Clones the early lead.

hane Bay earned his second save of the year.

Cyclones 3 Aberdeen 1

June 21 at Aberdeen
Three Cyclones pitch-

ers didn't yield a run for 10 innings, and a sloppy 11th for the Ironbirds led to three Brooklyn runs as the Mini-Mets outlasted Aberdeen.

Marcos Molina threw seven innings of two-hit ball, Edioglis Villasmil threw two scoreless frames, and Juan Urbina added one before the Cyclones finally broke through in the top of the 11th inning, scoring the go-ahead run on a dropped third strike, then adding two more.

Molina struck out five batters and didn't walk any, lowering his earned-run average to 0.69.

Cyclones 2 Aberdeen 1

June 22 at Aberdeen

Michael Bernal hit a go-ahead home run in the fourth inning and the stingy Cyclone pitching staff gave up just one run, earning the sweep against the Ironbirds.



GAME HERO: Michael Bernal.

Center fielder Tucker Tharp, who went three-for-four, got the game going in the first with a leadoff single, and later scored on a double play by Tomas Nido.

Starter Carlos Valdez threw five solid innings, giving up just one run in the third. Gaither "Who's a" Bumgardner then shut the Ironbirds down over the next four innings, giv-

ing up just one hit while striking out five to earn the save.

Hudson Valley 1 Cyclones 0

June 23 at MCU Park

The Cyclones' incredible pitching staff gave up just one run in 10 innings of work, but its offense couldn't get the job done as the Mini-Mets lost in extra innings.

Starter Corey Oswalt — who hasn't given up a run in his two starts this season — allowed just three hits while striking out five, in seven innings of work.

The Renegades' rally began with two outs in the 10th with Scarlyn Reyes on the hill for the Clones. Coty Blanchard legged out an infield hit before stealing second.

Clayton Hennings then launched a double to left for the only run of the game.

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1. Mosque officials
6. H in HMS
9. *J. Edgar Hoover, e.g.
13. Dugout vessel
14. Australian flightless bird
15. Fairytale baby carrier
16. Irregular or jagged
17. Any doctrine
18. Baskerville's scare
19. *He crossed the Rubicon
21. *Darwin's watercraft
23. Small dog's bark
24. Two quarters
25. ___-cha-cha
28. Miami Heat star
30. Go ashore
35. Red ink amount
37. Sophia Lauren's "bye"
39. *She ran for VP
40. Yorkshire river
41. Brings home the bacon
43. Pro ___
44. Milk-Bone biscuit, e.g.
46. Render speechless
47. Largest organ of human body
48. *Third Reich mastermind
50. Biblical birthright seller
52. Message in a bottle
53. Small municipality
55. Boiling blood

57. *Author of "95 Theses"
60. *The Black Death
63. Hungarian wine
64. U.N. working-conditions agency
66. Crows' homes
68. Addicts
69. Feather's partner?
70. *The New York Times' first one came out in 1851
71. Midterm or final
72. Farm female
73. Courtyards

DOWN

1. Berg matter
2. Painter ___ Chagall
3. Dwarf buffalo
4. Promenade gait
5. Plaything for two
6. *Edward VI to Henry VIII, e.g.
7. Ambulance crew
8. Dance of Castro's land
9. Hot rum drink
10. Sledgehammer
11. *Mother of Queen Elizabeth I
12. Flanders of "The Simpsons"
15. Rubs
20. Rapidly
22. A late time of life
24. Embolden
25. Used for cleaning
26. Alluring maiden

27. Portfolio content
29. *First European to round Cape of Good Hope
31. In front of criminals
32. Middle Eastern vodka, pl.
33. 4:1, e.g.
34. *Kublai and Genghis
36. Navy commando
38. Blame
42. Creepy one
45. Aquatic goddess
49. *___ v Wade
51. Muse of astronomy, descendant of Uranus
54. What scribes do
56. Opposite of digest
57. *Germany did it in WWI and WWII
58. Hawaiian strings, pl.
59. Queen of Hearts' pastry
60. Minute opening
61. *Communist threat, 1922-1991
62. Small ornamental case
63. *New Kingdom's boy-pharaoh
65. *Hammurabi's concern
67. Last word of "America, the Beautiful"



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ARIES: Mar 21/Apr 20
Aries, you enjoy doing your part to keep your world orderly and balanced. However, into every organized life a little confusion will fall. You will handle it smoothly.

TAURUS: Apr 21/May 21
Taurus, so many good things are happening around you that you should enjoy this time as much as you can. It is a time for indulgence and entertainment.

GEMINI: May 22/ Jun 21
Gemini, you are ready for fun and celebration. Surround yourself with friends and family so the next several days prove even more memorable.

CANCER: Jun 22/Jul 22
Cancer, focus on recreation this week. You have earned the right to relax and escape the daily grind, so make the most of your opportunities to do just that.

LEO: Jul 23/Aug 23
A welcomed gift will come your way soon, Leo. It may be something big that you have had your eye on for quite some time or something that appeals to your sentimental side.

VIRGO: Aug 24/Sept 22
Cast your analytical nature to the side for a few days, Virgo. Embrace sentimentality and emotion this week, as they will help you make the best decisions.

LIBRA: Sept 23/Oct 23
Libra, you have a lot of energy going into this week, so tackle any assignments early on. By the end of the week your energy levels may dip, so get to work.

SCORPIO: Oct 24/Nov 22
Secrets you have been keeping for some time are ready to come to the surface, Scorpio. These are good secrets, and others will be eager to share them with you.

SAGITTARIUS: Nov 23/Dec 21
Don't be nervous if you are a little introspective this week, Sagittarius. Use this time to reflect and find answers to some questions that have been on your mind.

CAPRICORN: Dec 22/Jan 20
Whatever is going on at work will still be there tomorrow, Capricorn. If you cannot get all the tasks done, do not beat yourself up over it. Just begin tomorrow with a can-do attitude.

AQUARIUS: Jan 21/Feb 18
Aquarius, your mind may wander but it is important to remain as focused as possible. Important information is revealed in the next few days.

PISCES: Feb 19/Mar 20
Pisces, a budding relationship appears ready to grow more serious. Take advantage of this opportunity.

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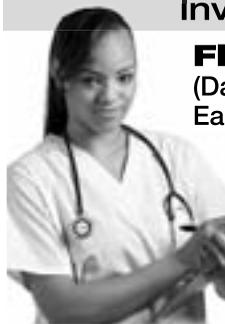


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