



PINK BRIGADE

October is Breast Cancer Awareness Month, and a time for us all to redouble our efforts to eradicate the second leading killer of women in America.

Community News Group's third annual pink edition is dedicated to the need for early intervention because we share the struggle, and are mindful of the sobering statistics and excruciating toll of this deadly disease:

- Approximately 40,290 women and 440 men will die from breast cancer before the year's end, estimates the American Cancer Society.
- One in eight American women will be diagnosed with the disease in her lifetime.
- Every two minutes an American woman is diagnosed with breast cancer.
- Every 13 minutes a woman dies of breast cancer in our country.
- About 85 percent of cases occur in women with no family history of breast cancer.

Like most people, we have had friends and family battle cancer, and anyone who has watched the impact of this terrible disease on sufferers and their loved ones understands the urgency for a cure.

Our commitment to supporting breast cancer awareness and the decision to start our annual pink paper in 2014 was inspired by my friend, Holly Reich, and her recent, and third, diagnosis with breast cancer. The third bout would go on to become a fourth and fifth before she left us last Thursday, concluding her 20-year "dance with cancer."

Holly called it that because she floated across the floor, living her life, enjoying every moment, and touching everyone with her smile, spirit, and love of life. Cancer never stopped her, she simply moved through life alongside it.

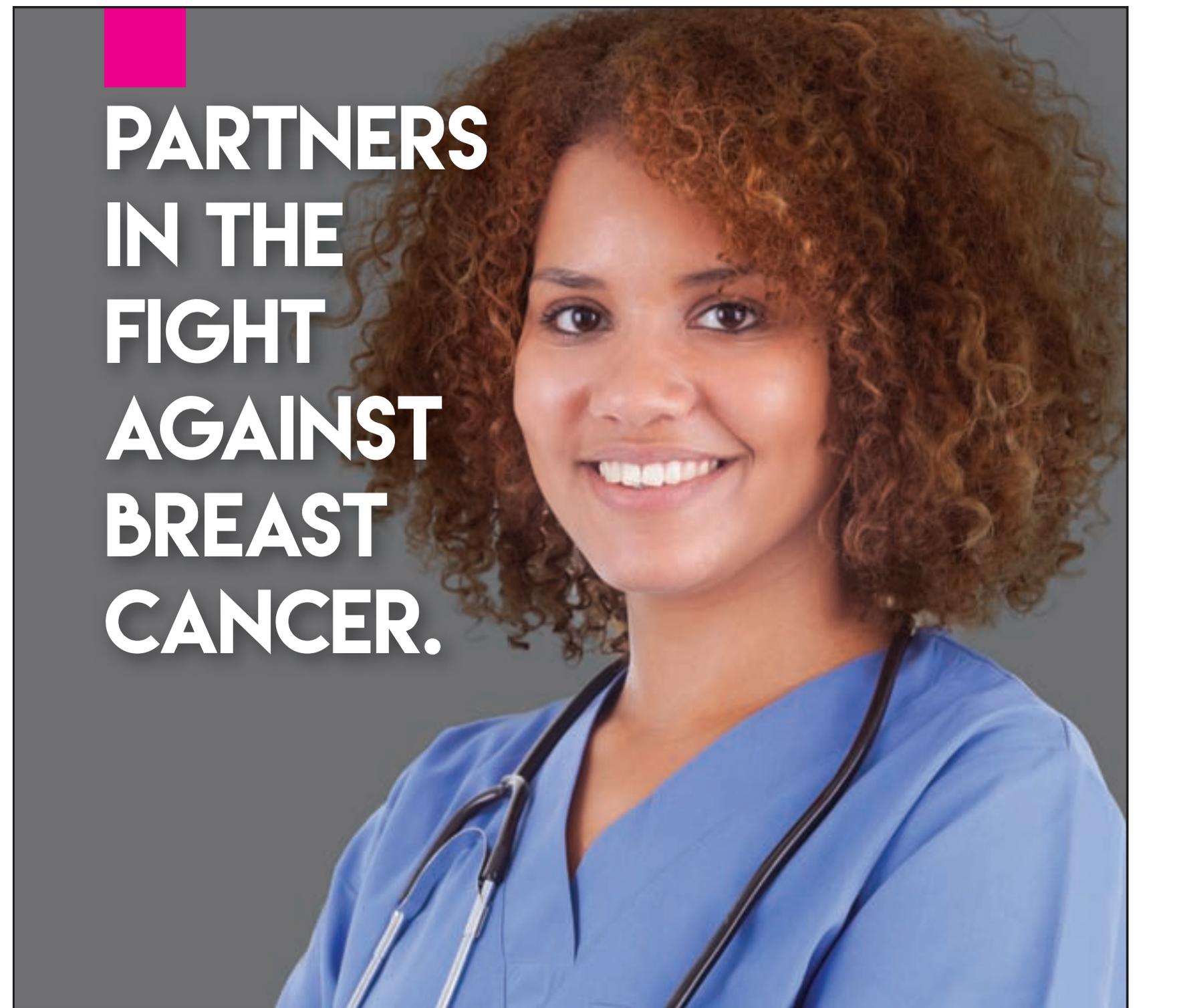
As an automotive writer, Holly traveled the world to the most exotic places, test driving the most exotic cars, but her favorite place was with her husband Mike, and children Dylan and Jenna Kreitman. Her family gave her the courage, style, and grace to "dance with cancer" for such a long time. As all of her friends stop to remember Holly's kindness, charm, wit, lust for life, and beautiful light that shined from within, there is only one thing I can say: Find a cure, dammit!

Until then, we hope our pink edition makes people who would not ordinarily read our newspaper stop, pick it up, read it, and then turn to their families and friends and ask if they have been screened, or offer to go with them for this life-saving examination.

*Jennifer Goodstein
President, Community News Group*

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MORE THAN MAMMOGRAMS



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THE CENTER OF IT ALL

Bellevue, America's oldest hospital, a leader in breast health

BY SHAVANA ABRUZZO

Gotham's health care system is a bold pioneer pre-dating our nation.

The colonials were still 40 years away from declaring independence from the British when the Publick Workhouse and House of Correction opened a humble, six-bed infirmary in 1736 on the site of present-day City Hall that eventually became America's oldest continuously operating hospital.

Bellevue Hospital Center, once a small pest house built on a patch of land leased from Kips Bay Farm to prepare for a yellow fever epidemic, is an acute-care, general hospital where the president and visiting world leaders are treated if they become sick or injured in the Big Apple, and its team of experts are steering the flagship institution of NYC Health + Hospitals — the nation's largest municipal health care organization — to new triumphs.

The Harvard-educated chief of breast surgery, whom Caribbean Today magazine hailed as one of the "10 Top Caribbean Born Doctors In The U.S. You Should Know," is a fierce medical gladiator looking out for the ailing like a lioness minding her cubs.

"The patient can be assured that he or she is receiving the highest level of care by a dedicated team of doctors, nurses, and support staff," says Dr. Kathie-Ann Joseph, an associate professor of surgery at NYU Langone Medical Center, whose innovations include piloting a navigation program in districts where cancer rates

are high and screening rates are low, and creating a community tumor board allowing clinical staff throughout the health system to present and discuss interesting, difficult, or unusual cases.

Best in breast care

The American College of Surgeons awarded Bellevue's breast care services a Center of Excellence accreditation in 2014, the highest form of clinical and quality care recognition for breast cancer centers in the country, thanks to a highly skilled breast team dedicated to providing quality, customized care.

"We have patient navigators that speak several languages, and survivors that help our patients get through what can be a very scary and stressful situation," says Dr. Joseph. "We do what we can to make the process easier for our patients."

Multidisciplinary

The hospital's full range of multidisciplinary care includes:

- Neoadjuvant therapy (chemotherapy prior to surgery) for locally advanced breast cancer.
- Genetic counseling, nutrition, and psychological support, and services such as massage, legal aid, and financial services.
- Nipple-sparing mastectomy and tissue-based reconstruction.
- Survivorship clinics.

Bellevue is also a leader in repairing the space left in the body after the cancer has been removed.

"We are the only Health +



BREAST HEALTH LEADER: (Above) Bellevue Hospital Center is a pioneer in repairing a woman's body after a mastectomy. (Right) Dr. Kathie-Ann Joseph captains Bellevue's breast team. (Far right) Dr. Kathie T. Rones, deputy chief medical officer at MetroPlus Health Plan, is a 20-year breast cancer survivor. NYC Health + Hospitals



Hospitals hospital that offers microvascular-free flap reconstruction," says Dr. Joseph, who strives to provide patients with the best options — sometimes against all odds.

A patient who was diagnosed with recurrent breast cancer needed a mastectomy, but she was too thin for a tissue-based reconstruction of the breast mound and did not want an implant, the physician recalls.

"Rather than just telling her she was out of options, our plas-

tic surgeons put their heads together, spoke with other colleagues, and tried a new procedure called a breast-sharing procedure, transferring a portion of her unaffected breast to create a new breast," she says. "The woman was thrilled and she is doing well."

Health plan cares

Medical bills can add to the trauma, but MetroPlus Health Plan — NYC Health + Hospitals' health services plan — tries to defray the tribulations of breast

cancer with a wide range of affordable plans, with premiums as low as \$0 to \$20 per month and no-cost screenings.

"For most of our MetroPlus members, the majority of breast cancer care will be covered by MetroPlus, though a few members may have co-pays, depending upon their type of insurance plan," says Dr. Kathie T. Rones, the deputy chief medical officer and a breast cancer survivor. "Under the new Affordable Care

Continued on page 8

Hospital focus: Woodhull in North Brooklyn

A multidisciplinary team of experts is fighting breast cancer at the Center for Cancer Care and Blood Disorders at Woodhull Medical Center, using the latest treatments and providing referrals to programs from the Ameri-

can Cancer Society.

State-of-the-art care, diagnostic, and screening services include:

- Breast surgery, breast oncology, and radiation oncology.
- Genetic counseling, palli-

ative care, and nursing care.

- Nutrition, social work, patient navigation, and an Infusion Center.
- Mammograms, needle localization, and stereotactic biopsies.
- Breast ultrasound,

breast biopsies, and nuclear medicine.

- MRI, bone density scans, X-ray imaging, and Positron Emission Tomography (PET scan).

Woodhull's collaboration with New York University is

critical, says the attending physician.

"We are able to provide workshops on breast cancer detection and the latest treatment options for the disease," said Dr. Behzad Doratotaj.

— Shavana Abruzzo

Maimonides kicks off Breast Cancer Month with ride



More than 100 bikers commence the scenic Ride 2 Live motorcycle tour through the streets of Brooklyn to raise breast cancer awareness, pay tribute to lost loved ones, and celebrate survivors.
Maimonides Hospital Center

By Nelson A. King

The Maimonides Breast Center, in partnership with Bikers of Brooklyn, kicked-off Breast Cancer Month on Friday with the 10th Annual Ride 2 Live Motorcycle Tour, to raise awareness, pay tribute to lost loved ones, celebrate survivors, and raise funds to support the research and clinical services provided by the nationally recognized Maimonides Cancer Center.

Despite less than perfect weather, over 100 bikers from all over the region participated in the scenic tour through the streets of Brooklyn, led by the hospital's own Breast Cancer Program Director, Dr. Patrick Borgen.

The tour concluded at Gargiulo's Restaurant, where participants and supporters enjoyed a lively after-party that included the Gilbert Rivera Foundation Cars for Cancer Show in Gargiulo's parking lot, said Maimonides Hospital in a statement.

"What a great testament to the overwhelming support of the entire borough of Brooklyn," said Dr. Borgen, who is also chair of Surgery at Maimonides. "It's so gratifying, as a physician and healer, to see friends and colleagues year after year turn out for these twin events."

"Our Foundation is dedicated to supporting the Maimonides Cancer Center, especially the work being done by our amazing Breast Cancer Team," said Erminia Rivera, vice chair of the Maimonides Board of Trustees, and head of the foundation named for her late husband Gilbert who died of cancer. "It's so important for patients to feel support before, during and after treatment, and having these events ensures that we are getting the word out to as many people as possible that world-class cancer care is available right here in Brooklyn."

The Maimonides Breast Center is ranked among the

top five percent nationally, and is the first and only Brooklyn-based program of its kind to be designated an American College of Radiology Center of Excellence in multiple areas — mammography, ultrasound, MRI of the breast, stereotactic biopsy, ultrasound biopsy and MRI biopsy.

"At the Maimonides Breast Center, every patient's case is reviewed not just by one doctor, but by an entire team," Dr. Borgen said. "We take great pride in providing the very best options for each and every patient. We are especially grateful to the Rivera Family and all of you showing your support today for our work on behalf of patients."

Maimonides said the Breast Center receives over 7,500 patient visits annually and offers the finest multidisciplinary treatment and comprehensive care, supported by a team of renowned specialists.

Housed in the stunning Gilbert Rivera Pavilion of the Mai-

monides Cancer Center, the Breast Cancer Team offers comprehensive screening, diagnostic, medical and surgical breast

services, as well as nutrition and genetics counseling, and a full array of support services for patients and families.

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Caribbean

The Trinidad-based Caribbean Public Health Agency (CARPHA) is warning against a dengue epidemic type three to deal with next year.

Head of CARPHA, Dr. James Hospedales told a Caribbean and Latin America panel discussion on regional coordination in responding to hazards and matters of security recently in Barbados that the epidemic is likely to be stronger.

He said dengue has been increasing in frequency and severity in the last 30 or years so, adding that another strain of the mosquito-borne viral infection is set to affect the region next year, mainly because of continued personal neglect treatment of their immediate environment by regional people.



"We can predict with some degree of certainty that next year, more probably 2018, the region will have a dengue type three epidemic," said Dr. Hospedales.

But the CMO noted that as a region, the Caribbean has been going through an abnormal spell with regard to viral infection.

He said that Caribbean people must take some of the blame for the continued presence in their communities of disease-transmitting organisms, such as the dengue-bearing *Aedes aegypti* mosquito.

Antigua

The Antigua and Barbuda government has put on hold plans to establish an embassy in Baghdad, Iraq.



Foreign Affairs Minister Charles Max Fernandez in making the announcement said the decision comes following an unexpected spike in violence in the war-torn country.

He said because of the spike in unrest in Iraq, cabinet took a decision to put that on hold, adding that the government could not have predicted the spike in unrest.



Residents line up for food

Residents line up for food after Hurricane Matthew in Anse d'Hainault, Haiti, Tuesday, Oct. 11, 2016. Nearly a week after the storm smashed into southwestern Haiti, some communities along the southern coast have yet to receive any assistance, leaving residents who have lost their homes and virtually all of their belongings struggling to find shelter and potable water.

Associated Press / Dieu Nalio Chery

However, Fernandez said the country is pushing forward with plans to establish an embassy in the United Arab Emirates.

Barbados

Barbadians began paying more for gasoline, diesel and kerosene but less for liquefied petroleum gas (LPG) as from Oct. 1, 2016.



The retail price of gasoline went up from Bds\$2.82 per liter to \$2.91, an increase of nine cents per liter.

The price of diesel has moved up from Bds\$1.95 to \$2.09, 14 cents more.

Kerosene is now retailing at \$1.05 per liter, up from 90 cents.

Meanwhile, liquefied petroleum gas (LPG) is now retailing at Bds \$135.16 per 100 lb. cylinder, down from Bds \$137, a decrease of \$2.79.

The price of a 20lb cylinder has moved from \$31.75 to \$31.26, a 49 cents saving.

The Energy Division explained that the adjustment in the retail in prices was due solely to changes in the CIF (cost, insurance, freight) on these refined products.

Dominica

Dominica is seeing a record increase in non-communicable diseases on the

island.

Chief Medical Officer (CMO), Dr. David Johnson says the statistics are frightening adding that the records show that one in every four persons attending clinics are suffering from hypertension and one in every five persons at those clinics are suffering from diabetes.

He said another issue of concern is obesity.

The CMO pointed to an increase in childhood obesity, stating that over 10 percent of children within the age range of zero to five is suffering from

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Preparing for your mammography visit

An annual mammogram is widely recommended for women beginning at age 40. Some estimates suggest that more than 48 million mammography screenings are performed in the United States every year.

Whether it is a woman's first mammography or her 20th, preparing for the appointment can ease anxiety and make the experience go more smoothly. The following are some guidelines to consider when preparing for a mammography visit:

Choose a reputable and certified facility. Select a radiology center that is certified by the Food and Drug Administration, which means it meets current standards and is safe. Many women also prefer to select a facility that is covered by their health insurance. Plans usually allow for one mammogram screening per year.

Time your visit. Schedule the mammogram to take place one week after your menstrual period if you have not reached menopause. Breasts are less likely to be tender at this time. Also, schedule your visit for a time when you are not likely to feel rushed or stressed. Early in the day works best for many.

Dress for the occasion. Two-piece ensembles enable you to only remove your shirt and bra for the examination. A blouse that opens in the front may be optimal. Some fa-

cilities require you to wear a paper gown for the exam.

Watch your grooming practices. You'll be advised to abstain from wearing powder, perfume, deodorant, ointment, and lotions on the chest or around the area. These substances may look like abnormalities on the mammogram image, potentially resulting in false positive diagnoses.

Take a pain medication. Mammograms are not necessarily painful, but they can put pressure on the breasts, which creates discomfort. Breasts are compressed between a plastic plate and the imaging machine. This spreads out the tissue and helps create a clearer picture. If your breasts are tender, medications like acetaminophen or ibuprofen taken an hour before the appointment may ease discomfort.

Expect a short visit. Mammogram appointments typically last around 30 minutes. The technician will mark any moles or birthmarks around the breasts so they can be ignored on the imaging. You'll be asked to hold your breath as the images are taken. If the images are acceptable, you are free to go. But new images may be needed in some instances.

Mammograms are now a routine part of women's preventative health care. The procedure is simple and appointments are quick and relatively painless.

MetroPlus health plans

Continued from page 3

Act, screenings such as mammograms are free of cost to members, so there is no reason for women, even of limited means, not to be screened."

MetroPlus' long history of supporting breast health includes sponsoring and walking in Making Strides Against Breast Cancer.

"Many of our staff, including myself, have walked to raise awareness and funds for this important cause,"

says Dr. Rones. "As a doctor, and a 20-year breast cancer survivor myself, I realize how critical screening and early detection are."

Bellevue Hospital Center [462 First Ave., off E. 27th Street in Kips Bay, Manhattan, (212) 562-5680]. Clinical breast exams and mammograms offered on Oct. 20 and Oct. 27, 9 am to 2 pm in the Atrium.

An education forum will be held on Oct. 27 at 12:30 pm in the hospital's Farber Auditorium, (212) 562-4516.

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Caribbean mobilises relief aid for Haiti

By Bert Wilkinson

Despite the fact that its economy is tanking owing to low export prices for oil, gas and petroleum products, Trinidad is taking the lead among Caribbean Community countries in giving actual relief to Haiti after one of the most powerful storms in a decade devastated the island, killing hundreds in the past week.

And while the administration of Prime Minister Keith Rowley is preparing its own package of assistance to Haiti, a number of private sector and para-statal agencies have taken the initiative to put together containers with relief supplies destined for the poorest country in the hemisphere.

San Fernando City Corporation in South Trinidad, for example, is preparing to ship the first of eight 40-foot containers with food items and other supplies. The container was expected to leave this weekend.

It contains medicine, toiletries, building supplies and other necessities. Mayor Kazim Hosein told the Guard-

ian Newspaper that the city has collaborated with several private foundations to gather relief for Haiti. Citizens are also being urged to donate to the first container before it is sealed and put on a vessel. "Everything here is volunteerism," Hosein said as he urged folks to contribute.

The Bankers Association also established a special Haiti Relief Hurricane Fund with all eight of its members inviting the public to make donations.

"Our prayers are with Haiti at this time and we are asking that you join us in bringing some measure of relief and comfort to Haiti," the association said. Finance Minister Colm Imbert also threw in government's lot "urging the national community to contribute to the relief of persons in Haiti being impacted by the recent devastation caused by Hurricane Matthew."

Neighboring Venezuela also joined in the charity fray. Ambassador Coromoto Godoy-Calderon donated 2,500 cases of bottled water but by midweek there were not many strong indications

from other Caribbean governments and charitable organizations about helping Haiti in its time of crisis.

Guyana's government indicated that cabinet was prepared to assist Haiti in any way possible but it did not provide details.

The most endowed country in the 15-nation bloc of nations has in the past sent military engineering battalions to a number of fellow bloc member countries affected by storms and other natural disasters including Montserrat. It also usually sends generous amounts of rice, water, construction materials such as timber and vegetables but no details were released.

It however, said that authorities had sent the head of the local relief commission to a meeting in Barbados this week where Haiti topped the agenda of a "Caribbean Disaster Emergency Management Agency (CDEMA) meeting. CDEMA is based in Barbados.

"Guyana will make its contribution to the efforts to rebuild once the damage is properly assessed," said State Minister Joseph Harmon.



Dina Joseph, 29, prepares bread with peanut butter for a customer, who like Joseph sought shelter inside a school after Hurricane Matthew destroyed her home, in Port Salut, Haiti, Tuesday, Oct. 11, 2016. Associated Press / Rebecca Blackwell



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PROGRAM SPOTLIGHT

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THIS MONTH AT AVIATOR

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October 22, 23, 29 and 30: 11:00 a.m. - 4:00 p.m.

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December 11: Seatings at 9:00 a.m. - 11:00 a.m. and 12:00 p.m. - 2:00 p.m.

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Wage and fiscal policies for economic recovery

By Anis Chowdhury and Jomo Kwame Sundaram

SYDNEY and KUALA LUMPUR, Oct. 5, 2016 (IPS) — The new United States census data released in late September show that 3.5 million people in the US climbed out of poverty, as the tepid economic recovery continues. Employers are finally creating more jobs and paying higher wages than seven years after the Great Recession started following the 2008 financial crisis.

This progress, while modest, debunks the claims of those who predicted a dire outcome following the increase in the legislated US minimum wage, especially without a robust recovery. The data show large employment and wage gains, particularly for the lower end of the jobs spectrum.

Raising the legal minimum-wage and other government programmes, such as social security, earned-income tax credit, and food stamps, have not only kept tens of millions from sinking into poverty. They also aided economic recovery by supporting household expenditure, and hence, aggregate demand, enabling a 1.2 percentage point decline in the poverty rate, the largest annual drop since 1999.

Every major demographic group benefited from the

stronger economy and an expanding job market. Furthermore, wage increases were stronger at the bottom than in the middle. The poverty rate fell in 23 states, and stayed flat in the rest, not getting worse in any.

So, what is the lesson? Addressing poverty, inequality, and economic recession needs progressive counter-cyclical macroeconomic policies, with wage and social protection programmes.

Low growth trap

Meanwhile, the recent OECD Interim Economic Outlook worries that the world economy remains stuck in a low-growth trap, with poor growth expectations depressing trade, investment, productivity, and wages. It estimates that the “potential” growth rate per person for its 35 member countries has halved to one percent a year. It also warns that “exceptionally low and negative interest rates” are distorting financial markets — including share and housing price bubbles — and creating risks of future crises.

Hence, the OECD recommends switching the current policy stance from its sole dependence on expansionary monetary policy to fiscal stimulus. It also recognizes that fiscal stimuli always

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Caribbean: Rethinking progress in sustainable development era

By Jessica Faieta

United Nations Assistant Secretary General and UN Development Programme (UNDP) Regional Director for Latin America and the Caribbean.

UNITED NATIONS, Sept. 19, 2016 (IPS) - Caribbean countries make a special case for development. The high and increasing exposure to hazards, combined with very open and trade-dependent economies with limited diversification and competitiveness portray a structurally and environmentally vulnerable region, composed, in the most part, of middle income countries.

As these countries start implementing the 2030 Agenda for Sustainable Development, including the Sustainable Development Goals (SDGs) we are calling for a new notion of progress. Our UN Development Programme (UNDP) Human Development Report for the Caribbean titled “Multidimensional Progress: human resilience beyond income”, launched this week in Barbados with top regional authorities makes the case for a new generation of public policies to boost resilience and increase gains in the economic, social and environmental fronts, including peace and justice.

For the Caribbean this “multidimensional progress” entails not only adapting to shocks. It means breaking through structural obstacles that hinder growth and people’s well-being — beyond the traditional measurements of living above or below a poverty line. Nothing that reduces the rights of people

A level playing field for citizenship requires implementing protection policies, affirmative action, empowering citizens and recognizing individual and collective rights

and communities or threatens the environment can be considered progress.

This holistic approach is crucial, especially for the Caribbean.

After decades of persistent and volatile low growth, human vulnerability has increased. Most CARICOM countries’ Human Development Index—our composite measure of income, education and longevity — ranking has dropped over the last five years. Jamaica and Dominica, two extreme cases, have fallen 23 and 10 positions respectively.

When the human development results of the Caribbean are situated in a context of slow, volatile and low economic growth, high unemployment and under-employment especially among youth and women, a clear picture emerges showing the deep interconnectedness between human progress and the challenges of the state to cope, our report shows.

The first challenge is that, despite the very high indebtedness and the fiscal constraints affecting the region, governments should be able to implement combined public policies and interventions that

foster inclusive growth: one that leaves no one behind. This also entails preventing setbacks and safeguarding hard won social, economic gains by boosting resilience, particularly among the most vulnerable groups to improve the lives of Caribbean women men and children.

To protect these achievements, economic growth alone is not enough. Our Report shows that social protection throughout people’s life cycle; expansion of systems of care for children, elderly and persons with disabilities; broader access to physical and financial assets (that act as cushions when crisis hit, like a car, a house or savings account); and continuous improvements in job skills — particularly in the case of women and youth — are vital.

In addition, many forms of exclusion transcend income and are associated with unequal treatment, discrimination, violence or stigmatization based on ethnicity, race, skin colour, identity and sexual orientation, gender, physical or mental disability, religion, migrant status or nationality. Being a woman, LGBTI, youth, a person with disabilities, being from an ethnic minority... all of these factors affect people’s life opportunities, the possibility of social and economic mobility and access to services. Closing material gaps is not enough to eradicate these forms of exclusions. A level playing field for citizenship requires implementing protection policies, affirmative action, empowering citizens and recognizing individual and collective rights.

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Grenada wants more funds for sustainable development

By Nelson A. King

Despite remarkable progress made on each of the 17 United Nations millennium development goals, Grenada says more funds are needed for sustainable development.

“The fact that at least (US) 2.5 trillion dollars will be needed each year for the SDGs (sustainable development goals) signals the size of the gap that remains to be addressed,” said Grenada Foreign Affairs Minister Elvin Nimrod in addressing the 71st Session of the UN General Assembly on Saturday.

“Grenada is resolute in its commitment to conserve and promote the sustainable use of the oceans, seas and marine resources (SDG Goal 14),” he added.

Nimrod said that, earlier this year, Grenada hosted Blue Week 2016, which he said “employed the innovative and popularized shark tank approach, allowing local and international ocean entrepreneurs to pitch project ideas for funding.

The conference was held in

collaboration and partnership with the Government of the Netherlands, Indonesia, the UN Food and Agriculture Organization (FAO), the World Bank, the Global Ocean Forum, the Clinton Climate Initiative, the Caribbean Challenge Initiative and The Nature Conservancy.

“The rationale being that we cannot continue to only talk of the problems at ocean conferences, we need to facilitate solutions and commitments for the sustainable development and use of our oceans,” Nimrod said. “The ocean economy is an important starting point for thinking about conservation. The natural capital of the ocean is like the principal deposit of an interest-bearing bank account. Unfortunately, instead of living off the interest, we have been drawing from the principal.”

He noted that nine Caribbean nations have committed to conserving and managing 20 percent of their marine and coastal environment by

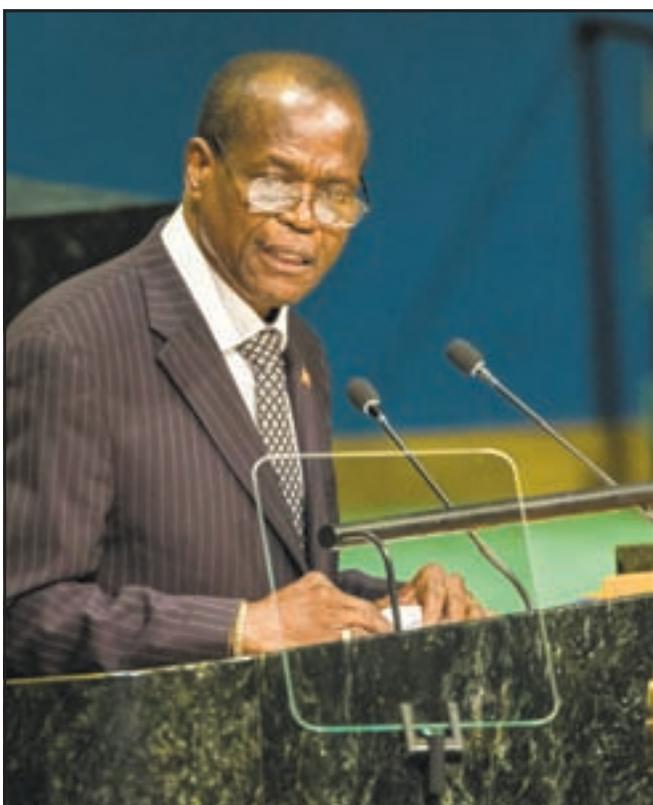
2020, with Grenada committing to conserve 25 percent of its coastal area and marine resources by the same date.

The foreign affairs minister said both of these commitments are well above Target 5 of SDG Goal 14, which calls for 10 percent conservation by 2020.

He said small island nations in the Caribbean and the Pacific must be lead advocates on oceans and climate change, stating that most of them have more space in the sea than on land, adding that Grenada’s maritime territory is 75 times its land mass.

“The ratios are even higher for other archipelagoes,” Nimrod said. “This is why Grenada is pleased to play a leading role not only in the Blue Network but also in the Blue Guardians facilitated by the Clinton Foundation and the GLISPA initiatives for islands. We invite other countries to partner with us and participate in both.”

He said Grenada is also help-



Grenada’s Foreign Minister Elvin Nimrod addresses the 71st session of the United Nations General Assembly at U.N. headquarters, Saturday, Sept. 24, 2016.

Associated Press / Andres Kudacki

ing the Blue Network create an online database and platform for ocean-related projects seeking funding.

Nimrod said Grenada’s classification as an Upper Middle

Income Country restricts its access to concessionary financing and, together with our small size, “severely affects our ability to invest in renewable energy projects.



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Helping with Haiti's hurricane relief

By Alexandra Simon

Hurricane Matthew devastated Haiti on Oct. 4 leading to the deaths of 1,000 people.

Now a week after the catastrophic hurricane ravaged southern Haiti, people interested in contributing to Haiti's relief are encouraged to donate to organizations with a history of grass roots work in Haiti.

"People just have to research any and every organization," said Ines Lozano, founder of Flying High for Haiti, a youth-focused group. "I believe in always looking at the ones that have always been there for a long time, and the ones that work with people in Haiti and understand the dynamics."

The hurricane is the second catastrophic natural disaster to touch down on the country, since the devastating 2010 earthquake and the widespread cholera outbreak, which killed thousands in the aftermath. With the United Nations admitting fault in the cholera outbreak, and the revelation that

the American Red Cross built six homes with more than a half billion dollars raised from donations, the distrust of these organizations are now refocusing aid relief spotlight on Haitian-led and grassroots organizations with proven track records of working in Haiti.

Lozano, whose organization mostly works on the island of Ile a Vache, which was badly affected by the storm, says as relief comes into Haiti donations should be made wisely, and only to organizations that people trust to prevent another Red Cross scandal.

"We don't want what happened after the earthquake to happen again," she said.

Haiti Cultural Exchange, a Brooklyn-based cultural organization recommends that people seek beneficial donation advice from the Haitian consulate and Haitian Embassy, or trusted organizations listed on their website. Organizations that work in Haiti and respond-

ing to relief are: ProDev Haiti, Project Saint Anne, Gaskov Clerge, Flying High for Haiti, and Fonkoze, among many others.

Other organizations providing relief for various aspects of the aftermath, emphasize the need for the international community to support the local Haitian economy, and understand how aid can negatively affect the local economy.

"A lot of what we learned to do as Americans is hold a food drive or a clothing drive, but it's a very different when it comes to the situation in Haiti," said Natalie Parke, program manager for Fonkoze USA, a multi-service financial service organization. "People may have the best intentions, but it really interrupts the local economy. There are better ways of directing that charitable energy."

ProDev Haiti is a Port-au-Prince based organization, focusing on the access to education.

Donations can be made to:



An elderly man sits on the remains of his home in the western town of Jeremie, Haiti. <https://twitter.com/MINUSTAH>

www.prodevhaiti.org.

Fonkoze is has over 45 locations in Haiti and an office based in Washington D.C. The organization aims at to provid-

ing financial and health services to Haitian women, and will assess the situation. Donations can be made to www.fonkoze.org.

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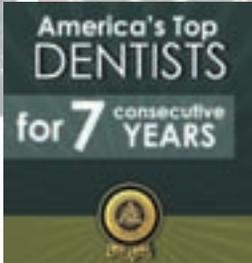
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Jamaican wins IDB award for 'Startup with the Most Growth Potential'



Jamaican Dwayne Campbell from BookFusion makes his presentation during Venture Night.

Inter-American Development Bank

By Nelson A. King

A Jamaican national has won the Inter-American Development Bank's (IDB) award for "Startup with the Most Growth Potential."

The Washington-based financial institution said on Monday that Dwayne Campbell from BookFusion was the only Caribbean national to cop an award, as the bank celebrated the third "Venture Night," featuring 12 startups from Latin America and the Caribbean.

The award to the "Startup with the Most Growth Potential" was given by Latam Startups to Campbell.

BookFusion is an open global eBook platform for publishers and readers in the Caribbean.

Demand Solutions Ideas for Improving Lives - the most important innovation event of the IDB - closed with a "Venture Night", at which 12 startups from Brazil, Chile, Colombia, Guatemala, Jamaica, and Mexico participated, the IDB said.

Ilana Milkes, co-founder of the Colombian startup Nativo

Digital, won the top prize of US\$30,000 for being the Most Innovative Startup with Development Impact. Nativo Digital teaches teenagers and children how to code, the IDB said.

Milkes also won the Media for Social Impact Award, given by the PVBLIC Foundation and the award by Festival El Dorado to participate in the Festival of Colombian Creativity.

The IDB said the entrepreneurs pitched their startups' innovations to an audience of more than 300 people and a jury composed of leading specialists, including the Young Americas Business Trust of the Organization of American States (OAS), Latam Startups, TechSampa, The Global Good Fund, Nós 8, Creative Startups, INDEX, Grupo Cisneros, the City of Buenos Aires' Ministry of Modernization, Innovation and Technology, Creative Business Cup and IDB Group specialists.

The startups were selected from over 500 candidates "to showcase their innovative products and services at the one-

day Demand Solutions event, which is designed to connect startups with investors, mentors and thought leaders," the IDB said.

It said the selected startups came to Demand Solutions here, thanks to a newly-forged partnership with Copa Airlines.

Other awards included: The Young Americas Business Trust of the OAS awarded two startups with the Highest Potential for Global Impact a scholarship to participate in an international course at the Golda Meir Training Center in Israel.

One of the scholarships went to Crista Núñez from Didart (Guatemala), a methodology that uses craft making kits to teach children culture and ethnic heritage with hands on activities, augmented reality and original materials, the IDB said.

It said the second scholarship was won by Camilo Lucero from Lorapp (Colombia), a platform that allows college students to rent digital text book chapters to counter piracy from

photocopies.

Camilo Lucero also won the recognition to the Startup with the Most Social Impact awarded by the Global Good Fund; the El Dorado Award to participate in the Festival of Colombian Creativity, and the People's Choice Award, as the audience's favorite startup.

The IDB said the Going Global Award went to Carlos Mondragón of Kernaia (Mexico), a platform for the collaborative production of creative content in indigenous languages, like movies, games, and books. The prize was awarded by Creative Startups.

Alex Angelini from Badabada (Brazil) pitched along with his puppet Melvis and won the

award for Most Creative Startup with Development Impact, receiving a \$15,000 prize awarded by the IDB. Badabada is a music education TV Show for children from 0-5 years old.

The TechSampa Brazil Award, was given by Tech Sampa Sao Paulo Business to Carla Zeltzer from the startup Fazgame (Brazil).

Fazgame also won the award for the Most Disruptive Startup, given by Nós 8, and recognition for the Best Pitch with a US\$7,000 prize by the IDB. Fazgame is a software that allows students to create educational games without needing to know how to code, the IDB said.

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Trinidad and Tobago gets reprieve on FATCA

By Azad Ali

Trinidad and Tobago has received a reprieve on the Foreign Account Tax Compliance Act (FATCA) from the United States Treasury Department.

Minister of Finance Colm Imbert made this announcement when he presented the country's \$53.4 billion budget in parliament last week.

He said: "We gave the United States Treasury a detailed step-by-step plan with respect to meeting our obligations under FACTA. I am pleased to report the United States Treasury has informed us that because we've signed the Inter-Governmental Agreement, demonstrated firm resolve to achieve compliance by seeking to enact necessary governing legislation and we've submitted a detailed plan of action to achieve compliance with FACTA, we're considered, as of now, to have a tax information exchange 'in effect' with the USA. As such Trinidad and Tobago will not be subject to any immediate sanctions arising from our inability to meet the FACTA reporting deadline of Sept. 30, 2016."

However, the minister said the United States Treasury will be monitoring Trinidad and Tobago's progress into

2017 and if it does not achieve full compliance by the next reporting deadline, Trinidad and Tobago will be removed from the list of countries that have an Inter-Governmental Agreement in effect and subjected to the full brunt of the sanctions from FACTA non-compliance.

Imbert said it became apparent the Opposition wouldn't support the tax bill, so he had to communicate with the United States Treasury to explain the situation.

The FACTA legislation came up in Parliament last month but the debate had to be put off because of the unwillingness of the Opposition to support the Tax Information and Exchange Agreement Bill 2016, designed to make Trinidad and Tobago FACTA compliant and to ensure local banks and insurance companies will not be subject to a 30 percent withholding tax on United States currency flowing from the United States into the local banking system, or vice versa, among other serious adverse consequences, such as the loss of corresponding banking.

Debate on the bill has been put off until the completion of the debate on the budget.

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Tomatoes, onions, greek feta, black olives, fresh basil served with roasted potatoes

PROVENCE OMELET \$10.00

Omelet wrapped with creamy spinach, mushrooms and cheese, served with roasted potatoes

WESTERN OMELET \$11.00

Tomatoes, sweet peppers, onions, turkey bacon, fresh mozzarella, served with roasted potatoes

SHAKSHOUKA \$12.00

Mix sweet peppers, onions, 3 eggs, tomatoes, mixed spices, served with roasted potatoes

FRENCH TOAST \$7.00

Home Made Fruits \$3.00

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2 eggs any style served with roast potatoes

Additional Egg +1.50

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Poached eggs, spinach hollandaise sauce, served on english muffin w/ roasted potatoes

SALMON \$12.00

Poached eggs, smoked salmon hollandaise sauce, served on english muffin w/roasted potatoes

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Poached eggs, short ribs, hollandaise sauce, served on english muffin w/ roasted potatoes

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Skirt steak, lettuce, tomatoes, onions on French baguette served with roasted potatoes

CHICKEN WRAP \$10.00

Lettuce, tomatoes, pickles, honey mustard on a whole-wheat wrap served with roasted potatoes

CROQUE MOSIEUR \$11.00

Turkey, swiss cheese, tomatoes, onions, béchamel sauce on a whole wheat bread served w/ salad and roasted potatoes

CROQUE MADAME \$12.00

Turkey, swiss cheese, tomatoes, onions, béchamel sauce, sunny side up egg on a whole wheat bread served w/ salad and roasted potatoes

SMOKED SALMON ON CROISSANT \$10.00

Tomatoes, scallions, cream cheese served with roasted potatoes

SALMON WRAP \$11.00

Tomatoes, lettuce, scallions, cream cheese, capers, served with roasted potatoes

SHORT RIB SANDWICH \$13.50

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**Past Results Do Not Guarantee Future Outcomes*

Grant winner expands mental health youth workshops

By Alexandra Simon

A local Brooklyn man is hoping to mentally heal Brooklyn's youth with his therapy workshops.

Licensed mental health counselor Lawrence Lovell, recently won a cash prize at the second annual PowerUp Kreyol! competition — a business class series that awards innovative business owners of Haitian descent, with funding for their startups. Lovell will invest his money into his venture called “Breakthrough Solutions,” and is preparing to expand his workshops into something larger to serve more of Brooklyn's youth.

“Breakthrough Solutions’ is about providing people a practical way to identify life issues that people may have, by developing coping skills, problem solving, and character building techniques, to foster a positive mindset, strong willpower, and emotional stability,” said Lovell, who works at local schools conducting mental health workshops.

“The most important thing with mental health is to have emotional stability,” he said. “I’m doing workshops in after school settings and I travel to different places, but I want to create a place where someone can receive family counseling.”

Lovell studied mental health services at Stony Brook University, where he also played football and was originally study-



Lawrence Lovell accepting his grant award at PowerUp Kreyol last month. Lovell won prize money to invest into his workshops. Gregg Richards

ing business administration. He delved into therapy studies after he discovering the subjects resonated with him.

“I first worked with children at a daycare center. That positive experience of working with

kids influenced me to want to learn more about service related fields,” said Lovell. “I took a few courses in mental health and it opened a new world to me and I decided to start my graduate degree in

mental health counseling.”

Now working full-time as a counselor, he gives back to his community by providing a service for the often taboo subject of mental health, which is still stigmatized in the black com-

munity — especially among men he says.

“It’s still an issue that exists. Being part of the black community, I’m glad that I’m able to help break the stigma as a black male licensed mental health counselor willing to discuss mental health issues openly while providing workshops and speaking,” said Lovell. “The black community has begun to understand the role mental health plays in their overall wellness.”

Lovell currently leads several workshops focused on communication, where he teaches them at PS 21 and PS 137 reaching junior high and high school students. He focuses on young men, teaching them how to cope with anger issues, expressing themselves, but his end goal is providing everyone with service.

“I’ve been striving to be a positive impact in the community. It’s been great to see how counseling, workshops, and speaking can influence the family dynamic, the workplace, and relationships,” said Lovell. “We all have a capacity to help others whether that’s helping one person or many people. I’m trying to stretch my capacity to help others effectively as much as I can.”

As Lovell prepares to expand his program to college students, he says creating his own clinic in East Flatbush, or anywhere in Brooklyn is on his agenda.

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smallbiz.nypl.org

Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

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

2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

www.nysl.nysed.gov/reference/busref.htm

Selected business-related web sites compiled by staff at the New York State Library for use in response to reference questions.

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

manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm
Find resources and advice on starting a business in New York City. Get information on New York business licenses and incorporation, free NYC resources for starting a business.

Your Money New York - Help and Resources for Small Businesses

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

Small Business Resources - The Business Council of New York

www.bcnys.org/inside/smallbusiness.htm

Capital Business Blog - Read about the issues.

Visit www.nyfirst.ny.gov to learn what New York State can do for businesses.

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www.bfindapc.com/...business-resource.../resources-for-businesses-i
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Local doctor helps patients lose 20-40 lbs. in 40 days, without drugs or surgery

BY CAMILLE SPERRAZZA

When you speak with Dr. Melinda Keller, director of the Brooklyn Spine Center, one thing is evident immediately — she is passionate about what she does.

So when she says trips to the chiropractor are not about the back, but about keeping the brain healthy, it's time to perk up and listen.

"Many well-educated people believe they should only see a chiropractor for back pain," she says. But this isn't true. "The spine is the brain's connection to the body; it functions optimally when that connection works well."

Monthly visits to the chiropractor work a bit like car tune-ups. You come in because you want to stay on top of things before a problem develops. Results from "spine tune-ups" include better posture, more energy, and greater quality of life.

Dr. Keller has been helping people regain their interest in life for 35 years.

During that time, she noticed that many patients were overweight, and as a result, suffered from issues like high blood pressure and diabetes. These complications made it more difficult for the spine to respond and heal properly. Reacting to this need, the doctor developed a safe, effective diet plan for them. After all, "We're naturalists," she says. "We want people to become healthy and stay healthy."

Incredibly, people lose from 20 to 40 pounds in 40 days. Every person who has properly followed the diet has lost weight, she says. Their need for insulin, statins, and high blood pressure medication is also reduced or eliminated.

The program is doctor-supervised, and utilizes homeopathic remedies. Patients are in daily communication; even the many patients who observe the Sabbath are not exempt from this rule.

"No exercise is involved, and because it's all natural, it doesn't interfere with any medications."



(Clockwise from above) Dr. Melinda Keller of the Brooklyn Spine Center helps a patient use the LPG Spine Force. Cecilia and Nadia greet patients at the front desk. Dr. Keller helps patients safely lose weight so that the spine is not overworked. See the doctor at her Borough Park office.

Photos by Georgine Benvenuto

Success stories include Laverne, a woman with a high-stress job who made time for everyone else in her life — but herself. She was overweight and suffered from back pain.

The doctor has a spectacular glass scale that connects to a computer. It provides a detailed look at each person's body composition, even measuring the amount of fat around one's organs.

"If it's too high, people are at risk for a stroke," says Dr. Keller.

Laverne was not too pleased to learn that her body composition indicated

she was 10 years older than her actual age. She was determined to get in shape, and dropped 42 pounds in 38 days.

"When you lose weight, you look at food differently," says the doctor. "You desire food differently. You don't require crunchy, carbohydrates. It is because body chemistry has changed."

Charlene suffered from herniated discs, and was on diabetes medication.

"Her adult children wondered whether she was going to wake up in the morning," says the doctor. After losing almost 70 pounds, her post-

MRI revealed herniations were reduced in size.

"Families call and thank us," says Dr. Keller. "It's life-changing."

The doctor herself has also successfully participated in the diet loss plan — and kept the weight off.

It's because the body wants to heal itself, she says. When we get a temperature, it is the body's attempt to burn off the germs. When we eat something unhealthy, the body automatically gets rid of it.

"The body heals itself — as long as it is healthy." Keeping it healthy is the key.

Dr. Keller has been honored for her outstanding work in the community. She has worked in outreach programs, assisted families in shelters, offers seminars, and teaches goal setting and self-esteem workshops.

"It is deeply rewarding," she says.

Brooklyn Spine Center [5911 16th Ave. between 59th and 60th streets in Borough Park, (718) 234-6200, www.mybrooklynchiro.com, www.weightlossbrooklyn.net]. Open Mondays through Thursdays, 9 am-7 pm; Fridays, 9 am-2 pm; Saturdays, 9 am-noon, by appointment.

Trauma center sends mental health team to Haiti



Group photo of trainers and trainees — graduates of the Haiti Trauma Project training in Dec. 2016.

Global Trauma Research, Inc.

By Alexandra Simon

A local mental health and trauma center is deploying a team of mental health specialists to Haiti in response to Hurricane Matthew.

The Global Trauma Research team in East Flatbush sent out a team of their members and first responders, to provide mental health assistance to Haitians affected by the devastating hurricane on Oct. 10. Organizers from the mental health therapy organization, are emphasizing the trauma assistance along with immediate assistance to displaced Haitians, said a representative from the organization.

“Our response in regards to mental health is to hear the assessment from the government and grassroots organizations on the ground and then revamp our emergency response mental health plan,” said doctor Florence Saint-Jean, executive director for Global Trauma Research, Inc.

“Then we want to connect



The Global Trauma Research team in Haiti presenting a certificate to a trainee of the organization’s Haiti Trauma Project trainings in Dec. 2016. The organization trains educators, doctors, nurses, and religious leaders, on basic counseling assessment and intervention for their community.

Global Trauma Research, Inc.

with the people we have trained over the years, provide a short post training and empower them to go into their communities and use the tools they have to assess for primary and secondary trauma with survivor’s and displaced, and then provide a space for emotional

safety. Our sustainability trainings in the past has been for a time such as this.”

Global Trauma Research Inc. provides mental health therapy and services, and other health-related needs to Brooklyn. The organization’s Haiti Trauma Project trains local Haitians on counseling techniques and mental health intervention to assist their community.

The catastrophic category four hurricane, made landfall in the western part of Haiti on Oct. 4. It is the strongest hurricane to affect the country since Hurricane Flora in 1963, which killed thousands and the most devastating natural disaster to affect Haiti since the deadly earthquake in 2010. As the death toll, which is currently at 1,000 deaths continues to rise, relief organizers are preparing to spend months in Haiti.

“We have three folks that we hope to take with us, and we put out a call to first responders and volunteers that have worked with us in the past,”

said Saint Jean. “We are clear that we need a needs assessment from the government and people on the ground, who can tell us what they need before we make a move. Our goal is for our first team to be there for 2-4 weeks, followed by the next wave of folks who will continue to go as we have been for the past few years.”

The Global Trauma Research Inc. team will be operating from areas where they have conducted past training, to take appropriate measures and say that along with environmental disasters, poverty, and other issues affecting Haiti, all factors affect the mental health of Haitians.

“It’s a combination of multiple things,” said Saint Jean. “In the past we’ve done research

and a common theme we’ve heard is that the pain and hurt never ends — the natives have this mentality and a feeling that they’re cursed.”

Saint Jean is urging local Brooklynites who want to help, to directly donate funds to trusted organizations with proven track records.

“A lot of people want to donate clothes, shoes, and food, but I suggest to hold off on collections until the needs assessment is provided,” said Saint Jean. “We want to encourage self sufficiency and building the Haitian economy. I strongly recommend that people do thorough research and make contributions to trusted grassroots organizations who are doing the real work for years.”

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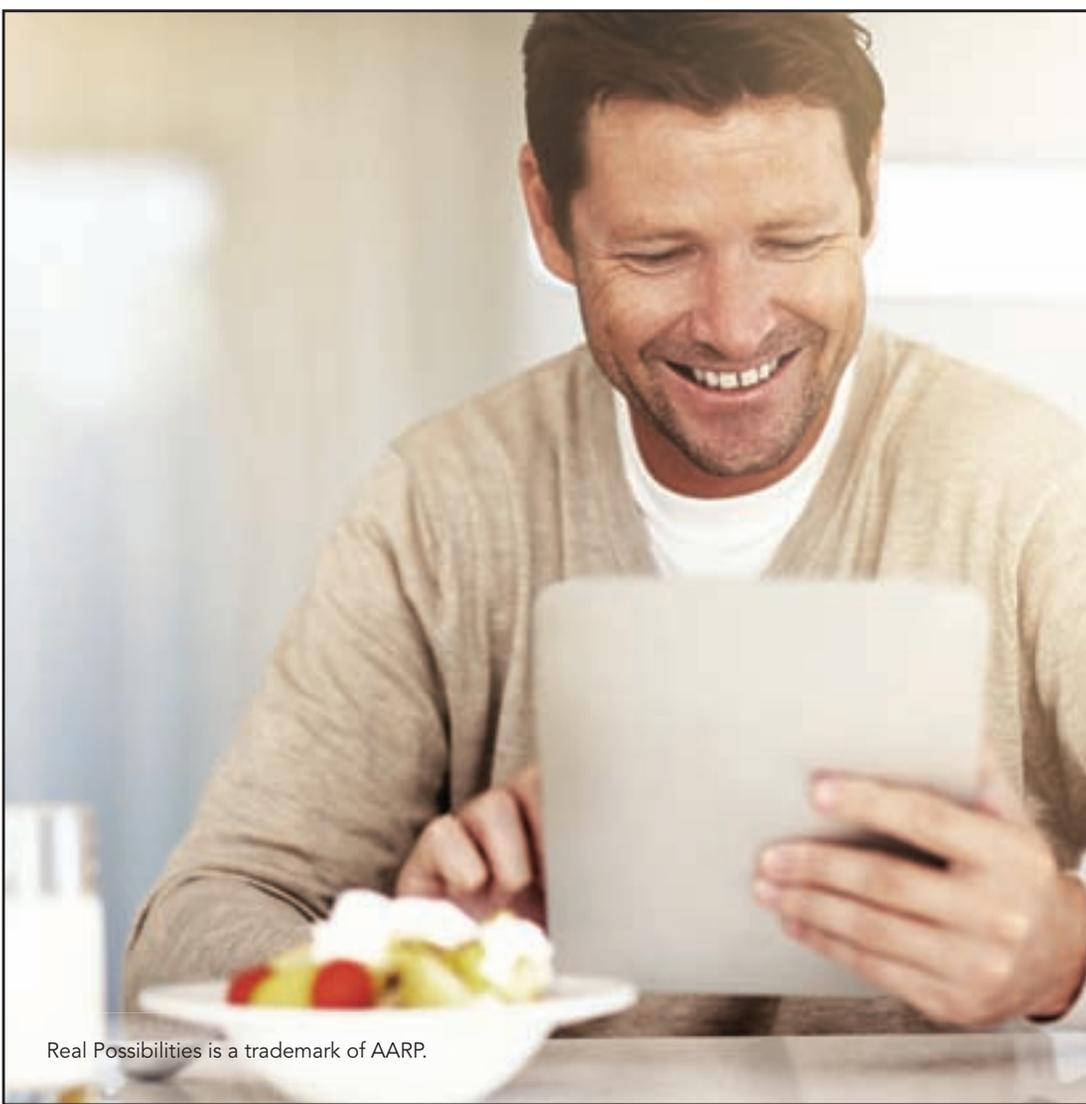


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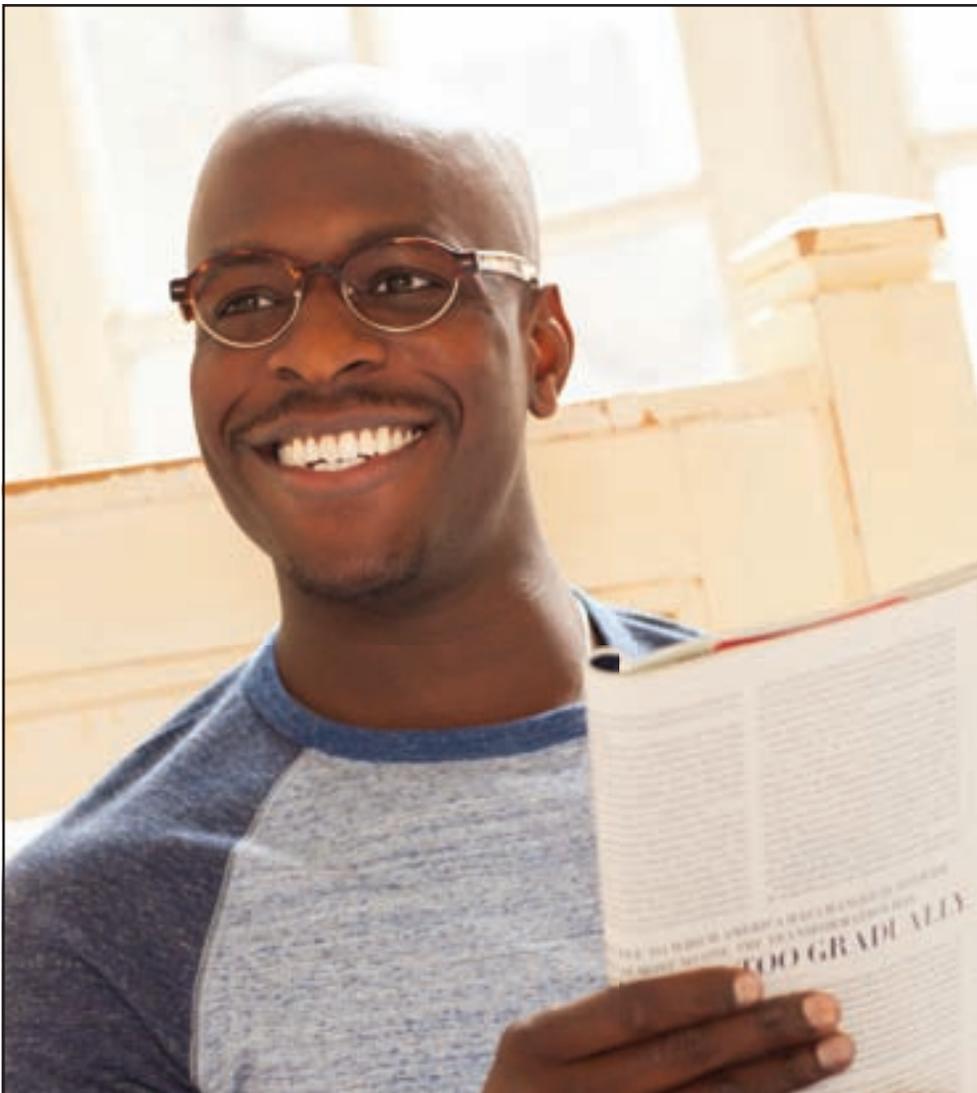
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OP-EDS

Labor saving innovations

Continued from page 12

work better when countries act in concert, rather than in a 'beggar thy neighbour' fashion.

This has long been the message from the United Nations since the crisis began, especially after G20 countries prematurely switched to fiscal consolidation following the 2010 Toronto Summit. The United Nations also consistently argued that fiscal and structural measures are needed to boost demand and raise productive capacity.

Ensuring growth is likely to reduce the debt-to-GDP ratio in the short term, by adding more to nominal GDP than to public debt. Thus, when fiscal measures raise output, a temporary debt-financed expansion need not increase debt ratios in the longer term.

UN tax and spending policy advice favours more growth by improving infrastructure spending, social protection, and progressive tax incidence. Better labour market programmes benefit both short-term demand, longer-term supply and inclusive growth.

Malaysia's minimum wage policy

Khazanah Research Institute's recent second State of Malaysian Households report, based on the 2014 Household Expenditure Survey by the Department of Statistics, suggests a significant increase in household income of the 'bottom 40 percent' from RM1761 in 2012 to RM2296 in 2014!

While partly attributable to higher commodity prices before the commodity price slump from late 2014, this impressive increase was probably also due to implementation of the 2012 minimum wage law from 2013.

The minimum wage law had long been sought by the labour movement and opposition political parties. Nevertheless, it continues to be opposed by some employers, especially in the plantation sector, and those of 'neo-

liberal' economic persuasion as 'populist'. Some of these critics claim, without supporting evidence, but by citing others of similar ideological persuasion, that such labour market distortions will result in greater unemployment and dissuade productivity growth.

In fact, the continued availability of immigrant workers prepared to work for lower wages has delayed the introduction of labour saving innovations which would increase labour productivity. Malaysia has to come to terms with its immigrant labor policy as it threatens economic progress and worker welfare.

By subjecting foreign workers to poor working conditions, Malaysians depress the welfare of all. By understating their numbers and contribution of 30-40 percent of the labour force, economic performance seems more impressive than is actually the case. This is especially so in the most dangerous, dirtiest and depressed jobs, weakening efforts to ensure 'decent work' for all.

Although Malaysia remains a very open economy, better working conditions will go a long way towards boosting aggregate demand. Lower income households are much more likely to spend most, if not all their additional income. In turn, their spending is more likely to be on goods and services produced within the national economy.

Thus, high commodity prices until 2014 and enforcement of the 2012 minimum wage law have helped economic recovery. But with the collapse of commodity prices and fiscal spending since, prospects for the economy are poorer.

An election budget may help improve public sentiment, but is unlikely to help address fundamental underlying problems, not least because so much will be syphoned off by political rentiers, ostensibly for campaign finance.

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You may not realize this fact but every time you look down to text or check your phone (most commonly at 60 degree angle), this is essentially the equivalent of **adding 60 lbs. or over four bowling balls** worth of stress to the back of your neck. Statistics currently state that the average adult spends approximately 3.6 hours daily (that's 1300 hours per year) on their mobile devices. That number grows to **over 5000 hours** yearly if you're a high school student.

Present studies state that 80% of the US population will experience posture related pain in their life. This may lead to flattening of the upper spine, joint damage, ligament laxity, and even potentially cause your lungs to take in up to 30% less oxygen as a result of compression from the poor posture.

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B3, B44, B36

Dr. Alan P. Goldman: Treating And Relieving Arthritis Pain

There are a lot of people suffering with joint pain and arthritis, says **Dr. Alan P. Goldman**, a specialist in rheumatology (130 Brighton Beach Avenue, 718-946-7557), and they often believe that there is little that can be done to alleviate their pain.

They are wrong. There are many options available, Dr. Goldman says; the key is finding a physician who is knowledgeable in those treatment modalities.

As a rheumatologist, Dr. Goldman specializes in the treatment of arthritis; one of only a handful practicing in Brooklyn.

Rheumatoid arthritis is an inflammatory illness that causes joints to swell. Symptoms include morning stiffness and swelling, often in the hands, elbows, or wrists, he says. Perhaps because there are so few rheumatologists in the borough, when people experience these symptoms, they often "see a surgeon first," says Dr. Goldman. But this often doesn't make much sense, he explains.

"When you have stomach pains, you don't go to a surgeon before seeing a gastroenterologist," he explains. "When you have chest pains, you don't see a surgeon before seeing a cardiologist."

A surgeon is the expert to see when surgery is needed, he notes, and of course Dr. Goldman refers patients to surgeons when necessary. Still, Dr. Goldman believes that the majority of people who suffer with arthritis can be treated without surgery. Even those who suffer

enormously may find relief with Remicade IV infusion treatments, he says. "It has worked wonders."

Patients receive these treatments once every few months, and people who previously couldn't move well find that the "benefits are tremendous," he says. Those whose symptoms are less severe may find relief with pills or injections. This method has been used successfully for many years, says Dr. Goldman. And, "It still works."

When patients see Dr. Goldman they are assured of receiving expert evaluations. Dr. Goldman's office offers x-rays, and a number of in-office treatment procedures. Should patients need physical therapy, arrangements can be made for this, as well.

Dr. Goldman also recommends that people age 60 or older come in to be checked for osteoporosis. People who are thin or who smoke are especially at risk, he notes.

Dr. Goldman is a Harvard graduate who has studied at Bellevue Hospital-New York University Medical Center and Gouverneur Hospital in Manhattan. He is on staff at the New York Methodist Hospital, and he is a Fellow of the American College of Rheumatology, as well as a member of the American College of Physicians, Nassau County Medical Society, the New York State Medical Society, American Medical Association, and the New York Academy of Sciences.

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CARIBBEAN ROUNDUP

Continued from page 6

the disease.

Dr. Johnson has also encouraged women to take steps towards preventing cancer.

He was at the time speaking at the official launch of Caribbean Wellness month recently.

Guyana

United Nations Secretary General Ban Ki-Moon has promised to look into the Guyana / Venezuela border dispute before his term of office expires.

Speaking at a meeting with Guyana President David Granger recently, Ban Ki-Moon said his assessment would most likely be delivered by November.

Granger has committed to providing the secretary general with any additional information needed to complete the assessment.

Former Commonwealth Secretary General, Guyana-born Sir Shridath Ramphal, and Guyana's Minister of Foreign Affairs Minister Carl Greenidge also attended the meeting with other officials of the Guyana's Foreign Ministry.



Guyana has been trying to persuade the United Nations to recommend a judicial settlement to the longstanding dispute.

At a press conference, Granger expressed satisfaction with efforts being made by the United Nations secretary general to reach a satisfactory solution to the decades-old border dispute between the two South American countries.

Jamaica

Jamaican Culture Minister Olivia "Babsy" Grange is supporting a petition to United States President Barack Obama to pardon National Hero Marcus Garvey of his wrongful conviction.

Garvey was convicted of mail fraud in 1923, however Grange says the Government of Jamaica believes "the trial and conviction were meant to tarnish Garvey's image and diminish his global movement".



Grange said, "the United States officials disapproved of Garvey's fearless advocacy of self-reliance, black pride and unity among his people so they imprisoned him, then deported him."

She noted that the government of Jamaica has attempted at the highest level and on several occasions to clear Garvey.

The minister believes that the petition led by United States citizens will yield the desired results.

Grange is encouraging everyone who is capable, including the Jamaican Diaspora in the United States, and Americans living in Jamaica, "to sign the petition and help to right a wrong."

The petition needs 1000, 000 signa-

tures to get a response from the White House.'

In the meantime, the Culture Minister is bringing a motion to parliament to expunge Garvey's local criminal record.

He was convicted in Jamaica for sedition and imprisoned at the St. Catherine Adult Correctional Center for three months.

Suriname

The Central Bank of Suriname has granted the first Islamic Bank in the Western Hemisphere, The Trust Bank, to start Islamic banking. The Trust Bank plans to start operation by the first quarter of 2017.

Foreign investment will now flow through Trust Bank and will be a boost to the Surinamese economy. The bank is now busy putting together the physical and human infrastructure to meet its target opening date.

A year ago, the bank signed an advisory services agreement with the Islamic Corporation for the Development of the Private Sector (ICD), the private sector arm of the Islamic Development Bank Group to process and support its conversion into Islamic compliant operations.



With the coming of the Trust Bank, Suriname may emerge as a hub for Islamic banking and finance in the region. Guyana, for example, is now turning to Suriname to help to access economic and technical support from the Islamic Development Bank.

St. Kitts

The Kitts and Nevis Tourism Minister Lindsay Grant has been ordered by the Eastern Caribbean Supreme Court to pay election consulting fees owed to Buzzmaker, an international political consulting firm that has worked on hundreds of high profile political campaigns across the Caribbean and the world.

In 2009, as political leader of the People's Action Movement (PAM), an unregistered political party in St. Kitts and Nevis, Grant entered into an agreement with Buzzmaker to provide political consulting services in the run-up to the 2010 general elections but failed to pay for the services rendered.

Buzzmaker asked Grant to pay a total of US\$28, 841.20 for the period July 2009 to December, 2009.

Grant paid a total of US\$18,235, the last payment on November 2011.



Buzzmaker had sued Grant for the outstanding balance of US\$10, 606, 20 plus five percent interest

The consultant service company attorney successfully argued that Grant was liable for the debts incurred and the court agreed.

— Compiled by Azad Ali

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GAC walk aims to end gun violence

By Tangerine Clarke

President of the Guyana Action Committee (GAC), Errol Lewis said over the past year, the organization has identified with many groups, that are of the opinion that gun violence has claimed the lives of many in, and around 'our communities to the extent where it has now become an unacceptable norm due to its consistency.'

Speaking to Caribbean Life on the upcoming Sunday, Oct. 16, "Walk To End Gun Violence" in Brooklyn's Prospect Park, Lewis reiterated the importance of members of the community joining the fight for gun violence prevention programs.

"The Guyana Action Committee wants to engage a cross section of the community at every level, which is consistent with activism, call to action, and our gun violence prevention program," said Lewis.

A former officer, Lewis said that GAC would continue to identify projects addressing social issues, particularly, in the area of gun violence.

"GAC provides provide immediate support to families of gun violence victims. The group aid in funeral arrangements by providing professional guidance, cost of wake or repast expenses

base on our budget," said Lewis, adding that the group also provide volunteers to assist with all related events, including, visits to violent prone areas

But Lewis is passionate about preventing deaths through gun violence in the first place. As such, the organization engages the community through literature distribution and discussions on "issues affecting citizens and ways on how to channel the information with hope of corrective action."

"Our call to the community is clear. Life is precious, save it. Gun violence is not the answer and we call for more gun amnesty guns giveback programs to get rid of illegal guns off the streets, and demand an end to senseless killing," said Lewis.

He explained the pain of seeing and experiencing the loss of members loved ones to gun violence, which have caused traumatic experiences too many times for us. "Gun violence is personal to our team," he said.

"Stiffer penalties are needed to unexplained, unwarranted law enforcement shootings," he added."

The membership is calling on everyone to come out and support this worthy cause by signing up online at www.gac.org.

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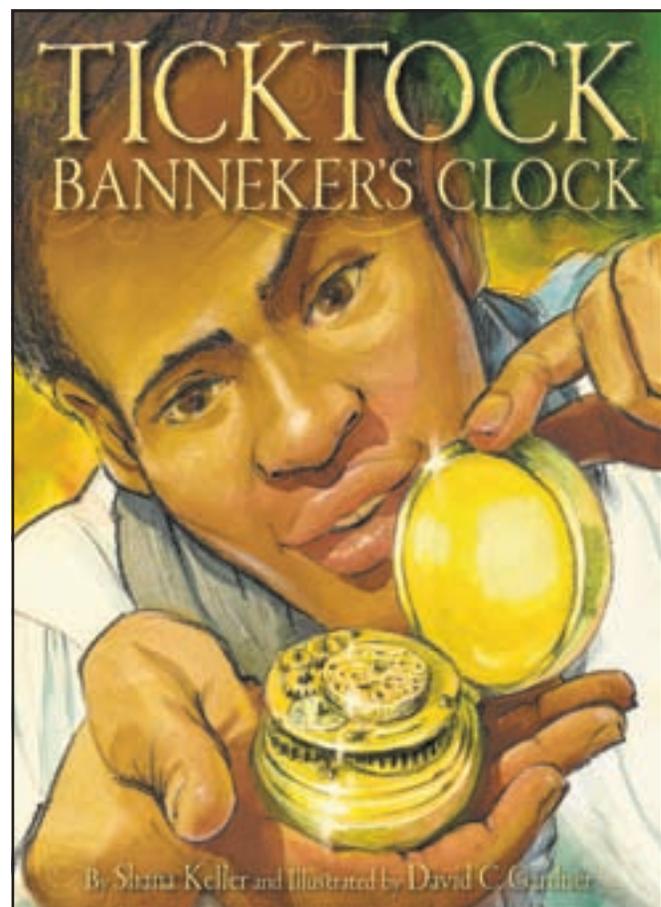
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Book cover of "Ticktock Banneker's Clock."

"Ticktock Banneker's Clock" by Shana Keller, illustrated by David C. Gardner
 c.2016, Sleeping Bear Press
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 32 pages



Shana Keller.

By Terri Schlichenmeyer
 Your favorite toy came apart yesterday. That's okay, though; it snapped right back together. It's made to come apart, in fact; it's one of those things you can build with and you like doing that anyhow, which is why it's your favorite. And in the new book "Ticktock Banneker's Clock" by Shana Keller, illustrated by David C. Gardner, you'll see how one really interesting project can lead to another. There wasn't much to do on that fall day near Chesapeake Bay. Once Benjamin Banneker had harvested his crops and prepared his farm for winter, there was plenty of time for thinking and dreaming. A friend had recently given

they worked together, and how each gear ran the other gears. He studied them and drew diagrams — partly because he knew he'd have to put the watch back together again, and partly because he wanted to make a timepiece of his own. It "was a challenge and he loved challenges." But the pocket watch was made of metal. Metal was expensive. How could Banneker make a watch without any metals? The answer arrived the following spring, right in front of him, right on his farm! He had plenty of wood and wood should've worked fine, but when he started carving, it split. Banneker had to figure out how to keep his project from being ruined. It took much of the summer but he finally realized that he knew all along how to cure wood so it wouldn't splinter. And so that next winter, Banneker carved and drew. He figured and thought some more,

and he dreamed. Could a man make a working clock from scraps and scratch? I'm sure you can surmise the answer to that, but what makes it remarkable is included in on the last page of "Ticktock Banneker's Clock."



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 Nelson A. King

Community celebrates Nelson King's achievements

A wide cross section of the Caribbean community in Brooklyn Sunday night celebrated the lifetime achievements of journalist Nelson A. King at a gala ceremony at Glen Terrace on Avenue N in Brooklyn.

King, on Aug. 1, successfully defended his dissertation on the topic: "Exploring Female Former Sugar Cane Farmers' Livelihood Transition in St. Kitts and Nevis: A Multiple Case Study."

In a recent letter to King, the Registrar's Office at Northcentral University (NCU), a fully-accredited university, whose corporate headquarters is in San Diego, CA congratulated him on the "conferral of doctorate" — a doctorate in business administration (DBA), with specialization in international business.

"Greetings Dr. Nelson King, we would like to congratulate you on the completion of your degree!" the letter states. "Your transcripts now list your degree as conferred."

King said the findings of his doctoral study provide "concrete information on social and vocational training policy recommendations to the current government in St. Kitts and Nevis to address the needs of former female sugarcane farmers and other potential workers affected by the closure of agricultural and other industries."

The versatile journalist, with training in diverse fields, said, in the coming weeks, he will work on articles for peer-reviewed journals from his dissertation. He also said he will seek publication of extracts from his dissertation in local, regional and international periodicals.

"I came to congratulate my adopted son from Vincy [St. Vincent and the Grenadines]," said Dr. Una S.T. Clarke,

the Jamaican-born, trailblazing former New York City Council Member, whose political club, the Brooklyn-based Progressive Democrats Political Association (PDDPA) honored King in early July as part of its African American Heritage Month celebration. "So, Dr. King, I come to congratulate you.

"I know you long enough," Dr. Clarke added. "I know you're not selfish, so I give you wings so you can fly."

Noting that it was a "grand occasion," New York State Assemblyman Jamaican Nick Perry, who represents the 58th Assembly District in Brooklyn, said he couldn't miss the event, despite the United States Presidential Debate that same evening.

"All the degrees Nelson has, he earned them," he said. "Nelson, we're all proud of you. We know you'll not walk around with a big sign. We certainly will enjoy with you your achievement."

Former New York State Senator John Sampson, the son of a Guyanese father, who had represented the 19th Senatorial District in Brooklyn, said he was "proud of Dr. King.

"I have to give you a lot of credit," he said. "You're the epitome of a hard working brother, despite all that we go through."

Earl Horne — a founding member and former president of the Brooklyn-based Hairoun Sports Club and an executive member of the Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO), the umbrella Vincentian group in the US — described King as "really a true Caribbean man.

"You work very hard in getting your work out," he said. "Congrats for the work you've done."

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Pride of the Isthmus parades Panama & polleras



Inside Life

By Vinette K. Pryce



Panamanians parade through the streets of Brooklyn.

Photo by Vinette K. Pryce

Thousands defied a rainy and cloud weather forecast last weekend in order to celebrate Panama's heritage and culture during the 21st annual Pre-Independence Day Parade in Brooklyn.

Arriving in the borough from Canada, Panama and all over the United States, their defiance proved resistant to predicted bad weather rewarded by delayed rains, a resoundingly successful preview of the 113th anniversary celebration since the nation separated from Colombian rule in 1903 and a pre-Columbus Day holiday march and Hispanic Heritage Month tribute.

Costumed, folkloric groups, marching bands, fraternal organizations, beauty queens, diplomats and other dignitaries representing Montreal and Toronto, Canada, Colon and Panama City, Taboga, the tiny island off the coast of Panama as well as New York City displayed some of the unique attributes that contribute to the isthmus and its distinctively geographically positioning as "Puente del Mundo" – the bridge of the world.

At the start at Franklin Ave. and Bergen St. organizers of the Day of Independence Committee of Panamanians in New York Inc. (DICPNY) greeted Brooklyn Borough President Eric Adams, Public Advocate Letiticia James, grand marshals Gladys Savage, Julia Roman and Norma Lewis, emcee Guillermo Phillips, a past president of the diasporan organization for a colorful kickoff of an all-day celebration that ended at dusk with a concert and street fair.

Displaying all the pageantry that represents the two-star, red, white and blue colors of the Caribbean and Pacific destination, high-stepping musicians and military drill professionals demonstrated instrumentation and technique of their style proficiency.

Uniforms and native outfits were nothing short of stellar – among them, straw hats, frilly and lacy traditional blouses

and flouncy skirts known as polleras.

Displayed and paraded in various forms and fabrics the Spanish colonial dress which became vogue between the 16th and 17th centuries with indigenous populations in the Andes by hacienda owners known as hacendados.

Traditional throughout Latin America, polleras originated as peasant dress worn mostly throughout southern regions of Spain particularly Andalucia.

These days, polleras distinguish Hispanics as indigenous and folkloric forms of dress.

Last Saturday in Crown Heights along with molas, they represented Panama with flair and color.

From bright orange to the traditional two-tiered, white off-the-shoulder peasant blouses accentuated by wide white, flouncy, ankle-length skirt,

fashion defined Panamanian pride worn by abundance of folkloric groups.

With few exceptions from groups displaying Yo Soy Tu Gente Panama, Dia De La Etnia Negra, Afro-Panamanian Chamber of Commerce, Panamanian Nurses Association, Panama Canal Alumni Association, Panamanian Jamaica,

Caribbean American Inc. (better known as PAJACAM) and United Panama Veterans and a few others, spectators and participants paraded polleras.

Also prevalent and equally dominant outfits representing the isthmus that connect two continents identified uniformed marching bands.

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*Mr. Kim, speaking recently as a guest on the popular cable television show, **Uncensored Rhymes & Reason**, hosted by **Chandelle DeRiggs, Michelle Chue-Sang, Janice Mckenzie and Catcha Slater.***

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It's official: Haitian Day— October 9! Celebrated



Haitian-born Council Member Mathieu Eugene (third from left) stand with members of the Haitian community in front of their bi-color flag with the white panel in its center bearing the coat of arms. The motto on the white scroll reads: L'Union Fait La Force (Unity Makes Strength.)

Photo by Tequila Minsky

By Tequila Minsky

Haitian Day is now officially Oct. 9. New York City Council resolutions passed this summer called on the City and the United States to recognize on this day Haitians' contributions in America. The date signifies the fight by Haitian soldiers during the Revolutionary War for the freedom of the United States at the Battle of Savannah.

At Bowling Green in Lower Manhattan, New York City Council Speaker Melissa Mark-Viverito and Council Member Jumaane Williams joined Haitian-born Council Member Mathieu Eugene who introduced this legislation, civic advocates, members of Haitian clergy and others from the Haitian community to celebrate the first New York City Haitian Day and Flag Raising Ceremony.

Resolution 687 establishes this date in New York City to recognize the contributions of Haitians to the city. Resolution

664 calls on the State and Federal governments to officially establish this date as Haitian Day.

After the Star Spangled Banner and Haiti's national anthem La Dessalinienne were sung, the flags of each nation were raised in a sign of solidarity between the two countries.

"We are lucky to live in one of the most diverse places in the world," emphasized Eugene at the ceremony. "The character of New York has been shaped by so many different cultures, and since the beginning of American history, Haiti has helped shape this great nation."

With pride, Eugene reminded those present of Haitians' presence in a great many professions including the arts. [We are] "involved in every vocation possible, and together, we have made tremendous contributions to American art, medicine, law, culture and most importantly, the history of the nation."

Marking the 237th anniversary

of the Battle of Savannah, where Haitian soldiers joined the American cause for independence, the gathering also served as an opportunity for the Haitian-American community to unite in support of their homeland as it begins to assess the damage and assist with recovery from the devastation of the recent hurricane.

Bishop Guy Sansaricq, the Haitian American Law Enforcement Organization, which provided a color guard, Anne Marie Bernadel from the Haitian Consulate, and Montreal Conseil President Frantz Benjamin also participated in the ceremony.

Poets Johnfield Noel and Kerta George, performing artist E-Uneek, representatives from Interfaith Medical Center and the Haitian American Nurses Association were also present.

"Today's celebration is so very important for our nation's spirit, as it commemorates a time when Haitian soldiers

gave their lives as a part of the American struggle for independence. It is also an opportunity for our community to unite in support of our home-

land, which continues to maintain its strength of character in the face of an extreme humanitarian crisis," remarked Council Member Eugene.

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Crown Heights girl hosts bake sale for a cause

By Alexandra Simon

A young baker gave Kings County hospital a sweet deal with fund raising bake sale for the hospital's Neonatal Intensive Care Unit on Oct. 10.

As a former patient in the unit 12 years ago, 12-year-old Zaria Gellineau organized the bake sale to raise money for the unit that saved her life, said her mother Penelope Gellineau.

"It was mainly my daughter's idea after she saw someone raising funds for the March of Dimes with a sale," said Penelope Gellineau. "She's older now and thought that we could make a bigger one than the March of Dimes on behalf of the neonatal intensive care unit."

Zaria was born prematurely at just one pound and seven ounces and spent three and half months getting care in the unit. Thankful for her life and care she received, she wanted to give back with a bake sale. Zaria and her mother took two days to make a variety of baked goods from cakes, to cookies, to breads, to all types of pastries and sold them.



Zaria Gellineau (front center) poses with the baked goods at Kings County hospital for her bake sale. Melville Sylvester

"Our headliner was West Indian fruitcake, but he we also had red velvet, carrot cake, chocolate, cherry, cupcakes," said Gellineau. "We also had vegetable cupcakes made with kale, cauliflower. We ate so much I don't think we'll be eat-

ing cake for a while, everything we ate with love."

With the help of family and friends, Gellineau and her daughter planned the sale in a month, creating a list of various sweets and deserts — all homemade — that they made

to sell to staff and patients of Kings County hospital. Using about 130 pounds of flour and two days of baking, they produced 25 selections of baked goods, from cake to cookies, to breads and puddings. Gellineau said her daughter was

so pleased with the support received from the sale, that another sale would be coming soon.

"She was very excited and she had her best friends with her who were also premature. They've been friends since all excited sat morning all order," said Penelope Gellineau. "They had a blast and she's looking forward to the next opportunity."

The sale was a hit according to Gellineau, having more than 400 buyers throughout the six-hour sale, surpassing their \$1500 goal.

The bake sale was personal and especially important to Gellineau because Kings County hospital does not get the accolades it deserves, she said.

"I just want people to know how good Kings County Hospital is," said Gellineau. "I think our community's high expectations are not realistic in health-care. Kings County is terribly underrated — there are many services available there that many other places do not have including caring for premature babies."



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The re-done, picture perfect bridal room is large, romantic and very feminine, accommodating up to 15 in easy comfort, with wall-to-wall mirrors.

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Jamaica wins big at 23rd annual world travel awards

By Nelson A. King

For the 11th consecutive year, Jamaica is the toast of the region, copping the Caribbean's Leading Destination at the 2016 World Travel Awards.

The Caribbean island continues to flourish as a destination in 2016, bringing home awards, including Caribbean's Leading Cruise Destination and Caribbean's Leading Tourist Board.

Jamaica accepted these awards in the company of their tourism industry peers around the globe, as validation that their tourism product is unparalleled, according to the Jamaica Tourist Board (JTB).

"We are incredibly proud that Jamaica has once again been recognized as the Caribbean's Leading Destination, as well as the Caribbean's Leading Tourist Board," said Paul Pennicook, JTB director of tourism.

"We share these awards with our valued tourism partners, who continue to treat our guests to true Jamaican hospitality at world class standard," he added.

"We extend our gratitude to the World Travel Awards and everyone who believes in the authenticity and uniqueness of our tourism offerings," Pennicook continued. "We continue to pride ourselves in our people, our accommodations, our attractions and our magnetic culture."

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Holiday Inn Resort in Montego Bay, Jamaica. Jamaica Tourist Board

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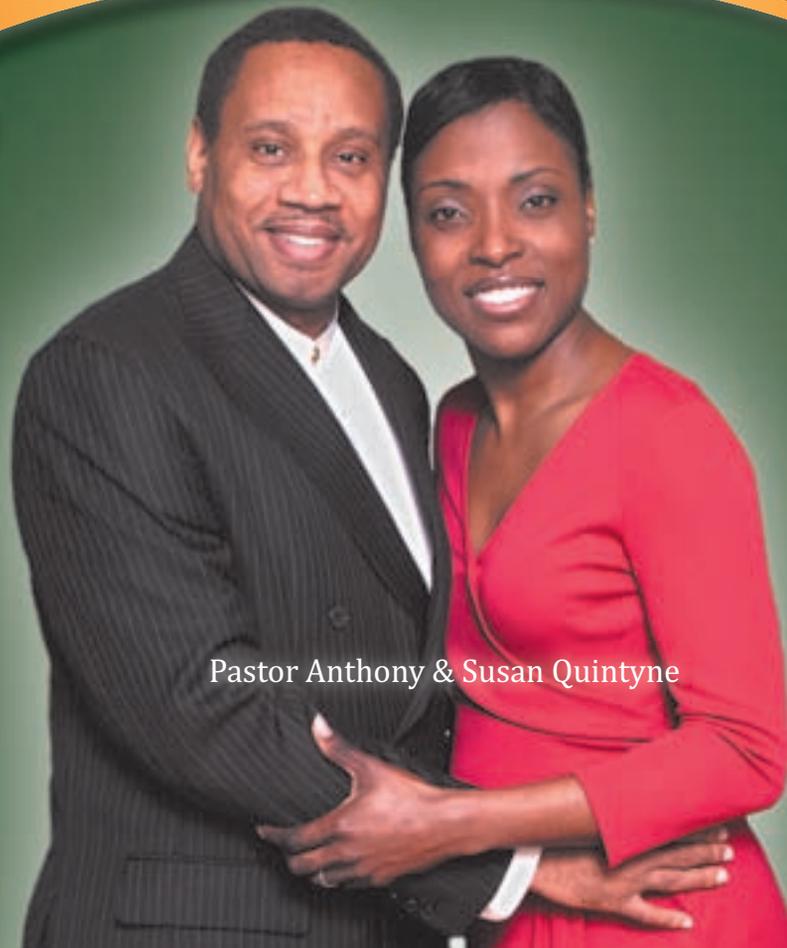
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During the past century, which included a name change to Municipal Credit Union in August 1919, MCU has continually and steadily grown. Today, its assets top \$2.4 billion. MCU opened its first Brooklyn branch in 1983 and has been a mainstay in the borough ever since. MCU currently has 20+ branches in the five boroughs and the suburbs, including its Jay Street, Ralph Avenue, Flatbush, and Coney Island branches in Brooklyn, an expansive ATM network and mobile and online banking, and has the naming rights to MCU Park in Coney Island, home of the Brooklyn Cyclones. MCU currently employs 700+ people.

MCU has also grown in membership, serving 400,000+ members today. Its membership now includes CUNY students in addition to municipal employees and many other groups.

"We're proud and humbled to be celebrating such an important milestone," said MCU President/CEO Kam Wong. "We want to thank all our members who



MCU Board of Directors and Supervisory Committee members accepted a special recognition from New York State Senator Velmanette Montgomery in honor of its 100th Anniversary at the Brooklyn - Jay Street branch.

have put their faith and trust in us and let us help them with their financial needs and achieve their financial goals over the years. I personally want to thank our staff and members of our volunteer Board and Supervisory Committee who have ensured MCU serve our members so well. They are all the reason MCU is celebrating our Centennial and in a strong position."

Wong said MCU is most proud that it has always

honored the credit union philosophy of "people helping people," supporting and giving back to its members and the communities where it operates and where its members live and work. He cited examples such as MCU employees donating a percentage of their monthly salary to a special fund to help unemployed civil servants during the Great Depression and MCU not charging delinquent interest on loans to members serving in the

armed forces after World War II.

In recent years, MCU created a Members Assistance Program for members affected by Hurricane Sandy and offered a Federal Assistance Program for members affected by the federal government shutdown. Its community programs include its annual scholarship program for college-bound high school seniors, its award-winning Financially Fit series, Home Buying Seminars, the Build

A Better School Program, and its Youth Baseball/Softball Clinic series, now its third year, at MCU Park.

"Our first century was great, and we know our second century will be even better," noted Wong. "We hope everyone will join us."

Sherry Goldman, Goldman Communications Group, sherry@goldmanpr.net, 718-224-4133.

Michael Mattone, Municipal Credit Union, mmattone@nymcu.org, 212-238-3512.

EDUCATION



How to pick a private school

The choice between public or private schools is one parents don't take lightly. Both public and private schools have produced wonderful students, and the majority of teachers at both public and private schools are committed to their students.

Parents who are considering private schools for their children may benefit by asking a host of questions that can give them a greater feel for a school and how their youngsters will fit in, should they enroll.

While tuition costs and location will factor heavily in parents' decisions, the following are three questions parents can ask to determine if a given school is right for their kids:

What is the school's mission?

Parochial schools are affiliated with religious institutions that often provide the foundation for the school's philosophy. Some parochial schools prefer parents be members of the church affiliated with the school, and those who are members of that particular faith may already be familiar with the school's philosophy and mission.

If you are not, ask about the philosophy and how it is applied in the classroom. You can do the same with private schools that are independent of any religious organizations. Schools that claim to specialize in the arts may not focus as heavily on the sciences as

public schools or other institutions. Understanding these philosophies and how each school applies them can help parents choose the best school for their children.

What are the class sizes?

Private schools have a reputation for having smaller class sizes than public schools, and class size is something parents should consider strongly before choosing a school for their children. According to the National Council of Teachers of English, research shows that students in smaller classes perform better in all subjects on all assessments when compared to their peers in larger classes.

The council notes that large class sizes may even make it difficult for schools to retain effective teachers, who may grow frustrated by especially large classes and seek positions at schools where class sizes are smaller. Parents can ask school administrators about class sizes, while also asking parents of current students how well teachers relate to students. Small class size may increase the chances kids perform better in school, but ineffective teachers may negate that benefit.

Does it cater to special-needs kids?

Parents of special-needs students must inquire about how schools cater to these

kids. Public schools are required by law to meet the special needs of all of their students. Public schools typically have programs in place for special-needs students, and many have teachers trained to meet their specific needs. Private schools may offer services for special-needs students, but they do not have the same requirements as public schools. Inquire about services before choosing a school, ideally choosing one that has extensive experience and training.

Parents face an important decision when choosing between public and private schools for their children. Asking the right questions can help parents make the most informed decisions.

The enduring value of music education

For the 2016-17 school year, the music and arts budget in the Los Angeles Unified School District reached its highest point in a dozen years. While that's great news for students, it also illustrates the sad fact that arts and music programs have taken a considerable hit in recent decades, falling victim to budget cuts.

The National Association for Music Education lists the following benefits among the many reasons to support music education in schools:

Helps develop language skills

Studies have shown that music training contributes to the physical development of the part of the left side of the brain associated with processing language. A 2005 study from researchers at Stanford University found that mastering a musical instrument may also improve reading skills, which can benefit students both inside and outside the classroom.

Improves hand-eye coordination

Studies have linked long-term music training to improved hand-eye coordination. That is likely connected to the motor skills children develop when playing musical instruments. Without those instruments, those motor skills may not develop as strongly.

Improves concentration

Even students who cannot play a musical instrument can still benefit academically from simply listening to music. In 2007, a research team from the Stanford University School of Medicine found that music engages the areas of the brain involved with paying attention.

Today's students deal with numerous distractions, from smartphones to tablets to social media, but those who routinely listen to certain types of music might find it easier to block out those distractions and focus on their work.

Helps emotional development

A 2003 study commissioned by Chorus America found musicians are more likely than the average person to be involved in charity work as volunteers and donors. The National Association for Music Education also notes that music students may be more likely to exhibit empathy toward other cultures.

Music can improve self-esteem

In a study examining 117 fourth grade students attending public school in Montreal, a researcher at the University of Texas at Austin found that children who received piano lessons weekly for three years had higher self-esteem than children who were not given piano lessons during the same period.

Music education can enrich the lives of young students in a myriad of ways, potentially contributing to happier, more fulfilling lives.



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ENTERTAINMENT

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Jamaican dancehall singer Richie Stephens, center, and his Italian ensemble band, The Ska Nation Band.

Jamaican touch to Italian classic

By Alexandra Simon

Reggae star Richie Stephens and The Ska Nation band are fusing cultures with their Jamaican-style rendition of an Italian classic.

Stephens and his band have released two versions of “O Sole Mio,” a classic Italian opera written in 1898 sang over a ska rhythm. Stephens says he has

Continued on Page 58

Coming of age play tackles current conversations

By Alexandra Simon

A new theater production called “Sweet,” will be celebrating National Black Theatre’s “Pursuit of Black Joy” theme when it debuts on Oct. 22.

The coming-of-age play focuses on a tale of young love set in 1960’s Kansas during the Civil Rights Movement. The play is a drama and romance story that will showcase the lives of three different characters discovering themselves and experiencing new emotions. The play’s creator says the varied personality represents an aspect of black people missing from mainstream entertainment.

“It’s a play about black people living their lives, and we get to watch them struggle, love, dance, and sing together — it’s a rare treat to be celebrated that way,” said Harrison Rivers, playwright

Continued on Page 58



Vangelina conjures two ghosts in “Butoh Beethoven: Eclipse.”

Brian Kwon

Vangelina conjures the ghosts of two giants

After a triumphant international tour, Vangelina Theater presents the New York Premiere of Butoh Beethoven: Eclipse (Admiring Tatsumi Hijikata), from Oct. 26-31, 2016 at 8 pm at The Producer’s Club, Royal Theater, 358 West 44th Street, New York, NY 10036.

New York Butoh star Vangelina conjures the ghosts of two passionate giants — Tatsumi Hijikata, founder of Butoh, and composer Ludwig van Beethoven in this hypnotic, electrifying and award-winning solo perform-

ance.

Celebrate Halloween week with the haunting art form of Butoh and come dressed in your own costume to any performance. Tickets are \$20 General Admission and \$18 for students and seniors. Please visit <http://www.brownpapertickets.com/event/2582224>. Run-time is 60 minutes.

The word “Eclipse” is derived from the ancient Greek noun (ēkleipsis), meaning “abandonment,” “downfall,” or “the darkening of a heavenly body”

which in turn stems from the verb ἔκλειπ (ēkleíp) which means “to abandon,” “to darken,” or “to cease to exist.” Butoh is likewise the “Dance of Darkness” where performers first appear human, then as ghosts.

Butoh Beethoven: Eclipse (Admiring Tatsumi Hijikata), is a solo piece that illuminates the darkness of Butoh with the addition of cutting edge lighting technologies such as the futuristic creations of European designer Tilen Sepi and fiber optic

Continued on Page 58

TOP OF THE CHARTS

TOP 10 SINGLES



- 1 **Closer**
The Chainsmokers Feat. Daya
- 2 **Heathens**
Twenty one pilots
- 3 **Treat You Better**
Shawn Mendes
- 4 **Cheap Thrills**
Sia Feat. Sean Paul
- 5 **Cold Water**
Major Lazor
- 6 **Send My Love**
Adele
- 7 **Let Me Love You**
DJ Snake Featuring Justin Bieber
- 8 **Starboy**
TheWeekend Featuring Daft...
- 9 **This is What You Came For**
Calvin Harris feat. Rihanna
- 10 **One Dance**
Drake Feat. WizKid & Kyla

TOP 10 ALBUMS



- 1 **A Seat at the Table**
Solange
- 2 **22, A Million**
Bon Iver
- 3 **California**
Blink-182
- 4 **The Altar**
Banks
- 5 **Kairi Chanel**
Dave East
- 6 **Now 59**
Various Artists
- 7 **Beautiful Surrender**
Jonathan David & Melissa...
- 8 **Remember Us To Life**
Regina Spektor
- 9 **Keep Me Singing**
Van Morrison
- 10 **Lemonade**
Beyonce



VANGELINE

Continued from page 57
costume by the French company LumiGram. After touring this show for the past two years and receiving four stars at the Edinburgh Fringe Festival and critical acclaim in the United States, Vangeline shines a new light on Butoh and will transport audiences.

“Butoh Beethoven: solo done with integrity and bends time as butoh ‘should.’”

- Donald Hutera, chief dance critic at London Times

“A mesmerizing and exhilarating jewel... Vangeline’s exquisite control allows change where there seems no movement... a resplendent piece of performance theatre well worth seeking out: a true tour de force, literally a feat of

strength, within and without.”
- four stars — Edinburgh Fringe Festival, Edinburgh Spotlight

“...Using subtle and raw choreography, brilliant accompaniment and the power of her presence, Vangeline succeeds in bringing an essence of these iconic individuals to life on stage. The show enralls from start to finish. Vangeline’s performance is deeply engrossing.”

- four stars — Edinburgh Fringe Festival, Broadway Baby

New York star Vangeline performs in “Butoh Beethoven: Eclipse (Admiring Tatsumi Hijikata).”

Michael Blase



Pursuit of Black Joy

Continued from page 57

and creator of the play. “There is something really beautiful about that. It’s so important for me seeing myself in theater and seeing a character who looks like me.”

“Sweet” follows two sisters, Retha and Nina Baker who live in an all-black town in Kansas. When their mother dies unexpectedly, their childhood friend and next door neighbour George, returns home from college alighting a test of their relationship with each other. With both Baker sisters having feelings for George, the three end up in a complicated love triangle as they come of age. The cast of “Sweet” is made up of three actors — the only characters in the story — who will perform the play, which has a runtime of an hour and a half. Rivers says finally seeing a story he has worked on since college come to fruition, was an exciting journey as a writer.

“It was a long time coming,” said Rivers. “I wrote a scene for graduate school in 2007, and overtime I kept returning to these characters and that scene. It was 10 years in the making on and off, but the long journey was even more exciting.”

National Black Theater’s, “Pursuit of Black Joy” theme is showcasing stories relevant to the state of black people today. Even though Rivers wrote his play before the current movements like Black Lives Matter, he says audiences can strongly identify with the lessons explored in the play.

“It’s set in late 60’s during a time when we were asking, ‘what is the value of human life — the black body?’” said Rivers. “That is the world these human beings are trying to figure out. These are universal themes asking, ‘who am I, is there room for me, and will I be okay?’”



Renika Williams rehearsing a scene from “Sweet.” Williams plays Nina Baker, who is one of the sisters in the story. Jonathan McCrory

Jamaican Italian mix

Continued from page 57

always toyed with the idea of combining music of different cultures, and the idea he came upon by chance during his tour in Italy.

“We were in south of Italy, coming from a performance and everything was going well when I heard ‘O Sole Mio’ — a song that everyone knows and love in Italy,” said Richie Stephens, a rhythm and blues and dancehall singer.

“When I heard that version I started singing it. The more I started singing it, the more I kept humming it and my band members wanted to hear how it sounded in person.”

“O Sole Mio” is an opera song by composer Giovanni di Capua. The beloved song which translates to my sunshine in English, is a popular song in Italy, and was famously sung by opera singer Luciano Pavarotti. Stephens — who does not speak Italian — started to grow an interest in the song and decided to learn the full lyrics. Even with the challenge of learning a new language, he found a beauty in it and added his own style.

“I would sing it in Italian, in the same opera style but over a ska beat. In a week’s time I learned the words and went to the studio,” he says. “I had to learn a song in a different language but I

love that. I believe in cross-culturalism and learning about different cultures — I truly love those things.”

Stephens and The Ska Nation band recorded two different versions, and debuted their ska style opera at one of their concerts. With the many differences between Italian and Jamaican music, Stephens maintains that a fusion of the cultures is a much needed aspect in music.

“It’s very new and fresh,” said Stephens. “Cross culturalism is a very necessary thing in this world. It brings people together because music has no barriers and no limits — you might not speak the language but you can still understand the meaning.”

Fans in Italy love the song, according to Stephens, with first time listeners taking him for an Italian.

“The reception is excellent and we’ve gotten great feedback from Italian people, and even in America,” he said. “When Italians heard the song, they mistook me for an Italian singer — it is truly flattering.”

Richie Stephens and The Ska Nation Band plan to perform their versions of “O Sole Mio” for their upcoming tours next year, which will also be part of their second international album.

An intimate look at the life of late icon

“Maya Angelou: And Still I Rise”
Excellent (4 stars)
Unrated
Running time: 114 minutes
Distributor: American Masters Pictures
Film Review by Kam Williams



Maya Angelou.

www.rottentomatoes

By Kam Williams

Maya Angelou (1928-2014) was born Marguerite Annie Johnson, in St. Louis, Missouri on April 4, 1928 to parents for whom she and her big brother Bailey soon became a burden. When Maya was just 3, the siblings were sent alone by train to live with their paternal grandmother in Arkansas where they would be terrorized by the Ku Klux Klan.

At 7, Maya moved back to St. Louis, only to be molested by

her now single mother's boyfriend. When she reported the rape, the perpetrator was soon murdered under mysterious

circumstances.

Maya subsequently fell mute and was shipped back to her grandma's house. Although she

couldn't talk, she did take to reading like a fish to water. And by the time she spoke again at the age of 12, she'd become

very acquainted with the classics ranging from Shakespeare to Langston Hughes to Edgar Allan Poe.

Unfortunately, exposure to great literature didn't save Maya from further trauma, as she would become a single-mom at 17 after being pressured into a sexual encounter with a boy who wanted nothing more to do with her. She subsequently supported herself and her son, Guy, by holding an array of odd jobs, including work in the sex trade industry as a stripper, prostitute and even a madam.

Yet somehow, Maya would overcome her humble roots and checkered early career to become an African-American icon and a very respected writer in her own right. That miraculous recovery is the subject of “Maya Angelou: And Still I Rise,” a reverential retrospective offering an intimate look at the life of the late poet / author / actress / director / civil rights activist.

Independent & Foreign Films

The Bad Kids (Unrated) Education documentary chronicling a group of Mojave Desert teachers' unorthodox approach to helping at-risk high school's students.

Christine (R for profanity, sexuality and a scene of disturbing violence) Rebecca Hall portrays the title character in this biopic about Christine Lubbock (1944-1974), the ABC-TV news reporter who committed suicide on the air in Sarasota, Florida by shooting herself in the head while sitting at the anchor's desk. With Michael C. Hall, Tracy Letts and Timothy Simons.

Desierto (R for profanity and graphic violence) Suspense thriller set along the Rio Grande and revolving around a rifle-toting vigilante's (Jeffrey Dean Morgan) hunt for undocumented aliens attempting to enter the U.S. illegally. With Gael Garcia Bernal, Marco Perez and Diego Catano. (In English and Spanish with subtitles)

Is That You? (Unrated) Romance drama revolving an unemployed, 60-year-old, film projectionist (Alon Aboutboul) who moves from Israel to America to search for his long-lost childhood sweetheart. Featuring Rani Blair, Patrick Michael Kelly and Naruna Kaplan de Macedo.

Maya Angelou: And Still I Rise (Unrated) Poignant biopic offering an



Kam's Kapsules

By Kam Williams

intimate look at the remarkable life of the late author / actress / civil right activist.

Priceless (PG-13 for violence and mature themes) Fact-based drama about a widowed truck driver (Joel Smallbone) who turns vigilante after discovering that a sex trafficking ring has hidden a couple of young women (Bianca Santos and Amber Midthunder) in the back of his rig. With David Koechner, Kristen Rakes and Jim Par-rack.

Search Engines (Unrated) Holiday dramedy about a family forced to spend Thanksgiving actually talking to each other after they all mysteriously lose cell phone service. Cast includes Joely Fisher, Grace Folsom and Nicole Cummins.

Big Budget Films

The Accountant (R for graphic violence and pervasive profanity) Ben Affleck plays the title character in this complicated crime caper about a CPA with Asperger's Syndrome who morphs into a bloodthirsty assassin after being double-crossed by mobster clients. Ensemble cast includes Anna Kendrick, J.K. Simmons, John Lithgow and Jeffrey Tambor.

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Simple Procedure Improves Dry Eyes & Sagging Eyelids

Exclusive interview with Dr. Golio, Director of Craniofacial Surgery

If you have recurring infections on your eyelashes, dry eyes, feeling of dirt, debris, sand, odd bodies or watery eyes, you are not alone. A simple procedure performed under local anesthesia can help.

Dr. Dominick I. Golio says, "A growing number of people flock annually to be examined due to these symptoms. There are many different causes for these problems. Age, Arthritis, the use of certain drugs to lower blood pressure, meds to treat allergies, Parkinsons & nerves may increase the chances of dry eyes exposing them to recurring infections & other serious conditions."

Not everyone can reduce or stop using meds or drops of artificial tears and antibiotics are not enough for many. Dr. Golio explains, "A test that all patients with these symptoms should take in front a mirror, lower the lower eyelid with the index finger and hold it in this position for five seconds. It is important not to blink for this test. Typically, the lid returns to its normal position in a second. We often see patients with such sagging eyelids that after taking this test their eyelids do not return to their position within 7 to 10 seconds."

A simple procedure that does not require hospitalization, removes a small amount of skin from the edge of the eyelid restoring the position thereof. "It's like

pulling the rope of a hammock that has withered with time," says Dr. Golio.

If this situation is not corrected, eyes that are exposed outdoors for longer periods of time may have increased symptoms and incidences of infections. Flabby eyelids occasionally veer inward and the lashes touching the eye causing even more irritation.

This procedure that corrects a sagging lower lid is done under local anesthesia by removing excess skin, aligning the eyelid to the outer eye while removing excess fat by pulling the eyelid down. There is no pain or patches needed, you return home the same day and the stitches fall out on their own within one or two weeks.

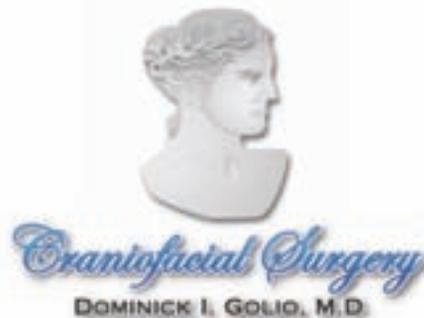
The same day of the surgery you can watch television, read a book, warm up your own food as well as wash your face permitting the stitches to get wet.

In short, you will be able to fend for self the same day of procedure.

Private insurances and Medicare will cover the procedure when it's done to correct the excess flab, symptoms of tearing, recurrent infections or inversion of the eyelashes. This procedure should not be confused with under-eye bags that are considered a cosmetic concern and therefore is not covered by any insurance.

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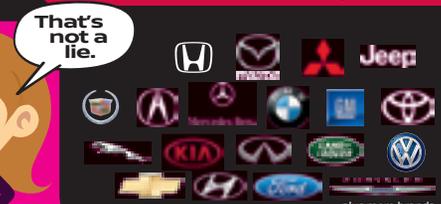


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SPORTS

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West Indies' batsman Denesh Ramdin bats during their fourth one day international cricket match against India in Indore, India, Thursday, Dec. 8, 2011. Associated Press / Aijaz Rahi

Windies falls in rankings

By Azad Ali

West Indies has plunged to number nine in the International Cricket Council (ICC) International rankings after Pakistan pulled off an emphatic 3-0 series whitewash against the regional team in the third and final One-Day International (ODI) series at the Sheikh Stadium on Wednesday.

The defeat also saw the Caribbean side slip out of the top eight in the One-Day

Continued on Page 62

Twenty20 matches raise \$11.2 million

By Azad Ali

A last minute decision to stage two Twenty20 matches between the West Indies and India in Florida, USA, recently has raked in US\$11.2 million for the Board of Cricket in India (BCCI).

Sources say the matches were a financial success with some US\$11.2 million being generated from media rights and gate receipts.

Although cricket in the Americas falls under the auspices of the WICB, it was the Board of Control for Cricket in India (BCCI) which was given permission by the WICB to host the matches,

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US DEFEATS CUBA

Cuba goalkeeper Sandy Sanchez hits the ball during a friendly soccer match against the United States, in the Pedro Marrero Stadium in Havana, Cuba, Friday, Oct. 7, 2016. The U.S. beat Cuba 0-2. Associated Press / Desmond Boylan

Wondolowski, Green lift US to 2-0 exhibition win

By The Associated Press

When the U.S. arrived in Cuba for its first exhibition game in 69 years at the Caribbean island nation, the Americans were surprised by the conditions at Havana's Estadio Pedro Marrero. The surface was bumpy and filled with brown patches.

"The field was a field that was not playable," U.S. coach Jurgen Klinsmann said. "On that field, it's impossible to get a higher rhythm, a higher tempo, higher pace."

Chris Wondolowski and Julian Green scored second-half goals, Ethan Horvath got a shutout in his inter-

national debut and the United States won 2-0 on Friday in a prep match for next month's World Cup qualifier against Mexico.

The U.S. started nine players who likely will be on the field against El Tri. The 22nd-ranked Americans struggled

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Bobby Wood of the U.S. heads the ball against Cuba's David Urgelles, during a friendly soccer match in the Pedro Marrero Stadium in Havana, Cuba, Friday, Oct. 7, 2016. The U.S. beat Cuba 0-2. Associated Press / Desmond Boylan

US DEFEATS CUBA IN HAVANA

Continued from page 61

to mount attacks in the first half against No. 139 Cuba, hampered by the field and forced to play long balls in the air.

Still, they extended their winning streak to three.

Regular goalkeepers Tim Howard and Brad Guzan were given the game off. At 21 years, 120 days, Horvath became the youngest goalkeeper to debut for the U.S. since Zach Thornton was a 69th-minute substitute in a 3-0 win at Jamaica on Nov. 22, 1994.

"To be honest, I didn't think I was going to have to do too much today, but in the end I did," said Horvath, who had three saves and watched second-half shots by Maykel Reyes and Roberney Caballero hit posts.

A 21-year-old making his first start in more than two years, Green created the first goal when he dribbled down the left side, cut toward the center and took a 19-yard curling shot that was parried by goalkeeper Sandy Sanchez. The rebound went to Wondolowski, who scored with a right-footed shot from 8 yards in the 62nd minute. Wondolowski's 11th international goal was his first since July 2015 against Guatemala.

"Not easy conditions with travel, field and weather," Wondolowski said. "At half-time, we had a little bit more adjustments, a little bit more direct, didn't want to make silly passes in the middle where you could lose it and get counterattacked on."

Nine minutes later, second-half sub Timmy Chandler played a long ball over

the defense to Wondolowski, who also entered at the start of the second half. He ran onto the ball and at the end line crossed to Green, who beat defender Josel Piedra and redirected the ball into the net. Green, who has struggled to gain playing time at Bayern Munich, scored his only other international goal against Belgium at the 2014 World Cup.

"Tried to go one against one and take some shots," Green said.

While Klinsmann is trying to break in younger players, he keeps selecting the 33-year-old Wondolowski.

"Wondo is a huge part of our group, because he's a giver and every time you ask him something to do, he does it 1,000 percent, so he drives the chemistry of a team, the energy of a team," Klinsmann said.

West Indies

Continued from page 61

International rankings, with Pakistan replacing them.

It was West Indies second white-wash at the hands of Pakistan after they lost the Twenty20 series (3-0) a week before.

Pakistan batsman Babar Azam slammed a record third successive One-Day International century, in the process he became only the second batsman after South African Quinton de Kock to hit centuries in each game of a three-match series, and the third Pakistan player to score three successive One-Day International hundreds after Zaheer Abbas and Saeed Anwar.

The 21-year-old right-hander struck 117 off 106 balls, while captain and opener Azhar Ali scored 101 from 109 deliveries.

It was the first time in three years that Pakistan surpassed 300 twice in a series.

Pakistan opted to bat first and made 308 for six wickets off their 50 overs.

West Indies never rose to the challenge and crumbled to an embarrassing 172 all out off 44 overs.

They were 75 for one in the 18th over but with the run rate building up, none of the batsmen took up the challenge.

Wicketkeeper Denesh Ramdin top-scored with a painstaking 37 off 70 deliveries, while opener Kraigg Braithwaite got 32 from 44 balls and captain Jason Holder made 26. The other batsmen failed to get into double figures, with the exception of Kieron Pollard who made 11.

Twenty20 matches raise \$11.2

Continued from page 61

despite the fact that one of the two matches was affected by rain, the BCCI was still able to make a profit.

Cricket interest in the United States, and especially Florida area picked up during the matches and both games were sold out with attendances over 10,000 patrons.

West Indies won the two-match series 1-0 after rain washed out the second game halfway.

The BCCI has also been given the green light to state Twenty20 matches

in Florida next year.

Cricket officials say this agreement for India to host the Florida matches has gone a long way in healing the acrimony between the two cricketing nations following the 2014 debacle, which saw the West Indies aborting a tour of India with several matches still to be played.

The fiasco left the WICB with a debt of US\$41.97 million and it took months of discussions and sensitive negotiations before the WICB and the BCCI were able to arrive at a workable solution.



West Indies' Lendl Simmons, right, bats as India MS Dhoni, left, looks on during the second Twenty20 international cricket match, Sunday, Aug. 28, 2016, in Lauderdale, Fla. Associated Press / Lynne Sladky

Loughlin guard commits to Cincinnati

By Laura Amato

Bishop Loughlin guard Keith Williams isn't entirely certain what a "bearcat" is, but he's certainly happy to be one.

The senior star announced his commitment to the University of Cincinnati last week, cementing his future with the Bearcats basketball team and wrapping up a recruiting whirlwind on a definite high note.

"It's just great," Williams said. "The coaching staff is great, they're all great people. I just felt comfortable when I was there and I made the decision."

The 6-foot-5, 190-pound Williams is rated a three-star recruit by 247Sports.com. The site also listed Williams as the No. 38 shooting guard nationally and the No. 5 prospect in New York.

Williams — who has long been the offensive leader at Loughlin — considers himself a pure scorer, but he knows his game is more than just a stat line. He's determined to showcase his skills at the next level and is anxious to be the spark the Bearcats need to win games.

"I play hard every game, and

I know I can do everything they need me to do," Williams said. "I just want to come in and help win games. I want to make the best plays I can for my teammates."

The Loughlin star visited Cincinnati on Sept. 23 and immediately knew he'd found the place for him. He took in a Bearcats football game, met with the basketball coaching staff, and fed off the energy on campus.

Williams also received offers from Oklahoma State and Dayton — and took an unofficial visit with the Flyers in late September as well — but he knew he belonged with the Bearcats.

"The brotherhood was incredible," Williams said. "The team, all together, they spend a lot of time together and it was like a family. I just felt like it was going to be a great fit for me."

Williams did a little bit of everything during his junior year at Loughlin last season, leading the Lions to a Brooklyn-Queens title and a berth in the Intersectional final. He averaged 16 points and 7.4 rebounds a game during the season, but he's gotten even

better in the last few weeks.

He spent the summer competing for New Heights, and while his stat line was slightly lower — 15 points and 4.3 rebounds per game — Williams's court vision and in-game tenacity has only grown.

"The mindset for me was just to play hard every game," he said. "I didn't care about the stat lines or the schools that might be looking at me. Before, I was nervous to play — but this summer, I just focused on the game and played hard."

Williams is expected to officially sign with Cincinnati on Nov. 9 when the National Letter of Intent early-signing period begins. It's a few more weeks of waiting, but Williams is nothing short of excited for his future on the court, both at Loughlin and with the Bearcats.

"I'm excited because now the pressure is off me, and I know what college I'm going to," Williams said. "I can go out there and play. I'm more focused on this season, and the main goal is to get a city and state championship before heading to Cincinnati."



Leader of the pack: Bishop Loughlin star Keith Williams will take his talents to Cincinnati next season, joining the Bearcats basketball squad after visiting the school in September.

Photo by Robert Cole



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ARIES: Mar 21/Apr 20
Aries, it is not possible to postpone the inevitable this week. It is better to get right into action and tackle anything that comes your way promptly. Resisit the urge to procrastinate.

TAURUS: Apr 21/May 21
Do your best to keep handling some pressure in your professional life, Taurus. You may be in for a few more days of scrutiny, but your performance will be appreciated.

GEMINI: May 22/Jun 21
Gemini, when working with a group, understand that everyone is in it together and that there is no reason to try to trump another person's victory. Everyone will share the glory.

CANCER: Jun 22/Jul 22
Expect to be hard at work tackling an important professional project, Cancer. While you might be able to handle it solo, don't hesitate to call in reinforcements.

LEO: Jul 23/Aug 23
Leo, a conflict today might be seen as a valuable learning experience tomorrow. Look for the silver lining in any situation that appears to be heading in the wrong direction.

VIRGO: Aug 24/Sept 22
Trivial things may get blown out of proportion in the coming days, Virgo. Try your best to concentrate on work and let meaningless distractions fall by the wayside.

LIBRA: Sept 23/Oct 23
Libra, a flexible attitude may open the door to some wonderful opportunities that present themselves at the most unexpected times. Keep an open mind.

SCORPIO: Oct 24/Nov 22
Allow your emotional intensity to subside for a bit, Scorpio. The future is looking brighter now that you have made some major overhauls in your life. Keep the momentum going.

SAGITTARIUS: Nov 23/Dec 21
Sagittarius, trust your instincts this week. You harbor some passionate feelings about certain things, so try to voice those feelings to the people who will be affected by them.

CAPRICORN: Dec 22/Jan 20
Secrecy will not work for you, Capricorn. Come up with a different strategy this week. It can sometimes be uncomfortable, but honesty is always the best policy.

AQUARIUS: Jan 21/Feb 18
Some emotional storm clouds have finally started to clear out, Aquarius. Your mind is open to possibilities that were previously hidden. It's time to make some serious choices.

PISCES: Feb 19/Mar 20
Pisces, take your time when mulling an important decision. Only you will know how much time you need, so don't allow others to pressure you.

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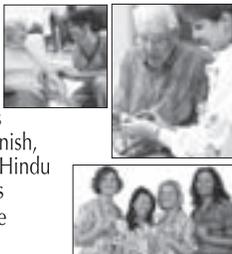


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South Carolina (Probate Court) Richland County Judicial Center. In the matter for guardianship for Pearlene Fields case 2015 GC40 00171, Nathan Moore you are hereby summoned an require to answer a petition filed in probate court in Columbia SC by Roxanne M Scott for guardianship for Pearlene Fields. To file notice and or otherwise respond to this action you must notify Richland County Probate Court, at Richland County Judicial Center, PO box 192, Columbia SC 29202. Do you accept this petition and summons in this matter or do you exercise your rights to nominate Roxanne M Scott as guardian or do you waive your rights. You have 30 days to answer this petition.

of Foreclosure and Sale duly filed on July 07, 2014 and the Order Ratifying Judgment of Foreclosure and Sale duly filed on December 9, 2015, I, the undersigned Referee will sell at public auction at the Kings County Supreme Court, Room 224, 360 Adams Street, Brooklyn, NY on November 17, 2016 at 2:30 p.m., premises known as 9 Fanchon Place, Brooklyn, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Brooklyn, County of Kings, City and State of New York, Block 3483 and Lot 17. Approximate amount of judgment is \$704,202.08 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 2030/07.

Jericho Turnpike, Suite 240, Syosset, New York 11791, Attorneys for Plaintiff

LEGAL

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"Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) is proposing to install rooftop wireless telecommunications antennas on a building that reaches an overall height of 55 feet above ground level at 301 Clifton Avenue, Brooklyn, Kings County, NY 11216. Public comments regarding potential effects from the site on historic properties may be submitted within 30 days from the date of this publication to: **Marianne Walsh, E2PM, 87 Hibernia Avenue, Rockaway, NJ 07866**, by email to: **marianne.walsh@e2pm.com**, or phone: (973) 299-5200. Please refer to **E2PM Tracking Number P-16-02-35.**"

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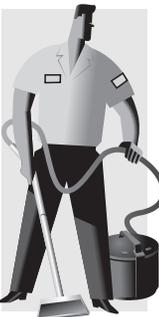
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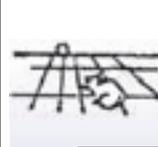
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