

**INSIDE:** VINCENTIANS CELEBRATE THEIR COUNTRY'S INDEPENDENCE!

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St. Vincent and the Grenadines Consul General in New York Howie Prince addresses the gala Independence Luncheon. Photo by Nelson A. King

## Vincentians celebrate independence

By Nelson A. King

St. Vincent and the Grenadines' Prime Minister Dr. Ralph E. Gonsalves said, while much development has been accomplished over the past 37 years of political independence, much still needs to be done.

In his independence message to nationals in the Diaspora, read in part by New York Consul General Howie Prince, at a gala Independence Luncheon on Sunday, at Grand Prospect Hall in Brooklyn, Gonsalves said the nation's progress, enhanced

prosperity, peace and socio-political stability have been achieved largely through efforts at home in concert with "considerable assistance" from the Diaspora, friendly nations, supportive institutions and "peoples regionally

# BANKING UPROAR LINGERS

## Caribbean governments seek to tighten monitoring of financial transactions

By Bert Wilkinson

The row between commercial banks in the Caribbean and the larger ones on the American mainland just would not go away.

In the past week, finance officials from across the globe and from multilateral institutions such as the International Monetary Fund (IMF) flew to Antigua for a conference on the latest developments in the sector as regional banks complain that they are being unfairly treated by American counterpart institutions.

Governments have since the beginning of 2016 been com-

plaining that federal officials in the United States have stepped up pressure on American banks such as Bank of America, JP Morgan Chase and Citibank to increase scrutiny on transactions from the Caribbean region because monitors think it is easy to stash illegal money in the Caribbean.

The result is that the Americans have moved to cut ties with banks in the region, forcing governments to organize the global conference both to seek a solution and to try to diminish the perception that the region is an offshore tax

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# Two honored at St. Vincent New York Independence gala

By Nelson A. King

The Brooklyn-based umbrella Vincentian group in the United States, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO) on Sunday honored two community stalwarts, as it wrapped up the nation's 37th Independence Anniversary celebrations in the Big Apple.

Registered Nurse Judith Lewis and retired public school teacher Olson Thomas were honored before over 400 patrons at a gala luncheon at Grand Prospect Hall in Brooklyn. COSAGO organized the event in collaboration with the New York Consulate General.

The honorees also received a New York City Proclamation from Brooklyn Councilman Dr. Mathieu Eugene, the Haitian-born representative for the 40th City Council District, which covers Flatbush and East Flatbush, among other sections, in Brooklyn. Registered Nurse Celia Bramble, a former president of the Brook-

lyn-based St. Vincent and the Grenadines Nurses Association of New York, and a COSAGO executive, was instrumental in getting Eugene to bestow the proclamations.

In addition, COSAGO and its president Laverne McDowald-Thompson received citations, from Brooklyn Borough President Eric Adams, which were read by COSAGO executive Ancilla Friday, who is also public relations officer of the Brooklyn-based Club St. Vincent, Inc., one of the leading cultural and educational Vincentian groups in the United States.

"I'll like to acknowledge Mrs. Judith Lewis and Mr. Olson Thomas," said McDowald-Thompson in her introductory remarks. "Keep up the good work!"

Earlier, McDowald-Thompson, an erstwhile elementary school teacher in her native land, acknowledged the DeShong sisters and Claudette Thomas-Butler, of Kingstown,

and Club St. Vincent, Inc. for their efforts, over the years, in helping to raise funds to assist Vincentian athletes competing in the prestigious Penn Relays at the University of Pennsylvania in Philadelphia.

"It's an honor, and I feel very humble to receive this prestigious award," said Lewis, an associate professor in the Department of Nursing at her alma mater, Medgar Evers College. "You don't need a speech; you can speak off the cuff, like Donald Trump [the US Republican Presidential Candidate]."

While patrons still roared about her reference to Trump, Lewis said: "I will cherish this award, especially [coming] from St. Vincent and the Grenadines."

She said she grew up in Bequia, the St. Vincent Grenadine island, renowned for its community spiritedness, where her mother also instilled in her that sense of pride and value.

"And so, coming to this



Registered Nurse Judith Lewis receives plaque flanked by (from left): Laverne McDowald-Thompson, COSAGO president; RN Celia Bramble; and St. Vincent and the Grenadines Consul General in New York Howie Prince.

Photo by Nelson A. King

country, I try to help [as many as she could," continued Lewis, volunteered twice weekly, as an adult literacy instructor, at the who, for the past 16 years, has Brooklyn Public Library.

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## Antigua

Cash-strapped regional airline, LIAT is projected to record a loss of EC\$9.2 million (US\$3.4 million) at the end of the year.

This is according to chairman of LIAT, Dr. Ralph Gonsalves, prime minister of St Vincent and the Grenadines.

While the airline's budgeted total revenue for 2016 was EC\$318.8 million (US\$118 million), the company is expected to rake in just under EC\$30 million (US\$111 million).

Dr. Gonsalves said for the current financial year, the carrier made a net profit of EC\$5 million (US\$1.8 million), up to August this year.



As a result, shareholder governments Barbados, Antigua and Barbuda and St. Vincent and the Grenadines have agreed to invest EC\$3.7 million (US\$1.37 million) into the struggling company.

Dr. Gonsalves said the other shareholder government, Dominica, was still recovering from the destruction of Tropical Storm Erika over a year ago and therefore was not in a position to provide any financial assistance.

He disclosed that three other regional governments have been asked to become "partners" in the airline- St. Lucia, St. Kitts and Nevis and Grenada.

Last year the airline lost EC\$57 million, half of which were attributed to the sale of Dash 8s and severance payments.

## Barbados

Finance Minister Chris Sinckler has dismissed concerns that Barbados would be forced to devalue its currency and seek assistance from the International Monetary Fund (IMF) to address the country's fiscal challenges.



He was responding to Eddie Abed, president of the Barbados Chamber of Commerce and Industry about the impact on the economy by the recent downgrades.

Sinckler believes the rating agency



## Haiti's water woes

In this Oct. 25, 2016 photo, children collect drinking water from a station set up by Swiss Humanitarian Aid, in Aux Coteaux, a district of Les Cayes, Haiti. See story on page 14. Associated Press / Dieu Nalio Chery

wants to push the country towards the IMF.

The finance minister told the association's business luncheon that while the country was at crossroads, it would not fall into the hands of the IMF or would it devalue the dollar.

He has put the business community on notice that the Central Bank's third quarter review would be presented in about two weeks' time.

The minister made it clear he was not burying his head in the sand, acknowledging that the island was going through "a very rough period" and the economy was struggling due to an unmanageable deficit, "unprecedentedly" high debt levels, infrastructure that was under "significant stress," unemployment, especially among young people and a "severely challenged" social development services platform.

## Bahamas

The new owner of the financially-troubled multi-billion dollar Baha Mar Resort in the Bahamas is now owned by Perfect Luck Holdings Limited.

The Office of Prime Minister Perry Christie said in a statement the assets of Baha Mar Resort have been acquired by Perfect Luck Holdings Limited.



However, the identities of the owners of the company remain shrouded in secrecy.

The statement said the project is back on track and remobilization has commenced, and through high level negotiations, a substantial fund has been established by the China Export-Import (CEXIM) Bank for the payment

of creditors' claims and that former Baha Mar Bahamian employees were already being paid.

The statement affirmed that the government will continue to work tirelessly to ensure that Baha Mar is sold to a world class hotel and casino operator.

## Dominica

Plans by the Opposition for a motion of no confidence against Prime Minister Roosevelt Skerrit were defeated after Opposition Leader Lennox Linton was debarred from the debate for refusing to apologize to the Speaker Alix Boyd Knights.



According to the opposition motion, the prime minister is allegedly mis-managing the economy, as evidenced

Continued on Page 18



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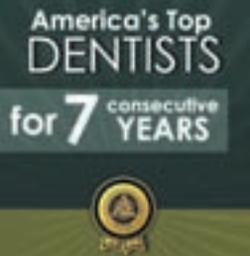
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# European Union lends a hand

Continued from page 1

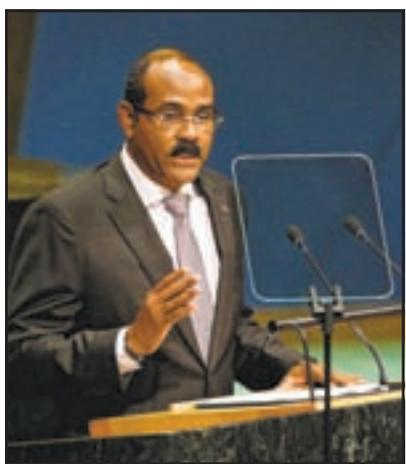
haven for people involved in dirty financial transactions.

Updating the region on the two-day Antigua conference, governments said in a statement that the European Union is to give the region Euros 4.5 million in grant aid to help them tighten banking regulations and to eliminate the international stigma as a region where it is easy to stash illegal money.

The mid-week missive from the Guyana-based CARICOM Secretariat noted that the money will be used to harmonize anti-money laundering legislation in the group of 15 nations and comes just as the mega American banks are severing ties with counterpart institutions in the region because of increased federal pressure to scrutinize transactions from the region.

Official figures indicate that close to 20 banks from Guyana, down south at the bottom of the community to Belize in the far north, have been affected by the moves — banned by Bank of America and others from international transactions. Most have now turned to Crown Agents Bank of the United Kingdom to complete transactions.

The foreigners say that the volume of transactions from the Caribbean is simply too small to bother themselves



Antigua and Barbuda's Prime Minister Gaston Alphonso Browne addresses the 71st session of the United Nations General Assembly at U.N. headquarters, Saturday, Sept. 24, 2016. Associated Press / Jason DeCrow

spending more money on monitoring so it is simply easier to dump them altogether as they have in fact done.

Checks, wire transfers and other transactions are no longer 'processable.'

"With regard to the unfair and unfortunate labeling of the Caribbean as a tax haven, the conference noted that such labeling is grounded more in perception than reality. Caribbean jurisdictions participating in the conference resolved to launch a targeted and focused campaign aimed at eliminating this false characterization," the statement said.

# Gonsalves thanks citizens

Continued from page 1

and globally under the suzerainty of a blessed God."

He said, despite individual and collective "sinfulness and short-comings, God has been good and loving to us."

The Vincentian leader said the Almighty has helped the multi-island state to overcome its limitations "and realize a host of our possibilities.

"Today, therefore, we are first of all grateful to a forgiving and loving God," he said. "Secondly, on behalf of the entire nation, I thank most sincerely everyone, of all walks of life, at home and abroad, Vincentians and non-Vincentians alike, for the contributions, however small, that have been made, and are being made, to our people's upliftment.

"Our gratitude is immense, and it is heart-felt," he added.

In commemorating and celebrating the independence anniversary, Gonsalves urged nationals to avert "any chauvinism or narrow insular nationalism," warning that "contemporary St. Vincent and the Grenadines cannot isolate or cut itself off from our region or the world.

"Indeed, it is absolutely impossible to be in any such pristine isolation," he said. "While being true to our patrimony and committed to our St. Vincent and the Grenadines, we must recognize that we are part of our

authentic Caribbean civilization and an integral member of our family of nations globally."

The prime minister said the nation's very small size — 150 sq. miles — "imposes upon us an especial obligation to interface meaningfully with our region and the world in the interest of our people's development and upliftment."

He said this interface, among other things, "touches and concerns" social interactions; people-to-people contacts; political engagements; trade and economic relations, including the attraction of foreign direct investment, migration and technological advancements.

"In the process of this many-sided interface, our approaches will necessarily contain elements of resistance, embrace, and accommodation to this or that consideration or matter arising from the constellation of external forces, so as to secure our national interest," Gonsalves said.

He said he restated those "verities" at this time, "because there is present in some discordant circles an infantile or ill-conceived aversion of things non-Vincentian and a wholly unrealistic devotion to an hermetic self-sufficiency."

Gonsalves, therefore, reaffirmed what he described as the "necessity and desirability for St. Vincent and the Grenadines to build a modern, competitive, post-colonial economy, which is at once national, regional and global.



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# Queens Borough president celebrates Diwali

By Tangerine Clarke

Queens Borough President, Melinda Katz was praised for the Asian community, at the third Annual Diwali — festival of lights — celebration, at the municipal building in Kew Gardens, Queens last Friday.

The politician congratulated citizens, and thanked the Diwali committed for their selfless work in the community during the evening's festivities that honored five leaders for their outstanding work.

Deputy Borough President Melva Miller presented Binrowtie Angelini, Gouranga Kundu, Ramaswamy Mohan, Anup Ramnauth, and Pandit Tillackdharry Seerattan with citations.

While acknowledged the beauty of the traditions of Diwali, passed down to generations of children, Katz noted the significant role youth play in the celebrations.

"Its a remarkable thing to live next to folks who celebrate in different ways, from religion to dress, all of these things we care deeply about, she said, adding that these traditions are passed on freely, vocally, and actively, to our children."



Honorees pose with Deputy Borough President Melva Milller (far left), Borough President, Melinda Katz (center), Consul General of Trinidad and Tobago, Urvashi Ramnair (eighth from left) and Guyana Consul General, Barbara Atherley (ninth from left) and Mohamed Hack who is at far right.

Photo by Tangerine Clarke

I am honored to be here today. I am glad that you have accepted me as a small part of your community. I would like to thank the honorees. It is our privileged that you agreed to be honored, said Katz who added that she is also honored to be a part of a borough where 130 languages are spoken and 120

countries, represented.

"I want to thank you for putting your faith in me. On behalf of the 2.3 million citizens, I am proud to represent you, thanks for your dedication" said the politician, while extending warm Happy Diwali, greetings to the audience.

Consul General of Guyana

to New York, the Hon. Barbara Atherly, in turn reminded celebrants of the power of light that dispel evil.

"As we celebrate this beautiful festival, lets think of the legends that surrounds this festival. Let us be inspired by the underlying principles of Diwali, which is, light will always over-

come darkness, Happy Diwali and let us not just celebrate on this day, but let the principles go with you for the rest of the year, in unity and love, said the diplomat.

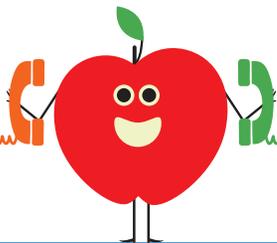
Greeting the audience, Consul General of Trinidad and Tobago, NY, Urvashi Ramnair, said, like the Borough of Queens, Trinidad & Tobago is a cosmopolitan society where Diwali is celebrated each year by a quarter of a million people, and has been a national holiday since 1966, celebrated by Hindus and believers of other faiths.

"Diwali is a time of celebration not only for the victory of good over evil, but also knowledge over ignorance, and hope over despair, it is a time of renewal of one's faith, and fellowship with family and friends."

"It is with this spirit that I extend to you the Trinidad and Tobago diaspora and the Hindu and Sikh community in Queens, best wishes for tonight's celebrations. I would like to congratulate the activists honored tonight, thank you, Should Diwali and Namaste, said Consul General Ramnair.

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# Why I pay fair pay today and every day

By Kelly Vlahakis-Hanks

At Earth Friendly Products, our passion is making cleaning products that are environmentally friendly, safer for people and pets, and affordable for everyone. We make our plant-powered cleaners at sustainable facilities in California, Illinois, New Jersey and Washington using 100 percent renewable energy while creating green jobs and paying our employees a living wage.

For nearly 50 years, our family-owned business has invested in American workers, not just because it supports families and local economies but because it's helped our business grow. We support raising the minimum wage in the states and nationally as a vital investment in our economy.

Opponents of raising the minimum wage claim that increases will hurt business — whether it's the \$12 by 2020 rate that's now on the ballots in Colorado, Maine and Arizona, or the \$13.50 ballot initiative in Washington State, or the gradual increase to \$15 an hour passed in New Jersey but vetoed by the governor. They've used the same claim to oppose any increase in the federal minimum wage above \$7.25, where it has been stuck since 2009.

It's time to retire that old, short-sighted argument. Our experience over the years shows that raising the minimum wage makes good sense for business and good sense for our economy.

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the United States using globally sourced ingredients and sold in more than 60 countries. We've paid a living wage significantly above state and national levels for many years, including raising our starting wage to \$17 an hour in 2014, and we provide excellent employee benefits as well. Our investment in employees shows in our bottom line. Our voluntary turnover rate is nearly zero, our productivity continues to increase, and our profits continue to climb.

Our employees are our greatest brand ambassadors.

Our industry — the natural products industry — is now one of America's fastest growing industries. We're making products that customers want while creating quality jobs and investing in our nation's environmental and economic future.

Raising the minimum wage is also an investment in our nation's future.

That's why we've joined with Business for a Fair Minimum Wage and more than 100 other natural product companies and retail stores in the Fair Pay Today campaign. Businesses participating in Fair Pay Today are taking the case for raising the minimum wage directly to customers across the country in various ways, including events and social media, showing support for fair pay on product labels, supporting minimum wage state ballot initiatives, and advocating an increased federal minimum wage.

Continued on Page 12

# Longer, but less meaningful lives?

By Johan Galtung

*The author is professor of peace studies, dr hc mult, is founder of the TRANSCEND Network for Peace, Development and Environment and rector of the TRANSCEND Peace University-TPU. He has published 164 books on peace and related issues, of which 41 have been translated into 35 languages, for a total of 135 book translations, including '50 Years-100 Peace and Conflict Perspectives,' published by the TRANSCEND University Press-TUP.*

ALICANTE, Spain, Nov. 1, 2016 (IPS) - The last 100 years life expectancy has increased by about 25 percent — from near 80 to near 100 — in some countries. But, instead of increasing playful childhood, education, work and retirement by 25 percent, the age of retirement has moved much less than the age at death.

That deprives masses of older people with experience and wisdom of productive work, of being useful, meeting others constructively; reducing them to being playful — bridge or golf as case may be — and just keeping alive.

Homo sapiens as homo ludens not homo faber.

Longer, but emptier lives.

A crime against humanity if there ever was any. However, with two clear remedies: continue working self-employed with pension as salary, or find meaning in dedication to something beyond oneself, some cause, volunteer work.

That should be planned well in advance before entering a "career" that peaks

**We sense profit before / above health, as evidenced by BRICS speakers mentioning TPP; and behind the waning United States empire.**

before, or at, retirement; the rest being downhill even steeply.

Life is expansion from a fertilized egg to a mature human being and contraction to ever narrower space around oneself till time is up.

Western history has many narratives about expansion from some little point to a full-blown empire and contraction to ever narrower spaces.

The two model each other with empire expansion giving meaning to life, and contraction, death of empires making life meaningless, with waves of massive suicide ending the Habsburg, Nazi, Apartheid empires.

Hitler, in 1940 the head of the largest European empire ever, in 1945 only of his bunker, may have been a suicide model. But it was deeper.

We are now living the accelerating history of the end of the United States empire, in the wake of about 11 in Europe; and the general decline and fall of Western hegemony. Suicide waves on both sides of the Atlantic?

To the contrary, EU creates an EU Army HQ, USA elects a president known for belligerence, Brexit England revives symbols of an

empire long since gone; finding meaning in war and domination. Far better would have been for all three to lift up the bottom living in misery.

But are we not at least living healthier lives, with lower mortality, and also with lower morbidity? The World Health Assembly of WHO in Geneva 23-28 May 2016 sheds some doubts on that.

The Director-General Dr. Chan celebrates declines in infant and maternal mortality and in death from TBC and HIV.

But on the dark side are air pollution and climate change, drug-resistant pathogens, resurgence of emerging and re-emerging infectious diseases, antimicrobial resistance, chronic non-communicable disease, chemicals such as lead, pesticides, obesity, inappropriate marketing of unhealthy, sweetened food with gifts and free samples, and lack of access to affordable medicines and vaccines.

We sense profit before / above health, as evidenced by BRICS speakers mentioning TPP; and behind the waning United States empire. Shall we die from all of the above, to save the West from transatlantic suicide waves?

From neither. There are good solutions, some medical-technical, some based on state power—laws, taxation, subsidies — some based on people defending themselves with information, boycotts, alternatives. And the USA may even join the world, leaving global hegemony behind.

Continued on Page 12

## Caribbean Life

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# October surprises guarantee November to remember

Just as Nov. 2008 will forever be recalled as the month and year America elected Barack Obama the first Black leader to preside, regardless of the winner, Nov. 2016 will be historically documented either as the date a New York businessman who never sought political office successfully scored victory for his Republican party or that a woman broke the glass ceiling for her gender by becoming the pioneering female president of the United States.

With only days to the Nov. 8 election date, it's a fight to the finish with polls predicting figures or a winner almost too close to call.

One week before that date, more than half US states have already opened polling stations for voters to cast a choice and yet the two candidates – Donald Trump and Hillary Clinton -- are jetting and sweating in battleground states in order to make a last bid effort to win leverage.

Early October, a second debate in Nevada, proved a stalemate for viewers depending on party affiliation. When polled Republicans declared



## Inside Life

By Vinette K. Pryce

the winner. Democrats also claimed victory.

A more sober, less confrontational Trump might have convinced some that indeed he was the winner. Partly attributed to better restraint, less interruptions and the fact he displayed the most presidential calm he had ever demonstrated previously he seemed prepared to argue and defend his plan to "Make America Great Again."

Nevertheless, more than a few were convinced experience might have also played a winning role with the former Secretary of State seizing the opportunity to defend the basic principles Americans claim as democratic – that is to accept the will of the majority.

That singular defense surrounding Trump's unwillingness to concede if he is unsuccessful on Nov. 8 won Clinton the winner of the talking point news breakers all agreed lost it

for the real estate mogul.

For much of October after the debate, polsters claimed the Democrat bested her GOP challenger.

Trump seemed to have had the worst month since beating a trail of Republican, presidential, optimists during the primary elections before claiming the coveted top spot.

His October surprise emerged when up to a dozen women claimed he either groped, fondled or disrespected them.

"Enough! Donald Trump should not be president," Condoleezza Rice, a former national security adviser and former secretary of state wrote on her Facebook page.

Ironically, prior to the GOP convention, Rice was allegedly on Trump's shortlist to be his running mate.

Reportedly she rejected consideration of joining the Trump ticket as his vice presidential



In this May 11, 2016 file photo, Democratic presidential candidate Hillary Clinton speaks during a campaign rally in Blackwood, N.J. Associated Press / Mel Evans, File

choice saying she was "not interested."

A professor of political science at Stanford University and fellow at its Hoover Institution, Rice was conspicuously absent from the GOP convention.

By the end of October, Colin

Powell, another Republican, former secretary of state also distanced himself from the party's most accepted representative.

"Trump has sold America a bill of goods" that he cannot deliver, Powell said.

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## OP-EDS

### Living wage — good for us all

Continued from page 10

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When the minimum wage is low, employee turnover is high. There are significant costs associated with turnover, from hiring and training costs, to mistakes from inexperience, to management time spent continually replacing employees rather than improving the business. Our employees stay with us, and that nets us something even more valuable: longtime employees with considerable institutional knowledge who keep our business running efficiently and are more responsive to customer needs.

What's more, workers are customers too. When workers have increased buying power, businesses sell more.

When the minimum wage goes up, the additional paycheck dollars go right back into the economy.

Businesses will have time to plan and adjust to new minimum wage rates as they are phased in gradually. Lower-wage businesses will see the upside of a higher pay floor, such as reduced employee turnover costs and increased productivity, while benefiting from increased consumer spending rippling through their business and the economy.

The Fair Pay Today slogan is "Good for Business, Good for Us All!" and we've found that to be true over years of experience. A fair minimum wage is essential to creating a truly sustainable economy that helps all businesses and all Americans thrive.

*Kelly Vlahakis-Hanks is president and CEO of Earth Friendly Products, maker of ECOS brand green cleaning products. She is a member of Business for a Fair Minimum Wage.*

### Longer, but emptier lives?

Continued from page 10

However, "meaningful vs empty" goes deeper. Take the Internet; very much meaning can be derived from the screen. Or, is there a snag? Wendy HK Chun from "In the Depths of the Digital Age" (NYRB 23 Jun 2016):

"When you read on paper, you are more likely to follow the thread of a narrative or argument, whereas when you read on screen you are more likely to scan for keywords — and may end up with stronger feelings / like anger / about them, not with the potentially different ideas".

But cannot anger be as meaningful as ideas? Sure, but anger may produce more anger in a destructive polarization while ideas produce ideas in a constructive cooperation. More meaningful in the long run.

The review calls attention to software in "smart watches" telling the state of health. Useful, but it reduces the wearer to an object rather than a subject, with "meaning" imposed, not proposed.

And among the leading diseases (N's 1 and 4) according to WHO, are increasing uni- and bi-polar depression, both meaning — killers.

Let me share experiences getting older, 86 on the day this is published. No doubt outer life, like work far from home, contracts, eg. to Skype. The circles grow smaller around the home. Work filling it with comfort, beauty and meaning is well spent. But inner life expands if not too much energy goes into health concerns.

I am reminded of Bertrand Russell's article in The Observer, "On Turning 90": the disadvantages are obvious, but there is the overview, that long-time perspective from having lived long. Events, processes, the non-changes experienced accumulate. Their synergies come forth as wisdom.

"What did I learn from that" comes up frequently. Positive, inspiring answers may give more meaning than warnings. And younger people beware, we older know a little bit about love and all that.

When younger, I asked myself how I can, when older, live without such exciting activities; getting older how I could live with them. A life not disturbing endless mental and spiritual vitality opens for deep contemplation.

Togetherness with a spouse multiplies the richness: jointly enjoying nature, changing climates, wonderful people, delicious food, culture, in town or at home. Consciousness, a little work, much gratitude are needed. The happiest years of my life.

Childhood, adolescence, early adulthood pass review in thoughts and dreams; to be explored for positive messages, and for something that went wrong and can be remedied.

I dream summer and good weather, travel, some kind of mission, something going wrong and being fixed or in the process—in short, a life review. That enriches life by living two of them together, here-and-now and there-and-then. Fascinating.

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# Haitians struggle for clean water after hurricane

By David McFadden

COTEAUX, Haiti (AP) — It's been nearly a month since Hurricane Matthew tore through southern Haiti and people like Kettley Rosier and many of her neighbors still have to spend their meager savings to buy drinking water.

Reservoirs and pipe networks that people depend on for water across the country's southern peninsula were contaminated or damaged by a combination of ocean storm surge and sewage from the overflowing latrines that are commonly used in rural Haiti. Wells were submerged by rivers that topped their banks and carried cholera bacteria, which epidemiologists suspect has sickened thousands of people since the Category 4 hurricane.

That means there is just not enough clean water to drink, let alone bathe, in places like the town of Coteaux, adding to the misery in an area where many people lost their homes, as well as the crops and livestock they need to survive.

"We're tired of this," Rosier said on a recent morning, scratching at skin irritated after bathing with murky well water. For drinking water, she has to buy small bags from street vendors. "God only knows when the good water will come back."

An army of international relief teams have put enormous work into cleaning contaminated wells, distributing millions of water-purifying tablets and installing water treatment stations in areas that bore the worst of the hurricane. But it's not yet enough.

Roughly 90 percent of the piped water supply systems in southwest Haiti were damaged by the storm that struck Oct.

4, according to Haiti's National Water and Sanitation Directorate. Communal and private wells were contaminated across three provinces.

The extensive contamination of wells and the large amount of rain dumped by Hurricane Matthew created ideal conditions for spreading waterborne diseases including cholera, which causes rapid dehydration and can kill a human within hours if not treated. Authorities and aid groups say they have detected fecal matter and E. coli bacteria in drinking supplies.

"A lot of sources are contaminated at the moment," said Leo Tremblay, a Canadian water and sanitation coordinator with Doctors Without Borders, which is overseeing a cholera treatment center in the village of Port-a-Piment and has sent staff by donkey to provide aid to remote mountain villages.

The humanitarian group said Friday its teams were seeing "deteriorating health conditions" in heavily hit zones.

In the devastated city of Jeremie, two water purification stations operated by French government emergency workers have so far transformed river water into 450,000 liters of potable water. But international specialists say many communities right along shorelines still aren't getting adequate supplies.

Complicating matters, some storm victims are taking chances with their health.

In parts of the city of Les Cayes, people could be seen drinking straight from a contaminated well, bypassing treated supplies set up by a South Carolina-based organization known as Water Mission.



In this Oct. 25, 2016 photo, a girl drags a suitcase of containers full of fresh water in Aux Coteaux, a district of Les Cayes, Haiti. The girl found the suitcase in debris left behind by Hurricane Matthew.

Associated Press / Dieu Nalio Chery

"Our bodies are used to dirty water. Maybe if we go to that new water place we'll fall sick," said Ephraim Bernard, a jobless 24-year-old standing by the contaminated well, located by a trash pit where three people were openly defecating on a recent morning.

Cholera was likely introduced to Haiti in 2010 by U.N. peacekeepers from Nepal and it has killed about 10,000 people and sickened more than 800,000. Haitians are generally aware of the risk and families often go to great lengths to ensure they stay healthy.

Yvette Dorival, a 22-year-old who lives in hills above the devastated beach town of

Port Salut, is making two-hour treks three times a day to carry a jug filled at a water treatment site set up by Bomberos Unidos Sin Fronteras, a Spanish aid group. On the way, she passed Swiss Humanitarian Aid workers patching up a splintered water supply system.

"Why is it I only see the blan out here working hard to get water to us Haitians?" she asked, using the Creole word for foreigners.

There are some locals pushing to increase supplies, including Georges Edouard Elie, a businessman who owns a reverse osmosis plant in Les Cayes that produces Eau Kay water for a string of south coast

settlements. He is working with Arkansas-based nonprofit Heifer International to install a network of 1,500-gallon tanks that can be fed by water trucks.

He said he is motivated in part by anxiety that his business could be attacked if the situation doesn't improve. "In my 24 years that I've been living here, this is the first time that I feel insecure," he said.

Authorities say the water situation isn't likely to be resolved soon. Jean-Martin Brault, a water and sanitation specialist with the World Bank, said it's likely there will be a need to distribute water-purifying tablets and safe drinking water for six months in hard-hit zones.

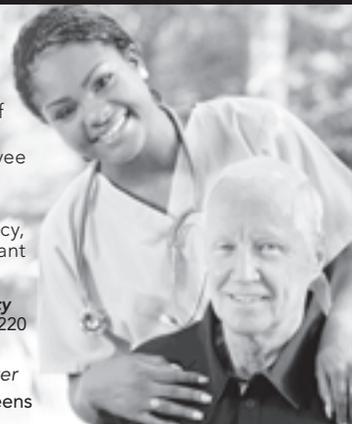
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# T&T PM reshuffles his Cabinet

By Azad Ali

With just one year in office, Prime Minister Dr. Keith Rowley of Trinidad and Tobago has fired two of his Cabinet ministers in a major reshuffle he promised last month.

In a press statement, Dr. Rowley sacked his Energy Minister Nicole Oliverre and Public Utilities Minister Ancil Antoine and removed Sarah Budhu from the Senate to make way for San Fernando Mayor Kazim Hosein to take up his seat in the Upper House.

Shortly after he resigned as Mayor of San Fernando, Kazim was appointed Minister for Local Government and Rural Development.

PNM Deputy Political Leader Rohan Sinanan — the man credited by Dr. Rowley with bringing home the 2015 general election for the party — was appointed the new minister of Works and Transport.

He replaces Fitzgerald Hinds who has been made Public Utilities minister.

Khan a petroleum geologist, worked over two decades in the energy sector under both the Patrick Manning administration and Rowley government in the Cabinet Standing Committees on Energy.

Attorney Stuart Young was made a full minister in the Office of the Prime Minister (OPM). Previously, he was a minister of state in the OPM in addition



Prime Minister of Trinidad and Tobago Keith Rowley  
Government of Trinidad and Tobago

to being a minister in the Ministry of Legal Affairs.

The new ministers were sworn in on Monday by President Anthony Carmona.

New Energy Minister said he was confident that his professional and political experience around the energy sector has equipped him to perform his new role as Minister of Energy. The prime minister did not explain the rationale behind his Cabinet reshuffle.



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## CARIBBEAN ROUNDUP

Continued from page 4

by rising unemployment, sharp declines in performance of agriculture, tourism, manufacturing, construction, a massive national debt and an increase in the trade deficit.

The motion was defeated by the government side after the opposition MPs refused to speak or vote in solidarity with Linton.

The opposition leader was accused of using unparliamentary language and being rude to the speaker and was asked to apologize if he wants to stay in the Parliament.

### Guyana

Guyana and the United States have signed the Foreign Account Tax Compliance Act (FATCA) that will allow the sharing of banking information of United States citizens in an effort to combat and deter offshore tax evasion.

According to the Ministry of Finance, United States Ambassador Perry Holloway said the agreement, which has been in the making for the past two years will mutually benefit both countries, as they collaboratively work to deterring tax evasion.

The FATCA agreement will allow financial institutions, through the Guyana Revenue Authority (GRA), to share banking information of United States citizens.

Finance Minister Winston Jordan said transparency and accountability among financial institutions would be increased through the automatic exchange of bank account information.

He said this will also encourage taxpayers to voluntarily disclose all relevant information to tax authorities.

### Haiti

Haitian police have launched a manhunt for about 150 inmates who are on the run after a major prison breakout from Arcahaie jail about 30 miles north of the capital Port-au-Prince recently.

Two guards and three inmates died during the jailbreak.

Security forces say they have recaptured 10 of the inmates so far and are investigating whether prison guards were involved.

Justice Minister Camille Edward Junior told the Haitian newspaper Le Nouvelliste that the alleged mastermind of the prison break, convicted kidnapper Yvener Carelus, was one of the men captured.

He said the escape was planned from inside the prison with a few accomplices.

The prisoners attacked guards, stole

firearms and shot at prison officials as they escaped.

Prime Minister Enex Jean-Charles called the breakout out a "mutiny".

Haitian prisons are overcrowded and inmates spend years in pre-trial detention.

### St. Lucia

St. Lucia's former consul general in Canada Stephen Julien was sworn in as the island's attorney general in St. Lucia last week replacing Kim St. Rose who left office on Oct. 4, 2016.

The ceremony for Julien who was a former magistrate was held at Government House.

Prime Minister Allen Chastanet said he was very excited about the amount of support that the government will be giving to Julien and disclosed that one of the most successful attorney generals in the United Kingdom has agreed to mentor the new attorney general.

The former attorney general, Kim St. Rose, who was appointed by the former St. Lucia Labor Party (SLP) administration, was directly involved as attorney general in two court cases that involved Chastanet before he became prime minister.

She became a part of Chastanet's cabinet by default after his then opposition United Workers Party (UWP) won the June 6 general elections by a margin of 11 seats to six, St. Rose was on contract until 2018.

Chastanet said St. Rose has agreed to become a special advisor to the prime minister dealing with constitutional matters.

### Trinidad

Trinidadians will go to the polls on Nov. 28 to elect mayors and councilors of the 14 corporations.

In making the announcement, Prime Minister Dr. Keith Rowley said he had advised President Anthony Carmona to issue the writ for the Local Government election.

He said there were several things to be considered in deciding the election date, including the Tobago House of Assembly (THA) election due next year.

And it was the best option to get it over with so the state can go on to confront its other challenges.

He said the decision to go ahead with the election is despite the fact that government could have delayed it for another 90 days into January 2017.

In the 2013 local election, the PNM won 84 out of the 136 seats and eight out of 14 corporations.

— compiled by Azad Ali

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# Dad, daughter celebrate major milestones

By Nelson A. King

It was originally planned as the 65th birthday bash for a prominent daycare provider in Laurelton, Queens, but it turned out to be a grand celebration for both the provider and her 90-year-old dad, a retired elementary and secondary school principal in Guyana.

Family and friends of Paulette P. Hyman, 65, a retired registered nurse, and her father, Maitland John, Saturday night celebrated their birthdays at Antun's Catering House on Springfield Boulevard in Queens. Mr. John and Mrs. Hyman were born a day apart — on Oct. 27 and 28, respectively.

Though the gala celebration primarily surrounded Mrs. Hyman, Mr. John was very much in the mix at the event that was organized and chaired by Hyman's elder daughter, Shaundell Agrippa, also a daycare provider in Laurelton.

Myriad family members and friends toasted the daughter and father, then danced the night away to sweet soca and reggae vibes.

Mrs. Hyman also received a plaque from her three children — Shaundell, Dwayne and Sonia — and eight grandchildren — Britney, Sasha, Joshua, Elijah, Jaheim, Sean, Jeremiah and Melvin.

"We just want to let you know you mean the world to us," the plaque reads. "Only a heart as dear as yours would give so unselfishly.

"The many things you've done, all the times that you were there for us, deep down inside, we know how much you really care," it adds. "We appreciate all you do. Richly blessed is how we feel having a mother and grandmother in you. We love you!"

In addition, the grandchildren presented Hyman with red roses and made brief statements, and John's six children — who came from across the United States and from the Caribbean — presented him with a watch.

Talented singer / guitarist Naomi Raine, a lead choir member at the Allen Cathedral Church in Queens, serenaded Hyman with "You are my Strength" and Whitney Houston's "I Look to You;" and the Edge School of Arts (ESOTA) dance troupe in Laurelton transfixed patrons with an African rhythm dance.

"It gives me great pleasure to see [that] many of you can come out to celebrate my wife's 65th birthday," said Melroy Hyman, also a retired registered nurse. "She's been good to me.

"I want to wish you continued health," he added, turning to Mrs. Hyman. "I want you to remain as sweet as you are. Keep it right and go to mark 100."

Verlyn Wilson, who knew Hyman for over two decades, said she was "honored" to be part of the celebration, adding that Hyman "exemplifies goodness, and caring and giving."

First cousin and close friend Eglynn Booker said she was "blessed" to be part of the celebration, stating that they "go way back as girlfriends.

"You're very thoughtful," she said. Another cousin, Yvonne Newland, told Hyman that her "steps have been ordered," and Malika Hill said the occasion was "befitting for such a beautiful person.

"You look 45 tonight, honey," said Hill, shedding a tear. "You're not getting old; you're increasing in value."

In toasting her father, Audrie Campbell, who trekked from Guyana, said he had worked at 11 schools in the Carib-



Ninety-year-old Maitland John (seated) flanked by his six children.

Photo by Nelson A. King

bean Community (CARICOM) member-country and was head teacher in six.

Mr. John regretted that his wife, Rowena, of 65 years, was unable to travel to the United States because of ill health.

Using a tissue to dry tears streaming down his cheeks, John told his children that he could not have attained such major milestone without their love and support.

"May God bless them," he said, sit-

ting in a special chair in the center of the hall, referring to his children. "May they continue to love together as a family."

And as he returned to his seat at the head table, he uttered, to loud laughter: "Excuse the little eye water."

Hyman noted that the birthday celebration was "a success," expressing gratitude to family members and stating: "There will be no birthday without any of you."

# Panel gives business advice for Flatbush junction

By Alexandra Simon

Marketing experts and entrepreneurs got to chat to peers about business strategy and tips for small business owners and up-and-coming entrepreneurs at Brooklyn College on Oct. 27.

The Flatbush Junction Business Improvement District and Black Entrepreneurs Summit partnered for "The Many Faces of the Brooklyn Entrepreneur," a roundtable event to discuss and provide helpful advice for potential and current business owners. One presenter at the event said local shops, like mom and pop stores, have to make necessary business changes being located near the Flatbush junction, an area seeing major changes with the introduction of newer and bigger stores.

"When it comes to being successful in business, mindset, planning, and implementation are all equally important. First, a small business owner needs to realize owning and running a business is like running in a marathon and being on a roller coaster ride at the



From left, Kendra Webb-Scott, marketing strategist of Ideazio, Inc., presenter Nicole McGarrell, founder and CEO of Sunny Day Marketing, and Petia Bradshaw, founder of The Stylista Group, who presented at the event.

Flatbush Junction BID

same time," said Nicole McGarrell, a presenter at the event and founder of Sunny Day Marketing.

"From seeing the recent addition of Chipotle and Panda Express, I think a lot of major brands are headed to the junction. However, I do hope a good balance is kept, as I think small businesses are the heart of the junction and represent the neighborhood's core needs and wants."

A panel of marketers, strategists, and business owners shared their stories of success and chatted with guests on how businesses can thrive with competition, the type of services customers return for, and staying on top of technology with an online presence.

McGarrell, who founded her marketing company to assist small business owners with marketing strategies, says many business owners miss out on meeting the needs of their customers when they lack a website with up-to-date information about their shops.

"Embrace another way of connecting with your customers, especially when it comes to social media and email marketing," she said. "Instead of thinking

of digital marketing as another task to implement, think about it as another way to connect with your customer and increase your sales, as well as awareness."

Even with the vast changes that come to areas where many small business owners operate, such as the Flatbush junction, they can still be successful when owners prioritize their customers' needs, McGarrell said.

"There is a lot of opportunity for a new crop of local businesses to come in and serve the community," she said. "Understand who lives and shops in your neighborhood but keep your authenticity and don't try to be everything to everyone — know your area of expertise and provide the best product and service you can."

The Black Entrepreneurs Summit will hold another business-focused event in Manhattan in February. Interested business and start-up owners can learn more about the event at [www.besummit.org](http://www.besummit.org).

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# Diaspora to help improve Jamaica's educational system

By Dawn Plummer

A large cross-section of Jamaicans living in the United States, Canada and the United Kingdom are participating in the Jamaica Diaspora Education Task Force (JDETF) group. The group aims to maximize the development of the educational programs in Jamaica and has launched a fundraising drive "pledge2build."

On Monday, Oct. 31, 2016 at the Jamaican Consulate office in New York City, the newly appointed, Consul General Trudy Deans welcomed the group as its hostess to this ambitious drive. Deans in her remarks said, "It is imperative to know that this project cannot be done in isolation. It is to help build early childhood education and train teachers in Jamaica. We need the Diaspora to align with the teachers by participating in this plan."

"Pledge2build" aims to raise two million United States dollars from Jamaicans across the world within three months. The parent partner for this task force is the Union of Jamaica Alumni Association (UJAA), which will be the fiscal conduit for the fundraising drive. Lesleyann Samuel, president of UJAA and a member of the educational task force said, "the task force is highly



Leo Gillings, JDETF.

engaged in establishing an efficient plan to advance education in Jamaica and decades of planning has been done to make it possible." In continuing her comment, Samuel reiterated the goal of the task force by saying, "this is a task force with an ambitious plan and we want it to be a sustainable project for Jamaica's education."

In a compelling presentation, the plans were outlined by the JDETF Leader Leo Gillings who called for Jamaicans in the Diaspora to participate. Gillings said the intention was to first alert the more than three million

Jamaicans in the Diaspora of their need to play a greater role in the development and transformation of the education system in Jamaica. "We have to make sure we are filling the gaps that the government cannot fill in Jamaica." Gillings demonstrated the format for a complete inclusion from all in the Diaspora. He explained the process the educational task force will utilize to reach its goal by Jan. 31, 2017.

According to Gillings several actions have already been undertaken including launching a web site, hiring public relations and certified public accounting firms, and establishing relations with the Ministries of Education and Foreign Affairs and Industry in Jamaica, the media and the Jamaica Teachers Association. All these individuals and agencies are in alignment to support the project, he stated. "This is one thing that we can do as a public affair that will be transparent to anyone who is interested."

"Pledge2build fundraising campaign is an inter-parish competition among Jamaicans across the globe where donors will compete to raise funds for their respective parishes. The drive began on Nov. 1, 2016 and will end on Jan. 31, 2017. [www.pledge2build.com](http://www.pledge2build.com).

# Referendum postponed

By Azad Ali

Grenada has postponed yet again the referendum on constitutional reform, which was planned for Oct. 27, 2016.

In a press statement, the government said there was a need for additional time to complete the public education process and noted that proposed constitutional reform has been ongoing for many years, with a well-documented history of academic research and consultations that informed this latest attempt.

"We have sensed a genuine increase in national interest - and at the same time, people are asking for more time to become more familiar with what is being proposed," the statement said.

According to the government, in particular, one clause in the Rights and Freedoms Bill has caused growing concerns in some circles. After extensive general discussion, including the chairman and other members of the Constitutional Review Advisory Committee, the government said it believed that this, and any other lingering issues of clarity, must be addressed.

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# Simple Procedure Improves Dry Eyes & Sagging Eyelids

**Exclusive interview with Dr. Golio, Director of Craniofacial Surgery**

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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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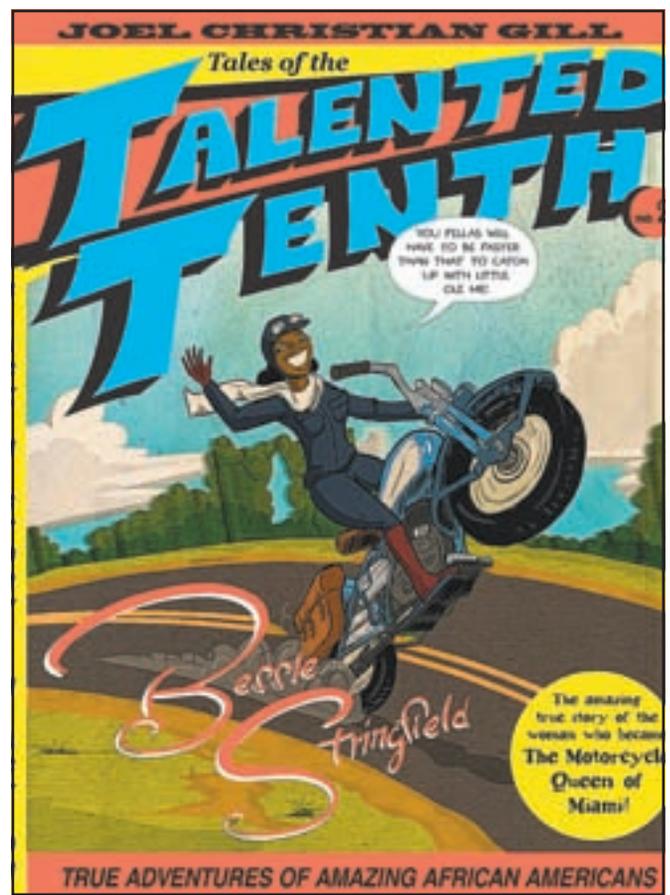
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# Tale of a talented Jamaican pioneer on two wheels



Book cover of "Tales from the Talented Tenth: Bessie Stringfield."

"Tales of the Talented Tenth: Bessie Stringfield" by Joel Christian Gill  
c.2016, Fulcrum Books  
\$23.95 / \$31.95 Canada  
122 pages

By Terri Schlichenmeyer

It's a great big world out there.

So many things to see, so many places to visit. You can find pictures of those spots, but photos aren't enough. You want more, and you aim to touch as much of the world as you can. It's a common desire and, as in "Tales of the Talented Tenth: Bessie Stringfield" by Joel Christian Gill, you might make history while you're doing it.

Bessie Stringfield didn't remember much of her childhood.

She did, however, recall how her father saved to bring Bessie and her mother to America. They boarded a big ship for the journey from Jamaica to Massachusetts and for the whole trip, Bessie's mother was



Author of "Tales of the Talented Tenth: Bessie Stringfield" Joel Christian Gill.

Natalee Waters

ill. Once they reached Boston, her mother died; overwhelmed, Bessie's father abandoned his little girl.

Taken to an orphanage, Bessie was cared for by kindly nuns but she longed for a family of her own. She was still a young girl when she was adopted by

a white lady who gave her a good home and a fine education. Bessie grew to be a proper young lady but she had one desire that was unusual for girls then: she wanted a motorcycle. She'd seen boys on bikes and she wanted to be "free and happy" like them.

On her birthday one year, her mother had a surprise for her...

Almost by instinct, Bessie embraced the bike and rode it everywhere. As an adult, she traveled across the U.S. eight times. She did "Penny Tours" by dropping a coin on a map for her next destination. Married six times, she was more in love with the road than she was with any man but there was one thing that baffled Bessie: the South.

Unused to Jim Crow laws, Bessie learned to take care of herself with speed and tricky maneuvers on her bike. Those fancy moves helped her get jobs with sideshows where

she became The Motorcycle Queen of Miami; she entered races, and got work with a courier service during World

War II. And when that was over, she traveled around the world before settling down to teach.

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THOUSANDS of knee arthritis sufferers flock for this advanced medical

# Knee Arthritis Pain:

*Why patients come Brooklyn, Queens Long Island, the Bronx, arthritis pain . . . and why waiting can*

By Matt Edgar -  
America's Health  
Writer

**NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.**

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... But it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments

You see, many knee arthritis sufferers had already tried what seemed to be similar

treatments to what we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment. That can possibly make it much more effective for many ... and it often gets results when many others have failed.

**This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.**

#### Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you ... and are now either pain free ... or eliminated quite a bit of their pain.

#### Here's the most important thing:

Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

#### But We Do Get One Very Common

#### Complaint One Very Common Complaint And it is:

*"I wish I started this treatment much sooner." Let's be very clear about this.* Time is the most precious thing. There is no way to slow it down - or get any back once it's gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. Isn't it time for you to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

#### If you are suffering with knee arthritis pain, here is why you should act NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating

fluid that decreases is called "synovial fluid". Pharmaceutical companies can now make synovial fluid-like compounds that... during treatment... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating pain.

#### What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. But to be 100% clear - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years ... or even permanently cancel it.

#### What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like

getting a flu shot. You walk out of the clinic just minutes after your procedure.

**But There Is A BIG Problem** The key is the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** so they can see the medicine going directly into the knee joint - in live motion-during the treatment.

Research shows that doctors performing procedures without Precision Arthritis

Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may be why.

In fact, by using Precision Arthritis Targeting Technology, **NY Pain MD** doctors are able to double confirm the precise placement of the arthritis medicines used. This is to help ensure patients get the best possible results.

#### Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or brands, the experts at **NY Pain MD** use several and great effort is taken to figure out which is best for YOU.

#### What To Do Next If You Are In Pain Your Special Invitation

**NY Pain MD** offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**. For a complimentary screening, call 855-94-RELIEF. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 855-94-RELIEF to schedule your screening. Many of the procedures offered at NY Pain MD are often covered by many insurance plans, union plans injuries and even Medicare. Call 855-947-3543 to schedule your screening.

treatment & How they relived pain while so many continue to suffer

# The Untold Story

and, New Jersey, Pennsylvania, Connecticut and beyond for this your chance to live a pain-free life again

*"I cannot ask for better results"*



*Dr. Stanley Weiner, M.D. - Surgeon*  
I had (replacement) surgery scheduled last year. But three months before I made an appointment with **NY Pain MD** I was amazed at the ease with which I was evaluated and the treatment schedule implemented. The results I had at **NY Pain MD** were outstanding. I cannot ask for better results. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's like exact science and I never had to have replacement.

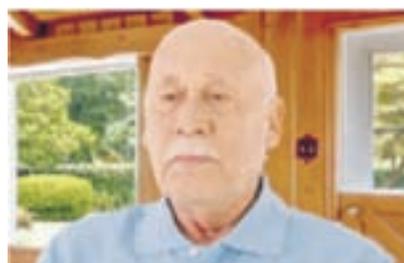
*Dr. Stanley Weiner MD*

*"Hey this feel terrific"*



I was diagnosed with bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. That procedure is so basic so simple so quick in 15 minutes you are in and out. When I got up out of the chair I stood up and I said, "*Hey this feels terrific.*"

*"I don't have any pain any more"*



After I had the treatments ... the last tune up ... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. **When I'm playing on the course I don't have any pain any more I don't have any aches and pain.** I'm out there playing!

*"I feel like a new woman"*



I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

*"I'm able to do it again"*



It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... It's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and *I couldn't do that for years and now I'm able to do it again.*

*"I feel like a new woman - It's amazing"*



The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

*"I am ecstatic with the results of this procedure"*



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for treatment. You sit there for few minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

*"I Can Finally Live My Life"*



Prior the relief center I was taking painkillers and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

Many insurances cover these treatments for qualified candidates:

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(Med Dir: Jack Mbabuike, MD)

# 855-94-RELIEF



## Have a party to remember at Sirico's

BY CAMILLE SPERRAZZA

When you've got 90 years of experience, you know how to throw awesome parties.

Their grandparents may have started Sirico's Catering, but two cousins, Hercules and Jim Sirico, are the ones that keep these parties going every night.

### Weddings

A bit overwhelmed with all to be done? Your life just got easier because everything you need is coordinated by Sirico's in-house wedding planner who directs the process.

**Ceremony:** Want to get married here? Say the word, and the planner will say, "I do."

**Food:** They get it. It's got to be good. With customized menus for every taste and budget, it will be. Guests enjoy drinks and food in a separate room for the cocktail hour, then make their way to another for dinner and dancing. Of course, there's a lovely bridal suite for the bridal party.

**Music:** The house DJ is young, hip, gets the party started, and keeps it moving all night long.

**Pictures:** Photos and videos will be treasured for a lifetime, so Sirico's works with proven photographers and videographers who make sure special moments are captured. The beautiful gardens and active fireplace in the lobby make perfect backdrops.

**Decorations:** Lighting sets the mood and atmosphere, so color-coordinate your event with an LED lighting package. It can match your wedding colors. Or, reach for the stars with specialized effects that include an image of a bright blue

sky. Sirico's has it all covered with chair draperies and sashes, too.

### Sweet 16s

Busy moms can relax because Sirico's party planner has your back.

Your daughter's party starts in the Entourage Room where the guest of honor can wait with friends before the introductions begin.

**Tropical Bar:** Say aloha to the place where teens enjoy drinks that include virgin pina colodas, strawberry daiquiris, and frozen sensations.

**Food:** A buffet loaded with fun food, customize designed to taste. Among the offerings: taco stations, a mashed potato bar, and sliders. For dessert, there's an ice cream sundae bar, candy tables, and Sirico's famous chocolate fountain.

**Decorations:** Select from in-house designs and decorations, tailored to teens. Balloon center pieces are always a hit.

### Other parties

Every special occasion calls for unique needs, and Sirico's accommodates them all. Whether it's an anniversary, retirement, Communion, Confirmation, corporate event, or other special occasion, Sirico's is the place to be.

There are party rooms that can accommodate up to 100, 200, and 300 people. Valet parking and a parking lot make it convenient for all guests.

Let's get this party started.

*Sirico's Caterer's [8023 13th Ave. between 80th and 81st streets in Dyker Heights, (718) 331-2900, www.siricos.net]. Open Tuesdays through Sundays, from 1:30 to 9:30 pm.*



Jazz vocalist Sarah Vaughan belts one out on the opening night of the annual JVC Jazz Festival at New York's Carnegie Hall night of June 19, 1987.

Associated Press / Ron Frehm

## Great Women In Music celebrates 'The Divine One'

By Roz Nixon

Great Women In Music (GWIM) is a New York City based, ongoing celebration of the many contributions women have made to music and the world. Since 2001 GWIM has annually presented a October month long Festival. Stellar show dates have featured such legendary artists as Phoebe Snow, Shirley Caesar, Gloria Lynne, Floetry, Ann Hampton Callaway, Regina Carter, and Melba Moore just to name a talented few.

On Wednesday, Oct. 19, 2016 GWIM paid tribute to the "Divine One," Sarah Vaughan. In 1942 singing "Body And Soul" Miss Vaughan won the Apollo Theater Armature Night, first prize was a week's performance at the legendary theater where she would be the opening act for Ella Fitzgerald.

In 1943 she became a member of the Earl Hines' Band as a pianist where she worked with crooner Billy Eckstine who was Hines' featured singer at the time. When Eckstine left the band to form his own orchestra, he invited Sarah to come along, she accepted his invitation and one year later in 1944 she ventured out on her own, the rest as they say is history. It has been 25 years since the passing of one of the most unique voices of our time but her legacy will continue through her music and her United States "Forever Stamp".

In 2015 the Postal Service announced that the Grammy-winning Jazz singer would be the latest addition to the agency's music icon series. March 2016 saw an unveiling of Vaughan's well-deserved tribute stamp in Newark NJ, Vaughan's home town.

GWIM founder and executive producer Roz Nixon said, 'We are now in our 16th

season and we can't think of any better way to make it "sweet" than by honoring one the finest artist of the 20th century.' The Harlem celebration of Sarah Vaughan and her stamp began at Harlem Besame Restaurant — a delightful uptown alfresco eatery that is dedicated to the sound of Jazz.

Besame's overwhelmingly delicious menu is filled with Latin, Soul and Jamaican flavor! Senator Bill Perkins of the 30th senate district along with United States Postal Supervising Manager Tabitha A. Gales presided over the official GWIM Harlem presentation. Supervisor of Customer Services Tawana Huston also participated in the salute. Latrayer W. Sumter-Moreau, retail manager NY, worked with GWIM to secure a successful event.

It was called a "fabulous evening" by author Belinda James-Trotter and composer / arranger Norman Connors which featured Louise Murray from the musical "SS Nirvana" who portrays Sarah Vaughan. Singers Terri Davis and Rob Fulton hosted the evening and they were joined by singers from everywhere, in a talented list that included, Emilie Surtees, John Felder, Lil Phillips, Abiodun Oyewole (of the last poets) and Evelyn Horne. The audience also heard from accomplished musicians who stopped by to play the songs that made Sarah Vaughan famous.

Miss Jessie's Hair Care and Black Opal Cosmetics and Skin Care supplied gift bags to all of the performers. Over the years, Great Women In Music has reigned supreme as a presenter of memorable dates and this season will be no exception with this Sassy, Sarah Vaughan night that won't soon be forgotten!



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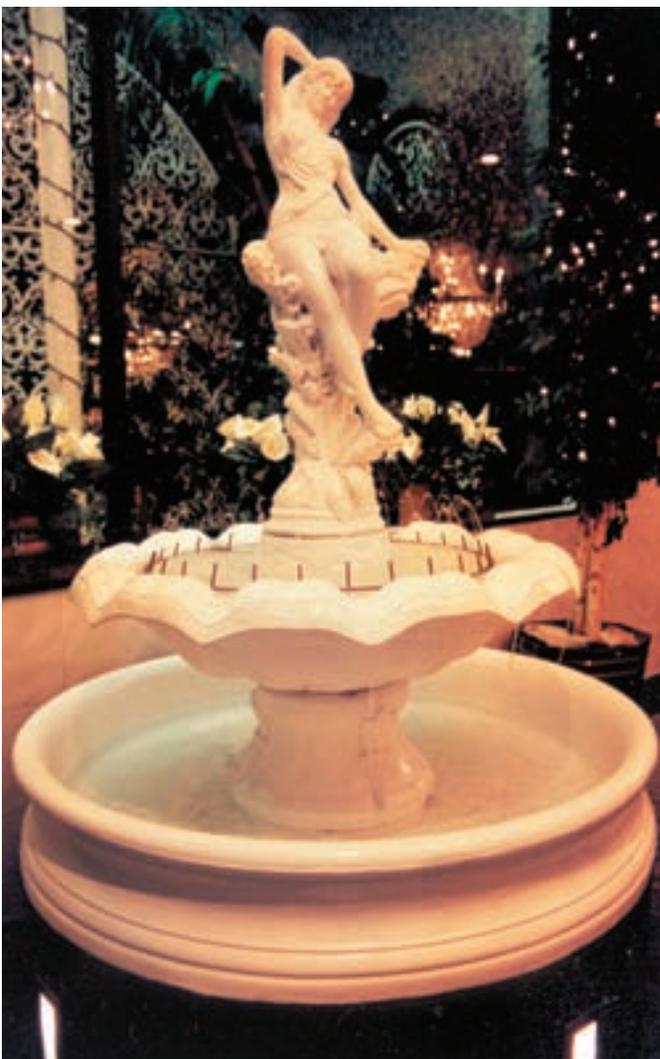
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This sort of ultimate personalized attention starts the very minute you discover Paradise. At this facility, you don't deal with some salesman. You deal directly with one of the owners, Hercules, or his son, Mike. And why is this so essential?

Quite simply, they have a vested interest in making you happy, not just in making a sale. They know their business depends on word-of-mouth recommendations and on the special days yet to come in your life and the lives of your family. Thus, they will do everything in their power to be certain that the affair you have imagined is transformed into reality under the skilled hands of themselves and their staff. That's the secret of their longevity and of their success.

The lavish party room, which can be made intimate enough for parties of 100, or grand enough to host a spectacular of up to 400, is marked by a central chandelier that will take your breath away. It is the focal point for a magnificent space done up in sophisticated pinks and reds, with mirrored accents that lend a touch of infinity to the already expansive area.

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The catering office is open Tuesday through Sunday, 1 – 9 p.m. Note that the facilities are also available during the weekdays for all types of social meetings and functions.

For the further convenience of your guests, Paradise also can provide free valet parking.

# Eldercare

## TODAY

## Downsizing: Is It Good For You?



**A**s men and women retire or approach retirement age, many opt to downsize their homes. Such a decision can save older adults substantial amounts of money while also liberating them from the hassle of maintaining large homes they no longer need.

Downsizing to smaller homes or apartments is a significant step, one that homeowners should give ample consideration before making their final decisions. The following are a handful of tips to help homeowners determine if downsizing to smaller homes is the right move:

**Get a grip on the real estate market.** Downsizing is not solely about money, but it's important that homeowners consider the real estate market before putting their homes up for sale. Speak with a local realtor

or your financial advisor about the current state of your real estate market. Downsizing can help homeowners save money on utilities, taxes and mortgage payments, but those savings may be negated if you sell your house in a buyer's market instead of a seller's market. If you think the current market won't get you the price you are hoping for, delay your downsize until the market rebounds.

**Take inventory of what's in your house.** Empty nesters often find that their homes are still filled with their children's possessions, even long after those children have entered adulthood and left home. If the storage in your home is dominated by items that belong to your children and not you, then downsizing might be right for you. Tell your children you are thinking of downsizing and invite them over

to pick through any items still in your home. Once they have done so and taken what they want, you can host a yard sale, ultimately donating or discarding what you cannot sell. Once all of the items are gone, you may realize that moving into a smaller place is the financially prudent decision.

**Examine your own items as well.** Your children's items are likely not the only items taking up space in your home. Take inventory of your own possessions as well, making note of items you can live without and those you want to keep. If the list of items you can live without is extensive, then you probably won't have a problem moving into a smaller home. If you aren't quite ready to say goodbye to any of your possessions, then you might benefit from staying put for a little while longer.

**Consider your retirement lifestyle.** If you have already retired or on the verge of retirement and plan to spend lots of time traveling, then downsizing to a smaller home may free up money you can spend on trips. And if you really do see yourself as a silver-haired jetsetter, then you likely won't miss your current home because you won't be home frequently enough to enjoy it. If travel is not high on your retirement to-do list but you have a hobby, such as crafting, restoring classic cars or woodworking, that you hope to turn into a second profession, then you might benefit from staying put and converting your existing space into a workshop.

Many retirees downsize their homes, but this decision requires careful consideration of a variety of factors.

# Managing the costs of assisted living



Consider the different options available to help pay for assisted living services.

incomes, but there are some strategies that can help.

The payment method that serves you best will depend on your unique circumstances, but there are options available:

**Long-term care insurance:** Long-term care insurance is specialized insurance that is paid into and may cover the cost of assisted living facilities and other medical care, depending on the policy.

**Personal savings:** Some people have the means to pay for assisted living with their own savings and retirement nest eggs. However, it's easy for savings to become depleted when facing a \$40,000+ bill per year.

**Life insurance:** A financial advisor may advocate to pay for assisted living with a life insurance policy. Some companies enable you to cash out for "accelerated" or "living" benefits, which usually is a buy-back of the

policy for 50 to 75 percent of the face value. Other third parties may purchase the policy for a settlement of a lump sum, again roughly 50 to 75 percent of the policy's face value, according to Caring.com, an online source for support and information about the needs of aging people.

**Location:** Costs of assisted living facilities vary depending on location. It's possible to get a lower monthly rate simply by choosing a facility in a different state.

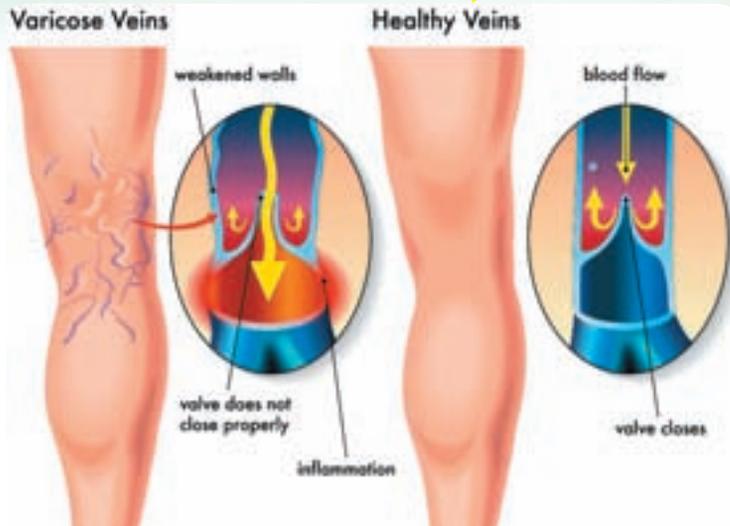
**Negotiation:** Not all prices are set in stone. Speak with a manager at the facility and see if there is any price flexibility or move-in incentives. You also may be able to get a lower rate by negotiating certain a-la-carte costs against all-inclusive pricing. Perhaps you do not need laundry or shopping services, and family members can fill in the gaps, reducing your bill.

**Veteran's benefits:** Many veterans are eligible for care benefits that can offset the cost of assisted living care.

**Rooms:** Opting for a smaller room or sharing a space can keep costs down as well. See if shared rooms are a possibility.

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Many caregivers struggle valiantly to care for a parent with Alzheimer's on their own before they exhaust their emotional, physical, and financial resources. iStock / Monkey Business Images

# Alzheimers care

Caring for a person with Alzheimer's or a related dementia is complicated, demanding, and almost impossible to explain to anyone who hasn't had the experience. Many caregivers struggle valiantly to manage the situation on their own before they exhaust their emotional, physical, and financial resources. But support, education, and information can dramatically improve the quality of life for both the caregiver and the person with dementia. Unfortunately, there are many barriers to getting help:

**Lack of knowledge.** Family members may not realize that symptoms are *not* normal aspects of aging. Memory problems, confusion, and slowing down are often considered to be the result of aging, but many people simply don't know how to judge when these behaviors are the signs of a progressive dementia and need attention.

**Fear or denial.** Family members may have a sense that something is wrong, but fear that a diagnosis will make the situation more "real." Others simply refuse to see symptoms because they don't want to believe that their loved one has Alzheimer's or any progressive dementia.

**Family issues.** When more than one family member is involved in making care decisions, emotions run high and can create serious conflicts that can get in the way of taking action. There is often confusion about who should be the primary caregiver and how responsibilities should be divided.

**Cultural.** In many cultures there is a strong belief that the family "knows best" about what an ailing relative needs. In other cultures, there are stigmas about dementia making it difficult to communicate openly about the challenges that come with a diagnosis.

**Physical.** Distance from organizations providing programs and services and the physical frailty of the person receiving care are also barriers to



**Care  
Chronicle**  
by Lou-Ellen Barkan

seeking help. The family may not own a car, making it necessary to access care by taking long bus or train rides to get help.

**Financial.** Facing mounting financial costs with less time to work, caregivers often cut back on anything that is not a basic or immediate need.

These are just some of the barriers caregivers face, but because of them, caregivers may never try to access resources that can vastly improve the difficult situations they face. But there is support for caregivers and they should move quickly to access services, because in the absence of an effective cure, good care is the best treatment.

CaringKind specializes in overcoming barriers by providing New Yorkers with high-touch, confidential, comprehensive, compassionate programs and services, all free of charge. Assistance is available in more than 200 languages. CaringKind will connect caregivers to services that include counseling by social workers, access to support groups and education and training programs, which include financial planning, respite services, long term care planning, and resources for home care.

CaringKind is dedicated to breaking through the barriers to receiving care and New York caregivers have access to these resources right now. To learn more about these and any topic related to dementia caregiving, give CaringKind's helpline a call, or help someone you know make this important call. They will be glad they did and so will you!

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\*\* An independent clinical study in the US has shown that primax provided a significant improvement in ease of listening in demanding listening environments. A newly developed methodology using objective brain behavior measures (Electroencephalographic data), showed a significant reduction in listening effort for mild to moderate hearing impaired subjects using primax hearing aids in speech-in-noise situations applying advanced features such as Narrow Focus and EchoShield.

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# 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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# Polypharmacy: The effect of taking multiple medications

BY JOANNA R. LEEFER

Many seniors take multiple medications to offset conditions associated with later years. There are medications for high blood pressure, low blood pressure, sleep problems, pain, depression, and many other conditions. Some of these medications are doctor prescribed, while others are bought over the counter. According to a study published by American Nurse Today, approximately 44 percent of men and 57 percent of women over the age of 65 take five or more prescription medications per week and two over-the-counter medications. With proper monitoring these medications provide relief from any number of ailments and can offer a better quality of life. Unfortunately, there is a downside.

The more medications a person takes, the greater the chance of drug interac-

tions or enhanced side effects. The negative effect of taking multiple medications is called polypharmacy. Seniors should be alert to the number and types of meds they are taking and understand which ones could interact poorly with others.

One of the most insidious medications that often interact badly with other medications is diphenhydramine, better known as Benadryl. Benadryl is an antihistamine and is advertised for fighting allergies and itchiness. It is often used as a sleeping pill as well because it causes drowsiness. Taken alone, Benadryl offers relief from congestion and skin discomforts, but combined with some prescription drugs such as some antidepressant or blood pressure medications, the combination can trigger dizziness, anxiety, and headaches.

One reason seniors are more prone to polyphar-

macy than young people is due to changes in the body chemistry as a person ages. Younger people metabolize medications more quickly than older people. As a person's body ages, some of the organs crucial to removing waste and eliminating toxins begin to slow down. This is true particularly of the kidneys and the liver. Both organs function to transport blood and filter excess waste. These functions decline significantly with age.

For instance, by the age of 50, the kidneys function at half the capacity of person in his 20s. This means it can take twice as long for the kidneys to rid the body of medications. The same is true of the liver. By age 60, the blood flowing through the liver declines 40 to 50 percent of its former level. This can cause the body to retain medication that can build up to dangerous levels.



Seniors taking multiple medications for ailments should be aware of polypharmacy, the negative effect of using several drugs. iStock / Burlingham

A change in muscle mass adds to this decline. Muscle is the body's main container for transporting water through the body. Water, in turn, is essential for transporting medication and removes toxins from the body. As a person ages the percentage of muscle mass decreases while body fat increases. The U.S. National Library of Medicine reports that muscle tissue begins to decrease around the

age of 50 and decreases more drastically after the age of 60. The less muscle mass, the more time it takes for the body to transport medicines that increases the chance of polypharmacy.

The best strategy to insure against polypharmacy is to be vigilant. Every senior should keep an updated list of all medications and their dosages. Be sure to in-

*Continued on page 40*

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# SUFFERING FROM TEXT NECK?

Would your friends say you are addicted to your phone? Are you constantly texting, checking your emails, or updating your social media status? Well, if any of the above applies, you may be suffering for the newly diagnosed "Tech Neck". This term describes injuries and pain resulting from too much time spent looking down at wireless devices. In turn this can lead to headaches, upper back and neck pain, shoulder pain or even arm pain.

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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# Recommended immunizations for those aged 50-plus

**R**outine immunizations can keep people safe and healthy. Certain vaccinations can prevent diseases from producing symptoms, while others can lessen the duration of an illness or make conditions less severe.

Vaccination schedules become a way of life for parents to young children. But vaccinations aren't just for kids, and adults should keep tabs on their immunization histories to ensure they're up-to-date with vaccinations for their particular age group and lifestyle.

The Centers for Disease Control and Prevention warns that the elderly are more likely to die of a vaccine-preventable disease than other age groups. The immune system begins to decline as we age, so the body can benefit from the disease-fighting boost provided by vaccinations. Individuals at any age should discuss immunizations with their doctors, but it's a particularly important conversation for

those age 50 and older.

Vaccine schedules and recommendations may vary depending on where a person lives, but the following immunization recommendations are offered courtesy of the Centers.

**Influenza:** An annual flu shot can help prevent the nearly 36,000 deaths that occur due to flu each year in the United States. The flu vaccine is designed to combat the current strain of flu, so it is recommended anytime between September to March, which is the prime flu season. People age 50 and older should opt for the injection rather than the nasal form of the vaccine.

**Tdap:** This vaccine protects against tetanus, diphtheria, and pertussis and is especially necessary for people who have close contact with young infants. Pertussis, or whooping cough, can be passed on to youngsters and make them very ill. If you've never received a Tdap vaccine, the Centers suggests getting it

at least once. Individual tetanus boosters should be received every 10 years.

**Pneumococcal:** Pneumococcal disease is an infection caused by the pneumococcus bacteria. It can cause pneumonia, blood infection, ear infections, and even bacterial meningitis. This vaccine is given to adults age 65 and older or to younger adults at their physicians' discretion.

**Hepatitis A:** Individuals with medical, occupational or lifestyle conditions, such as healthcare workers or people with chronic liver disease, may need a two-dose series of the hepatitis A vaccine.

Adults who are avid travelers to various parts of the world that may bring them in contact with animals or people who do not receive the same course of immunizations may need additional vaccines. Speak with a doctor about which immunizations are recommended before travel.



Talk to a doctor or pharmacist about the side effects of mixing multiple prescriptions or over-the-counter medications. iStock / skynesher

## PHARMACY

*Continued from page 38*

supplements and over-the-counter medications like aspirin, ibuprofen, and Advil to the list. Even some seeming tame mineral supplements like ginkgo biloba or zinc can interact negatively with prescription medications. Make sure your doctors have the most up-to-date list, and if he adds a new prescription, ask about possible side effects.

Be aware that the se-

nior body is different from a young adult or even a middle-aged person, and that the older body will respond differently to dosages. Being knowledgeable and insightful can mean a lot when it comes to living a long, healthy life.

*Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCare-Giving, a service that helps families make difficult care decisions for aging loved ones when family care is no longer enough. For more, visit [www.joannaleefer.com](http://www.joannaleefer.com).*



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ANIL HINGORANI, MD



ELEANORA IADGAROVA, NP

# ENTERTAINMENT

FOR MORE ENTERTAINMENT, GO TO CARIBBEANLIFENEWS.COM/ENTERTAINMENT



Brooklyn-based soca artist Lil' Slick, lands a deal with My9 television network. Playbook Media Group

## Soca artist lands deal

By Alexandra Simon

Starting the early stages of his music career in his cousin's basement studio, his music is now being listened to by more than one million Tri-state residents on late night show after landing a deal with a major network.

Soca artist Mikel Stewart, who goes by his stage name "Lil Slick," is a Brooklyn-based soca musician. His energetic song "Vibes Right," is the catchy intro music for the My9 reality show, "Ride

Continued on Page 42

## Ha-ha-Haiti

By Alexandra Simon

Sometimes you have to laugh to keep from crying.

A night of Haitian-centric comedy in Bedford-Stuyvesant later this month will try to raise spirits while raising money for that country's hurricane relief efforts. Proceeds from "Laugh 4 Haiti, Cry 4 Haiti, Dance 4 Haiti," happening at the Milk River lounge on Nov. 28, will go to grassroots organizations aiding the thousands of Haitians displaced by the destructive Hurricane Matthew, which heavily flooded the country's southern region in early October. The Haitian-American organizer of the charitable laugh-fest says it will bring a light touch to a serious night.

"We're going to tell a lot of jokes about Haitian culture and Haitian pride and strength — we don't want to just talk about the sad stuff," said Moses

Continued on Page 42



# CULTURES MEET

Classical dance: Romanee Kalicharran in traditional dance attire for Kathak, a classical North Indian dance. Kalicharran is of Puerto Rican and Indo-Guyanese descent and will be teaching a workshop series for both of her cultures dances. Renee K. Productions

## Exploring cultural connections in dance

By Alexandra Simon

A dance company is premiering an intercultural series showcasing a connection between two cultures starting Nov. 8.

"Where Kathak and Bomba Meets in Me," is a two-week multi-borough event from Nov. 8–20 that will take a look into Indo-Guyanese and Puerto Rican dance culture for an educational and interactive workshop for dance enthusiasts. The creator of the series — who is of both cultural backgrounds — said the event is

as much a spiritual adventure, as a learning one.

"It's a journey for audience members and students to partake in," said Romanee Kalicharran, organizer of the event and founder of Romanee and Company.

"It will be transforming to see and explore these cultures through the historical aspect of colonization of various places."

One of the main highlights of the series includes dance classes going through the basics of Kathak,

a north Indian classical dance, and Bomba, a Puerto Rican drum-based rhythmic dance. For Kalicharran, she says growing up with a Puerto Rican mother and Guyanese father, these dances lived inside her since childhood even though it took some learning to combine them together for a series.

"I've been planning this for years and I think that me being of mixed heritage — it's always been in back of my mind. The concept has been

Continued on Page 42

## TOP OF THE CHARTS

### TOP 10 SINGLES



- 1 **Closer**  
The Chainsmokers Feat. Halsey
- 2 **Heathens**  
Twenty one pilots
- 3 **Starboy**  
TheWeekend Featuring Daft...
- 4 **Let Me Love You**  
DJ Snake Featuring Justin Bieber
- 5 **Cheap Thrills**  
Sia Feat. Sean Paul
- 6 **Treat You Better**  
Shawn Mendes
- 7 **24k Magic**  
Bruno Mars
- 8 **Cold Water**  
Major Lazor
- 9 **Send My Love**  
Adele
- 10 **This is What You Came For**  
Calvin Harris feat. Rihanna

### TOP 10 ALBUMS



- 1 **Joanne**  
Lady Gaga
- 2 **Nobody But Me**  
Michael Bublé
- 3 **A Pentatonix Christmas**  
Pentatonix
- 4 **The Serenity of Suffering**  
Korn
- 5 **Ghosts of Christmas Eve**  
Trans-Siberian Orchestra
- 6 **Lifelines**  
I Prevail
- 7 **Who You Selling For**  
The Pretty Reckless
- 8 **You Want it Darker**  
Leonard Cohen
- 9 **Hamilton: An American...**  
Original Broadway Cast
- 10 **Never Lose Sight**  
Chris Tomlin

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# CULTURAL TIES

Continued from page 41

growing forever," she said. "It takes a lot of training in both traditions as well."

Five musicians including Kalicharran, will beat drums, sing, teach, and dance in the Bronx, Manhattan, and Brooklyn. Aside from the interactive dance classes, the event also includes a panel discussion with a question and answer session to take place on Nov. 12 in the Bronx, readings of historical and academic readings about the dances, and a food tasting, which will be apart of the grand finale show on the final day. Guests will be able to not only participate in the dances and interact with other cultures, but reflect on their own backgrounds, said Kalicharran.

"This is something that will be interesting to see — how someone within the cultural community looking at their own styles reacts and how someone from outside the culture has a whole different perspective — we welcome that and we want that," she said. "All viewpoints are important and valid."

Despite the name of the event, Kalicharran says the series is not a personal exploration of herself and rather a search to connect to the people who passed down

the dances.

"It's not my personal story but my cultural connection — it's something I feel strongly about," she said. "I'm reaching out to my ancestors and keep their memory as it comes alive in the drums, dance, and drama. I'm putting that forth as a continuance of my varied culture."

With the cultural variety of the event, she says she hopes to see that diversity reflected in the guests who attend, and most importantly seeing a younger audience there.

"It's important for people of this generation to know that this project also aims to help by showing future generations how to deal with cultural identity and understand how to come to terms with those 'bigger' questions," she said. "My aim is to not only have people relate to their own backgrounds but to cultures they're not from. I want the younger ones to have pride in where they come from and have them appreciate their unique culture."

"Where Kathak and Bomba Meets in Me," Nov. 8–20 at various locations and times, [www.romaneandcompany.com](http://www.romaneandcompany.com). \$10–50.

*Julia De Burgos Art Center*



Bomba dance: Kalicharran in Bomba dance attire. The dance style originates from Puerto Rico. Renee K. Productions

[1690 Lexington Ave between E. 105th and E. 106th Streets in Manhattan, (212) 831-4333, [www.jdbpacnyc.org](http://www.jdbpacnyc.org). Nov. 8–10, 7–8:30 pm.

*Andrew Freeman Complex* [1125 Grand Concourse between E. 166th and McClellan Streets in the Bronx, (718) 293-8100, [andrewfreedmancomplex.com](http://andrewfreedmancomplex.com). Nov. 12, 15–16 at 6–8 pm.

*Bronx Music Heritage*

*Center* [1303 Louis Nine Blvd between Intervale Avenue and Southern Boulevard in the Bronx, (917) 557-2354, [whedco.org](http://whedco.org). Nov. 17, 6:30–8:30 pm and Nov. 19, 7–9 pm.

*Brooklyn Music School* [126 St. Felix St. between Lafayette Avenue and Hanson Place, (718) 638-5660, [brooklynmusicsschool.org](http://brooklynmusicsschool.org). Nov. 20, 5:30–9 pm.

## Have fun helping Haiti



Pride and laughter: Haitian-American Moses Merisier organized "Laugh 4 Haiti, Cry 4 Haiti, Dance 4 Haiti" on Nov. 28 to raise money for groups helping with Haiti's hurricane relief. Photo by Caleb Caldwell

Continued from page 41

Merisier, who lives in Bedford-Stuyvesant. "We want to bring life into the people."

The show will have three segments: a stand-up comedy set, an open mic session for storytelling and poetry, and a party with DJs and dancing. The night's second portion will welcome audience members who need to share their feelings, Merisier said.

"Anyone can sign up for

the open mic and be sentimental, and express their emotions regarding what's going on," he said. "For the most part we just encourage people to follow the theme of the show."

All proceeds from the event will go towards three organizations: the Haitian Health Foundation, CapraCare, and Let's Go Haiti. Merisier said that he chose the groups because they have a proven track record of aid work in Haiti.

## Soca artist

Continued from page 41

work in June of this year, it landed him the opportunity of a lifetime — having his music as the first thing viewers hear when they tune into the show, he said.

"I was happy — for the first time someone wanted to use my stuff and to actually use it as the intro song playing?" he said. "A lot of people like it."

The late night show "Ride With Me TV" follows up-and-coming artists, their music, fashion, and their lives. He was introduced to the show when his management team liked the two-year-old song and shopped it to different stations, coming upon to My9.

"They liked my song — they liked it," he said. "They told me they would like for it to be the intro song for the show and it was a good opportunity."

Stewart recorded the song in 2014 but as one of his favorite songs he says he is proud to have it as the intro music.

"I pitched the song to way before and I had a couple of

other songs," he said. "This song is old but I really like this song."

The song "Vibes Right" has been the intro music to the show for two months now and will continue as the intro music for the remainder of the season, allowing Stewart's music to reach more listeners throughout the Tri-state region.

Inspired by artists such as the king of soca Machel Montano, who he met three years ago, and rapper Lil Wayne, he says both men exhibit a mixture of the versatility he produces in his style, specifically Lil Wayne.

"He actually really inspires me — I love his approach," said Stewart. "I like his aggressiveness, his swag, and how his approach is different from everyone. There is something about him I find that I can relate to."

Stewart is working on his music for an upcoming project. Focusing on his music more seriously, he wishes to see more music opportunities, and as those chances roll in — he also hopes to reach more listeners through his lyrics.

# Battlefield exploits of heroic Army medic

"Hacksaw Ridge"  
Excellent (4 stars)  
Rated R for graphic violence, gruesome images and ethnic slurs  
Running time: 131 minutes  
Distributor: Summit Entertainment



Andrew Garfield stars as Desmond Doss in "Hacksaw Ridge."

www.rottentomatoes.com

## By Kam Williams

Desmond Doss (Andrew Garfield) was born in the Blue Ridge Mountains where he was raised as a Seventh-day Adventist. Devoutly religious, he followed his faith's literal interpretation of the 10 Commandments, including the 5th's dictate that "Thou shalt not kill." So, when he rushed to enlist in the Army right after the Japanese sneak attack on Pearl Harbor, he did so as a Conscientious Objector.

But because he was unwilling to touch, let alone carry a weapon, Desmond was teased mercilessly by other members of his platoon. In fact, he was not only

beaten to a pulp by a bully (Luke Bracey), but court-martialed for failing to complete the weapons part of basic training.

However, the military tribunal ruled in Desmond's favor after his World War I veteran father (Hugo Weaving) showed up to testify on his behalf. Still,

his fellow G.I.s remained reluctant to embrace a comrade they suspected to be a coward, since they had just been taught by hard-nosed Sergeant Howell (Vince Vaughn) that a unit was no stronger than its weakest link.

Nevertheless, Desmond was

commissioned as a medic with the 307th Infantry with whom he would more than prove his mettle on the island of Okinawa in the bloodiest battle of World War II. For, he exhibited extraordinary courage over the course of a month spent dodging bullets and bombs to attend to the

wounded during the siege of Hacksaw Ridge.

Desmond would save the lives of 75 grateful soldiers, and his selfless exploits would be appreciated by both grateful buddies and the Pentagon. And the heroic medic eventually became the first Conscientious Objector to be awarded the Congressional Medal of Honor.

All of the above is recounted in riveting fashion in Hacksaw Ridge, a gripping biopic directed by Mel Gibson. Fair warning: the film features very graphic battlefield tableaux reminiscent of the gory D-Day reenactments found in Saving Private Ryan (1998).

When not devoting its attention to recreating gruesome war scenes, the flashback flick focuses on Desmond's formative years, as well as to his whirlwind romance with Dorothy Schutte (Teresa Palmer), the pretty nurse he fell in love with at first sight and married shortly before shipping out for the Pacific Theater of Operations. The film fittingly brings down the curtain with archival newsreels and stills of the real-life Desmond and Dorothy to ensure there won't be a dry eye in the house following the closing credits.

## Independent & Foreign Films

All Governments Lie (Unrated) Prestige biopic recounting intrepid investigative journalist I.F. Stone's (1907-1989) career dedicated to uncovering political corruption and coverups.

Dog Eat Dog (Unrated) Adaptation of the Edward Bunker best seller of the same name about a trio of ex-cons (Willem Dafoe, Nicolas Cage and Christopher Matthew Cook) hired by a mob boss (Paul Schrader) to kidnap his rival's baby. With Omar J. Dorsey, Louisa Krause and Melissa Bolona.

The Eagle Huntress (G) Coming-of-age biopic chronicling the epic quest of 13 year-old Aisholpan, hailing from a tribe of Mongolian nomads, to become the first female in her family in a dozen generations to earn the esteemed status of Eagle Hunter. (In Kazakh with subtitles)

Ivory: A Crime Story (Unrated) Endangered species expose' examining the cause and consequences of the worldwide demand for ivory which has left the elephant on the brink of extermination.

My Dead Boyfriend (R for profanity and sexuality) Macabre comedy about a struggling writer (Heather Graham) who only uncovers the truth about her couch potato beau



### Kam's Kapsules

By Kam Williams

(Rich Graf) after he passes away while sitting in front of the TV. With Griffin Dunne, John Corbett and Gina Gershon.

Peter and the Farm (Unrated) Warts-and-all biopic about Peter Dunning who manages to maintain his 187-acre Vermont farm on his own despite depression, alcoholism and having been abandoned by three wives and four children.

The Prison in Twelve Landscapes (Unrated) Criminal justice system documentary showcasing a dozen correctional facilities doing great work rehabilitating inmates.

### BIG BUDGET FILMS

Doctor Strange (PG-13 for action, crashes and pervasive violence) Benedict Cumberbatch plays the Marvel Comics character in this origins tale revolving around a neurosurgeon who morphs into a superhero in the wake of a tragic car accident. Ensemble cast includes Chiwetel Ejiofor, Tilda Swinton, Rachel McAdams and Benjamin Bratt.



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A portion of the proceeds will be donated to hurricane relief in Haiti

# SPORTS

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West Indies' Stafanie Taylor plays a shot against Australia during the final of the ICC Women's World Twenty20 2016 cricket tournament at Eden Gardens in Kolkata, India, Sunday, April 3, 2016.

Associated Press/ Bikas Das, File

## England wins series

By Azad Ali

England Women won the fifth and decisive One-Day International (ODI) by a comfortable five wickets at Sabina Park, Jamaica to clinch the series 3-2.

The British players never looked in trouble after Lauren Winfield and Tammy Beaumont put on 53 for the first wicket and Nat Seiver's 58 sealed the victory with 11.1 overs to spare.

It was the first time in the series that the side batting second — having lost the toss — had prevailed.

West Indies Women made 155 all out

Continued on Page 46

## West Indies suffers loss

By Azad Ali

The West Indies team continues its poor showing in the Test matches in the United Arab Emirates when the team slumped to a 133-run defeat in the Second Test on Tuesday, Oct. 26, 2016 to concede the three-match series to Pakistan.

So far the regional team has lost the three Twenty20s, three One-Day Internationals, and two of the three Test matches on the tour.

Resuming the final day on 171 for 4 in pursuit of an improbable 456 for victory at the Sheik Zayed Stadium, the Windies team was dismissed for 322 in its second

Continued on Page 46



Going for green: Dejourree Addison's teammates call him Hulk and the Erasmus Hall running back proved why on Oct. 29, barreling over defenders for yardage and a late-game touchdown against Curtis.

Photo by Steven Schnibbe

## Erasmus Hall handed first loss in late-game defeat

By Laura Amato

It's not how you start, it's how you finish — but Erasmus Hall's football team didn't quite finish.

The Dutchmen couldn't hold on to a late-game lead on Oct. 29, falling to Curtis 44-42 in one of the

most hyped Public Schools Athletic League football games of the season.

It's the team's first loss this season and the first time the Warriors have defeated Erasmus Hall since 1986.

"We don't take anything [from

this game] really except a little bit of humble pie," said Dutchmen coach Danny Landberg. "We'll come back and we'll play the game again. That's all."

Erasmus Hall (7-1) squandered

Continued on Page 46

Continued from page 45

in 47.5 overs with Captain Stafanie Taylor scoring 57. Six batsmen failed to reach double figures.

Victory for England means they are one win away from qualifying for the 2017 World Cup, a result which could be achieved in November when they come up against Sri Lanka for three matches in the ICC Women's Championship.

## Pakistan defeats West Indies



West Indies' Jermaine Blackwood takes a run after playing a shot during the fourth day of the first test cricket match in Galle, Sri Lanka, Saturday, Oct. 17, 2015.

Associated Press / Pamod Nilru, File

Continued from page 45

innings.

Jamaican Jermaine Blackwood missed out on a century with 95 but West Indies lost their last six wickets for 151 runs.

Man-of-the-Match, spinner Yasir Shah was again the villain for Pakistan, claiming 6 for 124 to finish with match figures of 10 for 210 — his second 10-wicket haul in his 18-Test career.

The defeat for the West Indies side followed their 56-run defeat in the historic day / night opening Test in Dubai earlier this month, which came on the heels of an embarrassing 3-0 whitewash in the preceding Twenty20 and One-Day International series.

The struggling side has now lost 10 of their last 13 Tests and is without a victory in the last three years.



Crossover: Erasmus Hall quarterback Aron Cruickshank did everything for the Dutchmen offense, accounting for four touchdowns in the squad's 44-42 loss to Curtis on Oct. 29.

Photo by Steven Schnibbe

## Erasmus Hall plans a comeback

Continued from page 45

a 12-point lead down the stretch as Curtis quarterback Quincy Barnes tied the game on a fourth-and-inches run with just 40 seconds left. The junior quarterback called an audible at the line and pushed the ball into the end zone, refusing to give up against a wall of Dutchmen defenders.

Barnes followed up with the point-after pass to Amad Anderson, giving Curtis (8-0) the victory and stunning Erasmus Hall.

"I think we were just getting a little too cocky, and now it's time to wake up," said Erasmus Hall quarterback Aron Cruickshank.

Erasmus Hall struggled to find a rhythm early on — falling into an early 22-6 hole — but the Dutchmen's offense hit its stride late in the second quarter, sparked by the dominant play of Cruickshank under center.

The junior did a bit of everything — throwing for 73 yards, rushing for another 219 yards, and tallying four

touchdowns — as Erasmus Hall clawed back to make it a two-point game after three quarters.

"We just told everybody, 'Calm down' and 'We came here for a reason,'" Cruickshank said. "We just wanted to try and get the job done."

Erasmus Hall took its first lead of the day with 8:35 left in regulation when Dejouere Addison barreled into the end zone from eight yards out. Miles Ferguson padded the lead just over three minutes later, and it seemed the Dutchmen had seized momentum.

Curtis, however, had different ideas. The Warriors responded on the squad's ensuing drive when Barnes found Justin Mitchell on a 12-yard, scoring-strike with 4:28 left.

Erasmus Hall tried to answer in kind, but failed to keep the drive alive on the next possession — stalled on fourth-and-three at the Dutchmen 42-yard line. The miscue gave Curtis a short field late in the game, but Landberg stood by his decision.

"We weren't stopping them, so we

just wanted to get the momentum going and get the first down," he said. "It was three yards and we just wanted to get the first down because they had all three time outs. We wanted to keep the drive going, but it is what it is."

The Warriors took over on downs and immediately marched into the red zone when Barnes found TySon Lawton for a 21-yard reception after standing in the pocket for several seconds. It was enough to spark Curtis and set Erasmus Hall back on its heels.

"I think we let ourselves down by not having confidence that we were going to get that first down," Cruickshank said. "I think that's it, to be honest."

The silver lining for Erasmus Hall is that the year doesn't end here. The Dutchmen wrap up the regular season on Nov. 6 at home against Fort Hamilton and, after a loss like this, the squad is chomping at the bit to get back on the field. This time, the team is determined to finish well.

"It's time to turn on now," Cruickshank said. "It starts in practice and we've got to come ready to work."

# Blackbirds depend on senior's experience

By Laura Amato

It's time for a little bit of senior leadership.

The Long Island University men's basketball team didn't have a single senior player on its roster last season, and the lack of experience and on-court direction made it a difficult year for the Blackbirds. This year, however, the team has a handful of fourth-year players and none of them are more ready for their moment in the leadership-spotlight than Joel Hernandez.

The Blackbirds guard is expected to do a bit of everything for the squad — whether it's directing the offense, setting up on the wing, or giving advice away from the game. It's a big-time role for Hernandez — one he's anxious to take on.

"Last year, there were no seniors, so we didn't really have anybody to look up to and tell us on the court the right things to do," Hernandez said. "So I just want to show the guys how to play and when things are going wrong — bring the team together."

Hernandez has the talent



Blackbirds best: Long Island University senior guard Joel Hernandez is ready to step into the spotlight this season, determined to lead the squad on both sides of the ball.

Long Island University Athletics

— and the stats — to back up his words. He played in 31 games last season, averaged 12.2 points, and shot nearly 45 percent from the floor — the second-best on the team. Hernandez will have to do even

more this year.

The Blackbirds lost junior guard Martin Hermannsson during the offseason when he opted to turn pro overseas instead of returning to Brooklyn, and the decision left a hole

in the team's backcourt. That's where Hernandez — and his ball-handling skills — come in.

The 6-foot-3 guard is expected to play a good chunk of minutes at the point guard position this season, particularly when the Blackbirds begin the squad's out-of-conference schedule on Nov. 11 against John Jay. It's a new-look for the team — and Hernandez — but if he's going to be a leader, it's something he'll have to do.

"He's got a tight enough handle, he can make good decisions when the ball's in his hands, and I think, as a senior, he's mature enough to do things that way," said Long Island University coach Jack Perri. "And you just don't see that in our league very much."

Having Hernandez at the point changes the way the Blackbirds run the game. In years past, Long Island University has thrived on a fast-paced approach, sprinting up and down the court in transition and pushing the ball towards the basket. The team still wants to do that as much

as possible, but with Hernandez up top, things will slow down just a bit.

"We're not going to be flying up the court with him at the point guard, but we'll be much more of a halfcourt team," Perri said. "[Julian Batts and Jashaun Agosto] will also get minutes at point, and I think they understand that our strength is in the frontcourt."

Hernandez is dealing with more responsibility than ever before in his career — both on and off the court — and there have been times when he's been frustrated with the progression of the team. There are still a good chunk of young players, and there have been plenty of preseason growing pains to contend with.

Still, after a senior-less season and middle-of-the-conference finish last year, Hernandez knows this team can handle just about anything. And he's ready to lead the Blackbirds to a title.

"I feel like every year we've gotten better, but we can even get better than what we were," Hernandez said.

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**ARIES: Mar 21/Apr 20**  
Aries, you stand to make a strong impression this week. Others at work may see your abilities in a new light, and you could be treated differently from this point on.

**TAURUS: Apr 21/May 21**  
Taurus, pay extra attention to the people who really matter in your life, namely your friends and family members. Redirecting your attention will yield positive results.

**GEMINI: May 22/Jun 21**  
Gemini, nothing says work or business has to be dull. Make your workday experience more fun, and you may be more inclined to put more of yourself into your work.

**CANCER: Jun 22/Jul 22**  
Cancer, it can sometimes be beneficial to escape from the hectic pace of daily life and spend some time on your own, especially if it means recharging. Make the most of an upcoming respite.

**LEO: Jul 23/Aug 23**  
Leo, the ride may prove bumpy for the next few days, but it's nothing you can't handle. Expect little time to yourself, but when you get a break, make the most of it.

**VIRGO: Aug 24/Sept 22**  
Most of your plans are going to go perfectly this week, Virgo. Enjoy this stroke of good luck because you have earned it. Invite some loved ones along for the ride.

**LIBRA: Sept 23/Oct 23**  
Libra, take a new approach to resolving a stalemate. If you give a little, you might end up getting a lot. Listen to the other person's point of view more closely.

**SCORPIO: Oct 24/Nov 22**  
Expect your endurance to be put to the test this week, Scorpio. If you can muster some additional energy, you can accomplish anything that you set your mind to.

**SAGITTARIUS: Nov 23/Dec 21**  
Sagittarius, wake up a few minutes earlier each day and give yourself extra time to enjoy the peace and quiet that early morning provides. You'll start the day fresh.

**CAPRICORN: Dec 22/Jan 20**  
Capricorn, embrace others for the people they are. Each person brings something different to the table, and embracing those differences can help create lasting friendships.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, connecting with other people may become a bigger part of your job in the near future. Start polishing your social skills so you'll be ready.

**PISCES: Feb 19/Mar 20**  
Pisces, if a relationship has not been going as you had hoped, it may be time to take inventory and see what needs changing.



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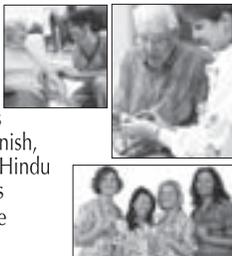
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Recent Exper Required  
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To Advertise  
Here

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► HELP WANTED

► JOB INFORMATION



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Are you a certified HHA? Looking for a great job with great pay, flexible schedule, and benefits?  
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- 1370 Broadway, Suite 533, NY
- 1267 57th St, Brooklyn, NY
- 5221 Broadway, 2nd flr, Bronx, NY

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**GEM Health Care Agency**  
**PCA's & HHA's WANTED!**  
Live In/Live Out  
★★ IMMEDIATE OPENINGS NOW ★★  
Accepting Applications:  
**Oct. 17th-Oct. 20th from 10am-2pm at:**  
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**Auto Glass Shop is Looking For:**  
Experienced Auto Tint Mechanic  
(Must have own tools)  
**Clerical/Telemarketer.**  
Mr Freeman:  
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**Exp. Kitchen Helper**  
Needed FT with cooking experience.  
**FT Server Needed**  
Also needed FT  
Food handler certificate is preferred.  
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**Nurse Practitioner or PA**  
With some years of experience in Gynecology.  
Candidate if fluent in Spanish could be a PLUS!  
Negotiated hourly rate  
**Please fax CV to: 718-552-2411**

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Non CDL, Airport Work will Apply. \$11-\$13/Hr.  
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**Email resume to: EMPLOYMENT@RSDelivery.com**

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**Letitia James Warns Consumers About Classified Ads**  
Toll numbers may be a direct line to trouble. Classified ads are intended to help people by facilitating communication and advertising available services; however, some of the hotlines & service numbers in classifieds actually hurt the people who rely on them by cheating them of their hard-earned dollars. "Most newspapers print a disclaimer in their classified ad section to warn readers about numbers that are a direct line to trouble. Any number starting with 900, 540, 595 or 871 charges a fee beyond a local call. In some instances, ads initially advertise calls to a local number, but then direct callers to a second number starting with one of the paid exchanges. "Consumers must also question the legitimacy of vague classifieds because they too could be a scam. Before responding to an ad, consumers should verify the source of all information & always be wary about sending money or signing a contract with an unknown party."  
**Office of the Public Advocate**

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ADOPTION: Unplanned Pregnancy? Need help? FREE assistance: caring staff, counseling and financial help. You choose the loving, pre-approved adoptive parents. Joy 1 - 8 6 6 - 9 2 2 - 3 6 7 8 [www.ForeverFamilies-ThroughAdoption.org](http://www.ForeverFamilies-ThroughAdoption.org). Habla Espanol!

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Fire Safety Directors  
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**Monday -- Friday**  
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Must know Quickbooks and possess excellent computer and telecommunication skills.  
Construction experience helpful.  
Must be flexible, great organizer, hardworking, reliable, poised & professional at all times.  
Good phone manner & articulate use of the English language a must.  
Call Ali Malik at  
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Email Resume to: [ali@mmcontech.com](mailto:ali@mmcontech.com)

► **HELP WANTED**

► **ANNOUNCEMENTS**

IF YOU USED THE BLOOD THINNER XARELTO and suffered internal bleeding, hemorrhaging, required hospitalization or a loved one died while taking Xarelto between 2011 and the present time, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727

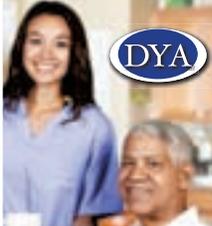
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Non-medical Home Care Agency seeks Experienced Caregivers  
All jobs are on Staten Island  
Must have weekend availability.  
References & eligibility to work in US is a must. Car & certification a plus!  
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# MISC.

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 Go to: [nycourts.gov/vote](http://nycourts.gov/vote)  
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 the judicial candidates in your area

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**INDOOR GARAGE SALE, SUN. 11/13, 10AM-4PM,** Temple Shalom, E.68<sup>th</sup> St & Ave U, 2nd Floor. **SHOP FOR THE HOLIDAYS!!**

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## ANNOUNCEMENTS

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 Up to 60% MSRP  
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All employment advertised herein is subject to section 296 of the human rights law, which makes it illegal to advertise any preference, limitation or discrimination because of race, color, creed, national origin, disability, marital status, sex, age, sexual orientation, or arrest conviction record, or intention to make any such preference, limitation, or discrimination. Title 29, U.S. Code, Chap 630, excludes the Federal Gov't from the age discrimination provisions. This newspaper will not knowingly accept any advertising for employment which is in violation of the law. Our readers are informed that employment offerings advertised in this newspaper are available on an equal opportunity basis.



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 Today!

# LEGAL NOTICES

## LEGAL

### NOTICE OF SALE

SUPREME COURT COUNTY OF KINGS, CASTLE PEAK 2012-1 LOAN TRUST MORTGAGE BACKED NOTES, SERIES 2012-1, BY U.S. BANK NATIONAL ASSOCIATION, AS INDENTURE TRUSTEE, Plaintiff, vs. PACIANO PINEDA, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on July 07, 2014 and the Order Ratifying Judgment of Foreclosure and Sale

## LEGAL

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

## LEGAL

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. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the

## LEGAL

Mortgagee's attorney, or the Referee. Marc Held, Esq., Referee Peter T. Roach & Associates, P.C., 6901 Jericho Turnpike, Suite 240, Syosset, New York 11791, Attorneys for Plaintiff

## LEGAL

**Invitation to bid for meal services at Inner Force.** Sealed bids will be received at Inner Force located at 1181 East NY Ave Brooklyn NY 11212

## LEGAL

from 11/4/16 through 11/17/16 between 9am and 5pm. Center number is 718-221-1214. All bids will be opened on Friday 11/18/16 at 11:00 A.M. Specifications for the bid approximately 300 breakfast, lunch and snacks can be obtained by sending all inquiries to Ms. Debbie or Ms. Brown by email, IFTDC@OUTLOOK.COM with "Vendor Bid" in the subject line. All inquiries will be answered.

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PUBLICATIONS REPORTER INC.

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 All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination because of race, color, religion, sex, handicap, familial status, sexual orientation or national origin, or intention to make any such preference, limitation or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

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 Near transportation, laundry. Income \$31,750 - \$36,250. \$810/month.  
 Equal Oppty Housing application@newdestinyhousing.org

**BRONX APT UNFURN**  
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 Near transportation, laundry. Income \$31,750-\$45,300. \$979/month.  
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This building is being constructed through the Inclusionary Program and is approved to receive a Tax Exemption through the 421-a Program of the New York City Department of Housing Preservation and Development.

**Who Should Apply?**  
 Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units is set aside for:  
 • Mobility-disabled applicants (5%)  
 • Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:  
 • Residents of **Community Board #2** (50%)  
 • Municipal employees (5%)

**AVAILABLE UNITS AND INCOME REQUIREMENTS**

Unit Size	60% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent	Units Available	Household Size	Annual Household Income Minimum - Maximum
Studio	60% AREA MEDIAN INCOME (AMI) UNITS	\$833	46	1 person	\$29,898 - \$38,100
1 bedroom		\$895	85	1 person	\$32,058 - \$38,100
		2 people		\$32,058 - \$43,500	
2 bedroom		\$1,082	19	2 people	\$38,503 - \$43,500
				3 people	\$38,503 - \$48,960
				4 people	\$38,503 - \$54,360

<sup>1</sup> Rent includes gas for cooking and heat.  
<sup>2</sup> Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.  
<sup>3</sup> Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.  
<sup>4</sup> Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

**How Do You Apply?**  
 Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application by mail, send a self-addressed envelope to: IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

**When is the Deadline?**  
 Applications must be postmarked or submitted online no later than **December 15, 2016**. Late applications will not be considered.

**What Happens After You Submit an Application?**  
 After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked

**Spanish:** Presente una solicitud en línea en <http://nyc.gov/housingconnect>. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección: IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. En el reverso del sobre, escriba en inglés la palabra "SPANISH". Las solicitudes se deben enviar en línea o con este postal antes de 15 de diciembre 2016.

**Chinese:** 請到 <http://nyc.gov/housingconnect> 申請。如需申請，請到 IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216。詳情請到 <http://nyc.gov/housingconnect> 查詢。

**Russian:** Подайте заявку онлайн на сайте <http://nyc.gov/housingconnect>. Для получения заявки на русском языке и распечатки на русском языке отправьте конверт с адресом: IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. На обратной стороне конверта напишите слово "RUSSIAN" на русском языке. Заявка должна быть подана онлайн или отправлена по почте (закрытое письмо на русском языке) не позднее 15 декабря 2016.

**Korean:** <http://nyc.gov/housingconnect> 에서 온라인으로 신청하십시오. 더 궁금한 사항은 전화로 문의하십시오. 신청서 IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. 신청서 뒷면에 "KOREAN"이라고 적어서 제출하십시오. 2016년 12월 15일까지 모든 신청서를 제출하십시오. 자세한 사항은 전화로 문의하십시오.

**Kreyol Ayisyen:** Apilke sou entènèt sou sitwèb <http://nyc.gov/housingconnect>. Pou resevwa yon tradiksyon anvan sa a nan lang Kreyol Ayisyen ak aplikasyon an sou papye, voye anvan ki gen adres pou retounen li nan: IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. Nan dosye anvan li, ekri mo "HAYIAN CREOLE" an Angliz. Ou dwe fèmi aplikasyon yo sou entènèt anvan ou desann pou anvan 15 desanm 2016.

**العربية:** قدم طلبك من طريق الإنترنت على الموقع الإلكتروني <http://nyc.gov/housingconnect>. للحصول على ترجمة للعربية لهذا الإعلان والدواج الطلب الورقي، أرسل مظروفك بعدد مائة دولار إلى: IMPACCT BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. على ظهر المظروف اكتب "ARABIC" على اللغة الإنجليزية. يجب إرسال المظروف من طريق الإنترنت أو عن طريق البريد العادي قبل 15 ديسمبر 2016.

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**HANDYMAN**

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\*Car Donation Foundation aka Wheels For Wishes. To learn more about our program or financial approach, visit www.wheelsforwishes.org

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