

CARICOM MOURNS

Several leaders pay tribute to the late Cuban leader

By Bert Wilkinson

GEORGETOWN, Guyana – Grateful for the material and other assistance the region got from Cuba in recent decades, Caribbean leaders rushed to Havana this week to participate in ceremonies relating to the death of Fidel Castro who is perhaps the best known political brand to have emerged from the region in the past century.

Jamaican Prime Minister Andrew Holness, colleagues Moses Nagamootoo from Guyana, Gaston Browne of Antigua and President Desi Bouterse from Suriname were among those who hopped on planes bound for Cuba to register their presence at a service honoring Castro on Tuesday night.

Some also had plans to stay on for the remainder of the week to attend services and ceremonies linked to the burial of the urn with his cremated ashes in the eastern Province of Santiago de Cuba where the revolution started.

CARICOM Chairman Roosevelt Skerrit also made the trip alongside heads from Bolivia, Mexico, Venezuela, Panama, Ecuador and Zimbabwe. Former Jamaican Prime Minister Portia Simpson Miller whose People's National Party administration had cultivated dangerously close relations with Cuba in the 70s and early

80s, angering the United States also led a PNP delegation to Cuba.

Washington made no secret of the fact that it had played a significant role in undermining the Michael Manley administration on the island and helped to supply guns to political gangs, which had terrorized the country during the period of its now abandoned socialist experiment.

Cuba and CARICOM countries have a special bond dating back to a stroke of political genius by prime ministers Forbes Burnham of Guyana, Manley of Jamaica, Eric Williams of Trinidad and Errol Barrow of Barbados.

In early December 1972, the four sprang a monumental political surprise on the world when they used political stealth to officially establish diplomatic relations with Cuba, largely ending the island's American-imposed and policed hemispheric isolation. The move opened the floodgates to a rash of other nations to follow suit and prevented Washington from checkmating it because of the secrecy that led up to the announcement.

Cubans celebrated the move. To this day, successive generations of leaders have recorded their appreciation of the recognition and have ensured Cuba



Roses and medals serve as a base for a portrait of the late Fidel Castro at Revolution Plaza, the site of two days of tributes to the late leader, in Havana, Cuba, Monday, Nov. 28, 2016. Cubans on Monday began bidding farewell to Castro, the man who ruled the island for nearly half a century. Cuba's government has declared nine days of national mourning following Castro's death Friday night at age 90.

Associated Press / Ramon Espinosa

remains engaged in regional affairs.

Castro died last Friday at age 90, less than two weeks before

the two sides would have celebrated 44 years of unbroken relations on Dec. 8.

Part of the reason for the

strong bond between Cuba and the group of 15 nations has to do with the exchange of mate-

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Unscrupulous landlords plead guilty



Council Member Mathieu Eugene lends his support to freezing rents.
Office of Council Member Mathieu Eugene

Eugene advocates for rent freeze

By Nelson A. King

Brooklyn Council Member Dr. Mathieu Eugene on Nov. 17 joined Borough President Eric Adams, Department of Finance Assistant Commissioner Pierre DeJean, community advocates and elderly residents at Brooklyn Public Library in promoting enrollment in Rent Freeze NYC.

Eugene, who represents the 40th Council District in Brooklyn, said the program, which allows eligible residents and the disabled to stay in affordable housing, has been instrumental in helping tenants reduce their cost of living while remaining in safe and familiar living environments.

The Rent Freeze Program, which includes the Senior Citizen Rent Increase Exemption (SCRIE) Program and the Disability Rent Increase Exemption (DRIE) Program, helps residents remain in their homes on a long-term basis.

Under the program, a property tax credit covers the difference between the actual rent amount and what the tenant is responsible for paying at the frozen rate, according to Eugene.

"When we talk about our seniors, we're talking about people who have paid their dues, people who have done everything for me, and for all of us to enjoy the privileges that we are enjoying now," he said.

"Now, it is our time to protect them and make sure they have the resources they need to have a better life."

Eugene said while Rent Freeze NYC has proven value to those who qualify, "there are still many eligible residents who are unaware of its benefits."

As Brooklyn resident and SCRIE recipient, Suzanne Douglas said: "It's about educating people so they'll know. If I wasn't told I wouldn't have known either."

By Nelson A. King

Gov. Andrew M. Cuomo and Acting Brooklyn District Attorney Eric Gonzalez on Tuesday announced that two Brooklyn landlords have pleaded guilty to a scheme to defraud and to unlawfully evict rent-stabilized tenants by forcing or attempting to force them out of their homes.

Cuomo and Gonzales said the landlords destroyed the tenants' apartments, making them uninhabitable in order to collect significantly higher market-rate rents.

Gonzalez said the investigation was initiated by the Governor's Tenant Protection Unit (TPU) concerning allegations of extreme harassment and intimidation in many of the approximately 10 buildings owned and managed by Joel and Amrom (aka Aaron) Israel in Bushwick, Williamsburg and Greenpoint.

The Brooklyn district attorney, as a result, the case was referred to his office for criminal prosecution.

"New York has zero tolerance for those who seek to defraud or discriminate against rent-regulated tenants trying to make a home for themselves and their families," Cuomo said.

"Together with our state and local partners, the Tenant Protection Unit will further crack down on unscrupulous landlords and ensure that those responsible for this reprehensible conduct are held to full account," he added. "The state is committed to protecting tenants' rights and ensuring access to safe, decent, affordable housing statewide."

Gonzalez said: "Landlords across Brooklyn should be put on notice by today's felony guilty pleas that illegal actions they may take to harass and intimidate tenants in rent regulated apartments will not go unpunished."

"Anyone trying to cash in on soaring market rents by breaking the law and abusing tenants will face serious consequences," he said. "I promise to continue



Gov. Andrew Cuomo, D-NY, speaks during the final day of the Democratic National Convention in Philadelphia, Thursday, July 28, 2016.

Associated Press / J. Scott Applewhite, File

to vigorously prosecute building owners who brazenly flout the law as they try to illegally evict protected tenants."

New York State Homes and Community Renewal Commissioner James S. Rubin said: "The Governor's Tenant Protection Unit continues to fight for the rights of tenants to live without fear of intimidation or abuse in apartments that landlords are targeting for turnover to market rate."

"When the TPU finds evidence of civil or criminal wrongdoing – they advance the investigations accordingly – and

seek prosecutions and appropriate legal action to the full extent of the law on behalf of vulnerable tenants," he said.

"This prolonged scheme was particularly devastating because it deprived tenants of plumbing and cooking facilities for months, creating hazardous and desperate living conditions," he added. "This is the first of several criminal referrals the TPU has made and it sends a resounding message that New York State is working closely with law enforcement and is at the forefront of protecting tenants' rights."

'Island of Flatbush' Diabetes Expo on Saturday

By Nelson A. King

Stating that diabetes is ravaging the Caribbean community in Brooklyn, a coalition of faith-based and community groups is partnering with New York City Department of Health and Mental Hygiene, Brooklyn Borough President Eric Adams and major area hospitals in conducting a massive diabetes exposition and symposium this Saturday, Dec. 3, at Erasmus Hall High School, 1199 Flatbush Ave., Brooklyn.

According to Guyanese community leader John Williams, who is spearheading the initiative, the coalition, called New Creation Community Health Empowerment Corporation, will launch the "Island of Flatbush Diabetes Task Force" on Saturday, and has "mapped out an area in Central Brooklyn, dubbed "Island of Flatbush," which is renowned to be the "largest concentration of West

Indian people anywhere in the United States that is outside the Caribbean."

"This population is one of the greatest sufferers of the diabetes epidemic in New York, especially the new type that was discovered, called the 'Flatbush Diabetes,'" said Williams in a letter to more than 300 places of worship that he expects to participate in this weekend's event.

Besides churches, Williams said the task force comprises Islamic centers, schools, community centers and organizations "with the 20/20 vision to reverse the incidence of diabetes by 20 percent by the year 2020."

He said these churches, most of which are affiliated with the Adventist Church, and centers will be designated as "Centers for Preventive Health and Wellness."

"This symposium is designed to arm faith leaders and their teams of community health workers and lifestyle

coaches with the resources and tools to conduct an effective warfare against the epidemic," Williams said.

He said the event will also feature, among other things, tests, screenings, and education and information sessions on diabetes, vision, heart disease, stroke, nutrition, podiatry, dentistry, obesity, stress and depression.

"Diabetes has been a silent disease that has devastating effects on individuals and families and countries for hundreds of years, but, because of neglect, diabetes has become a diabetes public health emergency," Jamaican Donna Budai, charter president of Brooklyn Health Educators Lions Club and strategic committee member of the "Island of Flatbush Diabetes Task Force." "We must declare war on this disease now more so than ever because of its current impact on our economy and individuals."

Bahamas

Jamaican reggae artiste Jah Cure (Siccatore Aloc) pleaded not guilty when he appeared in a Bahamas court recently on a misdemeanor charge that stemmed from an argument at the Atlantis Paradise Islands.

Jah Cure, 39, appeared before Magistrate Samuel McKinney along with Jamaican Terefe Mason, 26, on a charge of "fighting in a public place."

Police said that Jah Cure and Thompson were at the Atlantis Resort when a fight broke out. The incident was captured on security camera and distributed no social media.



Jah Cure, who was in the Bahamas for a week-end concert pleaded not guilty to the charge and was subsequently discharged.

Another man, Trevor Thompson, 22, a Bahamian national who was also charged had his case put off until Nov. 23.

However, Mason pleaded guilty and was fined US\$150.00 or one month in jail.



Reggae artiste pleads not guilty

Jamaican reggae artiste Jah Cure.

Wikipedia

Barbados

There are no plans at the moment for the Barbados government to decriminalize marijuana just because other countries are doing so, without the proper supporting information on its effects.

This was revealed by the island's Attorney General Adriel Braithwaite who stated his position in the debate on legalizing marijuana when he met with Barbados Ambassador to the United States, Selwin Hart.

Braithwaite said Barbados had just completed its national anti-drug plan, and also made it clear that Barbados "will not, and should jump ahead," to decriminalize marijuana without proper dialogue."



Manager of the National Council on Substance Abuse, Betty Hunte, said the issue was beyond decriminalizing marijuana and involved a look at how it impacted the body at a later date.

She said chronic marijuana use is something that "we have not grappled with as yet, we have the breathalyzer (test), but there is nothing to measure the saturation of marijuana on the blood at a later date."

Hunte said that Barbados had made significant strides in its fight against illegal drugs, particularly through assistance from the Inter-American Drug Abuse Control Commission.

Guyana

Guyana's government says a Chinese mining company has agreed to pay US\$10 million to Canadian Reunion Gold Corporation for its stalled manganese facility in the South American country.

The Guyanese Ministry of Natural Resources has confirmed the agreement.

Bosai Minerals Group will pay US\$5 million in cash and give the remainder in partial payments from the sale of manganese shipments after production starts.

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Haiti

The International Monetary Fund (IMF) recently approved US\$41.6 million in financial assistance for the impoverished Haiti country under the Rapid Credit Facility (RCF).

The Washington-based financial

institution said the funds, which will be made available immediately, will help Haitian authorities meet urgent balance of payments needs arising from the effects of Hurricane Matthew.

The strong category four hurricane hit the French-speaking Caribbean country in early October, killing more than 500, sending more than 175,000 people into temporary shelters and putting more than 1.4 million in immediate need of humanitarian assistance and also caused widespread destruction of buildings and infrastructure in the southwestern place of Grand Anse, Sud an Nippes.



The IMF said preliminary estimates put the total damage and loss at US\$1.9 billion.

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CARICOM pays tribute to Castro

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rial assistance between the two over the decades.

For example, thousands of Caribbean students including doctors, engineers, pilots and medical technicians read for free degrees at Cuban universities while Cuba has sent thousands of doctors and support staff to work at hospitals and clinics in a slew of Caribbean nations since the mid 1970s. Skerrit pointed to that fact in a tribute hour after Castro had passed.

“He generously shared his country’s expertise with other developing countries and CARICOM member states have benefited significantly, and continue to do so, from Cuba’s contribution to their development. In recognition of his role in that regard, the CARICOM heads of government bestowed an honorary Order of the Caribbean Community on President Castro, the only such honor granted

to a non-CARICOM citizen, “His commitment to social justice and dignity for all people earned him global recognition and a stature as one of the influential world leaders of his time.”

He generously shared his country’s expertise with other developing countries and CARICOM member states have benefited significantly.

Castro made it a point to visit several of the larger member states from the 1970s to the 90s including Guyana, Jamaica, Trinidad and Barbados, attending international summits and signing bilateral agreements with various governments. He also spent time in Grenada, which the United States had invaded back in 1983 to

shut down growing relations between the island and Cuba and other leftist countries.

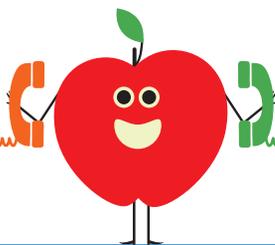
But many in the region also remember him and Cuba for its contribution to the African liberation struggle in the 70s and 80s.

At least 5,000 Cuban troops died on African battlefields, about half of them in Angola. Others beat back white South African troops fighting to maintain the apartheid system, while others have fought alongside troops in Algeria, Guinea, Guinea Bissau, Equatorial Guinea, Sierra Leone and Libya.

Guyanese in particular remembered the fact that the Burnham government in Guyana had allowed Cuban military planes flying to Africa to refuel at the local airport during months of late night clandestine operations. No one one has apologized for facilitating the Cubans, calling it a just and righteous cause.

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Report: Jamaica fosters culture of fear with police impunity

KINGSTON, Jamaica (AP) — Jamaica fosters a “culture of fear” and impunity linked to a high rate of killings by police officers that stretches back for years on the Caribbean island with chronically eye-popping rates of violent crime, Amnesty International alleges in a report issued Wednesday.

The London-based group said just two Jamaican officers have been convicted of murder since 2000 while roughly 3,000 citizens were killed in police-related fatalities during that time. It’s been such a longstanding pattern of killings that Amnesty suggests there could be state-sponsored executions in the gritty slums where the deadly shootings generally take place.

“Information gathered for this report points to a strong likelihood of the existence of individual police officers or even units tasked with carrying out extrajudicial executions on the orders of some governmental authorities or with its complicity or acquiescence,” the report said.

Local rights activists have made the same allegations for years and residents of poor neighborhoods routinely protest what they insist are unjustified killings by lawmen, accusing them of planting pistols next to dead bodies and letting wounded victims bleed to death. Almost all of those killed have been written off by police off as armed criminals who died in shootouts.

Prime Minister Andrew Holness, whose Jamaica Labor Party won February national elections, met with Amnesty officials in Jamaica’s capital of Kingston and received a copy of the report. He said his administration was committed to ensuring human rights of all islanders.

“We reject violence. The government is of the view that the state should set



In this April 16, 2014, photo, Shackelia Jackson-Thomas holds a poster showing her brother, Nakiea Jackson, just outside his small “cookshop” in the Orange Villa section of Jamaica’s capital of Kingston. Earlier this year, the 27-year-old cook was shot dead by a policeman.

Associated Press / David McFadden

the example and not use violence as a means of conflict resolution,” he said in a Wednesday statement.

The Jamaica Constabulary Force didn’t respond to emails or calls seeking comment about Amnesty’s report. But senior police commanders have long dismissed accusations of unlawful killings and crime scene manipulation as wildly exaggerated, noting Jamaica is awash with illegal guns and violent gangs.

There’s no shortage of Jamaicans who support tough police tactics on an island with a paltry conviction rate for homicides.

OAS notes low turn-out during Grenada’s referendum

By Nelson A. King

The Washington, D.C.-based Organization of American States (OAS) says that its electoral delegation to Referendum on Constitutional Reform in Grenada has taken note of the low turn-out.

The OAS said on Friday that the delegation “noticed that voter participation and interest remained low, and that preliminary results indicate that none of the proposed reforms were approved.”

The Washington-based hemispheric body said the electoral delegation “acknowledges the efforts of the authorities and various stakeholders in advancing the process of constitutional reform.”

The delegation, led by Senior Advisor

at the OAS Secretariat for the Strengthening of Democracy Paul Spencer, further “commends the Parliamentary Electoral Office for the professional conduct of the poll and welcomes the peaceful manner in which the people of Grenada exercised their right,” the OAS said.

“The OAS electoral delegation would like to thank the government of Grenada for inviting the OAS and for its support in enabling the Delegation to carry out its task,” it added.

The delegation also thanked the governments of Korea, Mexico, Spain and the United States for their financial contribution “that made possible the dispatch of this delegation to Grenada,” the OAS said.



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Make the planet grow again

By Wayne Kublalsingh

'The China Pivot.' For over two decades the United States (Financial/Military Complex) have been trying to manners the Middle East in order to free up its military hands to pivot to China. They did so by vying to liquidate Middle Eastern and North African leaders whom they regarded as recalcitrant. They also attempted to achieve détente with the Middle Eastern superpower, Iran, by making a pacification treaty (the Iran Deal) with them. They have escalated arms sales to their allies in the region, Saudi Arabia, Qatar. They have been building up their admiralty in the South China Sea. The logic of this is to quell China militarily and financially; China poses the single most entrenched threat to the Empire's economy.

This pivot to China transcends administrations. There is an objective logic to it. When Empires fail in trade, if they possess military WD-40, they pivot to war. Mash up the game, steal the marbles, start again. But now, enter Donald Trump! Does Trump, through the sheer will of his person, possess the capacity to defy objective history, and avoid war with China? The following is a brief story of that history.

There was a time, in the late 19th Century, after the 'West was won', and the Pacific was reached, that the United States and her 'kemosabe' pardner, Great Britain, began to make demands upon China. The Chinese Emperor did not

want to trade much with the West. Why should I trade, he declared, when China wants nothing from the rest of the world? So rich, he felt, that China was in the manufacturing and monetary arts. Great Britain and the US no did like. They began to flood the ports of China with opium, Afghan opium, via British India. They bombarded a couple of Chinese ports. They opened up opium dependency in China; that is a demand for British narcotic produce, and following that, British and American goods.

This led incrementally to the fall of the Emperor - the Boxer Rebellion, in 1899, against Western goods - and the emergence in the mid-20th century of Communist China. Now the United States and its NATO allies had another bogey. China was oppressive. Isolationist. She needed to open her doors to global trade. Trade. Become democratic. Mao Tse Tung, break down those barriers to trade, free expression! In 1972, Nixon took the bull by its Chinashop horn and went to China. Open up!

The 1980's marked the advent of Ronald Reagan. The ultimate bluffer, poker player, goodwill salesman. He managed to make Gorbachev defecate his proverbial pants, drop the wall, by bluffing that he had the ultimate 'Star Wars' defence shield (Strategic Defence Initiative). He had nothing of the sort. He made the American dollar strong again. With Bretton Woods (1944), the restric-

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Initial global effects of Trump even before taking office

Martin Khor is executive director of the South Centre, a think tank for developing countries, based in Geneva.

PENANG, Nov. 24, 2016 (IPS) - Even before taking office, President-Elect Donald Trump and the policies he promised during his campaign are already having a worldwide impact in at least three areas - global finance, trade and climate change.

If his election is described as an earthquake, the aftershocks are now being felt.

Global funds are starting to move out of many developing countries, reducing the value of their currencies and causing great economic uncertainty.

The Trans Pacific Partnership (TPP) looks like it will fade away, as Trump has said he would give notice of the US withdrawing from the pact on his first day of office.

Earlier, President Obama, seeing the signs on the wall, gave up on efforts to give it a final push through Congress.

And delegates meeting at the two-week annual UN climate conference that ended in Marakesh on 19 November were all speculating whether a President Trump would carry out his campaign threat to pull the US out of the Paris Agreement and what then would happen to future international climate action.

Trump has since softened his stand, telling the New York Times on 22 November that he has "an open mind" on the Paris agreement. But he has also indicated he won't follow through on the Obama administration's domestic measures to reduce Greenhouse gases.

"The US dollar has strengthened significantly in expectations that Trump will embark on massive spending on infrastructure"

These are only some of initial effects in anticipation of a Trump presidency. As the President Elect begins to fill in his cabinet positions, the world also wondered what is in store with regard to new US policies on immigration, the UN, the Middle East, Asia and even NATO.

The first concrete real-world effect was on currencies and the flow of funds in developing countries. Equities and currencies in many countries in Asia and elsewhere have taken a hit since the Trump election victory.

The US dollar has strengthened significantly in expectations that Trump will embark on massive spending on infrastructure, thus increasing expectations of inflationary pressures and of the Federal Reserve raising interest rates earlier than expected.

Many billions of dollars of funds that had moved to emerging economies in search for higher yield are returning to the now-attractive USA, and this reverse flow is expected to continue or increase.

This can cause volatility and havoc in many emerging economies, in the wake of an exit of a sizable portion of the hundreds of billions of dollars of foreign funds.

Many developing countries are vulnerable as for-

eign funds in recent years have increased their ownership of their government bonds denominated in domestic currencies, and there is also higher participation of foreigners in their stock markets.

This makes them even more susceptible to high outflows of capital, and to the weakening of their currency levels, making it more difficult to service external debt. The lesson from the boom-bust financial cycle is that what comes in as short-term funds will most likely move out when conditions change.

On the TPP, the effects of the US elections came swiftly. The US Congress must ratify the TPP for it to come into effect and the last opportunity is during the "lame duck" session before Trump's inauguration on January 20.

But immediately after the elections, Senate majority leader Mitch McConnell Dougall announced there would be no vote on the TPP during this year.

Sensing there is no hope for a TPP bill to succeed, Obama signaled he would give up the effort. As Obama is the true, and often lonely, champion of the TPP, while Trump had pledged to kill it during his campaign, there is almost no prospect for the TPP to be ratified in the US.

At the recent summit meeting of the Asia-Pacific Economic Cooperation held in Lima, leaders of the TPP countries, including Obama, were holding on to the possibility that Trump on taking office would change his mind on the TPP.

After all, President Bill Clinton pushed through the

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

Adios! Senior Commandante Castro

A global farewell lauding the veracity and self-reliance Fidel Alejandro Castro Ruz — the Caribbean's El Comandante — bequeathed Cuba has all but dimmed the dominant spotlight United States media focused in Little Havana, Miami and Union City, New Jersey where anti-Castro revelers rejoiced the passing of the sole world leader to witness the inauguration of more than 11 United States presidents.

From Vatican City, Rome in Europe, Mexico City in Latin America, Beijing City in China, Sun City, South Africa and in many developing countries throughout the world, a counter reaction to the passing of the 90-year-old revolutionary leader resounded with great remorse that the arch-enemy of the USA and half century ruler passed.

Allegedly, he survived more than 600 assassinations, many orchestrated by the Central Intelligence Agency however after a long illness since 2006 succumbed on Nov. 25.

Here in New York, Harlem seemed central to grief and conversations surrounding the



Inside Life

By Vinette K. Pryce

death of the Caribbean hero, colonial objector and freedom-fighter.

The uptown village was a haven for the revolutionary leader who with guerillas took charge of his country in 1959 and since then became a pariah to America.

Four months after he led a coup with his brother Raul, and Argentine comrade Che Guevarra, Castro visited the USA.

It was April 1959.

It wasn't his first.

Reportedly he had honeymooned in New York City the previous year and even audited classes at Columbia University during his stay.

One year later, he returned leading the Cuban delegation to the United Nations in Sept. 1960.

At the UN, Castro delivered a record four-hour, 26-minute speech in which he expressed solidarity with oppressed Black

people in Africa.

Castro is known for his unscripted, long and insightful speeches.

Again he stopped into the Apple in 1979 and afterwards Oct. 1995.

Here for the UN's 50th anniversary, he spoke for only six minutes but reportedly received a much longer ovation than Pres. Bill Clinton.

"We lay claim to a world without ruthless blockades that cause the death of men, women and children like silent atomic bombs," Castro said, referring to United States sanctions against Cuba and the embargo against Iraq.

The bearded Cuban, strongman visited five times, and is recalled for his stay at the Theresa Hotel where he met with Malcolm X, Adam Clayton Powell Jr. attended church at Abyssinia Baptist Church.

"This is the anniversary of



People gather at an office of the Popular Assembly decorated with a picture of Cuban leader Fidel Castro after the announcement of his death on national TV by his brother Raul in Havana, Cuba, early Saturday Nov. 26, 2016. Former President Fidel Castro, who led a rebel army to improbable victory in Cuba, embraced Soviet-style communism and defied the power of 10 U.S. presidents during his half century rule, has died at age 90.

Associated Press / Ramon Espinosa

my first visit to this neighborhood," he said.

Harlem has always acknowledged his embrace of the underclass, minorities and the fact he was ahead of the USA

in condemning apartheid in South Africa. He often donated blood to the countries in need and boldly took the lead in doing so when Hurricane

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Illusion of American greatness

Continued from page 10

tive gold standard, unilaterally scrapped (1971), the United States began to print dollars; and backed it up, not with precious metal, but by United States global prestige, Reaganesque panache. Money could be made from thin air; paper could be backed up with the illusion of American greatness! The gold standard became the prestige and strength, mystique, of the United States war machine.

So under Reagan, America became 'great' again! Wielding might (terror) and economic power in Latin America, the Middle East, South East Asia, Africa. Everyone chased the United States dollar. It became gold itself: the ultimate unit of global wealth, personal, corporate and national. You have United States to change? That one green piece of gold could make eyes light up, make your day. It became the world's choice reserve currency with a vengeance.

There was, for the United States, one problem with this. It is okay to rule the world by the dollar, units of prestige. What happens if your

counterparts in global trade end up warehousing it? They cease to become your counterpart; they became your opponent, enemy. For they could now buy into American greatness: your factories, jobs, banks, real estate, stock markets, into the Beltway political economy, Washington DC itself. And you own their debt. "Ahh! Come to mama," the Chinese might be saying.

Donald Trump does not like this. He has complained that since China joined the World Trade Organization in 2001, the United States has lost 50,000 factories. That China is stealing United States jobs. That China is "manipulating" its currency. Yes, but you begged for it kemosabe. China wields a low wage economy. Could produce and sell goods at less than cost. Alters the value of its currency. Floods your market. It has grabbed you by your proverbial ba***; your greenbacks; and now your hearts and minds must follow.

United States media hype tells us that Russia is the real problem for the United States. Not at all. China is the boulders in the craw of the United States' global Military/Financial Complex. But they cannot overcome China. Neither in trade, diplomacy, technology, satellite and interstellar space, nor war. China also exports its population, its manufactories; it uses its United States dollars to wield political and technical influence globally. Will the United States and Trump resort to war to resolve what they cannot in trade?

Trump presidency

Continued from page 10

North American Free Trade Agreement (NAFTA) though he opposed it before becoming President and Obama had signed the TPP although he too had earlier been against such agreements.

However, Trump dashed hopes that he too would do an about-turn when he announced on 20 November that on his first day as President he would issue a notification of intent to withdraw from the TPP which he called a "potential disaster."

Without the US on board the TPP cannot survive, as at least six countries with 85% of the combined GDP of all the 13 TPP countries need to ratify the agreement for it to come into effect.

The near-certain death of the TPP is due not so much to Trump as to the public mood in the US that has become so strongly against such trade agreements that it was unlikely there would be enough votes to get it through the Congress, whoever won the election.

A larger issue is what overall trade policy Trump will adopt. It is almost certain that the other big agreement, the US-European Union Transatlantic Trade and Investment Partnership (TTIP), will also cease negotiations.

And NAFTA may be re-negotiated, as this was a Trump campaign prom-

ise, though no one knows the parameters of such a re-negotiation.

Trump has also vowed to slap on huge tariffs on imports from China and Mexico. Doing so would be against basic World Trade Organisation rules, so Trump might have to discard his campaign threats – or else hell will break loose at the WTO.

In any case, the future of the WTO's negotiating agenda will have to await the unveiling of President Trump's overall trade policy.

Thus the Trump presidency will have a huge impact on the future of the multilateral trading system as well as on bilateral trade agreements.

Even more is at stake in climate change, widely described as the biggest crisis facing the world. During the campaign, Trump described climate change as a hoax and vowed to pull the US out from the Paris Agreement, which Obama had joined with other countries to ratify and which came into force in record time on 4 November.

There was a sombre mood at the UN Climate Change Convention conference in Morocco that ended 19 November. Delegates and activists alike speculated in the corridors on what would happen if the US leaves the Paris Agreement or even the Convention altogether.

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Joint petition filing

By Gertrude Onuoha Esq.

Do you have a conditional green card? Is your United States spouse threatening not to sign the joint application so you can get your green card? Do not be afraid! The law knows that situations like this can happen. You can get your permanent green card even if your spouse refuses to jointly sign the application or appear with you at the interview. Some United States spouses punish their spouse by refusing to file jointly or appearing at the interview. I had a client who knelt down, crying and begging his spouse to sign the form. She refused. He filed without his wife signing the form or appearing at the interview. Sure enough, immigration denied his case and asked him to leave the United States. I was able to help him get his green card using one of the exceptions provided under the law.

A conditional green card expires in two years unless the card holder takes steps to become a permanent resident. To become a permanent resident, the applicant must file USCIS Form I-751 within 90 days of the two-year anniversary. This application must be filed jointly with the United States spouse. Once the application is approved, the applicant becomes a permanent resident. In reality, a lot of things happen between receipt of temporary green card and applying for permanent green

card. Sometimes, couples fight, divorce, or separate.

The biggest nightmare occurs where the United States citizen refuses to sign the form jointly or refuses to appear at the interview. Absent some legal exceptions, United States immigration will deny the application and may place you in deportation. The law allows you get around your spouse's signature by showing that despite your good faith marriage you are now divorced, widowed, the victim of being battered or extreme cruelty by your United States spouse, or would suffer extreme hardship if you were denied permanent residency. Proving your case under one of these exceptions can be complex. In 2016, I helped another client whose wife refused to sign the form or show up at the interview. He did not seek legal help. His case was denied. He contacted our office. We refiled the case and accompanied him to the interview. My office fought hard for him and his case was approved. Today, he has his green card. We can help you!

The content of this article is intended for general information purposes only, and is not legal advice. Call now for a professional consultation. Gertrude Onuoha Esq., at 575 Lexington Avenue, 4th Fl. NY NY 10022 (PHONE) 212-971-9704 or 732 642 5605. You may be eligible for immigration benefit.



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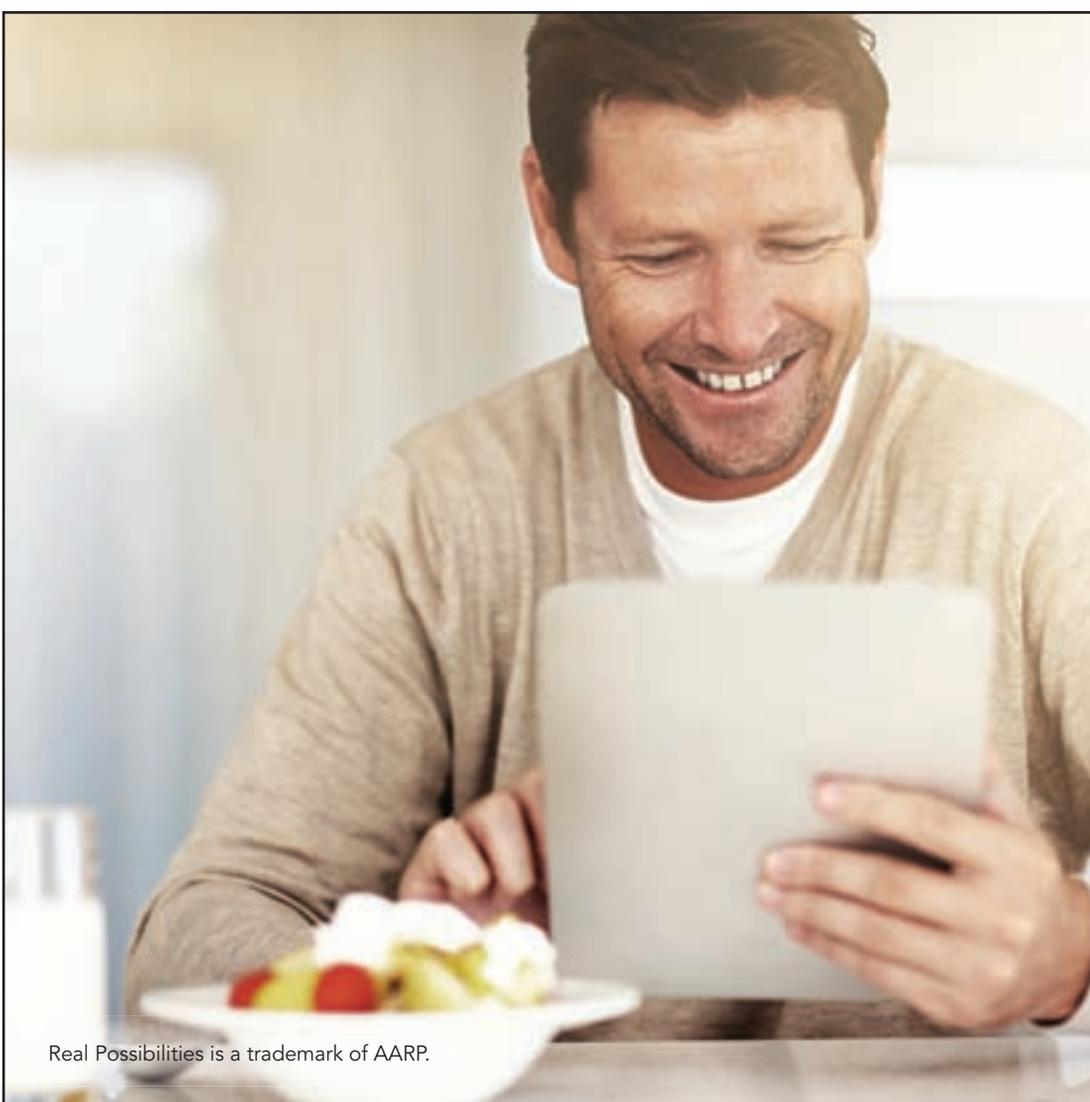


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Clarke wants safe alternatives to immigrant detention centers

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke has called on the United States Immigration and Customs Enforcement (ICE) agency to consider offering community-based alternatives to overcrowded detention centers, claiming that they currently fail to protect the safety of Caribbean and other immigrants.

Clarke, who represents the 9th Congressional District in Brooklyn, said there are currently more than 40,000 immigrants in detention, adding that the number is expected to increase by several thousand in the coming months.

"The current standards for detaining immigrants in the United States are unacceptable, threatening individuals who have been detained with isolation from the families and communities, the risk of physical and emotional harm, and even death," she said.

Clarke said that at least 164 people have died in detention, "often under conditions in which ICE has failed to provide adequate medical care and respond to emergencies."

She said these problems are "exacerbated at privately-owned facilities operated by for-profit companies," which, according to the United States Department



US Congresswoman Yvette D. Clarke addresses patrons.

Photo by Nelson A. King

of Justice, are "insecure and unsafe for detainees."

In addition, Clarke said the costs are "enormous, stating that ICE currently spends more than US\$2 billion annually on detention, "a number expected to increase as more immigrants are detained."

"We need to explore a community-based approach that honors the personal dignity of individuals who have been detained, allowing them to access their rights under the law," she said. "The situation now violates our basic moral commitments."

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TOP DRIVER DISTRACTIONS

Using mobile phones

Leading the list of the top distractions behind the wheel are mobile phones. Phones now do more than just place calls, and drivers often cannot pull away from their phones, even when driving. According to the California Department of Motor Vehicles, studies have shown that driving performance is lowered and the level of distraction is higher for drivers who are heavily engaged in cell

phone conversations. The use of a hands-free device does not lower distraction levels. The percentage of vehicle crashes and near-crashes attributed to dialing is nearly identical to the number associated with talking or listening.

Daydreaming

Many people will admit to daydreaming behind the wheel or looking at a person or object outside of the car for too long. Per-

haps they're checking out a house in a new neighborhood or thought they saw someone they knew on the street corner. It can be easy to veer into the direction your eyes are focused, causing an accident. In addition to trying to stay focused on the road, some drivers prefer the help of lane departure warning systems.

Eating

Those who haven't quite mastered walking and

chewing gum at the same time may want to avoid eating while driving. The majority of foods require a person's hands to be taken off of the wheel and their eyes to be diverted from the road. Reaching in the back seat to share some French fries with the kids is also distracting.

Try to eat meals before getting in the car. For those who must snack while en route, take a moment to pull over at

a rest area and spend 10 minutes snacking there before resuming the trip.

Reading

Glancing at an advertisement, updating a Facebook status or reading a book are all activities that should be avoided when driving. Even pouring over a traffic map or consulting the digital display of a GPS system can be distracting.

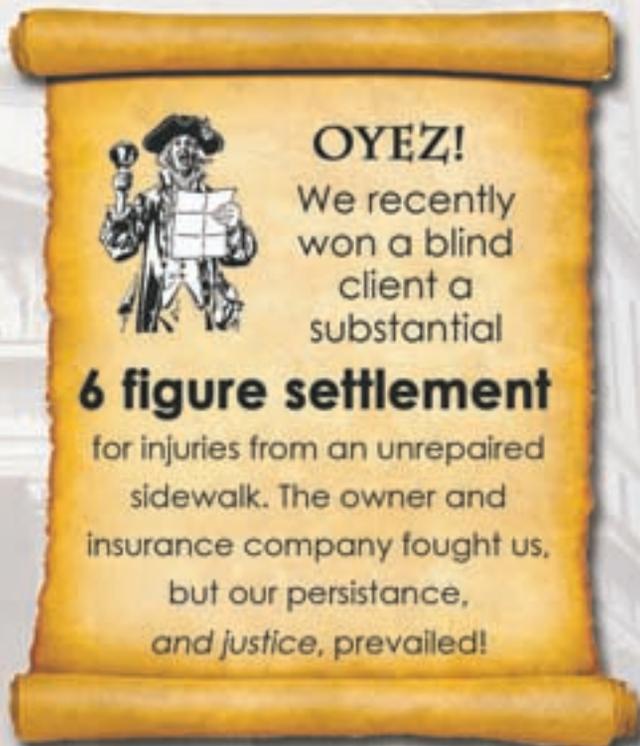
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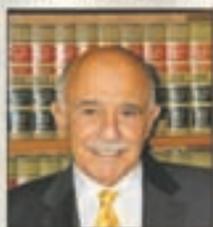
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Brooklyn lodge feeds many on Thanksgiving Day

By Nelson A. King

More than 200 needy people received warm meals, at no cost, on Thanksgiving Day, as the Brooklyn District Grand Lodge #1 continued its mission of providing for the less fortunate in the community.

"I feel very gratified with this Thanksgiving event of 2016," David Williams, the Lodge's Grenadian-born grand master, told Caribbean Life in an interview.

"Many thanks to the committee chair, my District Deputy Grand Master, Hon. Daniel Roden, and the rest of the committee members for the many meals delivered on or before 2 pm and for feeding about 200-plus people between the hours of 10 am to 3 pm," added Williams about the event that took place at the Lodge's headquarters near the corner of Classon and Putnam avenues in Bedford-Stuyvesant, Brooklyn.

Williams, who was elected in July as grand master, also lauded the "tremendous support" of members of the Executive Committee of the Grand Council of the Independent United Order of Mechanics Friendly Society, Western Hemisphere, Inc., under whose jurisdiction the Brooklyn District Grand Lodge #1 falls. He said there are about 200 active members in his lodge in 13 "functioning units."

Williams was praised the support of grand masters and members of the Alpha, Composite, Ben Hur and King Solomon districts.

He said the Thanksgiving meal and clothing distribution actually began in 1988 under Grand Master Litteran's administration.

He said part of the lodge's goal is to reach out to the less fortunate in the community,



Several homeless persons receive a Thanksgiving meal.

Photo by Nelson A. King

and to sick and shut-in members, adding that meals are picked up or delivered.

Williams said donations are made by lodge members, as well as by family, friends and co-workers.

The Brooklyn District Grand Lodge #1 also distributed certificates of appreciation to several young people, who helped in serving meals and distributing clothes on Thanksgiving Day.

They included: Giana Gerardino; Esther Elias; Tasha, Alicia and Glen Crichlow; Kimberly Palayuachi-Lopez; Romeo Sanchez; Sharif Byer; and Heaven-Lee and Keigh-Lee Searles.

Shelter residents treated to VIP brunch



Homeless men attend a pre-Thanksgiving Day brunch organized by Actress Eden Duncan-Smith.

More than 100 homeless men who reside at the 13th Regiment Armory in Brooklyn were treated to a VIP brunch on Saturday, Nov. 19 from 11 am to 2 pm at the Mt. Lebanon Baptist Church. Broadway, TV and film actress Eden

Duncan-Smith organized the event after learning about the high incidences of homelessness in Brooklyn. She hosted a Family Volunteer Day and ensured that each man, though homeless, was referred to as a VIP Guest.

While most New Yorkers prepared their menus and decorated their dining rooms for Thanksgiving celebrations, many families in Brooklyn struggled to stay warm and simply find shelter.

Homelessness is an epidemic in Brooklyn, resulting in 36 percent of all families eligible for shelter services coming from the borough. In fact, according to the New York City statistics on homelessness, Brooklyn has three of the 10 communities citywide that experience the highest incidences of family homelessness: Bedford-Stuyvesant, East New York and Brownsville.

Family Volunteer Day is a day of service which celebrates the power of families who work together to support their communities and neighborhoods. Supported by a grant from Disney and GenerationOn, the youth arm of the Points of Light organization, Duncan-Smith enlisted her neighbors, members of the Brooklyn Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and local community leaders such as Assembly woman Tremaine Wright to come out

and help those less fortunate.

"By working with GenerationOn in developing this Family Volunteer Day Brunch, I'm more certain than ever that volunteering is a great way for families to come together, develop compassion for those in need and set an example of service that will last way longer than the meal," said Duncan-Smith.

They were treated to the culinary expertise of community leader and educator, Chef Titus Mitchell. Chef Titus's menu included the following: Roasted turkeys, beef pot roasts, hams, collard greens, baked macaroni and cheese, rice and peas, cornbread stuffing, salad, candied yams and a variety of cakes and deserts.

He also insisted that the meal be served in a sit down banquet style. This allowed for Duncan-Smith and her community supporters to have one-on-one fellowship with the attendees. By donating his service and taking the lead in developing the culinary experience, he hopes to further inspire the community to participate in Eden's day of service.



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COURTS

Bringing Value Home

Moise wins Haiti presidential election in preliminary count

By David McFadden

PORT-AU-PRINCE, Haiti (AP) — A political newcomer who was the chosen successor of Haiti's previous elected leader easily won a presidential election redo against 26 rivals, according to preliminary results announced late Monday that gave Jovenel Moise a whopping 55.6 percent of the votes.

Moise was the leading vote-getter in first-round presidential balloting last year and appeared headed for a runoff. But that second round of balloting was repeatedly derailed amid fraud allegations and the official results were annulled after a Haitian commission called for the election to start over from scratch.

This time no runoff will apparently be needed because Moise, an agricultural entrepreneur and candidate of former President Michel Martelly's Tet Kale party, got over 50 percent in the Nov. 20 balloting and also led his nearest com-

petitor by well over 25 percentage points. Either result was enough to win under Haiti's election rules.

The final count will be turned over to Haiti's electoral tribunal, where political parties can dispute the results before winners are certified Dec. 29. The recent balloting also completed Parliament as voters picked a third of the Senate and the 25 remaining members of the Chamber of Deputies.

Shortly after the preliminary results were finally issued by Provisional Electoral Council leaders after hours of delay Monday, Moise was surrounded by jubilant, cheering supporters at a Petionville hotel. With his wife, Martine, at his side, he thanked Haiti's citizens and all his political competitors in the deeply polarized country.

"It's together we will change Haiti," said Moise, who was tapped by Martelly to be his successor.

The election redo was needed to restore constitutional order

in Haiti, which has been led by a provisional government for nearly a year because Martelly's mandate expired before elections could be completed.

Second-place candidate Jude Celestin of the Lapeh political party had 19.5 percent in the preliminary count. He led an opposition alliance and boycotted campaigning for a runoff after coming in second to Moise in last year's scrapped results.

The closest challengers after that were Moise Jean Charles, a former senator who had 11 percent of the vote, and the leader of the Lavalas Family party, Marysse Narcisse, with 8.9 percent.

Though his political enemies tried to discredit him as a puppet of Martelly, Moise campaigned vigorously and his support appeared to span the political spectrum among the sliver of Haitians who cast votes. Turnout was roughly 21 percent during the Nov. 20 vote.

Before the preliminary results were announced, Jus-



Supporters of presidential candidate Maryse Narcisse from Fanmi Lavalas political party, perform a voodoo ceremony before the start of a protest in Port-au-Prince, Haiti, Wednesday Nov. 23, 2016. Supporters of Narcisse marched claiming victory for Narcisse or claiming electoral fraud that would keep her from office. Associated Press / Dieu Nalio Chery

Minister Camille Edouard Junior said authorities were on "high alert" to ensure security in Haiti, where riots have sometimes greeted the announcement of election tallies.

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Erectile Dysfunction — more than a quality of life problem!

BY JACK RYAN

The benefits of seeking professional treatment for erectile dysfunction may seem obvious to both the patient and his partner. But what many men don't realize is that a thorough evaluation of this condition can uncover serious threats to their health.

Dr. Vitaly Raykhman, Director of the Accord Physicians Prostate Center in Sheepshead Bay along with Dr. Llewellyn Hyacinthe and Dr. Yuly Chalik, says that millions of men in the United States suffer from erectile dysfunction. Typically, he said, the man can't perform at all or is not satisfied with his sexual performance. The dysfunction can surface at any age, but it is more common in men 50 years old or older.

The problem can be psychological or the impotence may be caused by physiological abnormalities. In such cases, he said, the dys-

function may be related to diabetes or an indication of even more serious conditions. A series of clinical tests done at the Urologic Institute can help doctors determine the reason of impotence.

"It is important that men who are experiencing this problem be promptly and properly evaluated by a urologist."

Erectile dysfunction, he stressed, can be an early indicator of "metabolic syndrome," a name given to a group of factors that raise the risk for heart disease and other health threats, including heart attack and stroke.

"The fact that they are bringing this problem into their consciousness can give a physician several years of lead time in heading off these far more serious medical problems," said Dr. Raykhman. "Could a visit to a urologist indirectly save a patient's life?"

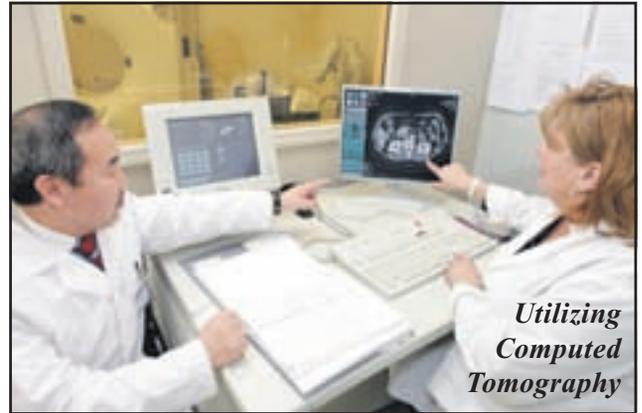
Absolutely."

A skilled urologist can slow the progress of the dysfunction and with the proper treatment most patients can regain a more satisfying sexual experience.

Although surgery is sometimes necessary, "it's the last resort." Changes in lifestyle can often reverse the effects of erectile dysfunction. These include exercise, improvements in diet, and a reduction in smoking and alcohol intake. Erectile dysfunction can often be treated with medications such as Cialis, Viagra, Levitra or hormone therapy.

Dr. Raykhman stressed that because an erection is a vascular event, erectile dysfunction needs to be taken seriously.

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Farewell to former Cuban leader

Continued from Page 11

Katrina devastated New Orleans.

Castro defied 10 United States administrations.

On his final visit here in 2000, the Cuban president gave a three-and-a-half hour speech at Riverside Church telling the overflow of more than 3,000 individuals that he loved the "real people" of New York.

"In Harlem is where I have my best friends," he said.

Giuliani scoffed at his presence, branded him a "murderer" but Clinton spoke with him and shook his hand.

On Nov. 25 when Castro died international leaders from Asia, Africa, South America, the Caribbean flooded condolence messages to the country.

Prof. Hilary Beckles, vice-chancellor of The University of the West Indies said:

"The Caribbean sent him forth to free the oppressed of Latin America and Southern Africa. He sent men and women to battle to end apartheid and to abolish bigotry. As far as Vietnam, this Caribbean man sent left his spirit of freedom to reign supreme.

From the mountains of the Caribbean, we say to the world: Let freedom and justice prevail. Let all men and women of good nature celebrate this soul of our soil. Let our Caribbean world be forever a source of enlightenment for the world in its darkest times.

Forever Fidel!" Regarded as a friend to the region, the English speaking Caribbean particularly found affinity with the leader. Perhaps the principal influence to a revolutionary government in Grenada, despite resistance from the United States, Castro forged a determined campaign to build an airport the country would be proud of.

Despite his status as head of a non-member country, CARICOM bestowed honorary status to his legacy.

"He generously shared his country's expertise with other developing countries, and CARI-

COM member states have benefited significantly and continue to do so from Cuba's contribution to their development. In recognition of his role in that regard, the CARICOM heads of government bestowed an honorary Order of the Caribbean Community on President Castro, the only such honor granted to a non-CARICOM citizen," Chairman of the Caribbean Community and Prime Minister of Dominica Roosevelt Skerrit said.

In his message he added, "Viva Fidel! A true friend of the Caribbean Community."

Jamaica benefitted from his generosity to the field of education, sports and medicine. Among the donations are Jose Marti High School and G.C. Foster College.

Immediately after hearing the news, Jamaica's PM Andrew Holness dispatched a condolence letter saying Castro "will go down in the annals of history as one of the leaders who, though coming from a Caribbean island developing State, has had the greatest impact on world history."

P.J. Patterson, former prime minister of Jamaica, in his reaction to Fidel Castro's death, characterized him as "indisputably, one of the greatest political and world leaders of our time."

He always saw Jamaica as a friend.

"To his family and the people of Cuba, I say, be strong as he played a great inning while he was at the wicket."

Trinidad and Tobago Prime Minister Keith Rowley extended condolences to Cuba saying, "the passing of Fidel Castro marks an end of an iconic period of history not only for the Caribbean and Latin but the world."

Pope Francis offered "my sense of grief to your excellency and family."

Russian President Vladimir Putin, whose country was Cuba's main ally and supporter during the Soviet era, called Castro "a sincere and reliable friend of Russia" who had built "an inspiring example for many countries

and nations."

Chinese President Xi Jinping said Castro "made immortal historical contributions to the development of socialism around the world."

"With his death, the Chinese people have lost a close comrade and a sincere friend," Xi said in a telegram to Raul Castro.

"His glorious image and great achievements will be recorded in history forever."

United Nations Secretary General Ban Ki-moon said he had vivid memories of meeting Castro in January 2014 and having "a lively discussion that covered developments around the world as well as sustainable development and climate change."

"Under former President Castro, Cuba made advances in the fields of education, literacy and health," Ki-moon said. "I hope Cuba will continue to advance on a path of reform and greater prosperity."

Salvador Sanchez Ceren, the president of El Salvador, said he felt "deep sorrow... of my friend and eternal companion, Commander Fidel Castro Ruz."

Mexican President Enrique Pena Nieto said that "Fidel Castro was a friend of Mexico, promoting bilateral relations based on respect, dialogue and solidarity."

Venezuelan Pres. Nicolas Maduro recalled Castro's departure from Mexico on the yacht Granma with his brother Raul and several dozen supporters to start their revolution.

"Sixty years after the Granma sailed from Mexico, Fidel sails toward the immortality of all those who fight their whole lives," Maduro said: "Onward to victory, always!"

A statement from the Spanish government hailed Castro as "a figure of enormous historical importance."

"As a son of Spaniards, former president Castro always maintained close relations with Spain and showed great affection for his family and cultural ties."

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CARIBBEAN ROUNDUP

Continued from page 4

Jamaica

Tourism officials are looking to market brand Jamaica in the Republic of Armenia, in Western Asia.

Tourism Minister Edmund Bartlett said the government has established a new partner in Armenia that will now be selling destination Jamaica with Qatar Airlines to bring in new arrivals into the country.



The minister told a press conference recently that the partnership will provide new opportunities for a diversified local tourism market, while boosting arrivals in the country.

Initial discussions were held during the minister's attendance at the 38th plenary session of the United Nations World Tourism Organization (UNWTO) affiliate members in Armenia last month.

Montserrat

The Center for Disease Control (CDC) has issued a Zika virus travel alert for Montserrat.

The mosquito-borne disease is spreading to people on the island.

The CDC is recommending that travelers to Montserrat protect themselves from mosquito bites that spread Zika.

There is no vaccine or medicine for the Zika. The best way to avoid the virus infection is to prevent mosquito bites, the CDC said.



The CDC said some travelers to areas with Zika will become infected while traveling but will not become sick until they return home and they might not have any symptoms.

Sexual transmission of the Zika virus from a male partner is also possible, so travelers are also encouraged to use condoms or not have sex.

St. Lucia

Banks in St. Lucia have been placed on high alert following an upsurge in credit card scam.

The police force Major Crimes Unit announced that criminals are now in possession of devices that can read the

magnetic strip of any card as well as small cameras that can be affixed to automated teller machines (ATMs).

Police say the cameras can record the input of personal identification numbers (PIN) and collect personal information that is stored on the magnetic strip of the card.

Having collected the information a criminal can then transfer the information to another card using a laptop computer and a device called a card reader / writer.

Last year more than 400 customers of fraud and forgeries were reported and of that number 120 were solved.



Meanwhile, a Bolivian chef was placed on 19 fraud charges relating to credit card fraud and money laundering in Trinidad recently.

Wilson Toro Lazada of Santa Cruz de la Sierra, Bolivia, was remanded in custody when he appeared in a Port of Spain Magistrate's Court on charges of defrauding three banks using forged credit cards.

Trinidad

Cuba wants to deepen its commercial ties with Trinidad and Tobago.

This was disclosed by Trade and Industry Minister Paul Gopee-Scoon who recently returned from the Communist Caribbean country with a 34-member trade and energy delegation.

She said local companies have also indicated their intention to invest and develop business with the Spanish-speaking country.



The minister said the trip comprised several meetings with Cuba's Minister of Foreign Trade and Commerce, Rodrigo Malmierca Diaz.

She said Diaz has committed to coming to Trinidad and Tobago for the Trade and Investment Conference in 2017.

Gopee-Scoon said the government is also contemplating importing drugs from Cuba.

Talks were also held with Cuba's acting minister of Energy and Mines around the issue of how Trinidad and Tobago could assist Cuba in developing its oil industry.

— compiled by Azad Ali

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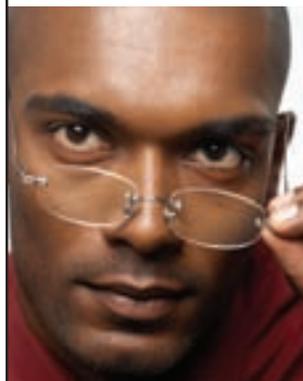
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Roraima Tours to begin Jonestown visits

By Tangerine Clarke

Congresswoman Jackie Speier, representative of California's 14th Congressional District, a survivor of the Jonestown tragedy in the Port Kaituma Jungle of Guyana, where 914 Americans died in a mass murder suicide on Nov. 18, 1978, met with Guyanese Captain Gerry Gouveia 38 years after, to say thanks for saving her life.

Captain Gouveia, CEO of the Georgetown Roraima Tours conglomerate, a then pilot in the Guyana Defense Force (GDF), who had an emotional meeting with the lawmaker earlier this year in her Capital Hill office, will begin regular trips to the site of the catastrophe where the Guyana government erected a monument.

Inspired by the Congresswoman's book — "This Is Not the Life I Ordered" that recounts the tragedy where Congressman Leo Ryan was murdered by Jim Jones' gunmen — Captain Gouveia said he owed it to Speier, and vic-



The grave of Rep. Leo Ryan Jr. is shown during a ceremony marking the twentieth anniversary of the Jonestown mass suicide, Wednesday, Nov. 18, 1998, at the Golden Gate National Cemetery in San Bruno, Calif.. Ryan was ambushed on the airport tarmac as he attempted to leave Guyana after visiting Jonestown.

Associated Press / Randi Lynn Beach

times of Jonestown to personally fly people interested in paying tribute to the monument.

Captain Gouveia added that the decision to offer visits to what remains of the area, also,

is based on the need for people with varying interests, including the families of the victims, to have an opportunity to see first hand the location "of this" historic tragedy, and to where necessary, help them to have closure.

Congresswoman Speier, back then an aide to Congressman Ryan, was critically wounded, but went on to win Congressman Ryan's seat. She autographed a copy of her book for Captain Gouveia, and extended a handwritten note of thanks, stating that the airman and his team of Guyanese soldiers, had saved her life.

Captain Gouveia's Roraima Tours plan to hold a ceremony in the very near future in Georgetown to announce his company's periodic flights to the Jonestown monument to honor the victims of the tragedy.

While doing so, Roraima's aim is to carry out the private sector's desire to market Guyana's rich tourism package abroad.



Congresswoman Jackie Speier — representative of California's 14th Congressional District and a survivor of the 1978 Jonestown mass murder-suicide in the Port Kaituma Jungle of Guyana — met with Guyanese Captain Gerry Gouveia 38 years later to thank him for saving her life. Gerry Gouveia



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The Backyard Café — From garden to plate

By Tangerine Clarke

It is hard not to inhale the natural environment when you enter the Backyard Café on the outskirts of Guyana's capital city of Georgetown, that exudes creative cooking, crafted with superior ingredients for mouth-watering tastes.

The surroundings beckon patrons to the enchanting foliage, and pure ambience. A coal pot sits in a corner of the yard and lends itself to the bygone days of grandma's delicious food, cooked in a rustic setting.

On the quiet, charming 394 Rose St., in East Ruimveldt, The Backyard Café attracts a steady stream of foodies, because of its organic menu and inviting atmosphere.

From farm to plate, Chef Delven Adams is not only passionate about creating delicious dishes to satisfy every palate, he also engages his customers in delightful story telling about his cooking, and the importance of eating fresh fruits and vegetables, a privilege many countries he says, do not have.

At his childhood home turned restaurant, Adams encourages persons to make reservations to facilitate fresh ingredients and fresh catch of the day.

A "calabash" (a dried vegetable shell) of fresh tropical fruit was all my palate needed to get ready for a feast that followed.

The three-course meal consisted of boiled and fried sweet potato, cassava and ripe plantain, baked-fish, garnished with fresh lemongrass herb, steamed okra, and a mix veggie plate of crispy carrots, Bok Choy, and cabbage.

Adam's creative juices flow when he cooks, as was clear in his popular pan pizza, topped with fresh herbs, special made cheese, and homemade sauce.

The café's popular customized cherry drink, ginger tea, and guava and "Jmoon" wines, go well with the organic cooking that the chef de jour prides himself on.



Chef Delven Adams showcases baked fish and provision from his Backyard Café in Georgetown, Guyana. Photo by Tangerine Clarke

He sources his family farm and local farmers for the freshest produce, fish and meat, to satisfy his clientele, many who jet from around the world, to be served in the intimate setting.

Malini Jaikaran, his partner in the business, is an expert when it comes to desert. She whips up creative cakes that melt in your mouth.

Adams told Caribbean Life that he wants to raise awareness about healthy eating and by opening the Backyard Café he gets an opportunity to show people that "we could eat what we grow."

He shared some of his secrets ingredients that go into his cooking, stating that none of his produce is frozen, but picked or bought fresh daily.

"I can't grade the food, I would like the customer to decide the quality and taste of my food," said Adams, who added that he experienced various types of cooking during his travels around the world, but he brings his own fusion to the table.

What started as cooking meals in a new and exciting way to entertain friends, has turned into a popular restaurant for tourist and locals.

Needs of Haitian children must be given priority: UNICEF

By Nelson A. King

In light of the recent devastation wrought by Hurricane Matthew, the United Nations Children's Fund (UNICEF) is urging that the needs of Haitian children be given priority by legislators and the new government in the French-speaking Caribbean nations, as voting took place on Sunday.

"There [are] still children at risk in Haiti, and 600,000 [are] still in need of aid," Christophe Boulierac, a spokesperson for UNICEF, told reporters at a regular news briefing on Friday at the UN Office in Geneva (UNOG).

"[We and our] partners [are] working hard in the affected areas as well as in the rest of the country, for the children and their mothers," he added, referring to the nation's efforts

to recover from Hurricane Matthew, which made landfall on Oct. 4.

Boulierac, who recently returned from a mission to Haiti, said that the situation in Haiti could improve as long as it received continuous support, not just support during emergencies, according to the UN.

He underscored the fact that between 2006 and 2012, despite suffering a devastating earthquake, the country's school enrolment and nutrition figures had seen significant rise, while infant and under-five mortality rates had decreased.

On the activities of UNICEF in response to the humanitarian needs after the hurricane, Boulierac said that, so far, the agency and its partners have committed to repair 103 of the 716 schools damaged by the

storm.

UNICEF and other UN agencies are also supporting health and nutrition programs, and providing safe water through the installation of water treatment plants, the UN said.

Boulierac said that, in response to the water and sanitation challenges, exasperated by "significant flooding" in several towns, UNICEF had quadrupled the number of rapid response teams and was working with the Government of Haiti and local partners to rebuild cholera treatment centers.

"So far, [we have] rebuilt 13 of the 18 cholera treatment centers that had been completely destroyed, and would make sure that they would be integrated back into the health care centers, which needed to be rebuilt," the UNICEF official said.



From left: Dr. Fritz Pinnock, executive of the CMI; Dr. Geneive Brown Metzger, former Jamaican consul general and president of the ACMF; Jamaican Minister of Transport & Mining Hon. Mike Henry; James Luce, president, James Dudley Luce Foundation and ACMF board member and Dr. Gary Jackson.

Mangala Weerasekera

Jamaican transport minister supports Caribbean maritime education

With the recent opening of the expanded Panama Canal, signaling a new era in shipping and logistics in the hemisphere, all hands are on deck to ensure that the Caribbean is able to exploit the potential opportunities in the sector. Shipping accounts for up to 20 percent of many economies in the Caribbean.

Former Jamaican Consul General, Geneive Brown Metzger, in partnership with the New York Harbor Foundation, hosted the launch of the American Caribbean Maritime Foundation (ACMF) in New York on Nov. 18 at the Yacht Club in midtown Manhattan.

Guests included maritime industrialists, philanthropists, and maritime educators. Jamaica's Minister of Transport & Mining, Michael Henry, led a delegation from Jamaica to New York to attend the event, which included Dr. Fritz Pinnock, executive director of the Caribbean Maritime Institute, and CMI's General Counsel, Deniece Aiken, Esq., who sits on the foundation board of directors.

Minister Henry highlighted the critical importance of the maritime industry to the future of Jamaica and the Caribbean overall, and lauded Dr. Brown Metzger's vision in establishing the ACMF. "We look forward to the key partnerships and support coming out of this endeavour," said Minister Henry.

The foundation was established in 2015 to provide Caribbean maritime students with scholarships so that they can compete in one of the largest global industries, and also to assist in funding essential infrastructure development at the Caribbean Maritime Institute.



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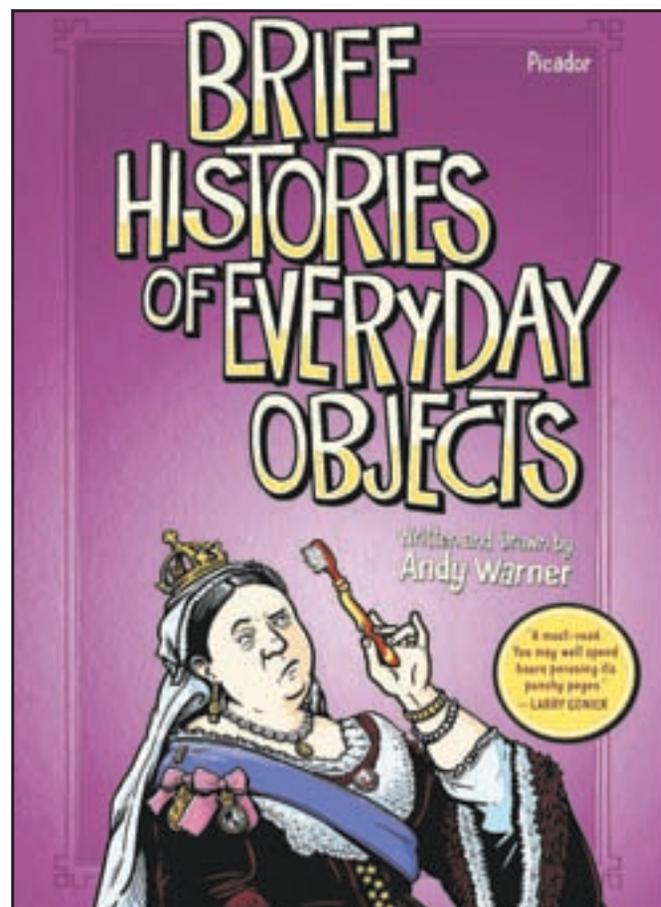


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Small bites of truth, funny bits of created dialogue



Book cover of "Brief Histories of Everyday Objects" by Andy Warner.

"Brief Histories of Everyday Objects" by Andy Warner
c.2016, Picador
\$20.00 / \$28.00 Canada
209 pages

"Beethoven's Skull" by Tim Rayborn
c.2016, Skyhorse Publishing
\$21.99 / \$33.99 Canada
304 pages

By Terri Schlichenmeyer

Imagine the first person who created a toothbrush.

Better yet — imagine life before a toothbrush. Think about it: getting your mouth minty-fresh wasn't exactly easy with twigs or rags. Same things with clean hair, unspoiled leftovers, unsmelly bathrooms, or cool gamepieces, as you'll see in "Brief Histories of Everyday Objects" by Andy Warner.

Scientists say you do your best thinking in the shower.

That's where Andy Warner was on the morning he was trying to "come up with an idea for a comic." Sadly, there

wasn't much story in a show-erhead, but his toothbrush turned out to be a pretty interesting thing. It also opened the door to more.

Take, for instance, shampoo.

Yes, people washed their hair prior to the 1860s but Sarah Breedlove saw a special need for special hair formula. Prior to Breedlove's hair-care products, African American women used goose fat to tame their locks. Breedlove's concoction, it should go without saying, was a whole lot better product.

Or how about shaving: King Gillette (his real first name, not a British title) made a fortune, but not from razors. He sold those at a loss but got rich from the disposable blades that went inside those razors. Genius marketing, no?

The toilet you used this morning got its start in the 12th century in Baghdad. Kitty litter began as place for hens to lay their eggs. The guy who invented the modern safety

pin sold the idea for a lousy \$400. Six-sided dice are ancient things, at least 5,000 years old; dominoes, as Warner points out, are basically flat dice. A German woman invented coffee filters, but she had a string of bad luck for the rest of her life: because of war and more war, she lost her factory twice. The man who invented traffic lights was the son of former slaves. When they were new, ballpoint pens were considered to be a luxury and sold for more than \$12 each. Some 14 million trees become paper bags each year in the U.S. And paper clips? They were once a "show... of defiance" against the Nazis.

The election is over. The semester's almost finished. Even the year is running out of time. At the end of these (and your day), you want something light to relax with and "Brief Histories of Everyday Objects" is perfect.

Who doesn't like to read comics? Yep, that's how author-artist Andy Warner presents what you'll learn here: quick

chapters of illustrated info, offered in small bites of truth and funny bits of created dialogue. We get a good under-

standing of each main subject, and a few follow-up factlets to sweeten the enjoyment of a book like this.

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They match the walls of marble and granite in the ballroom — which itself sports one of the largest chandeliers in all of Brooklyn — giving you just a brief inkling into what they have in store for you and your guests. Come and see the grandeur for yourself.

But this is only one reason to choose Paradise. Here, they accept only a single function at any one time. There's no splitting of the resources between two or three or even more affairs. When you book Paradise, you get the skills and expertise of every person there, on scene and behind the scenes to assure that your event runs flawlessly.

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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.

UWItv a game changer



Executive director of the UWI-TV project Don Rojas.

By Nelson A. King

Vice-Chancellor of the University of the West Indies (UWI), Professor Sir Hilary Beckles, has described as “a game changer in Caribbean education and public outreach” the launch of UWItv, a new multimedia public information and education service.

Sir Hilary said on Friday that UWItv is set to go live on Dec. 1, 2016 — initially with three hours of programming per day, showcasing a diversity of UWI-owned content.

This tripartite partnership — involving UWI, CaribVision (the regional

cable service of the Caribbean Media Corporation) and the RJR Group in Jamaica — will deliver UWI programming to millions of viewers in 22 Caribbean country-markets, as well as to the large Caribbean Diaspora communities in New York, Toronto, Montreal, London and Europe, Sir Hilary said.

He said UWItv’s cable service will be complemented by a “robust web and social presence, allowing users to access content in real time or on demand.”

The UWI vice-chancellor said UWItv web-

site will also offer a “vast searchable video database, which will serve as an invaluable resource for students, scholars, librarians, researchers, documentarians and journalists throughout the region and across the world.”

In addressing the media launch at UWI’s Cave Hill Campus, Vice-Chancellor Beckles described UWItv as “a demonstrable outcome of partnerships between industry and academia, which forms part of the Triple A Vision outlined in the university’s new strategic direction: Alignment between industry and academia for wealth creation and distribution; expansion of access to tertiary education and increased agility to global opportunities.”

He outlined the various segments that will be featured on the new media platform that would “capture the voices of all of

the UWI.”

These will include “Region talk,” which places UWI at the center of the conversations about regional issues and challenges facing the region, student-produced programming, as well as the latest research output of the regional institution.

“This changes the global identity of our university,” Sir Hilary said. “It allows us for the first time to discuss our Caribbean civilization with the world.”

He said this was a transformative initiative, deeply rooted as a “One UWI” project, adding that it is poised to drive regionalism through solution-based discourse and public education.

Don Rojas, the Vincentian-born executive director of the UWI-TV project, said: “We are now in a new phase of television. Technology has enabled us to view programming on a variety of platforms.

“It has compelled us to create programming more quickly and more efficiently,” added Rojas, the Senior Advisor for Communications to the Vice Chancellor. “We at UWI have decided to use the opportunity that these new technologies offer to share ideas, to dig deeper, think broader, reach higher for our understanding of our region and our world, to

forge ahead with a pantheon of ideas.

“For us at UWI-TV, the medium is the message,” he continued.

Rojas said UWI-TV can be seen in prime time during the evenings, beginning on Dec. 1 in the New York metro area on the Caribvision channel of Cablevision. Programs can also be viewed on the Internet at www.uwitv.org.



Sir Hilary Beckles.

Photo by George Alleyne

Haiti vaccinates 729, 000 persons against cholera

By Nelson A. King

The Pan American Health Organization (PAHO) says Haiti’s Ministry of Health (MSPP) is nearing completion of its vaccination campaign against cholera, having reached more than 729,000 people with vaccines in Sud and Grand Anse departments, areas ravaged by Hurricane Matthew.

PAHO said on Wednesday that, with its support and that of other partners, vaccination teams fanned out across the two departments, starting November 8, “aiming to reduce the burden of cholera cases by immunizing people in 16 different communes, where cholera cases had been reported and where water and sanitation systems were damaged.”

According to PAHO, Haiti’s Ministry of Health

early reports indicate that vaccination coverage reached 94 percent in Grande Anse and 90 percent in Sud Department.

But PAHO said the communes of Moron (Grande Anse), Port-a-Piment, and Chardonnières (Sud) had lower than average coverage.

In some areas, PAHO Haiti Representative Dr. Jean-Luc Poncelet said teams were hampered by difficult access, as roads were cut by the hurricane, and populations were displaced.

Poncelet said Ministry of Health officials are now collecting data and consolidating results, while looking for pockets of unvaccinated people in the communes.

Epidemiologists and immunization experts were mobilized to support the campaign, which was carried out

with one million doses of oral cholera vaccine provided by GAVI, through the Global Task Force for Cholera Control, Poncelet said.

He said the International Medical Corps (IMC), CDC, UNICEF, WFP, PIH, Gheskio, and other vaccination partners supported the Health Ministry in the campaign, with social mobilization and logistics, including cold chain to keep vaccines potent, and transport and support for vaccination brigades.

Haiti’s Minister of Public Health, Dr. Daphne Benoit, noted that, when the campaign began, “the vaccine is an additional intervention, which will help us to save lives, but does not replace the efforts that the government supports in the field of water and sanitation.”

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GIFT IDEAS FOR THE SPECIAL SENIORS IN YOUR LIFE



With lifetimes of experiences and seemingly everything they could ever want or need in life already at their disposal, seniors can be difficult to shop for come the holiday season. Many even insist that their family members save their money and not buy them anything for the holidays.

But if the thought of Grandma or Grandpa not having something to open come the holidays is simply unacceptable, consider the following gift ideas.

Activity assistance devices

The realities of getting

older often mean the body slows down and activities may not be as easy as they used to be. Many active seniors are not ready to live sedentary lives, nor should they be forced to do so. Plenty of products exist that can make life easier and more comfortable for older adults.

Television-amplifying headphones are one product that can be a great fit for seniors, particularly those having difficulty hearing their televisions. The headphones amplify the sound of the programming without disturbing others in the room, and many such headphones even allow users to mute their tele-

visions. This feature is perfect for someone who likes to watch TV while a spouse is sleeping or reading in the same room.

Other devices that can make life easier for seniors include magnifying products or bookholders. In addition, gel seat cushions can take pressure off of the spine in the car or at home.

Food

Food is always a handy gift because it doesn't take up much room and can be enjoyed at a recipient's leisure. Perhaps there is something the senior in your life used to enjoy as a child but now finds hard to come by. A search of

the Internet may uncover that special treat.

You may be able to ship a specialty soft drink or favorite cookie that is not available in a nearby store. Otherwise, ask a store manager if a particular item that's not in stock in the store can be a special order.

Photos

What grandparent does not enjoy looking at his or her family members? Computer-savvy men and women can use photo software to design personalized photo books, calendars, mugs, and other photo-related gifts. Just about anything can be emblazoned with a photo, including tote

bags and pillows.

Another idea is to collect old photos and compile a memory book. Scan the images so they are preserved digitally and then print out the images in a book that includes the family history.

Time

Seniors who truly do not want or need anything probably will likely jump at the opportunity to spend time with loved ones. Treat a friend or family member to a meal out or simply spend a few hours chatting at his or her home. Sometimes the company of a new face and good conversation is the ideal gift.



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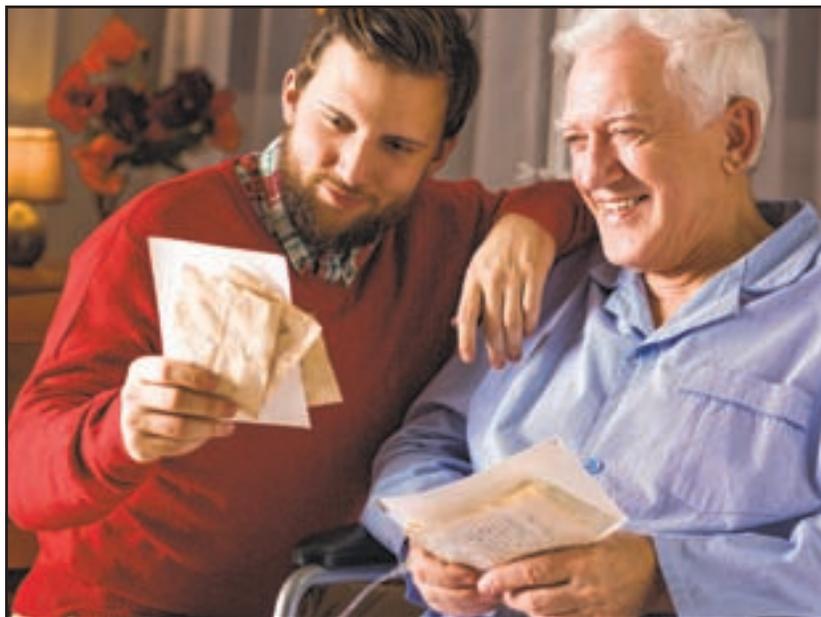
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Ashley Marcus, Au.D.
Doctor of Audiology

*Two clinical studies have shown that binax provides better than normal hearing in certain demanding environments (University of Northern Colorado, 2014; Oldenburg Hörzentrum, 2013); Speech Reception Thresholds (SRT) in cocktail-party situations improved up to 2.9 dB for wearers with mild to moderate hearing loss using Carat binax or Pure binax hearing aids with narrow directionality, compared to people with normal hearing.

** 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.



If a loved one is struggling with Alzheimer's disease, families may have to simplify their holiday plans, such as a small, understated family gathering with simple activities. iStock

A caregiver's guide to surviving the holidays

It's official: the holiday season has arrived. For many, this means a schedule of joyous festivities: big family gatherings, brightly decorated homes, and unexpected visits from friends.

But it can also be a time of great stress for the approximately 500,000 New Yorkers who either have Alzheimer's or are taking care of someone who does. Truly enjoying the holidays — not just surviving them — can become a reality by following a few simple tips:

For caregivers

Discuss holiday celebrations with family and friends. It may not be practical to continue long-standing traditions such as large dinners. Consider simplifying the occasion or asking someone else to host.

Prepare guests. Particularly those who have not visited in a while, for changes in the person's behavior and appearance.

Involve the person with Alzheimer's in safe, manageable activities. This can help to prepare the person for the holiday and give you an opportunity to spend quality time together. He can help prepare food, wrap packages, stuff holiday card envelopes, hang decorations, or set the table.

Build on past memories. The person with dementia may find comfort in singing old holiday songs.

Be careful with holiday decorations. Avoid using candies, artificial fruits or vegetables or other edibles as decorations. Also, blinking lights may confuse the person with dementia.

Try to maintain regular rou-



Care Chronicle
by Lou-Ellen Barkan

times. Try your best to stick to schedules for naps and bedtimes, dinner-time, and medication schedules.

Treat yourself well. Take advantage of the people who offer to help you. Take some time for yourself.

For family and friends

Call ahead before you visit. Do not drop in unannounced. Be flexible. The unpredictable behaviors of some people with Alzheimer's or dementia may make last-minute changes unavoidable.

Respect the caregiver's judgment about if, and when, to receive guests. Be sure your visits are a distraction and a pleasure rather than an added burden.

Make visits to the person with dementia short and quiet. Limit the number of people who are visiting at one time.

Remember the caregiver, even if you cannot visit during the holidays. Telephone, send a note, or find other ways to say, "I care. I am thinking of you."

Stay in touch with the caregiver when the holiday is over. It may be easier for you, rather than the caregiver, to keep in touch.

For information, call *CaringKind* at (646) 744-2900 or visit www.caring-kindnyc.org

A look at New York's assisted living facilities

BY JOANNA R. LEEFER

Seniors often require more assistance with daily activities as they age and begin looking for living situations that promise them additional resources. Assisted living residences offer various levels of aid, but not all assisted livings offer the same types of service. Some offer structural modifications to apartments for people with limited mobility, some promote assistance with daily housekeeping chores, while others offer aid with disabilities. Finding the right residence model can often take a great deal of research. Here is some information that can clarify some of the differences:

New York State offers three levels of assisted living residences for seniors who can no longer live independently: Adult homes, enriched livings, and assisted livings. All three models are

licensed to provide residents with private or semi-private rooms, meals and snacks, housekeeping, laundry, and 24-hour supervision. But each model includes a different type and degree of service.

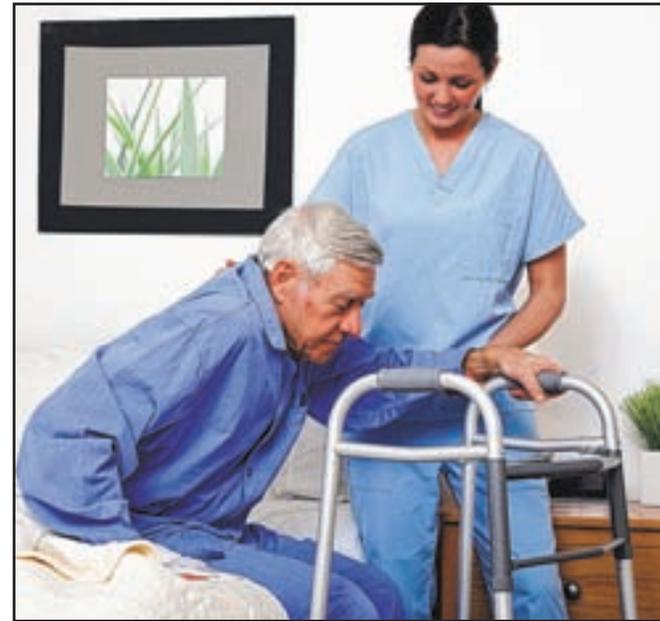
New York's **adult home model** requires a facility to offer occupants an apartment or a single or shared room, some or all meals, housekeeping and laundry service and 24-hour on-site monitoring and security. Adult homes also offer some case management services as well as recreational and educational programs and outings. Most are paid for privately and some services like house keeping and laundry are included in the cost.

The **enriched housing model** is a New York State-licensed adult home that houses residents who are still moderately indepen-

dent. Enriched housing provides residents with apartments with small kitchens, sleeping quarters, and a bath. Like all adult homes, it offers meals, housekeeping services, and laundry, plus recreational and social activities and transportation to doctor appointments and shopping. In addition, it supplies home health care as needed. Occupancy is paid for privately and the price is determined by the size of the apartment and the amount of assistance a resident requests.

One caveat about enriched living: This model requires occupants to be able to ambulate independently. That means, in case of emergency, occupants must be able to walk out of the building unassisted. If that is not possible, the resident is asked to leave.

New York's **assisted living residence** is an adult



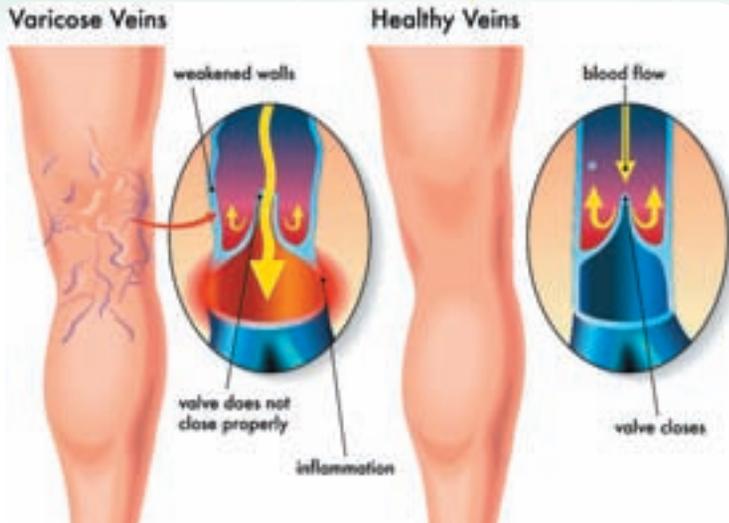
By understanding the different levels of care in each of New York's assisted living residences, a senior can locate a facility that can offer the assistance he needs.

home that requires more oversight than the enriched living model. The apartments are usually smaller without kitchens, and the facility must offer daily meals, 24-hour on-site monitoring, and case management. An assisted living residence provides more intense medical supervision

than is permitted within enriched living for each resident, however, it will not permit 24-hour skilled care. This residence model is for adults with chronic disabilities. Most assisted living residents only take private pay and services are included

Continued on page 40

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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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Staying healthy during flu season

The cold weather brings with it a season of smiles, the first snowfalls and, unfortunately, cold and flu outbreaks. While everyone else is suffering, there are ways you can make it through the season unscathed.

It is estimated that a billion people across North America will succumb to the cold virus this year, says Medline. Considering there is no cure for cold and flu viruses, prevention remains a person's best option at fending off cold and flu, especially for seniors. There are different precautions to take that can help protect you against getting sick or at least reduce the frequency and severity with which cold and flu strikes.

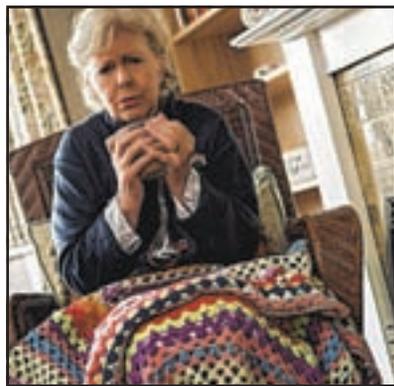
Although there is no magic pill to take that will prevent you from catching a cold or the flu, there are ways to improve your odds.

Wash your hands the

right way. Washing your hands for at least 20 seconds can effectively remove any dirt, grime and invisible invaders.

Skip antibacterial products. Because colds and the flu are the result of viruses, which are different in behavior and structure from bacteria, they will not be killed off with the use of antibacterial products. What you may succeed in doing is killing off any beneficial bacteria on your hands as well as creating resistant bacteria that form with over-use of antibiotics and antibacterial products.

Get the flu shot. There is no vaccination to prevent the common cold, but there are immunizations that can help reduce your risk of getting the flu or help minimize



its severity. Doctors' offices, clinics, and even pharmacies all offer annual flu shots.

Since there is no cure for cold and flu viruses, prevention remains a person's best option at fending off cold and flu, especially for seniors.

Use sanitizer on items around the house. Surfaces that are frequently touched should be wiped down with a disinfectant product. A bleach-and-water solution is an effective sanitizer. Surfaces to sanitize include phones, doorknobs, light switches, remote controls, computer keyboards, faucets, toys, and countertops.

Avoid sick people.

LIVING

Continued from page 37

in the fee.

There are two additional programs that allow adult homes to accommodate occupants who need more than occasional assistance with daily activities:

The enhanced living program is a New York Department of Health certification that permits individuals to remain in a residence even when they no longer meet the original admissions requirements. An enhanced living program authorizes an adult home to designate a specific number of beds for infirmed individuals who can no longer ambulate independently or require more than intermittent care. This program is for people who need a significant amount of oversight, but still not 24-hour care. It must be paid for with private funds.

The assisted living program permits residents who need more than occasional care to remain in their current adult home. This program is not to be confused with the assisted living resi-

dence. This program authorizes adult homes to accommodate residents who need a nursing home level of care but not 24 hours of nursing care. Although these residents need more intense care, they cannot be bedridden and they cannot be a danger to others. This is a Medicaid-sponsored program that enables people who can no longer pay independently to have government funds pay for their stay.

New York's three assisted living residences offer many senior-friendly options that permit individuals to age in place. However, it takes a savvy senior to understand the nuances among these living options. By understanding the different levels of care in each living category, an individual can locate a facility that can offer the assistance she needs and permit her to continue living a productive life.

Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCare-Giving. She teaches advocacy skills to caregivers who wish to insure their loved ones get the best care. For more information, visit www.joanna-leefer.com.



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Artwork of Cheryl Byron, founder of Something Positive, a cultural arts center retaining Afro-Caribbean culture through dance and art.

Portrait by Kama Cox

Series to celebrate Cheryl Byron's iconic styles

By Alexandra Simon

An exhibit celebrating Caribbean icon and singer Cheryl Byron, will debut at the Caribbean Literary and Cultural Center, displaying the items she once wore throughout her life and career from Dec. 6–Jan. 1.

“The Iconography Series: Celebrating the Female Spirit — Cheryl Byron” is celebrating the life of Cheryl Byron and the unique styles she incorporated into her identity. The exhibit is showcasing the costumes, accessories, and fabrics

Continued on Page 42

Dance to connect with roots

By Alexandra Simon

It's a chance for children to connect with their dance roots.

Two educators are introducing a workshop for Brooklyn middle school students to show kids the dance styles that influenced the cultures they are from. The dance workshop, called “K nekSH()n: the Workshop Series,” will take place at two schools — Madiba Prep Middle School and School of Integrated Learning — on Dec. 3 and Dec. 16. It will be a chance for children to connect with the origins of Caribbean dances they are familiar with, and an opportunity to explore other avenues of education, said one of the organizers.

“This is a series for students to experience a dance class leading up to their winter concert and we thought ‘Why

Continued on Page 42



Jazz singer Lil Phillips.

JAZZ FOR JOY

Giving children and families an awesome Christmas

The Ella Nixon Drive is an annual holiday toy, clothing and gift giving event that not only works to secure a happy holiday for those in need but also serves to encourage and assist others in becoming charitable organizers so that they may reach their own gift giving goals.

Roz Nixon, founder of the drive says, “Christmas was the most important time of the year for my mother. She was filled with holiday spirit and loved to decorate the house inside and out. She would buy us so many

gifts and toys that sometimes we could not open them all on Christmas day.”

As the holidays approach, there will be laughter and happiness for some and little or nothing for others. According to Nixon The Ella Nixon Drive will change that scenario for as many people as we possibly can! As a producer of Jazz events, Nixon has chosen that genre to bring attention to the annual evening of giving with a theme entitled “Jazz for Joy.”

Nixon has invited all for a night

of fun and great music in an effort to gather gifts that will be donated to homeless families and children in foster care, so that they may have a memorable Christmas day.

“This year our guests will sing and dance along to excerpts from the critically acclaimed play “SS NIRVANA” a magical Jazz musical that spotlights legendary Blues & Jazz artists. On Wed. Dec.7, 2016 we will spot light the music of Dinah Washington, Nat King Cole and Bessie

Continued on Page 42

TOP OF THE CHARTS

TOP 10 SINGLES

- 1 **Closer**
The Chainsmokers Feat. Halsey
- 2 **Starboy**
The Weekend Feat. Daft Punk
- 3 **Let Me Love You**
DJ Snake Feat. Justin Bieber
- 4 **Heathens**
Twenty One Pilots
- 5 **24K Magic**
Bruno Mars
- 6 **Side To Side**
Ariana Grande Feat. Nicki Minaj
- 7 **Don't Wanna Know**
Maroon 5 Feat. Kendrick Lamar
- 8 **Cheap Thrills**
Sia Feat. Sean Paul
- 9 **Treat You Better**
Shawn Mendes
- 10 **Unsteady**
X Ambassadors

TOP 10 ALBUMS

- 1 **We Got It From Here...**
A Tribe Called Quest
- 2 **Trolls**
Soundtrack
- 3 **You Want It Darker**
Leonard Cohen
- 4 **57th & 9th**
Sting
- 5 **A Pentatonix Christmas**
Pentatonix
- 6 **Simply Christmas**
Leslie Odom, Jr.
- 7 **The Essential Leonard Cohen**
Leonard Cohen
- 8 **Hamilton: An American Musical**
Original Broadway Cast
- 9 **Long Live The Angels**
Emeli Sande
- 10 **HERE**
Alicia Keys

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JAZZ FOR JOY

Continued from page 41

Smith,” said Nixon. In look, costume and sound, the talented cast will cover some of the most popular tunes of each of the legends they portray, as the audience becomes reminiscent of a sweeter time. This year’s drive will feature Lil Phillips who will perform the music of Dinah Washington. Phillips is a well-seasoned jazz performer known for her rich tone and authentic vocal Jazz quality. She has also been slated to play Dinah in the Dinah Washington story.

Rob Fulton, a singer who conveys his musical passion abundantly with the sound of a big band as easily as he does with the intimacy of a jazz trio, will perform the music of Nat King Cole. “Fulton brings chills as he performs the most cherished tunes from the King Cole song book,” said Nixon.

Just back from encore performances in Russia, Antoinette Montague is sure to set the night on fire with her sassy, saucy portrayal of Bessie Smith. As the toast of last Summer’s “Charlie Parker Jazz Festival,” Montague sings and swings both Jazz and Blues with her unrelenting, soulful, signature, groove. “She is a show with in a show that you don’t want to miss,” said Nixon.

Jazz for Joy will be held on Wed. Dec. 7, 2016 from 6-10 pm there is no cover so please bring gifts or gift cards for boys and girls ages 12-19 to Harlem Besame Restaurant, 2070 Adam Clayton Powell Jr. Blvd., NYC, the exact same space where boxing great Sugar Ray Robinson’s corner bar and restaurant was born. For more information, please call 646 373 3690.



Singer Rob Fulton.

Dance to connect with roots

Continued from page 41

not give them the opportunity to take a class to learn different dance styles?,” said Shola Roberts, a dance instructor at the School of Integrated Learning.

“Learning doesn’t only take place in four walls — it goes beyond that and we want to show and tell students how to take and use those resources to make those connections.”

During the two workshops, Roberts and co-organizer of the series, Autumn Scoggan, will teach some 25 students at both schools, various dance styles and prepare them for their school’s annual winter concerts. Scoggan will teach foot dances, and Roberts is teaching the West African origins of most Caribbean dances, which she said many of the students will identify with.

“Autumn will be teaching them floor work and the idea of being connected to the floor and using balance,” said Roberts. “I will be teaching traditional West African dance because most of our students are of African descent and from the Caribbean — we want to allow them to experience dances from different cultures and prepare them for their winter concert.”

After the workshop, a few students will be chosen to participate in the winter concert series at both schools, and will



Professional dancer Shola K. Roberts. Shola K. Roberts

have the chance to talk about the workshop and what they learned, said Roberts.

Roberts has been dancing professionally for 17 years, she teaches in schools because she says it is one of the few places Caribbean children get to explore their creativity and other cultures. Her end goal is to allow her students to make these discoveries.

“I want them to see the connection of the dances to their own cultures and its relationship in the African Diaspora,” said Roberts. “Hence why we call it K nekSH()n — everything from the rhythm and drums, in Caribbean some of the music and styles are very similar.”

Cheryl Byron’s iconic styles

Continued from page 41

that belonged to the late singer and founder of Something Positive, who is organizing the display. Organizers of the exhibit are hosting the series honoring her style and who she was to show the importance of celebrating their Caribbean heroes.

“We designed a program celebrating women because the community needs to realize that people like us — Caribbean, blacks, and women — need to have positive role models,” said Shaun M. Rasmussen, exhibit curator and assistant director of Something Positive, a cultural arts organization that Byron founded some 30 years ago.

“When we are creating an icon, we are creating an idea they represent so you feel that something that you can be in accordance with.”

At the exhibit visitors will see the dresses, items, jewelry, and costumes once worn by the singer displayed on several mannequins. All of the pieces are items that came out of storage from preservations that Something Positive and Asake Bomani — Byron’s sister — maintained for more than a decade. Actor Danny Glover who was a close friend of Byron’s, partnered with

Something Positive, to sponsor the exhibit.

Many of the items that will be on display are pieces that were designed specifically for Byron, and will also give guests an up close and personal look at her unique beliefs revealed for the first time, in her unique clothing, said Manswell.

“Cheryl always said her body needed to be a canvas, and when she got on stage she was a living moving canvas,” he said.

He also says ensuring the community learns about the figures that came before them is important because it is not often they will learn about them somewhere else.

“If you don’t know an icon exists or know your history because you don’t have the immediate tools — you’ll only use what’s available and often those are not the good things,” said Manswell. “In creating icons you create a certain kind of leadership, even if the person is no longer around,” said Michael Manswell. “One can create a value system based on something powerful, and empowering for a life down the road, and we really want people to understand that they can still hold on to something even if you didn’t know an icon exists.”

Cash-strapped magnate touched by homeless boy

"Believe"
Very Good (3 stars)
Rated PG for violence,
mature themes and mild
epithets.
Running time: 118 min-
utes
Distributor: Power of 3



Ryan O'Quinn in "Believe" (2016)

www.imdb.com

By Kam Williams

It's late November in Grundy, Virginia, a tiny town whose economy revolves around Peyton Automotive, a family business inherited by Matthew Peyton (Ryan O'Quinn) from his late grandfather. Because the company has fallen on hard times in recent days, the overwhelmed CEO is considering cancelling the annual Christmas pageant the corporation has sponsored since the Seventies.

In fact, Matthew finds himself being pressured by his financial advisor, Albert Bagley (Kevin Sizemore) either to lay off or lower the salaries of some of his

115 employees. Needless to say, the prospect of cutbacks doesn't sit well with union rep Bob Alexander (James C. Burns) who proceeds to call for a strike.

Matthew, in turn, testifies before Grundy's City Council that he can no longer afford to stage the holiday festival because the funds in the trust

have been totally exhausted. Trouble is, his grandfather's specifically stipulated in his will that Peyton Automotive must continue the tradition.

Nevertheless, Matthew asserts that the business has been losing money for a couple of years and that, given the situation, he has no choice but to shut it

down. Meanwhile, he's warned by the Mayor (Lance E. Nichols), "You keep going in this direction, you will get crucified."

Soon enough, Matthew finds himself the victim of escalating violence. First his BMW is egged and has a tire slashed, before being torched entirely. Then, he's beaten to within an

inch of his life and left for dead by a gang of union goons.

Coming to his rescue is a most unlikely hero, a precocious homeless kid named CJ Joseph (Issaac Ryan Brown). CJ and his mom Sharon (Danielle Nicolet) nurse Matthew back to health while giving him a priceless lesson about what really matters most in life.

For, despite their dire circumstances, the Josephs both fervently believe that better days are coming. "I wish I had that kind of faith," Matthew admits. Upon recovering, the grateful heir informs Sharon and son that "You took care of me, now I'll take care of you."

That is the point of departure of "Believe," a modern morality play marking the feature film directorial debut of Billy Dickson. Although the picture is ostensibly aimed at the Christian demographic, it has a complicated enough storyline, including a love triangle and intriguing plot twists, to appeal to more than merely Bible-thumping Evangelicals.

A thought-provoking parable as entertaining as it is a message movie.

Independent & Foreign Films

Anonymous (Unrated) Fact-based crime thriller revolving around a teenage hacker (Callan McAuliffe) who resorts to online identity theft to help out his cash-

strapped parents (Vlada Vevko and Genadijs Dolganovs). With Lorraine Nicholson, Daniel Eric Gold and Clifton Collins, Jr.

Best and Most Beautiful Things (Unrated) Overcoming-the-odds documentary about Michelle Smith, a 20-year-old, blind, autistic woman, still living at home with her mom, who starts exploring her sexuality in a free love community.

Bobby Sands: 66 Days (Unrated) Inspirational biopic based on diary entries written by the late martyr during the hunger strike which drew the world's attention to the Irish Republican Army's cause.

Bodyguards: Secret Lives from the Watchtower (Unrated) Security is the theme of this documentary exploring the secret world of those who risk life and limb to protect the politicians and the rich and famous. Featuring appearances by Justin Bieber, Kim Coates and Whoo Kid.

The Eyes of My Mother (R for disturbing violence and brief nudity) Psychological thriller, shot in black-and-



Kam's Kapsules

By Kam Williams

white, about the traumatized daughter (Olivia Bond) of a surgeon (Diana Agostini) who morphs into a monster after her mother is murdered in their secluded farmhouse by a traveling salesman (Will Brill). With Paul Nazak, Flora Diaz, Clara Wong and Joey Curtis-Green. (In English and Portuguese with subtitles)

A Girl like Grace (Unrated) Ryan Destiny portrays the title character in this coming-of-age drama as a grieving 17-year-old who is taken under the wing of her late BFF's (Paige Hurd) street-wise big sister (Meagan Good) after the friend commits suicide. Featuring Raven-Symone, Garcelle Beauvais and Romeo Miller.

Man Down (R for disturbing violence and pervasive profanity) Suspense thriller about a U.S. Marine vet (Shia LaBeouf) who is accompanied by a fellow vet (Jai Courtney) during a desperate search for his wife (Kate Mara) and estranged son (Charlie Shotwell) upon returning to the States after serving in Afghanistan. With Clifton Collins, Jr., Gary Oldman and Tory Kittles.

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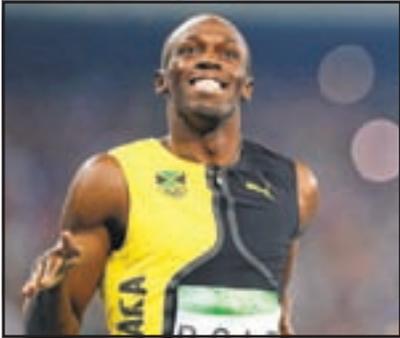
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Jamaica's Usain Bolt celebrates after winning gold in the men's 100-meter final during the athletics competitions of the 2016 Summer Olympics at the Olympic stadium in Rio de Janeiro, Brazil, Sunday, Aug. 14, 2016.

Associated Press / Lee Jin-man

Jamaica wins top spots

By Azad Ali

Jamaican sprint superstar, Usain Bolt has been voted Caribbean Sports Journalists Association (CASJA) Sportsman of the Year.

Bolt, who won three gold medals at the 2016 Olympic Games in Rio de Janeiro, Brazil, earned him a clear victory.

Another Jamaican Elaine Thompson captured the CASJA Sportswoman of the Year award for completing the women's sprint double at the Rio Olympics.

Continued on Page 46

Whitewash

By Azad Ali

West Indies Women's team suffered a whitewash (3-0) at the hands of India Women in India recently, missing out on an automatic qualification for next year's ICC 50-overs World Cup in England.

Set 200 for victory in the final match at the Mulapadua Cricket Stadium, the Caribbean women were dismissed for 184 at the start of the final over to concede the series 3-0.

They appeared on course to win at 166 for 4 in the 45th over but shockingly lost their last six wickets for just 18 runs to be skittled out for 184.

India left-spinner Rajeshwari Gayakwad was the main bower for India with 4 for 34, taking three of the six wickets at the end to tumble the Windies girls.

Continued on Page 46



READY TO CONQUER

It's destiny: Junior guard Destiny Philoxy did a bit of everything for South Shore last season, averaging just over eight points per game for the Lady Vikings.

Photo by Steve Schnibbe

Lady Vikings set sights on another city title

By Laura Amato

They're trying to build a dynasty in Canarsie.

South Shore's girls basketball team has won back-to-back Public Schools Athletic League championships — but the Lady Vikings are looking to take the next step this sea-

son, and they have their sights set on another city title and a run at a state Federation crown.

"We've got high expectations," South Shore coach Anwar Gladden said. "We're going to try and get back to a city championship and compete for states. [The girls] feel like com-

ing up at short at states [last year] is definitely the motivation."

The memory of last year's 67-51 semifinal loss to eventual state champ Ossining has lingered in the collective minds of this year's Lady Vikings squad. And now the team

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Continued from page 46

The rising star was also a bronze medalist in the 60-meter dash at the 2016 IAAF World Indoor Championships in Portland, Oregon, USA.

Bahamian Shaunae Millers, the Olympic 400m champion, was a nominee for Sportswoman of the Year.

Antiguan fast bowler Alzarri Joseph was named Junior Sportsman of the Year for his role in the West Indies victory at the Under-19 Cricket World Cup.

The Under-19s were named Male Team of the Year.

Barbadian all-rounder Hayley Matthews is the Junior Sportswoman of the Year. She scored 66 in the final of the 2016 ICC Women's World Twenty20 which earned West Indies an eight-wicket victory over Australia.

West Indies Women secured the global title Female Team of the Year honor.



Gold medalist Jamaica's Elaine Thompson celebrates her medal for the women's 100-meter final during the athletics competitions of the 2016 Summer Olympics at the Olympic stadium in Rio de Janeiro, Brazil, Sunday, Aug. 14, 2016.

Associated Press / Kirsty Wigglesworth

Twenty20

Continued from page 45

The defeat was the West Indies Women's last chance to secure the two ICC Championship points required to seal a top four position in the standings and gain automatic World Cup qualification.

They lie fourth on 22 points but can be overtaken by either India Women who are fifth with 19 points with three games left to play, or by South Africa Women who are sixth on 17 points also with three games to play.

In the limited Twenty20 overs, West Indies Women crushed India 3-0 which followed the One-Day International series.



Triple threat: South Shore's girls basketball team is looking to notch a third straight city championship this season, boasting a roster jam-packed with experience. Photo by Robert Cole

LADY VIKINGS READY TO CONQUER

Continued from page 45

is determined to make sure history doesn't repeat itself — at least when it comes to the Federation tournament.

"They've all been there. They know what they have to do," Gladden said.

Gladden knew who his starting five would be long before the preseason even began — Selena and Destiny Philoxo, Valena Hickerson, Earlette Scott, and Tshahi Corbie — and each player makes the long-time coach's job easier. They've all won big-time games and played in big-time moments, and that kind of experience means Gladden can take an occasional step back and simply let his team play.

"It just makes my life a little bit easier in that stuff that we do gets passed down," Gladden said. "You don't have to restart

stuff each year. It's good, we're back and it's up to them how good we can be."

The Philoxo sisters in particular give the Lady Vikings a leg up on the competition. The pair was the spark that made South Shore's offense go last season, a one-two punch of scoring potential that Gladden is hoping will continue this season.

The Lady Vikings boast one of the most experienced rosters in the entire city, but South Shore is not without a few fresh faces, including freshman forward Kayla Johnson. The first-year varsity player grew up around basketball — her older brother Corey plays college hoops at St. Francis Brooklyn — and Gladden is certain she'll have an impact on the hardwood from the get-go.

"Kayla's a star in the making as a freshman," he said. "She's already 6-foot-1 and she's only a freshman. She'll get some minutes for us."

South Shore is determined to make it three in a row this season, but the Lady Vikings are also focused on the little things. This group is experienced, confident, and most importantly, always working to fine-tune its collective game.

It's that mindset Gladden is certain will help add another chapter to the program's burgeoning basketball history.

"It's still a South Shore team, and our them is still day by day," he said. "You start looking too far ahead and that's when problems arise. We know if we get better every day, we'll be fine."

Midwood clinches first-ever 'A' volleyball title

By Laura Amato

They're going to be buzzing about this one for years.

Midwood girl's volleyball made program history on Nov. 22, clinching the team's first-ever Public Schools Athletic League A title, defeating Cardozo in straight sets of 25-14 and 25-17.

It was a picture-perfect victory for a Hornets senior class that has come up just short of championship glory over the last three years.

"It's the most amazing feeling," said senior middle blocker Liridona Vata. "We've tried so hard and worked really

hard, and the team has been playing at our best all season. This is just a really well-deserved victory for us."

Midwood — the No. 2 seed in the postseason — came into the championship tilt riding a serious wave of momentum, and the Hornets (14-0) didn't miss a beat in the final. The squad wrapped up the season without giving up a single set and trailed just a handful of times against the top-seeded Judges.

"We knew it was going to be a competitive game, and we knew that we had to come to that net as we

did all season," said Midwood coach Thomasina Lenzi. "We had to block well, which is what we do, and we had to have transitional game with great defense."

Cardozo did its best to match the Hornets spike for spike, but Midwood managed to pull away down the stretch in both of its victories.

The Hornets wrapped up the first set on a 12-to-3-point run and notched six straight points in the second set to jump out to a 20-13 lead. Midwood took several timeouts early on in both sets, keeping the squad focused.

Double Dutch competition celebrates 25th year

By Alexandra Simon

Jumping, hopping, and acrobatic roping for the top prize.

The Double Dutch Holiday Classic will feature some of the best double Dutch teams from around the world to compete for the title of the best at the Apollo Theater in Harlem. The annual competition will see some new countries participating, and is also reaching a milestone as it celebrates its 25th year since it's been in operation, said the shows organizer.

"We're going to see some old teams come back to secure their title and some new teams," said Lauren Walker, president of National Double Dutch League. "It's a fun family event featuring world class teams competing, and it's the 25th David Walker memorial."

The competition will feature three different categories teams will have to seek to make it to the top. Teams will be judged on speed, the fusion freestyle,



Teams from as far as Japan come to Harlem for the annual event.

National Double Dutch League

which is choreographed dances to music, that was invented by founder David Walker, and the best of the show which awards the best team in the overall competition. Walker says this event comes during a time when families are seeking fun activities to see and enjoy.

"It's one of the most anticipating youth events in the city for the holidays and one of the biggest," she said. "Kids take field trips to see this, the audience is filled with families, and we have a lot of people from politicians and radio personalities that come to support."

One group participating in the competition is Jumpers in Command, an East Flatbush-based double Dutch group that has been participating in the tournament since the early nineties and won the championship in 2004. The team — which has many members of Caribbean descent — teases that they may incorporate some of those cultures styles at this year's double Dutch Holiday Classic, said a member of the team.

"It's kind of hard to say, but this year we might be doing something multi-cultural," said Stephone Webb. "We hope to bring Caribbean flavor and make it real fun and more festive."

"Double Dutch Holiday Classic" at Apollo Theater [253 W.



In the air: A double Dutch team from France doing some of their best tricks at a previous competition. Some 80 teams will compete for the 2016 Double Dutch Holiday Classic championship at the Apollo Theater in Harlem on Dec. 4.

National Double Dutch League

125th St. between Frederick Douglass and Adam Clayton Powell boulevards in Harlem, \$20. \$18 for group of 10.

www.nationaldoubledutch-league.com]. Dec. 4, 1-4 pm.

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ARIES: Mar 21/Apr 20
Aries, exchange heartfelt words with someone who could benefit from a pick-me-up. This might change this person's entire perspective and greatly improve his or her week.

TAURUS: Apr 21/May 21
Taurus, you have the right to speak up if someone demands more of you this week than you can possibly deliver. This person might just need to be reminded you can't do it all.

GEMINI: May 22/Jun 21
Gemini, patience has gotten you very far, but you may have to make your moment happen in the coming week. Seek the support of friends when making your next move.

CANCER: Jun 22/Jul 22
Things that may seem obvious on the surface actually have much more depth than you'd first imagined, Cancer. You may need to explore a little bit more.

LEO: Jul 23/Aug 23
Leo, if you find yourself facing some resistance, you may need to use a different tactic. What you have been doing isn't working as you'd have hoped, but it can be fixed.

VIRGO: Aug 24/Sept 22
Virgo, do not lose your cool when met with an emotionally charged situation. Instead, pull back and assess the situation from afar. This could shed light on a new way to proceed.

LIBRA: Sept 23/Oct 23
Libra, facing one of your biggest obstacles this week will not be an easy task. However, with a support team behind you, you can overcome this obstacle.

SCORPIO: Oct 24/Nov 22
Scorpio, you may match wits with someone who shares your stubbornness. But this is a battle that will come out with no winner. Embrace compromise instead.

SAGITTARIUS: Nov 23/Dec 21
An interesting turn of events shifts your focus from one of your goals to another, Sagittarius. This may be a time of great change, so expect the unexpected at every turn.

CAPRICORN: Dec 22/Jan 20
Capricorn, if you feel stretched to your limits, start delegating some of your work to others. It isn't a sign of giving up, but rather an indication of your ability to manage.

AQUARIUS: Jan 21/Feb 18
Conversations with a spouse or loved one can expand your way of thinking, Aquarius. This fresh perspective may be just what you need to see goals through to completion.

PISCES: Feb 19/Mar 20
Pisces, things within the realm of your relationships may be in flux, but you must take control and figure out how to proceed.

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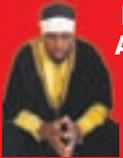

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STATE OF CONNECTICUT SUPERIOR COURT www.jud.ct.gov Judicial District of Ansonia-Milford at (Town) Milford Docket number FA 16 501-1868 Plaintiff's name Taylor, Sonya F Defendant's name Gomez, Delmar The Court has reviewed the Motion for Order of Notice and the Complaint/Application/Motion which asks for: divorce (dissolution of marriage) The Court finds that the current address of the party to be notified is unknown and that all reasonable efforts to find him have failed. The Court also finds that the last known address of the party to be notified was: 143-37 243rd St

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Rosedale, NY 11432 The Court Orders that notice be given to the party be notified by having a State Marshal other officer place a legal notice in: Caribbean Life a newspaper circulating in Rosedale, NY containing a true and attested copy of this Order of Notice, and, if accompanying a Complaint for divorce (dissolution of marriage), complaint for dissolution of civil union, legal separation or annulment, or if accompanying an Application for custody or visitation, a statement of the Connecticut Practice Book and are a part of the Complaint/Application on file with the Court The notice should appear

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before 11/17/16 and proof of service shall be filed with this Court. Assistant Clerk Gretchen Magel Date signed 10/17/16 A TRUE COPY ATTEST WILLIAM STUART STATE MARSHAL AN INDEPENDENT PERSON

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The Board of Trustees of Harlem Hebrew Language Academy Charter School will meet on Wednesday, December 7th at 630 PM at 258 West 118th Street. The meeting is open to the public.

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SUPPLEMENTAL SUMMONS IN TAX LIEN FORECLOSURE—SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF KINGS – NYCTL 2014-A TRUST AND THE BANK OF NEW YORK MELLON AS COLLATERAL AGENT AND CUSTODIAN FOR THE NYCTL 2014-A TRUST, Plaintiffs, against PETER WEISS, if living, et. al., Defendants. Index No. 504048/15. To the above named Defendants –YOU ARE HEREBY SUMMONED to answer the complaint in this action within twenty days after the service of this summons, exclusive of the day of service or within thirty days after service is completed if

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the summons is not personally delivered to you within the State of New York. In case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint. Plaintiffs designate Kings County as the place of trial. Venue is based upon the county in which the property a lien upon which is being foreclosed is situated. The foregoing summons is served upon you by publication pursuant to an order of the Hon. Genine D. Edwards, J.S.C., dated December 7, 2015. The object of this action is to foreclose a New York City Tax Lien covering the

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premises located at Block 1487 Lot 5 on the Tax Map of Kings County and is also known 119 Ralph Avenue, Brooklyn, New York. Dated: November 4, 2016 WINDELS MARX LANE & MITTENDORF LLP, Attorney for Plaintiffs, NYCTL 2014-A TRUST AND THE BANK OF NEW YORK MELLON AS COLLATERAL AGENT AND CUSTODIAN FOR THE NYCTL 2014-A TRUST, By: Josef F. Abt, Esq., 156 West 56th Street, New York, NY 10019 (212) 237-1000

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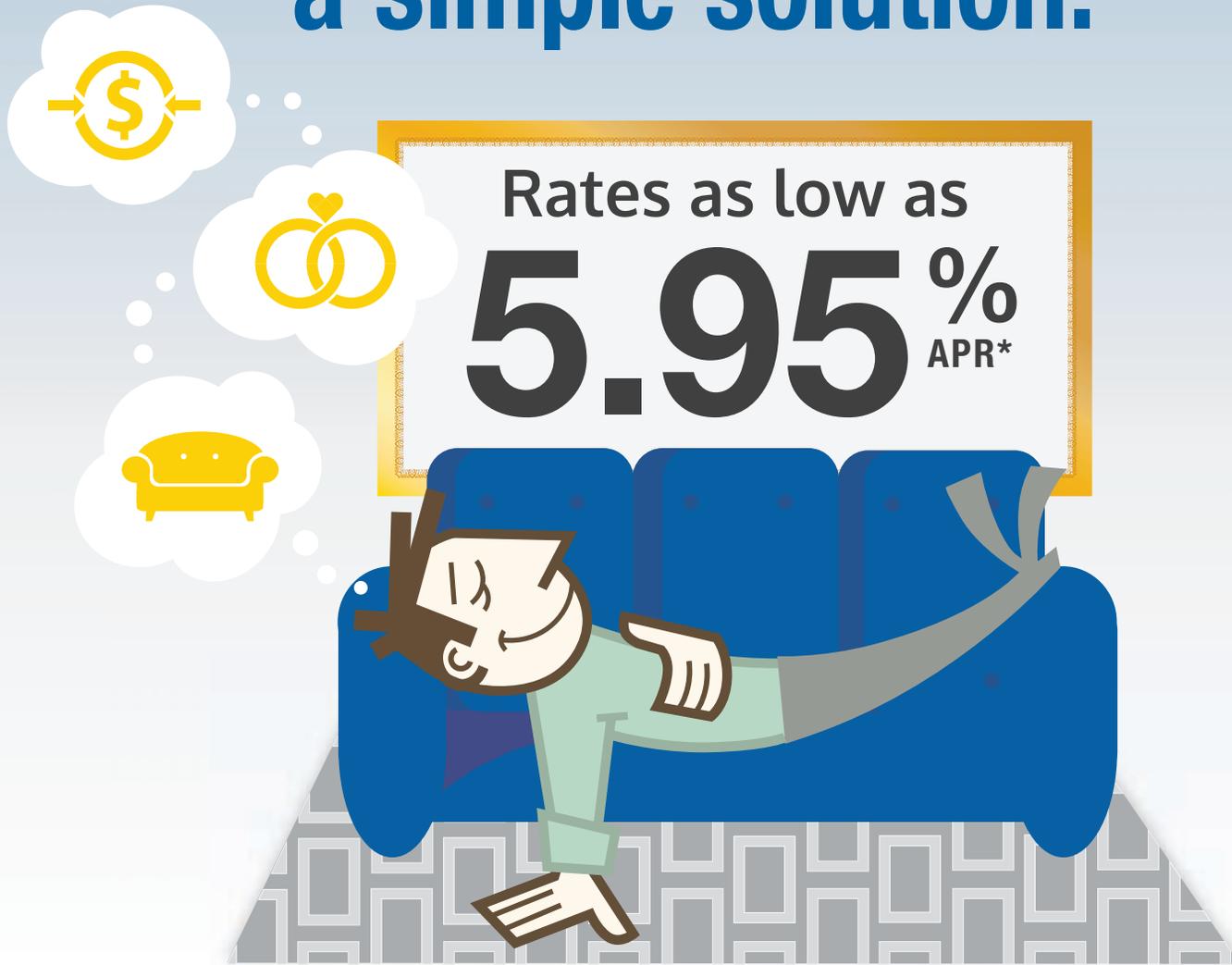
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