



Justice Sylvia Hinds Radix administers the oath of office to Assemblyman Nick Perry as his granddaughter, Justine, and his wife, Joyce, look on. William Farrington

Nick Perry swears in – again

By Nelson A. King

Hundreds of constituents recently witnessed the community swearing in of Brooklyn Assemblyman Nick Perry for his 25th year in the State Assembly.

"I was quite inspired when

I looked out upon the hundreds of people who came out on this cold, snowy Saturday evening in January to join me in celebrating the start of my 25th year in the 'People's House,'" Perry told Caribbean Life on Tuesday.

"I have been extremely privileged and, indeed, honored to serve, and I assure you that, throughout this term, I will continue to be as passionate about the issues which matter to the people of the 58th

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GUYANA CLEARS THE AIR

Rex Tillerson not writing oil rules for Guyana

By Bert Wilkinson

Using their numerical majority in the Senate, Republican lawmakers are expected to confirm Rex Tillerson, President Donald Trump's nominee for secretary of state, but his decades of links to ExxonMobil and the company's huge oil find off the Guyana coast are shining a light on possible conflict of interest issues at the State Department.

In the past week, officials in Georgetown, the Guyana capital, were forced to quickly refute a Huffington Post report that Exxon could have greater than usual leverage in helping the country write laws to govern its fledgling oil and gas

sector because Tillerson was at the helm of Exxon when it found the oil and also because he could be one of the more powerful cabinet positions.

The Huffington Post raised the question of links between Guyana's efforts to draft and pass legislation relating to its petroleum industry and a unit at the State Department dealing with assistance to countries with governance of the sector.

The newspaper alleged that the Energy Governance and Capacity Initiative (ECGI) is so involved and that Tillerson could unduly influence the process on behalf of a company

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Consul General of Jamaica to New York Trudy Deans (left) and Gail L. Moaney, APR, founding managing partner of Finn Partners.

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Jamaica's new consul general

By Nelson A. King

Trudy Deans, who had served as community relations officer at the Jamaica's New York Consulate General, has returned as the new Consul General.

Deans, who holds a Master of Science degree in human resource management and training from the University of Leicester, England and a Bachelor of Science degree in international relations and public administration from the University of the West Indies, has been named Jamaica's 10th Consul General to New York, according to the South Florida Caribbean News.

She's the fourth woman to occupy the position, the online paper said. It said Deans served previously as the Community Relations Officer from 2010 to 2012.

"My short stint as the community relations officer made me even more aware of the need for a more direct and strategic interaction and communication with the diaspora and the government," Deans said.

"During that period, I found that the lines of communication could be unwittingly blurred," she added. "As such, I intend to expand the scope of the consulate to embrace the emerging trends in telecommunications and technology to ensure that the community is up to date on matters of national interest and to participate in discussions affecting Jamaica and the Diaspora."

Deans said the consulate will continue, with the assistance of her able staff, "make our role and service to the community more impactful," according to South Florida Caribbean News.

As part of its agenda for Economic Development, the incumbent Jamaica administration is moving towards a specific thrust on trade, and the Diaspora is an important part of this agenda, South Florida Caribbean News said.

Civil disobedience during the prez inauguration

By Tequila Minsky

Council Member Jumaane Williams got emotional addressing the press before he and six others sat down in the middle of 5th Ave. at the very moment the presidential inauguration was taking place in Washington DC. on Friday. "My mother is with us," he said, and they both then hugged.

At noon, along with his mother, clergy, other elected officials, this council member got arrested for civil disobedience outside of Trump Tower protesting President Donald Trump's inauguration.

Among those arrested were Council Member Jumaane D. Williams, Deputy Leader; Council Member Carlos Menchaca; New York State Senator Marisol Alcantara; Kirsten Foy of the National Action Network; Pastor Gilford Monroe, founding president of the 67th Precinct Clergy Council; and community members, including Council Member Williams' mother, Patricia Williams and Margalit Ewart.

"Today we showed the best of America," Council Member Williams said at a rally held across from Trump Tower before the protest action. "For the past two years we've been bombarded by divisive messages that were unfortunately embraced by so many, and the resulting election showed us the worst of America."

He continued, "I am a believer in nonviolent resistance, but we have to disrupt a structure that is unjust. We must resist from day one. We're fighting for everyone, even those who don't understand what they've done by voting for Trump. We are going to continue moving forward because we know we are on the right side of history."

The rally has been titled "Resist



Council Member Jumaane Williams stands with zip tie handcuffs as the others are about to be arrested for their civil disobedience action outside of Trump Tower.

Photo by Tequila Minsky

From Day One" — resisting Trump's proposals based on bigotry and fear, its goals are voicing opposition to Trump's Cabinet nominees and his early orders and actions.

These include removing the Affordable Care Act (Obamacare, removing millions from insurance and women's access to healthcare), immigration policies (Muslim ban and registry, building

a wall separating Mexico, and deportations), and criminal justice policy (spreading abuses of Stop, Question, and Frisk across the country.)

Concerned with Trump's promoting racism, sexism and plutocracy in government and society, Senator Alcantara cited Rev. Martin Luther King who understood that leaders must be held accountable.

Caribbean American ex-senator jailed for five years

By Nelson A. King

A United States federal district judge in Brooklyn has sentenced a former Caribbean American legislator to five years in prison after he was convicted two years ago for trying to prevent a federal probe and making false statements to government agents.

Judge Dora L. Irizarry, of the Southern District Court of New York, imposed the sentence on John Sampson, 51, the son of a Guyanese father, on Wednesday.

Sampson, a former New York State Senator for the 19th Senatorial District in Brooklyn, was the Democratic Leader in the New York State Senate. His district, which includes the Brooklyn neighborhood of Canarsie, is currently represented by Guyanese education administrator Roxanne Persaud.

In imposing the sentence, Judge Irizarry said Sampson's crimes were very

serious because they "go to the heart or integrity of our criminal justice system."

"At the root of all this is some idea you picked up along the way — that you had a right to dispense with your ethical obligations," the judge told Sampson.

Defying his lawyers' orders not to speak at his sentencing, Sampson, a disbarred lawyer, apologized to the court, telling Judge Irizarry that his actions "caused suffering to my family, my constituents and my man, Sam Noel."

Noel, Sampson's friend and a longtime paralegal in the same federal prosecutor's office that was pursuing Sampson, had testified at Sampson's trial that the former senator asked him to use his position in the prosecutors' office to look up information about any case being pursued against him, according to the New York Times.

Noel also told the jury that Samp-

son had asked him to look up information about the case of another Sampson friend, Guyanese-born businessman Edul Ahmad, of Richmond Hill, Queens.

Noel, who was prosecuted and lost his job, had used confidential law enforcement databases to make both queries, the Times said.

Sampson told Judge Irizarry that he felt guilty in betraying Noel, saying that his guilt "tears at my soul every single day."

"[The] bottom line is my parents raised me better than this," he said. Sampson's deceased mother was from South Carolina.

Alexander Solomon, an assistant United States attorney, told Judge Irizarry that Sampson's actions were "shockingly disturbing," particularly for a man who had once served as the chairman of the State Senate's ethics committee, according to the Times.

Grenada

A United States-based company will invest US\$58 million in the Grenada tourism industry under the island's Citizenship by Investment Program (CIP).

The five-star Kimpton Kawana Bay Resort, due to open in 2019, will comprise 110 luxury studio rooms and 45 suites and 12 additional penthouse apartments, which will be available for sale to private owners.

San Francisco-based Kimpton Hotels & Restaurants, which will manage the new venture, has about 60 properties throughout the United States and the Cayman Islands.



Speaking at the launch of the project, Prime Minister Dr. Keith Mitchell defended the CIP program under which several Caribbean countries provide citizenship to foreign investors in return for a significant contribution to the socio-economic development of the island.

Mitchell said that the CIP is all about bringing investment to the country and not just about selling passports.

Guyana

The CARICOM Secretariat in Georgetown, Guyana recently signed a Memorandum of Understanding (MoU) with UN-Women Group to support the Community's work on gender equality and empowerment.

The signing took place during the official opening of the 39th meeting of the Community Council of Ministers in Georgetown.

The MoU on general equality and the empowerment of women includes collaboration in the provision of Caribbean-wide data, statistics, and analysis on the implementation of the gender dimensions of the sustainable development goals.



Caricom Secretary General Irwin LaRocque in his remarks thanked the UN system for its continuing role in assisting member states' development and in advancing the work of the secretariat.



Haiti hospital workers strike

A church group prays with a patient stranded in a nearly empty ward of Port-au-Prince's General Hospital, Haiti, Thursday Jan. 19, 2017. Nurses, janitors, stretcher bearers and other personnel have walked out of public hospitals in Haiti's chronically troubled health system to demand better pay and working conditions a few months after a lengthy strike by resident doctors ended. See story on page 24.

Associated Press / David McFadden

Jamaica

Prime Minister Andrew Holness recently paid a historic three-day official visit (Jan.12-15) to Israel as part of his administration's ongoing commitment to seek opportunities through bilateral relations with various countries.

A statement from the Prime Minister's Office said that Holness was due to meet with Israel Prime Minister Netanyahu and the two leaders will discuss areas of potential cooperation on growth and economic development between both countries, such as security, agriculture, water resource management and Diaspora bonds.

The statement said meetings were scheduled with key Israeli officials and members of the private sector.



Haiti

Canada has fired 12 employees at its Haiti embassy who are accused of being involved in various fraud schemes which have estimated government losses of US\$1.7 million.

Spokeswoman for Global Affairs Canada, Jocelyn Sweet, a government agency that leads humanitarian assistance, manages diplomatic and consular business, said the probe which began in 2015 revealed that embassy staff set up "various fraud schemes" that inflated invoices and resulted in the theft of property.

She said an administrative probe is ongoing to review the behavior of Canadian staffers at the Port-au-Prince embassy.

Audits have been launched in other



"high fraud-risk" areas to determine where other similar corrupt activities could be taking place at other embassies abroad.

St. Kitts

Baroness Joyce Anelya, minister of state for the Commonwealth and the United Nations and a delegation of high level British officials recently paid a visit to St. Kitts and Nevis to discuss the potential implications of the United Kingdom's withdrawal from the European Union.

Among other matters discussed were cooperation in the area of public safety and security, prison reform, and human rights issues.

By the end of March 2017, the UK government intends to invoke Article 50 of the European Union treaty, which

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Guyana denies EGCI role in country's oil industry

Continued from page 1

he had served for 40 years. He retired recently after being identified by the then president elect Trump to head up the U.S. Department of State.

Anxious to slap down the notion that Tillerson and his experts will produce laws favorable to Exxon, Natural Resources Minister Raphael Trotman contends that Guyana had long asked the Commonwealth Secretariat in London for help specifically in this regard.

"There is no truth to the assertion in the article that the EGCI will be playing any part in writing Guyana's oil governance laws or any laws for that matter," Trotman said, noting that the Commonwealth "is the lead agency supporting Guyana in preparing a suite of legislation for the oil and gas industry."

Exxon in May of 2015 had announced a "world class" oil and gas find about 120 miles off the Guyana coast, setting up the Caribbean trade bloc headquarter nation to be in line to join Trinidad, Suriname, Belize and Barbados as countries in the regional family with petroleum resources.

So far five wells have been drilled with only one coming up dry. Industry estimates have put the value of the find at around \$70 billion, multiple times

more than the gross domestic product.

Officials in Guyana are sensitive about the country being labelled as a puppet of a powerful multinational corporation like Exxon as is the case with some countries in the Third World, hence the careful but clear effort to distance the country from the State Department and Tillerson.

"The opportunity is taken to indicate that while the EGCI has been lending support to Guyana for the past six years in the areas of capacity building to manage eventual oil and gas revenues, it is in no way writing oil and gas or regulations for this country," Trotman said.

All this comes as officials scramble to get a country which is a primary producer of gold, sugar, bauxite, rice, and timber to switch and prepare for petroleum with all the horror example stories around the world.

Professionals are being trained in petroleum engineering, law, geology and a strong of other skills the country now largely lacks as the estimated 2020 timeline for the start of production.

Tillerson himself was due for talks with the Guyana cabinet during the same week when Trump had nominated him for the top cabinet position, scuttling the visit.

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Perry begins 13th term in New York Assembly

Continued from page 1

Assembly District as I was on day one, back in 1993," the Jamaican-born Perry added.

Programs for both the church service, at which Perry was sworn in by Justice Sylvia Hinds-Radix, and the gala reception, which took place immediately afterwards, were held at Holy Family Roman Catholic Church in Canarsie, Brooklyn. The events were hosted by the church's pastor, Fr. Edward Kane.

About 400 people congregated at the church service, and 500 attended the gala reception. Jamaican-born Rev. Chermain Lashley, pastor of Kings Highway United Methodist Church delivered the sermonette.

Democratic State Committeewoman Melba P. Brown was sworn in by Justice Sylvia Ash, and Democratic State Committeeman Cory Provost was sworn in by Judge Sharon Clarke.

Other dignitaries in attendance included: Sen. Charles Schumer; Reps. Yvette Clarke and Hakeem Jeffries; NYS Comptroller Tom DiNapoli; NYC Comptroller Scott Stringer; Acting Brooklyn District Attorney Eric Gonzalez; Sen. Kevin Parker; Assemblywomen Rodneyse Bichotte and

Latrice Walker; Councilmen Mathieu Eugene, Vincent Gentile and Alan Maisel; and Democratic State Committeeman (42 AD) Josue Pierre.

Trinidadian comedienne Susan Olton-Kennedy served as mistress of ceremonies at the reception, which included performances by Hilton Samuel, Felina Backer, Archie Miller & the King Tut Rhythm, and Kow Teff African Dancers.

Perry, who migrated to the US in 1971, served honorably in the US Army and graduated from Brooklyn College before getting involved as a community activist in the late 1970s.

After building a distinguished record of community service, Perry was elected to the State Assembly in 1992.

Perry is currently the assistant speaker pro tempore of the New York Assembly.

He is the chairman of the New York State Black, Puerto Rican, Hispanic and Asian Legislative Caucus; and currently serves on the New York Assembly Committees on Ways & Means, Codes, Banks, Labor, Rules and Transportation.

In the 2016 General Election, Perry ran unopposed, and was re-elected to serve his 13th consecutive term, starting Jan. 1, 2017.

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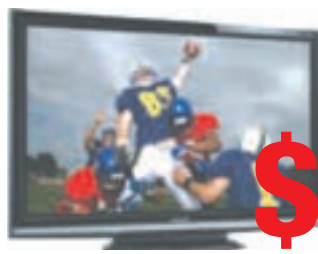
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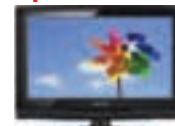
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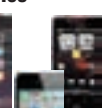
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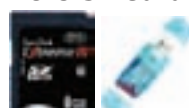
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The dreams from Obama's America

By Dinesh Sharma

Obama will be remembered as one of the greatest political orators of our times. His soaring rhetoric that swooned the audience in 2004 in Boston (There's not a black America and white America and Latino America and Asian America; there's the United States of America.[1]) Not too far from where the patriots fired the opening salvo of the American Revolution, was on display again at the farewell address at McCormick Place (Yes, we can. Yes, we did.[2]), near the South Side of Chicago where the young Barack broke his teeth in community organizing and electoral politics.

"It's good to be home," he told his followers, some of whom had waited for hours in the freezing temperatures near Lake Michigan to get a glimpse of their political avatar.

Obama's peppered grey hair, hardened brow and wizened face showed the pain and sorrow of his nation — wary of two long wars in Afghanistan and Iraq — and still reeling from the ominous rise of ISIL and ongoing security challenges.

Heart-broken at the bitter loss of his chosen successor, Hillary Rodham Clinton, his followers seemed inconsolable — chanting repeatedly — "Four more years! Four more years!" Many were teary-eyed and weeping, overcome with nostalgia.

How could a president who still enjoys 60% approval[3] be denied long coat-tails as a symbolic third term? How could Americans who voted for

the first Black president twice be so fickle and turn on him, despite the record of landmark achievements?

No doubt, the president accomplished a great deal in eight years, but his victories now rest on icy shores of Lake Michigan as a 'hostile takeover' of his legacy is already underway by the Trump supporters and the GOP in an attempt to "Repeal and Replace" the Affordable Care Act.

Obamacare, as it is known, is the first legislation on the chopping block. Republicans have attempted to repeal it multiple times; they may finally succeed, even though the GOP has no replacement in place.[4] What will happen to more than 20 million newly insured citizens, cried out Senator Bernie Sanders in the halls of Congress?

Obama's regulatory regime, Dodd-Frank Act, may also be expunged as the millionaires and billionaires fill the Trump cabinet.[5] We have seen seven years of continuous job-growth and a buoyant market. Will the market remain steady or will it go through cyclical gyrations again?

Obama's multilateral foreign policy may be gutted for a more muscular approach — attempting to reclaim American power around the globe — in the Middle East, Pacific, and Europe. "Make America Great Again" at home will translate to "America First" abroad.[6] Obama's foreign policy achievements in Cuba, Iran, India and the Asia-Pacific may be reversed.

Continued on Page 12

A crisis of overweight and obesity in Latin America and the Caribbean

By Eve Crowley

SANTIAGO, Jan. 23, 2017 (IPS) - Obesity and overweight have spread like a wildfire throughout Latin America and the Caribbean, threatening the health, well-being and food and nutritional security of millions of people.

According to the new publication of the United Nations Food and Agriculture Organization (FAO) and the Pan American Health Organization (PAHO), the Panorama of Food and Nutrition Security, close to 58 percent of the inhabitants of the region are overweight (360 million people) while obesity affects 140 million people, 23 percent of the regional population.

In almost all countries of the region, overweight affects at least half the population, with the highest rates observed in the Bahamas (69 percent), Mexico (64 percent) and Chile (63 percent).

Over the last 20 years there has been a rapid increase in the prevalence of overweight and obesity across the population, regardless of their economic, ethnic or place of residence, although the risk is higher in net food-importing regions and countries, which consume more ultra-processed foods.

This situation is particularly serious for women, since in more than 20 countries in Latin America and the Caribbean, the rate of female obesity is 10 percentage points higher than that of men. The impact has also been considerable in children: 3.9 million children under 5 live with overweight in our region, 2.5 million in South America, 1.1 million in Central America and 200 000 in the Caribbean.

These policies are more urgent than ever in light of the current signs of stagnation in regional economic growth

How did we get here? According to FAO and PAHO, a key factor has been the change in the region's eating habits.

Economic growth in recent decades, increased urbanization, higher average income and the integration of the region into international markets reduced the consumption of traditional preparations based on cereals, legumes, fresh fruits and vegetables, and increased consumption of ultra-processed products, with high amounts of sugars, salt and fats.

To curb the rise in overweight and obesity, countries in the region can draw on some of the valuable experiences they gained in their fight against hunger. Today, undernourishment affects only 5.5 percent of the regional population, while stunting in children has also dropped from 24.5 percent in 1990 to 11.3 percent in 2015, a reduction of 7.8 million children.

However, it should be noted that although hunger has declined, it has not been eradicated: there are still 34 million people unable to access the food they require for a healthy and active life, which means that the region faces a double burden of malnutrition.

According to the FAO / PAHO Panorama, combating both malnutrition and obesity requires a healthy diet that includes fresh, healthy,

nutritious and sustainably produced foods. The key to progress is to promote sustainable food systems that link agriculture, food, nutrition and health.

In order to eradicate all forms of malnutrition, states should encourage the sustainable production of fresh, safe and nutritious foods as well as ensuring their diversity, supply and access, especially for the most vulnerable in regions that are net importers of foods.

These measures should be complemented with policies to strengthen family farming, short production and food marketing circuits, public procurement systems linked to healthy school feeding programs and nutritional education programs.

Fiscal measures should also be implemented to discourage the consumption of junk food, improve food labeling and warnings with regard to high sugar, fat and salt content, and regulate the advertising of unhealthy foods to reduce their consumption.

These policies are more urgent than ever in light of the current signs of stagnation in regional economic growth, which pose a significant risk to food and nutrition security.

Governments should maintain and increase their support to the most vulnerable to avoid undoing their advances in the fight against hunger and to reverse the current rise in obesity and overweight, working together through initiatives such as the Community of Latin American and Caribbean States's Plan for Food Security, Nutrition and Hunger Eradication.

Although there are sig-

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American Foundation to present UWI's Shirley Chisholm Award



Inside Life

By Vinette K. Pryce

One month after the exit of the 44th and first Black president of the USA from the White House, the first Black woman who sought the esteemed position 45 years ago will be acknowledged and lauded when the American Foundation for the University of the West Indies (AFUWI) presents the inaugural Shirley Chisholm Award.

The distinguished honour and presentation will be made to an individual during the 20th annual gala fundraiser slated for the Pierre Hotel on Feb. 23.

Although the name of the deserved individual was not revealed to Caribbean Life, organizers said the person exemplifies -- "through their lifetime of work in social justice, fighting for educational opportunities and civic work reflect the essence of esteemed Congresswoman Shirley Chisholm."

Revered from the halls of congress to the streets of Brooklyn where she was born, Shirley Anita St. Hill remains an iconic politician best known for becoming the first Black congresswoman to represent New York.

The pioneering Democrat became the first Black female elected to the US Congress in 1968.

Her legacy swelled serving in the House of Representatives for seven terms.

However, her reputation heightened when she announced that she would run for the 1972 Democratic nomination for the presidency.

Setting a precedence still not achieved after the 2016 presidential elections, Chisholm's campaign slogan "Un-bought and Un-bossed" proved a daring challenge to the electorate and a daunting task many party colleagues could not embrace 45 years ago.

Advocating for better treat-

ment of Haitian refugees, she amplified the cause of spending increases for education, health care and other social services as well as implored reductions in military spending.

She fiercely opposed US involvement in the Vietnam War and the expansion of weapon developments.

Chisholm's daring decision to run was stalled when the political party rejected her ambitious bid and for being ahead of her gender and race in leading a charge to presiding over the nation.

During her tenure in Congress, Chisholm also made her imprint in the area of national security and foreign policy.

She toiled to revoke the Internal Security Act of 1950 — which tightened alien exclusion and

deportation laws and allowed for the detention of dangerous, disloyal, or subversive persons in times of war or "internal security emergency."

The Act made picketing a federal courthouse a felony. The Act required communist organizations to register with the attorney general and established the Subversives activities Control Board to investigate persons suspected of engaging in subversive activities or otherwise promoting the establishment of a "totalitarian dictatorship," either fascist or communist

After retiring in 1986, the no-nonsense politician — born to a Guyanese father and a Barbadian mother — was named by President Bill Clinton in 1993 to serve as ambassador to Jamaica.

She declined the nomination citing declining health.

The tireless pioneer died Jan. 1, 2005.

However, in 2015, President Barack Obama acknowledged the role Chisholm played in paving the path to his historic, unprecedented victory by posthumously awarding her the Presidential Medal of Honor.

The inscription on her epitaph at the Oakwood Mausoleum at Forest Lawn Cemetery in Buffalo where she is laid reads: "Un-bought and Un-bossed."

According to a spokesperson for AFUWI, "the awards hail notable individuals from the US and from the Caribbean, all of whom represent high levels of achievement within their respective fields."

This year, Doug E Fresh, a Barbadian-American rapper, record producer and entertainer acclaimed as "The Human Beat-box" will receive the 'Robert "Bob" Nesta Marley Award' for his contribution to society and to "the advancement of arts and culture, transcending race, color, creed and geographies; to unite people worldwide in a spirit that embodies the essence of the music and lyrics" of the reggae icon.

Catch You On The Inside!



Congresswoman Shirley Chisholm (D-N.Y.) is seen in 1968.

Associated Press

Trinidad & Tobago sets new legal age for marriage

By Azad Ali

The Trinidad and Tobago government has passed legislation to make 18 years the new legal age of marriage—ending decades of child marriages.

The bill, which was passed in the Senate last week, will now go to the Lower House for final approval.

In piloting the bill entitled, "An Act to amend the Marriage Act, the Muslim Marriage and Divorce Act, the Hindu

Marriage Act, the Orisa Marriage Act, and the Matrimonial Proceedings Act," Attorney General Faris-al-Rawi revealed that Trinidad and Tobago has recorded more than 3,000 child brides in the last two decades.

He produced updated statistics from the Registrar General for the period 1996 to 2016, which showed there were 3,478 child marriages during that period and of these figure, a mere 74 were

males under the age of 18.

The attorney general said there were 1,156 Christian or non-Christian marriages, 526 Muslim and 1,796 Hindu marriages.

This, he said, means there was a total of 3,404 child brides in the past decades with an average of 170 young girls being married off every year.

He said and their grooms and 11-year-olds up to 16-year-olds were married off

to men in the age bracket of close to 36, 46 and 52 years of age.

In terms of live birth figures taken from public hospitals, for the period 1999 to 2015, there were 15,231 births to children, Al-Rawi said.

In the period 2011 and 2015, he said the total number of teenage abortions recorded in the public health sector was 743 and these included abortions for girls in the 13 to 16 age bracket.

Rise of the Alt-Right

Continued from page 10

Will this approach generate more anti-Americanism abroad?

President's attempts to heal the racial divides at home, as the first Black president, seem now to be overwhelmed by the rise of Alt-Right and White ethnonationalism.[7] Will Americans be able to unify under the new president?

President's senior advisor David Axelrod has said, Trump is the antithesis of Obama.[8] This may be true just as the election of President Obama was partly a reflection of "the Bush fatigue" eight years ago.

Bruce Levine, a clinical psychologist writing in Huff Post diagnosed the problem — stripped of false realities, Americans are facing a political "psychotic break." Levine said, "Every so often, the American societal-political veil lifts, and what was clear to George Carlin and other cynical nonvoters is difficult to deny even for voters skilled at denial." [9] American dream seems to be in abeyance.

President's farewell address sounded the alarms on at least three big issues: growing inequality, racial division, and post-truth politics.[10] Add to this the growing sense of cyber-security threats — potential hacking of 2016 elections

by the Russians confirmed by the intelligence community — the vulnerabilities of the American system seem precarious. [11] We know the DNC computers and the Federal personnel files have already been compromised by foreign entities. [12]

The Democrats lost more seats in the past eight years than in any previous administration in recent times.[13] Obama's popularity may have waxed and waned through the two terms, but his approval abroad[14] and in the bi-coastal — multicultural, multiethnic, multiracial — enclaves of the new America, the so-called Obama coalition, always remained relatively high.[15]

He will always be America's first Black president, with roots in Africa, Asia, and the Pacific — who could walk and chew gum at the same time. Obama inspired the world to believe that King's dream can come true — "I have a dream today. ...That one day little black boys and girls will be holding hands with little white boys and girls." [16]

In the long span of history, Obama's legacy will be a shining moment at the onset of the 21st century when America rose up and lived out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal." [17]

We must carry forward the dreams from Obama's America!

Dinesh Sharma, associate research professor at SUNY Binghamton University, is the author of "Barack Obama in Hawaii and Indonesia" and "The Global Obama."

Eradicating hunger

Continued from page 10

nificant variations according to sub-regions and countries, Latin America and the Caribbean considered as a whole has a food availability that far surpasses the requirements of all its population, thanks to its great agricultural performance. However, in several countries, this process of agricultural development is currently unsustainable, due to the consequences it is having on the ecosystems of the region. The sustainability of food supply and its future diversity are under threat unless we change the way we do things.



The change in the eating habits in Latin America and the Caribbean has led to an increase in overweight and obesity in the region.

Eduardo Bermúdez / FAORLC

The region must make more efficient and sustainable use of land and other natural resources. Countries must improve their techniques of food production, storage and processing, and put a stop to food losses and waste, as 127 million tons of food end up in the trash every year in Latin America and the Caribbean.

To meet the Sustainable Development Goals, and especially SDG2 / Zero Hunger, which aims to eradicate undernourishment by 2030, the region needs to act on the complex interactions between food security, sustainability, agriculture, nutrition and health, to build a hunger and malnutrition free Latin America and the Caribbean.

The eradication of hunger and malnutrition is not a task that can be left to the indifferent hand of the market. On the contrary, governments must exercise their will and sovereignty to develop specific public policies that attack the conditions that perpetuate hunger, overweight and obesity, as well as their consequences on the health of adults and children. Only by turning the fight against malnutrition into State policy can we put a stop to the rise of malnutrition in the region.

Eve Crowley is acting regional representative of the U.N. Food and Agriculture Organization (FAO) for Latin America and the Caribbean.



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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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CARIBBEAN ROUNDUP

Continued from page 4

is the formal procedure for withdrawal from the EU. This follows a referendum which was held on June 23, 2016, in which 52 percent of British voters were in favor of leaving the EU.

Despite this move, Harris believes the UK will continue to be a strong partner with St Kitts and Nevis



During the meeting, Baroness Anelay reassured Prime Minister Timothy Harris of her government's continued relationship with St Kitts and Nevis.

St. Vincent

St. Vincent and the Grenadines Prime Minister Dr. Ralph Gonsalves is not in support of the economic citizenship programs being implemented by some member states of the Organization of Eastern Caribbean States (OECS).

He has reiterated that his country's citizenship is not for sale.

The prime minister noted that the highest office in the land is that of a citizen, higher than prime minister and higher than the governor general.

However, former St. Kitts and Nevis prime minister Denzil Douglas denies that the Citizenship by Investment Program (CIP) represents the selling of citizenship.



Douglas said the country's citizenship for St. Kitts and Nevis was definitely not for sale.

He said the St. Kitts program was an economic development program, an investment program that invited persons to invest in the country and no one was really selling the passport.

St. Lucia

The Community Relations Branch (CRB) of the Royal St. Lucia Police Service has warned it will be cracking down on schoolchildren who carry weapons and drugs in their school bags.

Police said during 2015 and 2016 they seized 47 knives, including penknives, five cutlasses, 46 scissors, nine

screwdrivers, and lighters were discovered along with marijuana sticks, 13 five-bag portions of the herb and foil wraps of cocaine.

Police said these drugs and weapons are increasingly being confiscated from the bags of the nation's students.

The offenders were, however, spared of prosecutions and placed in rehabilitative programs coordinated by their schools.



Police would soon be rolling out a crime prevention initiative dubbed "School Crime Watch."

Trinidad

The Trinidad and Tobago government has come up with several initiatives in wake of the high levels of crime and lawlessness which has seen 28 murders committed within the first three weeks of January 2017.

National Security Minister Edmund Dillon reiterated government's concern with the levels of crime in the country and its commitment to tackle the problem in a coordinated, multi-faceted approach involving all arms of National Security.

Prime Minister Dr. Keith Rowley said the government is about to initiate a manpower resources audit in the Trinidad and Tobago Police Service.



He said one of the government's measures in its attack on crime is to focus on the quality of Police Service personnel and the question of accountability.

The prime minister said the government will leave no stone unturned to help the Police Service become better and in a more responsible manner.

Dr. Rowley said the government had spent a significant sum in helping the police in the area of information gathering.

The government has come under pressure for the escalating murder rate, which has already reached 28 in the first 16 days of the New Year. Last year there were 462 homicides.

— compiled by Azad Ali

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Our Perspective

Presidents Change, But Our Values Should Not

By Stuart Appelbaum, President
Retail, Wholesale and Department Store Union, UFCW

The President of the United States may have changed – but our values should not.

All working women and men – all people – deserve to be treated with dignity, justice and respect – regardless of who is President. And we will fight any attempts to deny them. Too many immigrant workers, women, white workers, and people of color feel trapped in an economy that fails them and only seems to reward those at the very top.

We must bring working people together across their differences. We must help them understand their common interests. And we must stand ready to fight and organize as a unified twenty-first century labor movement. Because working people desperately need strong unions.

You can't say that you want to help working families and then turn around and attack unions. And we won't stand idly by and let the new administration go after workers and their unions.

We must stand ready to fight and organize as a unified twenty-first century labor movement.

Together, we must build alliances and coalitions that can stand together for our values.

Together, we must transform our country from within and bring all communities into a larger progressive

movement. A movement that lifts up all working people. A larger progressive movement that takes the energy and learns the lessons from the Occupy Movement and Black Lives Matter and the Bernie Sanders campaign and the Fight for Fifteen. A larger progressive movement that is inclusive and diverse.

Together, we must build alliances and coalitions that can stand together for our values. Alliances that can stand up against all forms of bigotry and economic exploitation in all areas of society where our lives and the lives of other vulnerable communities are threatened.

We must do this together – because justice is indivisible.

You cannot be for justice for some and not for justice for all. Together, we must never stop fighting for what is right.



www.rwdsu.org

Efforts afoot to fight crime in Jamaica

By Dawn Plummer

To help dismantle the surging in crime and violence in Jamaica seen in ways as never seen before, a group of highly skilled crime stoppers have galvanized and formed a team called, The Jamaica Diaspora Intervention and Prevention Task Force. The group members are all Jamaicans coming together from across the globe with the expertise and professionalism in law, criminology, the military, social services, justice, psychology, correction, technology, education and the diplomatic corp.

At the helm of the 30-member group is Retired Army Captain of the Jamaica Defense Force, Dr. Rupert Francis, now a criminologist and educator. In a meeting held on Sunday, Jan. 22 by the group, Dr. Francis emphasized the necessity and importance to uphold this multifaceted team, "we have to establish cells of people to merge and find solutions, a team which has an understanding of the research and resources needed." In making his remarks, Captain Francis said, tangible results are needed to provide the best results the task force could get. Members of the group are also conducting comprehensive studies on schools and communities, he noted, which for decades have had high crime rates and that there was a need to activate plans to eliminate the problems.

The group has already developed "Fact Finding Mission" plans. In addition, several steps have been taken by group members to identify resolutions to help with the court system, the young people and the underemployed. The group will also address the issue of tax evasion. A situation that long restricts government revenues, group members noted.

A member of the team, Florida-based attorney, Wayne Golding has already identified areas where his support is needed most, and he has been helping the courts in Jamaica in case



Dr. Rupert Francis.

management, back logs and helping to identify some areas of inefficiencies in the system. Golding stated also that "conviction rate is low," in Jamaica so the court system must be effective as the citizens need to have confidence in the justice system.

Captain Francis in continuing his presentation called for more support from the Diaspora and reminded members that crime is a deterrent to development. "We have to prepare our young people and show them that this is not a way of life for them," he said.

Dr. Francis expressed the situation as gratifying to the citizenry in Jamaica and the Diaspora and noted that strong endorsement has come from the Ministry of Justice, Ministry of National Security, The Jamaica Defense Force, The Police Department, the private sector and other appropriate agencies.

The crime fighting task force will convene again soon to present some of its findings to the appropriate government defense agencies in Jamaica.

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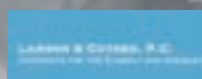
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Jamaican nabbed with cocaine in beef patties

By Nelson A. King

The United States Customs and Border Protection (CBP) agency says officers at New York's John F. Kennedy International Airport have nabbed a Jamaican national with cocaine in beef patties.

CBP said on Thursday that officers intercepted Chantal Alecia Bedward on arrival on a flight from Kingston, Jamaica on Tuesday.

During her examination, CBP officers discovered what appeared to be a box of Tastee Brand, Jamaican Beef Patties.

CBP said officers escorted Bedward to a private search room, where the box of beef patties was opened, revealing 12 duct-taped packages.

The packages were probed producing a white powder that tested positive for cocaine, CBP said.

It said Bedward was arrested for the importation of a controlled substance and was turned over to Homeland Security Investigations (HSI). The approximate gross weight of cocaine seized was 4 lbs., CBP said.

"This seizure demonstrates the vigilance and dedication demonstrated daily by CBP officers at JFK, in keeping these prohibited and dangerous narcotics off the streets of our communities," said Robert E. Perez, Director, Field Operations in New York for CBP.

The estimated street value of the seized narcotic is US\$70,000, CBP said.

Bedward now faces US federal narcotics smuggling charges and will be prosecuted by the US Attorney's Office in the US Eastern District Court of New York.

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Covered areas designated for pickup and drop off at the Argyle International Airport.

International Airport Development Company

Ex-teachers prez welcomes opening of Argyle International Airport

By Nelson A. King

Jackson Farrell, the long-standing president of the Brooklyn, New York-based St. Vincent and the Grenadines' Ex-Teachers Association, has joined the vast number of Vincentians in the Diaspora and at home in welcoming the Feb. 14 opening of the Argyle International Airport (AIA).

"The airport, whether we like it or not, is coming on stream," said Farrell, a former La Croix, Marriagua resident, in addressing, two Sundays ago, the gala, sell-out 34th Anniversary Luncheon of his group, at Grand Prospect Hall in Brooklyn.

"When the Comrade [Prime Minister Dr. Ralph E. Gonsalves] passes on, the airport will still be there," added the recently retired public school teacher in Brooklyn. "So, let us stop the 'dotishness' [opposition to the international airport]."

In his remarks in the souvenir journal, Farrell, who taught elementary and secondary schools in St. Vincent and the Grenadines before migrating to New York, said the opening of the AIA "brings with it 'blessings and challenges.'"

He said the St. Vincent and the Grenadines Ex-Teachers Association has been "an integral part" of the Brooklyn-based Friends of Argyle International Airport, the group that has been raising funds to assist construction of the airport.

"We have stated clearly that we recognize certain projects purely through the prism of national interest and not as any political partisan objective," Farrell said.



Consul General Howie Prince addresses ex-teachers' luncheon.

Photo by Nelson A. King

Speaking at the ex-teachers' celebratory event, Consul General Howie Prince said he has been receiving a number of inquiries about the AIA's official opening and charter flights on the opening day.

He told Caribbean Life on Sunday that more concrete information may be forthcoming during the week.

Earlier, in a message to nationals in the Diaspora, Prince, the former director of the National Emergency Management Organization (NEMO), said he was awaiting word from Glen Beache, the point person on charter flights for the opening day. Beache, a former tourism minister, is also the chief executive officer of the St. Vincent and the Grenadines Tourism Authority.

Nevertheless, Prince told patrons at the ex-teachers' anniversary luncheon that he, like an overwhelming number of Vincentians in the Diaspora, "look forward to land in St. Vincent and the Grenadines."

"One stop! SVG [St. Vincent and the Grenadines] we coming!" he exclaimed. "One stop! SVG we coming!"

In late December, Gonsalves announced on local radio station, Star FM, an organ of the incumbent Unity Labor Party (ULP) that the AIA will be opened on Valentine's Day.

"I called in just to announce formally that Argyle International Airport would be opened on Feb. 14, on Valentine's Day, the day of love," he said.

"All of us in St. Vincent and the Grenadines, it's a day which we've been looking forward to," the prime minister added. "So, I thought that I should mention it to you."

Last year, the International Airport Development Company (IADC) — a private limited liability company wholly owned by the government of St. Vincent and the Grenadines, whose mandate is to spearhead and coordinate all matters relating to the financing and construction of the Argyle International Airport and arranging for the effective management of the airport on its completion — said that work on the AIA was "winding down."

"Since construction started in August 2008, Vincentians have waited in anticipation of the completion of this project," said IADC on its website, adding that, after several missed dates, "completion is on the horizon."

Vigil remembers Haitian earthquake

By Alexandra Simon

Many Haitian-Americans commemorated seven years since Haiti's devastating earthquake in 2010 at Brooklyn College's student center on Jan. 12.

Students and guests sat for a moment of silence for the lives lost, performed cultural music, dances, and songs, and some guests recalled their lived experiences during the earthquake. One woman who barely escaped the earthquake called to mind her fears and being saved by a family member.

"It was terrible — I thought the world stopped because all I could see were houses around me all falling down," said Shernidane Romulus, who lived in Port-au-Prince at the time.

"I got a little scratch and parts of the house fell on my feet. My uncle saved me — he had to



Shernidane Romulus talks to guests about living through the earthquake in Haiti, at a vigil remembering the victims at Brooklyn College on Jan. 12.

Nozaira Dolce

break through the door to help me."

In the aftermath of the earthquake Romulus said there were things she remembered that still haunts her memories. She and her family found refuge in their home's

backyard, but that didn't stop their anxiety from aftershocks and more distressing the smell of death that permeated the city.

"We were scared to go back inside the house, and we slept outside for three days before we could. But some people slept outside for months," she said. "I will never forget the smell — it smelled so bad."

Romulus who moved to the United States two years ago, said she was not sure if Haiti would recover from the devastation, but she remained hopeful and praised the resilience of her countrymen and women. She said the Haitian community should continue remembering the earthquake and become more involved in issues concerning their homeland.

"It's important to keep remembering what hap-



Guests at the event listen as a speaker recalls the earthquake. Nozaira Dolce

pened because I never thought it be the same Haiti again, but we are still here and we are still human," she said. "I also want to tell Haitian people it's time to be concerned to what is happening in Haiti and put our heads together."

Organizers say this annual commemoration is needed to keep the Haitian community united

during times of sorrow, and Haitians should never forget the devastating incident that changed the country.

"We saw the need and importance for the Haitian-American community here to have a vigil to remember the victims of the earthquake and for us to come together in solidarity and support of others who lost

family members during this tragic event," said Menesky Magloire, one of the vigil's organizers. "It is very important to me that we commemorate the 2010 earthquake, for the simple fact that we do not forget the victims and the fact that economic inequality and poverty play in the amount of victims this tragic event cause."

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Catch me if you can

"Man on the Run" by Carl Weber
c.2017, Grand Central Publishing
\$25.00 / \$32.50 Canada
309 pages

By Terri Schlichenmeyer
Catch me if you can.

You might have said that once, giggling. You may have yelled it at a game one afternoon. You said it, maybe, in a flirtatious manner on some romantic evening. Run, run, run, catch me if you can because, as in "Man on the Run" by Carl Weber, this chase may keep a man out of prison.

The night Kyle Richmond learned that his best friend, Jay Crawford, had busted out of prison was unusually memorable: Kyle and his wife were naked in their hot tub when U.S. Marshalls broke in and surprised them. The Feds were sure that Jay had contacted Kyle, in search of money and a place to hide.

The marshalls had shown up at Wil Duncan's office that afternoon, too, but they quickly learned that Wil didn't know

where Jay was. Wil was best friends with his boy, Jay, for years but that didn't mean he was a regular visitor at the prison. Truth: he hadn't seen Jay in ages. No, Wil had enough problems, with his job and his powerful uncle putting the pressure on him to join the "family business."

Jay's other best friend, Allen, wasn't visited by the United States Marshalls — maybe because he'd never gone to see Jay in prison. He had his hands full just keeping his beautiful wife, Cassie, happy, so instead, Allen anonymously put money in Jay's commissary fund and sent him gifts, but his name was not tied to the criminal Jay Crawford.

It was quite a surprise that Jay showed up on Allen's doorstep, looking for help.

Ten years ago, Jay Crawford was accused of raping a woman, but she'd set him up. He was innocent and because of that, he wasn't about to take the rap for anything, even if it meant parole — and so, he escaped from prison instead. He figured he could count on

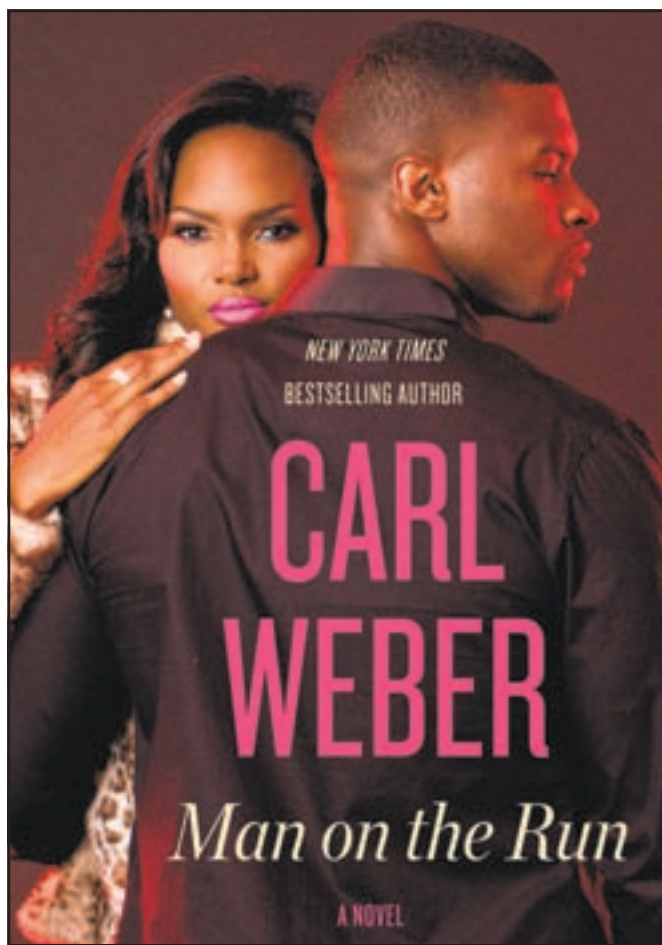
his three best friends to help a guy out.

He never figured that his friends would be the ones who'd need help...

Confession time: I'd stopped reading author Carl Weber's novels a few books ago. I was getting tired of all the women, beautiful, and all the men, criminal. Same-same-same, and it was no fun. But with "Man on the Run," I'm glad I came back into the fold.

The women are still all beautiful here and the men still get into trouble, but this book arcs back into some old Weber favorites from many years past. Savvy, long-time readers will remember many hearts and laws broken, as well as a lot of hot mattresses and cold revenge. You'll welcome all of them back as Weber takes readers again into his beloved Queens, to backstabbing boardrooms, steamy bedrooms, and businesses that are never as innocent as they seem.

Yes, it's over-the-top, but this book just feels better than prior ones. Once you've read



Book cover of "Man on the Run" by Carl Weber.

it and gotten over its slippery little cliffhanger, in fact, you'll be hungry for the next install-

ment. In the meantime, "Man on the Run" is the book to catch.

OPHTHALMIC SURGERY

Simple Procedure Improves Dry Eyes & Sagging Eyelids

Exclusive interview with Dr. Golio, Director of Craniofacial Surgery

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

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

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

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

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

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

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

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

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

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



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*Past Results Do Not Guarantee Future Outcomes

Flatbush dentist serves community with pride

By Alexandra Simon

A Flatbush dentist serving the Prospect Lefferts-Gardens community for 38 years takes pride in his honest business approach and the dental needs of his predominantly Caribbean community, and has been for the past three decades.

Specializing in general dentistry, doctor Samuel Wordie's services include cleaning, treatment, evaluation, instructive oral hygiene, and much more. But his main focus for his patients is preventive care to avoid long-term dental issues, and genuine time. But recently he has seen the negative effects of the Affordable Care Act, better known as Obamacare.

"I've been in this business long enough to see the way some offices operate, and some are more on the business side of things, and not on the concern or special needs of the patient," said doctor Wordie. "I am concerned about the needs of the patients. What I wouldn't do on a family member — I wouldn't do on my patients just to make money."

Wordie said the insurance demands of state and federal health plans, specifically in dentistry, enforce a volume of patients per dentist, which also results in poor dentistry. Insurances such as medicaid and plans under Obamacare provide the coverage, but no real advantage as it pertains to dental health, said Wordie.

"With these plans you have to see them in volume and their



Taking pride in his craft, Dr. Wordie performs general dentistry to patients of all ages and teaches them dental hygiene at his clinic [160 Parkside Ave between Ocean Avenue and St. Paul's Place in Prospect Lefferts-Gardens].

Community News Group / Alexandra Simon

plan might be paying \$19. For you to make the \$100 you used to make for one patient, you have to see about five patients now — so the quality of care is not the same because of time allotment," he said. The dental portion of Obamacare fees are very low and akin to medicaid, and some of those fees are even worse than medicaid."

He also said it was not just harming his practice and others, but people were not aware of the subpar treatment they were

receiving.

"With the Affordable Care Act they changed a lot of things — it's gotten most people into these coverages that are not helping them," said Wordie. "They are now charging so much premiums and deductible for patients to meet and if they can't, unless you're going to a specialist you're not getting the same care."

Years ago he removed his practice as an enrollee of medicaid, which he did in 1992. But in

the last few years, he's seen similar instances with Obamacare. Many of Wordie's patients have been with him for 20 years and more, a significant number from families who have been patients of his for years. The only way he sees his practice improve is federal revisions to the current health care.

"It's not only my clinic that needs help, it's everybody and it's up to congress to come up with a solution to this," said Wordie. "Before the Affordable

Care Act people had insurance, and the insurance had a bill and pace, and that's how it used to be. Now they give you a fee schedule as to how much they're going to pay you, and you either take it or leave it."

Doctor Wordie works on a schedule, seeing his patients by appointment only. The changes in the dental industry has changed in ways he did not imagine, but he said he will continue practicing dentistry until he can no longer do it.

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2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

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 - **Option 2:** You can remain in the Class and hire your own counsel at your expense. At this time you are represented by the Class Counsel.
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- To exclude yourself from the Class you must send a letter postmarked no later than April 30, 2017, with your (i) name, (ii) address, (iii) telephone number, (iv) signature, and (v) say you want to be excluded from *Gulino v. BOE*. Send the letter to Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000.
- If you choose to remain in the Class, **you must submit a claim form in order to be eligible for monetary and other individual relief**.
- To get a claim form or if you have questions about this case, you may contact The Garden City Group, Inc. at no charge to you:
 - Call: (844) 322-8233;
 - E-mail: questions@gulinolitigation.com;
 - Write: Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000; or
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Have a party to remember at Sirico's

BY CAMILLE SPERRAZZA

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

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

Weddings

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

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

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

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

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

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

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

Sweet 16s

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

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

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

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

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

Other parties

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

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

Let's get this party started.

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



Suzanne Louis prays by herself in the nearly empty emergency ward of Port-au-Prince's General Hospital, Haiti, Thursday Jan. 19, 2017.

Associated Press / David McFadden

Staff strikes shutter hospitals

By David McFadden

PORT-AU-PRINCE, Haiti (AP) — Public hospitals that cater to Haiti's poor are shuttered or barely functioning due to walkouts by nurses, janitors, porters and other personnel months after the troubled country endured a lengthy and punishing strike by resident doctors.

Alisma Roseta Georges, leader of Haiti's health workers union at the General Hospital compound in Port-au-Prince's crowded downtown, said Thursday that the syndicate's 4,690 nurses and non-medical personnel can no longer get by on "starvation wages." Waves of staff walkouts have spread to numerous other government-run hospitals in recent days.

"If the government doubles the salaries we are ready to stop our strike," Georges told reporters at the capital's biggest hospital where conditions are never good but are worsening quickly.

Haiti's health ministry has told union leaders it cannot afford higher wages after resolving a strike with resident doctors in September. Calls to senior health ministry officials went unanswered and hospital administra-

tors were in a meeting and didn't immediately provide comment.

Wages for nurses and non-medical personnel haven't seen an increase for a decade, union officials say. Porters and janitors make roughly \$162 a month while nurses get just over \$300.

This is the latest strike to cripple Haiti's severely under-resourced health system that struggles to cope during the best of times. Resident doctors who went on strike for nearly five months last year said systemic changes are needed for a public health system that has long been unable to give adequate care to many.

But those changes have not been prioritized. At the General Hospital in Port-au-Prince, hallways are now marked with fresh graffiti criticizing the health ministry. The floors of nearly empty wards are stained with dried blood and littered with soiled bandages. Stranded patients are watched over by relatives and missionaries rather than medical personnel.

Suzanne Louis, who was brought to the hospital last month for a surgery after getting hit by a car, is losing hope in a room where she is the only patient left. The

impoverished woman with no close relatives tries to keep her bandaged leg clean the best she can since the walkout by nurses.

"I don't sleep because I am in so much pain," she said, her right leg twisted as she lay on a cot.

When strikes hit, clinics run by NGOs and religious groups are forced to treat more patients who can't afford private care. When they have patients who are seriously ill and need inpatient care, they have major problems finding a hospital that will accept them.

"Haiti's poor — which is just about everyone — are the ones who suffer the most when the public hospitals close," said Dr. John Carroll, an American who mainly works in a pediatric clinic in the desperately impoverished Cite Soleil neighborhood.

Eveyln Jedeon brought her 16-month-old daughter, Leyla, to the Cite Soleil clinic run by the Daughters of Charity because the public hospital by her home north of Port-au-Prince was not taking any patients.

"I have to travel here to get medical care for my daughter. That's just the way it is," she said with a shrug.

EDUCATION



College saving that won't break the bank

The cost of college tuition concerns parents from all walks of life. While college continues to get more expensive, it remains a worthy investment.

In its 2015–16 “College Planning Essentials” report, J.P. Morgan Asset Management dispelled the growing notion that a college education is not worth the student loan debt many young adults assume to earn their degrees. The report noted that college graduates earn 38 percent more than high school graduates, even after factoring in student loans. The report also noted that the return on investing in college is nearly \$1 million more in lifetime earnings. What’s more, a 2013 report from the Georgetown University Center on Education and Workforce projected a shortage of five million college-educated workers by 2020, suggesting that college graduates will be in high demand by the

start of the next decade.

While such figures highlight the importance of a college education, they may do little to ease parents’ concerns about how to finance that education. While saving enough money for college may seem impossible, parents can take steps to decrease the likelihood that their kids will need to take on substantial loans to support their education.

Start early

The earlier parents start saving for college, the more money their children will have to finance their education. Parents may not realize just how much college tuition is rising compared to other expenses.

According to the U.S. Bureau of Labor Statistics Consumer Price Index, the cumulative percent price change of college tuition between 1983 and 2015 dwarfed the price changes of

other expenses. For example, while the cumulative price change of housing rose 143 percent during that period, the cost of college tuition rose 722 percent over the same period.

The earlier parents start saving for college, the more they can take advantage of compound interest that many college savings plans offer.

Schedule automatic monthly contributions to college savings accounts

Parents learn to expect the unexpected soon after their children are born. Unforeseen expenses may tempt parents to reduce or skip their monthly college savings account contributions.

Reduced or missed contributions can add up over time, however, potentially reducing the totals in your child’s account by a substantial amount. Set up automatic contribu-

tions with your bank or portfolio manager so you are not tempted to use the money you set aside each month for college to finance other expenses.

Increase your contributions each year

Increasing your annual college savings contributions each year can help the accounts keep pace with the inflation rate of college tuition costs. While you might not match that rate, increasing contributions each year by as little as five percent won’t greatly affect your overall budget but can have a considerable impact on college savings.

Saving for college can seem like a daunting task. Yet parents of young children can quell their fears about college tuition costs by making a plan now and sticking to it until kids are ready to enroll in a college or university.



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What to look for in a graduate program

Today's college graduates are facing a difficult job market, one that is flooded with unemployed professionals but few job openings. As a result, many college juniors, seniors, and even recent graduates are considering the pursuit of an advanced degree. When researching different graduate programs, prospective applicants should take the following under consideration:

Admission standards. Applicants should be looking for schools with tough admissions standards. Schools with low ad-

missions standards won't necessarily provide a degree that's valued by prospective employers. Since many students will be pursuing an advanced degree in the hopes it will help them stand out in a crowded pool of applicants, that advanced degree should be one that has substantial value and not one that was easy to pursue and obtain.

Assistance. A good graduate program will boast a career development program that helps place graduates in desirable careers. Ask about past graduates of the program, and where they are

currently working and what they're earning.

Faculty. When researching graduate programs, look for one whose faculty are well known in your desired field. Most school websites list faculty biographies. A strong faculty is one that has a history of scholarly publications, acclaim among colleagues, and professional experience not just in academia, but in the desired field as well. A proven and respected faculty can be a great way for students to make connections in the field.

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But more than this, now is a wondrous time to discover or re-discover this exceptional catering hall. After a stunning re-modeling of their the grand ballroom, management recently spared no expense when they completely re-did the facility's grand lobby as well as the luxuriously appointed bridal suite, now done up with marble and granite accents for a look of timeless elegance.

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.

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

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

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

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

Ideal photographic locales are assured in this world of environments, which also includes an intimate private garden area, a uniquely designed water fountain, as well as a host of fine, white wrought-iron work.

Can even Paradise become better? Of course it can. And they proved that when they totally renovated the large lobby area, adding a regal touch to this space, as well.

Whether it be the wedding, engagement party or any other affair, plan it at Paradise and the bottom line will put a very big smile on your face.

Our service is top flight, with the uniformed staff a longtime part of the Paradise family. These are full-time professionals who know their business; not weekend teens learning the trade.

And when it comes to the food, the chefs are world class. Whatever you can find in the cookbooks, they can serve at the table. They offer an added expertise in all manner of ethnic cooking. Add to that everything is cooked from scratch right on the premises to assure the highest in quality control.

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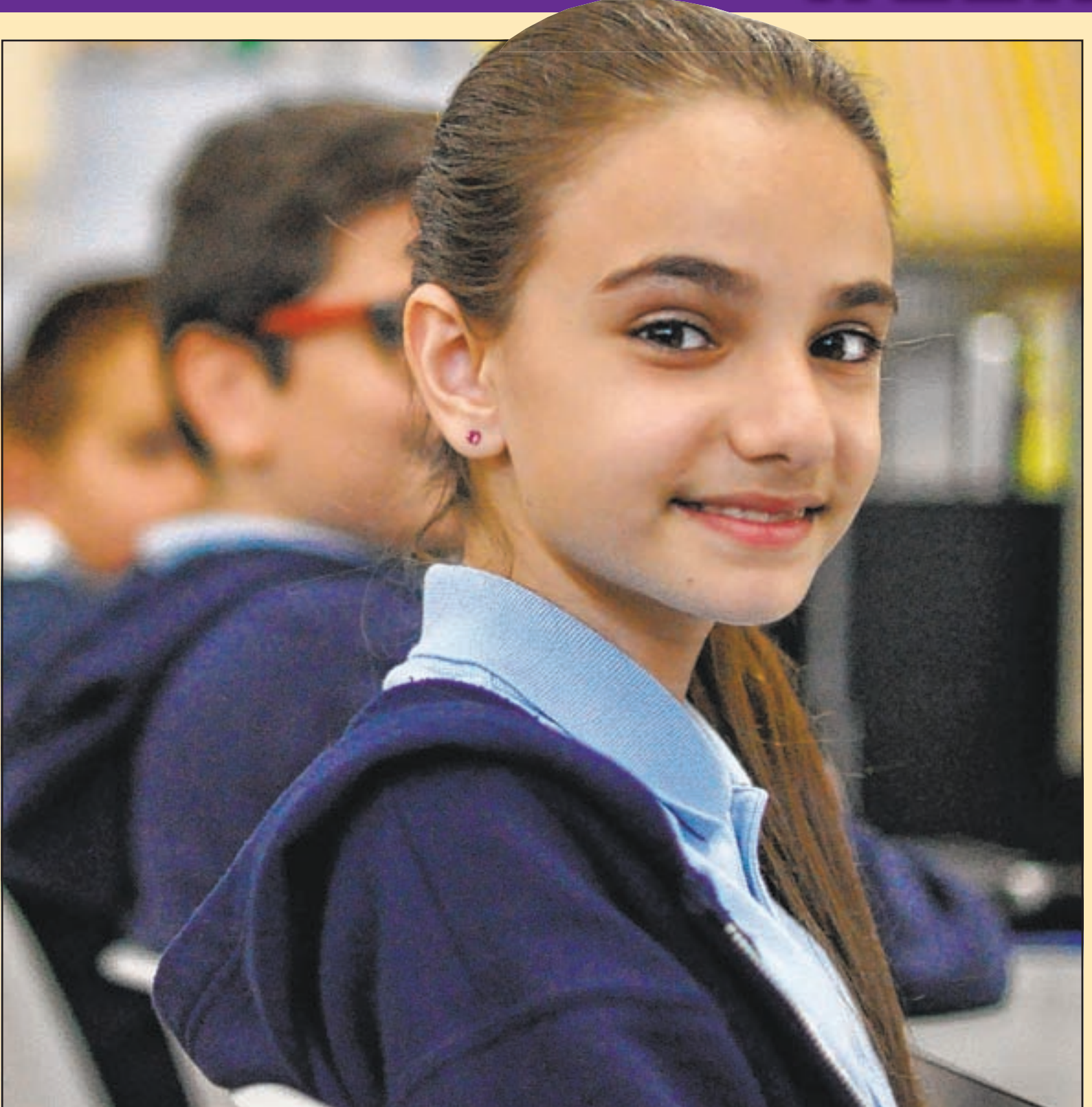
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CATHOLIC SCHOOLS WEEK



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Midwood Catholic Academy

These days, it seems even the youngest children are using high-tech gadgets.

For students of the Midwood Catholic Academy, it's part of the curriculum.

Third-, fourth-, and fifth-grade students at the school use Chrome books in the classroom. Nursery, pre-kindergarten, and kindergarten students use iPads. Every classroom has a Smart Board. These are the tools needed for education in the 21st century, and Midwood Catholic Academy is making sure all of its students are ready for the challenge.

Computer classes are part of that curriculum. The goal is to increase student knowledge and experience with digital media so students can work and communicate in a collaborative and support environment. As required, the New York State Common Core curriculum is incorporated into all classes at the school.

The Academy also believes there's a lot more to learn than technology and core subjects. Children are taught moral values, so they love, accept, and respect others. This is a Roman Catholic school, and religious instruction is evident throughout the day. Prayers are said every morning over the public address system, and students attend

mass at nearby St. Thomas Aquinas Church every Wednesday morning.

"In a world where negative values seem to be reinforced, Midwood Catholic Academy clearly teaches its students the meaning of honesty, respect, and caring," says Principal Elena Heimbach.

Preparing children to be good Catholics is a large part of the school's identity.

"These morals and values will take them through adulthood," she says.

At the same time, "Promoting an atmosphere of true learning is one of Midwood Catholic Academy's deepest concerns."

Music is taught to everyone, and children in grades first through eighth are encouraged to join the school band. They get to show off their abilities at two performances each year. Interestingly, sign language is also taught, providing students with insight into this communication skill.

Physical education is an integral part of the elementary school curriculum, contributing to each child's physical, mental, and spiritual well-being, says Heimbach.

Midwood Catholic Academy [1501 Hendrickson St. between Avenue P and Flatlands in Midwood, (718) 377-1800, www.MidwoodCatholicAcademy.org.



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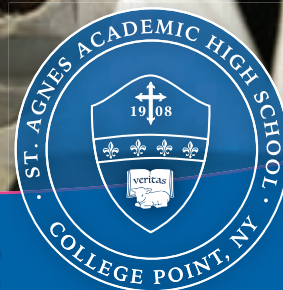
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WELL-ROUNDED

Communities of faith, knowledge, and service

As we begin to celebrate Catholic Schools Week on Jan. 29, the theme — Catholic schools: Communities of faith, knowledge, and service — definitely applies to the academies and parish schools within the Diocese of Brooklyn.

Today, the evangelistic mission of Catholic education incorporates many priorities in addition to strengthening the Catholic identity within the academies and parish schools. The priorities of Catholic education include: academic excellence, building enrollment and class capacity, sustaining the academy governance model, seeking new ways of funding the academies and parish school finances, and ensuring that our academies and parish schools are preparing their students for future leadership throughout the area. Moreover, academies and parish schools within the Diocese of Brooklyn continue to prioritize strong support for the new evangelization.

Catholic identity in our academies and parish schools is always a priority here within the Diocese of Brooklyn. The centrality of the faith guides Catholic educators each day as they diligently educate the children of God, who have been entrusted to our academies and parish schools by their parents. In addition, Catholic academies and parish school communities live the faith through daily prayer and life in the sacraments. Through the Pastoral Assistance Plan all pastors within the Diocese of Brooklyn are involved in the Mission of Catholic Education through the presence at liturgies, prayer services, and teaching of religion classes.

The subject our Catholic faith is unlike other academic subjects because it is not purely academic. Our faith is infused into all academic areas and our faith forms us. Pope Francis recognizes this when he notes that “Catholic schools, which always strive to join their work of education with the explicit proclamation of the Gospel, are a most valuable resource for the evangelization of culture.” (EG.134).

Throughout my years, I have met many leaders within our diocese who have been formed by the faith through Catholic education. There is great hope and promise for the future, as Catholic school children become the future leaders of our church and country. I firmly believe that “faith” is part of our Catholic academy and parish school culture, as is lived each day in



the work done by our priests, principals, faculty, staff, parents, and students.

Catholic academies and parish schools within the Diocese of Brooklyn have a great commitment to academic excellence that is rooted in the faith-based mission of Catholic education. Over the past number of years, we have continued our quest for academic excellence and 21st-century learning. Without diminishing Catholic identity, pursuit of academic excellence has been a major priority. Through the implementation of the New York State Common Core Learning Standards and participation in the New York State Assessments for English language arts and math, we have prepared our students for the educational challenges that they will face in secondary school and college. Our principals and teachers have dedicated themselves to professional development opportunities to ensure that they have an understanding of the necessary tools and resources to meet the educational needs of all our students. Within this edition of the Tablet, you will note the progress that our students have made in both ELA and math. I applaud and thank the principals and teachers for all their hard work, dedication, and commitment to Catholic education.

We must continue to provide our students with the basic tools necessary to be successful in this time of ever-changing technology. Through effective partnerships with DeSales Media Corporation, our academies and parish

schools have been provided with a number of technology initiatives that have greatly enhanced the technology infrastructure in our academies and parish schools. Through various programs and effective local planning by the academy boards, our principals have been able to provide students with: iPads, laptops, SMART Boards, SMART Tables, and impressive multimedia labs. The goal is to continue to ensure that our academies and parish schools are equipped with the technology that will allow our students to be successful in the future.

Through the continued generosity of the St. Elizabeth Ann Seton Trust, we are able to provide students with innovative programs that enhance the academic program.

In addition, the efforts of Futures in Education are essential to the support of Catholic education within the Diocese of Brooklyn. Through their generous support, over \$7 million is given to more than 5,000 for need-based scholarships.

Our parents make the sacrifice each day to enroll their children in the academies and parish schools within the Diocese of Brooklyn. We recognize all of their efforts to support Catholic education and their desire to ensure that their children are prepared for the future. As the primary educators, parents play a vital role in the partnership among parish, academy/parish school and the home.

Pursuit of academic excellence and knowledge is a priority. Through partnerships with various agencies,

collaboration with the secondary schools, colleges and universities, and the guidance of the staff of the Office of the Superintendent – Catholic School Support Services, we are in a position to continue our efforts toward achieving the goals associated with academic excellence.

Service to other is a key tenet of our Catholic faith, for Christ tells us that “if anyone wishes to be first, he shall be last of all and the servant of all” (Mark 9:35). Just as our parishes do a great deal of service work within the community, our parish schools and academies are partners in this important work.

Also of important service is the work of our Board of Directors in our academies. This new ministry for lay leadership is essential to the success of the mission of Catholic education within the Diocese of Brooklyn. Through their time, talent, and expertise, they provide service to our academy governance model. Their work continues to build our communities of learning and all their efforts is advancing the mission of Catholic education within the Diocese of Brooklyn.

As we look at Catholic education within the Diocese of Brooklyn, I would like to highlight some final reflections:

- We offer an education that combines Catholic faith and teachings with academic excellence.
- We partner with parents in the faith formation of their children.
- We set high standards for student achievement and help them succeed.
- We provide a balanced academic program that integrates faith, culture, and life.
- We use technology to effectively enhance education.
- We instill in students the value of service.
- We prepare students to be productive citizens and future leaders.
- We cultivate a faculty and staff who are dedicated, caring, and effective.

This Catholic Schools Week, schedule a visit to one of the parish schools and academies within the Diocese of Brooklyn to witness and experience communities of faith, knowledge, and service.

May they continue to grow and flourish all the more, and may God bless all their work, so that it is realized in the lives of the students and families throughout this great city.

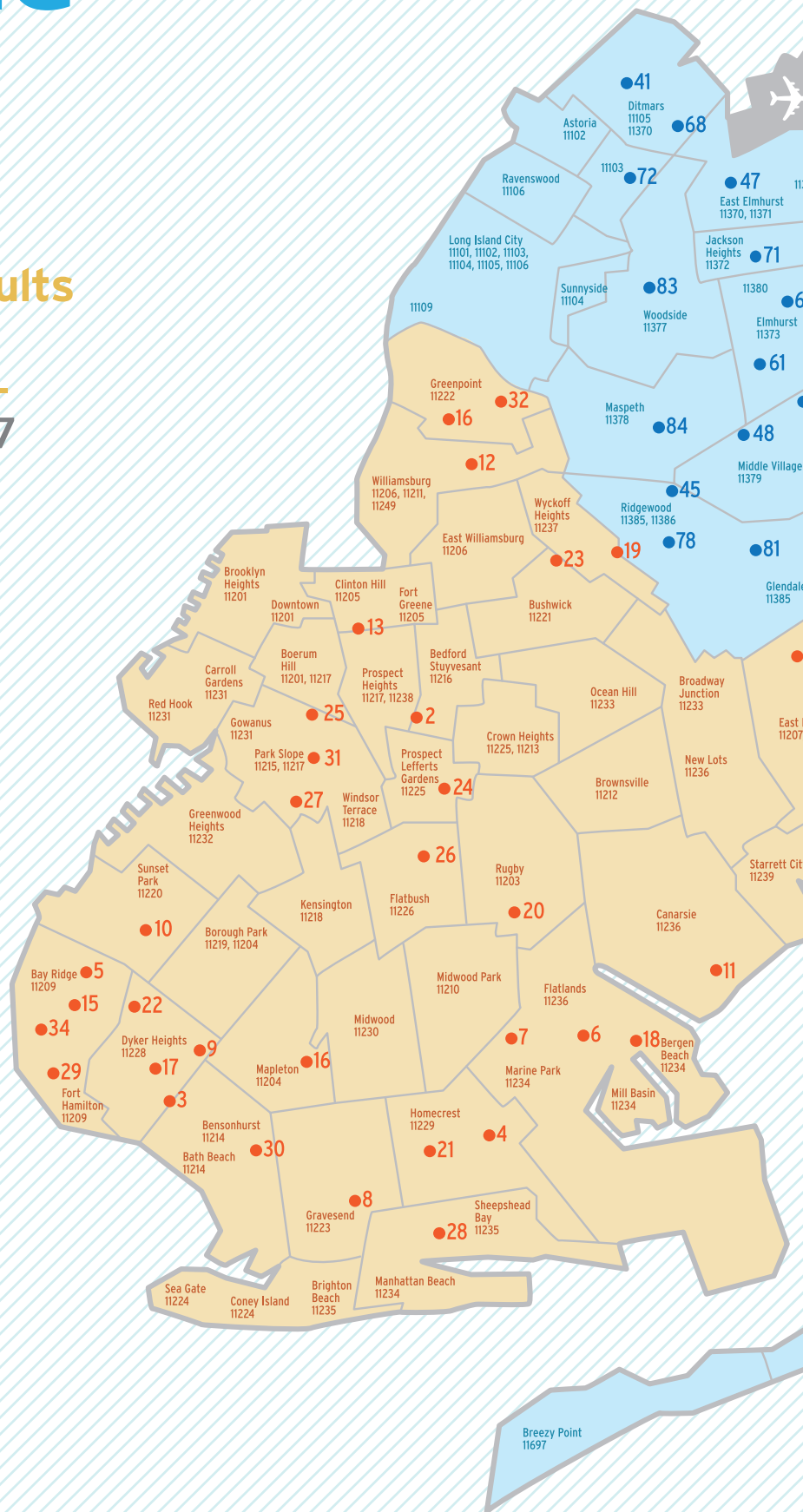
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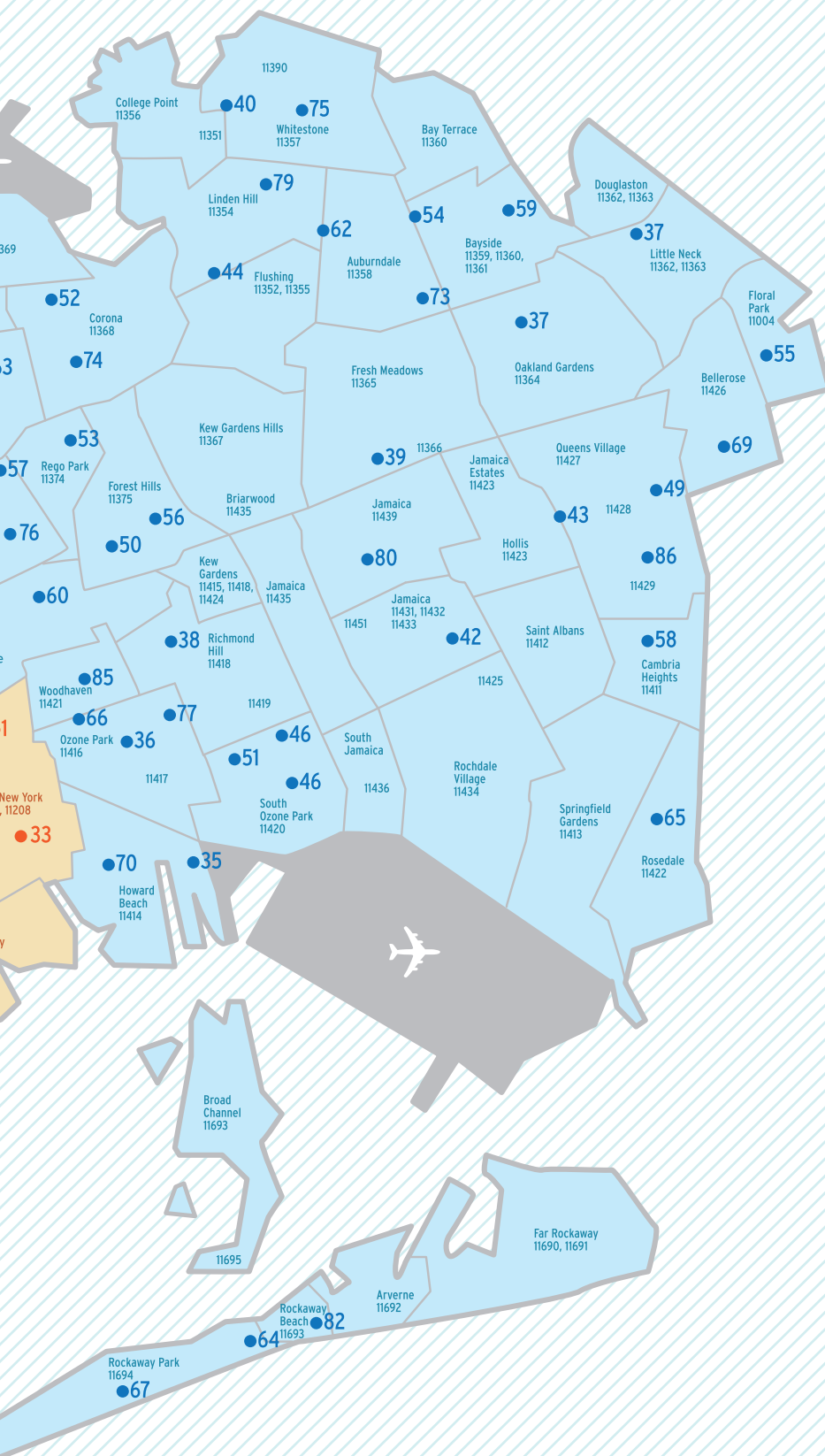


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St. Joseph High School, a Catholic all-girls school, empowers young women to find their voices, grow in faith and become the leaders of tomorrow.

Located in downtown Brooklyn, St. Joseph High School was founded over a century ago by the Sisters of St. Joseph. Leaders in the education of young women, the Sisters believed then, as they believe today, that if you educate a woman, you educate a nation. Today, St. Joseph High School provides academic rigor and excellent college and career preparation for young women with diverse backgrounds and faiths from all five boroughs of New York City.

At St. Joseph High School, our students experience a strong academic and values-based curriculum in a safe and dynamic environment. They are motivated

to be responsible for their actions, rise above peer pressure, and be true to themselves. The faculty understands how girls learn and creates a climate with high expectations for academic achievement and mutual respect.

Full STEAM ahead

State-of-the-art technology engages students across the curriculum with a rapidly expanding **STEAM Program** that prepares students to be leaders in Science, Technology, Engineering, Math and the Arts. With a **STEAM Program** linked to major New York City academic and research universities, St. Joseph High School offers a solid academic program

enhanced by unique experiences for young women interested in this growing field.

In fall 2017, St. Joseph will offer expanded opportunities for teaching and learning with **The iPad 1:1 Program**. Guided by a talented faculty, students will travel beyond the traditional classroom and engage in interactive, project-based learning across the curriculum.

St. Joseph High School has also been selected as one of 80 international members of the **Fab Lab Connect Network**. Emerging from MIT's **Center for Bits & Atoms Fab Lab Program**, the **SJHS Fab Lab Connect Program** provides a plat-

form for education and innovation using technology and digital fabrication. Students will be able to make (almost) anything and have opportunities to improve lives of people both locally and globally.

In addition, St. Joseph High School is one of 54 schools in the nation to be selected for **The Ultimaker Pioneer Program**. Students and educators near and far share their journey of teaching and learning using 3D printers.

The visual and performing arts, an essential part of the STEAM program at St. Joseph High School, provides countless opportunities for students to expand their imaginations. Students de-

velop technical abilities and personal vision through the study of both traditional and contemporary media. They build confidence and self-discipline while enhancing analytical and communication skills.

Admissions and financial aid

St. Joseph High School is committed to every student with intellectual promise regardless of her economic situation. Tuition assistance is available based on need. Decisions are made on a rolling basis.

Please contact Elizabeth Peralta, Director of Admissions, at eperalta@SJHS-bridge.org or call (718) 624-3618 X 21 to schedule a visit to St. Joseph High School.

St. Joseph High School announces the opening of a FabLab Connect in September 2017

As the next phase of a rapidly expanding STEAM Program, St. Joseph High School will open a state-of-the-art FabLab Connect in 2017. While each FabLab Connect is unique and reflects the school that hosts it, all of the students and educators are linked together in a global community of learners. Together they create, invent and collaborate on a variety of exciting projects.

FabLab Connect began as an outreach project for learning and innovation at MIT's Center for Bits and Atoms. Equipped with laser-cutters, routers, 3D scanners, 3D milling machines, and programming tools, students in the St. Joseph High School FabLab Connect can "make almost anything."

St. Joseph High School offers a solid academic STEAM Program enhanced by unique experiences for young women interested in this growing field.



For more information about St. Joseph High School FabLab Connect or to schedule a visit, please contact Elizabeth Peralta, Director of Admissions at eperalta@sjhsbridge.org or call 718.624.3618, ext. 21.



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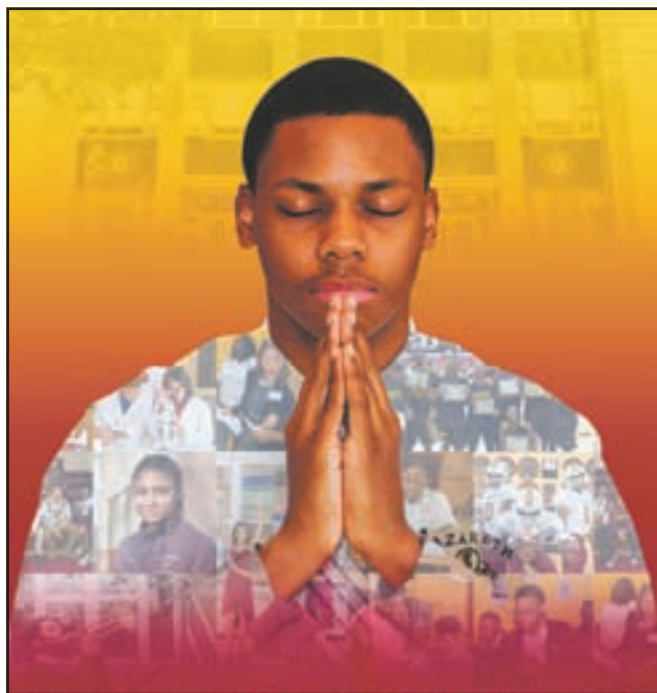
Nazareth Regional High School

Where Bright Futures Begin

Nazareth Regional High School is a high-performing Catholic college preparatory high school that maintains a rigorous academic environment and encourages students to realize and achieve their potential. This year, the East Flatbush school has made a conscious decision to foster a community of technology that empowers students to think independently in an everchanging world.

Technology introduced at Nazareth Regional High School is meant to provide students with a plethora of unique opportunities that are progressive in thought and inclusive of the careers that now exist in this ever-changing world. Nazareth's new 3D virtual reality technology transforms learning and accelerates STEM initiatives. The 3D technology is engaging, entertaining and thought-provoking for students.

What better way to edu-



cate, than to bring to life images of the human body, ancient pyramids, Shakespearean theater or an environment that no longer exists

in our world. Students are captivated and gain control of their educational experience with the interactive software that enables them to immerse

themselves in thoroughly engaging lessons.

All students receive Chromebooks and are trained to work on Google Classroom and a multitude of other programs. Every freshman must take the JavaScript Coding Course, which is the programming language of the web. It is one of the most popular and in-demand skills in today's job market. Students are encouraged to take P Computer Science principles, AP Computer Science A, a gaming elective and/or become part of the Robotics Team.

Stewardship, Morals, Character Nazareth is a Xaverian Brothers Sponsored School that is centered on enduring personal relationships, stewardship for God's creation, religious instruction, spiritual formation, worship and prayer. Character, moral values, a passion for justice and peace and a spirit of harmony are central to the school community.

Making great memories continues to be at the forefront at Nazareth. Students consider "Naz" a home away from home. In this exuberant atmosphere, students find limitless opportunities to learn and connect with others. Naz offers dozens of extracurricular activities and a typical student spends more time at school than at home.

Nazareth continues to develop student athletes. The student athletes truly embody the Nazareth model of success by rigorous work on and off the court or field. That is why the Nazareth student athlete is sought after by college coaches. Every year students earn millions of dollars in Division I scholarships.

Nazareth is currently accepting applications for the 2017-18 school year. Students and parents call the Admissions Office at 718-763-1100 ext. 224 to make an appointment. Financial aid is available for eligible candidates.



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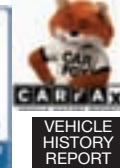
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Seated, from left, UN-Women representative, Ms. Toni Brodber, and CARICOM Secretary-General, Ambassador Irwin LaRocque signing the MOU. Standing, are Senior Advisor in the Office of the Secretary-General Mr. Neville Bissember and Ms. Barbara Vandyke, Office of the CARICOM Secretary-General.

CARICOM

CARICOM gets CDB grant to address gender inequality

By Tangerine Clarke

The Caribbean Development Bank (CDB) has provided CARICOM with a US\$500,000 grant towards the development and implementation of a gender sensitive results based Caribbean Community management system, according to the body's website.

This was announced as Secretary-General of CARICOM, Ambassador Irwin LaRocque signed a Memorandum of Understanding (MOU) with UN Women, to address gender issues, during the 39th Community Council of Ministers meeting recently, at the CARICOM Secretariat Headquarters in Turkeyen, Georgetown.

The MOU between the Caribbean Community and UN Women, noted LaRocque would strengthen initiatives, to reduce gender inequality.

The diplomat who was joined by UN Women representative Toni Ann Brodber called the support from the United Nations women on gender equality, significant, given the challenges the Caribbean community face on this particularly issue.

He added, 'it is particularly significant for us, given the financial challenges that hamper us in our quest to fill a number of crucial positions on issues about gender.'

While applauding the United Nations for its committed role in advancing the work of the secretariat, LaRocque noted that some of the work will focus on developing model legislation and

regional specific tools to discuss behavioral change to tackle the root causes of gender-based violence, and to ensure strong evidence-based advocacy.

The two-year MOU will enhance Caribbean-wide data, statistics, and analysis to implement gender dimensions of Sustainable Development Goals and the SAMOA pathway.

In addition, the UN Women will ensure there is a CARICOM-wide voice in the normative process to shape national levels of sustainable development as it relates to gender, said the release.

According to the reports, about, 30 to 50 percent of all murders in the Caribbean are a result of intimate partner violence.

To this end, Brodber, noted, that the Caribbean states cannot afford the cost of gender inequality.

Brodber brought attention to both gender-based violence, and the need for the community to tap into the potential of young boys and young girls, and congratulated the Caribbean Community for taking the lead to address gender inequality.

"We will support you in every way that we can to make sure this is not just something that is theoretical, but a lived reality that the women and men of CARICOM feel.

The Memorandum of Understanding plans to enhance the work of CARICOM Regional Gender program and Regional Statistics program.



Daily exercise is one way men and women can prevent the onset of heart disease.

MATTERS OF THE HEART

'Heart disease' can have many meanings

Few people are unaware of heart disease and its potentially devastating effects. But many people may not know that the term "heart disease" is a blanket term used to describe several health problems related to the heart.

According to the World Health Organization, ischaemic heart disease, which is characterized by a reduced blood supply to the heart, is the leading cause of death across the globe. Though many conditions are characterized as ischaemic heart disease, many others are not, and the World Health Organization notes that other heart conditions, including stroke, are also among the top 10 most deadly diseases in the world. The following is a rundown of some of the more common heart conditions, many of which can be prevented if men and women make the right lifestyle choices:

Angina

Angina occurs when a person has chest pain or discomfort around his heart because the muscle is not getting enough oxygen-rich blood. Angina can be a byproduct of elevated levels of stress or overexertion and

may even be caused by clogged arteries.

All cases of angina are not the same. Stable angina is the most common form, and usually follows a pattern that is common among patients. Unstable angina is less predictable, while variant angina, the rarest form of the condition, occurs while a person is at rest. Rest and medicine are the best treatment.

Atherosclerosis

Atherosclerosis is characterized by the buildup of fatty materials in the arterial walls. This fatty material can harden over time, restricting blood flow and resulting in calcium deposits.

Daily exercise and a healthy diet void of high-fat, high-cholesterol foods are two ways to prevent or treat atherosclerosis.

Cardiac arrest

Cardiac arrest is a culmination of several heart conditions, including angina and atherosclerosis. Also known as a heart attack, cardiac arrest occurs when blood and oxygen are unable to reach the heart.

Chest discomfort; discomfort

in other areas of the upper body, including the arms, back, neck or jaw; shortness of breath with or without chest discomfort; and nausea or lightheadedness may all be indicators that a person is going into cardiac arrest.

Hypertension

Also known as high blood pressure, hypertension is a relatively common heart condition. Nearly every adult has likely received a blood pressure reading at one point in his life. That reading measures the systolic pressure, which is the pressure created when the heart beats, and the diastolic pressure, which is the pressure in the heart when it is at rest. A blood pressure above 120 over 80 is considered high, and that high figure might be caused by salt and water levels in the body and the condition of the body's kidneys, nervous system, and blood vessels, as well as the body's hormone levels.

Treating hypertension is relatively simple, as a doctor will typically recommend some dietary changes and may even prescribe medication for those patients with especially high blood pressure.

Not just for men

Disease affects women, too

Hearth disease is a condition most often associated with men, but women are just as susceptible to heart disease as their male counterparts. In fact, the National Heart, Lung, and Blood Institute notes that coronary heart disease is the foremost killer of both men and women in the United States.

While heart disease does not discriminate based on gender, it does not necessarily manifest itself in women the same way it does in men. Recognizing the symptoms of heart disease in women as well as the risk factors can help women in their fights against this potentially deadly disease:

Symptoms of heart disease in women

The symptoms of heart disease in women depend on the type of problem women may be suffering from:

Arrhythmia: Arrhythmia occurs when the heart beats at an abnormal rhythm that can be too fast, too slow, or even erratic.

Coronary heart disease: Coronary heart disease occurs when plaque builds up inside the coronary arteries, which help deliver oxygen-rich blood to the heart. A woman suffering from coronary heart disease may develop angina, a condition marked by severe pain in the chest. The pain may spread to the neck, jaw, throat, upper abdomen, or back.

Heart attack: Women suffering from heart attack may feel chest pain or discomfort and pain in their upper backs and necks. Lesser known potential indicators of heart attack include, indigestion, heartburn, nausea and vomiting, and extreme fatigue.

Heart failure: Women suffering from heart failure may experience shortness of breath, fatigue or swelling in their feet, ankles, legs, and abdomen.



Heart disease is most often associated with men, but women can be just as susceptible to this potentially deadly foe as their male counterparts.

Risk factors for women

Much like the symptoms of heart disease are similar in men and women, so, too, are the risk factors. For example, high cholesterol and obesity put both men and women at risk of heart disease. But there are some factors that affect women's risk of developing heart disease more so than men:

Abdominal fat: When combined with high blood pressure, high blood sugar and high triglycerides, abdominal fat increases women's risk for heart disease more so than it does men in the same physical condition.

Diabetes: Women with diabetes are at a significantly higher risk of developing heart disease than men with diabetes.

Pregnancy: High blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure, which is a significant risk factor for heart disease.

Smoking: Smoking and heart disease are linked, but smoking is a greater risk factor for heart disease in women than it is among men.

Heart disease is most often associated with men, but women can be just as susceptible to this potentially deadly foe as their male counterparts.

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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We all know that sleep is critical to good health, vital to restoring mental acuity, and is needed to ensure a proper immune response. Its role in our ability to perform our everyday activities cannot be stressed enough. Adult insomnia costs the United States almost 14 billion dollars a year. In children, sleep deprivation contributes to a wide range of health issues, including attention deficit disorder, mood disturbances, and memory problems. Overall, sleep ailments contribute to absenteeism, poor job or school performance, and an increase in car and machine accidents.

The good news is that there is plenty that we can do to improve our sleep. Taking steps to decrease stress, avoiding pharmaceutical sleeping aids, limiting caffeine intake, keeping technology away from the bed, paying attention to what we eat at bedtime (limiting the carbohydrates), sleeping in a dark room, and, of course, getting a spinal adjustment, can all lead to

a more beneficial night of sleep.

A chiropractor can help to explain why simple changes may make the greatest impact. We know that by sleeping on our stomach (perhaps the most compromising position), the full weight of the head pulls on the muscles and ligaments that hold the cervical spine together. This amount of weight on the delicate structures of the neck will eventually lead to joint damage.

The consultation with your chiropractor will begin with a discussion on proper sleeping positions (preferably side lying with a pillow between the knees and one supporting the head), the use of an approved cervical pillow, what type of mattress is best for your particular spine, and how many hours of rest you should be getting. Additionally, a review of how diet and nutritional supplementation may be affecting your sleep habits will be addressed as well.

If you find counting sheep just isn't helping you sleep, perhaps a visit to a chiropractor is in order. Dr. Nick Chiappetta, a member of the New York State Chiropractic Association, American Chiropractic Association, and International Chiropractic Association, can help Brooklynites catch some zzs.

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African Americans struggle with blood pressure

THE AMERICAN HEART ASSOCIATION NEWS

African Americans and Hispanics are less likely able than whites to control their high blood pressure, according to a new study.

Researchers looked at data of 8,796 adults with high blood pressure in the 2003–12 National Health and Nutrition Examination Survey.

Participants were considered to have high blood pressure if their systolic (top number) blood pressure was 140 mm Hg or higher, their diastolic (bottom number) blood pressure was 90 mm Hg or higher, or they were taking high blood pressure medicine.

The seventh panel of the Joint National Committee defined high blood pressure control as below 140/90 mm Hg for those without chronic kidney disease or diabetes and below 130/80 mm Hg for those with either condition.

Researchers found that high blood pressure treat-



Several factors play a role in African Americans and Hispanics' ability to control their high blood pressure.

ment rates were 73.9 percent for whites; 70.8 percent for blacks; and 60.7 percent for Hispanics. In addition, high blood pressure control rates were 42.9 percent for whites; 36.9 percent for blacks; and 31.2 percent for Hispanics.

According to the American Heart Association's 2016 Heart and Stroke Statistics, 80 million U.S. adults, about one in three, have high blood pressure. That number is expected to increase by eight percent from 2013 to

2030. High blood pressure is strongly linked to cardiovascular diseases like stroke, heart attack, and heart failure.

"High blood pressure is very treatable, so from a public health perspective, it's important to know if prevention and treatment strategies are working and what differences exist across racial and ethnic groups," said Dr. Edgar Argulian, assistant professor of medicine and a cardiologist at Mt. Sinai St. Luke's Hospital in

New York.

Researchers found that lack of health insurance and younger age increases the gap in treatment and control between the two minority groups and whites. African Americans and Hispanics younger than age 60 without health insurance were more than 40 percent less likely than whites without insurance to achieve high blood pressure control.

"Expanded healthcare coverage would help minimize this problem, but there are multiple factors that contribute to this disparity," said Dr. Sen "Anna" Gu, lead study author and assistant professor at St. John's University College of Pharmacy and Health Sciences in New York.

"We need better patient education, better physician-patient communication, and support for patients making lifestyle changes like exercising more and eating healthy," Gu added.

Having insurance reduces, but does not eliminate, the gap. Researchers said that closing the gap may require different approaches for African Americans and Hispanics.

"It is an established fact that high blood pressure is more common among blacks and more aggressive," Argulian said.

One positive study finding was that African Americans received more intensive therapy, including two or more kinds of drugs, for high blood pressure than whites and Hispanics, Argulian said.

Hispanics were less likely to receive drugs and intensive therapy than whites or blacks, Gu said.

The percentage of all adults taking medications for their condition increased from 65.6 to 77.3 percent during the study, which was published in the American Heart Association journal *Circulation: Cardiovascular Quality and Outcomes*.

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Dr. Vincent Adamo welcomes chiropractor Dr. Daniel La Montagne to the Live Holistic family



(Above) Dr. Daniel La Montagne, right, has joined Dr. Vincent Adamo at Live Holistic, providing patients with the tools they need to live healthier, happier lives. (Above right) The Bay Ridge Parkway practice aims to help patients heal themselves without drugs and surgery. (Below right) Dr. La Montagne is a chiropractor with a decade of experience.

BY CAMILLE SPERRAZZA

Dr. Daniel La Montagne, chiropractor, has joined the team of Live Holistic — the practice started by Dr. Vincent Adamo — that teaches people how to live healthier, happier lives.

The doctors strive to get closer to the underlying cause of the issues for which the patients seek help. It is when these underlying concerns are addressed that the body can do the job of healing itself.

When patients are in pain, something is interfering with the natural, self-healing process, says Dr. La Montagne.

“It is often the lack of communication between the brain and the body; it somehow stops working.”

He compares it to running a business.

“If you’re the boss, your employees can do their job for a while — but eventually things start to break down without direct communica-

tion from you.” The chiropractor’s job is to get that communication going again.

It can be because built-up stress or trauma has caused the frontal lobe of the brain to shut down, he says.

“It becomes overrun with emotions, and needs to be reset to work properly.” Like a computer, the brain needs to “defrag,” so it can operate at peak performance.

As a chiropractor with a decade of experience, he assures people that, “Chiropractic care is extremely safe; it’s a natural and effective way to get the body back to healing itself.” His observations have shown that, “When flu epidemics wipe out a lot of people, it’s those who are under chiropractic care that seem to resist the flu better than anyone else.”

He cites studies from Dr. Heidi Haavik, an esteemed chiropractor, neurophysiologist, and researcher in New Zealand, who has been

instrumental in building scientific evidence that demonstrates chiropractic care improves people’s health and wellbeing.

“It has shown to be better than many other therapies that are out there,” he says. “It is effective in helping with sleep disorders and stress-related ailments.”

Medicine, he says, is imperative for trauma and emergency care.

“If you are having a heart attack, you need to get to the emergency room immediately. Medicine is absolutely needed for emergencies.” But often medicine provides a temporary fix to a problem, he says. “Medicine cannot make you healthy. It is your immune system that helps you overcome the battle.”

At Live Holistic, the goal is to get to the cause of the problem so that the immune system is up and running again.

Like Dr. Adamo, Dr. La



Montagne is enthusiastic about enlightening and educating patients.

Dr. Adamo began the practice because he traveled the world, studying and learning about the body’s power to heal itself, without drugs and surgery. It continues to thrive because it has been able to help so many people overcome personal pain and hardship.

“You have to invest in

your health,” says Dr. Adamo. It requires a commitment — but the rewards are well worth it.

Live Holistic [446 Bay Ridge Pkwy. between Fourth and Fifth avenues in Bay Ridge, (718) 921-5483, www.LiveHolistic.net]. Open Mondays and Wednesdays, 9 am–noon and 3–6:30 pm; Tuesdays and Thursdays, 1–6:30 pm; and Saturdays, 8:30 am–noon.

ENTERTAINMENT

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Drum Majors for Justice dancers wowed the audience at "A Shared Dream" celebration to honor Martin Luther King, Jr.

Photo by Tangerine Clarke

'A Shared Dream'

By Tangerine Clarke

The powerful message of hope, and the legacy of the civil rights movement, rang throughout the auditorium of the Walt Whitman Theater of Brooklyn College, when Senator Kevin Parker hosted the 13th Annual "A Shared Dream" celebration, in conjunction with the foundation to honor late iconic leader, Dr. Martin Luther King Jr.

Jan. 16, was named Senator Kevin Parker Martin Luther King Jr. Day by Mayor Bill deBlasio, who sent a Proc-

Continued on Page 48

Independence concert

By Alexandra Simon

It's a musical night commemorating independence.

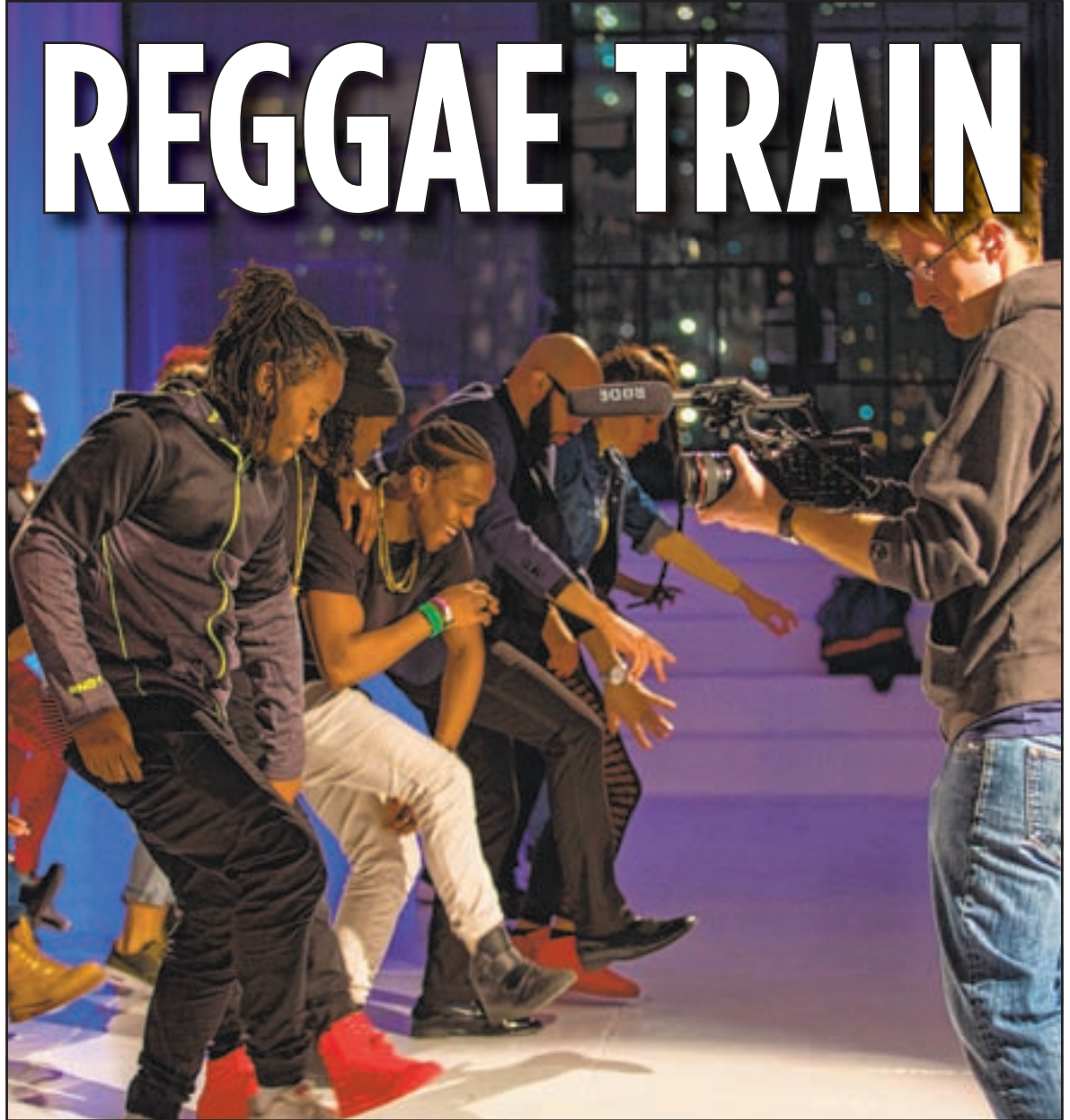
A gospel concert celebrating St. Lucia's independence will open on Feb. 4 at the Advent Fellowship Church of Brooklyn. The annual "Independence Gospel Music Festival," features a lineup of the island nation's well-known singers and artists coming out to honor the country's 38 years of freedom.

Since it began in 2014, the concert is a fun space for up-and-coming St. Lucian singers to display their singing abilities and give show praise's to their country with music, said one of the festival's organizers.

"This joyful event was introduced three years ago as an avenue for emerging gospel artists, entertainers and

Continued on Page 48

REGGAE TRAIN



Your best moves: Audience members dance their best to reggae and dancehall music during the pilot filming of "International Reggae Train," in Manhattan on Jan. 17.

Alex Gittleston

Dance show revisits 'Soul Train' with reggae music

By Alexandra Simon

Think of "Soul Train" with Caribbean music and you get the genius of the new and hopeful dance show, "International Reggae Train."

The show's pilot episode was shot in Manhattan on Jan. 17. Borrowing a portion of its name from the classic dance show "Soul Train," "International Reggae Train" is branching off from the soul and rhythm and blues music that made the 35-year running show popular, to bring the reggae genre and popular music forms

that it birthed to the spotlight, said its creator Donovan Helsop.

"'International Reggae Train' is a show that will include live music and dancing to that music which is essentially reggae-based," said Helsop. "Our intention as the show expands is to include all genres of music, which will include afropop, reggaeton, soca, and hip-hop of course — quite a few of these genres came out of reggae and most of them have a dancehall beat."

The show's format will follow the

common dance show routine with new and popular songs being danced to by an audience of dancers, an weekly artist performance and interview, with the show concluding with a reggae train.

At the first day of filming more than 100 dancers from all over the city came to perform their best moves to popular dancehall and reggae songs, with international reggae pop star Shaggy as the special music guest, said Helsop.

Continued on Page 48

TOP OF THE CHARTS

TOP 10 SINGLES

- 1 Don't Wanna Know**
Maroon 5 Feat. Kendrick Lamar
- 2 Scars To Your Beautiful**
Alessia Cara
- 3 Closer**
The Chainsmokers Feat. Halsey
- 4 Side To Side**
Ariana Grande Feat. Nicki Minaj
- 5 24K Magic**
Bruno Mars
- 6 Let Me Love You**
DJ Snake Feat. Justin Bieber
- 7 Black Beatles**
Rae Sremmurd Feat. Gucci Mane
- 8 Starboy**
The Weeknd Feat. Daft Punk
- 9 Bad Things**
Machine Gun Kelly x Camila Cabello
- 10 Starving**
Hailee Steinfeld & Grey Feat. Zedd

TOP 10 ALBUMS

- 1 La La Land**
Soundtrack
- 2 Moana**
Soundtrack
- 3 ReAniMate 3.0 The CoVeRs eP**
Halestorm
- 4 11 Short Stories of Pain & Glory**
Dropkick Murphys
- 5 24K Magic**
Bruno Mars
- 6 Hamilton: An American Musical**
Original Broadway Cast
- 7 Starboy**
The Weeknd
- 8 Traveller**
Chris Stapleton
- 9 NOW That's What I Call A Workout 2017**
Various Artists
- 10 Sing**
Soundtrack

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REGGAE TRAIN

Continued from page 47

"We had in the room well over 150 people and that might be an evolutionary aspect to it — because our audience will be our dancers," he said. "Then you have godfather of great artists Shaggy, who is a major pop star with dancehall background."

Also part of the pilot were artists, Luciano and Toots and Maytals to name a few, and popular dancehall choreographer Blacka Di Danca.

And at the forefront of the show is widely-known Jamaican record producer Wayne Jobson, who Helsop says is the perfect choice for a host on a show celebrating reggae and its origins.

"Wayne Jobson's family were specifically involved in Bob Marley being as big as he is," he said. "They were an integral foundation in Bob Marley's worldwide popularity, and he is the host and who we have

on board — we have a stellar lineup."

The show does not have a target audience other than people who are lovers of dance and reggae music, said Helsop. He said while the show will begin centered on reggae, he knows that the show will reach an international appeal based on reggae's popularity and its diverse audience of fans.

"We had a six-year-old dancer at the show who was white and she loves reggae," he said. "We don't have no specific audience — we want a demographic blend. We don't want to limit the show's capabilities, that's why I include every genre."

The idea took six years to come to fruition, and Helsop said he wants the show to also act as more than entertainment, but a therapeutic escape for viewers as well.

"Music is being played live and fans will get that immediate rush and that's what we are sure to bring," he said. "Music is food



Special guest: At the filming of the first episode was singer Shaggy, who is being interviewed by host Wayne Jobson.

Alex Gittleston

and love, and dance is the breath of life and with those two combinations what you have is magic in the air, and that is what we created at the show."

The show is being shopped to various American television networks, which Helsop hopes to find a home for this sometime this year.

MLK concert

Continued from page 47

lamation with Deputy Mayor, Richard Buery, to thank the politician for his commitment to honoring Dr. King's legacy.

Addressing the gathering, Sen. Parker, who also received a Proclamation from Governor, Andrew Cuomo, said Dr. King's Legacy is even more poignant and important today, and encouraged citizens to recommit themselves to living the legacy of Dr. King, and emphasized the importance of unity.

"Let us use today as a jump-off point to bring justice to our communities. Now more than ever, we need to trumpet the call for justice for all and come together and share in the dream," Sen. Parker said in a compelling message to the several hundred citizens who gathered to honor the late, great, freedom fighter, during an inspirational evening of word and song.

Senate minority leader, Sen. Chuck Schumer commended Sen. Parker for his dedication to the yearly "A Shared Dream" tribute, and applauded Dr. Martin Luther King's courage and strength, and his conviction to inspire his followers to bring about change, added the 'Shared A Dreamer' founder.

"We have made some achievements, and even though Dr. King was at the top of the mountain, he knew he had a longer way to go, and this last election has made the path a bit longer," said Sen. Schumer, who vowed to fight to keep the Affordable Care Act.

"We are indeed the legacy holders of Dr. Martin Luther King. Jr. who resides in our chest. We need to pull on the faith, strength, and the endurance he had to push forward for the liberation of our people," said Congresswoman Yvette D. Clarke.

Congresswoman Clarke, who was accompanied by Dr. Una Clarke, reminded African-Americans that for generations to come, they will be singing the praises of the trailblazers of the civil rights movement that made it possible for them to be present at the celebration.

Public Advocate Letitia James fired-up the crowd, stating, "We are children of a dream. Dr. King rests, so we cannot rest. We have to raise our voices and organize. It is our faith that will keep us strong, because it does not matter how many presidents we have, we have only one God," she said, and made reference to President Trump who she noted, disrespected civil rights activist, Congressman, John Lewis.

Independence concert

Continued from page 47

others in the Diaspora to showcase their talents and be thankful for the countless blessings that have been bestowed upon our island," said Jeremiah Hyacinth, vice consul and co-organizer.

It is also kicking off the country's independence month and many forthcoming events to follow.

"This event also marks the opening of a packed calendar of activities organized by the Consulate General of St. Lucia in New York in collaboration with the St. Lucia House Foundation," he said.

To be spotlighted at the con-

cert are five artists, and several cultural groups and poets who will also perform. These names include Petula Stanislaus, Ijeal Joseph, Kayanna Lampkin, Ashley Norbert, and Miriam Drakes, and all are expected to sing happy and upbeat gospel music, said Hyacinth. But headlining the concert will be the popular St. Lucian gospel artist, Emrand Henry.

St. Lucia won its independence on Feb. 22, 1979 making it the twelfth country in the Caribbean to do so, and the ninth to win it from Great Britain. Hyacinth said he and many within the St. Lucian community are proud of this fact, and this pride can be seen in their hard work in various industries. And with the concert being the first event celebrating St. Lucia's independence month many are expected to come out and support the free concert, said Hyacinth.

"We want our nationals to simply come out and celebrate our island's vibrant past and the strides we have made over those years," he said. "We take tremendous pride in all that we have accomplished and our contributions in representing St. Lucia in the work field," he said. "We remain proud and grateful."



St. Lucian gospel singer Emrand Henry will be headlining the independence festival, at Advent Fellowship Church in Crown Heights on Feb. 4.

Emrand Henry

Adoptee locates birth-mom in bittersweet biopic

"Lion"

Excellent (4 stars)

Rated PG-13 for mature themes and some sensuality

In English, Hindi and Bengali with subtitles

Running time: 118 minutes

Distributor: The Weinstein Company

By Kam Williams

Saroo (Dev Patel) had the misfortune of being born into poverty in India's Khandwa district. He lived there with his single-mom, Kamla (Priyanka Bose), along with his big brother, Guddu (Abhishek Bharate), and younger sister, Shekila (Khushi Solanki).

His illiterate mother was reduced to carrying rocks for a living, and she could barely afford to keep a roof over their heads. So, when Guddu found a night job hauling bales of hay, Saroo leapt at the chance to contribute, too, even though he was obviously a little small.

And he promptly fell asleep after the long ride to the work-



Saroo (Dev Patel) goes in search of his birth-mom in the movie "Lion." L

www.rottentomatoes

site sitting on his brother's bike's handlebars. "It's my fault," Guddu lamented, before leaving Saroo alone to spend the night on a train station bench.

Trouble is, when Guddu failed to return by daybreak, the frantic five-year-old inadvertently stowed away aboard a

freight train headed to Bengal, a port-of-call 1,600 miles east. Upon arriving, Saroo couldn't get any help from strangers, between his not speaking the language and his mispronouncing the name of his hometown, "Ganestalay."

Consequently, he ended up struggling to survive on the

streets until he landed in a local orphanage. Since Saroo didn't know his own last name or where he was from, he was ultimately shipped off to Melbourne to meet Sue (Nicole Kidman) and John Brierley (David Wenham), an Australian couple eager to adopt him.

For the next quarter-cen-

tury, he enjoyed an idyllic life, whether playing cricket, swimming in a cove off the ocean, or dating Lucy (Rooney Mara), a lovely Aussie lassie. All was well until the fateful evening a childhood memory was triggered during a dinner of Indian food.

Suddenly curious about his roots, Saroo was subsequently encouraged by Lucy to use Google Earth to find the spot on the planet that he hailed from. Once he recognized a few familiar places from his formative years, all that was left to do was to hop back on a plane and reunite with his long-lost family.

Adapted from Saroo Brierley's autobiography, "A Long Way Home," Lion is a heart-breaking biopic that definitely packs an emotional punch, thanks to powerful performances by Sunny Pawar and Dev Patel as the young and adult Saroo, respectively. The supporting cast features equally-evocative turns by Rooney Mara and Nicole Kidman as the women who played pivotal roles in the protagonist's life Down Under.

Independent & Foreign Films

Behemoth (Unrated)

Eco-documentary illustrating the devastating toll exacted by mining on China's population and landscape. (In Mandarin with subtitles)

The Daughter (Unrated) Adaptation of "The Wild Duck," Henrik Ibsen's classic play revolving around a man (Paul Schneider) who uncovers a dark family secret when he returns home to attend his father's (Geoffrey Rush) wedding. Featuring Nicholas Hope, Sam Neill and Ewen Leslie.

Get the Girl (R) for pervasive profanity, graphic violence, drug use and brief nudity and sexuality) Action comedy about a wealthy guy (Justin Dobies) who attempts to impress the object of his affection (Elizabeth Whitson) by coming to her rescue during a fake kidnapping, only to have the stunt go horribly wrong. Support cast includes Daniel Quinn, Adi Shankar, Noah Segan and Scout Taylor-Compton.

I Am Michael (Unrated) James Franco plays the title character in this biopic about Michael Glatze, a gay activist who claimed to be cured of homosexuality after turning to Christianity. With Emma Roberts, Daryl Hannah and Zachary Quinto.

Kung-Fu Yoga (Unrated) Jackie Chan stars in this action comedy as an archaeology professor who embarks with a young protege (Amyra Dastur) on a globe-trotting adventure in search of a lost Indian treas-



Kam's Kapsules

By Kam Williams

ure. With Disha Patani, Aarif Rahman and Sonu Sood.

Massacre on Aisle 12 (Unrated) Horror comedy about a hardware store clerk (Michael Buonomo) whose first day on the job is ruined by the discovery of a dead body and a duffel bag stuffed with cash. Cast includes Chad Ridgely, Jim Klock and Doug Burch.

The Salesman (PG-13) for mature themes and a brief bloody image) Crime thriller, set in Tehran, about an Iranian couple (Taraneh Alidoosti and Shahab Hosseini), appearing in a local production of Death of a Salesman, whose relationship is tested when the wife is raped right after they move into a new apartment. With Babak Karimi, Mina Sadati and Emad Emami. (In Persian with subtitles)

Un Padre No Tan Padre (PG-13) for profanity, drug use and partial nudity) Dysfunctional family comedy about a cranky 85 year-old (Hector Bonilla) forced to move into his long-estranged son's (Benny Ibarra) hippie commune after getting kicked out of his retirement home. Support cast includes Zamia Fandino, Camila Selser and Eduardo Tanus. (In Spanish with subtitles)

Every dog happens for a reason.

A DOG'S PURPOSE

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Bichotte continues fight

By Nelson A. King

Brooklyn Democratic Assembly Member Rodneyse Bichotte says she has helped pass two critical pieces of legislation to strengthen and protect women's reproductive rights.

The first measure introduced by Assembly Member Deborah Glick affirms a woman's right to an abortion in New York State (A.1748), and the second measure introduced by Assembly Member Kevin Cahill requires insurers to continue covering contraception at no cost to the consumer (A.1378).

"From coast to coast, women are fighting for their reproductive freedom, pushing back against what seems to be never-ending attacks on their rights," said Bichotte, who represents the 42nd Assembly District in Brooklyn.

"Over and over, we hear politicians arguing about what's best for women, as if it's their decision to make. Let me be clear: A woman and her doctor know what's best for her health - not the government and not an insurance company," she added.

Bichotte said there are 31 states with laws and regulations in place that put obstacles in the way of women obtaining access to abortions.

In 2016 alone, she said 14 states passed new laws to further restrict this constitutional right.

Less than a month into 2017, Bichotte said at least 46 anti-choice bills have been introduced or are pending in state legislatures across the country.

Bichotte said it's been nearly 44 years since the U.S. Supreme Court's landmark decision in *Roe v. Wade*, adding that "and yet the threat to women's reproductive rights is as alarming and real as ever.

"With an anti-choice president about to take office with a Supreme Court vacancy to fill, the time to fight back is now," the Assembly Member said.

She said she has shown a "steadfast commitment to ensuring New York is a place where a woman's constitutionally guaranteed right to choose is safeguarded and valued.

"Today, legislation was passed by the Assembly to protect a woman's right to terminate a pregnancy within 24 weeks, or when the pregnancy is not viable, or endangers her life or health (A.1748)," Bichotte said.

She said the legislation emphasizes that the goal of medical laws and regulations should be to improve the quality and availability of health care, not to place undue burdens on patients and providers.

Clarke disappointed with Obama's non-pardon of Marcus Garvey

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke, who had taken the lead, with 17 other members of the United States House of Representatives, in calling on outgoing President Barack Obama to posthumously pardon Jamaica's first national hero, Marcus Mosiah Garvey, has seemingly expressed disappointment with Obama's non-action.

On his last day in office last Thursday, Obama granted commutation of sentence to 330 individuals. Garvey was convicted for mail fraud in the United States in 1923.

"While the exoneration and / or pardon of the Right Excellent Marcus Mosiah Garvey remains elusive, unresolved and unfinished business, we must continue our education and organizing efforts in the pursuit of justice for the legendary icon," said Clarke, who represents the 9th Congressional District in Brooklyn, in an exclusive Caribbean Life interview on Monday.

She said it was important that "we build upon the efforts waged over the years, most recently in pursuit of a presidential pardon, and that we continue to maintain and elevate the integrity of Garvey's contributions to American history."

"His is a case of unjustified persecution that continues to cry out for justice," said Clarke, stating that Garvey was "widely viewed as the Father of the 20th Century Civil Rights Movement."

"His leadership and intellectual contributions inspired the movements for independence in Africa and the Caribbean," Clarke said. "However, it was the establishment of the UNIA (United Negro Improvement Association) here



Brooklyn Congresswoman Yvette D. Clarke. Associated Press / Haraz N. Ghanbari

in the United States and its affiliates throughout African Diaspora nations that drew the ire of the FBI (Federal Bureau of Investigation) under J. Edgar Hoover, and that ultimately led to the frivolous charges, prosecution and persecution against him."

Clarke said it was "all in an attempt to displace" Garvey "from the positive role he played in advancing the civil and human rights in American history.

"The role of our government in this injustice is well documented and must be rectified," she said, adding that she will continue to work with her colleagues in the US Congress and with Garvey's family "to maintain the integrity of his work in recognition of his contributions, advancing human and civil rights in our country until we finally secure justice on his behalf."

1.5 million Haitians face hunger

By Nelson A. King

The United Nations says while the number of Haitians facing hunger in areas hardest hit by Hurricane Matthew has declined steadily in the three months since the deadly storm ripped through the French-speaking Caribbean nation, more than 1.5 million people nevertheless remain food insecure.

The UN World Food Program (WFP) on Wednesday released findings from a joint assessment conducted in December with the UN Food and Agricultural Organization (FAO) and Haiti's National Coordination for Food Security (CNSA).

"The results of the assessment show the very positive impact of our collective efforts in the aftermath of Hur-

ricane Matthew but also the pressing need to continue and redirect assistance to new areas with higher levels of food insecurity, as well as initiate recovery interventions," said Ronald Tran Ba Huy, WFP's Representative in Haiti.

The findings showed that people in the southern areas of Grande-Anse and Sud, the hardest hit areas of the country, are better off.

An estimated 400,000 face hunger and food insecurity, as compared with one million shortly after Matthew hit, the report said.

It said the Haitian Government and UN partners have been providing food to these areas, along with seeds, tools and financial resources.

Meanwhile, areas in the west — such

as Artibonite, Nippes and La Gonave — even though the impact of the hurricane there was smaller, are worse off.

The insecurity is blamed on cycles of drought and flooding, which preceded the hurricane by three years, the UN said.

Noting the uneven improvements as a result of the different interventions, Nathanaël Hishamunda, FAO's representative in Haiti, said that there is now a need to "consolidate the gains made by working hand in hand with the government, with the goal of reinforcing our interventions in the most vulnerable communities."

Given the ongoing needs, the UN said the humanitarian community in Haiti has requested US\$113 million to support food security and agriculture for this year.

SPORTS

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Jamaican sprinter Usain Bolt.
Associated Press / Rebecca Blackwell

Usain Bolt nominated for world award

By Azad Ali

Track and field legend Usain Bolt has been nominated for the World Sportsman-of-the-Year award.

His compatriot Elaine Thompson, was also among the nominees for the prestigious Laureus World Sports Woman-of-the-Year.

Bolt, until recently a three-time winner of the World Sportsman-of-the-Year award, successfully defended his Olympic 100 meters, 200 meters and 4x100 relay titles at the 2016 Olympic Games

Continued on Page 52

Pakistan to tour West Indies

By Azad Ali

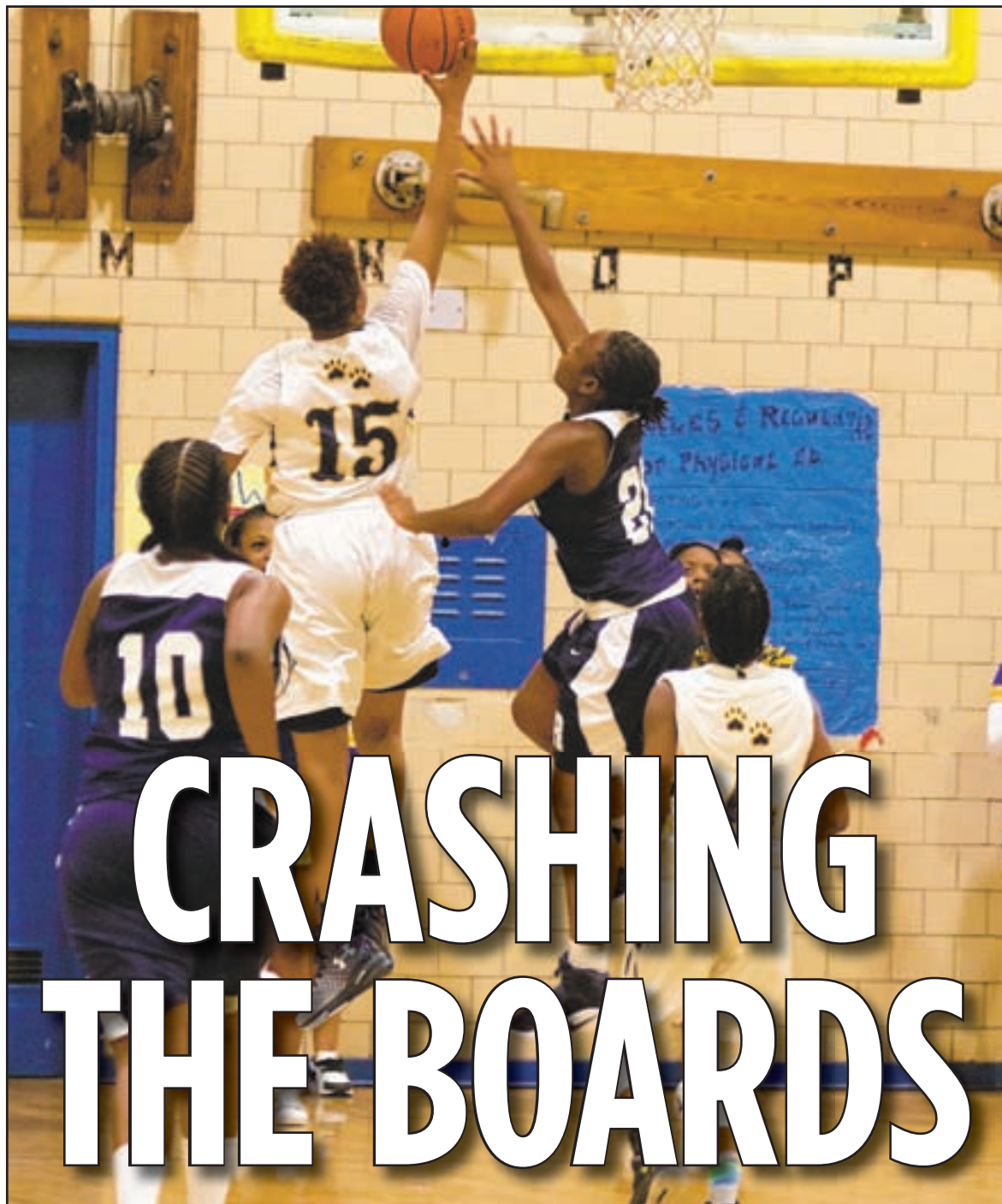
West Indies will face Pakistan in three Test matches, three One-Day Internationals, and two Twenty20s during their tour of the Caribbean in March this year.

The first match in the two Twenty20 series bowls off on March 31 with the second carded for April 2 at the Queen's Park Oval, Port of Spain, Trinidad;

The West Indies team is the current World Twenty20 champion and a sell-out crowd is expected at the Oval.

The historic Kensington Oval in Barbados will host its ninth Test in 10

Continued on Page 52



CRASHING THE BOARDS

Hear her roar: Brooklyn Community Media and Arts' Makaylah Barber, No. 15, proved the hero in the Lions' last-minute 58-57 win against undefeated Paul Robeson High on Jan. 19.

Photo by Steve Schnibbe

Lions take down Robeson with late-game dramatics

By Gregory Alcala

It felt a bit like revenge.

Brooklyn Community Arts and Media's girls basketball team took down Paul Robeson 58-57 on Jan. 19, avenging an early-season disappointment and handing the Eagles squad its first loss of the year.

Sophomore guard Makaylah Barber played hero in the dramatic victory, grabbing an offensive rebound off Hevyenne Bristow's missed free throw and sinking the game-winner with just 9.4 seconds left on the clock. It was the Lions' eighth-straight win.

"I was just lucky that rebound came to me," Barber said. "I really appreciate the team, because if it wasn't for the rebounds, us going to the free-throw line, getting fouled, going up strong, I would've never gotten that last layup."

Continued on Page 52

Bolt nominated

Continued from page 51

in Brazil.

However, on Wednesday, Jan. 25 he lost his claim to the title of 'triple-triple' Olympic champion as a result of one of his team mates in the 4x100m retrospectively tested positive for a banned substance and caused the 2008 Beijing gold medal winners to be stripped of their title. Nesta Carter, his team mate who failed the test is the sixth fastest runner of all time, ran the first leg in the relay.

The 30-year-old Jamaican previously won the award in 2009, 2010 and 2013- but this time faces a stiff challenge.

Rio Olympics 5,000 and 10,000 meters champion Mo Farah and tennis gold medal winner Andy Murray have been short-listed, along with football megastar Cristiano Ronaldo and NBA basketball superstars LeBron James and Stephen Curry.

Thompson is one of six Olympic champions nominated for Sports-woman-of-the-Year award. The 24-year-old Jamaican captured the double sprint of the 100 and 200 titles in Rio. It is her first nomination for the award.

Cricket tour



West Indies Cricket Board Manager Roland Holder. Randy Brooks

Continued from page 51

years as part of the Pakistan tour.

The game will be the second of three Tests on March 31 to May 10 tour.

Sabina Park, Jamaica will play host to the opening Test starting on April, the fourth Test to be played at the venue in as many years.

The second Test bowls off at Kensington Oval, Barbados on April 30, while the third Test starts at Windsor Park, Dominica on May 10.

Both sides also met in a full tour in the United Arab Emirates late last year, with the Caribbean side losing all three formats of the game.

West Indies Cricket Board Manager Roland Holder said he expected the tour to be a challenging one.



Mighty lions: Brooklyn Community Arts and Media High School celebrates after beating the Eagles squad.

Photo by Steve Schnibbe

CRASHING THE BOARDS

Continued from page 51

Barber's game-winning layup wrapped up a chaotic final stretch of game as the Lions (10-2) survived two empty trips to the free-throw line in the final 30 seconds. The squad crashed the boards, however, led by Barber, Bristow, and senior guard Karen Gordon. The trio helped Community Arts and Media create second-chance opportunities, keeping possessions alive and, most importantly, shutting down Robeson (9-1).

Of course, the most important rebounding sequence set up Barber's final-second shot.

Bristow missed a three-point attempt with 13 seconds left, but Robeson's Keisy Villanueva lost the rebound on the baseline. On the following possession, Barber found Bristow posting up. She drew the foul and made her first free throw — cutting Robeson's lead to one. Then Barber followed up with the rebound and the bucket.

"We told them that, whatever we do, we have four people crash the boards

and one back," said Lions coach Hasaun Hunter. "At that time, both of our players (Bristow and Barber) had 20 rebounds apiece, so we knew we had an advantage on the boards and that's what we took advantage of."

Robeson had time to get a quality shot off with five seconds left, but freshman guard Phinnette Edwards missed the shot as time expired.

"We missed shots, that allowed them to stay in the game," said Robeson coach Phinnigan Edwards. "Couple of bad calls, to me, but that one possession, defined the whole game. We just couldn't get that one rebound. We needed one rebound, get fouled and make some free-throws."

The Lions seized control of the game in the final 30 seconds, stealing away the momentum Robeson had for much of the matchup. The Eagles, however, struggled down the stretch and failed to score on a pair of late possessions, missing their window to collect a big road win.

"We got real sloppy," Edwards said.

Robeson entered the game unde-

feated, but Edwards added that the team has issues padding its leads late in games, allowing teams to stick around. This time, the Lions made them pay.

Bristow finished with a jam-packed stat line of 13 points, 21 rebounds, seven assists, five steals, and five blocks. Barber posted a double-double with 25 points and 21 rebounds, in addition to four assists and five steals. The two performances highlighted the Lions' win, but their big nights would not have been possible without the strong play of their teammates.

The squad played well on both sides of the floor, forcing Robeson to commit turnovers under pressure, and the Lions attacked the rim relentlessly. Brooklyn Community Arts and Media won as a cohesive group, and that kind of victory has the team confident about its chances heading into the final stretch of the season.

"I believe in my girls," Hunter said post-game. "We have other good players on our team, it's not just those two (Bristow and Barber). We want everyone to see that."

Whine your way to fitness

By Alexandra Simon

Soca whine during your fitness time.

Dance fitness class Wukkout is a soca music-based dance class giving participants a chance to dance to the upbeat genre and break a sweat.

Designed to make you dance, it is mostly a full body non-stop workout that also offers you the feel of Caribbean carnival for those who cannot readily experience it, or have not been to one in a long time, said Wukkout founder Krista Martins.

"It's a high intensity workout that's also supposed to make you feel like you're at carnival and for people who never been and want to know what culture is," said Martins.

And with carnival season coming up next month, those who can't make the trip can enjoy the wanderlust at a Wukkout class.

"They can come to class and get a taste of it, and even for people who haven't been able to go in a few years. It's not the same but they can come to class and it make it easier to be away from that because you'll get that feeling."

Martins, a professional dancer

originally from Toronto and of Guyanese descent, comes from a background of dance. Moving to New York 16 years ago she continued her dance career here and taught fusion dance courses, including ballet, hip-hop, and street jazz. She also choreographed dances for special occasions and events. But as a self-proclaimed lover of soca she officially launched Wukkout in 2013 hoping to introduce a soca fitness workout to a larger audience.

Wukkout is a one-hour class that focuses on high-impact exercising while incorporating waist-emphasized movements, better known to many in the Caribbean as whining. Martins says she enjoys introducing this aspect of her class to her non-Caribbean students because they learn more about their bodies and gain other benefits aside from cardio.

"When you're doing whining — that's a hip rotation and many people in their day to day lives, don't move that area," she said. "So we're working an area that should be moved to increase that range of motion and flexibility."

Along with those benefits,

the class also helps to burn calories, increase endurance, and coordination, she said. During her class, students are given the opportunity to learn new dances and hear the latest soca tracks, but also self-express, said Martins.

"We start off with a warm up and move non-stop. And similar to other dance fitness classes, we go through song by song and do a different routine for each song," she said. "It's a follow format and we also do a lot of freestyling. I don't want you to necessarily do everything I'm doing — the music is on do your thing."

Somewhat similar to other dance fitness classes, like commonly-known Zumba, Wukkout differs mostly in the movements, the music, and the encouragement of group interaction. The majority of Martins' students are adult women, but Wukkout is an all-inclusive dance fitness course that can be modified depending on individual ability, and something that men and women of all ages can take, said Martins. But most importantly she is proud of the gains she has seen in her students.



Wukking it: Krista Martins, right, leads a class of her students during a Wukkout fitness class. Zahra Siddiqui

"It's designed for anyone and everyone can come along," said Martins. "The more you do it, the more you become more comfortable with the class. There are a lot of health benefits and it's going to improve your endurance tremendously. I've seen people begin with knee braces who couldn't jump, but now the knee braces are gone and they're flying in class."

The positive testimonies her students approach her with, allow her to see that her class

is more than fitness, and beneficial to all aspects of health.

"I had a lot of people tell me that this class in addition to the physical benefits, has given them many mental and emotional benefits," she said. "People have thanked me for having a space they can come to and let go even for one hour."

Martins said in the last two of the four years since launching her fitness dream, Wukkout has really taken off in the city, and continues to grow.

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Online nomination submissions at
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ARIES: Mar 21/Apr 20
Be yourself instead of hiding behind a persona, Aries. Show your true feelings and you will earn more respect for it. If you meet any resistance, try again.

TAURUS: Apr 21/May 21
Taurus, a missed opportunity won't come back to haunt you. You will have plenty of additional opportunities to make another go of things in the days to come.

GEMINI: May 22/Jun 21
Gemini, you must find ways to sure up any cracks before you can move ahead. Give it your best effort, but you may want to seek advice from Pisces.

CANCER: Jun 22/Jul 22
Cancer, keep forging ahead even if you feel like you are going up against a brick wall. Eventually you will find a solution and a way to overcome this obstacle.

LEO: Jul 23/Aug 23
There are a few things you need to tackle early in the week, and then you will likely have the rest of the time for recreation, Leo. Put travel at the top of your to-do list.

VIRGO: Aug 24/Sept 22
Virgo, if you experience a scare, it will be short-lived and you will recover quickly. The rest of the week could prove uneventful. Make the most the downtime.

LIBRA: Sept 23/Oct 23
Libra, you may be second-guessing an important decision. It is not too late to make a change. Approach the next decision more carefully.

SCORPIO: Oct 24/Nov 22
Scorpio, if you have been away from your childhood home for a while, pay a visit. You can visit your old haunts and reminisce about things.

SAGITTARIUS: Nov 23/Dec 21
Sagittarius, step out of the shadows for a bit and accept the praise and recognition you deserve this week. It's not being boastful if you accept well wishes of others.

CAPRICORN: Dec 22/Jan 20
Capricorn, although you may be looking straight ahead, you are having trouble seeing what is right in front of you. Adjust your perspective and you might be surprised.

AQUARIUS: Jan 21/Feb 18
Aquarius, you are quite productive this week, tackling many things on your to-do list. While you are feeling motivated, keep going and you may accomplish even more.

PISCES: Feb 19/Mar 20
Sometimes you have to make sacrifices, Pisces. Put others first this week. This selfless approach will be its own reward.

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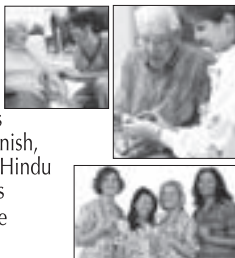
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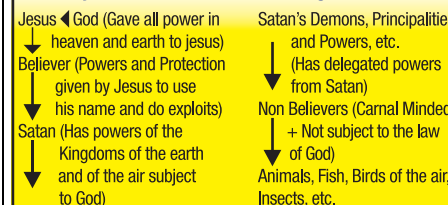
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Draft Environmental Assessment and Finding of No Significant Impact

**Demolition of Buildings 165 and 166
National Cemetery Administration
Department of Veteran Affairs
St Albans, Queens County, New York**

A Draft Environmental Assessment (EA) was prepared addressing the proposed demolition of Buildings 165 and 166 within the Department of Veterans Affairs, National Cemetery Administration property located at the St Albans Community Living Center in St Albans, Queens County, New York. The proposed building demolition will enable the Department of Veterans Affairs to develop a Master Plan to provide eligible veterans and their families in the Queens area as well as remove unused and deteriorated buildings from the neighborhood. The following is a summary of the findings included in the draft EA:

I. NAME OF ACTION

Demolition of Buildings 165 and 166, St Albans, Queens County, New York.

II. DESCRIPTION OF ACTION

a) Action: Demolition of two unused buildings, Buildings 165 and 166, as well as remove paved areas, and water, utility and sanitary sewer lines. The demolition activities include the abatement of asbestos-containing materials and lead-based paint. Trees and vegetation on the site would be removed to facilitate demolition and the area will be regraded and seeded upon completion of demolition. The project is anticipated to be completed in approximately six months starting in spring 2017.

b) Alternatives: Alternatives considered included 1) No Action, and 2) Renovation of Buildings 165 and 166. The buildings deteriorated condition would make the buildings costly to abate and renovate.

III. ANTICIPATED ENVIRONMENTAL EFFECTS

The draft EA concludes there would be no significant direct, indirect or cumulative adverse effects on the environment would result from implementing the Preferred Alternative. There would be short-term, minor adverse impacts to noise; air quality; aesthetics; vegetation; geology; topography and soils; and traffic and transportation associated with demolition activities.

IV. MITIGATION MEASURES

A description of the impact minimization and mitigation measures that would be implemented is provided in the Draft EA. These measures include limiting parking of vehicles to within the site boundaries, prohibiting the idling of construction vehicles, use of construction fabric along fence lines, tree-removal windows, and stormwater management Best Management Practices to reduce erosion and sedimentation impacts.

V. PUBLIC INVOLVEMENT

The Draft EA is being made available for public review at the following locations:

Queens Library at St Albans
191-05 Linden Boulevard
St Albans, New York
(718) 528-8196
<http://www.queenslibrary.org>
Closed Sunday

Department of Veterans Affairs
St Albans Community Living Center
179-00 Linden Boulevard and 179th Street
St Albans, New York
(718)526-1000

The environmental assessment may also be viewed at <http://www.nan.usace.army.mil/Missions/Environmental/Environmental-Remediation/St-Albans/>

The deadline for public comments on the Proposed Action is February 24, 2017.

Comments received on the Proposed Action, including agency responses to comments received during the comment period will be included in the Final EA. Please send all comments and/or requests for copies of the Draft EA to:

Nancy Brighton
Chief, Watershed Section
US Army Corps of Engineers, New York District
26 Federal Plaza, Room 2151
New York, New York 10278-0090
(917) 790-8703 (or fax 212-264-6040)
Nancy.J.Brighton@usace.army.mil

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