



Guyana's New York Consul General Barbara Atherly (right) joins volunteers in sorting relief supplies.

Photo by Nelson A. King

Caribbean diplomats organize relief

By Nelson A. King

St. Vincent and the Grenadines New York Consul General Howie Prince has been described as “commendable” and “encouraging” in combined efforts to date by the New York Caribbean Community (CARICOM) Consular Corps and the Brooklyn-based Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO) in gathering relief supplies for Caribbean countries ravaged by recent

hurricanes.

Prince, who spearheaded the initiative, told Caribbean Life that, for the past three weeks, several members of the corps – such as Dominica, Guyana, Barbados and Belize – have collaborated with the St. Vincent and the Grenadines New York Consulate General, COSAGO and several Vincentian groups in New York, as well as individuals, in “mobilizing” the emergency supplies at the Friends

of Crown Heights Educational Centers in Brooklyn.

He said in the three weeks volunteers from several Caribbean countries “received, sorted and packed” the donated items.

As of Monday, Prince said the groups have received 23 commercial bins (equivalent to 69 barrels) of supplies, 22 jumbo barrels and 205 cases of water.

He also said the organiza-

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BUDGET PUSH BACK

Trinidadians balk at the tough 2017 budget measures

By Bert Wilkinson

Well aware that the country has not been enjoying the best of economic times in recent years, Trinidadians nevertheless balked at this week’s presentation of the 2017 budget measures with some key sectors like gambling and car dealers complaining that new measures could well ruin them.

Amid fierce criticism from opposition and other critics about runaway violent crime, foreign exchange shortages and declining future prospects for the lifeline gas sector, Finance Minister Colin Imbert pushed through with a several measures, aimed at turning the Caribbean trade bloc’s largest and mostly normally prosperous economy around from years of poor performances.

But once he had finished presentation in parliament, the country’s gambling sector immediately announced plans to lay off hundreds of workers because government had imposed a 100 percent tax on casino gaming fees, a move industry players say will imme-

diately make the sector unprofitable.

The result is that six of the smaller casinos have said they will quit in the coming days and that many of the 9,000 people who work directly in gaming will have to be laid off as the sin tax is way too high to bear.

Sherry Persad, spokeswoman for the TT Members Club Association, said a good portion of the estimated 9,000 people who work directly in the sector will lose their jobs in the coming months unless authorities roll back or reduce the 100 percent increase.

“Based on our meeting at least six small clubs expressed closure. Termination of workers can reach in the thousands by year’s end in light of the implementation of the increase of taxes from January 2018,” Persad said. “Discussions will begin with the Union of Members’ Clubs and Lottery Workers (UMCLW) about the staffing implications of the taxes and provide counselling support

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Antigua not letting United States 'off the hook'

By Nelson A. King

The Antigua and Barbuda government has told the World Trade Organization (WTO) that it would not let the United States "off the hook" for its internationally-binding obligation to allow internet gaming into the country until fair compensation is paid for the 14 years of damage done to the Antigua and Barbuda economy.

The statement was made at the Dispute Settlement Body of the World Trade Organization in Geneva by Antigua and Barbuda's lead negotiator on the matter, Sir Ronald Sanders, according to an Antigua and Barbuda Government statement.

The Antigua and Barbuda representative told the DSB, comprising over 100 countries, that "it continues to be most unfortunate that, despite 14 long years of deprivation, Antigua and Barbuda has to appear before this body, year after year, to report that the United States has not seen it possible to offer fair and equitable terms to my small country for the significant losses in trade revenues that it has suffered as a result of US violation of the General Agreement on Trade in Services (GATS)."

Sanders also rejected a United States submission that it had offered Antigua "a broad range of useful suggestions to settle this dispute in November 2013" but that the government ignored it "before finally indi-

cating that it was not acceptable."

Sanders pointed out that successive governments of Antigua and Barbuda had refused the offer because it did not add up to US\$2 million when the trade losses to the country in the matter totaled well over US\$200 million.

The envoy told the DSB that when "the United States makes a fair, equitable and just offer to Antigua and Barbuda for the extreme harm done to our economy" Antigua will release the United States from its legal obligation" consistent with the rules of the WTO.

Sanders said that over the 14 years of its trade losses, Antigua and Barbuda "has in no way taken any hostile or retaliatory action against the US," according to the statement.

He stressed that "the contrary is the truth," adding that "over that same period, the United States enjoyed a trade surplus with little Antigua and Barbuda of U\$2 billion."

Sanders also advised the WTO body of the extreme financial difficulties that his government now faces to rebuild the sister island of Barbuda that was decimated by Hurricane Irma and to maintain residents of Barbuda who had to be evacuated to Antigua.

"There would be no better time than now, for the United States to settle this long-running issue, which mars an otherwise friendly relationship between our two countries that



Antigua and Barbuda's Ambassador Sir Ronald Sanders.

Associated Press / John Stillwell, pool

has existed for generations," Sanders said.

Besides Sanders, the Antigua and

Barbuda delegation included Joy Marie King, international trade officer in the Ministry of Foreign Affairs.

Brooklyn pol organizes drive to assist hurricane-hit Caribbean

By Alexandra Simon

It's a care package for the Caribbean. Brooklynites seeking to assist those recovering from hurricanes that devastated the region's islands last month can now donate supplies locally as part of an initiative debuted by a Kings County state senator on Tuesday. Several community groups united to launch the Caribbean Relief Project, which includes drop-off sites where residents can bring material in order to get them to people struggling in the storms' aftermath, according to the politician.

"We are in a humanitarian crisis. Hurricanes have caused devastation and suffering across the region and that's why we're mobilizing today, across all neighborhoods, to bring aid to these victims," said state Sen. Jesse Hamilton (D-Crown Heights). "This partnership will rely on us and with the neighborhood collection sites, residents can drop donations."

The damage wrought by Hurricanes Irma and Maria deeply affects the borough, which is home to a massive population of immigrants from the Caribbean, Hamilton said.

"This crisis hits close to home for friends and neighbors across Brooklyn," he said. "Many of us have backgrounds



State Sen. Jesse Hamilton (D-Crown Heights) announces the launching of the Caribbean Relief Project at the Caribbean Women's Health Association in East Flatbush on Oct. 3.

Photo by Jason Speakman

from the region."

Organizers are requesting donations of nonperishable food, diapers, feminine hygiene products, other toiletries, and batteries, and will send weekly shipments of supplies to affected Caribbean islands, including British, Dutch, and French territories, according to Hamilton. They include Anguilla, Antigua and Barbuda,

the Bahamas, the British Virgin Islands, Cuba, Dominica, the Dominican Republic, Guadeloupe, Puerto Rico, Montserrat, St. Kitts and Nevis, St. Martin, Turks and Caicos, and the United States Virgin Islands.

But contributions are not relegated to certain items, according to one organizer, who said some of those affected lost

all of their possessions.

"Besides clothes and those things, people have lost everything, so they may need a blanket, a sheet, or a pillowcase — whatever you have and you are able to donate, bring it," said Audrey Caesar.

Partnering organizations and drop-off locations include:

- Office of state Sen. Jesse Hamilton at 1669 Bedford Ave. near Montgomery Street
- Mount Zion Church of God at 203 E. 37th St. between Linden Boulevard and Church Avenue
- St. Francis De Sales School for the Deaf at 260 Eastern Pkwy. between Clason and Franklin avenues
- Caribbean Women's Health Association at 3512 Church Ave. between E. 35th Street and Brooklyn Avenue
- PS 92 at 601 Parkside Ave. between Bedford and Rogers avenues
- West Indian American Day Carnival Association at 325 Rogers Ave. between Montgomery Street and Sullivan Place
- Haitian-American Community Coalition at 3807-3809 Church Ave. between E. 38th and E. 39th streets
- Medgar Evers College at 1650 Bedford Ave. between Crown and Montgomery streets

Caribbean

The Caribbean Community (CARICOM) has joined the international community in mourning the tragic loss of life wrought by September 19 earthquake in Mexico City.

CARICOM Secretary-General, Ambassador Irwin La Rocque has sent a message of condolence to the government and people of Mexico, expressing his anguish with the widespread destruction and continuing trauma there.

In the message La Rocque said; "this tragedy was unfortunate, especially when Mexico was still recovering from an earthquake of Sept. 7, 2017."

"The Caribbean Community conveys its heartfelt condolences to the families of those who have lost their lives and to the families missing. The Community also sympathizes with those displaced by the damage caused by the earthquake and hope that critical infrastructure will be restored in swift time," the message added.

A magnitude 7.1 earthquake killed at least 119 people in Central Mexico.



Hurricane relief talks

Antigua and Barbuda Prime Minister Gaston Browne, second left, and Trinidadian soca star Machel Montano meet in Dominica with Prime Minister Roosevelt Skerrit, left, and members of his Cabinet to discuss hurricane relief. Government of Antigua and Barbuda

Bahamas

Bahamas Prime Minister Hubert Minnis has called on Caribbean broadcasters to maintain the highest standards of ethics and security in a changing environment.

Address the recent 48th annual general assembly of the Caribbean Broadcasting Union (CBU), Minnis said the Barbados-based organization has the responsibility to ensure that the highest standard of ethics and security are maintained in the Caribbean broadcast industry.

Minnis said communication is reciprocal process of reaching a mutual understanding, of exchanging information, new ideas, and shared meanings and goals.

He noted that communication, the heart and soul of broadcasting, is one of the keystones of keeping "our region vibrant and vital in the global arena."

The prime minister said the best use of broadcast and communication technology must be driven by values and principles that will guide policies and programs.

Minnis said he was pleased that the three-day conference would address issues such as social media guidelines and cyber security for journalists.



There was also a prison break, in which four inmates escaped. Two of them were shot and held by police while the others remain on the run.

Police Chief Daniel Carbon has assured that the crime situation was not out of hand and that police officers had crackdown on offenders.

He said the police force has challenges both as it relates to search and recovery and massive looting but the situation is under control.

Carbon said security personnel from Trinidad and Tobago Defense Force, the Barbados Defense Force, the Royal Antigua and Barbuda Police Force and the Regional Security System have helped get a grip on the situation.



Jamaica

The Jamaican government is moving to train doctors and other stakeholders in dispensing marijuana, as it moves to regulate the industry.

The Ministry of Health said in a statement that to date, 39 physicians, 22 pharmacists, two scientific researchers, and 17 National Council on Drug Abuse staff members have been trained by NeuroPsych Services.

It said training workshops were recently held and the next set of training programs would take place in October.

According to the Ministry to recommend / prescribe medicinal cannabis in Jamaica, registered physicians must be first certified in the use of medicinal cannabis.

The statement said physicians completing the accredited course offered by NeuroPsych Services receive a certification of registration, which will be shared with the Pharmacy Council and pharmacies in Jamaica.

The certificate is renewable every two years.

St. Lucia

St. Lucia has been named as one of the destinations in the Caribbean where a node of the Regional Integration Movement (RIM) will be located.

The Caribbean RIM Platform Initiative (CRIP) for regional cooperation, investment and trade has as one its objectives the establishment of a framework for the stimulation and enhancement of investment and trade relations.

The node located in St. Lucia will serve the entire Organization of Eastern Caribbean States (OECS).

The announcement was made at the recent fourth Trade and Investment Conference and the second RIM conference held at Earth University in Costa



Rica.

Chairperson of the grouping and its adviser, Dr. Mark Griffith, also named the other nodes to include Panama, Barbados, as well as Cuba and Haiti. Guyana will serve Guyana and Suriname.

Over the years, Trinidad and Tobago, Barbados and Jamaica have been beneficiaries and promoters of trade and investment between the region and Central America.

St. Kitts

The Eastern Caribbean Central Bank (ECCB) is standing firmly with its member countries that have been impacted by Hurricane Irma.

The bank has so far disbursed a grant of EC\$1million each to the governments of Anguilla and Antigua and Barbuda to support relief and early recovery.

A delegation from the ECCB recently visited Anguilla, which included the ECCB Monetary Council member for St. Kitts and Nevis, Prime Minister Dr. Timothy Harris and Governor Timothy Antoine.

They met with Chief Minister of Anguilla, Victor Banks and other senior government officials to tour the country and get a first-hand account of the impact of Hurricane Irma.

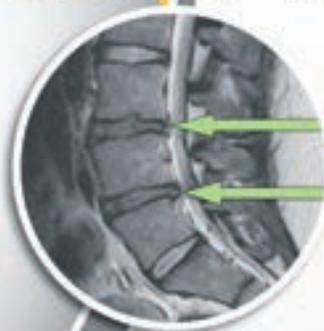
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BVI to adopt strong building codes in aftermath of Irma

By Nelson A. King

The British Virgin Islands (BVI) government says plans are being made to review and upgrade the Territory's building codes following the devastating impact of Hurricane Irma.

"This hurricane that hit us is the scale we have never seen before, it was a Category 5, and it was really devastating," said BVI Premier and Minister of Finance Dr. D. Orlando Smith, speaking during a live radio Town Hall Meeting on ZBVI 780AM on Sept. 25.

"Interestingly, just before that, we had intense flooding, again, such as we never had before in the BVI. Times have changed, and global warming is definitely affecting us; and we now have to look at where we are as a country and make the adjustments to suit the times in which we live."

"We have to take lessons from what has happened, certainly with Irma and review our building codes," he added. "We have lost and received damage to about 70 percent of our buildings, and that now gives us an opportunity to build smarter and stronger."

The premier said, just a few months ago, he had received a copy of the first draft of the new building code, because he had some concerns about the way buildings were being constructed.

"But now, we have to review that again; and, when we do that, we will want to involve the community and get your contributions, so that, in the end, we will be able to build stronger and better," Smith said.

Speaking in support of the building code review, Junior Minister for Trade, Investment Promotion and Consumer Affairs, Marlon A. Penn said, "We have an opportunity to rebuild, and to do new things and rebuild green."

"Our rebuilding efforts have to take into effect the impact of global warming, as we have seen the impact of global warming first-hand," he said.

In sharing similar sentiments, Junior Minister for Tourism, Archibald Christian said that the Category 5 hurricanes seem to be the new norm, adding, however, that the Territory now needs to build to withstand Category



This photo provided by the British Royal Navy shows the destruction after Hurricane Irma, in Virgin Gorda, British Virgin Islands, Tuesday, Sept. 19, 2017.

Joel Rouse / Royal Navy via Associated Press

5-plus hurricanes.

"We need to build stronger and better, and it will take the efforts of professionals to assist us," Christian said. "We have

a number of engineers here in the Territory, as well as those from the region and internationally, but it can't be business as usual anymore when it

comes to building.

"We need to be building bunkers now that can withstand a Category 5 hurricane and above," he added.

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T&T gaming industry face higher taxes

was cut by three full years.

But the administration, which won general elections two years ago, also attempted to win hearts and minds. All ministers will take a five percent salary reduction as part of the national sacrifice in tough economic times.

"There is something that we have not publicized. The cabinet took a five percent pay cut last year because we were mandated by the prime minister to take five percent of our salaries and give it to charity. We have all been doing that but we did not publicized it. Perhaps we should have. That is on gross. That is not after tax. That is before tax. I give \$2,000 a month in various charities to my constituency and all of us were mandated to do that. So we have been sacrificing for quite a while," said Imbert.

Some other key measures include a cut in the national fuel subsidy, allowing for annual saving of about \$100M. Subsidies for last year totaled about \$150M

Monday's cut in the fuel subsidy will see government saving \$550 million.

"It will increase the cost of transportation and that will find its way into the cost of goods and services. But we felt that we could not continue with two subsidized motor fuels to the extent that we had in the past," he said in defense of the politically unpopular measure.

Oil prices have been cautiously fixed at \$48 per barrel despite rates being higher on the international market but Imbert said the new regime of taxes will help pump more finances into state coffers.

Continued from Page 1

where possible," the Trinidad Guardian reported.

Indirectly, Persad and others say, gaming caters to about 30,000 jobs and people including security guards, taxi driver, caterers and others.

As the grumbling about the new tax grows, some of the bigger international casinos have also expressed fears about how tough it will be going forward with a doubling of taxes. Like their local counterparts, they want a sit down with Imbert and Prime Minister Keith Rowley.

Similarly disgusted are both new and foreign used car dealers, as Imbert has reintroduced taxes on hybrid gas and gas vehicles with engine capacities of over 1600 cc.

Incentives to import these cleaner vehicles were supposed to run until 2020 but government rolled them back after just one year. Dealers said the price of a vehicle will now move from around \$15,000 to about \$30,000.

Automobile Association President Visham Babwah said the move will bankrupt dealers who remain quite perplexed as to why the incentive period

Caribbean relief efforts continue



St. Vincent and the Grenadines' New York Consul General Howie Prince addresses volunteers during relief drive on Sunday, Sept. 1, 2017. Photo by Nelson A. King

incredibly successful." Dominica and Barbuda, the sister island of Antigua, were particularly ravaged by Hurricane Maria and Irma, respectively.

Prince said the CARICOM Consular Corps is also coordinating relief drives in other United States cities and plans to host a grand concert, featuring "the best of the region's artistes," to continue the relief efforts.

"We are extremely grateful to all who made donations, as well as those who volunteered during the past three weeks," he said.

COSAGO president, Laverne McDowald-Thompson, said: "Humanitarianism was at its best during the relief drives.

"The outpouring of support from the people in the Diaspora showed an overwhelming feeling of love, care and compassion," she said. "It warmed my heart coming together for three Sundays doing the relief drive."

McDowald-Thompson thanked all for volunteering, particularly singling out Vincentian native Garnes Byron for "going far and beyond."

She said all countries devastated by Hurricanes Irma and Maria will be the beneficiaries of the collected items, including food supplies, adult and baby diapers, other baby supplies, toiletries and water.

Continued from Page 1

tions have collected US\$1,500 in cash and US\$1,558 from the sale of liquid refreshments.

In addition, the Vincentian diplomat said the Dominica Consulate General in New York had organized its own relief drive, "which was

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Guyana crisis and humanitarian assistance

His Excellency, David A. Granger
President of the Republic of Guyana

Office of the President
New Garden Street and Vlis-sengen Road,

Bourda, Georgetown, Guyana
Oct. 2, 2017

Dear Excellency Granger,
Your Excellency, first let me thank you for your humanitarian suggestion to invite to Guyana our Caribbean brothers and sisters from Dominica who have suffered from hurricane Maria.

I would like to think that you would hold community meetings to hear the views of citizens because they are the ones who would have to host the Dominicans.

More than anyone else, you should be aware that Guyana is facing a socio-economic crisis.

The closure of some sugar factories has caused increase unemployment. Employers would soon be forced to send home workers if the economic situation continues.

I would like you to give details to the nation on how you intend to accommodate and employ Dominicans.

Mr. President, on many occasions I have heard you said that you are a man of truth. I have no reason to doubt you.

You have spoken about lands that you would make available to Dominicans for agriculture, but does your government have the resources to build the infrastructure in a new environment for these refugees?

How much would it cost the government? From where would

you find the funds to build roads, houses, schools, hospitals, etc. and supply electricity and water?

History has taught us there is a price to charity.

Is your invitation to the Dominicans a way of getting more people to vote for you? I have no problem with that. If I were in your position, I would do the same.

Most of your ministers are conjuring a dream that oil will bring salvation to Guyana. But this is really a pipe dream.

An article posted on AlterNet by Nafeez Ahmed stated that the oil industry is crumbling. He wrote, "It's not looking good for the global fossil fuel industry. Although the world remains heavily dependent on oil, coal and natural gas, which today supply around 80 percent of our primary energy needs — the industry is rapidly crumbling."

In an article published in Clean Tecnica, Paul Gilding wrote that the fossil fuel energy industry is now entering terminal decline. Gilding wrote, "It's time to make the call — fossil fuels are finished."

Guyana should take a look at the economic crisis that is now bedeviling Trinidad which depends heavily on oil.

All politicians are known to spin hopes and dreams for their constituents.

Mr. President, please explain how you intend to accommodate Dominicans in the wake of abysmally low oil prices worldwide.

*Sincerely,
Mr Jai Sears,
Grenada*

Culture forward

By Floyd Jarvis

Last Thursday the red carpet was rolled out for the designation of "Little Caribbean" and the dissent was swift, as if planned; if only the planning was forged in Caribbean unity as opposed to dissention.

To call the Kings County Politics article Bichotte Calls For "Little Haiti" Before "Little Caribbean" Designation lazy would be childish and unfair. Divisive and void of critical thinking are far more apt. The New York State Assembly operates on two-year terms, and 2018 is another election cycle in the State Assembly. Was this an ill-advised move on the part of the Assembly member or a calculated one?

Gone are the days of Anglo-phone (English speaking) West Indians conforming to the rudiments of white supremacy and calling Haitians out of their rightful names. We went through that struggle together and now we are whole or at least making positive and honest strides to become whole. The Haitian community is widely respected within the Caribbean community. Caribbean scholars including Dr. Eric Williams, C.L.R. James and Walter Rodney as well as African-American scholars continuously pay homage to the mighty works of the Haitian revolution and the first Black Republic in the west. If there is something to be said of Haiti's leadership in the Black liberation struggle in the western hemisphere there should also be something said of "The Myth of Haitian Exceptionalism" that some officials wish to purport. This so called isolated history mentioned in the arti-

Calling for a slowdown is very vague, extremely elitist and most certainly divisive, especially at a time when unity among Caribbean-Americans is most needed; after all, are "we" not all being priced out and pushed out?

cle that Haiti has suffered through was due to American occupation and European colonial cooperation; other Caribbean nations were not yet independent and as a result, had absolutely no say in the matter. Since 2002, Haiti has been a member state of CARICOM. Another misappropriation of the truth which lends to the myth is that Haiti is the only French-Creole speaking nation. What language is spoken on the islands of St. Lucia, St. Marteen and Guadalupe if not French-Creole?

To quote the KCP article, the assembly member "called on the city to slow down designating Flatbush and Prospect- Leferts Gardens roughly from Empire Boulevard down to the Brooklyn College junction where Nostrand and Flatbush avenues meet as "Little Caribbean" until the area first gets a "Little Haiti" designation." This language harkens back to the Brown v. Board of Education 1954 decision calling for integration "with all deliberate speed." Calling for a slowdown is very vague, extremely elitist and most certainly divisive, especially at a time when unity among Carib-

bean-Americans is most needed; after all, are "we" not all being priced out and pushed out? Not a soul was calling for a slow down or deliberate speed during the two years that Shelley Worrell, founder of CARIBBEING, began doing the work of uniting the community against forces of gentrification that aim to eradicate Caribbean heritage regardless of national origin. At a time where unity is paramount there are elected officials hanging on to old and tired divisions; constituents, take not the bait.

This is a classic example of politicians using apolitical issues for political gain. #CaribBeing was conceptualized in 1999 by Shelley Worrell. CARIBBEING is a multidisciplinary cultural hub dedicated to showcasing Caribbean culture + art + film in Greater New York City and around the world. Part of CARIBBEING's mission is to illuminate the Caribbean experience as well as its significant impact in NYC and Diaspora communities. The inaugural event for CARIBBEING was in 2010 at Walt Whitman Theater at Brooklyn College. The event, the Flatbush Film Fest was organized to celebrate culture and build community through the lens of cinema and art. The inaugural CARIBBEING event highlighted three Haitian films, followed by a fundraiser for relief efforts after Haiti's devastating earthquake.

As a Pan-Africanist and a Pan-Caribbeanist the Caribbean region begins in Miami, Florida in North America in the areas of Little Haiti and Little Havana,

Continued on Page 12

Caribbean Life

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

Son of Barbados honored by Harlem street name

The very next time you venture to the southwest corner of 125th St. & Adam Clayton Blvd. in Harlem, look up at the street sign confirming your exact location.

Guaranteed the green and white sign will designate Elombe Brath Way, a co-naming marker New Yorkers recently celebrated with the family of the son of the Brathwaite family from Barbados.

Elombe Brath Way is located at African Plaza one block away from James Brown Way and across from a state office building and statue of the first Black Congressman from New York along a thoroughfare named for the respected and celebrated politician Adam Clayton Powell Jr.

Needless to say, the ceremony was a tribute to a martyr, on the 81st anniversary of his birth and one that united activists, poets, journalists, educators, attorneys, politicians, students, a grateful community, the mayor of New Jersey and a former New York city mayor.

On Sept. 30 as temperatures plunged to the reality of autumn, the first son born



Inside Life

By Vinette K. Pryce

to Barbadian nationals was recalled in glowing terms by Newark Mayor Ras Baraka, David N. Dinkins, former New York mayor, City Councilwoman Inez Barron, Councilman Bill Perkins, Assemblyman Charles Barron and a long list of dignitaries.

“He was a giant in African history,” Costa Rica-born Bernardo Rubie said, “his name is highly regarded throughout Africa because he contributed to the liberation of Angola, South Africa and Namibia.”

The owner of Harlem Sesame, a restaurant located one block from the designated signpost, Rubie travelled to Guinea and other Africa states on many occasions with Brath and during a post-reception luncheon briefly related reflections of a 1972 return trip to the capital city of Conakry on the occasion of the funeral of Ghana’s premier leader Kwame Nkruma.

On that occasion he said he marveled after reconciling that at a table he was seated with the Pan-African advocate from Harlem he was also in the company of revolutionaries from Guinea Bissau — Amilcar Cabral, Trinidad & Tobago — Kwame Toure aka Stokely Carmichael and Miriam Makeba from South Africa.

Carmichael dubbed Brath the “dean of Harlem nationalists.”

Dudley Thompson, Jamaica’s ambassador to Nigeria, Senegal, Namibia and Ghana, described Brath as an “icon of the Pan-African Movement.”

And because of his cultural appreciation, first exposed reggae icon Robert “Nesta” Marley to the large New York television population who viewed “Like It Is” the WABC-TV show he worked as a graphic artist from 1962 until his retirement.

Described to be the “remark-



The Elombe Brath Way street sign.

Leonard McKenzie

able man who lived and worked among and for us,” Brath “became an ancestor three years ago but will forever be in our hearts and minds,” a WBAI-FM Justice & Unity radio campaign press release stated.

For three decades he volunteered time and talent hosting an informative program at

the station. “Afrikaleidoscope” informed audiences of the not-for-profit, listener-supported station on news that eluded commercial media outlets.

Shedding light on issues affecting developing countries, Brath delivered enlightenment about the struggle of the San-

Continued on Page 42

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China donates US\$2.5m for Barbuda hurricane relief

Little Caribbean

Continued from Page 10

and ends in the hinterland of Guyana encompassing everything in between. The makings of Little Haiti and Little Havana were cultural and social responses to political repression as well as convenience being only 90 miles away from the islands.

This designation as a Caribbean community is necessary now more than ever when forces are threatening and unity is our best ammunition. There should be no delay in the naming of Little Caribbean. The voices of community based organizations should be at the forefront of this conversation, for if not for the community who would we elect. Friends of various community organizations have mentioned naming the section of Flatbush Avenue from Empire Boulevard to Flatbush Junction Caribbean Boulevard, and renaming the streets after our heroes in order to memorialize it for our children.

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Floyd Jarvis is project coordinator of CUNY Brooklyn College Black and Latino Male Initiative and founder of Canarsie Neighborhood Alliance.



Antigua and Barbuda Prime Minister Gaston Browne, second left, with Premier Li Keqiang during a 2014 visit to the People's Republic of China. Gov't of Antigua and Barbuda

By Nelson A. King

The Gaston Browne administration in Antigua and Barbuda says China has donated US\$2.5 million to support the Antigua and Barbuda government's efforts to rebuild Barbuda, which was decimated by Hurricane Irma a few weeks ago.

Premier of the State Council of the People's Republic of China, Li Keqiang, in a letter to Browne, said that he was “shocked to learn” that Hurricane Irma ravaged Barbuda, causing death and destruction.

“On behalf of the Government of the People's Republic of China, I would like to extend my profound condolences and sincere sympathy to those who were injured and those who lost a relative and property during the natural tragedy,” said Li in the letter.

In making the donation, the Chinese government said that it will “stand side by side with the Government and people of Antigua and Barbuda during this difficult period,” according to Antigua and Barbuda government statement.

It said the Chinese government also announced that it has cancelled the annual National Day celebrations in Antigua, and will donate the US\$50,000 earmarked for the celebrations towards the Barbuda relief effort.

Browne said that the People's Republic of China has “once again

proven that it is a true friend of Antigua and Barbuda and during this time of need has come to the assistance of the government in the daunting task of rebuilding Barbuda into a bigger and better island,” according to the statement.

“China has stood side by side with Antigua and Barbuda since our nations

established diplomatic relations in 1983, and no other country has contributed more to the infrastructural, social and economic development of our twin-island state,” Browne said.

“We thank the government and people of the People's Republic of China for this significant donation towards the rebuilding effort in Barbuda,” he added.

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Nasty Barbados elections looms

By George Alleyne

Elections in Barbados are less than one year away from the constitutionally due time, and though no date has been set political broadsides have begun with the ruling party warning of a dirty campaign.

Within two days of each other Democratic Labour Party Cabinet Minister Chris Sinckler and party veteran, Derek Alleyne, have indicated that dirt will be thrown at a level never seen before on the island.

Sinckler, a DLP member of parliament, on Saturday, Sept. 23 accused the Opposition Barbados Labour Party of spreading rumours of himself and Cabinet colleague Michael Lashley being involved in unspecified illegal business.

"They [BLP activists] intend to put out a lot of fake news, nasty lying information, starting in other places outside of Barbados and migrating into the mainstream social in Barbados ... trying their best to link me and other members of the Democratic Labour Party to criminal activities," Sinckler said, adding "it's going to get worse. This is not the only thing. They're going

to put out other stuff too."

"This is going to be easily the nastiest campaign that would ever be fought in Barbados," he added contending that the unsavory tactics will be coming from the BLP as it seeks to remove his party from government.

"They are certain people that they have identified that they feel stand in the way of them getting government, and I am one of them. So they have started this campaign against me and Michael Lashley," he said, adding, "this is a 'Get Chris campaign.'"

One day later Director of the Urban Development Commission Derek Alleyne declared "it is going to be an election of elections... we [the DLP] have to make our re-election sure."

"We can lose the next general election if we do not do what we are supposed to do," Alleyne said, adding, "who lives with whom is going to come up, as part of that election campaign."

Opposition BLP Chairman George Payne fired back claiming that activists of the governing DLP have already started using dirty tactics against Opposition leader Mia Mottley "to question her integrity and

otherwise tarnish her character. We expect them to come with a ... charade of half-truths and twisted facts."

Payne said there is no need to target Finance Minister Sinckler because, "his policies have been a complete failure and the perilous state of the economy is proof of that. He has presided over 19 [international economic] downgrades, the longest period of economic paralysis since independence, the highest cost of living ever experienced here, the most taxes ever imposed on Barbadians, the longest time public workers ever went without a salary increase, and the total bungling of several matters including Clico and Four Seasons.

"In terms of Mr. Lashley's performance in the ministries of housing and transport, he has demonstrated his ineffectiveness to manage effectively."

Prime Minister Freundel Stuart is the only person who can set a date for the next general elections in Barbados for 30 parliamentary seats, but while he remains silent on this scheduled time there is emerging evidence that some can't wait for the ringing of that bell.



Minister of Finance Chris Sinckler.

Photo by George Alleyne

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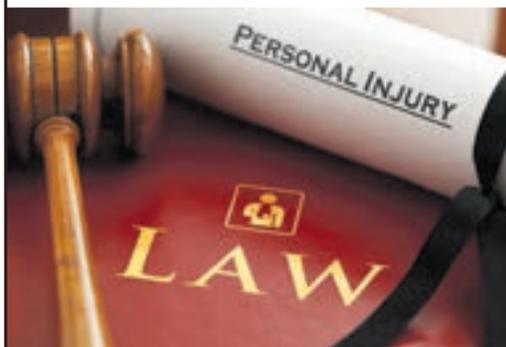
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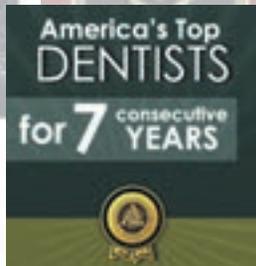
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CARIBBEAN ROUNDUP

Continued from Page 4

Prime Minister Gaston Browne visited Barbuda.

The governor and his team also visited the three shelters on Antigua established for the displaced residents from Barbuda and delivered supplies as words of encouragement.

He was at the time speaking at a pre-budget presentation at the Hyatt Regency Hotel in Port of Spain, Trinidad on Wednesday.

Rowley said despite the massive shortfall in revenue, which has placed the country in an economically precarious position, Trinidad and Tobago will not return to the days of



Trinidad

Prime Minister Dr. Keith Rowley has revealed that between 2014 and this year, Trinidad and Tobago suffered a massive drop of 90 percent in oil revenue, plummeting from a high of TT\$19.4 billion in 2014 to a meagre \$2.1 billion this year.

Rowley gave overview of the country's state of the economy a few days before the 2017 / 2018 Budget presentation by the Minister of Finance in Parliament (Oct. 2, 2017).

foreign exchange controls but will also not maintain an exchange rate at levels which will further encourage imports.

He said his government will not use the limited foreign exchange reserves to support the exchange rate.

This, he said, would be paving the way into the arms of the International Monetary Fund (IMF), adding, "this is something this government is not prepared to do."

-Compiled by Azad Ali

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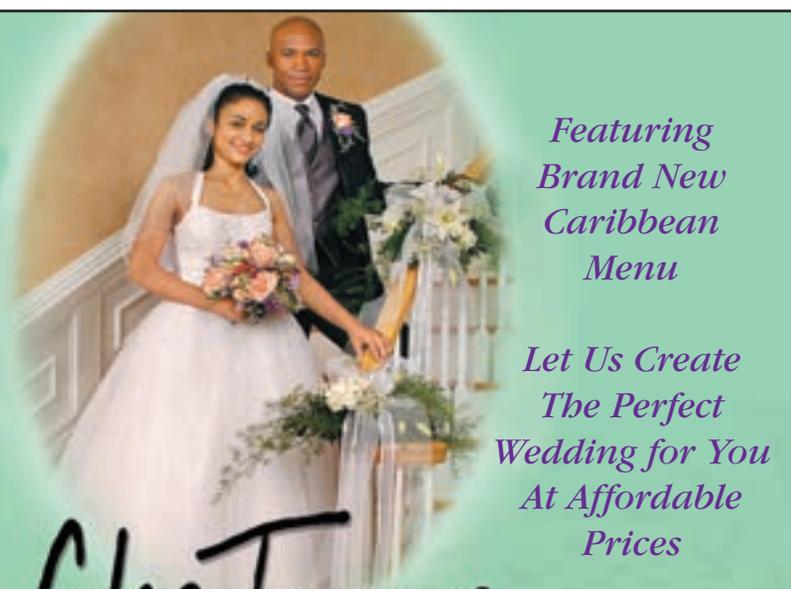
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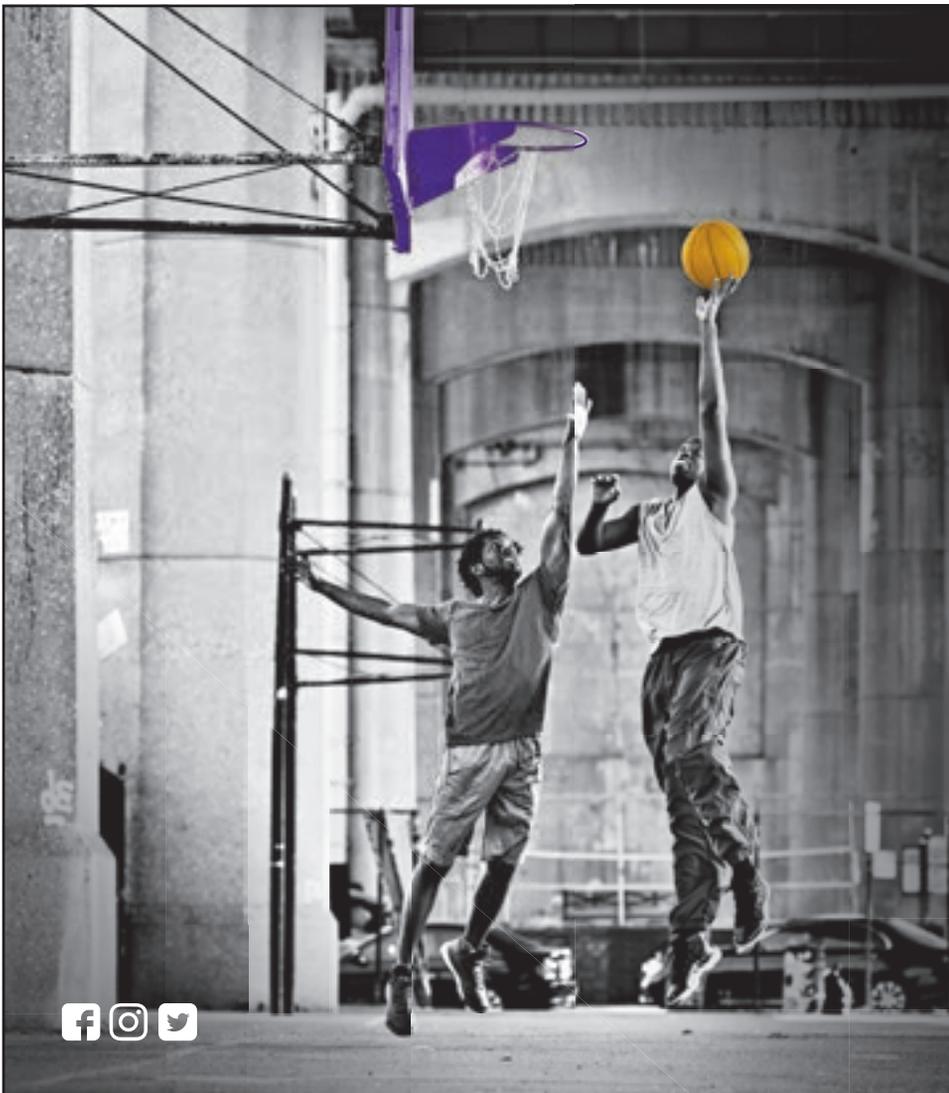
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Center for Economic and Leadership Development honors Guyana's first lady



President of Mauritius Ameen Gurib (right) presents the Global Female Leadership Impact Award plaque to Mrs. Sandra Granger of Guyana. Photo by Tangerine Clarke

By Tangerine Clarke

First Lady of Guyana Sandra Granger received the Global Female Leadership Impact Award, from the Center for Economic and Leadership Development (CELD) for her sustainable development initiatives in her country, during the International Conference on Gender and Sustainability and International Summit on African Leadership luncheon, at the New York Hilton Midtown on Sept. 21.

Mrs. Granger who accepted her honor plaque from H.E. Ameen Gurib, President of Mauritius, is a strong advocate for the empowerment of young girls, and who, work with non-governmental organization, Women Across Differences to help girls complete their secondary education, or study and learn a trade.

She was among four other women who participated in the First Ladies On a Mission Roundtable session to discuss the role of women leaders in delivering SDG's and best practices.

An inspiration, and mentor to teenage mothers on ways to develop self-esteem, and to become self-confident, Granger spoke passionately about her role as first lady and the issue of teen pregnancy, a matter of great concern in Guyana, and in the other Caribbean community (CARICOM), which ranks second behind sub-Saharan Africa as having the highest rate of teenage pregnancy in the world.

Noting that 65 percent of Guyana's population is female, Granger said empowerment and education of women and young girls must become the conversation at all levels of society, beginning in the home and communities, as well as social and international non-governmental organizations, and local and national government.

Mrs. Granger, who was in the United States with her husband, President David Granger to attend the 72 Session of the UN General Assembly, thanked the Board and Management of the Center for Economic and

Leadership Development for allowing her to participate in the forum and for honoring her, shared her incredible work ethic with Amazons Watch Magazine in a feature article, noting that her work does not end with youth.

She organizes business workshops for women through a collaborative effort with the Ministry of Social Protection and Interweave Solutions where more than 600 persons were trained in all 10 regions of Guyana,

Elderly and childcare, a feeding program in schools, a First Aid training in partnership with the Red Cross, and a Science Technology Engineering and Math (STEM) program to teach students about Scratch programming, robotics and drone technology, are just a few of the many initiatives Mrs. Granger tirelessly champion.

Asked by an audience member about stigma and discrimination in her country, Granger, a humanitarian said she was asked to be the champion for change by the PAN-Caribbean

Partnership of HIV / AIDS, and she will be speaking out about discrimination of the LGBT community as an advocate.

"I believe that first ladies are in a unique position where they are not confined by narrow politics imperatives, but singly and together, could be a force for change in their countries and in the world, said Mrs.

Granger." Other first ladies on the panel included; Reema Carmoona of the Republic of Trinidad & Tobago, Dominique Ouattara of Ivory Coast, and Lorena Castillo de Varela, Republic of Panama. Mawuena Trebarh, former CEO Ghana Investment Promotion Council, Ghana was the moderator.

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St. Kitts Independence celebration

By Azad Ali

St. Kitts and Nevis Independence Day will now be celebrated on Oct. 7.

The announcement was made by Prime Minister Dr. Timothy Harris who said the twin-island federation will officially hold its Independence Day activities on Oct. 7, 2017.

This follows the postponement of activities to mark the country's 34th anniversary of political independence due to the passage of Hurricane Maria.

In a national address over the weekend, Dr. Harris said Oct. 7 will be proclaimed a national holiday.

"Given the significance, the Cabinet, after consultation with His Excellency the Governor General, Sir S.W. Tapley Seaton, has decided to hold the commemorative Independence Parade, the Toast to the Nation and the Independence

Cocktail Reception on Saturday, the 7th of October, 2017," he said.

St. Kitts and Nevis gained political independence from Britain on Sept. 19, 1983.

Meanwhile, the Caribbean Community (CARICOM) Secretariat has congratulated the twin-island Federation of St. Kitts and Nevis on attaining 34 years of Independence and has also commended the nation on the progress

and development made over those 34 years.

In a congratulatory letter to Prime Minister Harris, CARICOM's Secretary-General, Ambassador Irwin LaRocque noted, "On behalf of the Caribbean Community (CARICOM), I extend warmest congratulations to you and the people of St. Kitts and Nevis on the occasion of your country's thirty-fourth anniversary of Independence."



Prime Minister Dr. Timothy Harris, left, and CARICOM's Secretary-General, Ambassador Irwin LaRocque.

Government of St. Kitts and Nevis

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By Alexandra Simon

He received a high and green honor.

The World Energy Engineering Congress awarded a Cambria Heights engineer with the title of Energy Manager of the Year for the Entire U.S. Northeast in Atlanta on Sept. 26. Cyril Toussaint, the director of energy management and sustainability at New York City Health and Hospitals, received the award for his revolutionary leadership in changing the scope of the energy usage in city hospitals. He was more than thrilled with the recognition, and thankful of the team that assisted him.

"This is truly an honor for me but I could not accept this without the help of so many individuals and colleagues who helped me get this incredible award," said Toussaint. "It's a reflection of so many efforts and the work we have done for energy efficiency in hospitals."

Since Toussaint took on the post, he and his crew helped the corporation see a 26 percent reduction in greenhouse gas emissions between 2007 and 2017, and last year reported an overall 10 percent decrease in

the use of energy, according to the hospital system.

As part of an energy efficiency mandate proposed by Mayor De Blasio last year, requiring that city buildings aim to reduce harmful gases by 2050, Toussaint said he and his team did a great deal of work and are on the way to achieving that goal ahead of its time with exceptional efforts.

"We've already reduced greenhouse gas by 50 percent and we are well on target to achieve that goal within the next eight years," he said.

Under his management, many hospitals around the city saw aggressive overhauls, as new equipment was installed, older machinery saw replacements, and the energy-saving lighting was introduced and upgraded. In a year a significant drop was reported and that took a lot of work, said Toussaint.

"We had to address a number of measures and upgrade a lot of our tools and energy efficient boilers at number of our facilities," he said.

Toussaint, who is of Grenadian background, went to the University of Guyana where he majored in economics, before

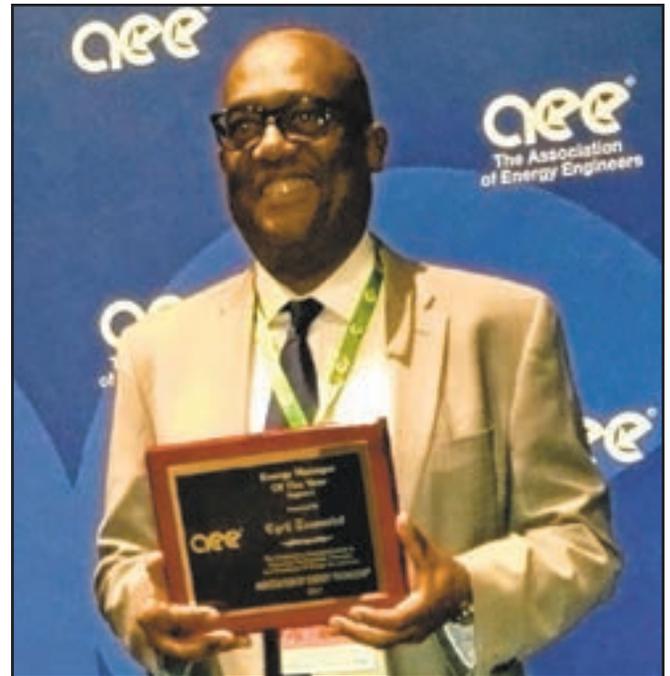
finishing at Fordham University, where he took on some engineering courses. He found his penchant for energy during his studies.

"I'm extremely passionate about it because when we all finish our time on earth, we must be able to name something we did in terms of climate change," said Toussaint. "We got to think about our well-being and what we leave for future generations and it's extremely important that we make that contribution to reduce our greenhouse gas emissions."

His fellow colleagues also feel the same way about his dedication to a safe environment.

"We are so proud of Cyril and the team he represents," said Roslyn Weinstein, vice president of operations at NYC Health + Hospitals. "Our health system has ambitious energy management goals, and we are achieving them, thanks to hard work, thoughtful planning, and creative problem solving. This award is certainly well deserved."

Achieving the honor stands as a reminder to Toussaint, to continue his work and improve the state of energy across the city.



The director of energy management and sustainability at NYC Health + Hospitals, Cyril Toussaint, getting awarded as energy manager of the year at the World Energy Engineering Congress in Atlanta.

Cyril Toussaint

"The recognition of this award only serves as a motivation for me and everyone else at New York City Health and Hospitals," said Toussaint. "This journey was challenging but the bottom line is the award was far more rewarding, and this encourages me to continue working hard on energy."

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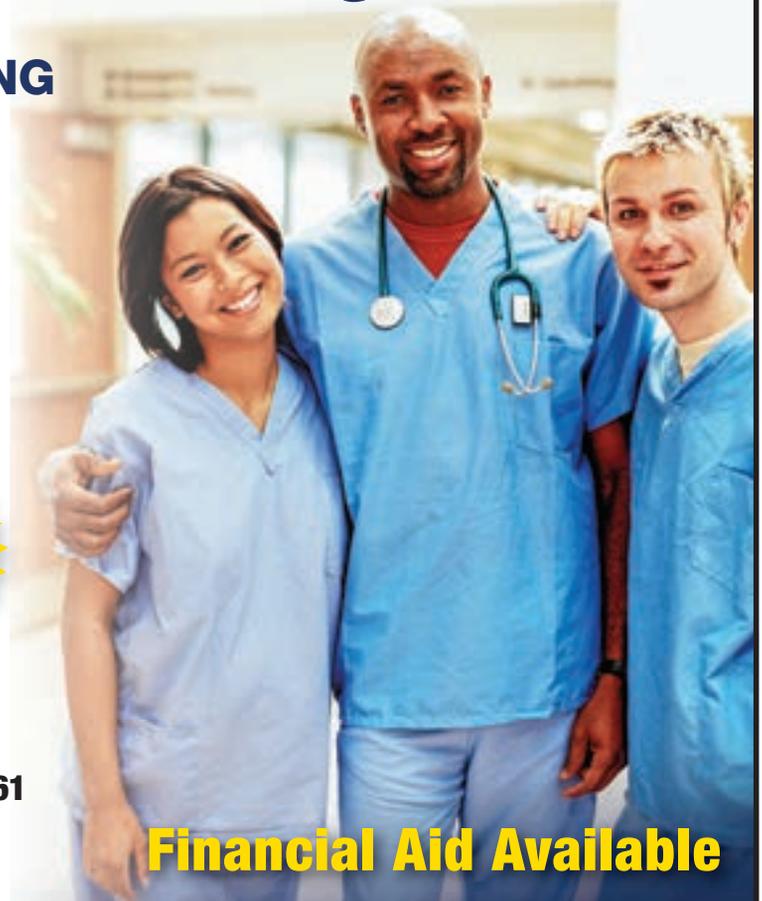
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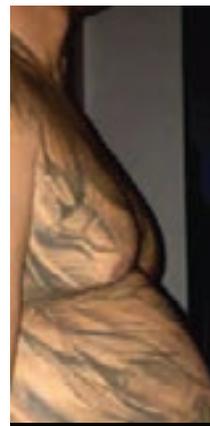
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Crowning a cultural enclave

Officials formally designate Little Caribbean district

By Alexandra Simon

It may be little, but it's a big deal.

Members of the Caribbean community cheered local officials as they formally designated the borough's cultural district in honor of the region at a Thursday ceremony at Flatbush and Nostrand avenues. Little Caribbean, which spans parts of Flatbush, East Flatbush, and Prospect-Lefferts Gardens, is the first enclave of its kind in the world, thrilling many residents who hope it will encourage deeper camaraderie among Kings County's Caribbean Diaspora.

"It's an excellent execution of an idea," said Marie Campbell, a 40-year Flatbush resident. "This is a great way to pull Caribbean people together, because so many of our people have contributed to local businesses, education, politics, religion, and culture, of course."

The local praised the woman behind the quarter's creation, cultural advocate Shelley Worrell, who proposed forming the district as a tribute to the fast-gentrifying neighborhoods' Caribbean immigrants, ensuring their contributions to its history and culture will not be forgotten.

"For her to initiate this and see it through is a great way to recognize Caribbean heritage," Campbell said. "Our culture has always been present in Flatbush, dating back to the 1960s and earlier."

Residents not of Caribbean descent also applauded the quarter, calling it a fitting salute to a community that has made important contributions to the area.

"I've been here a long time, and I'm not of Caribbean background, but I live here and I see the influence," said Janetta Lee, a 25-year Flatbush denizen. "We need to keep what we have in this area because there's so much that's happening."

Brooklyn boasts the most signifi-



Kid-approved: A group of seventh-grade students and a teacher from Exceed Charter School in Prospect Heights showed their support on Thursday when local officials formally announced Little Caribbean, a new cultural district spanning parts of Flatbush, East Flatbush, and Prospect-Lefferts Gardens.

Photos by Caleb Caldwell

cant Caribbean population in the entire country, according to Borough President Adams, who said the district is a thrilling addition to the county of Kings.

"This is the most important area of the country when it comes to our Caribbean population," he said. "This announcement is really empowering ... this is extremely exciting and it's a great opportunity to promote what we do best."

But other elected officials, including a local assemblywoman, boycotted the ceremony because the enclave was established without consulting enough community members from the region, specifically those from Haiti, according to the pol.

"We were taken aback by the lack of engagement that has been shown to many of the elected officials and key stakeholders within the Haitian community throughout the overall process," said Assemblywoman Rodneyse Bichotte (D-Flatbush), who is Haitian.

Bichotte fired off a letter to Mayor DeBlasio on Wednesday, co-signed by several Haitian organizations, that demanded the formal designation be postponed, arguing that Haitians deserve an enclave of their own after being ostracized from the larger Caribbean community for decades.

"We the undersigned propose that the official designation of 'Little Caribbean' be put on hold," it read. "Our support for the designation of 'Little Caribbean' will be based on the support and designation of 'Little Haiti' preceding the designation of 'Little Caribbean.'"



Loves Little Caribbean: Borough President Adams addressed the crowd at the ceremony.



Signature soundtrack: Steel pan musicians from Sesame Flyers Incorporated played Caribbean music at the announcement event.



The brain: Shelley Worrell, who spearheaded the district's creation, said she proposed the initiative as a way to keep Caribbean culture in central Brooklyn.



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Barbados gov't scores bonanza from spiked tax

By George Alleyne

While Barbados business owners mull over passing on a fresh tax burden to customers by raising prices or to retrench staff and lower overhead costs, government has been bragging about the large haul from the new levy.

Finance Minister Chris Sinckler this week reported to Parliament that for the first three months of the National Social Responsibility Levy (NSRL) at 10 percent, government hauled in \$50 million (Bds\$1 = 50 cents US) and officials are still counting receipts for the period.

NSRL was introduced in 2016 at two percent on imports into the island with some exemptions, but in its 2017 Budget government jacked up the Levy by 400 per cent taking it to 10 percent as of July 01.

When the spike in the tax was announced, Sinckler had projected it would get the government \$186 million in additional revenue per year, but he confidently bragged this week that

at its current rate of intake the Levy would give government a bonanza beyond expectations at the end of the financial year.

"The figure so far is just short of \$50 million, which if you were to multiply it by the four quarters, would give you just around \$200 million [for the year]," Sinckler said and went on to explain that the first three months haul is set to be larger when revenue from Value Added Tax is put on.

"That is only on the NSRL component. There is a VAT component to the NSRL. That's how it is calculated, because NSRL goes on the import, Customs, value and then you apply the VAT after," he explained.

When government announced the massive increase in this tax in May, trade unions and private sector organizations expressed a fear of massive inflation because almost everything on this island, which is over 70 percent import-dependent, will be subject to the tax.

The unions led two marches of protest, with the second on

seeing over 20,000 Barbadians walking through the streets of Bridgetown demanding a repeal of the tax, a reduction or introduction of some 'coping subsidy' to help workers endure the expected steep price increases.

Government did not budge from its position, and just a few days before Sinckler's announcement of the \$50 million first quarter bonanza, President of the Barbados Small Business Association Dean Straker called the levy 'demoralizing' and said, it is "destabilizing several firms."

He said that the jacked-up tax combined with a foreign exchange fee of two percent charged on any transactions involving the use of foreign currency have business owners in a quandary.

"Our secretariat has been receiving updates from our members on the increased costs to their operations because of the NSRL and the Foreign Exchange tax, and the challenge of either passing on this cost to the con-



Small Business Association President Dean Straker.

Photo by George Alleyne

sumer or reducing staff to keep doors open," Straker said.

He described imposition of the 400 percent increase in the NSRL and the foreign exchange fees as "a greater tax grab by government to support its operations" in the face of an economy struggling with little or no growth for many years.

But the business leader warned, "our economic performance over the past decade

confirms that our model of business development needs to be revisited.

"You cannot tax your way out of a fiscal problem."

Since the protest marches in July and a subsequent meeting with government that essentially yielded no concessions from the authorities the trades unions and private sector representatives have been complaining that their show of dissent went ignored.

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Brooklyn Hospital honors founders of medical school

By Alexandra Simon

An honor from a legend.

Former football player and hall of famer Joe Namath honored medical heroes at the Brooklyn Hospital Founders Ball in Brooklyn Heights on Sept. 27. The sports legend attended the annual fund-raiser to celebrate Charles Modica and Patrick Adams, the founders of St. George's University of Medicine in Grenada. The school the men founded 40 years ago helped revolutionize healthcare education in the Caribbean country, and they were recognized for those efforts at the ball by Namath.

"I am privileged and honored to be here — I understand the importance of what these guys have done, and to have them as friends I'm a thankful guy to be there," said Namath.

"There is not one person that I know of in the years that I've lived that's more generous, disciplined, kind, and loving than Charlie Modica."

And the notable athlete even



Joe Namath, left, Dr. Anders Cohen gives an acceptance speech after receiving a medal. Photos by Jordan Rathkopf

made a few jokes at times.

"I don't think he's all that smart to begin with — I think his father had a lot to do with it," humored Namath.

The men were bestowed with the Founders Medal Award, two ribboned medallions honoring them for their work in changing the scope

of medical facilities in Grenada.

Other honorees at the ball were two of Brooklyn Hospital's own, Dr. Anders Cohen, director of neuroscience, and Dr. Saimamba Veeramachaneni, director of clinical cardiology at the center with the Walter E. Reed medal.



The honorees: Charles Modica, center, and Patrick Adams, right, are honored at the ball for being the founders of St. George's University in Grenada. Photo by Jordan Rathkopf

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Trump's threat of total destruction is unlawful

By John Burroughs and Andrew Lichterman

John Burroughs is executive director, Lawyers Committee on Nuclear Policy; Andrew Lichterman is Senior Research Analyst, Western States Legal Foundation.

NEW YORK, Sept. 25, 2017 (IPS) - President Trump's threat of total destruction of North Korea is utterly unacceptable. Also deplorable is the response of North Korean Foreign Minister Ri Yong Ho on Sept. 23 at the United Nations.

He said that North Korean nuclear forces are "a war deterrent for putting an end to nuclear threat of the U.S. and for preventing its military invasion," referred to "our rockets' visit to the entire U.S. mainland," and called Trump "mentally deranged".

Instead of exchanging threats and insults, the two governments should agree on a non-aggression pact as a step toward finally concluding a peace treaty formally ending the 1950s Korean War and permanently denuclearizing the Korean peninsula.

The U.S. and North Korean threats are wrong as a matter of morality and common sense.

They are also contrary to bedrock requirements of international law. Both countries, by engaging in a cycle of threats and military posturing, violate prohibitions on the threat of force to resolve disputes and on threats to use force outside the bounds of the law of armed conflict.

Trump's threats carry more weight because the armed forces of the United States, backed by an immense nuclear arsenal, could accomplish the destruction of North Korea in short order.

A threat of total destruction negates the fundamental principle that the right to choose methods and means of warfare is not unlimited:

- Under the law of armed conflict, military operations must be necessary for and proportionate to the achievement of legitimate military objectives, and must not be indiscriminate or cause unnecessary suffering. Protocol I to the Geneva Conventions prohibits threatening an adversary or conducting hostilities on that basis. The Nuremberg Tribunal found the Nazi concept of "total war" to be unlawful because it runs contrary to all the rules of warfare and the moral principles

underlying them, creating a climate in which "rules, regulations, assurances, and treaties all alike are of no moment" and "everything is made subordinate to the overmastering dictates of war."

- Conducting a war with the intention of destroying an entire country would contravene the Genocide Convention, which prohibits killing "with intent to destroy, in whole or in part, a national, ethnical, racial or religious group . . ."

- Limits on the conduct of warfare apply to both aggressor and defender states. Thus Trump's statement that total destruction would be inflicted in defense of the United States and its allies is no justification. Moreover, the U.S. doctrine permitting preventive war, carried out in the illegal 2003 invasion of Iraq, means that Trump's reference to "defense" does not necessarily rule out U.S. military action in the absence of a North Korean attack or imminent attack.

- While the United States likely would not use nuclear weapons first in the Korean setting, it remains true that Trump's references to "fire and fury" and "total destruction" raise the specter of U.S. nuclear use. North Korea



United States Ambassador to the United Nations Nikki Haley speaks after voting to adopt a new sanctions resolution against North Korea during a meeting of the U.N. Security Council at U.N. headquarters.

Associated Press / Jason DeCrow, File

has explicitly warned of use of its nuclear weapons. Nuclear weapons cannot be used in compliance with the law of armed conflict, as the recently adopted Treaty on the Prohibition of Nuclear Weapons recognizes. Threats of use of nuclear weapons are likewise

unlawful. The illegal character of the threat or use of nuclear weapons is especially egregious where the express intent is to "totally destroy" an adversary, a purpose that from the outset rules out limiting use of force to the proportionate and necessary.

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Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.*

In this article, we seek advice from award winning doctors at Prostate Center of Accord Physicians, general urologist Dr. Llewellyn Hyacinthe and two urological surgeons, Dr. Vitaly Raykhan and Dr. Yuly Chalik. These two are recipients of the prestigious Patient's Choice Award were also named America's Top Urologists since 2009.

They will tell us how to detect prostate cancer in its earliest stage and successfully fight it.

Doctors, what are the symptoms of prostate cancer? Can a man diagnose himself for this disease?

Unfortunately, prostate cancer will usually not exhibit outward symptoms in its early stages, so the patient is often

not aware of the presence of a tumor. Because it is important to diagnose this disease before any symptoms occur, men over age 45 are strongly encouraged to undergo an elective urological examination at least once a year.

How do you diagnose prostate cancer?

The first step in diagnosing prostate cancer is analyzing PSA (prostate-specific antigen) in blood. If cancer is suspected, a biopsy will be advisable, since it is the only test that can fully confirm the diagnosis of prostate cancer. At Prostate Center of Accord Physicians, doctors can perform a biopsy under anesthesia directly on premises.

The Prostate Center of Accord Physicians's in-house specialized laboratory enables our certified, astute pathologist to quickly and accurately study prostate cells, shortening your diagnosis and treatment time.

Given the complexity of the diagnosis and of prostate cancer in general, we urge readers to be tested only using modern equipment at the most up-to-date clinics, such as Prostate Center of Accord Physicians.

What is the most effective method of treatment offered at the Prostate Center?

When choosing a method of treatment, we take into account the stage of the cancer, the patient's age, risk of complications, as well as the wishes of the patient. There are a number of

proven treatment options available, including radiation therapy, hormone therapy, and surgical treatment.

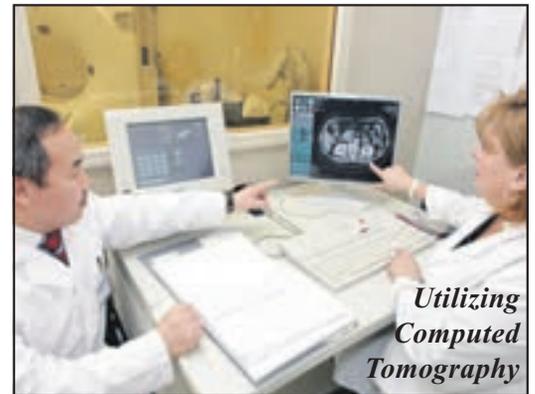
To date, the most effective method of combating prostate cancer is radiation therapy. Intensity Modulated Radiation Therapy (IMRT) is a unique type of radiation therapy offered at Prostate Center which involves the use of computed tomography (CT) to carefully pinpoint and map the exact 3-Dimensional shape of the tumor. The software carefully calculates the dose intensity pattern that will best conform to the tumor shape. IMRT allows for more effective radiation to the prostate, while minimizing exposure to adjacent normal tissues. With a radiation oncologist with over 30 years of experience and the most modern treatment and diagnostic tools, Prostate Center of Accord Physicians is a leader in the fight against prostate cancer.

What would you say to men suffering from prostate cancer?

Being diagnosed with prostate cancer doesn't mean you should give up and stop fighting. Prostate Center of Accord Physicians can successfully treat this type of cancer if it is diagnosed in its early stages. Our treatment can prolong the lives of prostate cancer patients for many years.

We recommend that all men be more attentive to their health and to seek professional medical help when symptoms first develop.

*Information via the American Cancer Society, www.cancer.org.



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TOP DRIVER DISTRACTIONS

Using mobile phones

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

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

Daydreaming

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

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

Eating

Those who haven't quite mastered walking and

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

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

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

Reading

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

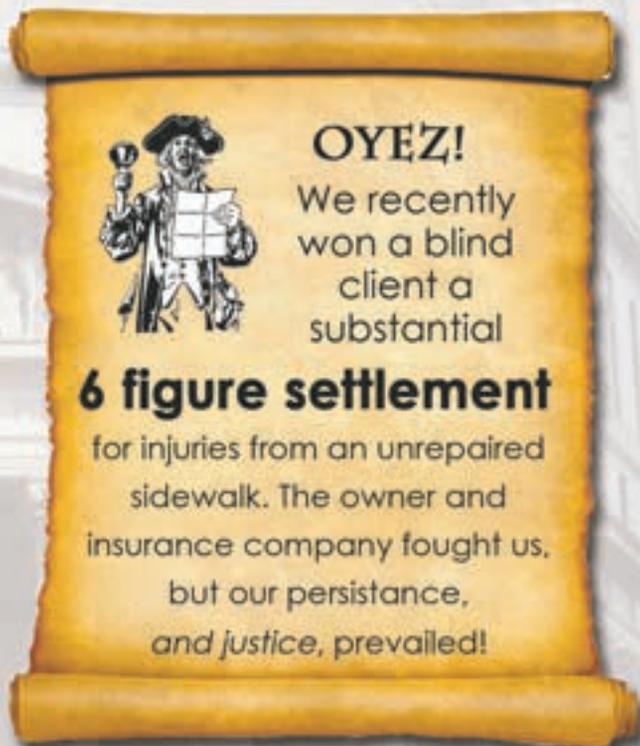
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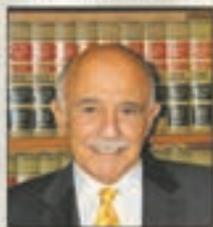
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Caitlin M. Kiernan

Book cover of "Pretty Sick" by Caitlin M. Kiernan,

How to look primo despite your chemo

By Terri Schlichenmeyer

Oh, that's not good.

There's more hair on your shower drain than there is on your head. Not good at all, but thanks, Chemo, for that and for dry skin, no eyebrows, weight fluctuations, and brittle nails. You're trying to get better; looking better shouldn't be so impossible. With "Pretty Sick" by Caitlin M. Kiernan, though, you'll look primo despite chemo.

So the diagnosis is in. You've got cancer and you're no dummy: you know what's about to happen, to the inside of you and the outside. So how do you take care of the former, while keeping the latter looking great?

First of all, says Kiernan: smell.

Yes, chemotherapy might affect your sense of smell and your taste buds. You'll want to avoid your favorite foods on chemo day, and set aside your usual scented lotions for now. Look for a second-best to get you through, and return to your faves after treatment is over and your olfactory sense returns.

The subject of hair is touchy, but it's something that can be easily handled. Wigs today are stylishly realistic, hats are fashionable, scarves look great if you wear them right. Shop for these things now while you still have hair or, if thinning is what's to come, talk to a stylist. Remember: it's only hair. It'll come back.

It might sound like just another thing, but make an appointment with your dentist before starting treatment and know how to make "magic mouth-wash" to combat mouth sores. Be willing to experiment with make-up;

if you can, get a makeover or, at the very least, ask for samples of product you can try at home. Go a little crazy. Have fun with it.

As for your skin, yes, chemotherapy will change that, too, so beware. Now's the time to consider changing your morning routine with different cleansers and products, but think twice before going "organic." Showers are always better than baths, and be sure to slather on moisturizer once you've patted yourself dry. There are also lots of great products to use if you'll have radiation, but talk to your doctor or oncologist first.

I was very happy to see that warning inside "Pretty Sick." I was happy, in fact, to see that author Caitlin M. Kiernan is careful to caution her readers on just about everything in this book, which makes it even more helpful.

So does the fact that Kiernan herself is a cancer survivor, which gives her words a been-there-done-that ring of truth — not just for beauty, but in dressing comfortably, finding a surgeon, reconstruction, and reclaiming a healthy sex life, all with purpose and strength. Also nice: while her examples do have a certain big-city tone to them and there's a lot of celeb name-dropping, the tips and advice are totally down-to-earth.

And on that note, while this book was written for cancer survivors, it could be helpful for any woman facing serious illness. If you want to look great when you're not feeling it so much, "Pretty Sick" is pretty good.

Congresswoman Clarke talks gentrifying Brooklyn

By Alexandra Simon

Congresswoman Yvette Clarke (D-Flatbush) indicated her support for big corporations moving into Brooklyn but only if locals can benefit, she said during a roundtable on gentrification on Sept. 29. Amidst the possibility of Amazon considering a second main base in Sunset Park, the politician said she can get behind it with the promise of local gains.

“I’m not against companies coming to Brooklyn as long they’re going to employ Brooklynites,” said Clarke. “The challenge is when they move in — because what opportunities are they going to be offering, and are there going to be jobs for young people or the systemically unemployed?”

With Brooklyn certified as a desirable destination, Clarke feels that major companies looking for real estate in the area should frame their business state of mind on serving the communities they plan to set-up shop in, and also ascertain training to maintain local employment.

Big brands need to take

into account of the usual end result when they move into working-class areas. Because if they maintain the typical business model, that ends up doing more harm.

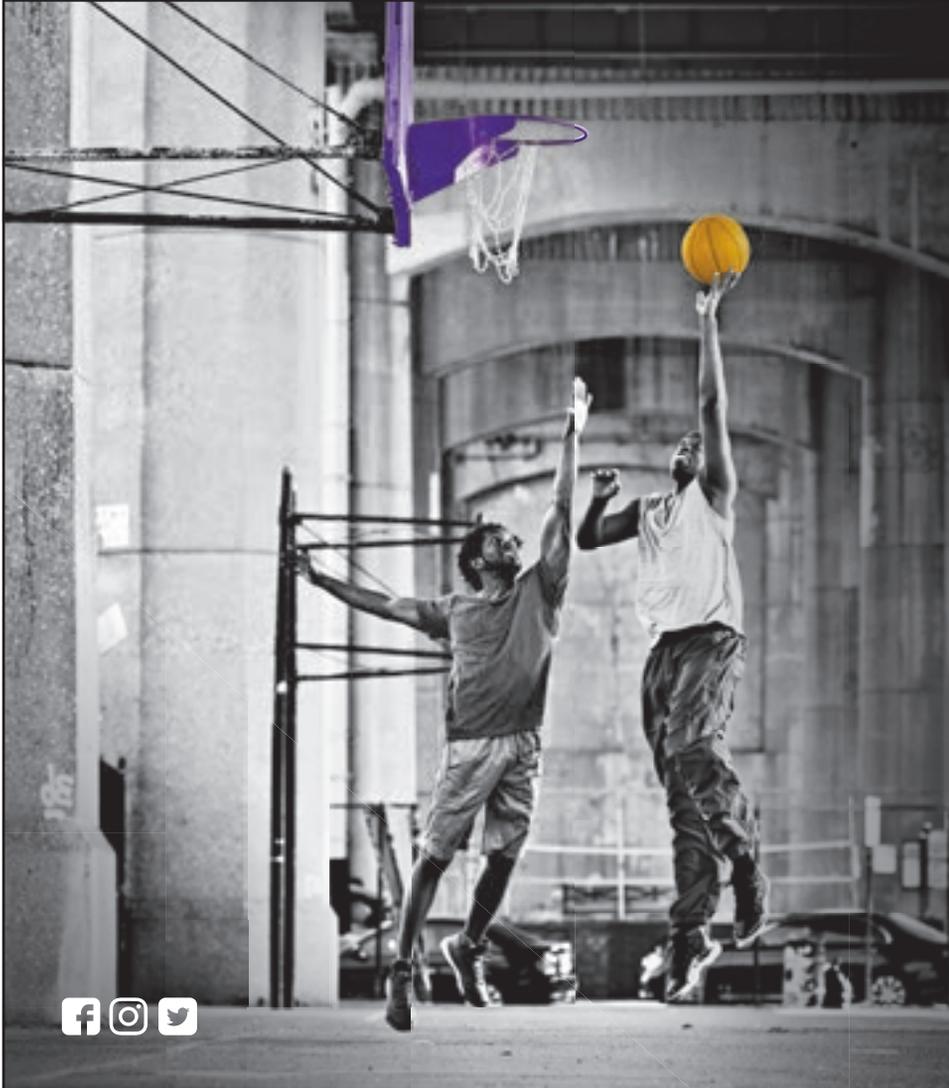
“If you’re just going to transplant your employee base ultimately that’s going to drive things up, because those folks tend to be on higher end of the income spectrum,” said Clarke. “It’s a double-edged sword and the thing about it is for small business — having a major company here is going to create a ripple effect.”

And Sunset Park is no stranger to that, added Clarke. Earlier this year, Bed Bath and Beyond opened up a mall in the hot neighborhood, which is buzzing with a lot of interest.

“Sunset Park is going through a massive remaking, and it’s challenging for long-time stakeholders who have lived in Brooklyn and maintain it all these years,” she said. “When no one wanted to lived there, they stayed through the hard times and are not reaping the benefits or apart the discussion — and it’s almost like a hostile takeover.”



Congresswoman Yvette Clarke, second from left, and members of the New York State Association of Realtors and Brooklyn Board of Realtors, at a roundtable on gentrification in Gravesend on Sept. 29.
Community News Group / Alexandra Simon



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Dynamic Airways ends flights to Guyana

By Tangerine Clarke

North Carolina-based Dynamic International Airways has once again left Guyanese passengers stranded, this time, abruptly pulling out, after a troublesome four-year charter service to the South American country.

This latest report prompted handling agent Captain Gerry Gouveia, CEO and owner of Roraima Airways to say via his Facebook page, that passengers who booked with the airline are entitled to a refund.

Passengers scheduled to travel during the peak Christmas season from JFK International airport to Cheddi Jagan International Airport, reacted swiftly to the airline's sudden pullout that Capt. Gouveia said was beyond the control of Roraima Airways, and required by law that Dynamic Airways has to refund passengers.

Capt. Gouveia who

expressed appreciation to people who have supported Roraima Airways over the years, said, "I am sorry to see Dynamic Go! It's unfortunate but it's totally outside of Roraima's control."

"Dynamic is required by law to refund passengers who are holding tickets.

Passenger affected should contact their travel agents."

"I would like to say 'Thank you' to persons who stood by us 'thank you' for the encouragement and support over the past four years. Lots of times over the past 25 years we at Roraima got it right, but a few times we got it wrong," said Capt. Gouveia, adding, "It's never easy to see young people out of a job.

"We at Roraima will continue to work harder everyday to contribute to making Guyana a better place."

Dynamic International Airways, a charter service that sus-

ended its operations to Asia last August after engine trouble, continued service to Guyana, on many occasions, leaving passengers stranded for days.

Before cancelling flights during the summer, according to reports, the airline filed for bankruptcy and cut its workforce by half.

In March of this year, airline executives expressed appreciation to Guyanese for their continued support during a lavish reception where acting interim chief executive officer (CEO) Karen Kraus, had promised travelers at the Richmond Hill Queens event that they would enjoy enhanced service and on-time departure.

But despite these efforts, the airline service deteriorated and has now left a void in the already troubled Guyana aviation market that saw the departure of Delta Airlines some five years ago.

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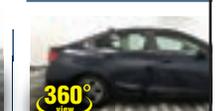
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Continued from Page 11

danistas in Nicaragua, focused on information related to Costa Rica, Belize and Guatemala and provided breaking and current news about every state in Africa as well as made cultural connections that jazzed up the dial from 99.5 FM.

Prior to that in 1956, along with his brother Kwame, formed the African Jazz-Arts Society & Studios in Harlem to showcase the genre's African identity. He maintained long-standing relationships with jazz greats Miles Davis, Thelonious Monk, Max Roach, John Coltrane Abby and Lincoln aka Aminata Moseka.

Affectionately known as the "walking encyclopedia," Brath died May 19, 2014.

Born in Brooklyn, on Sept. 30, 1936 his father Cecil T. Brathwaite and Etelka Margaret Maloney-Brathwaite migrated here in the 1920s. The couple had three sons, Kwame (Ronald) John Edward and Cecil, the eldest who inherited his father's name but preferred answering to a less colonial moniker that identified him as Elombe Brath.

Influenced by trailblazers such as Marcus Mosiah Garvey, Malcolm X, Carlos A. Cooks, and his cousin Clenell Wickman who allegedly "waged a political battle on behalf of working-class Blacks in colonial Barbados, Brath founded the Patrice Lumumba Coalition.

Named in honor of Patrice Emery Lumumba, the first prime minister of the Democratic Republic of the Congo who was assassinated in 1961, the organization was active throughout the New York area, particularly in Harlem but also on the west coast where a chapter mobilized in Los Angeles, California.

The PLC supported the right to self-determination for Angolans, South Africans, and Namibians and other African liberation movements. As chairman, he organized events and panel discussions dedicated to Afri-

can politics and current events.

Brath was a fierce advocate for the African National Congress in South Africa, SWAPO in Namibia, MPLA in Angola, FRELIMO in Mozambique and ZANU in Zimbabwe.

Closer to home he fought to eliminate the usage of the term "negro" which was nationally accepted as a definition for Black Americans.

"In 1961, he launched a "Black is Beautiful" campaign with a series of Afrocentric fashion shows featuring African-American women who were known as the Grandassa models and sported large afros," Wikipedia states.

Nomsa, his wife walked the runway as one of the first Grandassa models.

And although Brath maintained employment as a graphic artist at the corporate commercial media outlet, he conspicuously defied injustice, exploitation and corporate greed.

In 1977, Brath declared solidarity with key members of a coalition that spearheaded a boycott of the South African, Broadway musical, "Ipi Tombe."

According to reports, the production presented a false image of life for Blacks living in South Africa.

Often in the forefront of conscious protests, the activist / chairman led the PLC in coalescing groups to mobilize mass demonstrations against numerous issues. However, they were prominent at protests against the practice of white rule in Africa.

In 1976, the coalition released a policy memo calling for the support of the Zimbabwe Liberation Army.

For me as a reporter, Brath was a source of inspiration.

On every encounter, he was always loaded down by newspapers. Relentless and persuasive he always offered a leaflet, book or newsletter. My memories of him are indelibly imprinted with recall of our conversations at the opening of the African Burial Ground.

It was he who enlight-

ened me about Zimbabwe's President Robert Mugabe. And by the time I visited the southern African former British colony it was as if his information was doctrine.

Most will remember Brath's involvement with the anti-slavery movement in Sudan and Mauritania. His perception of Jomo Kenyatta and his Mau Mau movement in Kenya, Samora Machel of Mozambique, Burkino Faso's military leader Thomas Sankara, Cuba's Fidel Castro and ANC's apartheid ender Nelson Mandela.

Whenever Castro visited New York, there in the midst always was Brath, up close and personal. And I will never forget standing in the middle of 125th St. and 7th Ave when Brath whispered in the ear of the most prominent, female freedom fighter, Winnie Mandela. It was 1990 and she accompanied her husband who had just been released from prison after being confined for more than a quarter of a century.

Midway the private gesture, the regal-looking, revered African gasped, seemingly in disbelief.

I witnessed her reaction and it resonated how she immediately rushed over to greet Dr. Betty Shabazz, the widow of Malcolm X.

She seemed humbled by the presence of a woman she undoubtedly admired. Sister to sister united by a brother who respected them both.

I was privileged to see that it was Brath who informed the first lady of South Africa that she was in the presence of the first lady of Black America.

Brath told me he went to school with Colin Powell.

He gave me valuable insight into the man who retired from military service as a four-star general in the United States Army.

I will always remember Brath walking side-by-side with Sonny Carson, another progressive, conscientious activist who left a hefty legacy to reflect and laud.

Catch You On The Inside!

Panamania! Independence parade for isthmus go on!

By **Alexandra Simon**

A man, a plan, a parade! Panama!

Brooklyn's 20th annual Panamanian Independence Parade will march through Crown Heights on Oct. 7, attracting thousands to celebrate the country's culture and its sovereignty. The annual gathering attracts thousands to Franklin Avenue, and this year's event will focus on the country's second independence, said one of its organizers.

"We look forward to this parade everything single year, and this year is the first time that this parade is just celebrating our separation from Colombia," said Victor Marshall, president of the independence committee.

Panama's official month of freedom is in November, because the country seceded from Colombia on Nov. 3, 1903; and before that it won independence from Spain on Nov. 28, 1821. But because of October's more agreeable weather, the parade's organizing body chose to celebrate early — although every other element of the commemoration is the same as in

the homeland, according to Marshall.

"We do the same things we do back in Panama in November," he said. "And we have the same groups that perform in Panama, they travel to come join us in the celebration."

The event will feature 14 bands marching the route, along with dance groups, music, food, and an overall great display of Panamanian customs.

"We are looking forward to this big day and seeing all the new and different groups," said Victor Marshall. "The bands all look forward to this as well — they come in nice costumes to play music, drums, and folklore, and the Panamanian tunes that will light up Franklin Avenue."

The parade starts at Franklin Avenue and Eastern Parkway, travels along Franklin towards Bergen Street, then turns left and doubles back along Clason Avenue, where it ends at President Street, at a festival at Ronald McNair park, where food vendors will where guest can purchase culinary offerings and crafts.

Crown Heights is the ideal location for the parade because

"We have a huge population of Panamanians who are also of West Indian descent, and when we get together we're not only displaying folkloric traditions of Panama but also that of West Indians"

of a high concentration of Panamanians in central Brooklyn, and the established businesses on Franklin Avenue are very supportive of the parade, said Marshall.

The festival celebrates all the cultures that make up Panama, with African and West Indian groups strongly represented in the parade.

"We have a huge population of Panamanians who are also of West Indian descent, and when we get together we're not only displaying folkloric traditions of Panama but also that of West Indians," said Marshall. "Over the years we've had Costa Rican, Honduran,



Yellow show: An instrumental musical band in bright costumes posed at the 2015 Panamanian Independence Parade on Franklin Avenue. This year's parade will take place on Saturday, Oct. 7.

Day of Independence Committee of Panamanians in New York

Jamaican, and Haitian groups perform for us. Although we celebrate Panama's independence, we open doors to all different nations, and anyone who want to participate is welcome also."

Marshall expects close to 50,000 attendees this year, whether they have a connection to Panama or not.

"I hope they able to come and learn about parade, and participate with us," he added. "It's a big day for Panamanians and everyone is welcome — we open our arms."

Panamanian Independence Parade (Franklin Avenue at Eastern Parkway in Crown Heights, www.dicpny.org). Oct. 7, 11 am–3 pm. Free.



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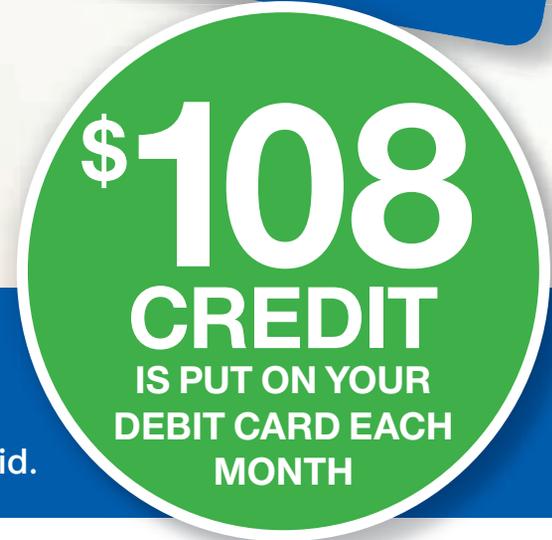
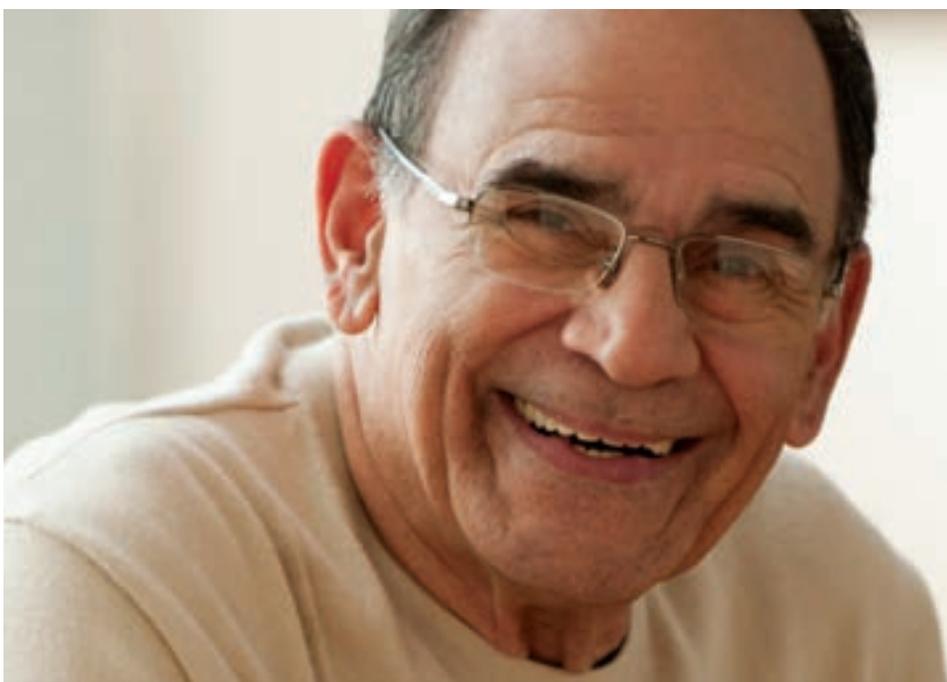
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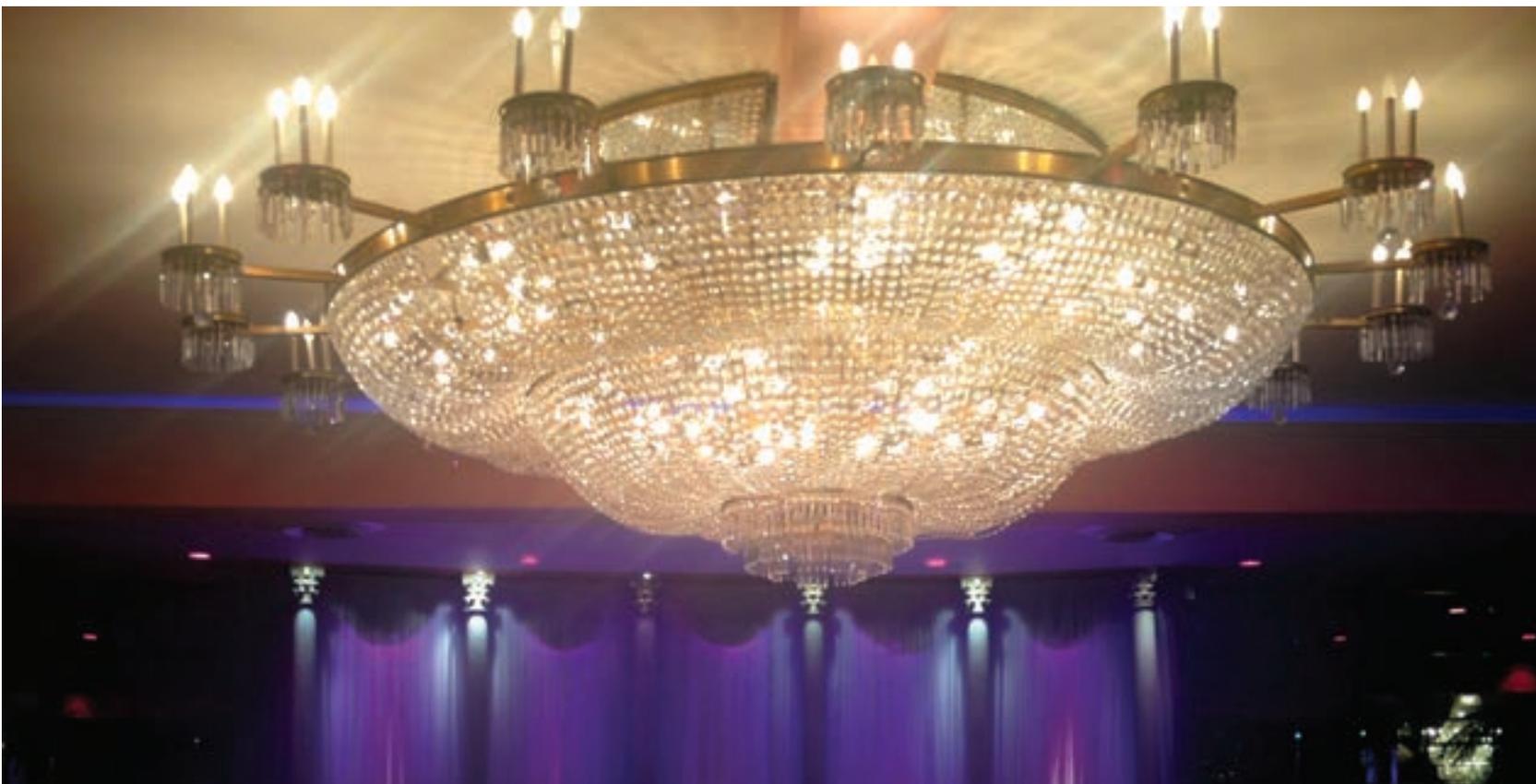


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But this is only one reason to choose Paradise. Here, they accept only a single function at any one time. There's no splitting of the resources between two or three or even more affairs. When you book Paradise, you get the skills and expertise of every 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?

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

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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.

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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.

Don't you want to celebrate those once-in-a-lifetime days in Paradise?

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The basics on long-term care insurance

Various insurance plans protect individuals from financial calamity. Insurance works by requiring policy holders to pay a premium. In the event of an accident or incident, a claim can be filed and the insurance company will reimburse the person for expenses, minus the deductible.

Health insurance is one type of insurance that people have to manage their health and well-being. There's also another, perhaps lesser-known insurance that can prove invaluable. It is called long-term care insurance.

Long-term care insurance is an insurance product that is found pri-

marily in the United States, Canada, and the United Kingdom. It generally covers assisted living needs, home care, hospice care, adult day care, and other requirements of senior living or health management. People who invest in this are planning ahead for the times when they may no longer be able to care for themselves without assistance. It will help offset the ever-rising costs associated with specialized senior housing and nursing facilities.

Traditional healthcare insurance and government-sponsored plans (i.e., Medicare in the United States) will not pay for daily, extended care services. The AARP notes that these

other plans may only cover a short stay in a sub-acute rehabilitation center or nursing home, or pay for a limited amount of at-home care. Long-term care insurance can help families finance the cost of medical care when all other options will not.

Long-term care insurance should be looked into early in life, as policies often cost less if purchased when one is younger and in good health. People in poor health or already receiving long-term care services may not qualify for it outright. But there are some workarounds, including buying a limited amount of coverage or coverage at a higher "nonstandard" rate. Some policies do not require

medical underwriting, and these may be advantageous to people with preexisting health conditions.

When shopping for policies, look into how long the insurance will pay. Some policies include limits on how long or how much providers will pay for care, with some plans maxing out at two to five years. Other policies may not implement a term limit.

Speak with a tax specialist as well, as premiums paid on a long-term care insurance products may be tax deductible.

Long-term care insurance is a way for individuals to finance the often expensive costs for medical services that may be required as one ages.

Keep heart running strong into your golden years

Hearth health should be a concern for people of all ages, but especially so for men and women over 50. That's because, according to the American Heart Association, even those who are free of cardiovascular disease at age 50 are at a significant lifetime risk of developing the disease.

But heart disease does not have to be an accepted byproduct of aging. For example, a 2014 study published in the Association's journal "Circulation" found that maintaining or increasing physical activity after age 65 can improve the heart's well-being and lower risk of heart attack.

In addition to increasing physical activity as they age, older men and women who understand heart disease and learn to recognize its symptoms have a greater chance of minimizing its affects and lowering their risk of having a heart attack:

What are the symptoms of heart disease?

Heart disease is a blanket term used to describe a host of conditions, so symptoms vary depending on each individual condition. The following are some of the more widely known conditions and their symptoms:

Hypertension: Also known as high blood pressure, hypertension is a largely symptomless form of heart disease. The Association notes that the idea that hypertension produces symptoms such as difficulty sleeping, facial flushing, nervousness, and sweating is a misconception. Symptoms typically do not alert men and women to the presence of hypertension, highlighting the emphasis you should place on routine visits to the doctor's office, where your



Thirty minutes of exercise a day promotes a healthy heart.

blood pressure can be taken.

Heart attack: The symptoms of a heart attack are different than the symptoms of heart disease that may lead to heart attack. The former can be found by visiting www.heart.org. Signs that you may be heading toward a heart attack include undue fatigue, palpitations (the sensation that your heart is skipping a beat or beating too rapidly), dyspnea (difficulty or labored breathing), chest pain, or discomfort from increased activity.

Arrhythmia: Arrhythmia means your heart-beat is irregular, and men and women often mistakenly believe arrhythmia only afflicts those who already have been diagnosed with heart disease or have had a heart attack. But arrhythmia can affect even those men and women who have healthy hearts and no history of cardiovascular disease. Symptoms of arrhythmia can vary greatly, from a single premature beat to a series of premature beats that occur in rapid succession. Arrhythmia that lasts long enough

to affect heart function may include symptoms such as rapid heartbeat, fatigue, dizziness, lightheadedness, shortness of breath, and chest pain.

How can I protect my heart?

Heart-healthy habits take some effort, but men and women can protect their hearts regardless of their ages:

Get sufficient exercise. At least 30 minutes of exercise per day can protect against disease.

Quit smoking. Smoking increases your risk for a host of ailments, including heart disease. Quitting is a great way to start getting your heart and other parts of your body back on track.

Include heart-healthy foods in your diet. A diet that is rich in fruits and vegetables and low in cholesterol, salt, and saturated fat promotes heart health.

Don't drink alcohol to excess. Like smoking, drinking alcohol to excess can lead to a host of problems, such as high blood pressure, arrhythmia, and high cholesterol, each of which increases your risk of heart disease.

Lose weight. Being overweight or obese is a major risk factor for heart disease. If you have already started to exercise daily and eat a more heart-healthy diet, then you're on your way to losing weight. Consult your physician if diet and exercise don't seem to be helping you to shed pounds.

Heart disease kills millions of people across the globe each year, many of whom are over 50. But men and women who learn about heart disease and how to reduce their risk stand a far greater chance of fighting the disease.



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Eating right can improve quality of life

Legend states that on April 2, 1513, Spanish explorer Juan Ponce de León was the first European to discover modern-day Florida when he traveled on a quest for the mythical “Fountain of Youth.” While modern science has proven that there is no mystical fountain or body of water that can reverse or slow down the aging process, there are many steps people can take to age well and prolong their lives.

Eating the right foods is one way to age well. According to Dr. Ralph Felder, coauthor of “The Bonus Years Diet,” reversing the aging process internally is more difficult than outward cosmetic changes. But the right foods can go a long way toward increasing both life expectancy and quality of life. Those who want to employ diet to increase their life expectancy may want to start adding more of the following foods to their breakfast, lunch and dinner plates.

•Broccoli, grapes and salad:

According to Health magazine, researchers have found that compounds in these three foods boast extra life-extending benefits.

•Berries: In addition to their abundance of antioxidants, berries



Berries and whole grains are nutritious foods that can help men and women live longer, healthier lives.

have other benefits. A 2012 study from Harvard University found that at least one serving of blueberries or two servings of strawberries each week may reduce the risk of cognitive decline in older adults.

•Fruits and vegetables: Produce is good for the body because it's low in calories and high in fiber, vitamins and other nutrients. Numerous studies have indicated that diets plentiful in fruits and vegetables help people

maintain a healthy weight and protect against cardiovascular disease.

•Whole grains: Whole grains pack a lot of nutrition into a low-calorie food. Whole grains help protect against type 2 diabetes, and researchers at the University of Texas Health Sciences Center found study participants whose diets included plenty of whole grains and fruit cut their heart disease risk by almost half compared to those whose diets favored meat and fatty foods.

•Red wine: A glass a day for women and no more than two glasses daily for men can be beneficial. Moderate consumption of red wine has been shown to slow age-related declines in cardiovascular function, according to the American Heart Association.

•Fiber: Increase your fiber intake for a longer life. Research from The American Journal of Clinical Nutrition finds that the more fiber you include in your diet, the lower your risk of coronary heart disease. The daily recommendation is 25 to 35 grams.

While there may be no such thing as the fountain of youth, a healthy diet can help men and women prolong their lives.

Understanding Medicare Open Enrollment

BY JOANNA R. LEEFER

This is an important time of year for older adults. Between Oct. 15 and Dec. 7 Medicare recipients can change their health insurance plan without penalty. Every year for almost two months, the federal government offers an “open enrollment” period when seniors can review, tweak their current policy or find a plan that better fits their needs.

During open enrollment recipients can switch from Medicare Part B (Original Medicare) to a Medicare Part C Plan (Medicare Advantage Plan). They may also switch from a Medicare Advantage Plan to Original Medicare or from one Medicare Advantage plan to another. During the same time period, participants can change or enroll in a Medigap plan and change their Medicare Part D prescription plan. Any changes that are made during open enrollment will go into effect on Jan. 1, 2018.

Selecting the right plan can be stressful especially if you do not understand what each offers. To help you make an educated decision, here is an explanation of the A, B, C's and D's of Medicare choices during open enrollment.

Medicare is the federal government's medical insurance plan that

covers the cost of health care for most adults aged 65 and over. It may cover some younger individuals with special medical requirements as well. Medicare is divided into two parts. Part A covers hospitalization and nursing home care. Medicare Part B covers outpatient services. Medicare Part A is not one of the options that can be changed during open enrollment although some Medicare Advantage Plans limit you select hospitals.

Medicare Part B includes doctor visits, outpatient medical procedures, equipment and some medical tests such as HIV screening, mammograms, prostate cancer screening, flu shots and diabetes tests. Medicare Part B is a nationwide health plan with participating doctors located anywhere in the U.S. This can be a major advantage. A major disadvantage is that Part B does NOT cover most dental care, eye exams, hearing aids, alternative medicine, and cosmetic surgery and it does not subsidize prescription drugs. To acquire these services a participant must join a supplementary insurance plan called a Medigap plan and a Medicare Part D prescription plan.

Medigap Plans are health plans supplied by private companies that



Do research to choose the right health plan
iStock

are designed to supplement Medicare. They cover copayments, coinsurance, and annual deductibles. The costs of these plans vary, depending on what they offer. They all cover co-payment costs not covered by Medicare and can provide additional services such as vision, hearing, and dental care.

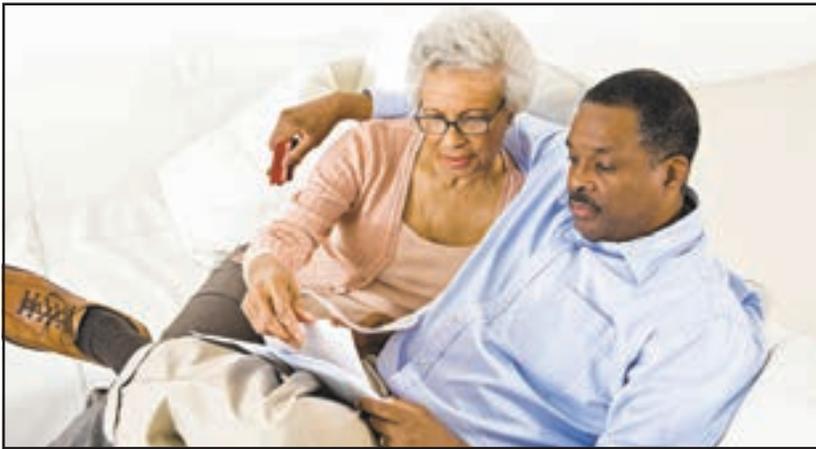
Medicare Part C, also called Medicare Advantage Plans, are private health plans that are approved by the federal government. Some of the better known plans are Fidelis, United Healthcare, Aetna Healthcare although there are many more. Some of these plans offer their services at the same price as Original Medicare while others require higher premiums because they cover additional medical services like dental and eye care.

Advantage plans do not require participants to sign up for a Medigap or prescription plan. These services are usually included in the plan.

Medicare Part D is the federal government's drug program that subsidizes the cost of prescription drugs for Original Medicare participants. Private companies that are approved by the federal government offer these plans. Each plan must offer a selection of medicines in specified drug categories called formularies. Some plans offer generics formularies instead of specific brand names, so recipients who are partial to taking a brand over a generic drug should check that their medicine is offered in their Part D plan.

What plan is best for you? This depends on your medical needs. Before you make a decision ask yourself the following questions: Will the new plan include your doctors and your medications? Can you afford payments? Does the plan include your hospital preferences? If you plan to move, will your plan still cover you?

Medicare's open enrollment period is a great opportunity for every senior to customize his medical needs but it is important to do your research before switching or retaining a plan.



Medicare's annual open enrollment period offers seniors the opportunity to reassess their health needs and choose a better medical plan without a penalty. iStock / IPGGutenbergUKLtd

Understanding life insurance

Life insurance is a product few people want to think about. That's perfectly understandable, as life insurance forces men and women to consider their own mortality. But life insurance is not something adults should avoid, especially if they have dependents.

Many people should consider life insurance when estate planning so they can provide security for their loved ones. But life insurance is a purchase unlike any other, and people may be confused or intimidated when attempting to purchase life insurance policies.

Deciding if you need coverage

While life insurance seems like the kind of thing every person should have, that's not necessarily the case. For example, single men and women with no dependents and no tax or debt concerns generally do not need life insurance. If you are single but have tax issues or a considerable amount of debt, then a life insurance policy can be used to pay those debts upon your death.

Adults with dependents, such as a spouse and children, should consider purchasing life insurance, which can help your surviving dependents maintain their quality of life and pay their bills in the wake of your death.

Buying life insurance

Much like various other types of insurance, life insurance can be purchased from an insurance agent or via an insurance company's website. When choosing a company from which to buy a life insurance policy, look for a company with a strong rating, as no one wants to end up being burned by a life insurance provider who goes out of business.

Some people prefer to work with in-

dependent brokers who can share information about products from various providers rather than just the ones offered by the firm company-affiliated agents work for.

Choosing coverage

When choosing coverage, you will no doubt be asked if you prefer term insurance or permanent insurance. Term insurance is the least expensive life insurance, and such policies only last for a predetermined number of years. You may purchase life insurance policies if you only want life insurance until you retire or until your children reach adulthood.

Permanent insurance is more expensive and will last from the moment you purchase the policy until your death. Many people choose permanent life insurance policies so the money their beneficiaries receive upon their death can be used to pay estate taxes. In addition, there is an investment component to permanent insurance policies, as a portion of the premiums on such policies is invested (policies will spell out how the money is invested) and allowed to grow tax-free so long as the policy is open. Term insurance only provides protection with no investments.

When choosing how much coverage to purchase, it's easy to go overboard and aim for as much as possible. However, many financial advisors suggest purchasing enough coverage to pay for funeral costs and a level of income replacement you can comfortably afford. If your spouse does not work, you should consider purchasing enough coverage so he can afford to pay the family's day-to-day cost of living expenses.

Life insurance merits serious consideration, and adults should do their homework and fully understand a policy before signing any contracts.

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Dog breeds especially compatible with seniors

Pets often make ideal companions. They are around when a person needs support, they can provide protection for those living alone, they're always willing to lend an ear to problems, and many tend to offer unconditional love. Seniors facing an empty nest or the loss of a spouse may find pets can buoy their spirits. Studies have shown that seniors can benefit both mentally and physically from having a pet around. Pets can alleviate anxiety, depression and boredom.

While pets can provide comfort and companionship, they remain a significant responsibility.

Seniors should find an animal that will fit in with their lifestyles. This is an important consideration for those seniors who travel frequently or have mobility issues. In addition, men and women living in senior communities or assisted living facilities should determine if there are any pet restrictions in place.

Those seniors who have decided that a dog will be the best fit can choose among several breeds that may be a good match for their needs. When selecting a dog, consider both size and temperament. Smaller dogs tend to be easier to handle and will

need less maintenance. They are easily carried and won't take as long to bathe and groom. Smaller dogs also consume less food than larger breeds, reducing the expense of dog food and the hassle of wrangling large, heavy bags of chow. Temperament is also important, as some breeds tend to be more easygoing than others. Larger breeds may be preferable to a smaller breeds, which tend to be hyperactive. However, always remember there are pros and cons to each breed, and each dog will demonstrate his own personality traits. The following are some dogs that can be especially compatible with seniors.

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The loyalty and intelligence of schnauzers makes them ideal companions.

Pug: Equally playful and willing to be a lap dog, the pug requires little exercise and grooming. The breed is typically nonaggressive and submissive. Pugs are good-natured and playful; they don't often bark and are easy to train.

Shih Tzu: The Shih Tzu lives for attention, but this breed can be dominant and difficult to train. The Shih Tzu will be alert to its surroundings and, despite its small stature, can be a good watchdog.

Pomeranian: Pomeranians look like big balls of fur and can bring a smile to an owner's face. The breed tends to be perky, can display dominance and can be difficult to train. Because Pomeranians can be dog-aggressive, they may be best as the only pet in the house.

Yorkshire terrier: The Yorkie is a diminutive breed in size only, as they tend to have exuberant personalities that dwarf their stature. The ideal lap dog, Yorkies want to lie around and lounge, though some do like to bark. If the fur is kept short in a "puppy cut," the dog can be easy to maintain.

Pembroke Welsh corgi: This medium-sized dog hails from Wales and typically requires only moderate exercise and little grooming. They are easy to train and moderately dominant. They don't bark excessively, and they often get along with other dogs.

Schnauzer: Available in three sizes, schnauzers are good companions and protectors. This is an intelligent and loyal breed and will need to be kept amused to stave off boredom.

Brussels griffon: These dogs do not shed, but they will require professional grooming at least once every three months. If socialized early, the griffon can be a good companion but will likely remain wary of strangers. They are good watchdogs and devoted to their owners.

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An early diagnosis can be crucial in the care and treatment of Alzheimer's disease.

Contrasting 'Early onset' vs. 'Early stage' Alzheimer's

One of the questions I'm frequently asked is, "What is the difference between early onset and early stage Alzheimer's disease?" Understanding the difference is the key to getting both a good diagnosis and developing a good care plan.

First, the basics. Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the activities of daily living. Most symptoms after the age of 65. More than half of those over 85 have Alzheimer's or some related form of dementia.

Regardless of the age of onset, we call the first phase of Alzheimer's, early stage. During the early stage, individuals, regardless of age, experience mild symptoms including memory loss. They may also take longer to complete daily tasks, lose things more frequently and may have personality and behavior changes.

However, some people develop Alzheimer's before the age of 65. Traditionally, this was called early onset Alzheimer's. To reduce the confusion, many experts now refer to this as young-onset Alzheimer's. Today, young-onset, which affects individuals in their 30s, 40s, and 50s, accounts for 10 percent of all Alzheimer's cases. While each case of Alzheimer's progresses differently, individuals with young-onset experience the same early stage symptoms as an older person.

Because we do not anticipate a younger person developing Alzheimer's, young-onset may take longer to diagnose and has a very powerful impact on families and friends. A diagnosis will affect an individual's ability to work and receive employee medical and other benefits. Those with young-onset may have young families, who will need to reorganize their entire lives to manage this unexpected life crisis. A strong support system and a comprehensive financial, legal, and personal care strategy will be essential, as will be planning for the difficult, but essential end-of-life decisions.



Care Chronicle

Lou-Ellen Barkan

No matter what a person's age, a comprehensive and accurate diagnosis in the early stage of the disease allows individuals and families the maximum time to plan and access resources for good care. There is solid research to show that good care may help preserve daily functioning for longer periods, even if the underlying Alzheimer's progression cannot be stopped or reversed.

With every Alzheimer's diagnosis, regardless of the age of onset, the most important resource is support from family, friends, and professionals who are educated about the disease and how best to manage the implications for the individual's quality of life. Individuals and their families should know that Alzheimer's is a physical, not a mental illness. When individuals are diagnosed in the early stage of the disease, they can continue to have a meaningful and productive life with the support of friends and family for some time by engaging in the activities and interests they enjoy.

A diagnosis in the early stage also allows individuals and families affected by the diagnosis to connect with experts and organizations like CaringKind, where they can develop support networks, caregiving skills and access the resources they will need throughout the course of the disease.

If you or someone you know is exhibiting symptoms of impairment at any age, it is important to find the resources for diagnosis and care as soon as possible. The dedicated professionals at CaringKind are available 24 hours a day, 365 days a year to provide that counseling.

For more information about this or other topics related to Alzheimer's disease or a related dementia, call CaringKind's 24-hour Helpline at (646) 744-2900 or visit www.caringkindnyc.org.

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10:30 am

Keeping your loved ones safe

- Preventing fraud and scams against the elderly
- Recognizing elder care abuse

11:30 am

Navigating home care options

12:30 pm

What to do now to protect your family's assets later

- Estate planning
- Benefits and pitfalls of probate

1:30 pm

Memory loss in seniors and the elderly

- Learn about resources and strategies to maintain dignity and connectedness

2:30 pm

Understanding managed long term care

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Partial list. More seminars will be added. Some seminars and times for both expos. Seminar schedule & topics subject to change.

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Calypso Rose performing at Labor Day Dimanche Gras festivities at the Brooklyn Museum, Sunday, Sept. 2, 2012. Photo by William Farrington, File

Calypso Rose gets T&T award

By Azad Ali

Mc Cartha Lewis better known as Calypso Rose has been awarded Trinidad and Tobago's highest national award — the Order of the Republic of Trinidad and Tobago (ORTT) - in culture.

The 77-year-old Tobago-born calypsonian was among two other public officials, former acting Prime Minister (in the Patrick Manning administra-

Continued on Page 58

Vincy calypsonian honored

By Nelson A. King

A Brooklyn-based Vincentian group recently honored former National Calypso Monarch D Man Age for 41 years of calypso and social commentary.

Vincy Liberators New York bestowed the extraordinary award on D Man Age, whose real name is Errol Rose, at a gala ceremony in Brooklyn devoted exclusively for him.

In a joint statement submitted to Caribbean Life after the ceremony, Ian Sardine, vice president, and Lavern Williams, public relations officer, said the group wanted to honor D Man Age "while he's alive and not waiting until he's dead to take flowers to his grave, where he [obviously] would not be able to appreciate it."

Sardine and Williams stressed that D
Continued on Page 58



Hair story: Playwright Alicia Thompson highlights the different experiences women and girls have with hair in her one-woman show "I Am My Hair," which she debuts on Oct. 9 at the inaugural Hair Nation Expo.

Olivier Kpognon

Play examines black women and hair

By Alexandra Simon

It's more than just hair.

At the inaugural Hair Nation Expo in Queens on Oct. 9, Connecticut-based playwright Alicia Thompson will be debuting her play surrounding stories about black women and their hair at the Black Spectrum Theatre. In her one-woman play "I Am My Hair," a counter spin to the popular song by soul artist India Arie, Thompson reflects on how several girls and women perceive their hair and themselves, while examin-

ing the environments they live in and the reasonings behind their choices, said Thompson.

"An overarching point I make about hair is that it affects so many different things — going way back to slavery to now," said Thompson.

She was inspired to create the play after an in-depth conversation with a friend about women of the Diaspora. One of them was hair — often a very politicized and racialized attribute black women are confronted with at a young age.

Despite a change in hair trends and the wider embrace of more natural styles, many women still struggle with their appearances via imagery in the media, and Thompson suggests companies reverse this with more reflective and natural representations.

And as the popularity of traditional black hairstyles grow and inspire hair choices of other ethnicities, a stigma remains for black women, said Thompson.

Continued on Page 58

TOP OF THE CHARTS

TOP 10 SINGLES

- 1 **Attention**
Charlie Puth
- 2 **Slow Hands**
Niall
- 3 **There's Nothing Holdin' Me Back**
Shawn Mendes
- 4 **Feel It Still**
Portugal. The Man
- 5 **Strip That Down**
Liam Payne Feat. Quavo
- 6 **Unforgettable**
French Montana Feat. Swae Lee
- 7 **Look What You Made Me Do**
Taylor Swift
- 8 **Shape Of You**
Ed Sheeran
- 9 **Believer**
Imagine Dragons
- 10 **Wild Thoughts**
DJ Khaled Feat. Rihanna

TOP 10 ALBUMS

- 1 **Wonderful Wonderful**
The Killers
- 2 **GEMINI**
Macklemore
- 3 **By Any Means 2**
Kevin Gates
- 4 **All Things Work Together**
Nothing More
- 5 **Lust For Life**
Lana Del Rey
- 6 **Trip**
Jhene Aiko
- 7 **Evolve**
Imagine Dragons
- 8 **On The Rocks**
Midland
- 9 **Double Dutchess**
Fergie
- 10 **Cold Dark Place (EP)**
Mastodon

Presented by



Calypsonian honored

Continued from Page 57

Man Age “needed to be acknowledged and recognized for his contribution and hard work over the years,” adding that they were “disgusted with the Ministry of Culture and Calypso Organization in SVG [St. Vincent and the Grenadines] for not honoring D Man Age over the years and for not recognizing him as a Cultural Ambassador for his years of service, commitment and contribution.”

D Man Age, one of the founders of Vincy Liberators New York, was presented with a plaque and a check for US\$1000.00, in addition to all proceedings from the ceremony that was broadcast live on Nice Radio in St. Vincent and the Grenadines and Success Radio in Canada, according to Marissa “Lady M” Gregg, a former radio personality in Brooklyn, who served as Mistress of Ceremonies, along with calypsonian Scorpion.

“This is not something that was part of my agenda since singing,” D Man Age told Caribbean Life in a brief interview after the ceremony, alluding to the honor. “I got into calypso in the ‘70s to be more politically conscious. [Social activist and political activist] Renwick Rose, my cousin; Patches Knights [calypsonian], [the late social and political activist] Caspar

London and even [Prime Minister Dr.] Ralph Gonsalves were conscious individuals.

I wanted to sing to set the example for those guys who made me politically conscious about the administration that was suppressing and repressing them at that time,” he added, stating in the same breath: “That’s still going on now.”

“That’s how songs like ‘Ghetto’ and all those things came out,” he continued.

Before pursuing his singing career, Vincy Liberators New York said D Man Age, was “a dedicated and devoted educator/teacher at the Kingstown Methodist School.”

D Man Age also attended and completed two years at the St. Vincent and the Grenadines Teachers Training College, and was later transferred to the Questelles Primary School “because of his song, ‘Dey Go Ban It,’” Vincy Liberators New York said.

“After being politically victimized for his calypsos and political and social commentaries, he showed his dedication for the teaching profession by walking to and from Kingstown [the capital] to fulfill his duties as an educator in St. Vincent and the Grenadines,” the group said.

The group said D Man Age also had a passion for the steel



D Man Age, left, receives award from President of Vincy Liberators New York Douglas “Doug” Howard, right, and Vice President Ian Sardine. Ernie Hoyt

pan at a very young age, stating that he will visit the pan yard after school on afternoons and played the instrument, becoming an official member of the Starlift Steel Orchestra, perennial panorama champions.

Vincy Liberators New York claimed that he inherited the name “D Man Age” “because he was much smaller for his age as a youngster growing up in his village [Rose Place in Kingstown].”

Vincy Liberators New York said D Man Age — a member of the Brooklyn-based Dynamite Calypso Tent, the lone Vincen-tian calypso tent in the United States — has taken part in numerous calypso competitions over the past 41 years.

Over the years, he was

crowned Calypso Monarch in St. Vincent and the Grenadines three times: 1978, with “Dey Go Ban It” and “In De Ghetto; 1999, with “Country to Build;” and 2000, with “If Ah Coulda Ah Woulda.”

Vincy Liberators New York said D Man Age has over 100 recorded songs/tracks and 10 recorded albums, adding that the diverse calypsonian has recorded songs in other genres, such as ballad and reggae.

But the group said D Man Age is renowned for his hits, such as “This Society Needs a Spectacle;” “Who have Eyes to see Let them See;” “Dey Smoking Too;” “Take Back We Country;” “We have a Country to Build;” and “What More Do You Want From We.”

Calypso Rose

Continued from Page 57

tion) Dr. Lenny Saith and Professor Courtenay Bartholomew, 85, for his work in science, including pioneering research on HIV / AIDS in the Caribbean.

In 1975, Calypso Rose won her first national award, the Public Service Medal of Merit (Silver). Some 15 years later in 2000, Rose won the Humming Bird Medal (Gold). This year she won the highest award the nation can offer.

This year has been a successful one for Rose, who copped the World Album of the Year at the Victorie de la Musique award ceremony in France last

February. That award is considered the French equivalent of a Grammy award.

In July, Caribbean Airlines (CAL) named a Boeing 737 aircraft in Rose’s honor.

She was not present at National Academy (NAPA) for the Performing Arts (NAPA) to collect her award from President Anthony Carmona. Rose is the first female calypsonian to win the Road March in 1975 with Tempo.

Among those receiving awards were veteran calypsonian Robert “Lord Nelson” (Humming Bird Gold), Soca artiste Ian “Bunji Garlin” Alvarez (Humming Bird Silver). This year the national awards were moved from Independence Day (Aug. 31) to Republic Day (Nov. 24).

Women hair tales

Continued from Page 57

“The whole thing about cultural appropriation — I could care less if a Caucasian woman wants to wear braids, the only thing is that I should not be made fun of for wearing it too,” she said. “If I do it, it should be accepted.”

In the play, Thompson portrays several characters transforming into them with different mannerisms and voices. Of them are an eight-year-old, her twenty-something mother, a teenage girl with self-image issues, and a career woman. Each woman has a struggle audiences will be able to relate to, according to Thompson.

She adds that the subject material of these stories are heaving in nature dealing with self-loathing, abuse, peer pressure, and identity.

In writing the project, Thompson relived memories and experiences she had with her hair, and magnified those aspects in her characters.

“There are dialogues in the play about this, and explain the process — it was mental labor,” she said. “I had a lot of thoughts come in and out and had different visions of how each character would represent that — I call it an artistically messy process.”

The aim of her play is to provide perspectives on how women feel in regards to their hair, and provide a solution.

“I don’t like the motto ‘I am not my hair — what does that mean;’” said Thompson. “We wear many faces and sometimes we do it unconsciously, but sometimes we wear different faces and we’re not being real about who we are, and honestly and truly, we shouldn’t be afraid of saying that.”

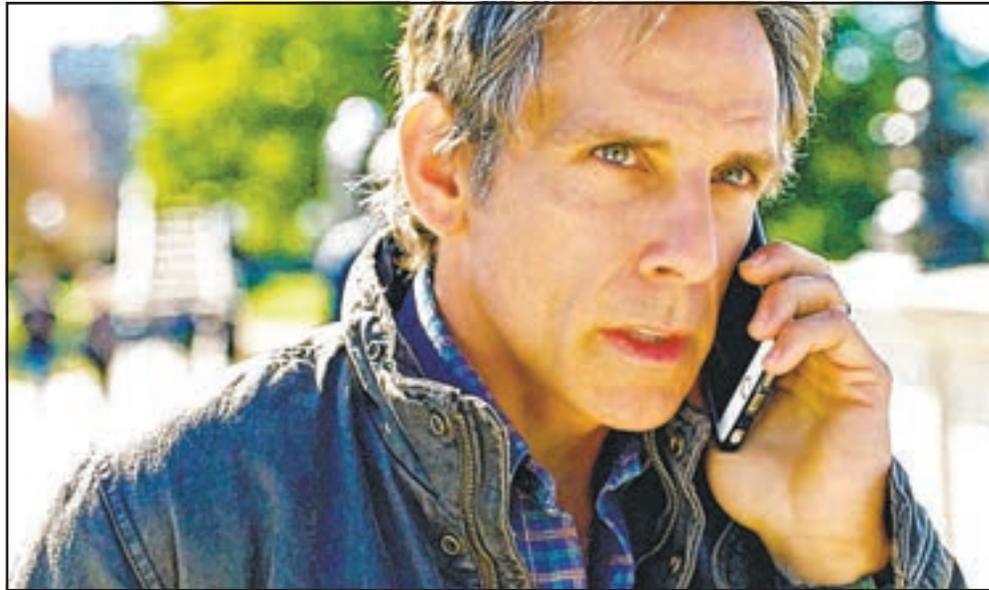
“I Am My Hair” at Black Spectrum Theatre Company [177-01 Baisley Blvd. and Merrick Boulevard in Jamaica, (718) 723-1800, www.black-spectrum.com]. Oct. 9, 10 am–6 pm. \$25.

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BROOKLYN DAILY.com

Ben Stiller stars in midlife crisis dramedy

"Brad's Status"
 Very Good (3 stars)
 Rated R for profanity
 Running time: 101 minutes
 Production Studio: Sidney Kimmel Entertainment / Plan B Entertainment
 Distributor: Annapurna Pictures / Amazon Studios



Ben Stiller stars as Brad Sloan in "Brad's Status."

www.rottentomatoes.com

By Kam Williams

Brad Sloan (Ben Stiller) feels inadequate despite his happy marriage and a thriving business that enables his family to live comfortably in suburban Sacramento. He gets depressed, nevertheless, because he compares himself to his relatively-successful college buddies instead of the Average Joe.

For instance, one pal, Craig (Michael Sheen), is a best-selling author who worked in the White House and now teaches at Harvard. Then there's Billy (Jemaine Clement) who's already retired and shackled up

on Maui with a couple of girlfriends after selling his hi-tech company for a fortune.

Another, Jason (Luke Wilson), is a filthy-rich, hedge fund manager with his own airplane. And Nick (writer / director Mike White) is a famous Hollywood director whose home was just featured

on the cover of Architectural Digest.

Consequently, rather than count his blessings, Brad considers himself a failure. Furthermore, he has the nerve to not only blame his supportive wife (Jenna Fischer) for his lack of ambition, but to ask her how much they stand to inher-

it from her parents' estate. Disappointed with her response, he shrugs, "We've plateaued," ostensibly resigning himself to a mundane existence. "This is it."

Brad's existential angst is further amplified when he takes their college-bound son (Austin Abrams) on a tour of

schools in the Boston area. For being back in Beantown serves as reminder that he was forced to settle for Tufts after being rejected by the Ivies.

Troy's prospects are much better, since he's a musical prodigy with a good chance of being accepted by both Harvard and Yale. However, that fact doesn't shake his father out of the doldrums, especially after they cross paths with Craig. During the brief encounter, Brad learns that he was the only member of the old gang not invited to Nick's recent wedding.

Thus unfolds Brad's Status, a midlife crisis dramedy, if I ever saw one. Ben Stiller is quite convincing as the jealous title character. The only problem is that it's impossible to empathize with the suffering of a whiny ingrate obviously benefiting from many of the privileges associated with being a white male.

A morality play warning about the folly of trying to keep up with Joneses, especially where the Joneses are all members of America's wealthiest one percent.

Independent & Foreign Films

Architects of Denial (Unrated) Ethnic cleansing is the subject of this documentary chronicling the systematic slaughter of almost two million Christians by the Ottoman Empire at the outbreak of World War I. Featuring commentary by George Clooney, Julian Assange and President Barack Obama. (In Armenian, English and Turkish)

Bad Grandmas (Unrated) Crime comedy about four pensioners' (Pam Grier, Florence Henderson, Susie Wall and Sally Eaton) attempt to hide the body of the con man they accidentally killed. With Judge Reinhold, Randall Batinkoff and Brian Jun.

Cold Moon (Unrated) Suspense thriller set in a sleepy Southern town where, in the wake of a terrible tragedy, a ghost arises from the cemetery to embark on a bloody reign of terror. Co-starring Christopher Lloyd, Josh Stewart, Candy Clark and Frank Whaley.

Dina (Unrated) Salt-of-the-earth documentary chronicling the whirlwind courtship of a 48-year-old widow with autism by a virgin with Asperger's working as a greeter at Walmart who never moved out of his parents' house.

The Florida Project (R for disturbing behavior, sexual references, drug use and pervasive profanity) Coming-of-age

drama, unfolding over the course of an eventful summer, chronicling the adventures of a mischievous 6 year-old (Brooklyn Pierce) and her ragamuffin playmates growing up in the shadow of Disney World. With Willem Dafoe, Bria Vinaite and Valeria Cotto.

So B. It (PG-13 for mature themes) Adaptation of Sarah Weeks' children's novel about a 12-year-old orphan's (Talitha Eliana Bateman) cross-country search for the mentally-disabled mom (Jessica Collins) she's never known, after being abandoned in infancy with their agoraphobic, next-door neighbor (Alfre Woodard). Cast includes Cloris Leachman, John Heard and Jacinda Barrett.

Una (R for profanity, frontal nudity and graphic sexuality) Rooney Mara plays the troubled title character in this adaptation of Blackbird, David Harrower's stage play about a statutory rape victim who tracks down her paroled, former next-door neighbor (Ben Mendelsohn) to confront him about why he slept with and then abandoned her when she was 13. With Ruby Stokes, Tara Fitzgerald and Riz Ahmed.



Kam's Kapsules

By Kam Williams

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WIPPA President Wavell Hinds.
Associated Press

Pakistan tour in limbo

By Azad Ali

Despite the Pakistan Cricket Board (PCB) confirming a three-match Twenty20 series against West Indies in Lahore in November,

WIPPA President Wavell Hinds said he could not confirm if the series will take place since he has yet to be notified of the tour.

Some of the West Indies players may be nervous to travel to Pakistan following a security concern involving Trinidad and Tobago's cricketer Rayad Emrit

Continued on Page 62

Any route to World Cup

By Azad Ali

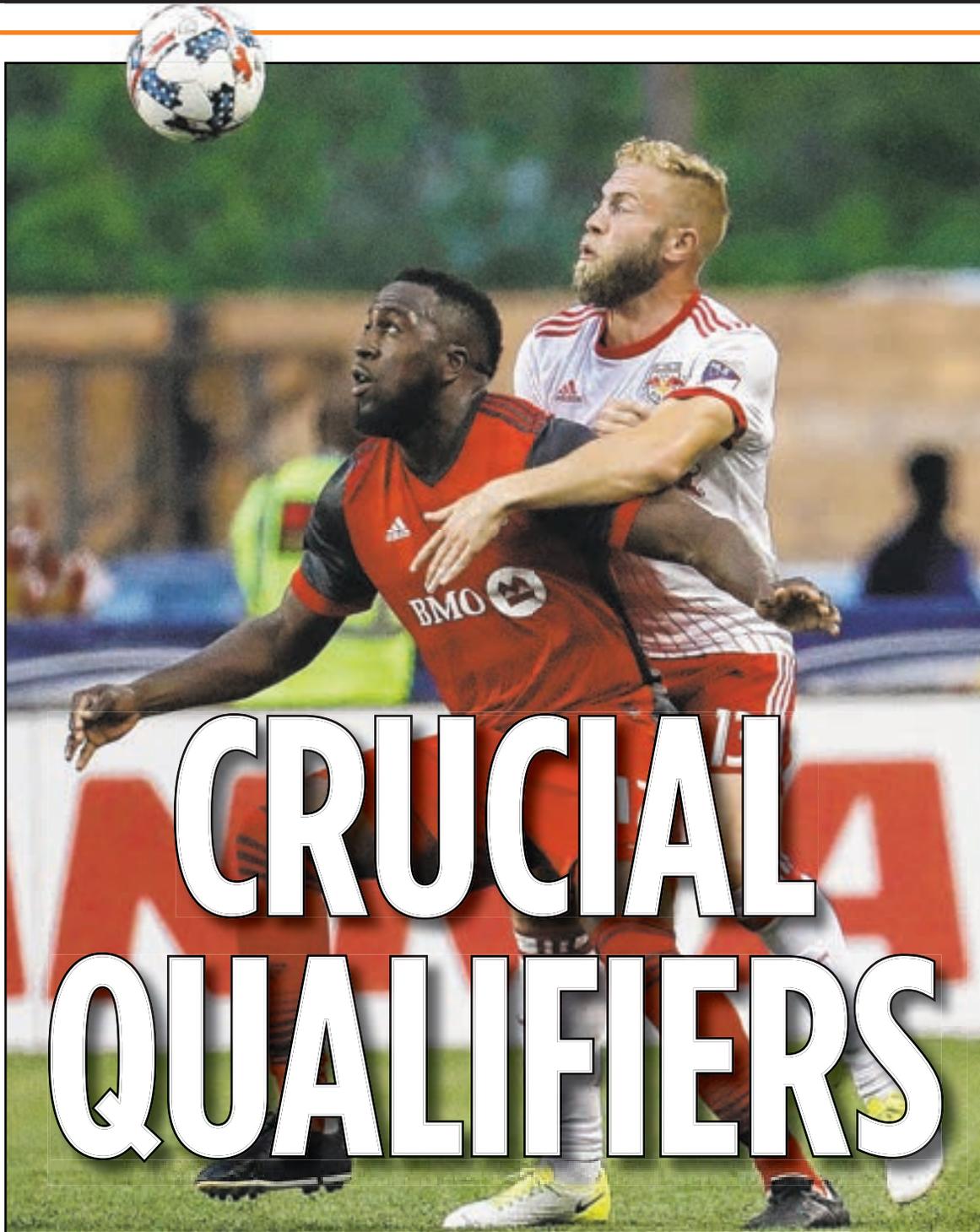
West Indies Captain Jason Holder does not believe in his side having to play in a qualifying tournament to reach the 2019 World Cup in England, is an embarrassment for the Caribbean team.

West Indies hopes of automatic qualification were dashed when they were beaten in the two of the five One-Day International (ODI) series against England.

The regional side would have had to give England a whitewash (5-0) in the series.

West Indies, two-time former

Continued on Page 62



CRUCIAL QUALIFIERS

Toronto FC forward Jozy Altidore, left, tries to control the ball as New York Red Bulls forward Mike Grella (13) defends during the first half of an MLS soccer match, Friday, May 19, 2017, in Harrison, N.J.

Associated Press / Julio Cortez

Altidore, Yedlin, Cameron on U.S. roster

By Associated Press

CHICAGO (AP) — Jozy Altidore, DeAndre Yedlin and Geoff Cameron returned from injuries and are on the U.S. roster for crucial World Cup qualifiers against Panama, and Trinidad and Tobago.

With the Americans in danger of

missing soccer's top event for the first time since 1986, U.S. coach Bruce Arena dropped Fabian Johnson because of a lack of fitness.

Arena brought in defender Michael Orozco and midfielders Benny Feilhaber and Juan Agudelo for Friday's game against Panama at Orlando,

Florida, and the qualifying finale four days later at Trinidad.

Seeking its eighth straight World Cup berth, the Americans are fourth in the North and Central American and Caribbean region with 10 points, one behind Panama and ahead of

Continued on Page 62

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in Afghanistan recently, another country affected by terrorism.

He escaped injury while playing for Boost Defenders in Afghanistan when a suicide bomber killed at least three people and injured dozen others outside the Kabul International Cricket Ground where he was playing West Indies Players Association (WIPA) is uncertain that the West Indies tour of Pakistan will take place.

Cricket West Indies (CWI) President Dave Cameron said the players will have to decide whether they want to tour Pakistan for the Twenty20 series.

He, however, made it clear that the tour will depend on the security reports and that the CWI has no intention of forcing any player to undertake the tour.

World Cup cricket



West Indies' bowler Jason Holder reacts after Australia's Steven Smith, not in photo, played a shot off his bowl during the opening day of their first cricket Test match in Roseau, Dominica, Wednesday, June 3, 2015.

Associated Press / Arnulfo Franco

Continued from Page 61

World Cup Champions, will now have to battle minnows Ireland, Afghanistan and Zimbabwe along with four other teams from the ICC World Cricket League Championship and another two from the ICC World Cricket League Division Two in a tournament next year, for a place in the World Cup.

Holder, who also led the Windies at the last World Cup in 2015 in Australia and New Zealand, said their ultimate goal was to qualify for the tournament regardless of the route.

West Indies had received a major boost for the series with the return of leading players Chris Gayle, Marlon Samuels after Cricket West Indies relaxed the stringent eligibility rules, allowing them to be selected for the series.



United States' defender DeAndre Yedlin (2) defends during final round of 2018 FIFA World Cup qualifying soccer match. Sunday, June 11, 2017 in Mexico City, Mexico. TFV Media via Associated Press

CRUCIAL QUALIFIERS FOR THE U.S.

Continued from Page 61

Honduras on goal difference. Mexico leads with 18 points and has clinched, Costa Rica has 15 and is close to a berth, and Trinidad has three and is close to elimination.

The top three nations qualify for next year's tournament in Russia, and the fourth-place finisher meets Australia or Syria next month in a home-and-home playoff for a berth.

"It comes down to where we need four or six points in our last two games," Arena said. "I think that's fine and we'll get it done."

This will be the first time the U.S. plays its final qualifier with a berth uncertain since 1989, when Paul Caligiuri's goal in a 1-0 win at Trinidad put the Americans in the World Cup for the first time since 1950.

After missing three matches with what his team called lower body tightness, Altidore played the entire game for Toronto on Saturday night in a 4-2 win over the New York Red Bulls.

Yedlin injured a hamstring during Newcastle's preseason match against Mainz on July 29 and did not play again until Sept. 16.

Cameron played a full match for Stoke in Saturday's 2-1 win over South-

ampton, his first action since injuring a hamstring against Manchester United on Sept. 9.

Johnson has played 118 minutes this season for Germany's Borussia Moenchengladbach and was ineffective in last month's qualifier against Costa Rica, a 2-0 home loss that increased pressure on the Americans.

Forward Jordan Morris (hamstring) and defender John Brooks (torn thigh muscle) will miss the match with injuries.

"In 2017 we've had one blip in the Costa Rica game," Arena said. "All the other results went along as we expected, and maybe even an extra point in Mexico."

Concerned over depth with nine of the 26 players carrying yellow cards, Arena is bringing in nine defenders and 10 midfielders.

Orozco has not played for the U.S. since the 2-1 home loss to Mexico in the opener of the final round of qualifying last November. He was part of the March training camp under Arena, who replaced Jurgen Klinsmann after an 0-2 start in the hexagonal.

Feilhaber has not played for the national team since a 1-0 exhibition win over Jamaica on Feb. 5, when he made his first start since 2012. Feilhaber has

not been part of a qualifying camp since October 2009.

Kellyn Acosta, Paul Arriola, DaMarcus Beasley, Alejandro Bedoya, Matt Besler, Michael Bradley, Cameron, Clint Dempsey and Yedlin all would be suspended for the Trinidad match if they get a yellow card against Panama.

The roster:

Goalkeepers: Brad Guzan (Atlanta), Tim Howard (Colorado), Nick Rimando (Salt Lake)

Defenders: DaMarcus Beasley (Houston), Matt Besler (Kansas City), Geoff Cameron (Stoke, England), Omar Gonzalez (Pachuca, Mexico), Michael Orozco (Tijuana, Mexico), Tim Ream (Fulham, England), Jorge Villafana (Santos Laguna, Mexico), DeAndre Yedlin (Newcastle, England), Graham Zusi (Kansas City)

Midfielders: Kellyn Acosta (Dallas), Juan Agudelo (New England), Paul Arriola (D.C.), Alejandro Bedoya (Philadelphia), Michael Bradley (Toronto), Benny Feilhaber (Kansas City), Dax McCarty (Chicago Fire), Darlington Nagbe (Portland), Christian Pulisic (Borussia Dortmund, Germany), Gyasi Zardes (LA)

Forwards: Jozy Altidore (Toronto), Clint Dempsey (Seattle), Chris Wondolowski (San Jose), Bobby Wood (Hamburg, Germany)

West Indies loses series against England

By Azad Ali

West Indies lost the five-match One-Day International 50-over series (3-0) against England despite a fighting knock by opener Evin Lewis career-best of 108 not out, giving the hosts a difficult target of 357 runs for victory at the Oval in London on Wednesday, Sept. 27, 2017.

However, not even rain saved the West Indies from defeat as they lost by six runs under the Duckworth / Lewis system after the match was called off by the umpires because of a consistent drizzle. The regional team has lost two of the first three games with one being washed out because of rain.

When the match was called off England was batting 258 for five wickets, needed another 99 runs for victory but was ahead by six runs when rain washed out the remainder of the day's

play.

The 356 scored by the West Indies was the highest fourth total in One-Day Internationals and highest-ever against England.

England seemed on course to complete their highest-ever successful run chase when opener Jason Roy scored 84 in an opening stand of 126 with Johnny Bairstow who made 39.

But fast bowler Alzarri Joseph intervened with an outstanding spell to claim five for 56 to bring back West Indies into the contest by reducing England to 181 for five in the 28th over.

Joseph, at the age of 20 became the youngest fast bowler to take a five-wicket haul in One-Day Internationals.

However, Moeen Ali proved the Windies torment again, hitting an unbeaten 48 in a 77-run six-wicket stand with Jos Butler who made 43 not out, to get England

ahead of the required run rate when the rain stopped play.

When West Indies batted after being sent in by England they slipped to 33 for three, with talismanic opener Chris Gayle out for two in the fourth over, with Shai Hope (11) and Marlon Samuels (1) back in the pavilion.

Lewis stroked 17 fours and seven sixes off 130 deliveries, the fourth highest individual score by a West Indies batsman in One-Day Internationals.

He added 168 with Captain Jason Holder in a record stand for the fifth wicket against England.

West Indies' Alzarri Joseph celebrates taking the wicket of England's Joe Root, left, during the One-Day International cricket match between England and the West Indies.

Associated Press / Kirsty Wigglesworth





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ARIES: Mar 21/Apr 20
The people with whom you have been spending your time have enjoyed your company, Aries. Now you have an opportunity to widen your social horizons even further.

TAURUS: Apr 21/May 21
You have a specific goal in mind and a plan to accomplish it, Taurus. What you may not have counted on are the little obstacles that tend to pop up. Take them one by one.

GEMINI: May 22/Jun 21
You might get a kick out of beating someone at their own game, Gemini. Just make sure you keep things lighthearted and that others are not slighted by your efforts.

CANCER: Jun 22/Jul 22
Cancer, someone you love is far away and you are trying every way possible to close the distance. An impromptu trip to reconnect may be in order.

LEO: Jul 23/Aug 23
Leo, you have been keeping a close watch on all of your behaviors for awhile now. This week you may be ready to let loose a bit and enjoy yourself with friends.

VIRGO: Aug 24/Sept 22
Some exciting news is coming your way, Virgo. Just be patient for a little longer because it will be well worth it to hear what others can't wait to tell you.

LIBRA: Sept 23/Oct 23
Libra, a busy week means it's necessary to minimize distractions. This will help you get to the bottom of a problem much quicker. A time to relax is on the horizon.

SCORPIO: Oct 24/Nov 22
Even though you can't pinpoint it directly, Scorpio, you can tell something is going on that has been kept from you. Someone you thought was a friend may not be.

SAGITTARIUS: Nov 23/Dec 21
Don't fret over trivial issues, Sagittarius. They will work themselves out without much intervention. Focus your energy on larger issues.

CAPRICORN: Dec 22/Jan 20
Capricorn, you prefer to do things in the most direct manner possible. However, you may have to take a roundabout route in the next few days to complete a particular project.

AQUARIUS: Jan 21/Feb 18
Go out sometime this week and enjoy some conversation and fun with friends or coworkers, Aquarius. Soon enough you may not have much time for social engagements.

PISCES: Feb 19/Mar 20
It is easy for you to keep other people's secrets, Pisces. Work on keeping some of your own concerns closer to the vest.

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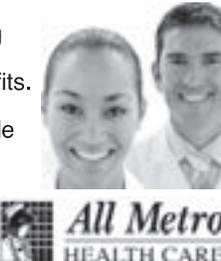


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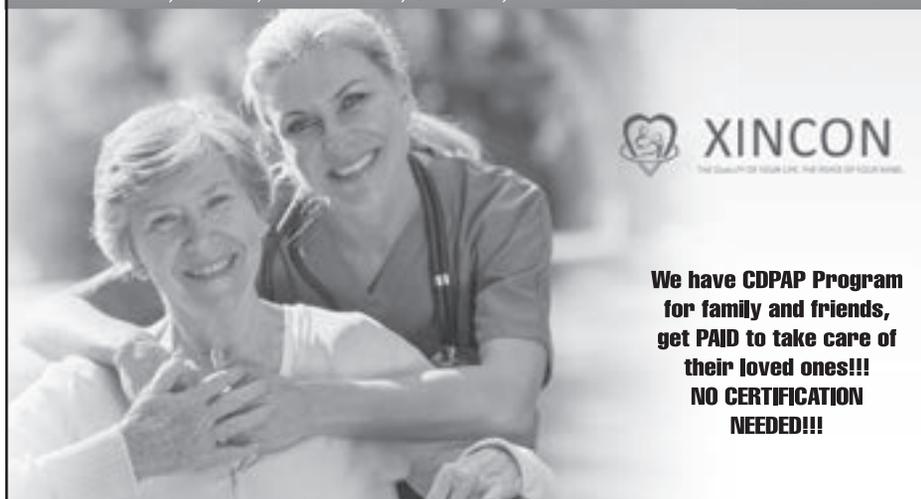
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LEGAL NOTICES

PUBLIC NOTICE

The Board of Trustees of Harlem Hebrew Language Academy Charter School will meet on Tuesday, October 10th at 147 Saint Nicholas Avenue, New York, NY 10026. The meeting is open to the public.

PUBLIC NOTICE

numbered NINE HUNDRED AND FORTY-TWO on the plan of part of PORTMORE called Portsmouth aforesaid deposited in the Office of Titles on the 22nd day of October, 1980 of the shape and dimensions and butting as appears by the said Plan and being the land registered at Volume 1166 Folio 812 of the Register Book of Titles in the name of PATRICK ARCHIBALD MCKENZIE - HAS BEEN LOST:-

PUBLIC NOTICE

Miscellaneous No. 2070256
UNDER THE OF REGISTRATION TITLES LAW OFFICE OF TITLES P.O. BOX 494 KINGSTON July 10, 2017
WHEREAS I have been satisfied by Statutory Declaration that the duplicate Certificate of Title for ALL THAT parcel of land part of PASSAGE FORT and PORTMORE now known as PORTSMOUTH in the Parish of SAINT CATHERINE being the Lot

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This building is being constructed through the Extremely Low & Low-Income Affordability (ELLA) Program of the NYC Department of Housing Preservation and Development.

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

- A percentage of units is set aside for applicants with disabilities:
 - Mobility (5%)
 - Vision/hearing (2%).
- Preference for a percentage of units goes to:
 - Residents of **Brooklyn Community Board 5** (50%)
 - Municipal employees (5%).

AVAILABLE UNITS AND INCOME REQUIREMENTS

40% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴
	1 bedroom	\$558	1	→	1 person	\$21,086 - \$26,720
2 bedroom	\$676	2	→	2 people	\$21,086 - \$30,560	
				3 people	\$25,166 - \$30,560	
				4 people	\$25,166 - \$38,160	
50% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴
	1 bedroom	\$720	4	→	1 person	\$26,640 - \$33,400
					2 people	\$26,640 - \$38,200
	2 bedroom	\$870	4	→	2 people	\$31,818 - \$38,200
					3 people	\$31,818 - \$42,950
					4 people	\$31,818 - \$47,700
3 people					\$36,858 - \$42,950	
3 bedroom	\$1,000	1	→	4 people	\$36,858 - \$47,700	
				5 people	\$36,858 - \$51,550	
6 people	\$36,858 - \$55,350					
60% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent ¹	Units Available		Household Size ²	Annual Household Income ³ (Minimum – Maximum) ⁴
	1 bedroom	\$882	16	→	1 person	\$32,195 - \$40,080
					2 people	\$32,195 - \$45,840
	2 bedroom	\$1,065	17	→	2 people	\$38,503 - \$45,840
					3 people	\$38,503 - \$51,540
					4 people	\$38,503 - \$57,240
	3 bedroom	\$1,224	2	→	3 people	\$44,538 - \$51,540
					4 people	\$44,538 - \$57,240
					5 people	\$44,538 - \$61,860
6 people					\$44,538 - \$66,420	

¹ Rent includes gas for cooking and heat.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **November 27, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a **Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 27 de noviembre 2017.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 11 月 27 日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 27 ноября 2017.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017년 11월 27일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlop ki gen adrès pou retounen li nan: **Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**. Nan dèyè anvlop la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat novanm 27, 2017.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مطروف يحمل اسمك وعنوانك إلى: **Pitkin-Berriman Apartments, c/o T.U.C. Management Company, Inc., 4 Executive Blvd., Suite 100, Suffern, NY 10901**. يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 27 نوفمبر، 2017. "ARABIC"

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4. Are you having marital crisis, separation or divorce with your US Citizen or Green Card Spouse?
5. Do you have criminal record affecting your green card or citizenship or immigration status or did you lose your green card to crime and want it back?
6. Are you having Difficulty Removing condition on your 2 - Year Green Card?
7. Are you a parent of U.S. Citizen that needs immigration relief?
8. Do you have an approved brother or sister or parent's petition and need to get your green card in the US?
9. Are you dependent child or young person living with single parent or guardian?

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