

INSIDE:

# Caribbean Life

Vol. 29, Issue 49

BROOKLYN EDITION

Dec. 7-13, 2018

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# Caribbean Life

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**Clarke:  
Proposed  
rule will  
affect  
many**

By Nelson A. King

Brooklyn Democratic Congresswoman Yvette D. Clarke Monday night stepped up her warning to Caribbean and other immigrants about the Trump administration's proposed Public Charge rule, saying that it will "deeply affect a large portion of residents" in her Ninth Congressional District, who are predominantly Caribbean nationals.

"Now that this rule change seems imminent, it's important that we know our rights, understand how it will affect our community, and share strategies to ensure that our families, congregations and communities are safe," said Clarke, while addressing a town hall meeting at Lenox Road Baptist Church in Brooklyn.

She said the Public Charge rule has been a statutory ground of inadmissibility for nearly 135 years; and that, generally, if deemed a public charge, one will not be allowed to become a permanent resident in the United States.

But Clarke said the proposed rule by the Trump administration would expand the list of government programs that could be used to block Caribbean and other immigrants from obtaining green cards.

These include Medicaid, the Supplemental Nutrition Assistance Program (SNAP), Section 8 housing benefits, Medicare Part D subsidies,

Continued on Page 16

# FREE TRAVEL FREE TRADE

**Caribbean  
leaders step  
it up on free  
movement**

By Bert Wilkinson

In what appears to be one of the most productive of meetings among Caribbean Community leaders in recent years, a special sitting of heads of government in Trinidad has come up with a string of decisions, if handled well, could end decades of frustration among regional citizens in matters relating to free travel and free trade among others.

Leaders had spent the first two days of this week in a special retreat aimed at sorting out serious operational, administrative and implementation kinks in the free trading and single market systems that include the usual vexatious and controversial issue of free movement in the bloc of 15 nations.

At their main summit in Jamaica this year, leaders had put great effort into reviewing the so-called Caribbean Single Market and Economy (CSME) system but thought it best to meet in special session with matters relating to the CSME as the sole and single issue as they

Continued on Page 16



## Sounds of joy

Students of PS 115 singing Christmas songs at the Seddio Family Holiday Lighting Display. See story on Page 20.

Photo by Tangerine Clarke

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# Bichotte pushes for Haitian Creole voter interpretation services

By Alexandra Simon

Assemblywoman Rodneyse Bichotte (D-Flatbush) joined Councilman Mark Treygar (D-Coney Island) in a push to advocate for more translation services for Russian and Haitian Creole speaking voters at City Hall on Dec. 5. The politicians demanded that the Board of Elections revise their current law, which limits interpretation services for a select number of languages.

For the midterm election, the Mayor's Office of Immigrant Affairs stepped in to assist voters who are not proficient in English, by adding language interpretation services for the Board of Elections lacks. The languages included: Russian, Haitian Creole, Italian, Arabic, Polish, and Yiddish, and was offered at about 100 poll sites by volunteers meeting voters outside.

The Flatbush politician, who became the first Haitian-American woman elected to office in the city, says she became a staunch advocate for interpretation access years ago after witnessing hostility from police officers at a polling site when she tried to interpret in Haitian Creole.

"Cops pushed me out and tried to arrest me, and I was hurt and I cried," said Bichotte.

She said the experience was eye-opening, and encouraged her to fight by challenging the existing rules, which she also introduced two bills to the assembly for. But now she joins Treygar



Assemblywoman Rodneyse Bichotte (D-Flatbush) joined Councilman Mark Treygar (D-Coney Island) in the announcement of legislation he is introducing to allow language interpretation services for Haitian Creole and Russian speakers.

Photo by Alexandra Simon

and Councilman Mathieu Eugene (D-Crown Heights), to call on the election board to revise its current laws.

"We cannot allow this because after that, I too joined the fight with Councilman Treygar and Eugene and all advocacy groups, on pushing for legislation that will make sure that people who speak different languages across the city and state of New York, have

equal access in terms of voter access," she said.

The Board of Elections only allows poll site interpretations for Spanish, Mandarin, Cantonese, Korean, and Bangla. During the midterm elections, the mayor's office stationed volunteers who translated in other languages, but law prohibits them from providing that service inside a polling site.

Bichotte said despite the efforts from the Office of Immigrant Affairs, many of her non-Haitian Creole speaking constituents reached out to her office, expressing concern and bewilderment for some Haitian voters.

The assemblywoman said restrictions from the agency, which requires a certain number of speakers for a language statewide to allow interpretation, leaves areas across the city with high concentrations of non-English speakers in dire need.

"We need five to 10 percent of a particular language spoken across the whole state — so that's 19 to 20 million people and that makes no sense," she said. "If you have an election district in Rockland County, Nassau County, or Brooklyn, that's heavily populated with immigrants, or a particular language — they should have interpretation."

She also said with a new democratic-run state government, efforts to pass bills once in limbo, will see the light of day and she plans to work with her political colleagues to advocate for such a move.

"We are living in the days of reform," said Bichotte. "I'm going to work with Treygar to actually adopt his bill because this bill should be effective across the whole state. We want to adopt Mark Treygar's bill in the form of a statewide bill, because it's really important to make sure it's part of election reform package."

## Better education on CCJ role needed: Chief justice

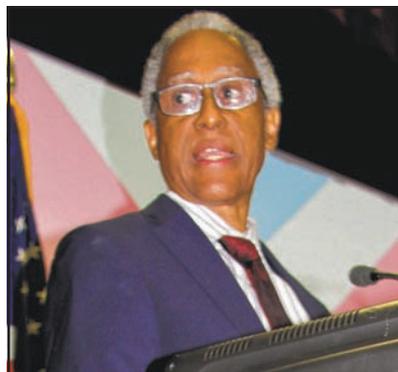
By Nelson A. King

In the wake of the referendum defeats in Grenada and Antigua and Barbuda in adopting the Caribbean Court of Justice (CCJ) as the region's final court of appeal, the court's chief justice has admitted that more still needs to be done to educate the public about the role of the court.

"I'm not worried about the referendum results in Antigua and Grenada; but what it tells us, we need more educational work," said Justice Adrian Saunders in delivering the Maxwell Haywood Memorial Lecture Friday night at Medgar Evers College in Brooklyn.

Haywood, a Brooklyn-based Vincentian community activist, died a year ago after a short battle with cancer. He was also the chairman of the St. Vincent and the Grenadines Diaspora Committee of New York, Inc.

"So, if we don't do that (educational work), who's going to do it?" Justice Saunders asked. "So, if we're going to advance, we need to know how we're



CCJ Justice Adrian Saunders delivers inaugural Maxwell Haywood Scholarship and Development Fund lecture.

Photo by Nelson A. King

going to make our country more independent."

Speaking on "The Role and Importance of the CCJ in advancing the Caribbean Civilization," Vincentian-born Saunders pointed to what he said were two principal reasons for the defeat of the referendum in Grenada and Antigua

and Barbuda.

"Firstly, it is a fact that people have unhappy experiences with their local justice systems," he said. "If the court is held in a less than adequate courthouse; if the courtroom is stiflingly hot; if the case is adjourned again and again and again; if a murder accused spends 10 years on remand before his case is heard; then the idea of replacing a British institution (Privy Council) with a Caribbean one is instinctively unappealing."

But Justice Saunders said "that's where the second reason kicks in," stressing: "We have not done enough to inform and educate people about the CCJ."

"In Antigua, those who led the 'no' vote claimed that we were a shiny new attic on a termite ridden house," he said. "That analogy is specious. Firstly, the CCJ is not an organic part of the local justice system. The CCJ is a separate house."

"And not only are there no termites in this house, but we are organised in

such a way as to help get rid of any termites that might exist elsewhere," he added.

Justice Saunders — who assumed the presidency of the CCJ in July this year — said a Caribbean Court, staffed with the best Caribbean judges, "is able to give greater effect to our aspirations as a people."

He said that, for the last 13 years, the CCJ has been "dispensing justice for Barbados and Guyana to the satisfaction of the peoples of those countries."

He said that when former Barbados Prime Minister Freundal Stuart made what he described as "uncomplimentary statements" about the CCJ in the lead up to the last general elections in Barbados earlier this year, "he was roundly condemned by the ordinary man and woman of Barbados."

"The CCJ is more than capable of handling the region's appeals," Justice Saunders underscored, adding: "If we are to advance as a people, politics and political tussles are important for a healthy democracy."

### Antigua

Antigua and Barbuda is taking another step towards legalizing the regulated production and supply of marijuana for religious and medical purposes, when final consultations on the Cannabis Bill 2018 are held.

The government will be issuing invitations to several groups, while members of the public who want to get involved can approach the Clerk of the Parliament, Ramona Small, and make a request.

Prime Minister, Gaston Browne has appointed a five-member parliamentary Select Committee who will engage stakeholders, including Rastafarians and medical professionals, among others identified as approved healthcare professionals, on matters that concerns them regarding the journey towards the legalization and management of the industry.

The move is in keeping with the government's promise to develop medical and other marijuana related industries for both local and international consumption.

The law will establish Antigua and Barbuda Medicinal Cannabis Authority whose functions will be to authorize medicinal and alternative health practitioners to recommend medicinal cannabis, and scientific research protocols for medicinal purposes.



## Climate change impacts Grenada

Fisherman Desmond Augustin stands on a breakwater of old tires and driftwood that local residents fashioned to try and protect their fishing village in Telescope, Grenada. The people along this vulnerable stretch of eastern Grenada have been watching the sea eat away at their shoreline in recent decades, a result of destructive practices such as sand mining and a ferocious storm surge made worse by climate change, according to researchers with the U.S.-based Nature Conservancy, who have helped locals map the extent of coastal erosion.

Associated Press / David McFadden, File

impact of climate change on small island developing states (SIDS) like those in the Caribbean.

He said it cannot be business as usual, "we need to act now so that future generations will applaud us for the action we take now to protect our planet."

Mitchell told delegates attending the Green Climate Fund (GCF) Fractured Dialogue to reflect on progress and capture lessons learned towards strengthening and streamlining as well as exploring investment opportunities that fit into the fund's mandate.

He told the delegates from all the Caribbean Community (CARICOM) countries that there was need for decisive, immediate action to reverse some of the impacts of climate change.

Mitchell reminded them of the natural disasters that devastated many of the northern Caribbean countries during the 2017 hurricane season.

The prime minister said Grenada would continue to be a champion for matters affecting small island states, adding that "Grenada will continue to be a champion of sustainable development for small island states because in a space of a few hours everything can change with one incident."

During his address Mitchell said it was necessary for donor countries to

revise their lending policies that focus on gross domestic product (GDP).

### Guyana

Four members of the Guyana Fire Services (GFS) were charged with theft of items from the Fly Jamaica aircraft that crash-landed at Cheddi Jagan International Airport last month.

Police charged Collis Williams, 37, with stealing two mobile phones valued as US\$750, belonging to Basil Ferguson, captain of the Canada-bounds flight that was forced to land on Nov. 9, 2018.

Williams pleaded not guilty when he appeared in court and was granted Guy\$100,000 bail by Chief Magistrate Ann Mc Lennan. He will return to court next week.

The other three GFS members Aubrey Frank, Jamie Kingston and Royden Kennedy were accused of having under their control articles reasonably suspected to have been stolen.

They pleaded not guilty and were released on Guy\$80,000 bail each.

Police said the three men were held with items valued at Guy\$60,000, including an Acer tablet.

Six people were injured when the aircraft with 118 passengers and eight crew members made an emergency landing.



### Jamaica

Jamaica is one of three countries participating in a US\$35.7 million project designed to strengthen resilience of urban areas through Ecosystem-Based Adaptation (EBA).

The project entitled, "Building climate resilience of urban system through EBA in Latin America and the Caribbean" also includes Mexico and El Salvador.

Funding in part for the project had been provided by the Jamaica Social Investment Fund (JSIF); the Inter-American Development Bank (IDB) San Salvador; and the Municipal Water and Sanitation Commission of Xalapa in Mexico.

Una May Gordon of the Economic Growth and Job Creation Ministry said the project would target the community of Greenwich Town in Kingston, as well as other areas.

The countries selected under the project were chosen due to several socio-economic issues common to them.

These issues include the rapid and unplanned expansion of housing into areas that are vulnerable to natural disasters or unsuitable for settlement and the inadequate access to public service such as waste management, sanitation and refuse collection.

Continued on Page 12

### Bahamas

A 40-year-old Jamaican national was denied bail and remanded in custody until Feb. 27 next year after he was jointly charged with a Bahamian national following the seizure of more than US\$2 million worth of marijuana last month.

Jason Noble and Tafferon Frazier, 41, appeared before Acting Chief Magistrate, Subusola Swain on charges of possession of a dangerous drug with the intent to supply and conspiracy to possess dangerous drugs with intent to supply.

The court heard that the men had abandoned a drug-laden boat after they were cornered by law enforcement near Bone Fish Pond.

The prosecution said the men swam to land and the police discovered 60 crocus bags containing 1,814 pounds of marijuana, when they searched the vessel.

They have both denied the charges and were told that they can apply to a judge for bail.



### Grenada

Prime Minister, Dr. Keith Mitchell said action is needed to reverse the

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## REGAIN THE FEELING OF YOUNGER LEGS!

# Justice Hinds-Radix helps shape the law

By Nelson A. King

While stating that the Appellate Court on which she sits is the busiest in the nation, Caribbean-born Justice Sylvia Hinds-Radix has described as “interesting and fulfilling” her role on the New York court.

“The challenges are different from sitting on the trial court,” said Barbadian-born Justice Sylvia Hinds-Radix, an Associate Justice of the New York State Appellate Division, Second Department, in an exclusive Caribbean Life interview on Sunday.

“The Appellate bench helps to shape the law in the State of New York,” she added. “It has been interesting and fulfilling, because it gives me an opportunity to help shape the law and have an impact on things statewide and community wide.”

Justice Hinds-Radix, who is married to Grenadian-born dentist Dr. Joseph Radix, said the Appellate court on which she sits gets 151 percent of appellate cases in the State of New York.

“We oversee 10 counties; we do over 4,000 appeals per

year,” she said. “It’s very busy, and you don’t get an opportunity to get bored.”

“People on the bench have integrity, and they work every day to ensure the public gets the representation they need and deserve,” she added.

Justice Hinds-Radix said she is probably the first Caribbean-born justice to sit on the New York Appellate court.

“It’s a significant lesson,” she said. “Who could envision coming from an island (that is) 166 square miles (in size) to ascent to this position?”

“I’m thankful to the governor and the community for re-electing me,” Justice Hinds-Radix added. “It’s an affirmation to my community, and I will endeavor to live up to the people’s trust as I go forward.”

Justice Hinds-Radix was re-elected to another 14-year term in the Midterm elections in November.

She said she was “quite happy” that her daughter, Jovia, graduated from law school, passed the bar examination, “and will continue in my footsteps,” adding: “I expect she’ll be better.”



Justice Sylvia Hinds-Radix.

In November 2012, Justice Hinds-Radix was appointed as an associate justice of the NYS Appellate Division, Second Department, by Gov. Andrew Cuomo.

Prior to her appointment, she served as administrative judge for civil matters in the Second Judicial District for 42 months.

In her capacity as administrative judge, she oversaw both the New York State Supreme Court, Civil Term and the New York City Civil Court, which also encompasses the Housing

Court of the City of New York. She supervised both the judges in these courts and the non-judicial staff.

Justice Hinds-Radix was elected to the Supreme Court, Kings County, in November of 2004 and served as a New York City Civil Court Judge, from 2002 through 2004, spending her first year in the Criminal Court of Kings County.

In 1985, soon after graduating from Howard University School of Law, Hinds-Radix joined the legal staff of District Council 37 Municipal Employees Legal Services, where she remained until her Civil Court election in 2001.

While at DC 37, the largest union for public employees in New York, she practiced in the areas of civil practice, bankruptcy and landlord/tenant, and was the general counsel of the immigration program, a program which she was instrumental in founding.

In addition to her professional responsibilities, Justice Hinds-Radix is on the board of directors of the Commercial and Federal Litigation Section of the New York State Bar Asso-

ciation, and is vice president of the Supreme Court Justices Association of the City of New York.

She is the president of the American Inns of Court, the second vice president of the Judicial Friends, a board member of the Women in the Courts Committee, and a member of the board of directors for the St. Gabriel’s Senior Citizens Center and the St. John’s Bread and Life Agency.

Justice Hinds-Radix served as the president of the Brooklyn Women’s Bar Association and is also a member of several organizations, including the Brooklyn Bar Association, the New York State Association of Supreme Court Justices, the New York State Bar Association, Catholic Lawyers Guild, Columbian Lawyers of Brooklyn, the New York Criminal Bar Association, the New York County Lawyers Association, the National Association of Women Judges, JAL-BCA, Puerto Rican Bar Association, The Tribune Society, the Association of Black Women Attorneys, and the Caribbean American Chamber of Commerce & Industry, Inc.

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# CASWA celebrates cultural wellness

By Tangerine Clarke

The Caribbean-American Social Workers Association (CASWA), under the theme: Cultural Wellness — Celebrating Caribbean Food, Music and dance, last Saturday, hosted its 15th Annual Fundraising Breakfast at St. Mark's United Methodist Church, Brooklyn, to continue improving the social status and functioning of people of Caribbean heritage.

Festively dressed patrons packed Adam's Hall, to support CASWA — a group of social workers, social services providers, and community and social activists, founded in 2003, by Licensed Clinical Social Workers, Ismay Griffith, and Elaine E. Reid.

Live musical entertainment by Wrickford Dalgetty's Tropical Rhythms, and a runway show by Marvelous Fun Fashions by Marva Whaul, was befitting the message that President, Shaun B. Henry said the Brooklyn-based organization's event was focused on cultural awareness and wellness, to uplift the Caribbean community.

"Our fundraising breakfast is just part of our programs.

This year, the theme is Cultural Awareness that addresses every area of wellness. Cultural wellness is sharing our culture with others, and using that as a vehicle for wellness."

"We often times don't recognize the importance of the foods we eat, the music that we listen to, and the company that we share. All of these things contribute to our wellness," said Henry, adding that it is importance to also focus on community, during these times where segregation is being propagated.

He applauded the organization's charitable work such as the annual September backpack drive, and the organization's recent adoption of a Flatbush homeless shelter, noting that the organization collaborates with other organizations, such as the Caribbean Attorney's Network (CAN) to move its agenda forward.

The proceeds of this year's raffle and breakfast will benefit CASWA's scholarship and community programming.

Dr. Sean T. Doorn, in his keynote message, encouraged nationals to make an effort to continue engaging the world.



CASWA members and guests. From left, Co-Founder Elaine E. Reid, Honoree, Norma Fisher, Past-President, Elsa Kum, President, Shaun B. Henry, Co-Founder, Ismay Griffith, Vice President, Genevieve Alleyne, and Keynote Speaker, Dr. Sean Doorn. Photo by Tangerine Clarke

The school psychologist and behavior intervention specialist used his experiences, to challenge citizens to reach out and help each other. His methodology of Optimistic Soul — Accepted past, embracing the present, and anticipating future, as "I turn boyhood fantasies into manhood realities," has been a catalyst to his success.

"Words that don't work are worthless, said Doorn, a

young Guyanese-born adjunct, lecturer, and advocate, who spoke of his immigrant parents not having the means to put him through college but whose love sustained, and uplifted him to become the leader he is today.

The organization also honored Norma Fisher with a plaque, for her support over the years, while Past President Elsa Kum, received a Citation from Assembly Member Nick

Perry, for her steadfast commitment to CASWA.

Melissa Alleyne was engaging as mistress of ceremonies, during the hours-long event where fellowship was evident.

CASWA's upcoming events will include a Holiday Lime at Negril BK on Dec. 13, a Census 2020 Forum, a Social Work Month, and Cancer Awareness Forum. To learn more, go [www.caswa.org](http://www.caswa.org), CASWA, instagram and LinkedIn.



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Brooklyn Public Library	581 Mother Gaston Blvd	11/19
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# Say no to the International Court of Justice

By Wellington C. Ramos

1. Prior to Spain Britain and the other European countries colonizing this part of the world, several nation states existed but they came and used unjustifiable force on the native citizens to take away their territories from them and colonized the entire region.

2. The Guatemalan claim to Belize is based on a treaty that was signed between Spain and Portugal in the Treaty of Tordesillas with Pope Alexander the VI giving Spain ownership to all the people and territories in the Western Hemisphere including Belize in 1493 which is unlawful.

3. Even though Spain was given legal possession of Belize in the treaty of 1493, Spain never occupied, developed or established any form of administration in Belize.

4. In September of 1798, Spain attacked the British in an attempt to retake Belize from them but the British along with their slaves fought to resist them and retained the territory.

5. Because Spain obtained Belize and all the territories through unlawful means, they never possessed Real Title to Belize or any of the territories in the Western Hemisphere. In fact, the people who have and continue to live in these territories all need to come together to file a joint law suit against Spain for the atrocities, genocide, minerals taken from their land and

all damages caused to their people and nation.

6. When the countries of Central America declared themselves independent in 1821 and formed the Central American Republic, the included Costa Rica, Nicaragua, Honduras, El Salvador and Guatemala Belize was not a part of them because they saw Belize as a separate nation.

7. Belize became a British Colony in 1862, self-governed in 1964 and an independent and sovereign nation on Sept. 2, 1981. It was also accepted by member states of the United Nations.

8. Guatemala signed a treaty with Great Britain in 1859 ceding Belize to the British and to end all hostilities towards Belize that was inherited by them from Spain their mother country. After the treaty was signed the borders and boundaries of Belize was established and recognized by both countries.

9. If the Guatemalans had a problem with the British for not abiding by the terms of the treaty, Guatemala has the right to bring a case against the British at the International Court of Justice (ICJ) for non-compliance to seek redress. Guatemala has failed to do this since they signed the treaty.

10. The people of Belize has their right to self-determination in accordance with International Law to choose their own destiny. Belize do not want to be under

Continued on Page 14

# Ganja: race, politics and legalisation

By Louis EA Moyston, PhD

The issue of legalisation of ganja has become a popular issue in the global discourse on drugs since the pioneering role of countries such as Uruguay and Canada led the way regarding the legalisation of ganja for medicinal and recreational purposes. However, the road to legalisation is not as easy for everyone. The struggle for legalisation has to do with more than ganja. It has to do also with racial and social and political struggles. The approaches to legalisation activities must be grounded in this framework. This article embraces and firmly supports the calls for reform of the Single Convention Treaty on Dangerous Drugs, with emphasis on removing cannabis from schedules I and IV, thereby legalising cannabis. It calls for reform to the 1961 Single Convention in terms of cannabis scheduling, thereby making cannabis legal.

While some countries can withdraw from the international treaties, others will have to creatively operate within the international treaties and lobby with "like-minded" nation states to reform the international treaties. This is a call for a Caribbean collaboration and consensus; and also for the active role of the region in international bodies such as the commonwealth and the United Nations. There is also the need for increasing role of civil society groups to provide the leadership aimed at strengthening position of the governments of the

## This struggle for legalisation must be taken beyond the boundary of ganja

region as well as have cross regional exchanges on ganja and international relations. This struggle for legalisation must be taken beyond the boundary of ganja.

There is also the opinion that the international regime for the control of psychoactive substances is defined beyond any moral qualities; it is characterised by racism and imperialism. In late 1896 the Christian missionaries working among Indian labourers began to ask questions about ganja smoking in Jamaica. In February 1898 the Synod of the Presbyterian Church petitioned the Legislative Council "on the evil use of ganja among the East Indians in the island."

The Daily Gleaner Editorial, "Ganja Smoking as a Danger to the Natives of the Colony" (June 10, 1913) was an early "treatise" on weed smoking in Jamaica. According to the white elites in Jamaica it was in the characteristics of the Indian to become passive when they smoke ganja. The view was expressed that the practice of widespread use of the weed among the black majority was a dangerous mix: because when black people smoke the weed they express themselves in terms of violence. At the very early International Opium Commission meet-

ing convened in 26 February 1909 in Shanghai that represented one of the first steps toward international drug prohibition. Dr. Hamilton Wright and Episcopal Bishop Charles Henry Brent headed the U.S. delegation

According to the notes the first US Drug Czar Dr. Hamilton Wright (appointed by Theodore Roosevelt), was a fanatic racist. He believed that "drugs made blacks uncontrollable, gave them superhuman powers, and prompted them to rebel against white authority." The views of that meeting had influence on the 1913 and 1924 Opium Treaties. The mention of cannabis to the 1924 Geneva Convention by the delegates from South Africa "took some of the delegates by surprise." South Africa has already banned the cultivation, sale, possession and use of cannabis in 1922 from the perspective that cannabis was "a dangerous habit-forming drug." There is the view that the perspectives of the South Africans were grounded in fear because of the smoking of marijuana among the black Africa liberation fighters.

There were cases of racism an anti-drug crusade in Canada in the 1920s and later in the United States in the 1930s. During the campaign 1923 drug law in Canada, Emily Murphy, a magistrate from Alberta her book, *The Black Candle* directed explosive outrages against the Negro drug dealers and Chinese opium peddlers; that these two races

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## Caribbean Life

Founded 1990 • Published by Brooklyn Courier Life LLC  
Corporate Headquarters: One MetroTech Center North, Suite 1001, Brooklyn, NY 11201



**PRESIDENT & PUBLISHER:** Victoria Schneps-Yunis  
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# UNESCO names Reggae an international treasure

The world is abuzz about UNESCO's recent overwhelming endorsement of reggae's impact on the world.

The United Nations Education, Scientific and Cultural Organization added the genre among the world's protected "intangible cultural heritage" treasures during its 13th session held in the Republic of Mauritius recently.

A Committee for the Safeguarding of Intangible Cultural Heritage met on Nov. 26 for a five-day gathering and by the third day it was decided that going forward reggae would be indelibly and irrevocably placed among the world's treasures.

Worthy of protection and promotion, reggae is among 300 unique global treasure designated by the United Nations as "intangible."

Every year UNESCO adds new distinguishing cultural treasures and this year Jamaica along with 40 countries submitted proposals for consideration.

For the first time, Jamaica was named to the committee and was represented by Olivia Grange, minister of culture,



## Inside Life

By Vinette K. Pryce

gender, sports and entertainment.

In making a recommendation to add reggae to a list of unique national "intangible cultural heritage" throughout the world she presented the origin of the genre and the humility of the downtrodden musicians who toiled to promote it. She particularly acknowledged the influence Rastafarians have made in advancing and sustaining the genre.

"A special tribute must be made to the Rastafari community which has been recognized globally as the chief practitioners who have contributed, in a major way, to the evolution of reggae.

They carried the messages of peace, hope, love and oneness that have made reggae loved and 'RASpected' worldwide."

In explaining the hard-driv-

ing beat from the Caribbean she emphasized that: "As a genre, reggae music reflects the influences of Kumina chants and songs, revival tambourines and hymns, and the drumming and chanting of Rastafarians. The heavy bassline which is associated with the strains of reggae, have strong Rastafarian influences. Indeed, artistes such as Count Ossie and the Mystic Revelation of Rastafari, who emerged on Jamaica's music scene in the mid to late 1950s are to be acknowledged and recognized for their contribution to reggae's unique sound and how it has evolved.

While in the beginning reggae was the voice of the marginalized, the music is now played and embraced by a wide cross-section of genders, ethnic and religious groups, and the recognition of its contribution to international dis-



The late Jamaican Reggae singer Bob Marley seen performing on stage during a concert in Bourget, Paris, on July 3, 1980.

Associated Press / Str

course on issues of injustice, resistance, love and humanity underscores the dynamism of the musical form.

The power of reggae could clearly be seen when Bob Marley's 'One Love'

turned the entire meeting of UNESCO's Inter Governmental

Committee into a song-and-dance party. The basic social functions of the music — as a vehicle for social commentary, a cathartic practice — have not changed, and the music continues to act as a voice for all.

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# CARIBBEAN ROUNDUP

Continued from Page 4

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Trinidad and Tobago has signed a Memorandum of Understanding (MoU) with El Salvador to establish a framework to facilitate the timely exchange of information and intelligence that is reasonably considered relevant to the investigation of a money laundering or financing terrorism case.



It was signed at the Caribbean Financial Action Task Force (CFATF) XLVIII Plenary held in Bridgetown, Barbados recently.

Under the MoU, each FIU can offer, spontaneously or upon request of the other FIU, any information and intelligence at its disposal that may be relevant to each an investigation to the extent permitted by the laws of each country and in accordance with its policies and procedures.

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— Compiled by Azad Ali

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# Belize, Guatemala border dispute

Continued from Page 10

the jurisdiction of Guatemala. Belize is a nation of various ethnic groups and their desire is to remain living in peace and tranquility as one people.

11. Guatemala has one of the worse human rights record in Central America for committing genocide against the native Maya Indians. Before they established their nation, Spain did the same thing to them. Belizeans are fearful that the same can happen to them.

12. Taking this dispute to the ICJ will result in Belizeans given up their future to the court which can result in the loss of land, liberty and justice, national identity because Belizeans could be forced to become Guatemalans against their free will.

13. If the court rules in favor of Guatemala, they will cross the borders and come into Belize to take what the court says belongs to them. On the other hand if the court rules against them, they might still stick to claiming our beloved country Belize.

14. The Compromise Agreement to take the Guatemalan dispute to the ICJ is in violation of our constitution, which clearly defines our territory of Belize. In our constitution it is also stated, that any decision to cede our land, or maritime areas must be brought to the citizens of Belize to be decided in a referendum vote. The question to be voted on in the ICJ referendum pertains to land cession and we were not given the opportunity to decide on the question.

11. If Belize does not go to ICJ, we lose nothing; however, if we do go and Guatemala wins the case, we will lose part of Belize, from Sibun River to the Sarstoon.

12. Do you want Belize to disappear as a nation? From Sibun River to Sarstoon River will be for Guatemala. In addition, although Mexico is not claiming Belize; but if the division is done, should Guatemala win the case, then Mexico automatically is by that decision owner of the rest of Belize, from Sibun River to Rio Hondo. This means Belize will no longer be!

13. There will be a severe psychological, cultural and language mal-adjustment and trauma for the people if the southern part of Belize is given to Guatemala which will take decades to overcome, if it can actually be overcome.

14. Do Belizeans in the west and south want to belong to Guatemala? If yes, go to ICJ. If not, say no, no, no to ICJ.

15. This is an Anglo- Guatemalan Dispute. "Anglo" means British. How come Belize is now in it, and at stake? Let Britain solve their dispute with Guatemala, if there is any. However, they must respect our territorial integrity and independence too. Belize did not, cannot inherit the dispute. Belize is independent with defined boundaries. United Nations accepted Belize as a nation, because it is a nation, separate from Guatemala. Belize got its independence from England, not from Guatemala.

16. We cannot trust ICJ because they have ulterior interests, backed up by a couple powerful nations who want Belize to be a part of Guatemala.

17. Government of Belize has not had the courage, the "balls" to tell Guatemala in a firm way that their claim is unfounded and void, that Belize will never relinquish a square centimeter of our land. On the contrary, they allow Guatemala to take the initiative to say what will be done.

# Struggle for legalisation of ganja

Continued from Page 10

with opium and marijuana were political conspiracies aimed "to debase the white race."

Harry J. Anslinger, American Drug Czar during the 1930s publicity and exposed the alleged relationship between marijuana smoking and crime; his anti-marijuana propaganda was reinforced by reports from the federal police that 50 percent of crimes committed in the districts occupied by immigrants from Mexico, Spain, Latin America, Greece and Negroes may be traced "to the evils of marijuana smoking." In his hallmark testimony to the American House of Congress in April, 1937, Harry J. Anslinger declared that "most marijuana smokers are Negroes, Hispanics, jazz musicians and entertainers; and that the "satanic" music is driven "marijuana smoking;" and that white women were duped into sex by these marijuana smoking black musicians.

The imperialistic quality of the current drug treaties is reflected in the geopolitics of North-South political relations in the 20th century. The strictest controls in the treaties were placed on organic substances — the coca bush, the poppy and the cannabis plant — which often form part of the ancestral traditions of the countries where these plants originate; whereas the North's cultural products, tobacco and alcohol, were ignored and the synthetic substances produced by the North's pharmaceutical industry subject to regulation rather than prohibition. The international conventions constitute a "two-tiered system that regulates synthetic drugs and prohibits the organic

substances produced by the South." They force developing countries to abolish all non-medical and non-scientific uses of the plants that for centuries had been embedded in historical, social, cultural, and religious traditions. "The treaties were negotiated and adopted in an era when both illicit market and understanding of its operation bore little resemblance to those of today." However, there is "growing and much-needed attention being devoted to the legal technicalities of treaty revisions." There is, of course, widespread activities in decriminalisation and legalisation in North America, South and Central America, the Caribbean and Europe.

It is against this background that I call for a resurrection of the activist role of Caribbean countries in both the Commonwealth and the United Nations during the 1970s, especially in the era of its role and activities for the liberation of Southern Africa. In today's world countries of the Commonwealth, such as Canada, Australia, New Zealand and Jamaica, among others, have made major strides in new regimes for ganja. There has been increasing progression in England for change in the drug law especially for medical marijuana. For example, the pioneering work of GW pharmaceutical makes that country a leader in the export of legal (medical) marijuana products. The struggle for legalisation ought to be considered as a continuation of our struggles against racism and the deliberate strategies of the West aimed at fostering a setting characterised by self-hate, inferiority complex, dependency and persistent underdevelopment.

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Rachel Kaylie is a bankruptcy and personal injury attorney.

**BY CAMILLE SPERRAZZA**

Bankruptcy can offer a fresh start.

That's the way attorney Rachel Kaylie sees it.

"Bankruptcy laws were enacted to protect everyone because no one is immune from life's unexpected and unfortunate circumstances," she says.

Kaylie is a bankruptcy and personal injury attorney who believes in treating all of her clients with respect and dignity.

"I know that many who see me are going through a difficult time," she says. Some have already tried to navigate the endless red tape that brings them to her in the first place, and the last thing they want to hear is that someone will take a

message. It's why Kaylie offers personal service, picking up the telephone herself so that clients reach her directly.

Bankruptcy has little to do with the economy. Instead, people experience economic hardship for a variety of reasons. It can be because they or their loved ones have medical issues. It can also be because they have been laid off from work, or are getting a divorce. Whatever the situation may be, Kaylie handles each client's bankruptcy filing with compassion, discussing whether a Chapter 7 liquidation or a Chapter 13 repayment plan is best. She brings 23 years of experience and advice to the table.

Likewise, Kaylie handles all aspects of personal injury matters,

resolving hundreds of cases that total millions of dollars. She deals with motor vehicle accidents; accidents that are the results of falls; construction and labor accidents; wrongful death matters; and liability issues that occur on premises. Although the majority of these cases are settled before they go to court, clients can take comfort in knowing that Kaylie is an experienced trial attorney. She takes into consideration that personal injury clients suffer from pain, but they must also deal with many other problems that arise because they can't work — their income may be compromised; their mobility may be limited; and they can become socially isolated because they do not have the ac-

tive lifestyles they once enjoyed. The loss of independence is a big burden to handle. The Law Offices of Rachel Kaylie P.C. is here to help navigate every difficult step.

Kaylie obtained her J.D. law degree in 1994 from the New England School of Law in Boston, and is admitted to practice law in the state and federal courts of New York, New Jersey, Connecticut, and Washington D.C. She earned her bachelor's degree in 1990 from Brandeis University, with a major in political science and a minor in Spanish. She is a member of the Long Island Hispanic Chamber of Commerce, and a member of the Brandeis University Alumni Association, an organization that promotes network-

ing opportunities among its members.

Kaylie serves as a mentor to law school students and younger attorneys.

Her background includes working at a private practice in Manhattan, and also as a law guardian for children in Brooklyn's Family Court. She opened this new Sheepshead Bay practice in October.

"Clients can rest assured that they have the full expertise of this office," Kaylie says.

*The Law Offices of Rachel Kaylie P.C. [1702 Avenue Z, at E. 17th Street in Sheepshead Bay, (718) 615-9000, [www.Kaylielaw.com](http://www.Kaylielaw.com)]. Open Mondays through Fridays, 9 am-6 pm. Open evenings and weekends by appointment.*

# Free movement in CARICOM

Continued from Page 1

were also bogged down with other key agenda items.

Based on official announcements it does appear that the leaders were largely true to their word. The leaders would have yet another shot at tinkering with and fixing the system when they meet for their half yearly session in St. Kitts in February.

The communique issued at the end of the summit late Tuesday indicated that the community will in the coming months move to amend the founding Treaty of Chaguaramas to cater for an official status for labor and private sector bodies in the first instance and any other stakeholder body which in its view will move the region forward.

Additionally, several regional countries, which have been slow in implementing the free movement of people, professionals and skilled workers among others intra regionally, have committed to doing so by 2021.

And Haiti, which has had a torrid time trying to marry its own customs and other systems to match that of the bloc of largely English-speaking nations, has also agreed to get its act together in a matter of months. "We welcome Haiti's commitment to full integration into the CSME by 2020,"

states the communique, as the rest of the bloc pushes its most populous nation to get on board.

But to ordinary CARICOM citizens, the sweetest news is likely to relate to additional categories of workers being recognized as qualified to live and work in a member state of their choice.

"We will include agricultural workers, beauty service practitioners, barbers and security guards to the agreed categories of skilled nationals who are entitled to move freely and seek employment within the community. We reiterate that that a skills certificate issued by one member state would be recognized by all member states," the communique stated.

Other categories like university graduates, those from recognized technical schools, journalists and musicians among others, have long been allowed to live and work in any regional destination even as the meeting decided that government will "complete legislative and other arrangements in all member states for all categories of free movement of skilled persons."

Meanwhile, active consideration will be given to a single security check in system for passengers "on multi-stop intra community flights" implementing a system resembling what was in place for the 2002 Cricket World Cup in the Caribbean.

The meeting also touched on the importance of kinks in the travel and tourism system, noting that "we will conduct a special session on air and maritime transportation" at the St. Kitts meeting.

# Public charge

Continued from Page 1

and numerous other forms of government assistance.

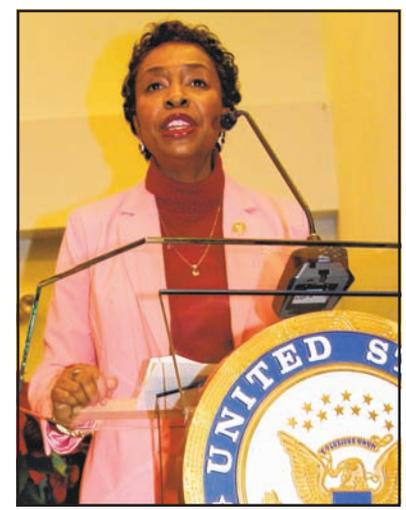
The congresswoman said the rule would require the Department of Homeland Security (DHS) to deny immigration benefits to Caribbean nationals who have used or are likely to use the programs in an amount equal to about US\$150 / month in certain types of benefits.

"Simply put, this proposed rule is yet another attack on poor communities of color," declared Clarke at the meeting, at which several immigration advocacy groups, including the New York Immigration Coalition, spoke.

Clarke noted that, for several years, safety net programs have helped Caribbean and other immigrants across America, particularly the large immigrant population in her district, "who came to the United States with limited resources to pursue the American Dream.

"It is our duty to ensure that this dream is attainable for all, regardless of race, nation of origin, or socioeconomic status," she affirmed.

Clarke said she was "happy" to be an original sponsor on Congresswoman Judy Chu's No Federal Funds for Public Charge Act, which would prohibit any US federal funds from being used to implement this proposed rule.



Congresswoman Yvette D. Clarke addresses town hall meeting in Brooklyn Monday night . Photo by Nelson A. King

The Brooklyn congresswoman has also dispatched a letter on behalf of the Congressional Black Caucus (CBC) to DHS Secretary, Kirstjen Nielsen, urging her to desist from moving forward with this proposal.

Clarke also disclosed that she will be sending another letter to DHS with her CBC colleagues pointing out the "legal flaws" in the proposed rule.

"But there is much work to be done right here on the ground," she said. "The proposed rule is currently open for public comment.

"That's why we're here today — faith leaders, community leaders, activists and elected officials," she added.

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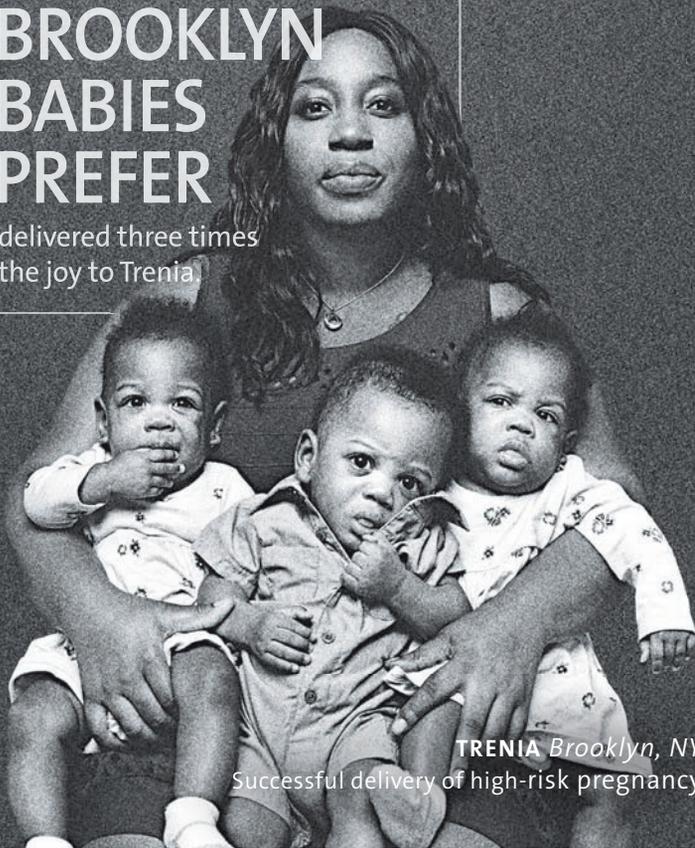
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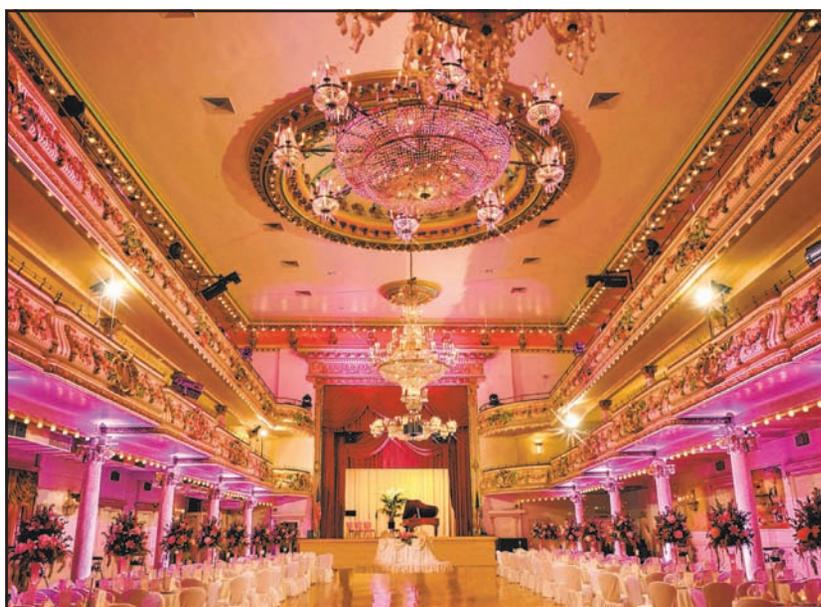
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# Caribbean nannies to be honored at annual gala

By **Alexandra Simon**

Several of the city's domestic workers will be celebrated at an annual gala next week.

The celebratory Dec. 15 gala, created by nanny platform — My Nanny Circle, is honoring some 21 nannies with awards at Grand Prospect Hall. This year, the annual gathering is not only extolling a hardworking group of women, but with a major backing from a leading media company — honorees will be getting special surprises, said its founder.

"This year we formed a partnership with Disney, and they chose to sponsor My Nanny Circle and will present some prize packs to awardees at the ball," said Alene Mathurin. "It's going to be a nice, feel good event."

Many of the women set to be honored hail from the Caribbean, mostly Trinidad and Tobago, St. Lucia, Grenada, Barbados, and Jamaica.

And they all have incredible stories that should be recognized and celebrated, said Mathurin.

"They have stories that are heart wrenching, gripping, or sad, and we are awarding women who are working to bridge the gap in the industry in various ways," she said.

In the domestic worker field, many often assume the women who work these jobs only do them full-time with no other specialized backgrounds, said Mathurin. But she added that many of them are multi-disciplined and highly educated. She said at the gala one of the awardees will be honored with a special award for her work on a documentary.

"One of our honorees is getting a humanitarian award for a film she did with the United Nations about human trafficking globally," she said.

She said this was an example of the varying capabilities, passions, and skills nannies tend to have.

"A lot of these women are doing a whole hosts of things," said Mathurin. "There are those that have small businesses, some are going to school, and changing lives of people everyday."

And Mathurin credits that to the advent of social media, which have helped the industry's workers find each other, discuss their rights and pay, and ways to advocate for others.

"Now the focus is on education, and so many nannies today have degrees," she said. "We are seeing very savvy and goal-oriented nannies making different moves, and this is a new breed of nannies, because the generation before paved the way."

Mathurin said despite nannies being a formidable group that deserves acknowledgement, the stereotypes often attached to women of color who work the field, prevent people from showing them appreciation. She said the women not only create stable lives for themselves upon immigrating to the states, they are caring for their families back home.

"There's something really powerful about this community," said Mathurin. "Domestic workers are helping sustain economies in the Caribbean, because when these women get paid, they are sending money back home and helping the Caribbean and their families."

Mathurin believes that by honoring domestic workers, it sets free some of the stigmas associated with being a nanny, and letting women know their impacts on the lives of the children and families with whom they work.

"These women deserve to be awarded because of the fact they are tied to so many communities and eager to help them," she said. "The common denominator is the care of the children, and there's a new generation of kids they are helping influence because these women are in their lives."

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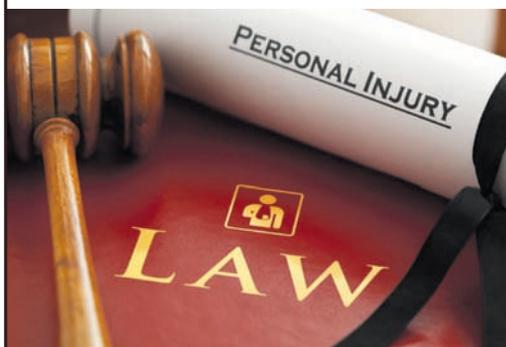
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# Lighting display dedicated to Catherine Rosa

By Tangerine Clarke

The rainy weather last Sunday, did not dampen the holiday spirit of Canarsie Brooklyn residents, who looked on in awe as the Seddio Family Holiday Lighting Display lit up the corner of 93 Street and Flatlands Avenue, against loud applause and greetings of Happy Hanukkah, Happy Holidays, Happy Kwanza and Merry Christmas.

Frank Seddio, Democratic leader in Brooklyn, and his family members have made this display a tradition in the neighborhood for the past 20 years, dedicating the iconic event each year, to a worthy family. This year the display is dedicated to the memory of Catherine Rosa, late Business Manager of the Canarsie Courier.

Ecumenical faiths blessed the proceedings before Frank Seddio welcomed colleagues and scores of residents, and invited them to view the newest addition of a rabbit in the animal section, and a giant Nutcracker that stands against the house decorated with thousands of lights. A Ferris wheel, etched with flags of the Caribbean, and an animated sign with the Seddio name are among the extraordinary fantasy display.

Politicians joined the Holiday lighting to express greet-

ings. Newly elected Attorney General Letitia James, acknowledged her colleagues, and thanked Frank Seddio and family for the annual spectacle, saying “this is the day we come together to celebrate the festival of lights, ‘our faith, family, and community of Brooklyn and throughout this city in the greatest country on earth,” said James.

Senator Roxanne Persaud, in whose 19th Senatorial District the display stands, echoed the sentiments of James, thanking Mr. Seddio. She thanked residents for coming out in the “showers of blessings”, and wished them “Happy Holidays, Happy Hanukkah, and a prosperous 2019, adding, “I will continue to fight in Albany to make sure our communities in Brooklyn get what they deserve.”

Assemblymember Jamie R. Williams who later donned a Mrs. Claus ensemble to entertain the kids, wished the gathering Happy Holidays and a prosperous 2019. Councilmember Alan Maisel also expressed holiday greetings.

The festive event was highlighted by the cheerful voices of students PS 115, and the Holy Family Church, while young soloist Caylor Boyce’s melodious voice penetrated the night air with a rendition of Grown-



Santa Claus and Assemblymember Jamie Williams as Mrs. Claus.

Photo by Tangerine Clarke

Up Christmas List.

Students festively dressed in tutus danced their way into Santa’s heart, and the crowd that cheered on their exciting choreography.

The evening was celebrated with the arrival of Santa Claus and Mrs. Claus accompanied by elves and cartoon characters, much to the delight of the little ones who, one after the other greeted old Saint Nick with their Christmas list.



Canarsie resident, Caylor Boyce’s melodious voice filled the air with “Grown-up Christmas.” Photo by Tangerine Clarke



Students kick up their heels during a Christmas choreography.

Photo by Tangerine Clarke

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# Shirley squared!

Two city leaders announce separate statues of former Bklyn congresswoman on the same day

By Colin Mixson

Shirley, you're kidding!

Officials on Friday fell over themselves to honor the trail-blazing Brooklyn politician, former Rep. Shirley Chisholm, on her birthday, with two city leaders announcing as many monuments to the nation's first black congresswoman on the same day.

The city's First Lady, Chirlane McCray, got a head start on Nov. 30 — what would have been Chisholm's 94th birthday — making an early morning announcement that a \$1-million likeness of the late legislator, who died in 2005, would grace the Parkside Avenue entrance of Brooklyn's Backyard sometime in 2020 as part of a mayoral initiative to memorialize New York City's most distinguished dames.

"Congresswoman Shirley Chisholm's legacy of leadership and activism has paved the way for thousands of women to seek public office," said McCray. "She is exactly

the kind of New York woman whose contributions should be honored with representation in our public spaces."

But Crown Heights Councilman Robert Cornegy Jr., not to be outdone, later that day announced he will unveil a scale model of another Chisholm statue at the Brooklyn Children's Museum on Dec. 3. The actual likeness will be installed at nearby Brower Park next year, as part of Cornegy's own initiative to honor storied people of color hailing from the 36th Council District, which also includes parts of Bedford-Stuyvesant.

And in announcing his own statue, the councilman took the opportunity to talk smack about Mayor DeBlasio's policy of removing city monuments to controversial figures — such as a bust of controversial, early gynecologist J. Marion Sims, which officials shipped from its long-time Central Park home to Greenwood Cemetery earlier this

year — by arguing that leaders should focus on honoring worthy residents, not removing tributes to whom some consider less-deserving.

"It's more important to promote the contributions of a wider array of people and cultures, than to tear down statues commemorating those we may not like," Cornegy said. "My children benefit from the entire wealth of this country's history — the good, bad, and indifferent."

Of course, Gov. Cuomo beat everybody to the punch in September, when he announced \$20 million in funding for the new Shirely Chisholm State Park coming to East New York as part of his Vital Brooklyn wellness initiative, designs for which should be completed by 2021.

And the former Congresswoman isn't lacking for honors in her home borough, which is already home to such tributes as Fort Greene's Shirley A. Chisholm State Office Build-



Shirley's statues: Two city politicians announced Brooklyn will be getting as many new statues of Congresswoman Shirley Chisholm — on the same day on Friday.

Associated Press / James Palmer

ing, Shirley Chisholm Circle in Brower Park, Shirely Chisholm Campus in Canarsie, and the forthcoming Shirley A. Chisholm Community Center in East Flatbush.

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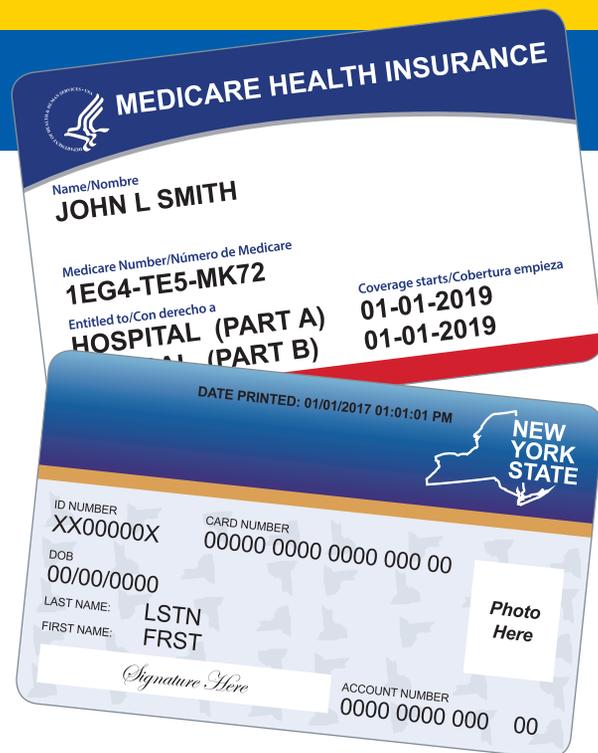
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# Citizenship assistance workshop this Sat.

By Alexandra Simon

This Saturday, Flatbush politicians — Assemblywoman Rodneye Bichotte (D-Flatbush), state Sen. Kevin Parker (D-Kensington), and Councilman Jumaane Williams (D-East Flatbush), are inviting their constituents to attend a free citizenship workshop.

The City University of New York's legal assistance group, CUNY Citizenship Now, will be hosting a free citizenship assistance event at Flatbush YMCA on Dec. 8. Permanent residents, or green card holders, will learn how to apply to become naturalized citizens and if they meet the requirements.

The three-hour event will have various legal assistants there to help qualified candidates apply. Applicants should be 18-years-old and over, and must have either have been a green card holder for five years or married to a citizen for three years.



New citizens wave American flags in celebration at a naturalization ceremony.

Associated Press / Richard Drew

They should also bring their green card and passports they have used within the last five years, and ready information about their employment, children, marriage, if applicable, and a certificate of disposition if you've been arrested.

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BY ALEXANDRA SIMON

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levard — the home is situated near some of the borough's main roads, and just a few minutes from the Van Wyck Expressway.

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# Caribbean loses financial giant Sagicor

By George Alleyne

A Caribbean company that originated in Barbados more than 100 years ago and grew to have a presence in many regional territories is being sold to a Canadian concern for just over half-a-billion dollars.

The sale for \$536 million has been announced of the company that started in Barbados in 1849 as Barbados Mutual Life Assurance Society and moved on to open branches St. Vincent, Trinidad and Tobago, Grenada, St. Kitts, Antigua, Montserrat, Jamaica and Guyana then transformed from single-line life insurance company to a financial services regional group and further expanding into the international financial services market.

The buyer is Alignvest, a special purpose Canadian corporation that links financial asset managers, and the transaction is expected to close within the second quarter of next year.

There are no signs that there will be objections to the sale from the regulators in Bermuda, where Sagicor is now headquartered.

In this arrangement Sagicor will continue to operate in its Caribbean and Latin American and US markets under the current name.

This acquisition carries a relation to the Scotiabank sell out in many territories as reported by Caribbean Life one week ago because prior to its agreement to be bought out by



Central Bank of Barbados Governor, Cleviston Haynes.

Photo by George Alleyne

Alignvest, Sagicor had struck a 20-year insurance-distribution deal with Scotiabank in Jamaica and Trinidad and Tobago.

Though Barbadians see the sale as a loss of its prized conglomerate to a Canadian entity, the fact is that Sagicor stopped being a Barbados

domiciled company since 2016 when management packed up its head office operations and left for Bermuda in response to the continuous financial credit rating downgrades that Barbados was enduring at the time under the previous government.

The company complained that because of the downgrades the island had lost its investment grade and this affected the firm's ability to profitably trade internationally.

The irony is that Sagicor's sale announced at the end of November comes at a time

when Barbados has had its first international credit rating upgrade in 10 years and government just completed radically changing its tax structure, making the island compliant with international demands and probably more attractive to offshore businesses than other jurisdictions.

For this reason Central Bank of Barbados Governor, Cleviston Haynes, said of the change in ownership of the company, "I think this is perhaps a slightly unfortunate development."

This sale of what was once a premier Barbados company comes mere months after another conglomerate, SOL Investments, with a reach over the Caribbean was sold to Canadians.

SOL Investments, that has a footprint spanning across the region is about to change hands, ceding controlling ownership to a Canadian concern for US\$1.21 billion.

Though it will retain day-to-day administrative responsibility over 23 enterprises that it owned, SOL's sale, which is pending Barbados regulatory confirmation, means that control of this Caribbean company goes to Canada-based Parkland Fuel Corp.

Built up by entrepreneur Barbadian Kyffin Simpson, SOL is now regarded as a regional fuel processing and supply and giant, touching almost all territories of the Caribbean.

## SMALL BUSINESS RESOURCES

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[www.smallbusinessenergy.com/NewYork](http://www.smallbusinessenergy.com/NewYork)

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### NYC Small Business Resource Center | The New York Public Library

[smallbiz.nypl.org](http://smallbiz.nypl.org)

### Small Business Services - Empire State Development New York

[www.esd.ny.gov/smallbusiness.html](http://www.esd.ny.gov/smallbusiness.html)

### Small Business - Business First - New York State

[www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html](http://www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html)

### 2013 New York, NY Small Business Resource

[www.sba.gov/sites/default/files/files/resourceguide\\_3135.pdf](http://www.sba.gov/sites/default/files/files/resourceguide_3135.pdf)

### Business Resources: Internet Bibliographies: New York State Library

[www.nysl.nysed.gov/reference/busref.htm](http://www.nysl.nysed.gov/reference/busref.htm)

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

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

[manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm](http://manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm)

Find resources and advice on starting a business in New York City. Get information on New York business licenses and incorporation, free NYC resources for starting a business.

### Your Money New York - Help and Resources for Small Businesses

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

### Small Business Resources - The Business Council of New York

[www.bcnys.org/inside/smallbusiness.htm](http://www.bcnys.org/inside/smallbusiness.htm)

Capital Business Blog - Read about the issues.

Visit [www.nyfirst.ny.gov](http://www.nyfirst.ny.gov) to learn what New York State can do for businesses.

### Resources for Businesses in New York City - bfindapc.com

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If you operate a business in New York City, you are especially fortunate. The city has pulled together a wealth of resources for small business owners.

### Small Business Resource Guide - New York - HUD

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# holiday GUIDE

2018





Developmental toys and educational games for kids make for popular gifts.

# Select educational presents for tykes

When shopping for holiday gifts for children, shoppers can easily be overwhelmed by the many toys, electronics, apparel, and other items available for kids. Those who may not be up-to-date on the latest trends may even find shopping for kids a bit like solving a difficult puzzle.

Some shoppers may want to get kids the flashiest toy, but others may prefer gifts that are both fun and mentally stimulating. Developmental toys and educational games for kids make for popular gifts. Toy and game manufacturers continue to develop products that integrate logic, reasoning, language stimulation, and motor skill development. Shoppers looking for fun, educational toys and games for the kids on their shopping lists have a host of items to choose from:

**Building blocks:** Blocks that enable children to design and construct are popular among youngsters of various ages. Blocks come in many different forms, from early education wooden blocks that fill nursery floors

to the more intricate, interlocking building sets that are coveted by older children.

**Stem toys:** Some of the latest trends in children's toys veer away from regular video games and apps and cater to the rising interest in science, technology, engineering, and math. Early introduction to these fields can result in skills that can pay dividends later in life, considering students who have an emphasis on Stem knowledge are highly coveted among employers. Toys may include robot-building kits, toys that help young learners test the boundaries of physics, apps that help kids learn computer programming, and even scientific experiment kits that illustrate cause and effect.

**Sensory toys:** Young children can benefit from toys that stimulate the senses. Items to consider include water toys, sands (including the newer kinetic varieties), playdoughs, musical instruments, and bubbles. Even food-related toys, such as those that encourage baking or cooking, will appeal to

various senses and can help kids learn valuable skills.

**Imaginative play toys:** Imaginative play is an effective way to stimulate creative thinking and may help children become better learners. The Creativity Institute, specializing in toys for creative play, says playing is important to children and the way they practice growing up. According to an article by Dr. Scott Kaufman that appeared in *Psychology Today*, "Systematic research has increasingly demonstrated a series of clear benefits of children's engagement in pretend games from the ages of about 2 and a half through ages 6 or 7." Dress-up toys, puppets, dolls, action figures, and toys that mimic real-life activities are all examples of products that promote imaginative play.

Educational toys can be included on holiday gifting lists. Not only will they encourage children to play and have fun, but they'll serve as building blocks to a lifetime of learning as well.

## How to uncork bubbly safely

Special occasions like birthdays, holidays, and of course, New Year's Eve, are often enhanced by the inclusion of sparkling beverages. Sipping a chilled glass of bubbly can make everything feel more festive and indulgent. However, those bottles of champagne, cava, or Prosecco can pack quite a punch — and not just because of their alcohol content.



By properly chilling sparkling wine, the cork release can be controlled and less dangerous.

The American Academy of Ophthalmology says each year hundreds of people suffer serious, potentially blinding eye injuries from sparkling wine corks. *Town and Country* magazine reports that the pressure behind a cork is around 90 psi, which is three times the pressure of most car tires. The Academy says champagne corks can fly out of the bottle at speeds upwards of 50 miles per hour. Sometimes that rocket-powered launch can elicit laughs, while other times it can be downright dangerous.

It is important to emphasize safety when uncorking favorite vintages. Expert sommeliers advise following some key techniques so that guests are not ducking for cover the next time a bottle of bubbly is uncorked:

**Ensure the bottle is chilled.** Sparkling wine should be properly chilled to around 45 F. Should the beverage not be cold enough, the pressure inside the bottle will cause the cork to be released fast and can cause an overly foamy, geyser-like situation.

**Remove the wrapping.** Champagne and other sparkling products are sealed with foil and a wire cage to keep the cork seated. Remove these first, being careful to hold the cork down in case it spontaneously pops.

**Have a towel handy.** Drape a dish towel or cloth napkin over the top of the bottle. This muffles the pop and can absorb any spillage.

**Twist the bottle.** Hold the bottle at a 45-degree angle facing away from yourself and anyone in the vicinity. Keep pressure around the cork while twisting the bottle. If you twist the cork, it could break inside the bottle. Continue to twist until the bottle starts to loosen from the cork and spins freely. Then you can slowly pull the cork away from the bottle.

**Keep downward pressure.** If you can feel the pressure starting to force the cork out, push against the cork to control its release. By managing the release, you can avoid a sharp "pop" and instead have only a mild hiss of pressure as the carbonation escapes.

**Double-pour the bubbly.** Only half-fill the glasses to allow the foam to subside. Then fill to desired level.

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# Christmas cookies made simple

**B**aking cookies is a holiday tradition for many families. Come the holiday season, many homes are filled with the inviting scents of vanilla, cinnamon, and melting chocolate.

Baking cookies can be a social occasion in which family members and friends gather to create recipes passed down through generations. Or, baking can be a solitary venture in which cookies are prepared and packaged as holiday gifts. Either way, people who bake during the holiday season understand that making Christmas cookies can be a time-consuming, yet rewarding, process.

This year, holiday bakers can embrace a number of time-saving tips and tricks to reduce the amount of time they spend in the kitchen and possibly even improve on existing recipes.

**Use a cookie mix.** Who says you have to toil and make cookies from scratch? It's the thought that counts, and any number of creative recipes can begin by utilizing a premade



Holiday bakers can embrace a number of time-saving tips and tricks to reduce the amount of time they spend in the kitchen.

baking mix. These mixes already have most of the dry cookie ingredients sifted together, including flour, baking soda, baking powder, salt, and sugar. All you have to do is add the wet ingredients and any extra embellishments to make the

mix your own. If mixes are too much work, purchase refrigerated or frozen cookie dough.

**Prepare ahead.** Many cookie dough recipes can be made and stored for later use. In fact, refrigerating a log of

cookie dough can make it easier to cut or handle later on. Spread out the bulk of your baking over two days and you might feel less taxed.

**Try a no-bake recipe.** Creative culinary experts continually reveal their clever tricks, and many of these include no-

bake versions of favorite desserts. No-bake cookies come together in a matter of minutes, but still employ a host of delicious ingredients. Recipes frequently feature similar ingredients to traditional cookies, but rely on chocolate, honey, or peanut butter as the setting agent to keep them together. Bakers may also like not having to turn on their ovens.

**Recycle leftover cookies.** If you have a fair amount of cookies remaining or several that broke apart or do not look good enough to serve, never fear. Such cookies can be used as part of another delicious dessert. Grind cookies into crumbs that can serve as a pie crust for pudding pies or no-bake cheesecakes, or mix cookie crumbs with cake frosting or a nut butter and roll into balls. Dunk the balls into melted chocolate, add a lollipop stick, and make delicious cookie pops.

Cookies may be holiday traditions, but there are ways to reduce the amount of work and time required of holiday baking.

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# Trini author pens kids book on manners

By Alexandra Simon

She's all about manners.

A Trinidadian-American teacher and author is releasing a new children's book about general courtesy and manners. Debut author Amarimba Charles, introduces youngsters to the do's and don'ts of employing common courtesy and politeness in her book, "Please and Thank You are Magic Words! A Story About Manners And Etiquette." The idea for the book was inspired by two events she encountered — continually finding an abundance of instructional books on etiquette, and often discovering religious based books on the subject. As an educator who also specializes in teaching etiquette classes, Charles says she saw the need for a more kid-friendly book on the topic.

"When I started doing etiquette classes I was looking around for a workbook that I would be able to take lesson plans from and help me plan my classes — but most of the books were all instructional," she said.

Working with children and having a 7-year-old, Charles said she felt the format was too explan-



Author of "Please and Thank You are Magic Words! A Story About Manners And Etiquette," Amarimba L. Charles.

atory to interest young readers and would not appeal to them as much as a creative story would.

"I don't think those types of books would go over well with them, and I know someone like my daughter prefers a story that she can learn from, as opposed to something saying don't do this or don't do that," she said.

The characters in the 118-page book are based

off of herself and children she knows. She said by using herself and her oldest daughter to establish her protagonists, allowed her to create more realistic characters she could personally relate to them, more than she could.

"What I found was that it was easiest for me to put myself in the book and make characters that I learned from," said Charles.

The book follows the story of 11-year-old Maggie, who learns about 'magic words' — the phrases that indicate respect and politeness, from her teacher Ms. Charles. In the title, Maggie and her classmates learn how to interact with each other using terms like "Excuse me" or "yes, please."

Throughout the book, Charles explores the dif-

ferent instances and themes that would require common politeness, and how it should be used and exercised. She also details the importance of day-to-day courtesy.

"It's generally about just having manners and the common things that we take for granted by just saying 'Please' and 'Thank You,'" she said.

Raised to always practice politeness, Charles said moving to the United States from Trinidad caused a bit of confusion when she realized that customs regarding manners were not always the same here. And she sees this a lot with students.

"When I was going to school to what I see now — it's very different," said Charles. "Last week, the principal came in class, and the kids kept talking. When I went to school, children would stop what they're doing and say good morning."

She believes it is very important to teach children about employing manners in their early development because that lays the foundation as to what kind of adults they become.

"I think children should start learning manners in their formative years — from when they're four

years old, because that's when school starts," she said. "I think it's very important from that age and maybe even before."

Charles said she was passionate about ensuring that young children have the right ideas about life, and the personal skills they need to get there.

"This is a story about power, gratitude, having respect and being courteous, and using small things that can be beneficial in accomplishments," she said. "Those who know how to exercise good manners stand a better chance to move farther in life, and in this book children get a head start."



Trinidadian-born author Amarimba L. Charles' debut children's book teaches youngsters the basics of having manners and being polite.

## Tenants search for doorman's family

By Alexandra Simon

Residents in an Upper West Side building are leading a desperate search to find the relatives of their beloved security guard who quietly passed away recently.

Tenants of the Saint Martins Towers on W. 95th Street near Columbus Avenue, want to connect with the family of Byron Waldron, who passed some time in the early fall. According to a 10-year-resident at the building, the guard died a few months ago, and no one knew about it until much later.

"He worked the building's security during the night shift, and we just

found out he passed," said Lorna Byfield, who is one of many leading the search. "No one put a notice."

All that is known of Waldron was that he was an older gentleman from Jamaica, was employed by Garrison Protective Services, and lived in the Bronx with a roommate, according to Byfield.

She adds that his family back home in the Caribbean may not be aware of his sudden passing, but compassionate residents want to connect with them.

"He was in his 70's and a sweet old man, who for six years, watched over us as we slept," she said. "I



The late Byron Waldron, who worked security at the Saint Martins towers in the Upper West Side. Lorna Byfield

feel like I want to contribute in helping because we don't know if he had family here, and for me it's a

disgrace not to help search for them, especially for a man who gave such great service."

Many residents who lived in the building did not know much about Waldron, but felt close to him because of his friendliness and dedicated service.

"The people here are very sympathetic, and if they know someone is in need, they'll reach to help them," said Byfield. "We never heard one bad thing about him."

A representative from his place of employment said his last day of work was Sept. 25, and when he did not show up for his next work day, they were surprised, said a

spokeswoman.

"He was very well liked here and when he did not come back to work we were in shock," said operations manager Debra Salvemini. "Byron was always there to do extra shifts, and help out, and sometimes we don't get that a lot."

She said despite never meeting him in person, through phone conversations she had very high opinions about his personality.

"He had a very nice way about him, and I only spoke to him on the phone, but he was well-liked here," she said. "He was very reliable, always helping out, and would work extra few hours."

Waldron was known to be a very hard worker who was employed with the company since 2009.

Tenants who grew familiar with him showed concern and hurt over not being alerted about his death, said Byfield.

"When they would ask him to work overtime he did it, but no one bothered to tell anyone he died," she said.

Byfield has led the search to learn more information about him and celebrate his life with a memorial, but said she still has not been able to connect with any known relatives.

She believes his body is likely buried in the city's cemetery for the unclaimed deceased at Potter's Field on Hart's Island.

If anyone knew Byron Waldron or possible relatives he may have had, please contact lbyfield@gmail.com.



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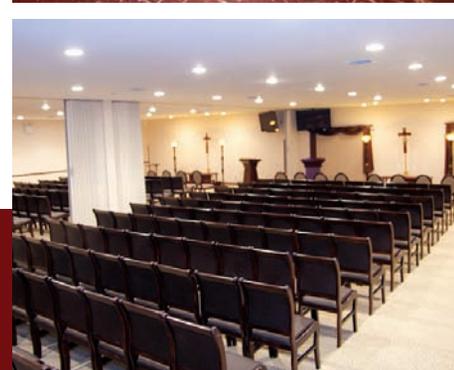
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# Christmas stories for children

“A Tuba Christmas” by Helen L. Wilbur, illustrated by Mary Reaves Uhles

c.2018, Sleeping Bear Press  
\$16.99 / \$21.99 Canada  
32 pages

“Construction Site on Christmas Night” by Sherri Duskey Rinker and Ag Ford

c.2018, Chronicle Kids  
\$16.99 / \$22.99 Canada  
40 pages

“Plum: How the Sugar Plum Fairy Got Her Wings” by Sean Hayes & Scott Icenogle, illustrated by Robin Thompson

c.2018, Simon & Schuster Books for Young Readers  
\$17.99 / \$23.99 Canada  
48 pages

**By Terri Schlichenmeyer**

You already know the story about Santa.

You know about his reindeer and his sleigh and the toys. You know about Frosty, and Rudolph, and the elves. But what about fairies, tubas, or construction equipment at Christmastime? With these great picture books, you'll learn fast...

Everyone in Ava's family played some sort of musical instrument and so when it

was time for Ava to decide what she wanted to play, she knew immediately that she wanted a tuba because nobody else was playing one. But in “The Christmas Tuba” by Helen L. Wilbur, illustrated by Mary Reaves Uhles, Ava learns that big instruments come with big problems and she almost quits — until her music teacher, Rodney, makes a big announcement.

In a few days, it'll be Christmas everywhere. In “Construction Site on Christmas Night” by Sherri Duskey Rinker and Ag Ford, dump trucks, mixers, bulldozers, excavators, and other equipment toil on a project that must be done by the end of the year. Each machine does its job perfectly and at the end of the night, there's a reward: each finds a special holiday thank-you for their hard work.

Of all the kids at Mary Fitzgerald Orphanage, Plum was the smallest and the other kids never let her forget it. One night, she was sent to bed early for something she didn't do, but Plum decided not to let her troubles spoil Christmas. After making presents for all the kids in the orphanage, she discovered a

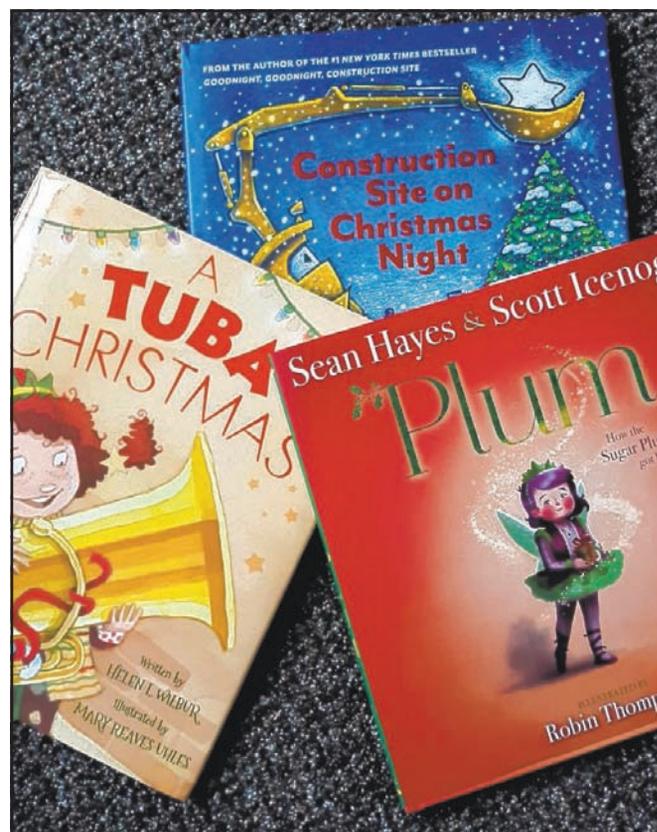
mysteriously wrapped gift with her name on the tag. In “Plum: How the Sugar Plum Fairy Got Her Wings” by Sean Hayes & Scott Icenogle, illustrated by Robin Thompson, that led to a sweet surprise.

If read-aloud time is important in your house, wouldn't it be great to have a holiday theme for the next few days? Of course it would, and one of these fun books might be just the thing to ho-ho-have.

With its Christmas concert theme, “A Tuba Christmas” is perfect for 4-to-7-year-olds who love music and performing. Be sure you've got your sound-effects voice warmed up, because this book will be doubly fun if you play along.

Because just about every 2-to-5-year-old likes big machines, “Construction Site on Christmas Night” takes the “Construction Site” books to a natural holiday level with a tale of hard work and giving. Here's a hint: if your child is on Christmas overload and can't sleep, this book makes a great bedtime story.

And finally, “Plum” is a just-right book for slightly older children (5-to-7 years old) who



Three children's books on Christmas.

still crave holiday tradition in a read-aloud. It's a cute story that, from an adult's perspective, is perhaps a bit too contrived; to kids, though, it's as fanciful and lovable as its ballet namesake.

For the child who wants a

Christmas story but the same old tales need new sparkle, grab any of these three books. With their holiday themes and cute illustrations (but not a word about The Jolly Old Elf), you absolutely know your child will love them.

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Signing up for a class and working out with friends are great ways to make exercise more enjoyable.

## Make working out more enjoyable

**S**edentary lifestyles can be dangerous to human health. Numerous studies have linked sedentary lifestyles to various diseases, including type 2 diabetes, heart disease, and stroke. But in spite of those connections, sedentary lifestyles are on the rise.

According to the National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention, both men and women are engaging in physical activity a lot less frequently than in years past. The survey, which examined data between 1988 and 2010, found that women who reported not engaging in physical activity rose from 19 percent to 52 percent, while figures for men rose from 11 percent to 43 percent.

Many people find physical activity unenjoyable, which may make it difficult for them to include exercise

in their daily routines. The following are some approaches those living sedentary lifestyles can take to make physical activity more enjoyable.

**Find activities you like.** Physical activity is not limited to working out in a gym. Many adults find gyms great and motivational places to get in shape, while others are bored by strength-training or intimidated by gyms. Finding a physical activity you enjoy increases the chances that you will make exercise a part of your daily routine. Yoga, walking, and cycling are just a few of the many physical activities that can help you live a less sedentary life.

**Get a workout buddy.** Another way to make exercise more enjoyable is to enlist a friend to workout with you. Friends can supply motivation on those days when you don't feel like working out while also making

workouts more enjoyable by sharing a few laughs as you lift weights, walk around the neighborhood, or engage in whatever physical activity you do together.

**Set specific goals.** Exercise also becomes more enjoyable when you establish specific goals that give you something tangible to work toward. You are more likely to enjoy what you're doing if you reach your goals along the way than if you don't set any goals and simply go through the motions. You also can reward yourself for reaching certain goals, which will undoubtedly make your efforts more enjoyable.

**Involve other interests in your exercise routine.** If exercise truly bores you, find ways to incorporate your other interests into your workout routine. Rather than spending 30 to 60 minutes simply running on

a treadmill, take your tablet along with you and stream your favorite television shows. If possible, catch up on reading while you ride the exercise bike. Combining your workout routine with other passions can make your exercise routines more enjoyable, making you more likely to commit to them on a regular basis.

**Sign up for classes.** Gyms are more than just weight rooms and cardio machines. Many gyms now offer classes like Zumba, kickboxing, and yoga, which can make exercise more communal and fun. If the weight room isn't your thing, find a gym that offers classes you're likely to embrace.

Exercise need not be dull, and men and women looking to be less sedentary can look for ways to make working out more fun in an effort to reach their fitness goals.

# Getting fit the smart way

Exercise is an important component of a healthy lifestyle. Many people establish bold fitness goals with a mind toward getting in shape. It's tempting to jump right in, especially when friends or relatives reach their own fitness goals. However, inactive men and women risk injury when diving right in and not taking a gradual approach to fitness and weight loss regimens. To reap the most rewards from exercise, take the proper precautions and follow these guidelines:

**Speak with your doctor before beginning an exercise regimen.** Get medical clearance before you begin a new exercise regimen, especially if you have any preexisting medical conditions. Your doctor may suggest certain modifications that can reduce strain on certain parts of the body or advise you on the most effective activities for people with your condition. It's also wise to inform doctors of fitness

plans and goals so they can help track your progress.

**Don't eat heavy meals before exercising.** A light, healthy snack gives you a little fuel without affecting your ability to exercise. After eating, the body diverts blood flow to the gastrointestinal tract to aid with digestion. Exercising while this blood flow is centralized in the gastrointestinal tract may cause muscle cramps or generalized weakness. Nutrition experts at the University of California, Los Angeles, say that people who exercise strenuously on a full stomach also may experience reflux, hiccups, nausea, and vomiting.

**Warm up.** Stretches, light movements, and range of motion exercises can improve flexibility and prepare the body for more to come. If muscles aren't fully stretched and warm, injuries like strains and tendon tears may occur. Take the time to warm up; otherwise, you may find yourself on the sidelines.

**Wear the appropriate equipment.** Invest in quality athletic shoes and other equipment made for the activity you will be performing. The right equipment can help prevent injury. Athletic shoes that fail to provide adequate support can increase your risk of injury. Good shoes do not have to cost a fortune, as there are plenty of brands that will work quite well. If you need suggestions, discuss your exercise regimen and goals with a podiatrist or orthopedist. You also may need equipment specific to a given activity. For example, wrist supports and quality gloves are essential for kickboxing classes.

**Take weather into consideration.** Ice, snow, rain, and wind can make jogging or other outdoor activities more challenging, if not dangerous. Always exercise caution when your workout regimen involves exercising outdoors. Stay indoors if you see thunder and lightning.



Staying motivated and avoiding injuries can help people get in shape and maintain healthy lifestyles for years to come.

**Stay hydrated.** The Better Health Channel of the Victoria State Government says a person can lose around one and a half liters of fluid for every hour of exercise. Drink water before, during, and after each exercise session. If you need water while exercising, take small sips.

**Be aware of your body.** Take notice of how you feel. If something doesn't feel just right, then stop immediately, rest, or seek medical attention.

diately, rest, or seek medical attention.

**Pace yourself and take the time to rest.** Don't try to do everything all at once. Slowly build up your durability and stamina by gradually increasing the intensity of your workouts. Give yourself time to recover between workouts as well.

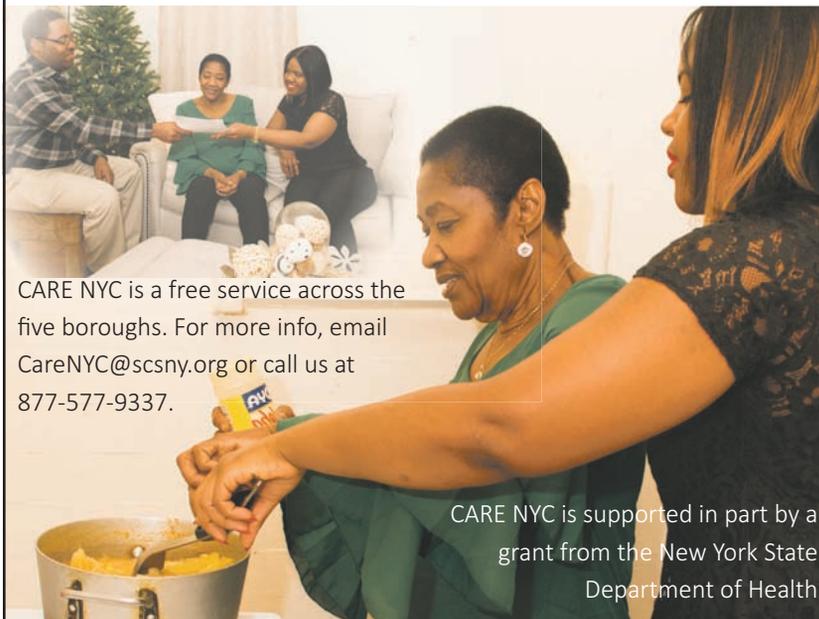
Exercise is a key part of a healthy lifestyle. Remember to do so safely and effectively.



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CARE NYC is supported in part by a grant from the New York State Department of Health

## 2019 New Year's Resolutions for Caregivers

Taking care of a loved one is difficult, time-consuming, and often heartbreaking labor. It takes a physical and also emotional toll on those providing care. For this reason, caregivers often feel they cannot take time, especially around the holidays, to work on their wellness.

"More than half of the caregivers we serve report high or very high levels of emotional stress," says Sheila Williams, Program Director for Sunnyside Community Services. The program Ms. Williams' directs, CARE NYC, focuses on caregivers whose loved ones have Alzheimer's or dementia—an estimated 390,000 New Yorkers care for a loved one with these conditions.

Caregivers: In 2019, make a resolution that helps you reduce this stress.

1) Resolve to make sure you share

one fun activity with the person you're caring for each week. Make sure you balance stressful caregiving tasks with enjoyable ones.

2) Make time for the doctor's appointment for yourself that you've been putting off. Remember: you need to be physically well to ensure the person you care for is, too.

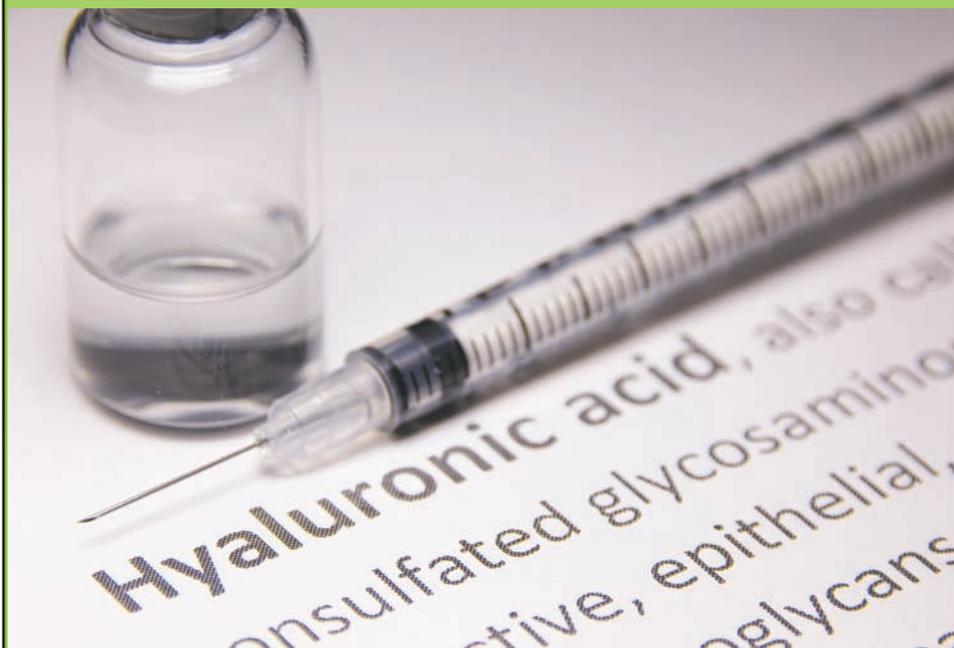
3) Join a support group or seek out other caregivers in your community. Finding others who share similar experiences can provide comfort.

4) Ask for help. There are organizations across New York City that exist to serve caregivers, including Sunnyside Community Services, which assists caregivers of loved ones with Alzheimer's and other forms of dementia in all five boroughs. You can learn more about this free program by calling 877-577-9337.

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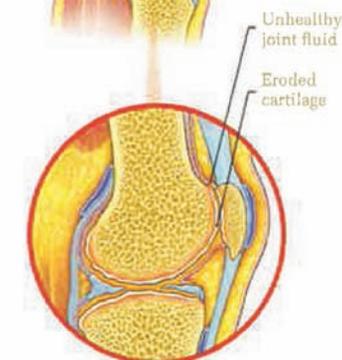
### Healthy Knee

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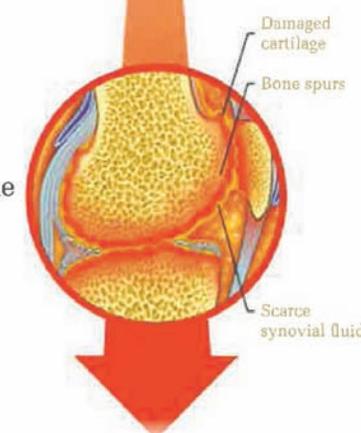
### Mild to Moderate OA

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Knee pain is not an indicator for how far your OA of the Knee has progressed, as pain is different for each patient

# How to maximize your gym workout

**R**inging in the new year might be about toasting to good fortune and reminiscing with family and friends. But for many people, New Year's Eve also may be spent thinking about New Year's resolutions, many of which may focus on getting healthy and fit in the year ahead.

According to CreditDonkey, a financial resource that helps people save money and make savvy financial decisions, the health club industry is valued at around \$27 billion in the United States. Globally, health clubs produce close to \$75 billion in revenue every year. And that industry appears unlikely to slow down anytime soon, as more and more people are resolving to get healthier.

No one signs up for a membership hoping for mediocre results. Therefore, here is how to get the most out of a gym membership and regular workouts:

**Get inside the door.** The first step to realizing results is to go to the gym. Statistics indicate that within a month or two of joining a gym, attendance numbers dwindle even though people continue to pay for memberships when they are not going to the gym. Schedule time at the gym as you would any other activity. If you need



Fitness resolutions are popular, and there are several ways to realize those resolutions and get the most out of your investment in a gym membership.

motivation to go, enlist a friend to join and get you to attend.

**Do something you love.** Gyms cater to so many different workout experiences these days that gymgoers need not worry about getting bored with their fitness routines. Start out

with an activity you enjoy doing, or experiment with different activities until you find one that you find enjoyable. You may be allowed to sample classes without paying for a different membership plan, or even just observe outside of the studio door to get

a sense of what may interest you.

**Work with a trainer.** Gyms employ personal trainers who can help novices learn the ropes. New members can rely on personal training sessions to familiarize themselves with a gym's equipment and the proper techniques to employ when using that equipment. Trainers also can play key supportive rolls in members' workouts, helping to keep clients motivated on those days when the enthusiasm is waning.

**Vary your workouts.** Expanding your boundaries is a great way to push your body and maximize your workout. According to Dr. Jacob Wilson, certified strength and conditioning specialist and associate editor of the Journal of Strength and Conditioning Research, "by only doing cardio your metabolism will actually go down, making weight loss more difficult. Resistance training, however, builds muscle to increase your metabolic rate." Variety is the spice of life, and it's also essential to effective workouts.

Fitness resolutions are popular, and there are several ways to realize those resolutions and get the most out of your investment in a gym membership.

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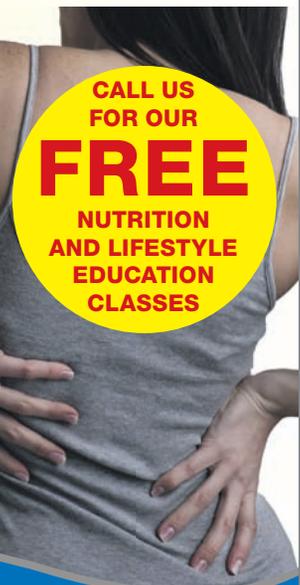
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# Dr. Adam offers all-natural approach to healing pain

BY JAMES HARNEY

“The power that made the body, heals the body.”

Those words, inscribed on a wall just inside the front door of Live Holistic chiropractic offices in Bay Ridge, are not a biblical passage, but they are the credo of lead practitioner Dr. Vincent Adamo.

For eight years, Dr. Adamo has run his practice adhering to the concept that the human body is “a self-healing organism,” and that patients can get healthy and pain-free with chiropractic care, and natural vitamins and remedies — and without potentially harmful prescription drugs.

“Holistic medicine is about finding the cause of pain or illness, rather than just treating the symptoms,” Dr. Adamo says. “Most doctors have the wrong approach; they chase pain rather than preventing it in the first place. If you come in to a doctor’s office complaining of pain in your knee, it may actually be that the pain is being caused by a problem in your back.”

At Live Holistic, everything starts with the spine.

“I will not work on a patient without first taking an X-ray,” he explained. “X-rays of the spine are a tool to see how your system is functioning. We check to see if your spinal cord is in the proper alignment. It’s always amazing to me that medical professionals will stress the importance of checking your teeth, your heart, your liver, or other organs, but they’ll never say, ‘check your spine.’”

“It’s a scientific fact your brain, spinal cord, and the rest of your nerves control every aspect of your body,” Adamo said. “Your spinal cord is your body’s ‘information superhighway.’”

The medical term for a spinal cord that’s out of alignment is a “subluxation,” he said, adding that subluxation can lead to a variety of health problems.

“If you have a pinched nerve in your lower back, that can distort nerve messages between your body and your brain,” Adamo said. “That pinched nerve can result in high blood pressure, or it



Dr. Vincent Adamo helps clients manage their pain naturally with chiropractic care, vitamins, and natural remedies. Photos by Trey Pentecost

can affect the performance of your prostate gland. What would a doctor usually do to treat a prostate problem? He’d prescribe drugs. But instead of prescribing drugs to control the problem, the bigger question is why is the prostate not working right in the first place?”

Dr. Adamo received his chiropractic degree from a graduate of New York Chiropractic College in upstate Seneca Falls, then traveled the world for five years exploring healing techniques and developing his holistic approach to medicine. During his educational journey, he said, he became convinced that rather than cure, prescription drugs can, in certain cases, kill a patient.

“In this society, people are abusing drugs,” he said flatly. “Why? Because it’s so easy to take drugs to treat pain or illness, and most people don’t change anything. When doctors prescribe medicine, the intention is that you’ll be taking the medication for the rest of your life. If your doctor prescribes medication for high blood pressure, or for high cholesterol, does that

doctor ever take you off that medication? Chances are they don’t. There are elderly patients who are taking six, seven, eight, nine, 10 pills a day to treat various ailments. What they’re doing, and they don’t realize it, is dying a slow, painful death.”

The shelves of a glass display case near the front desk were lined with white bottles of vitamins and supplements, which Dr. Adamo dispenses in lieu of the prescription medications he so strongly warns against.

“We give [our patients] nutritional support in the form of vitamins,” he said. “The vitamins we prescribe are all natural, doctor-prescribed FDA-approved vitamins, that are a much higher quality than what they sell at CVS or GNC, or other pharmacies or vitamin stores.”

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

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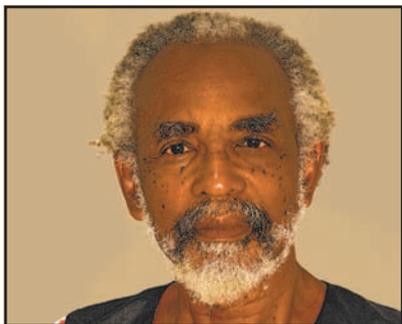
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# ENTERTAINMENT

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Trinidadian playwright Zeno Obi Constance. Naimchand Bissessar

## Carib actors pay tribute

By Alexandra Simon

More than a half dozen Caribbean actors are going to perform excerpts from Zeno Obi Constance's plays at TheatreLab Studios on Dec. 10. Parts from eight of the Trinidadian playwright's work will be read by some of the rising and dominant names in Caribbean theatre in "From Page to Stage: A Caribbean Journey."

The show, which is dedicated to the popular and distinguished playwright,

Continued on Page 46

## The World's Fare returns

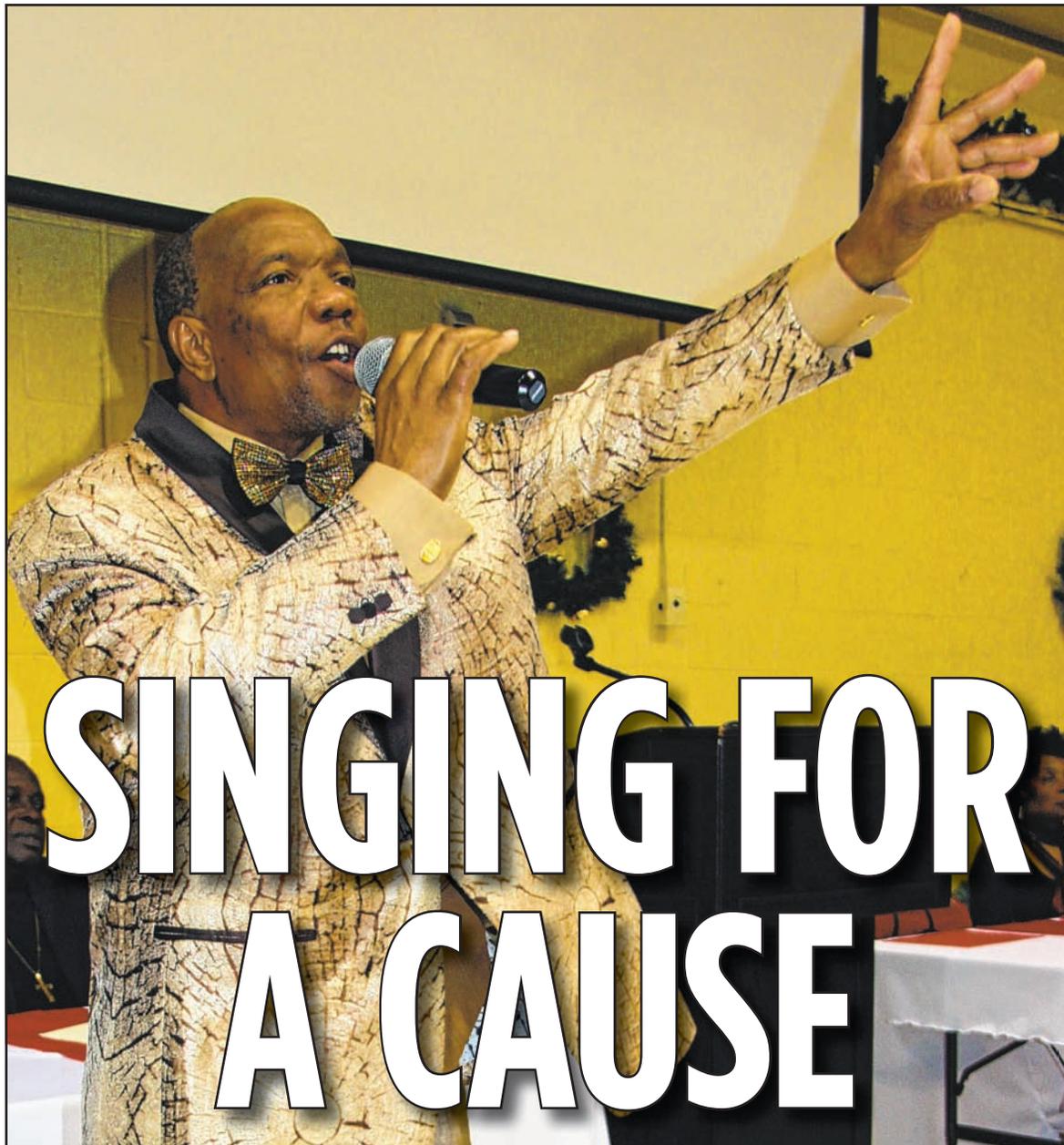
By Mark Hallum

The World's Fare is coming back to Citi Field next spring and figures to attract thousands of local foodies eager to try curated bites from across the globe.

Tickets are now available for the May 18-19 festival to be held at Citi Field. Inspired by the 1964-65 World's Fair, the World's Fare gives attendees access to food, drink, music and entertainment for allotted times and is curated by leading chefs, food journalists, bloggers and social media influencers.

"It was a massive success last year with over 10,000 people attending. The foundation of the event is around food and drink," said Josh Schneps, one of the organizers of the event. "This year we are going to be adding new expe-

Continued on Page 46



Croswell Daley rocks the house at a Vincentian fundraising prayer breakfast.

Photo by Nelson A. King

# SINGING FOR A CAUSE

## Gospel artistes captivate audience at fundraising breakfast

By Nelson A. King

Vincentian gospel artiste LaFleur Durrant and her Jamaican counterpart Croswell Daley brought the house down Saturday with heart-wrenching gospel songs as the Bronx-based St. Matthias Charities, Inc. hosted its annual fundraising prayer breakfast at the Friends of Crown Heights Educational Center in Brooklyn.

Durrant gave enthusiastic patrons an appetizer with "Look to the Father," "In the Sweet," "I know the Lord Will Make a Way" and "In the

Cross."

She later returned, after the sumptuous breakfast, with "I am Your Child," "Lord, You are King," "I Sing Hallelujah" and "I would not be Denied."

Daley — who received an award from St. Matthias Charities, Inc. for his continued support and community role — transfixed patrons with "Without Love," "At the Altar," "The Source of my Life," "Take Your Flight" and "Forward March."

"I give thanks for the man (Jesus), who likes to give more than he

receives," said Daley after receiving a plaque from St. Matthias Charities, Inc. president Pastor Robert McBarrett.

"A lot of times, we give flowers when we're in our graves," he added before singing a "Thank You" song "to tell you what love is like."

In getting patrons in the Christmas spirit, Zita Adams, a public school teacher in Brooklyn, who earlier led the US National Anthem, rendered "O Holy Night" and "An Old Christmas Card."

Continued on Page 46

## TOP OF THE CHARTS

### TOP 10 SINGLES

- 1 **The Middle**  
Zedd, Maren Morris & Grey
- 2 **Psycho**  
Post Malone Feat. Ty Dolla \$ign
- 3 **Nice For What**  
Drake
- 4 **Never Be The Same**  
Camila Cabello
- 5 **Delicate**  
Taylor Swift
- 6 **No Tears Left To Cry**  
Ariana Grande
- 7 **In My Blood**  
Shawn Mendes
- 8 **Meant To Be**  
Bebe Rexha & Florida Georgia Line
- 9 **God's Plan**  
Drake
- 10 **Mine**  
Bazzi

### TOP 10 ALBUMS

- 1 **EVERYTHING IS LOVE**  
The Carters
- 2 **Nasir**  
Nas
- 3 **Youngblood**  
5 Seconds Of Summer
- 4 **Liberation**  
Christina Aguilera
- 5 **Post Traumatic**  
Mike Shinoda
- 6 **The Greatest Showman**  
Soundtrack
- 7 **SQUARE UP (EP)**  
BLACKPINK
- 8 **Redemption**  
Jay Rock
- 9 **?**  
XXXTENTACION
- 10 **KIDS SEE GHOSTS**  
KIDS SEE GHOSTS

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# BREAKFAST & SONG

Continued from Page 45

Venice Alleyne, who sang the St. Vincent and the Grenadines National Anthem, echoed "Joy to the World" and 6-year-old Kairiyah Evans convulsed patrons with "Jesus Loves Me This I know."

In his message, the Rev. Lemmew Samuel, pastor of Chebar Evangelical Assembly, Inc., in Brooklyn, urged patrons to always help the poor, basing his text on Psalm 40:1.

"As David speaks of the man who 'considereth' the poor, the promise is made in the deliverance of men," he preached.

"The word speaks of him or her, who is sick or weak," Rev. Samuel added. "David, while he took that introspection look, also took a prospective look."

Howie Prince, the St. Vincent and the Grenadines Consul General to the United States, urged the audience to "never eat and see somebody suffering, and don't offer them something," alluding to Matthew 25:40.

"When you have, remember

somebody who doesn't have," he said.

McBarnett disclosed that his group Friday night packed a 46-ft. container of food and medical supplies to be shipped for distribution in St. Vincent and the Grenadines.

Over the years, the St. Matthias Charities, Inc. has been conducting missions to St. Vincent and the Grenadines, distributing, among other things, medical supplies to the Milton Cato Memorial Hospital in capital Kingstown, and other hospitals and clinics in the country.

To date, the group has also raised funds for and distributed eight electrocardiogram (EKG) machines in St. Vincent and the Grenadines.

After Saturday's appeal, patrons donated US\$868.00 towards purchase of another EKG machine for use at another clinic at home.

McBarnett said St. Matthias Charities, Inc., which had conducted a mission to Grenada a few years ago, plans to do so



Six-year-old Kairiyah Evans wows patrons with "Jesus Loves Me This I Know."  
Photo by Nelson A. King

again soon.

He disclosed that his group will ship a container of medical and other supplies to the "Spice Isle" during the first week of October next year.

"You have to work by faith

and not by sight," said McBarnett, quoting a famous biblical verse.

The group will host its annual fundraising gala dinner on April 9, 2019 at the Friends of Crown Heights Educational Center.

## Tribute

Continued from Page 46

was inspired by the impact his play had on the show's producer and his overall notoriety in the Caribbean.

"I think it's time to recognize this gentleman and all that the Caribbean has benefitted from him," said Merlina Rich of Banana Boat Productions. "He's very generous and has never asked for a penny, and he is very professional. I'm very happy to know I'm doing work and I wanted to give him this recognition."

After discovering one of his play's years ago, Rich was taken aback by his unique approach and writing style.

"When I first read 'The Ritual,' I said 'Wow, this is different,'" said Merlina Rich of Banana Boat Productions.

After being highly impressed with the play, she reached to Constance and wanted to produce a show about the play. After a successful run of the reading, Rich says she wanted to revive more of his work because his plays tackle a lot relatable situations that would resonate with audiences. She says he covers so many topics and has a storytelling ability that makes his work stand out a lot.



Jamaican actress Dianne Dixon will be reading an excerpt from one of Zeno Obi Constance's plays.

"His work studies human pain and laughter, and he just has a certain language that he uses to write," said Rich. "He explores social issues of Caribbean and people trying to search for self-actualization, especially for young people."

At the two-hour show, eight Caribbean actors, with ancestry from Jamaica, Trinidad, and St. Croix, are going to read excerpts from: *De Roaring 70s*, *The Road Made To Walk*, *Duelling Voices*, *The Ritual*, *Duelling Voices*, *Agouti's Tale*, *Patricia*, *A Love Story*, and *Cinderella Syndrome*. The actors who will be reading excerpts from the plays include, Lincoln Brown, Akeil Davis, Emilio Evans, Lori Sinclair Minor, Nyanda Cammock, Dianne Dixon, Marsha Ann Hay, and Karl O'Brian Williams.



Participants at last year's World's Fare in Flushing, Queens.  
Photo by Corazon Aguirre

## The World's Fare returns

Continued from Page 45  
riences and family-friendly activities for kids."

Schneps is also publisher of Schneps CNG, the parent company of QNS.

The World's Fare will feature up to 100 different vendors celebrating equality and diversity in the food industry plus over 50 global craft beers and international cocktail bars as well.

"The whole intention of the event is to embrace the diversity of New York City and Queens in particular as it is most diverse of all the boroughs," Schneps said. "Everybody has a shared love of food

and drink so it's a great way for people to come together through that."

A taste of some of the returning vendors for this year are Empanada Papa, Arepa Lady, Dua Diva, Nacho Libre, Knot Of This World, Baba's Pierogie, In Patella, Home Frite, D'Abruzzo, Danny Macaroons and Vaccaro's Bakery.

Ticket prices are at their lowest point currently, but will go up as the date gets closer.

General admission tickets are on sale for \$19; \$49 passes will give you general admission access along with a free mug to taste 12 different kinds of beer plus one specialty cocktail.

# Black pianist, white chauffeur tour segregated South

## "Green Book"

Excellent (4 stars)  
 Rated PG-13 for violence, mature themes, profanity, racial slurs, smoking and suggestive material  
 Running time: 130 minutes  
 Production Studio: Dreamworks Pictures / Amblin Partners / Innisfree Pictures / Wessler Entertainment / Participant Media / Conundrum Entertainment / Cinetic Media  
 Studio: Universal Pictures



Mahershala Ali (Don Shirley) and Viggo Mortensen (Tony Lip Vallelonga) star in "Green Book."  
<https://www.greenbookfilm.com/gallery/>

## By Kam Williams

Don Shirley (Mahershala Ali) was a promising prodigy whose formal training in classical piano began when he was admitted to Russia's prestigious Leningrad Conservatory at the age of 9. Because he had the misfortune of being raised in Florida in the Jim Crow Era, it was very unlikely that his extraordinary talent would be appreciated anywhere in the South upon his return to the States.

The North was decidedly dif-

ferent. While still in his teens, Don was invited by conductor Arthur Fielder to perform with the Boston Pops Orchestra. He would later compose symphonies for the New York Philharmonic and was even allowed to

rent an apartment above Carnegie Hall.

In the early Sixties, Don decided to throw caution to the wind by embarking on an eight-week concert tour across the Deep South. This would involve

playing numerous "white only" venues where, despite being the headliner, he might not be able to dine or use the restroom.

As far as finding a place to stay, he would turn to the Green Book, a priceless guide for

African-Americans in need of public accommodations across the segregated South. And to make sure he kept out of trouble on the road, he hired Tony Lip Vallelonga (Viggo Mortensen), a blue-collar bouncer from the Bronx.

Thus unfolds "Green Book," a fact-based buddy flick revisiting the unlikely friendship forged between a stuffy classical artist and his rough-edged driver in the face of their racial and class differences. The movie represents a bit of a departure for director Peter Farrelly, whose name has long been associated with lowbrow comedies like *Dumb and Dumber*, *Shallow Hal* and *There's Something About Mary*.

The relatively-sophisticated "Green Book" proves to be far more reminiscent of "Driving Miss Daisy" (1989) than of Farrelly's earlier bottom-feeding fare. In fact, the palpable chemistry generated by co-stars Mahershala Ali and Viggo Mortensen will not be forgotten by the Academy come Oscar season.

A touching biopic with a timely universal message about brotherhood and tolerance.

## Independent & Foreign Films

Ben Is Back (R for drug use and pervasive profanity) Lucas Hedges plays the title character in this coming-of-age drama about a troubled teen

who arrives home unexpectedly on Christmas Eve after running away from a drug treatment center. With Julia Roberts, Courtney B. Vance and Kathryn Newton.

Central Park (Unrated) Genre-bending horror flick about a half-dozen, high school BFFs who end up on the run from a knife-wielding, hooded executioner when they decide to spend a night partying in the park. Ensemble cast includes Grace Van Patten, Ruby Modine, David Valcin and Nicole Balsam.

The Charmer (Unrated) Romance drama, set in Denmark, about an Iranian refugee (Ardalan Esmaili) desperate to seduce a woman who can solidify his immigration status. Featuring Susan Taslimi, Lars Brygmann and Soho Rezanejad. (In English, Persian and Danish with subtitles)

Clara's Ghost (Unrated) Paula Niedert Elliott plays the title character in this dysfunctional family dramedy as a woman who finds solace in a supernatural spirit when she gets fed up



## Kam's Kapsules

By Kam Williams

with her self-absorbed relatives. With Chris Elliott, Haley Joel Osment and Bella Bracken.

Divide and Conquer: The Story of Roger Ailes (Unrated) Warts-and-all biopic chronicling the rise and fall of the late, longtime chairman of Fox Television/adviser to Presidents Reagan, Bushes 41 and 43, and Donald Trump. Featuring commentary by Glenn Beck, Bill O'Reilly and Megyn Kelly.

Great Great Great (Unrated) Romance drama about a couple (Dan Beirne and Sarah Kolasky) whose blissful relationship starts to fall apart after they get engaged. Support cast includes Richard Clarkin, Lindsay Leese and Ian Fisher.

The Great Pretender (Unrated) Romantic romp, set in NYC, revolving around a French playwright (Maelle Poesy-Guichard) who falls for the star (Keith Poulson) playing her ex in her stage version of their failed relationship. With Linas Phillips, Esther Garrel and Julian Grady. (In English and French with subtitles)

## The Best of Caribbean Life.....



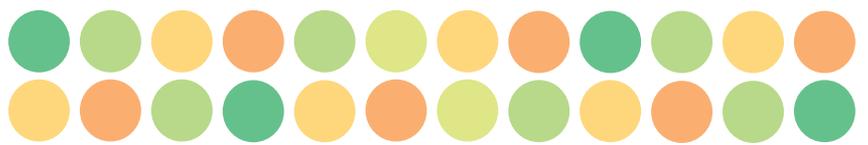
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### LONG-RUNNING

**JOHN DUNKLEY EXHIBIT:** American Folk Art Museum, 2 Lincoln Sq. at Columbus Avenue, Manhattan; (212) 595-9533; folkartmuseum.org. In the first exhibit of his work outside of Jamaica, the American Folk Art Museum brings the paintings and sculptures of the late artist in "John Dunkley: Neither Day nor Night."

### FRI, DEC. 7

**THE AFRICAN DIASPORA INTERNATIONAL FILM FESTIVAL:** Teachers College, 525 West 120th St. between Broadway and Amsterdam Avenue, Manhattan; (212) 864-1760; pr@nyadiff.org; \$13 (\$11 seniors and students). The 26th annual African Diaspora International Film Festival (ADIFF) featuring 61 films, playing at Milbank Chapel, Teachers College, Cinema Village, Riverside Church, Dwyer Center, and Mist Harlem. Opening day featuring the film "Gurumbe: Afro-Andalusian Memories" at Teachers College.

**BREAKFAST CONFERENCE:** 665 Willoughby Ave. between Throop Avenue and Marcus Garvey Boulevard, Brooklyn; (718) 852-6004; www.bvsj.org; 9 am; Free. The African-American Clergy and Elected Officials (AACEO) hosts their December breakfast conference at Black Veterans for Social Justice headquarters.

**VETERANS JOB FAIR:** Knights of Columbus, 333 Beach 90th St. between Beach Channel Drive and Rockaway Freeway, Queens; (718) 634-3699; noon-4 pm.

New York state Sen. and veteran James Sanders Jr. is going to host a veterans job and resource Fair on Pearl Harbor Remembrance Day. The event is free to veterans and active service members, and attendees are required to bring copies of their resumes and DD-214 form.

**LITTLE CARIBBEAN FOOD POP-UP:** Caribbeing, Parkside and Ocean Avenues, Brooklyn; hello@caribbeing.com; 4-8 pm. The annual holiday pop-up shop hosted by Caribbeing — the Caribbean cultural center housed in a shipping container, offering guests a chance to try out and purchase imported and locally-made food products from all over the Caribbean.

**A CHRISTMAS CAROL IN HARLEM!:** Aaron Davis Hall, 115 Convent Ave. at W. 133rd Street, Manhattan; (646) 838-3868; www.cthny.org; 8 pm; \$10-\$45.

The classic play is here for the holiday season, and for a limited two week run.

### SAT, DEC. 8

**THE AFRICAN DIASPORA INTERNATIONAL FILM FESTIVAL:** Teachers

## CAROLS IN HARLEM

**A CHRISTMAS CAROL IN HARLEM!:** 8 pm. Aaron Davis Hall. See Friday, Dec. 7.

**JOSÉ FELICIANO CONCERT:** Lehman Center for the Performing Arts, 250 Bedford Park Boulevard West, The Bronx; (718) 960-8833; www.LehmanCenter.org; 8 pm; \$50-65 (kids 12 and under \$10). Grammy award-winning legendary singer, José Feliciano will be performing his Christmas hit "Feliz Navidad." on Saturday, Dec. 8, 2018 at 8 pm.



College. See Friday, Dec. 7.

**KWANZAA WORKSHOP:** IAA Festival Office, 1360 Fulton St. at New York Avenue, Brooklyn; (718) 789-3264; nakoinfo-group@yahoo.com; www.iaafestival.org; 11 am-3 pm; \$35.

**THE THIRD ANNUAL "KWANZAA KINARA:** Make It and Take It Workshop." The multi-media workshop teaches guests how to make decorations and gifts celebrating the Pan African holiday.

**FREE CITIZENSHIP TESTING:** Flatbush YMCA Gymnasium, 1401 Flatbush Ave. at Rogers Avenue, Brooklyn; (646) 664-9400; 11 am-2 pm; Free.

Learn how to apply for citizenship at a free citizenship assistance event hosted by CUNY Citizenship Now. Qualified applicants must be 18 or older, have lived in the United States as a permanent resident and green card holder for five years, or married and living with a U.S. citizen for three years, and come with all passports and all important documents. Walk-ins welcome, but appointments preferred.

**CELEBRATE THE MESSIAH:** Hanson Place SDA Church, 88 Hanson Pl. at South Portland Avenue, Brooklyn; (718) 230-0229; www.hansonplace.org; 11:30 am; Free.

The Hanson Place Seventh Day Adventist church Sanctuary choir and guest artists will be performing a special day of singing and celebrating Messiah.

**LITTLE CARIBBEAN FOOD POP-UP:**

noon-8 pm. Caribbeing. See Friday, Dec. 7.

**MERRY ON MYRTLE:** Myrtle Avenue Plaza, 484-550 Myrtle Ave. between Steuben St. and Emerson Pl., Brooklyn; jennifer@myrtleavenue.org; noon-3 pm. Ice sculpting, making holiday crafts, hot chocolate, and more at the Myrtle Avenue plaza.

**HOME BUYER SEMINAR:** Rise Church, 41 Clinton Ave. between Park and Flushing avenues, Brooklyn; (718) 638-6397; christiantimesassistant@gmail.com; 1-3 pm. Learn about the process of buying a home, getting loans, and the financing options available in search of your dream home.

### SUN, DEC. 9

**THE AFRICAN DIASPORA INTERNATIONAL FILM FESTIVAL:** Teachers College. See Friday, Dec. 7.

**HOLIDAY COFFEE SHOP AND ART GALLERY:** Moda, 89-14 Parsons Blvd. at 89th Avenue, Queens; 11 am-4 pm; \$20.

Join Queens couple and founders of the blog, Food Inspiration Travel, Sarah Fadika and Montgomery Wilkinson, host a community event through coffee, conversation, and curated travel photography.

**LITTLE CARIBBEAN FOOD POP-UP:** 1-5 pm. Caribbeing. See Friday, Dec. 7.

**REE LIGHTING:** Fort Greene Park Lawn, Myrtle Avenue at N. Portland Avenue, Brooklyn; www.fortgreenepark.org;

4-5:30 pm; Free. Toys, music, and Santa at Fort Greene Park's annual tree lighting. Enter park at Myrtle Avenue and St. Edwards Street.

### MON, DEC. 10

**DONATE WITH DANCE:** Cumbe Center for African and Diaspora Dance, 1368 Fulton St. between Brooklyn and New York avenues, Brooklyn; (718) 935-9700; info@cumbdance.org; www.cumbdance.com; 6:30-8 pm; \$5-\$30 (suggested).

**THE CUMBE:** Center For African and Diaspora Dance is hosting a six week dance workshop from now until December, and students can donate up to \$5-\$30, or more for classes to help make dance more accessible.

### TUES, DEC. 11

**METS FOOD DRIVE:** Citi Field, 126th St. and Roosevelt Avenue, Queens; (718) 507-6387; 10 am-6 pm; Free. The baseball team is hosting a drive to benefit The Mary Brennan Inn. Items needed are powdered, evaporated, or boxed milk, packaged pasta, rice, ramen noodles, canned goods, and other non-perishable foods. Fans who donate at least 10 non-perishable items will receive a voucher.

**DONATE WITH DANCE:** 6-7:30 pm. Cumbe Center for African and Diaspora Dance. See Monday, Dec. 10.

### WED, DEC. 12

**BEST DRESSED PLATE:** United Nations Headquarters, 46th Street at First Avenue, Manhattan; bestdressedplate@gmail.com. 11:30 am-2:30 pm; \$30-40.

New York blog Best Dressed Plate is presenting the Caribbean Holiday "Guest Chef" series in partnership with United Nations Delegates Dining Room. Chefs from the Bahamas, Haiti and Jamaica will be featured.

**DONATE WITH DANCE:** 6:30-8 pm. Cumbe Center for African and Diaspora Dance. See Monday, Dec. 10.

### THURS, DEC. 13

**BEST DRESSED PLATE:** 11:30 am-2:30 pm. United Nations Headquarters. See Wednesday, Dec. 12. w

### FRI, DEC. 14

**BEST DRESSED PLATE:** 11:30 am-2:30 pm. United Nations Headquarters. See Wednesday, Dec. 12.

**LITTLE CARIBBEAN FOOD POP-UP:** 4-8 pm. Caribbeing. See Friday, Dec. 7.

### SAT, DEC. 15

**LITTLE CARIBBEAN FOOD POP-UP:** noon-8 pm. Caribbeing. See Friday, Dec. 7.

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# SPORTS

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West Indies' Stafanie Taylor in Dhaka, Bangladesh.

Associated Press / Aijaz Rahi, File

## Windies to tour England

By Azad Ali

West Indies Women will tour England next year for a six limited overs series at several major country avenues.

The England and Wales Cricket Board (ECB) announced the itinerary for the much anticipated English tour, which will run from June 6-25.

The two teams will play three Twenty20 Internationals and three One-Day

Continued on Page 52

## Kraigg tumbles in ICC rankings

By Azad Ali

Stand-in West Indies Captain Kraigg Brathwaite has taken a heavy blow in the latest ICC Test rankings.

He has slipped eight places in the batting charts and is currently 26th. He is, however, the highest-ranked West Indies batsman.

Brathwaite, who was the stand-in captain in the first Test against Bangladesh at Chittagong recently made 13 and eight, which West Indies lost by 64 runs, to fall behind in the 0-1 two-match series.

The 25-year-old has suffered a dip in form of late, managing just 26 runs from four innings on the October tour of India, which West Indies lost 2-0.

Teammate Roston Chase also slipped to in the rankings to 37th, while Shai Hope dropped to 47th, after making one and three in Chittagong.

Continued on Page 51



Bangladeshi bowler Mehedi Hasan Miraz in celebratory mood during a match against Sri Lanka, Thursday, March 16, 2017.

Associated Press / Eranga Jayawardena, File

# ANOTHER DEFEAT

## Windies loses 2-0 Test series against Bangladesh

By Azad Ali

West Indies suffered another lost inside three days in the two-Test series against Bangladesh in Dhaka on Sunday.

Spin bowler Mehedi Miraz produced the best bowling performance ever by a Bangladesh bowler to bowl

his side to a convincing victory and claim a historic series win over the West Indies.

Mirza tore through the Windies' middle order on his way to grabbing seven wickets in the first innings and then returned to wreck more havoc, taking five more wickets in

the second innings, to finish with the remarkable figures of 12 for 117.

His attack allowed the hosts to complete a momentous innings and 184-run win over the Windies, their largest ever margin of victory in a Test match.

Continued on Page 52

Continued from Page 51

Internationals (ODIs), the latter of which will form part of the ICC Women's Championship — the qualification criteria for the 2021, 50-over World Cup tournament.

They are the only three West Indies players in the top 50 of the batting charts.

In the bowling rankings, fast bowler Shannon Gabriel inched one place to 11th, following his five-wicket haul.

The Windies last toured England for a bilateral series 11 years ago when the now-retired Nadine George captained the team which included the teenaged pair of Stafanie Taylor and Deandra Dottin.

West Indies beat England in the final group stage match in the recent Twenty20 World Cup before losing their semi-final to Australia in Antigua, to bow out from the tournament.

## Dottin improves T20 rankings

By Azad Ali

Veteran West Indies star Deandra Dottin has been ranked No 2 all-rounder in the latest ICC Twenty20 Internationals.

In the latest rankings announced recently by the ICC, the 27-year-old had jumped by two spots to second, following her achievements in the recent ICC Women's Twenty20 World Cup in the Caribbean.

Dottin overtook West Indies teammate Haley Matthews and Australia's Ellyse Perry, and is now only 32 points behind her captain Stafanie Taylor, who tops the list with 353 ranking points.

Barbadian Dottin was one of the few consistent performers for the Windies in the recent Twenty20 World Cup, making 121 runs and finishing as the joint-leading wicket-taker with 10 scalps.

She had produced a career-best figure of five for five in the opening match against Bangladesh.

Perry, meanwhile, lies third in the all-rounders rankings while Matthews is in fourth place and South Africa wicketkeeper Dane van Niekerk in fifth.

In the batting rankings, Taylor remained steady at number two despite her poor form in the Twenty20 World Cup, while Dottin remained unmoved at number four but 20-year-old Matthews has slipped three places to the 15th spot.



West Indies' Shimron Hetmyer bats during the third and last Twenty20 international cricket match between India and West Indies in Chennai, India, Sunday, Nov. 11, 2018. Associated Press / Aijaz Rahi, File

# WINDIES SUFFERS ANOTHER DEFEAT

Continued from Page 51

The Bangladesh spinners were so dominant in the two-match series that they accounted for all 40 Windies wickets.

The writing was on the wall for a Bangladesh victory at the end of the second day with the regional team struggling on 75-5 in reply to the home side's huge total of 508 in the first innings.

When West Indies took the crease in the first innings they were bowled out for 111. They were asked to follow on.

Miraz broke a 57-run partnership between Shimron Hetmyer and Shane Dowrich — the only form of resistance in the West Indies first innings — when

he induced the former to play down the wrong line to have him caught and bowled for the top score of 39.

Asked to follow on after trailing Bangladesh by a massive 397 runs, the West Indies found themselves on the back foot with four of the top batsmen back in the pavilion with the score on 29.

Stand in captain Kraigg Brathwaite's run of poor form continued when he was bowled by Shakib Hassan for a duck

The only two batsmen to show some resistance were Shimron Hetmyer and Shane Dowrich but when Miraz came back to bowl the partnership ended.

Hetmyer fell short of his century when he was caught and bowled by Miraz on 93. Hope then hit Miraz into the

hands of Shakib at midwicket for 25,

Hetmyer proved to be the lone bright spark, his 93 coming from just 92 balls as he took the attack to the spinners.

He also struck nine sixes, which equaled the most ever in a Test innings by a West Indies batsman.

After his departure, wickets began to tumble and it was only a fighting unbeaten 37 from Kemar Roach and 20 from Shermon Lewis delayed the inevitable.

After the match, West Indies captain Braithwaite admitted that the Windies batsmen were not up to the task mentally.

It was the first time they had lost a Test series to Bangladesh in Bangladesh.

# Costa Rica to host 2019 Gold Cup matches

The Confederation of North, Central America and Caribbean Association Football (Concacaf) recently announced that the Estadio Nacional, in San Jose, Costa Rica will host a Concacaf Gold Cup doubleheader, featuring the home nation, on Sunday, June 16, 2019. This will be the first time in the tournament's 15 editions that matches are played in Central America. The two matches will kick-off the action for Group B.

Next summer's expanded Gold Cup, set to kick off on Saturday, June 15, will be the largest Gold Cup in history according to a Concacaf release. Alongside the group stage doubleheader in

Costa Rica, 15 U.S. metropolitan areas and one yet-to-be-announced Caribbean venue will welcome the 2019 edition of the tournament.

"We are very proud to bring the Concacaf Gold Cup to Costa Rica, where fans have shown great excitement, passion and love for our game," said Concacaf President Victor Montagliani. "By hosting our premier competition in Central America, we are achieving a core principle of our ONE Concacaf Vision, which is to increase access to the game, develop football and ensuring our fans experience the highest quality of football in the region."

"It's an honor for the Costa Rican Football Federation to have the confidence and support of Concacaf to host a Gold Cup group stage doubleheader in Costa Rica," said Concacaf Council Vice President and Fedefutbol President Rodolfo Villalobos. "This announcement is part of our efforts to transform the Federation into a highly professional entity and a benchmark at the regional level. It is part of the constant and planned efforts to grow our football. We also celebrate the opportunity Costa Ricans will have to enjoy the Gold Cup at home for the first time in its history."

# Questions over Barbados star footballer

By George Alleyne

A challenge to whether Barbados violated FIFA rules by allowing a footballer to play in a match against Guyana when he was not cleared to do so could derail the Bajan Tridents' progress in the Nations League qualifiers.

Further, if this protest that Guyana reportedly lodged with FIFA is successful the Tridents could be kicked out of this Confederation of North, Central American and Caribbean Association Football (CONCACAF) competition and Guyana would move up the standings ladder.

When Barbados and Guyana clashed on Sept. 6 at Lenora, in Guyana, the Tridents fielded England-born Hallam Hope, who scored the island's two goals in the 2-all drawn match.

But press reports emerging out of Guyana and Barbados within the past week indicate that the Guyana Football Federation is objecting to the presence of Hope in the match wearing the Barbados colours though he was not properly cleared by his British club, Carlisle United, through

the British Football Association, and FIFA itself.

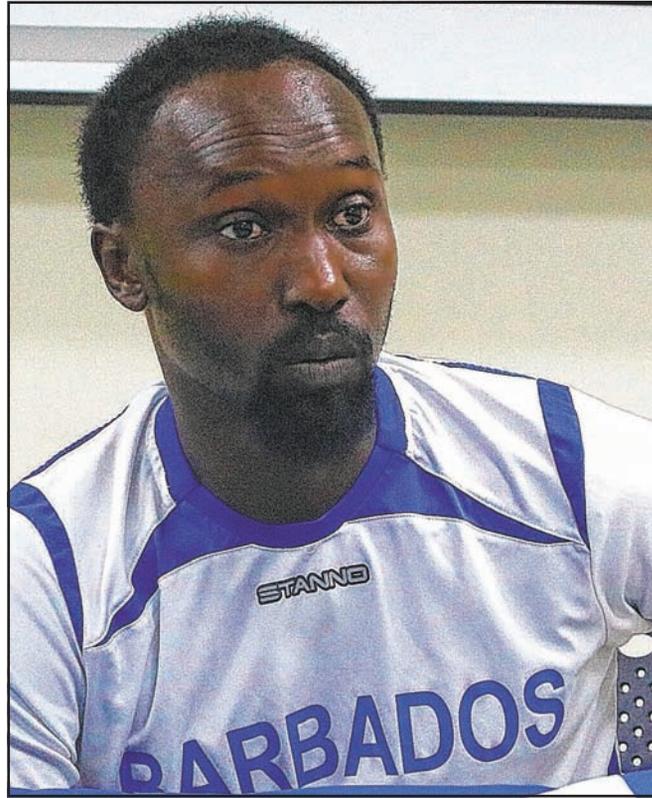
Hope, now 24, is born to a Barbadian father and has also played junior level football for England in Under-16, U-17, U-18 and the U-19 matches.

If FIFA accepts the Guyanese protest and awards the South Americans the game, they could move up the ladder from their current four points from one win, a draw and a one loss to six points in this competition.

In this competition the Guyanese currently stand at 15th place but a win over the Bajans by default could place the South Americans on level points with eight of the teams in higher standing.

The Guyanese protest, that the Bajans received no clearance from FIFA and English Football Association to play Hope, could on the other hand be a storm in a teacup as the Barbados Nation Newspaper quoted an unnamed source firing back by insisting that everything was done above board in fielding Hope, whose father is Barbadian.

"A letter was sent to CONCACAF and FIFA because



Bajan Tridents TD, Ahmed Mohammed. Photo by George Alleyne

they wanted proof of citizenship and that was given," the source was reported stating

about the arrangements made to ensure the Bajans were in line with the rules before

naming Hope to the squad.

Tridents Technical Director, Ahmed Mohammed, who is normally ready to speak on anything and everything, deferred comments to BFA President, Randy Harris, who is off the island and could not be contacted.

According to CONCACAF, this qualifying phase of the 2019-20 Nations League is a one-off tournament among 34 teams that is being played from Sept. 6, 2018, to March 26, 2019. This tournament will determine seeding for the group phase of the inaugural Nations League competition next year, as well as select the remaining 10 teams which will qualify for the 2019 CONCACAF Gold Cup, the regional senior men's football championship.

If the Barbadians brush aside the Guyanese challenge that is reportedly lodged with FIFA, their next match in the competition will be on March 19 against Nicaragua.

As it is now, Barbados is 18th in the competition ratings with four points from one win, one draw and one loss.



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# Caribbean Life

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| <input type="checkbox"/> Bahamas             | <input type="checkbox"/> Haiti               |
| <input type="checkbox"/> Barbados            | <input type="checkbox"/> Honduras            |
| <input type="checkbox"/> Belize              | <input type="checkbox"/> Jamaica             |
| <input type="checkbox"/> Bermuda             | <input type="checkbox"/> Montserrat          |
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| <input type="checkbox"/> Colombia            | <input type="checkbox"/> St. Lucia           |
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| <input type="checkbox"/> Dominica            | <input type="checkbox"/> Suriname            |
| <input type="checkbox"/> Dominican Republic  | <input type="checkbox"/> Trinidad & Tobago   |
| <input type="checkbox"/> Dutch West Indies   | <input type="checkbox"/> Virgin Islands      |
| <input type="checkbox"/> French West Indies  |  |

### What type of news is most important to you? (Check all that apply)

- Community News
- National News
- News from the Islands
- International Sports
- Local Sports
- Local Arts and Entertainment
- Local Business News
- International Business News
- Local Politics
- International Politics
- Immigration News

### Name the websites that you frequent to get this news.

- CaribbeanLifeNews.com
- CaribbeanTimesNYC.com
- AmsterdamNews.com
- Other \_\_\_\_\_

### How do you obtain the majority of your news?

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Television | <input type="checkbox"/> Social media |
| <input type="checkbox"/> Internet   | <input type="checkbox"/> Newspapers   |
| <input type="checkbox"/> Radio      |                                       |

### What is your preferred medium to receive news?

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Television | <input type="checkbox"/> Social media |
| <input type="checkbox"/> Internet   | <input type="checkbox"/> Newspapers   |
| <input type="checkbox"/> Radio      |                                       |

### From which Social Media platform do you get most of your news?

- Facebook
- Instagram
- Twitter
- Other

### What is your age group?

- |                                |                                  |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 45-54   |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 55-64   |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 65-over |

### If you live in New York City, what borough and neighborhood do you live in?

- |  |                    |
|--|--------------------|
| <input type="checkbox"/> Bronx         | Neighborhood _____ |
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### If you live outside New York City, how did you find out about Caribbean Life?

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- Are you employed?  Yes  No  
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### What is your household income?

- Less than \$25,000
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- \$41-\$60,000
- \$61,000+

**ARIES: Mar 21/Apr 20**  
Aries, you might feel like you do not measure up to others this week. How others see you is completely different from your perception. Don't be too hard on yourself.

**TAURUS: Apr 21/May 21**  
Taurus, letting go is a hard lesson to learn this week. You may have to retire a plan that just can't come to fruition. But don't worry, new ideas are in the works.

**GEMINI: May 22/Jun 21**  
Gemini, try not to hold onto negative emotions. Focus on all of the happy memories you have made with others and your mood will instantly brighten.

**CANCER: Jun 22/Jul 22**  
Honesty is the best policy, Cancer. So have that frank conversation with someone even if full disclosure can be a bit uncomfortable. Afterward, you'll be glad you did.

**LEO: Jul 23/Aug 23**  
Don't underestimate your abilities, Leo. You are imaginative and creative when the mood suits you, as it will this week. Look for your muse and get started.

**VIRGO: Aug 24/Sept 22**  
Virgo, stay open to external influences and you may be able to infer some things about the future that can guide you in the days ahead. It's good to stay ahead of the curve.

**LIBRA: Sept 23/Oct 23**  
Libra, this is a good week to take stock of the people who mean the most to you. Express your feelings to these people and spend some time with them.

**SCORPIO: Oct 24/Nov 22**  
A little dose of being naughty might do you some good this week, Scorpio. Call in sick from work and enjoy a day shopping or simply indulging in a little entertainment.

**SAGITTARIUS: Nov 23/Dec 21**  
You have basic needs that have to be met, and a strong network of friends and coworkers can get you through any rough patch, Sagittarius.

**CAPRICORN: Dec 22/Jan 20**  
Capricorn, although you can't narrow it down just yet, something doesn't feel right in your world. Keep investigating and trust your instincts.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, you have reached a crossroads where everything you have dreamed and worked for has finally converged. This is the time to enjoy the fruits of all your labor.

**PISCES: Feb 19/Mar 20**  
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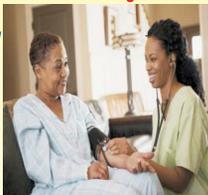
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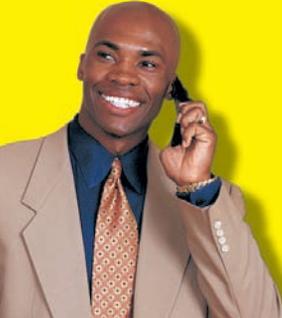
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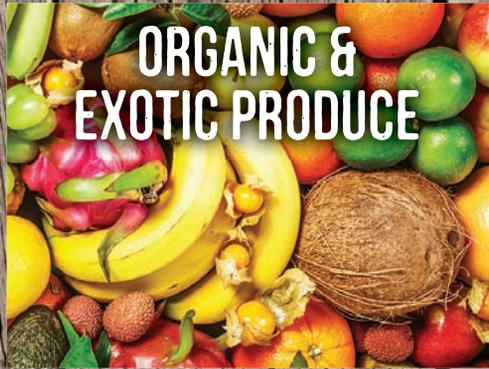
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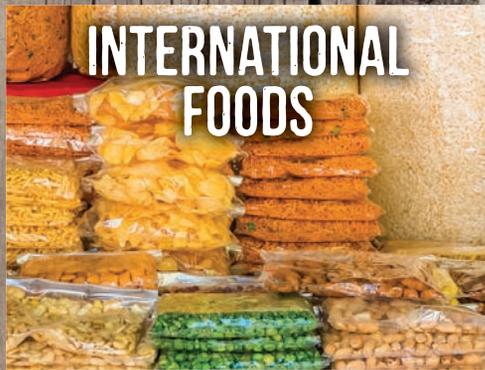
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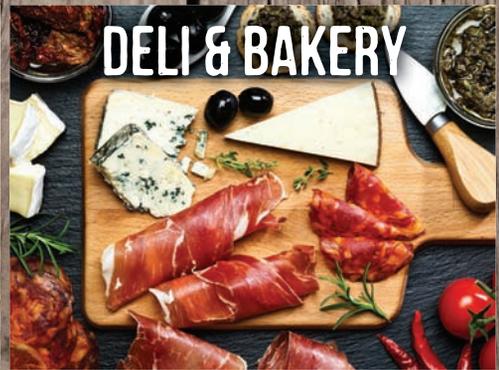
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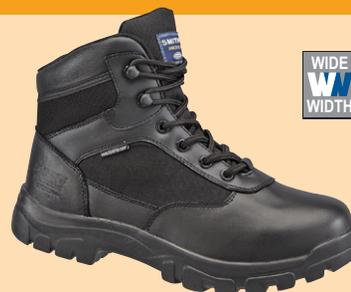
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