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Trinidad and Tobago

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CARIBBEAN ROUNDUP

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THE NEWS FROM BACK HOME

Caribbean

The Association of Caribbean States (ACS) is urging its members to adopt a United Nations program that will help them streamline trade and increase transparency in business.

The eRegulations program produced by the UN Conference on Trade and Development provides step-by-step information on how to carry out government administrative procedures. It simplifies business procedures, such as registering companies, obtaining visas and licenses and importing and exporting, according to the United Nations.



It said the ACS, a 29-member grouping of Caribbean, Latin and Central America, countries whose primary purpose is to develop greater trade between the nations, enhance transportation, develop sustainable tourism and facilitate greater and more effective responses to local natural disasters, called on member countries to implement the program "given the positive results it has yielded for the six-member countries that have already adopted it."

So far the eRegulations system has been introduced in 20 countries and four cities around the world, the UN said.

Caribbean

The spread of the Black Sigatoka disease in sections of the Caribbean has prompted some regional governments to request assistance from the Inter-American Institute for Cooperation on Agriculture (IICA).



According to IICA, the Caribbean faces an emergency following the spread of the Black Sigatoka,



Tropical Storm Isaac hits Haiti

A woman stands among her belongings outside her damaged home after the passing of Tropical Storm Isaac in Port-au-Prince, Haiti, Sunday Aug. 26, 2012. The death toll in Haiti from Tropical Storm Isaac has climbed to seven after an initial report of four deaths, the Haitian government said Sunday.

AP Photo/Dieu Nalio Chery

which is a leaf spot disease that attacks banana plants, affecting the process of photosynthesis and reducing yield.

Some of the countries seeking assistance to fight the disease are Dominica, Grenada, St. Lucia and St. Vincent and the Grenadines.

A consultant from the Food and Agriculture Organization (FAO) will be visiting the Caribbean countries vulnerable to Black Sigatoka to determine the state of the emergency following which the IICA, FAO and the Caribbean Agricultural Research and Development Institute will use the report to draft a proposal for technical cooperation to combat the

disease.

Barbados

One of the men who was responsible for the fire of a city clothing store in Barbados two years ago, which left six women dead was given a total of six life sentences by a Barbados High Court.



Madame Justice Elneth Kentish handed down the sentence to Renaldo Alleyne, 21, who was found guilty of the unlawful killing of three women from Barbados, one from St. Vincent and the other, a Guyanese, on Sept. 3, 2010

in a horrific fire that shocked the nation.

The six women, all in their 20s, several of them young mothers were shopping and working in the city clothing store Campus Trendz when an accomplice burst into the store demanding money.

After committing the robbery, Alleyne then threw two "Molotov cocktails" back into the store in his attempt to stop anyone from pursuing them, with deadly consequences.

In trying to escape from the fire, the women ran into the back of the store where they huddled together until they were overcome by smoke inhalation and died from

asphyxiation, according to the pathologists report.

Barbados

Prime Minister Freundel Stuart has brushed aside calls for fresh general election in the country following a decision by the U.S.-based agency, Standard & Poor's to lower Barbados' long-term foreign-and -local sovereign credit ratings to 'BB+' from 'BBB-.'



Stuart also insists there is no cause for alarm and that the island's economy is in good hands.

Stuart said the downgrade is expected in the face of the tough global climate and pointed to lower ratings of the United States and European economies as examples.

"We are doing what we have to do, we have secure foreign reserve cover, our fiscal deficit is coming down dramatically and we are managing the Barbados economy as best as we can in circumstances of this most difficult world in a hundred years," he said.

Standards & Poor's said the downgrade reflects its opinion that Barbados' economic fundamentals continue to weaken.

Grenada

Grenada Prime Minister Tillman Thomas has lashed out at the recent murders in the island which he said have "given rise to fear and concern among the general population."



Describing the killings as "un-Grenadian in character," Thomas in a radio and television broadcast recently offered condolences to the bereaved families.

"Equally, the families of the

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Road to self government

By Azad Ali

Trinidad and Tobago celebrates its 50th anniversary of Independence on Aug. 31, 2012. Prior to Independence, the country was a British colony with the Queen of England as the Head of State.

At midnight on Aug. 30, 1962, the British flag (the Union Jack) was lowered and the red, white and black Trinidad and Tobago flag was raised for the first time.

Independence was marked by more than a week of festivities and events across the country. A number of international dignitaries were present for the auspicious occasion, including the Queen's representative Her Royal Highness, the Princess Royal, who read a message from **Queen Elizabeth II**, relinquishing her rule.

The event was the final stage in a long road to self-government. The governor's executive power was now limited.

Political parties competed in an electoral process and a Chief Minister in which members of Cabinet and members of the Opposition were elected. A governor general was appointed, who selected an Executive Council from the party with the winning majority. The governor then acted on the advice of the Executive Council.

The return of **Dr. Eric Williams** from abroad, heralded a vibrant era of party politics since he was encouraged to form a political party. On Sept. 24, 1956, Dr. Williams party, the People's National Movement (PNM), won 13 of the 24 seats on the Legislative Council.

In 1958, a Federation of the West Indies was formed; but when Jamaica withdrew in 1961, Trinidad and Tobago decided that it was time to receive full independence so that it could pursue its own governance. On Friday, Dec. 29, 1961 the House of Representatives and the Senate sat for the first time in the history of the Parliament of Trinidad and Tobago.



Prime Minister of Trinidad and Tobago Kamla Persad-Bissessar.

AP Photo/Frank Franklin II

In 1962, independence talks took place between Trinidad and Tobago and Britain at Marlborough House in London, resulting in full independence on Aug. 31, 1962. Included in the talks was the leader of the opposition Democratic Labor Party, **Dr. Rudranath Capildeo**.

The PNM governed Trinidad and Tobago continuously from 1956 until the death of Dr. Williams in 1981.

Upon Independence on Aug. 31, 1962, **Sir Solomon Hochoy** was installed as the first governor general and the premier, Dr. Eric Williams, automatically became the prime minister. The British Monarch remained as the head of state and the Privy Council, the highest court of appeal.

Dr. Williams in his Independence Day message to the nation Aug. 31, 1962 called on citizens to protect democracy.

"Democracy means equality for all in education, in the public service and in private employment—I repeat, and in private employment.

"Democracy means the protection of the weak against the strong. Democracy means the obligation of the minority to recognize the right of the majority. Democracy means responsibility of the government to its citizens, the protection of the citizen from the exercise of arbitrary power and the violation of human and freedoms and individual rights of expression.

"Democracy means the
Continued on Page 10



Peter Samuel portrays "Midnight Robber," an abstract rendering of a traditional character in the Trinidad Carnival, from Peter Minshall's 1980 mas band, "Danse Macabre." Samuel was crowned King of the Carnival.

Photo courtesy of Callaloo Co.

Peter Minshall, carnival designer extraordinaire

By Les Slater

There undoubtedly are many who lament that the revolution Peter Minshall authored in Trinidad's Carnival did not have greater staying power, but there won't likely be many not appreciative that Minshall did bring three decades of revolutionary presence to the world-renowned spectacle.

The theater-of-the-streets aspect of carnival that Minshall locked into had its naysayers who claimed, misguidedly, that such "presentations" didn't belong in carnival. This, plus what they proffered as conventional wisdom, that any production not awash

in brilliant colors contradicted the "spirit" of carnival. Street performance in the annual ritual, Minshall retorted, "was always there," as traditional characters like the bat, clown, robber, dragon... would attest. Hear Minshall rhapsodize about another of those traditional characters: "The incredible fancy sailor, there is not a form quite like it anywhere on the planet. It is unique and indigenous to Trinidad... If I feel empowered at all from then to now, it is by the fancy sailor."

He was a bright-eyed, ardent observer of these forms that comprised the carnival pastiche from

boyhood. Minshall's fascination with what Trinidadians' energy and ingenuity had made of the yearly celebration soon got him caught up in the creative frenzy, as he fashioned carnival get-ups for himself from whatever was readily available. That instinctive connection to things artistic crystallized into formal study of theater and design years later in England.

"I personally felt that carnival without Minshall was no carnival," says Mac Ward, Trinidadian entrepreneur and cultural promoter. This was after he and others had prevailed on Minshall to bring his designing skills

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'Ah Touch of Carnival in T&T'

By Nelson A. King

Belmont Connections, Family & Friends Connected promises to give masqueraders just "Ah Touch of Carnival in T&T" this Labor Day.

Veteran Trinidadian-born producer and co-designer Wendell Jack told Caribbean Life that he will be showcasing two bands simultaneously, for the first time, this year: a Children's and J'Ouvert band.

He said he decided to add a Children's band after producing J'Ouvert bands for the last 15 years.

"I always wanted to do a Junior (Children's) band but never pursued it until Lystra (James', co-designer of the Children's band) came along,"

said Jack, a native of Belmont, in Port-of-Spain, Trinidad, where he was born and grew up. "She has good designing qualities."

He said the children's band comprises 11 sections and the J'Ouvert band nine.

The sections in the children's band are: Bachannal, Nylon Pool, T&T Independence, Diwali, Camboulay, Carnival, T & T Gold, Rain-O-Rama, Cane Cutters, Botanical Gardens and Pan-o-rama.

Jack said Pitch Lake and Bird Sanctuary replace T&T Gold and Carnival in the anticipated 300-strong J'Ouvert band.

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Annette Gilbert portraying, "Nylon Pool." Photo by Nelson A. King

Costume bands showdown

By Tangerine Clarke

Veteran Trinidad and Tobago designer and all-time Mas band winner, Kenneth Antoine is gearing up to bring excitement over the Labor Day weekend competing in three of the biggest Carnival events, with confidence that he will take home the coveted prize for best children's costume band.

Placing third in the Medium band category last year, the champ was expected to participate at this year's 'Ole Mas on Thursday, Aug. 30, at the Brooklyn Museum grounds, with Victoria Secret Trini Style. He will then unleash the Children's Costume competition on Saturday, Sept. 1, and then revel on the Parkway on Monday, Sept. 3, for another win.

Antoine's Carnival studio located at 245 E 34th Street at the corner of Church Avenue in Brooklyn is emblazoned with colorful and sensual costumes befitting his theme - "A Lust of Man-



Antoine Revelers from left, Antoinette Rhodes, Lisa Taylor and Michelle Russle. Tangerine Clarke

kind."

With his sights set on outfitting more than 200 masqueraders to revel in the large band category, Antoine wants the spectators and judges alike to expect for the first time, an exotic front line section festooned with ladies all wearing alluring

designed wire-frame bras in a variety of colors and styles.

Antoine will be playing up his ladies to male spectators in sections titled, Waben (bad woman), Divas, Virgins, Rant and Rave, and Material Girls. The costumes that will also be cen-

tered on Love, Jealousy, Fetish, the Forbidden Fruit and Adam and Eve, said Antoine, will be decorated with thousands of feathers, beads and sequins.

He said despite the rising cost to design costumes, he has the cheapest available to accommodate masquerade that are eager to participate in the carnival. The affordable prices start at \$150.00 for men, while women cost from \$185.00 to \$225.00.

On the other hand, costume designer Clyde Bascome is raring to storm the parkway under the 1199 SEUI Social Cultural Community banner, vying in the medium category with 350-strong revelers. He will bring to life the rhythm of the theme "Drums" - in spectacular pageantry depicting the beauty of ancient Asia, Africa and South America.

Bascome, another Trinidad and Tobago designer who has competed on the parkway for many years,



Costume by Clyde Bascome 1199 SEIU. Tangerine Clarke

and been a designer for the last 20 years, with innovative costumes said that he wanted to use a common theme that unites nations, and as such has created six sections that will tell the story of the Aztecs, Myans, Indians, Yoruba, Rabari and Arapesh tribes.

The band will consist of both male and female revelers and a children's costume section.

Bascome is known for his vibrancy and lavish costume design and as such, has embellished each piece with tons of feathers, streamers and sequins.

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####FASTRACK

CARIBBEAN ROUNDUP

Continued from page 4

perpetrators must also be undergoing considerable pain and embarrassment brought on by these traumatic occurrences. In fact, our entire society is hurt and aggrieved.”

Prime Minister Thomas said he was making a special appeal to all Grenadians to pray for the protection of life and for humane treatment of each other.

Thomas was commenting on the brutal slaying of a 19-year-old woman whose dismembered body was found on a street overlooking the capital recently. A 23-year-old teacher has been arrested and charged with the murder.

Guyana

Guyana’s Parliament has approved a bill that will allow unmarried couples living together the same inheritance rights as legally married couples.

Attorney General Anil Nandlall says it is the first time a bill awards such rights to unmarried couples and that it should have been approved years ago.

Common law relationships are common across the South American country, and rights groups have long demanded legislation that would entitle surviving partners to the estate of their deceased partner.

Haiti

The wrecked Haitian National Palace is to be demolished. The non-profit group founded by Hollywood star Sean Penn in the aftermath of the 2010 devastating earthquake will oversee the demolition.

Government spokesman Lucien Jura told reporters that Penn’s J/P HRO group will begin the demolition by the first week of September. The group is not charging for the work, which is expected to take about two months.

Ambassador Penn said his organization could provide the engineers and equipment to carry out the work at no cost to the government.

The earthquake destroyed hundreds of buildings in the capital of Port-au-Prince and in other cities to the south. The National Palace was among them, its white dome and the rest of the structure slowly falling apart.

Jamaica

The Jamaica government will in September launch the National Food and Nutrition Security Policy that outlines specific targets for food production to satisfy the nutritional needs of citizens, Prime Minister Portia Simpson-Miller said.

She said the policy will also ensure that school children have access to wholesome and nutritional foods, necessary for their growth and development.

“The policy will also seek to reduce our food import bill. As a government, we are prepared to use trade policy to discourage the importation of un-wholesome foods,” she said, noting that the potential of the agricultural sector will never be fully realized without the tourism sector consuming more of the food produced in the country.

Figures released showed that the island’s food import bill stands at US\$900 million.

Trinidad

National Security Minister Jack Warner said the crime situation in Trinidad and Tobago is not as grim as it seems.

Speaking at a press conference at his Port of Spain office last week, Warner cited crime statistics, which he said showed there had been a decrease in serious crimes and homicides since 2010.

He said there were 262 murders between January and Aug. 21, 2012— an almost three percent reduction compared to the same period last year.

“This year is better than last year. Last year around this time was better than the year before... therefore the situation is not as bad as it seems,” he said.

Compiled by Azad Ali

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Road to self-government

Continued from Page 5

freedom of worship for all and the subordination of the right of any race to the overriding right of the human race. Democracy means freedom of expression and assemble organization."

In 1976, Trinidad and Tobago achieved its status as a republic, the president then assumed this role. **Sir Ellis Clarke** became the first president of the republic.

Today Independence Day is celebrated with a military-style parade at the Queen's Park Savannah, Port of Spain and in Scarborough, Tobago. The parade is inspected by the head of state. The evening is usually marked by the presentation of National Awards in a ceremony held at President's House, which were first presented in 1969, honoring the outstanding achievements of citizens of Trinidad and Tobago in various fields.

On the death of Dr. Williams in 1981, **George Chambers** became the next prime minister (1981-86). Chambers' PNM party was defeated by the National Alliance for Reconstruction (NAR), an amalgamation of three small political parties led by ANR Robinson. The PNM lost 33-3 and for the first time the PNM was not in government. ANR Robinson became the prime minister in 1986. The following year Justice of the Appeal Court **Noor Hassanali** was sworn in as the country's second president.

The NAR party was defeated by the PNM in 1991 and **Patrick Manning**, who was the new leader of the PNM was returned to power. Manning's term did not last five years and he called a snap election. The results showed the **Basdeo Panday's** PNM 17-UNC- 17 and the Tobago Democratic Congress led by Robinson (DAC) - 2. The UNC and the DAC entered into a coalition and formed the government.

In 1987, Robinson stepped down as Member of Parliament (Tobago East) and was elected the country's third President in 2000. Panday was elected Prime Minister



Prime Minister of Trinidad Dr. Eric Williams, standing, addresses the opening session of the Independence Conference at Marlborough House, London on May 28, 1962.
AP Photo/Lawrence Harris

and called an election. The UNC won 19 seats and the PNM 16 in the 36-member Parliament. But internal fighting within the UNC led to the firing of Attorney General **Ramesh Lawrence Maharaj** and the resignation of three MPs.

Panday called an election in 2001 and the results were UNC 18-PNM 18. Robinson as president decided that Manning would be made prime minister.

Manning took over as prime minister for a second time but his administration could not govern. A few months later he called an election and in 2002, the PNM won 20-16. Manning was prime minister again.

In 2003, Robinson stepped down as president and Professor **George Maxwell Richards**, was elected the fourth president. His second term ends in March 2013.

In 2007, Manning called the election and the PNM won 26-15 in an expanded Parliament. But he called a snap election again in 2010. Panday was removed as political leader of the UNC and **Kamla Persad-Bissessar** was selected as political leader in the party's internal election to fight the election.

Persad-Bissessar got together with four other small political parties and formed the People's Partnership to contest the 2010 general election on May 24. She was leader of the coalition party and became the first female prime minister of Trinidad and Tobago.

There were some historic moments in Trinidad as the Black Power riots in 1970,

which led to the arrests of 15 Black Power leaders. The Black Power Movement had posed a serious challenge to the Williams government.

In 1990, 114 members of the Jamaat al Muslimeen, led by **Yasin Abu Bakr**, stormed the Red House (seat of Parliament) and Trinidad and Tobago television, the only television station in the country at the time.

The Jamaat members held the country's government hostage in Parliament for six days before surrendering. Twenty-four people lost their lives in the attempted coup.

They were granted an amnesty by the acting president at the time, **Emmanuel Carter**. However, they were later charged with treason but were freed by the High Court on the grounds of the amnesty.

Trinidad and Tobago excelled in sport as **Hasley Crawford** won the country's first gold medal in the 100 metres at the Montreal Olympics, Canada, in 1976, this was followed by cricketer **Brian Lara** breaking the world record (365) for batting in Antigua in 1994, which was held by Barbadian **Sir Garfield Sobers**. The record was broken by Australian Mathew Hayden and Lara came back to retain his title in 2004 against England at the same Antigua Recreation Ground venue.

Lara is the only batsman to have ever scored a century, a double century, triple, quadruple, quintuple (501) in England in First Class cricket during his cricketer career. He had other major achievements in cricket.

'Harlequins and Pierrots'

Roy Pierre and Associates' 2012 Presentation

By Dalton Narine

Across the years, Labor Day Carnival might have found its bliss in an atonality of colors, but nothing on Eastern Parkway can be as challenging as Roy Pierre and Associates' parade of off-color and Off-Broadway characters massing in the dew of J'Ouvert. Harlequins & Pierrots catching the sunrise and penetrating (and titillating) the bedrock of the Caribbean community, from Flatbush to Empire Blvd., and Nostrand to Linden.

"Pierre's mas is the most theatrical on the boulevard," Moreen Hartman says. "He's won 15 J'Ouvert titles."

Pierre, who began playing mas in Trinidad at age 7, alongside his late mother Roslyn O'Brien, isn't known to restrain emotions. "I guess that's why [spectators] call us The Minshall



Roy Pierre.

Photos by Keith Getter

of Brooklyn," he said at his camp. "It doesn't matter that we play out the mas in the J'Ouvert,"

Expressive and deeply focused, Pierre - born 66 years ago in Belmont, then immigrating to Brooklyn in his late teens - has no truck with WIADC, organizers of the Labor Day festival. It might have been a hard slog pushing against the mainstream, yet he won Band

of the Year honors in 1984 with Midnight in the Oasis.

A skimpy budget and withered sponsorship had conspired to shift his presentations away from prime-time. Now, 18 years into his creative passage, Pierre wears a graveyard grin, savoring the excitement of a mas, whose black-and-white couture goes against the grain of a comic character dressed in multicolored tights.

With costumes ranging from \$55-\$90, Pierre admits to no money in the mas, while chiding organizers for not pushing a business head. "We need business people, not culture people."

Nowhere do dark and light play themselves more appropriately than in Harlequins & Pierrots. The band might have a whiff of traditional J'Ouvert, but it

definitely reeks of pretentious overtones. And Pierre will lure spectators as if by engraved invitation.

Along with creative advisor, poet Mervyn Taylor, both hand the mas a kind of hybrid genre of serio-comic semi-opera, imbuing it with a surfeit of surrealism so loud as to make everyone stare like displaced goats on the Avenue.

As for transitioning J'Ouvert to the footlights - indeed, hopping over them and taking over the stage in spectacular fashion, Pierre and associates deserve props, says Martin Heywood, of the defunct Savage.

"People love Roy's style and fashion," says Taylor. "They have a sense of how to transform themselves into something. We take the ordinary and make it extraordinary."



Black/White images from Roy Pierre 2012 Mas Camp.

The pair hooked up in the late '50s in a fancy sailor band. Thereafter, as Minshall masqueraders, their outlook on mas deepened. So, transposing their artistry to Flatbush came naturally - and with story.



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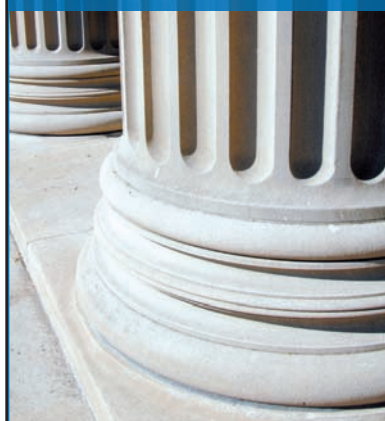
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Healthy families on the move

Central Brooklyn is facing a very real health crisis. According to the Centers for Disease Control and Prevention, roughly 13 people die every hour because of an obesity-related disease, including heart disease and diabetes. In Central Brooklyn, seven out of 10 adults are overweight or obese and more than 40 percent report getting no physical activity at all. Not surprisingly we have some of the highest rates of heart disease and diabetes related deaths in New York City.

While these statistics are grim, innovative efforts such as Healthier Families on the Move are proving that a little motivation can have a big impact. Launched by the Brooklyn Alliance for Safer Streets on July 25, the initiative provides organized runs, walks and rides each Wednesday throughout Central Brooklyn starting at the centrally located Restoration Plaza.

Healthier Families on the Move will continue throughout the summer, and culminate with Bedford Stuyvesant Restoration Corporation's 31st Annual 10K Run and Fun Walk. This much anticipated community event draws residents of all ages and fitness levels - from athletes warming up for NYC's ING Marathon, to families looking to get outside with their neighbors and support their community. This year's BSRC 10K will incorporate bike riders as well, offering something for everybody.

The Healthier Families on

the Move and Bedford Stuyvesant Restoration Corporation's active living initiatives are part of a broader strategy to impact disparities in health outcomes across the borough. Driving these efforts is the Brooklyn Community Transformation Coalition, a group of some 50 organizations and stakeholders working together with the Partnership for a Healthier New York City.

The Brooklyn Community Transformation Coalition aims to effect changes in health disparities across Brooklyn with the help of local organizations who are most able to mobilize the communities they serve. Serving as borough lead for the Coalition and for the Partnership for a Healthier New York City, Bedford Stuyvesant Restoration Corporation is the nation's first community development corporation, providing a full spectrum of community development programming from workforce development and social supports to education and the arts.

Effective and easily replicable programs such as Healthier Families on the Move have the potential to dramatically impact health outcomes by creating opportunities for communities to offer active living options and influence the behaviors and attitudes that lie at the very core of poor health.

Verna Ademu-John, project coordinator for Restoration's Health Initiatives.

Obama's Race Still Has Bearing

Long before a little-known Illinois politician ran for president, the mainstream media focused on his race. When he flourished as a presidential candidate four years ago, everyone in America knew that Barack Obama was Black.

Have his blackness and extensive coverage of that fact boosted his political career or made it more difficult for him to win reelection? Perhaps surprisingly, some of the nation's best political minds are divided on this question.

Obama's race dominated media coverage about him before he became president. In 2004, he made headlines for becoming only the third African-American elected to the U.S. Senate since Reconstruction. In the 2008 presidential campaign, news stories questioned whether he could connect with African-American voters because he was born to a white Kansas mother and a Black Kenyan father, neither connected to Blacks in America.

When Obama became the first Black president, mainstream media portrayed his historic accomplishment as a

symbol of a post-racial, color-blind America. That framing is contrary to the experience of millions of African-Americans and other people of color beset by conscious and unconscious bias daily in this country.

As Obama's first term nears its end, the impact of his race in mainstream media coverage remains unclear.

At times, his blackness may have been an advantage in news reports about him, say political experts consulted by the Maynard Institute for Journalism Education. In other cases, however, his race has been a distinct disadvantage, marginalizing him in ways that his presidential campaign rivals, Sen. John McCain, R-Ariz., and former Massachusetts Gov. Mitt Romney, a member of a religious minority, haven't been.

"During the presidential campaign, he was probably treated better than other candidates in the mainstream press because of the historical nature of his candidacy," says Michael R. Wenger, senior research fellow at the Joint Center for Political and Economic Studies in Washington. "After his election,

I think the media tried very hard to make the case that we're in a post-racial society."

Wenger, author of the soon to be released book, *My Black Family, My White Privilege: A White Man's Journey Through the Nation's Racial Minefield*, says that notion is misleading because institutional racism didn't disappear when Obama became president. He also takes issue with the media covering extravagant claims by conservative Republicans about Obama.

Wenger says no president's religious beliefs have been questioned to the extent that Obama's have, in the sense that because Obama has Black Kenyan heritage, people have accused him of lying about being a mainline Protestant like the majority of Americans. While the mainstream media may not have started rumors about Obama's religious background, they helped to spread them, he says.

Herb Tyson, a Democratic government relations consultant in Washington, agrees.

"First of all, they [the media] don't challenge the reports
Continued on Page 18

The Budget and Pentagon spending

In the midst of this summer's heat wave, we still enjoy a measure of outdoor time, but certainly relish the air-conditioned relief indoors. As the toll of heat-related deaths continues to rise, how many of us know that Congress is proposing budget cuts to the federal assistance program for air conditioning and heating bills for hard-hit families? Yes, budget decisions in Washington come home to roost right here close to home. And the impact can be devastating.

What budget priorities will do the most to meet the needs of our people and guarantee American's freedom and strength for years to come? It's time to take a

closer look at Pentagon spending, which includes funding for wars and nuclear weapons. This budget has grown unchecked since 1998 at a cost of trillions of dollars to taxpayers. And while Congress is proposing devastating, draconian cuts to essential programs, such as assisting families struggling with out-sized utility bills, the Pentagon gets yet another hand-out from the budget writers.

Our nation's greatness and future security are not aided by a bloated nuclear arsenal, unnecessary weapons systems and endless war. Our future will be best served with investments in education, jobs, healthcare, science and technology and a clean environ-

ment. To make those investments, we must cut excessive Pentagon spending.

As president of the Women Legislators' Lobby (WiLL) and a Georgia State Senator, I work with legislators across the country. In nearly every state, they are battling budget shortfalls year after year. After 9-11, state budgets have taken on massive new costs for homeland security measures. National Guard and other returning veterans need state and local services. The women state legislators in our national WiLL network understand that increases in Pentagon spending mean their strapped state budgets get fur-

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

A Missouri stumble in GOP power grab?

Not unlike any other kind of protracted battle, we're already seeing some sparks appear this election season. One that Republicans saw as much in their favor – especially the right flank that has the party firmly in grip – was Mitt Romney's naming Paul Ryan as his running mate. A spark the GOP as a whole didn't much care for, certainly, was the unbelievably dumb comment made by the guy in Missouri seeking to unseat Sen. Claire McCaskill, Rep. Todd Akin, whose publicly expressed view that women's bodies can prevent pregnancy in instances of "legitimate" rape gave him an instant celebrity he couldn't possibly be craving.

With polls showing Missouri as a state the president is very likely not going to win, Akin seemed to be sitting pretty to topple the incumbent Democrat, in the Republicans' game plan enhancing their chances of gaining a Senate majority. The uproar on the GOP side over the Akin remarks has been downright ferocious, the calls for him to quit the race coming without letup. That intense anger among GOP chieftains has of course nothing or very lit-

Viewpoint

By Les Slater

tle to do with Akin's sentiments being offensive, particularly so to women. Rather, it is all about the spark this hoof-in-mouth episode has given to opponents of their grand design for turning this country more severely right than the lot of us could dare imagine.

Akin is still insisting that he intends to remain in the contest, despite the demands for withdrawal being made by the likes of Romney, Senate majority leader Mitch McConnell and other party heavyweights. Given that kind of pressure, it looked like Akin would soon cave...and he still might. But there are also strong signs that he is being encouraged by a hard-core following of primarily Christian conservative types, apparently, to stand his ground. One imagines that these conservatives are probably sounding off but good against what they see as duplicitous behavior of those in the GOP leadership

calling for Akin's head. Akin, they might agree, took his declaration of an uncompromising pro-life posture to silly, inextricable extremes. But there's no questioning as to his toeing the line with his faithful adherence to what has become Republican orthodoxy on the issue. So long as, for these folks, he's morally in the right place, what's there to oppose?

Because Republicans are incensed over one guy not having the smarts to be hard-line without being a knucklehead, we have here the quirky circumstance of conservatives calling out Republicans for their hypocrisy in dumping on the guy. Akin committed the cardinal sin of messing with a Republican power grab – not something the party is inclined to abide. So Akin, if he stays in for the long haul as he says, will have to do so without millions in mainstream party funds earmarked for his campaign.

On the other (Democratic) side, the Akin gaffe could very well be huge. Besides the boost (conceivably one with legs) it would have given to McCaskill, it has turned the spotlight anew on those who

would blithely make a "dark ages" about-face on reproductive rights for women. Absent Akin's nonsensical comment, the GOP, with the usual rightward push, would have put its customarily strong pro-life plank into the party platform, a routine which now hardly qualifies as earth-shaking. Even with the party's standard bearer declaring himself anti-abortion but supportive of exemptions such as rape and health of the mother (running mate Ryan reportedly said he would defer to Romney on the issue, although he is as hard-line as they come), there can be very little mystery as to what the Republican platform would reflect on the matter of unwanted pregnancies. According rights to a woman and her doctor is simply not part of the GOP conversation.

Akin's hogwash about "legitimate" rape and women's capacity to deal with it naturally dramatized anew what would have been a pretty benign presence in those well-worn articles of faith in this new-age Republican Party. Drawing attention, in a high-profile manner, to the extremist positions on women's rights that are

now par for the course in the GOP probably becomes a clarion call, or so Democrats hope, for moderates and progressives in the electorate whose incentive to get marching clearly doesn't match that of their opposite numbers.

Democrats have already seized the opportunity to billboard this Republican extremism, and well they should. It can't hurt to point out that a party, which now so aggressively preaches that the best government is one that backs off and allows folks to go about their business unfettered, is one that curiously advocates governmental intrusion into women's lives on the matter of child bearing. It can't hurt to remind folks that Republicans, with one of them in the White House, were ready to inject themselves, four-square, into the Terri Schiavo case to scuttle the court's decision that a man had the right to have the life of his long-suffering wife finally end with some dignity. It can't hurt to remind folks that this charade of getting government off the people's backs is little more than a device to be used only conveniently.

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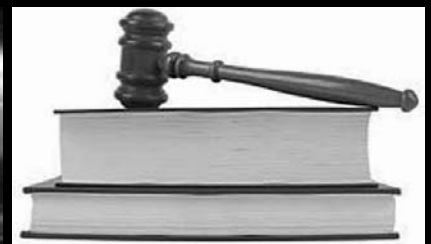
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The Budget and Pentagon spending

Continued from page 16

ther shortchanged. With the impacts of this great recession and the end of stimulus funding, states cannot afford the devastating cuts that would come with the Ryan Budget or the planned sequestration cuts to non-defense spending.

The Ryan budget increases Pentagon spending for the coming year by \$8 billion more than what was agreed to last August in the Budget Control Act. That difference would be paid for by slashing even further every other funding priority. The result, among many others, would be suffering families who no longer can receive assistance to keep their air conditioning bills paid. A small consequence, you might think, unless you and your loved ones are smothering in an apartment or sun-baked house with no where to turn for help.

The House approach also exempts the Pentagon from the looming automatic sequestration cuts by taking more from all of the other programs and investments. Congress will have to slash from k-12 and higher education, national parks and clean water

programs, medical and scientific research, clean energy – you name it. Everything would be cut while the Pentagon trough gets filled without a murmur.

We all want a common defense that works. We agree that veterans and their families deserve the best in recognition of their sacrifice. They also deserve to come home to a strong, vibrant economy with plenty of job opportunities.

What we don't want are redundant and unnecessary weapons that don't meet today's security needs, mismanaged projects that go far over budget, and defense industry lobbyists lining their pockets at our expense. Former Defense Secretary Gates says, "We can't hold ourselves exempt from the belt-tightening. Neither can we allow ourselves to contribute to the very debt that puts our long-term security at risk."

What we do want are jobs. Some claim that cutting excessive Pentagon spending means losing good jobs. On the contrary, economic studies have shown that federal investments in other sectors, including education,

healthcare, clean energy, create more jobs than federal dollars spent in the military sector. These are the sustainable jobs that we need for our future. Let's choose teachers, doctors, nurses, first responders, home weatherization, and wind turbines over building bombs that we don't need and can't afford.

It's time to hold a magnifying glass to Pentagon spending. Other domestic spending is equally important to the future of our nation. Jobs, education, health care, a clean environment, safe roads and bridges and mass transit, are all a part of our national security. These are essential components of fulfilling our nation's obligation to secure a bright future for America.

Many domestic, religious and non-profit groups agree and are speaking up. Even fiscally responsible conservatives are mobilizing. If we are ever to rid ourselves of enormous cost overruns, exorbitant contractor fees, no-bid contracts, and massive, unnecessary weapons systems, we must insist that the Pentagon be held accountable for its spending. We could start by insisting that the Pentagon conduct an audit.

Obama's Race

Continued from page 16

under the guise of being fair and balanced," he says. Outrageous claims about Obama have been reported as "valid policy arguments as opposed to treating it as an absurdity," he adds.

Mainstream news outlets should not only treat baseless gossip about the president as just that but should also cite the hypocrisy of some attacks against Obama, Tyson says. For example, he notes conservatives' allegations that Obama wasn't born in the United States. He says the media should have noted that some Republicans supported changing the U.S. Constitution to allow non-citizens to run for president when Austrian-born Arnold Schwarzenegger became governor of California.

Moreover, the media devoted little coverage in 2008 to the fact that McCain was born in the Panama

Canal Zone while some reports suggested that Obama is an Arab. Exposing such discrepancies makes it easier for the public to see how Obama's race often spurs attacks against him.

"It doesn't make sense for anyone to portray the president as non-American," Tyson says. "You can disagree with a president, but never before has a president been called non-American. It's also hard for me to buy into the questions about his Christianity because of the Jeremiah Wright scandal. Is he a Christian, or is he a Muslim? How can he be both?"

Nadra Kareem Nittle writes media critiques for the Robert C. Maynard Institute for Journalism Education. Her reports and other media critiques are available at www.mije.org/mmcsi and can be republished free of charge. For more information, please contact Elisabeth Pinio at epinio@mije.org or 510-891-9202.

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Dr. Steven C. Tawil: Colon Cancer Screening & Prevention

By Camille Sperrazza

Stop postponing your colonoscopy.

Everyone age 50 and over needs one, but African-Americans are at an especially high risk of developing colon cancer, says Dr. Steven C. Tawil, gastroenterologist and internist.

"It is recommended that they be screened for colon cancer at age 45," says the doctor.

The reasons the mortality rate is higher for African-Americans is not known, says Dr. Tawil, but the good news is that having this simple procedure "can improve the numbers."

It has never been easier or more convenient to undergo this procedure. It can be done right in Dr. Tawil's Brighton Beach office, with an anesthesiologist present.

"This means it is an 100 percent painless procedure," says the doctor.

The administration of the anesthesia is quick, so patients feel no pain, he assures. The presence of the anesthesiologist also means that a patient's vital signs are constantly being monitored.

"It's another pair of hands in the room, another doctor checking oxygen, heart rhythms, and pulse," says Dr. Tawil. "It's all about the comfort and safety of the patient."

Dr. Tawil's office is recognized by the American Association for Accreditation of Ambulatory Surgery. Facilities accredited by this organization must meet rigorous standards of cleanliness and other criteria that assures the highest standards, says the doctor. This feat is not an easy achievement, and he takes pride that his practice is held in such high esteem.

The Brighton Beach Avenue facility, at the same location since 1991, recently moved from the second floor to the third floor, securing a new 6,000 square foot office. Among the highlights is an endoscopy suite with a private changing room, a recovery room, and a private bathroom in the recovery room. Such a set-up makes screening easy for the patient, as there's no running down a hall to find a toilet. Everything is convenient and private.

Make an appointment to see him if you have rectal bleeding. This could be a sign of colon cancer, and should never be ignored, says the

doctor. A change in bowel habits or unexplained weight loss are other reasons to undergo an exam. If there is a history of polyps in the family, being screened is a must, he says. Polyps are small growths that occur on the wall of the colon, and if they are not removed, some may eventually turn into cancer, says Dr. Tawil. The removal of polyps can be done right after the colonoscopy is performed, while the patient is still under anesthesia. That way, patients don't have to return to get another procedure.

Patients can also come to him to get their blood pressure checked and their sugar levels monitored. He also treats heartburn, ulcers, constipation, liver issues, and stomach ailments. He specializes in the treatment of hepatitis, particularly hepatitis C.

"We have the latest treatment, available right in the office," he says.

Dr. Tawil's credentials are impeccable. He is board-certified in internal medicine and gastroenterology, which means a "double certification," he notes. In addition, he is re-certified every 10 years, which involves undergoing a seven-hour test. It all proves he is at the top of his game, aware of the most recent developments in the field.

A graduate of Syracuse University, Dr. Tawil trained at the Albert Einstein College of Medicine for five years. He is on staff at the New York Methodist Hospital, and is a member of the American College of Physicians; the New York State Medical Society; the American Medical Association; and the American College of Gastroenterology.

The office accepts most major health plans, including Medicare and Medicaid. For the convenience of his hard-working patients, the office is now open on Sundays. It is handicapped accessible, and convenient to bus and trains. The doctor sees patients by appointment.

Dr. Tawil [130 Brighton Beach Ave. between Ocean Parkway and Coney Island Avenue in Brighton Beach, (718) 946-7557]. Open Sundays, 9 am to 1 pm; Mondays, 9 am to 4:30 pm; and Wednesdays, 9 am to 6:30 pm. Procedures are performed on Tuesdays and Thursdays.

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However, in women (and men) with heart disease, arrhythmias can be life-threatening. More than 300,000 American women with heart disease die each year, and arrhythmia as a result of heart disease is the most common culprit. New York Methodist Hospital offers comprehensive electrophysiology services for the diagnosis and treatment of arrhythmias in

both women and men, with careful consideration of the different approach necessary for a woman's needs.

"There are no arrhythmias that are specific to women as opposed to men, women have distinct symptoms, different causes and frequencies of arrhythmias, and differing outcomes with treatment," said Gioia Turitto, MD, director of cardiac electrophysiology services at Methodist. "Women are more prone to adverse side effects from medications commonly used to treat arrhythmias, such as blood thinners, so non-pharmacological options may be necessary more often than for men. Electrophysiology enables us to effectively identify and treat these arrhythmias."

During an electrophysi-

ology diagnostic study, electrode catheters (hollow, flexible tubes) are guided into key areas of the heart at strategic places along the pathway that electrical signals travel. These electrodes record the electrical signals of the heart and define the exact location of abnormal electrical activity.

If a study reveals a problem, Methodist electrophysiologists can also perform advanced procedures to treat the arrhythmia. One procedure, called cardiac ablation, is used to eliminate areas of the heart that are generating the abnormal heart rhythms. During ablation, the electrophysiologist uses a detailed electrical map of the heart to determine the specific sites that are causing the symptoms. The doctor then

guides an ablating catheter (a tube that can remove the problem areas of the heart) to the sites and treats the defective tissue.

A very common type of arrhythmia that can be treated with ablation is atrial fibrillation. This is associated with palpitations, fainting, and chest pain, and women are more likely than men to be referred for a procedure to cure it.

"At Methodist, there is no one-size-fits-all approach for arrhythmias," said Dr. Turitto. "By providing advanced diagnostic services and a wide array of cutting-edge treatments, Methodist helps women — as well as men — confront heart disease and beat it."

New York Methodist, (866) 84-HEART [(866) 844-3278].

Kingsbrook gets top safety ranking

Kingsbrook Jewish Medical Center received the highly regarded "A" rating for patient safety from the LeapFrog Group, a national survey of more than 1,100 hospitals who voluntarily participate.

The Leapfrog Group aims to educate and to encourage consumers to consider safety when selecting a hospital for themselves or their families. In addition, the score will foster strong market incentives for hospitals to make safety a priority.

"LeapFrog Group's highest ranking, this grade 'A' recognition, speaks volumes to our on-going commitment to patient safety and quality advancement," states Kurt Kodroff, MD, vice president of Quality Management at Kingsbrook. "We

take great pride in this achievement, as it greatly impacts our patient satisfaction and our overall quality of care."

Kingsbrook Jewish Medical Center, celebrating its 87th year, is an 864-bed teaching medical center. Centers of Excellence Include: Kingsbrook Rehabilitation Institute offering physical and rehabilitative medicine, including Brooklyn's only New York State-approved Traumatic Brain Injury and Coma Recovery Unit; an Inpatient Geriatric Psychiatry Program; pharmacy; radiology; the Wound Healing and Hyperbaric Center; orthopedic surgery; and a Women's Wellness Center.

For more information on The Leapfrog Hospital Survey visit <http://hospital.safetyscore.org>.



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Bklyn Hospital recognized

Williamsburg center acclaimed for diabetes care

The National Committee for Quality Assurance and the American Diabetes Association have announced that The Brooklyn Hospital Center's Williamsburg Family Health Center has received recognition from the Diabetes Physician Recognition Program for providing quality care to patients with the disease.

The Diabetes Physician Recognition Program was designed to improve the quality of care that patients with diabetes receive by recognizing physicians who deliver quality diabetes care, and by motivating other physicians to document and improve their delivery of care. To receive recognition, which is valid for three years, Vasantha Kondamudi, MD, chair of the medical center's Department of Family Medicine, submitted data that demon-

strated performance meeting the program's key diabetes care measures, which include eye exams, blood pressure tests, nutrition therapy, and patient satisfaction. When people with diabetes received quality care, they were less likely to suffer heart attacks, stroke, blindness, kidney disease, and amputations.

"The Brooklyn Hospital Center's goal is to keep Brooklyn healthy, so we are very proud that the physicians in our Williamsburg Family Health Center have received this prestigious recognition," said Richard B. Becker, MD, the hospital's president and CEO. "A recent survey by the New York City Department of Health and Mental Hygiene found that nearly one in every 10 people living in Brooklyn reports having diabetes."

"For a person with diabetes, the right physician can make the difference between living with diabetes, as opposed to suffering from diabetes," said Richard M. Bergenstal, MD, president of Medicine and Science, American Diabetes Association. "Physicians who earn recognition through the Diabetes Physician Recognition Program have an established track record of providing excellent diabetes care."

"The Brooklyn Hospital Center and its Williamsburg Family Health Center are working to educate people about diabetes, and encourage patients to make important lifestyle changes," says Dr. Kondamudi.

Williamsburg Family Health Center [99 Division St. between Bedford Avenue and Berry Street in Williamsburg, (718) 599-1122].



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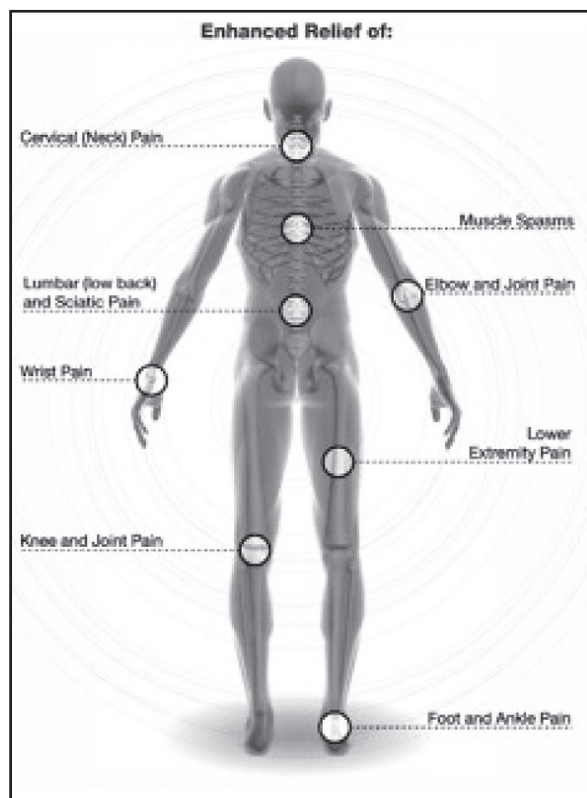
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A section of carnival designer Peter Minshall's 2,500-strong 1982 presentation of "Papillon" about the ephemeral nature of life. Photo courtesy of Callaloo Co. & #xA;

Peter Minshall, carnival designer extraordinaire

Continued from page 5
 into the Trinidad Carnival fray, following his proven success abroad. The initial effort, "Papillon" in 1982 (he had first designed "Paradise Lost" for bandleader Stephen Lee Heung in 1976), continued to serve notice of the multi-dimensional approach that Minshall felt befitting of the canvas and theatrical opportunity that was carnival. In Papillon's wake would come a laundry list of themes that invariably forged a solitary path through the carnival landscape, sometimes abstract, almost always satirical, oftentimes daring to be society's mirror on itself or juxtaposing the forces of good and evil. Never lacking for intrigue, Minshall's productions had the one constant

of engendering fever-pitch anticipation among audiences: "River," "Callaloo," "Santimanitay," "Rat Race," "This Is Hell," "Carnival Is Color," "Red," "Song of the Earth," "Tapestry," "Hallelujah," "Ship of Fools"...

Perhaps not all that unexpectedly, although Minshall says it was quite by accident and "amazing" to him, his extraordinary talent would get courted by a totally different universe. The International Olympic Committee sought out Minshall to design opening ceremonies in first the Barcelona and subsequently Atlanta and Salt Lake City Games, evidently because of his ability, Minshall says, "to deal with human energy in big open spaces and make what is small be seen big." He

would earn an Emmy Award for the Salt Lake City production.

But other forces in the carnival mix would maintain their strong resistance to Minshall's adherence to tradition and theater. Fellow artist Christopher Cozier notes the irony of Minshall's Man Crab character from his 1983 presentation, "River." "The mythology around Man Crab was that we destroyed ourselves," Cozier says, adding that this coincided with the start of the bikini masquerade craze in the Carnival.

That trend notwithstanding, the jury on Minshall's contribution has long been in. His was a sustained artistic effort, borrowing from the past and breaking historical barriers of his own.



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Garifuna culture returns to St. Vincent

By Tequila Minsky

Musician and educator James Lovell carries the baton of Garifuna language and music. For the second summer, he is bringing it back to where it began, St. Vincent.

Since July 23, James greets students at Central Leeward H.S. in Peters Hope, 35 minutes from the capital of Kingston.

More than 116 eager Vincentians, ages five and up—the oldest, 72, travel from several villages in the country including Barrouallie, Rose Bank and Layout. Some even rode a bus for two hours from Sandy Bay to attend the 10:00 a.m. - 3:00 p.m. summer workshops of Garifuna language, music, and dance called Habinaha Garinagu Yurumein 2012.

James teaches the workshops' language, singing, music and drumming components and choreographer



Garifuna activist and musician James Lovell playing with the Afri-Garifuna Jazz Ensemble.

Erika Zuniga, who lives in Los Angeles, teaches dance.

When James was asked: Are the students of Garifuna origin? He answered, "We want to assume that they are all Garifuna but because of the history, those that remained—fleeing in the hills—after the expulsion by the British 1797, were forced

Continued on Page 32

An evening of choreo-theater

Viewsic Expressions Dance, led by New York Dance and Performance "Bessie" award winner Germaul Barnes and Kumble Theater present the New York premiere of "Black Buddha."

The evening-length, contemporary work features seven performers and the music of Olu Dara, Koko Taylor, Etta James, Quiet Village and Tina Turner.

"Black Buddha" will run Friday, Sept. 21, at 7:30 p.m. and Saturday, Sept. 22, at 7:30 p.m. LIU Brook-

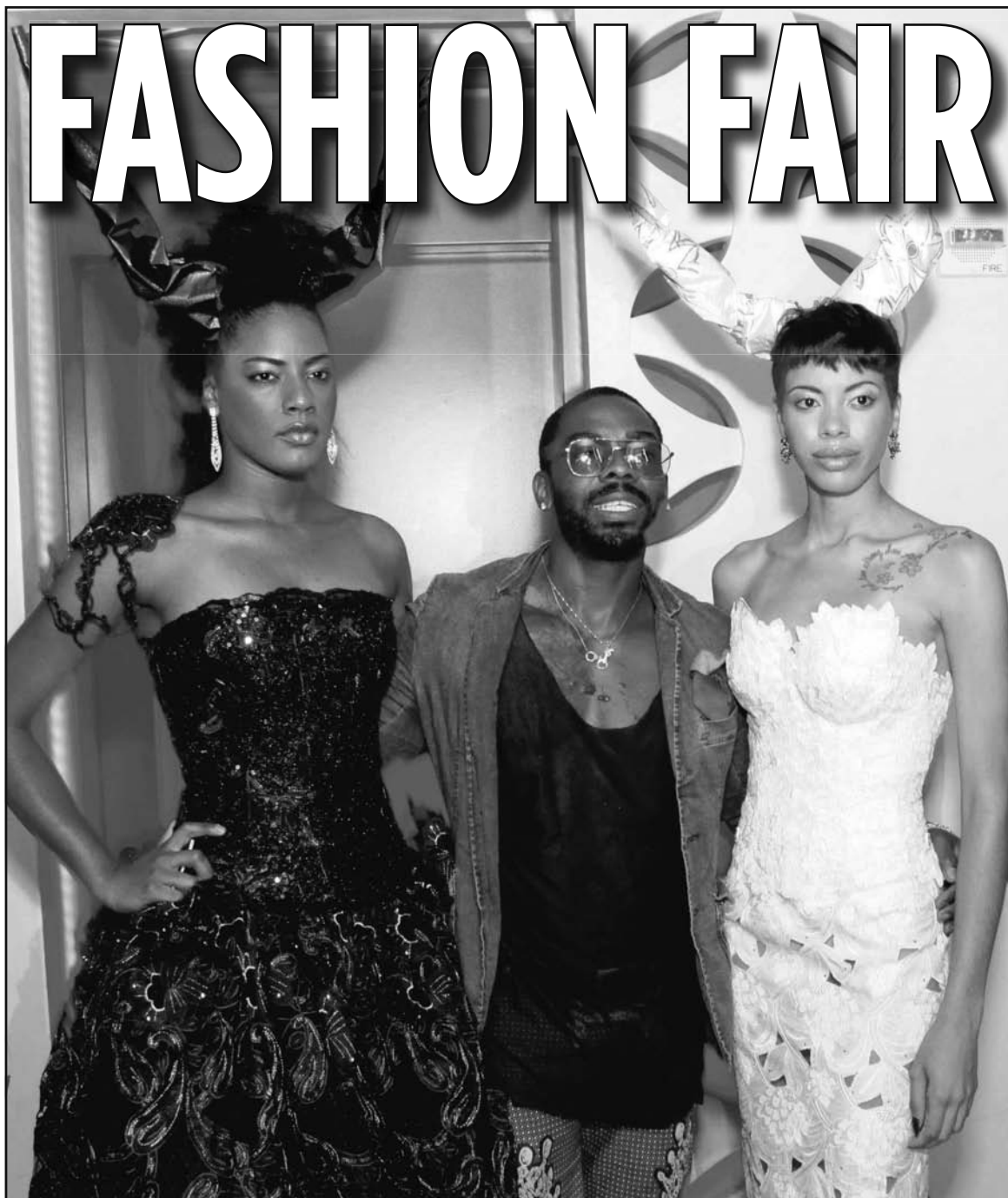


"Black Buddha."

lyn's Kumble Theater is located on Flatbush Avenue between DeKalb Avenue and Willoughby Street. "Black Buddha" is the story of a young African American

Continued on Page 32

FASHION FAIR



Tori Famuyiwa of Toriola Custom Designs with two of his models.

Photo by Francesca Andre

Countdown to Sol Afrik Fashion Week

By John Marrast

The New York State Senate has declared Sept. 21-20, 2012 Sol Afrik Fashion Week and entertainment mogul, Russell Simmons has urged "designers of color to take advantage of the amazing opportunity that

Sol Afrik has created as an excellent space for designers to showcase their talent."

On Thursday, Aug. 16, Sol Afrik Fashion Week New York (SAFWNY) produced an invite-only fashion and networking event at The W

Hotel's Brooklyn Terrace, located on 216-228 Duffield Street, Downtown Brooklyn, N.Y.

The mixer event for SAFWNY, a global platform that illustrates culture and ready-to-wear pieces from

Continued on Page 32

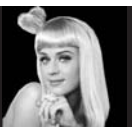
TOP OF THE CHARTS

TOP 10 SINGLES



- 1 **Lights**
Ellie Goulding
- 2 **Wide Awake**
Katy Perry
- 3 **Payphone**
Maroon 5 Feat. Wiz Khalifa
- 4 **Where Have You Been**
Rihanna
- 5 **Call Me Maybe**
Carly Rae Jepsen
- 6 **Somebody That I Used to Know**
Gotye Feat. Kimbra
- 7 **Titanium**
David Guetta Feat. Sia
- 8 **Whistle**
Flo Rida
- 9 **Give Your Heart A Break**
Demi Lovato
- 10 **Blow Me (One Last Kiss)**
Pink

TOP 10 ALBUMS



- 1 **Based On A T.R.U. Story**
2 Chainz
- 2 **Overexposed**
Maroon 5
- 3 **Some Nights**
Fun.
- 4 **The Lumineers**
The Lumineers
- 5 **Some Nights**
Fun.
- 6 **Top Of The World**
Slightly Stoopid
- 7 **God Forgives, I Don't**
Rick Ross
- 8 **Blood**
In This Moment
- 9 **My Head Is An Animal**
Of Monsters And Men
- 10 **Sigh No More**
Mumford & Sons

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Sol Afrik

Continued from page 31

international designers across the Diaspora, Latin America, and Asia, convened 200 designers, stylists, photographers, models, style bloggers, journalists, and other industry professionals, to build momentum for the launch of SAFWNY in September.

KONZENI Foundation, a humanitarian organization, hosted the exclusive event, which featured happy hour cocktails from 6:00 p.m. until 8:00 p.m. and music by DJ Zimo. The event also presented the best works from three emerging designers, Crown Soul Creations, Toriola Designs, and Eunika Simmons. Guests were asked to select their favorite and most inspiring designer, whose work will be featured on the SAFWNY website.

"We are almost one month away from the launch of Sol Afrik Fashion Week New York," said SAFWNY founder Kantaki Washington. "To get us in the mood for this global fashion fair, we've carefully cooked up an event that will cultivate awareness around SAFWNY and enable fashion industry professionals and enthusiasts to gain exposure and make new contacts," added Washington.

Admission to the event is free



Models on the runway during the fashion and networking event at The W Hotel's Brooklyn Terrace, Brooklyn.
Photo by Francesca Andre

only with emailed RSVPs to: info@konzeni.org.

About Sol Afrik Fashion Week New York: Sol Afrik Fashion Week New York (SAFWNY) is a lavish multi-day fashion event. It is the first of its kind to exclusively show-

case edgy, couture, contemporary and ready-to-wear fashions created by designers from across the African diaspora and the globe.

SAFWNY features two days of spectacular runway shows, an emerging designer showcase, as

well as an exhibition hall that affords designers a chance to hobnob with industry insiders, from buyers to merchandising and production chain representatives.

Visit SAFWNY today to learn more.

Budda

Continued from page 31

Barnes says of the work, "I took inspiration from a quote by Masaaki Morinada, 'happiness is not simply about having calmness and tranquility. It's discovering that within each of our lives is the great life force to face and overcome all manner of challenges and difficulties.' Born into a dry, hostile environment, the young man has to develop thorns for protection, maintain faith like flowing water and yet he blooms beautiful flowers like the saguaro cactus."

Germual Barnes/Viewsic Expressions Dance (GB/VED), is a Brooklyn-based, contemporary dance company dedicated to interdisciplinary conversations and collaborations. GB/VED was founded in 1993 as a forum for investigating both the creative processes and the artistic products that result when artists of different mediums collide. Anchored in the choreographic work of Bessie Award winner Ger-

maul Barnes, GB/VED creates dynamic performances that engage the body as an intersection for ideas. For more information see www.ViewsicEx.org.

Germual Barnes (choreographer), is the artistic director of Germual Barnes/Viewsic Expressions Dance (GB/VED). Barnes has received commissions from Alvin Ailey/Fordham School, Lincoln Center Out-of-Doors, Central Park Summer Stage, Judson Church, Aaron Davis Hall, P.S.122, Danspace Project, Dixon Place, Institute of Contemporary Art-Boston, Arizona Dance Festival, Ghana National Theater, Graham Town Arts Festival (South Africa), and many others. Barnes is a former member of the Bill T. Jones/Arnie Zane Dance Company (1996-2005), Shapiro & Smith Dance, Cleo Parker Robinson Dance Ensemble, Tolada Dance Co. (Berlin, Germany) and Philadanco.

Tickets can be purchased at the Kumble Theater box office at (718) 488-1624 or online at www.kumbletheater.org.

Garifuna

Continued from page 31

not to speak the language."

"They love it!" James said of the enthusiasm and strong interest to learn displayed by the students. "Some left other programs to come here and at least 20 returned from last summer's cultural camp, held in Kingston."

Vincient author Trish St. Hill, who with Lovell is returning Garifuna culture to St. Vincent, negotiated the use of the Peters Hope High School where the students use two classrooms, the auditorium and the playground for instruction and rehearsals.

How are the classes structured? All learn the songs together—it's one big class, James explained. He writes the words in Garifuna, breaks them into syllables, pronounces and has them repeat. (And repeat, until they get it right.)

Choreographer Zuniga arrived the second week. In the mornings, children continued with song and language. After lunch, Erika taught dance. Meanwhile, two youth and three adults learned drumming with Lovell using the three small primero and three deep-pitched segunda drums

he carried from New York. "Next year, we'll introduce turtle shells," he said.

"One of my greatest rewards is to see these kids dancing and singing and playing the drums as if they never left Garifuna culture. It's in their DNA and their psyche," said Lovell.

Lovell hopes that UNESCO or other groups interested in cultural preservation will fund the program.

The students showcased their progress with a song, dance, and drum program presented in the towns of Barrouaillie, Sandy Bay and lastly in Kingston.

The whole town of Sandy Bay watched, with the Atlantic Ocean as a backdrop, on a stage built by the students who thought "it would be better for the performance." Residents living on hillsides could see the show from their homes.

An awestruck elder asked Lovell: How did you get these kids to do this in less than a month?

"I just need kids available with an open mind," Lovell answered, absolutely thrilled with their focus during class and presentation skills to the public.

The teacher was rewarded, too, with the excited audiences' overwhelmed reception and visible thanks afterwards, applauding passionately. These cultural workshops came home to much appreciation.

Singing siblings seek fame in morality play

"Sparkle"
Excellent (3.5 stars)
Rated PG-13 for violence, profanity, drug use, smoking, mature themes and domestic abuse.
Running time: 116 minutes
Distributor: Sony Pictures

By Kam Williams

Emma Anderson (Whitney Houston) didn't want her daughters to follow in her footsteps by having babies as teenagers while squandering their future in the futile pursuit of celebrity and bad boys who wouldn't treat them like ladies. That's why the overprotective single-mom feels fortunate to be able to raise them in a middle-class suburb of Detroit where she keeps them on the straight and narrow path via a steady diet of Christianity and high expectations.

All three siblings have inherited the ability to sing from their

mother, a blessing they put to good use for the Lord in the church choir every Sunday. However, each girl also has her own distinctive personality yearning to express itself.

Brainy Dolores (Tika Sumpter) has her mind set on attending Meharry School of Medicine. Self-effacing Sparkle (Jordin Sparks) is a gifted composer who's too shy to perform any of her heartfelt ballads in public. But seductive Sister (Carmen Ejogo) is just the opposite, being a confident extrovert who craves the limelight and the attention of men.

Consequently, it's no surprise that Sister might rebel and run away from home, rather than abide by her mother's restrictive house rules. She's only been back in town for two months, but already has a couple of suitors competing for her hand, Levi (Omari Hardwick), a penniless, perfect gentleman, and Satin (Mike Epps), a flashy, silky smooth operator.



Carmen Ejogo as Sister, Tika Sumpter as Dolores and Jordin Sparks as Sparkle.

Given Sister's materialistic nature, it's easy to guess that that she would opt to entertain the overtures of the latter, a misogynist with a dark side yet to reveal itself. Meanwhile, Sparkle starts dating Stix (Derek Luke) who

encourages the talented sisters to form a trio and take a shot at superstardom.

So unfolds "Sparkle," a modern morality play with a sobering message made all the more telling by serving as Whitney Hou-

ston's cinematic farewell. Several of the late pop diva's lines in the movie induce goose bumps, such as when she matter of factly asks, "Was my life not enough of a cautionary tale for you?"

The film features standout performances by Whitney and Carmen Ejogo, with Derek Luke and Mike Epps appearing at their best as well. Jordin Sparks certainly holds her own when called upon to sing, but she comes across in this big screen debut as not quite ready to handle a title role, at least acting-wise.

Written and directed by the husband-wife team of Mara Brock Akil and Salim Akil, respectively, "Sparkle" is very loosely based on the 1976 musical of the same name, with the point of departure, the timeline, plot developments, and the score being tweaked for the overhaul, and all for the better. A must-see, between Whitney's sentimental Swan Song and Carmen's coming out party.

Independent & Foreign Films

The Ambassador (Unrated) Danish journalist Mads Brügger poses as a shady European diplomat in this shocking documentary exposing corrupt government officials openly trading in blood diamonds in the Central African Republic. (In Danish, English and French with subtitles)

Breathing (Unrated) Austrian actor-turned-director Karl Markovics makes his directorial debut with this eloquent character study of an incarcerated teenager's (Thomas Schubert) effort to earn an early parole for good behavior by working in the morgue. With Karin Lischka, Georg Friedrich and Gerhard Liebmann. (In German and English with subtitles)

The Day (R for nudity, graphic violence and pervasive profanity) Post-apocalyptic sci-fi thriller about an intrepid quintet's 24-hour defense of the decimated planet against a horde of bloodthirsty predators. Starring Shawn Ashmore, Cory Hardict, Ashley Bell, Michael Eklund and Dominic Monaghan.

The Flying Swords of Dragon Gate (R for violence) Jet Li stars in this 3-D remake of Dragon Gate Inn (1966), a martial arts adventure about



Kam's Kapsules

By Kam Williams

an avaricious band of marauders' search for buried treasure in the desert while hiding their true intentions by masquerading as ordinary citizens. Featuring Lunmei Kwai, Xun Zhou, Kun Chen and Yuchun Li. (In Mandarin with subtitles)

For a Good Time, Call (R for profanity, drug use and graphic sexuality) Raunchy romantic romp revolving around a couple of cash-strapped roommates (Ari Graynor and Lauren Miller) who resort to phone sex to pay the rent on their pricey Manhattan apartment. Ensemble cast includes Seth Rogen, Mimi Rogers, Nia Vardalos and Justin Long.

The Good Doctor (PG-13 for crude sexuality, disturbing situations and mature themes) Orlando Bloom plays the title character in this psychological thriller about a recent med school grad who develops an unhealthy obsession with a pretty patient (Riley Keough) with a kidney infection. Supporting cast includes Taraji P.

Henson (great-great niece of Matthew), Troy Garrity (son of Jane Fonda and Tom Hayden), Sorel Carradine (daughter of Keith), Jean St. James (mother of Martin Starr) and Michael Pena.

Joker (Unrated) Fantasy adventure about escapees from an insane asylum who established their own kingdom when their mental hospital was accidentally left off the map in the 1947 partition of India and Pakistan. Starring Akshay Kumar, Sonakshi Sinha and Chitrangda Singh. (In Hindi with subtitles)

Little Birds (R for violence, sexuality, nudity, rape, drug and alcohol use, and pervasive profanity) Coming-of-age road drama about a couple of teenagers (Juno Temple and Kay Panabaker) who make a break from their humdrum hometown after meeting some cute older boys (Chris Coy, Carlos Pena and Kyle Gallner) from L.A. Cast includes Kate Bosworth, Leslie Mann and Neal McDonough.

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Caribbean culture and mirth marks Garvey's 125th

A parade in Harlem, another in Brooklyn, keys to a Caribbean city and a revised educational curriculum marked the 125th anniversary of the Aug. 17 birthday of Jamaica's National Hero Marcus Mosiah Garvey Jr.

On the actual birthday, members of the Universal Negro Improvement Association, Pan African advocates, Rastafarians, students, and Harlem residents paraded along 125th St. to commemorate the legacy of the Jamaican immigrant whose movement seems to be flowering pride in African heritage and culture.

Individuals along the parade route carried a variety of flags.

Some waved Ethiopia's red, gold and green to associate Garvey's prediction to "look to the east for a Black



Inside Life

By Vinette K. Pryce

king." Rastafarians believe that king was Emperor Haile Selassie I of Ethiopia.

A few individuals chose Jamaica's black, green and gold to identify Garvey's birthplace.

While a majority waved black, red and green to symbolize Garvey's edict and an international banner to honor the continent of Africa and its heritage.

There were others who proudly displayed Ghana's red, gold and green flag which honors Garvey with a black star in the middle – a symbol he consistently identified with by naming some of his enterprises and

a shipping company Black Star Liner.

His son Dr. Julius Garvey visited Jamaica from Aug. 16 to 19 to accept keys to the city of Kingston presented posthumously by the Kingston and St. Andrew Corporation.

With that honor, a resolution unanimously voted acknowledged Aug. 17 an official day to recognize and celebrate the leader.

According to Angela Brown-Burke, mayor of Kingston, the decision to decide a resolution punctuated the influence Garvey has imprinted on the nation.

"Many of us have grown up with a greater sense of self because of the teachings of Marcus Garvey," she said.

"I affirm that we can all attest to the fact that Blacks have come a far way which is largely attributed to the selfless, pioneering work of this icon. It is against this background I crave your indulgence to share in this wonderful, meaningful and very historic occasion as we continue to celebrate our 50th anniversary — a time of jubilee and national pride," she told the audience.

While in Jamaica, Dr. Garvey visited Liberty Hall to help launch the Marcus Mosiah Garvey Mobile Museum.

At that capital location, a national monument and home to the only museum in the world is dedicated to

the life and work of the Pan-African proponent.

On the landmark anniversary, an added educational course of study within the civics requirement was instituted at his namesake school in the parish he was born.

Beginning next month when the school year begins, Garveyism will be offered at the St. Ann's Bay Technical High School.

The broader curriculum attempts to provide students with information on citizenship; the structure and function of government, the importance of national symbols and emblems, and other relevant information.

The celebrations in Jamaica included a marching band led by the Island Special Constabulary Force, uniform marching groups and police squads.

In Brooklyn where a small assembly marked the occasion, Panamanian Marching Band paraded from Albany Ave. to Ave. D where entertainment from cultural entertainer Survivalist, Astronaut, a four-time Jamaica festival winner and radio deejay Peter Solomon of WPAT-AM provided continuous entertainment throughout the afternoon.

Recorded speeches by Garvey historian Ron Bobb-Semple also added to the tribute coordinated and organized by Paul "Jah Paul" Haughton.

Garvey was born in 1887 in the parish of St. Ann, Jamaica. He died in England on June 10, 1940 at the age 52. He is Jamaica's first national hero.

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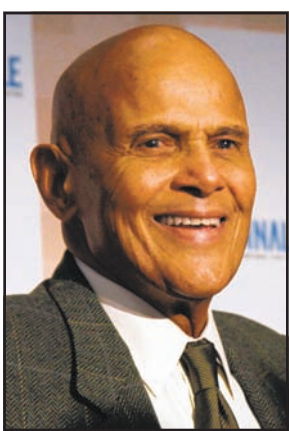
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U.S. singer Harry Belafonte poses before a press conference at Viennale, the Vienna international film festival, in Vienna, Austria, Saturday, Oct. 22, 2011. (AP Photo/Ronald Zak)



Singers Machel Montano, center right, and Allyson Hinds perform during the opening ceremony of the ICC Cricket World Cup at the Trelawny Stadium, northern Jamaica, Sunday, March 11, 2007. (AP Photo/Andres Leighton)

Youngest, oldest marshals for 50-50 Labor Day Parade

By Vinette K. Pryce

Dedicated to the 50 years of independence being regaled by Jamaica and Trinidad & Tobago, the significant day-long, street party along Brooklyn's Eastern Parkway begins after the youngest grand marshal -- ever to parade the route -- 38-year-old Machel Montano join perhaps, one of the oldest, 85-year-old, Harry Belafonte, a son of Jamaica, actor, activist and singer at Schenectady for a slow walk to the Brooklyn Museum.

The intergenerational duo will represent the first islands in the English-speaking Caribbean to demand self-rule from Great Britain at the 2012 celebration of the West Indian-American Day Carnival Association's (WIADCA) Labor Day.

Montano and Belafonte were named to open the parade of 40 masquerade bands and millions of revelers on Sept. 3, the unofficial last day of summer.

"History, Culture and Unity" will inscribe the theme of the parade along the unofficial Caribbean boulevard.

Montano, best known for his soca and calypso recordings that initially promoted "Big Truck" carnival fetes will walk alongside Belafonte, the first and most successful calypso recording

artist.

Belafonte's "Day-O" is alleged to out-sell all prior recordings, spawned a move to account for record sales and launched the organization to honor achieving musical artists with a Grammy award.

While Jamaica's reggae music has been down-played throughout the years during the annual festivity "for the first time in many years top soca & reggae artists will headline the popular "Brass Fest."

On Aug. 31, dancehall reggae talent Mr. Vegas from Jamaica will perform on the same stage with Machel Montano, T&T's premier soca star.

Earlier in the day, a "Youth Stay In School Program" also invites youths to the rear of the Brooklyn Museum.

The Steel Band Panorama Competition kicks off the following evening from the same location after a Junior Carnival and Competition daytime event.

"Dimanche Gras" promise an all-Star line-up which include Calypso Rose, Shadow, King Ajamu, Black Stalin and many others along with winners of all competitions, Something Positive Dance Troupe, traditional costume characters and "Pan around the neck" steel band.

\$M FOR T&T OLYMPIAN

By Vinette K. Pryce

Trinidad & Tobago rolled out a red, black and white carpet to welcome teen-aged, javelin Olympic champion Keshorn Walcott who brought gold and glory to the republic.

At Piarco Airport in the twin-island capital of Port-Of-Spain, thousands greeted the only athlete from the English Caribbean to win the event in 60 years.

His victory also marked the first Olympic gold for the republic in 36 years.

For his triumph, the 19-year-old was promised two and a half million TT dollars (US\$390,000), a luxury home, acres of land, scholarship to university, a lighthouse and his name inscribed on one of the planes flown by Caribbean Airlines, the nation's national carrier.

"Keshorn, each of these rewards honor you, there is nothing greater than the glory you have brought to this nation and no greater expression ever than the pride and gratitude every citizen feels," Prime Minister Kamla Persad Bissessar said.

She said the gifts represented gratitude for "bringing pride and recognition to the nation of Trinidad and Tobago."

One day after declaring a national holiday to celebrate the victory, the leader addressed a crowd gathered at the airport to welcome the athletes saying: "A Caribbean Airlines aircraft will be commissioned to bear



Trinidad and Tobago's Keshorn Walcott reacts as he receives his gold medal for the men's javelin during the athletics in the Olympic Stadium at the 2012 Summer Olympics, London, Saturday, Aug. 11, 2012. (AP Photo/Matt Slocum)

the proud name of Keshorn Walcott."

According to reports, the athlete gushed with pride and appeared emotional when the leader of the republic added that "The lighthouse a historical site, will now be known as the Keshorn Walcott Lighthouse standing as a beacon to guide us all towards what it takes to get to our dreams."

The windfall also piled high, one million dollars "to be invested as he so desires."

Walcott will also be given 20,000 square feet in his home village of Toco which is located, south of the capital.

There, a housing project called "The Keshorn Walcott Housing Development" will be established to provide housing and employment to residents of Toco.

In an emotional response, Walcott said; "I went out there and did my best."

He praised God, his coach, manager and everyone for his success.

"I was proud to carry the

flag of Trinidad and Tobago," the athletic hero said.

"I would like to say thanks to everybody who supported me."

"Thanks to everyone for all the support and thanks to mum and dad, my brothers and sister."

The teenager returned home Tuesday with the 10-member contingent which earned a record four medals overall at the London Olympics.

It was the republic's biggest haul in the country's history.

Walcott's achievement headlined T&T's performance, however, as he pulled off a stunning upset to become the first athlete from the English-speaking Caribbean to win gold in a javelin event and the first in 60 years from the Western Hemisphere.

She said Walcott -- the youngest-ever gold medal winner of the javelin in Olympic history -- will also be awarded a scholarship to the University of Trinidad and Tobago (UTT) "to further his studies in his chosen field" while his coach Lopez will be placed in charge of an elite throws program at UTT where all future talent, will be able to develop in field events.

The men's sprint relay team took bronze after Canada was disqualified for lane crossing.

The relay team and Lalonde Gordon in the 400 metres also returned home with bronze medallions.

Mannette, pioneer of the modern-day steel pan

By William Farrington

Dr. Ellie Mannette "father of the modern day steelband" gave a vivid first-hand account of the genesis of steelpan music and discussed current innovations, Friday evening June 15. His appearance was part of the At The Feet Of The Masters, a live conversation series taking place at the Tropical Paradise Ballroom in Brooklyn.

Dr. Mannette, in 1937, started out beating on a bucket. It led him

to become the first to use the 55 gallon drum, and in 1941 he was the first to sink the drum to its current concave shape. He credited Bertie Marshall, Spider Webb, Tony Williams as also responsible for creating the drums that make up the family of instruments still in use today. He now creates instruments and teaches at West Virginia University.

Dave Elcock, Eric St. Bernard and Colin "Soulboy" Williams led the discussion.



Ellie Mannette tuning a steelpan.

Photo by Jake Lambuth



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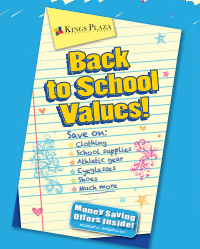
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Jeudayi Decoteau, 11, portraying "Camboulay."

Photo by Nelson A. Kings

'Ah Touch of Carnival in Trinidad and Tobago

Continued from page 5

"Every year, we hope for bigger and better things," he said. "We hope for a smooth J'ouvert morning."

James, a former Fashion Institute of Technology (FIT) College student, said she has yearned, over the years, to design a Children's band – until Jack "came along."

"I want to bring something different," said the daughter of the late Kenneth Brown, a former "wire bender" for Cito Velasquez, one of the pioneers of "wire bending" and was producing in Trinidad and Tobago.

"My goal is for the kids to just have fun," James added. "It's not about competing, it's about having fun."

Jack agreed, stating that

the band will even reduce the registration fee so less fortunate kids will get the opportunity to play mas.

"We want to bring them in, and give them a chance to play," he said, disclosing that the kids will additionally get free spandex and spraying of shoes. "We just feel we're doing something different."

"Everything we do here is in recognition of the 50th anniversary celebration of Trinidad and Tobago," he added.

The mas camp is located at 9602 Farragut Rd. between East 96th and Rockaway Parkway in Brooklyn.

Jack can be reached at (646) 623-3102 and James at (917) 627-1904.



Roger Nelson portraying, "Bird Sanctuary."

Final chapter for Carib media icon

By Lin-Jay Harry-Voglezon

All chapters of the meaningful life of Hugh Neville James Cholmondeley, one of Guyana's most outstanding media personalities, ended by death on Aug. 10 after a battle with lung cancer which began February this year. As a measure of his significance, last Friday afternoon, Aug. 17, his family, current and former diplomats, colleagues, friends, admirers, members of the media fraternity and others, assembled at The Tillman Chapel, Church Centre of the United Nations, New York, in final celebration of his life.

Particularly obvious was the wide and solid cross-section of the emigrant Guyanese professional and intellectual classes, in addition to those who travelled for the occasion.

Cholmondeley, an old graduate from Queen's College, which to date is the most highly rated Caribbean school, entered the media profession in 1958 at the then British Guiana Broadcasting Service as an announcer under the mentorship of Rafiq Khan. There, he probably became "the first Disc jockey in the Caribbean". As the operator with responsibility for playing music was constantly late, Cholmondeley's radio survival depended on



Section of mourners singing the hymn, "How great thou art."

Photo by Lin-Jay Harry-Voglezon

learning and applying both announcing and operating skills, which classified him as "the first and original DJ" according to his eulogist Nigel Hughes.

From 1966-1968 he served as director of news and current affairs at Radio Demerara, but in 1968 established the Guyana Broadcasting Service (GBS).

In 1972 Hugh was appointed project manager of UNESCO where he designed and established the Caribbean News Agency (CANA) and the Caribbean Institute of Mass Communications (CARIMAC) at Mona, University of the West Indies.

In 1977 he was transferred to UNESCO - Paris as a program specialist where he designed and administered communications and development projects for the establishment and expansion of news agencies

in developing countries.

In 1979 he became UNESCO'S representative to the Caribbean, established his office in Jamaica where he functioned until 1985, when he was instrumental in forming the Consortium Graduate School in the Social Sciences in the Caribbean, a multi-university enterprise comprising University of the West Indies, University of Guyana and University of Suriname. This was also located at Mona. Cholmondeley was himself a student of the University of the West Indies, a Mass Communications and Broadcast Management graduate from Syracuse University, and University of Birmingham respectively.

In the words of Eddie Greene "Hugh, who reveled in the realm of ideas and their application to improving the human and

social conditions, quickly grasped the importance of full time graduate training that exposed young scholars to an interdisciplinary program in development policy study and research. The passion and dedication with which he piloted the process through the diplomatic and multilateral channels and then advocated at meetings of the Caricom and UN Councils were masterful displays of the craft of negotiation and talents of creative leadership".

Between the offices of UNESCO and UNDP, Cholmondeley was charged with many responsibilities such as peace and reconciliation, development initiatives, etc. in places such as Jamaica, Rwanda and Sierra Leone, Haiti, Afghanistan, Liberia and Somalia, where he earned the respect and trust of General Aidid, who would attend secret meetings with him in a coffin at the funeral of fallen fighters.

In Guyana while he succeeded in realizing the negotiations leading up to the Herdmanston Accord and subsequently the St Lucia accord, and even became adviser to the chairman of the Guyana Elections Commission where he designed the media center, Cholmondeley remained discontented with the progress in Guyana.

Promoting early literacy with Reach Out and Read

By Gideon Manasseh

Knowledgeable shout-outs and giggles of awareness were the delightful responses of pre-school children as they listened to Maurice Cummings, special assistant to the NYS Assemblyman Keith Wright, animatedly read a children's book to their group of 30-plus at the Area 145 Day Care Center in Harlem's Hamilton Heights.

On Thursday, Aug. 23, Cummings was a guest presenter of Heritage Health and Housing, Inc. at its Health-Care Center's distinctive event to promote early literacy called Reach Out and Read. As part of this program, Heritage gives books to children during their annual physicals, so that early literacy in children is promot-



Pre-School children listen to Maurice Cummings (Special Assistant NYS Assemblyman Keith Wright) animatedly read a children's book to their group at Area 145 Day Care Center in Harlem.

Photo by Gideon Manasseh

ed. The benefit of this program is that by giving books to children and having their parents read to them, children will become interested in learning and reading, thus making

them better educated and able to achieve more in their educational future.

Heritage Health and Housing, Inc. is a private non-profit service and development

agency providing comprehensive health, mental health and residential services to residents of northern Manhattan, the South Bronx and Queens. Incorporated in 1969, Heritage has two components. Heritage Health, which provides primary medical care and dental services with an emphasis on preventive health care to approximately 4,500 individual patients with approximately 1,500 school age children that are seen for pediatric health and dental services. Heritage has executive offices at 416 West 127th Street, New York, New York 10027. The agency's chief executive officer is Dr. Alvaro Simmons; the chair of the Heritage board of directors is Dr. David M. Rosenthal.

Ask Dr. Eva: Is bottled water better?

Dear Dr. Eva,

A visiting friend asked me for 'a water' last night. I went to the kitchen cupboard for a glass and then turned on the faucet and filled it. When I brought him his glass of water, he looked at it as if it contained tincture of strychnine and asked if that was really all I had.

I drink tap water with pride but is bottled water superior? Is drinking bottled water a bit unpatriotic?

Loyalist

Dear Loyalist,

Your instincts are correct. Bottled water is not necessarily healthier or safer than tap water. In fact, some bottled water is much less healthful than most tap water.

Some points:

~Twenty-five percent of all bottled water is just tap water. It's a lot less expensive and more ecologically sound to get it from your tap, not from the store.

~Over half of all bottled water sold in the U.S. is bottled and sold

in the same state. Since this water is not shipped between state, it does not have to meet federal (Federal Drug Administration, FDA) guidelines for purity. This means that over half of all bottled water is legally allowed to be less pure and more contaminated than tap water- and a lot of it is! Tests on 1,000 bottles of 103 different brands of bottled water found man-made chemicals, bacteria or arsenic in one out of every five bottles.

~All city water systems serving more than 25 people are regulated through the federal Safe Drinking Water Act. The government standards for tap water are actually higher than its standards for bottled water. Each time the EPA (Environmental Protection Agency) establishes a standard for a chemical or biological water contaminant, FDA has the option of either adopting that standard for bottled water or deciding that the standard is not necessary for bottled water.

HEALTH

~Tap water has another advantage many people don't think about: it contains fluoride. Fluoride is added to drinking water to strengthen teeth and prevent tooth decay. Most bottled water does not have fluoride. Studies show an increase in tooth decay and other dental problems in children whose families use more bottled water than tap water.

~Sometimes people worry about the quality of tap water because of how it looks or tastes. When tap water looks cloudy, it is usually because of tiny air bubbles that form when the water passes through the filters in the faucet. The cloudiness will go away in a few minutes if the water is allowed to stand, as the bubbles rise to the top.

~Chlorine taste in water, which is caused by chlorine used to kill any bacteria that might be in the water, will go away if the water is allowed to stand overnight, in or out of the refrigerator.

~Water can have various tastes



depending on the minerals that are found in the soil in different areas. This can be managed in several ways. Adding a half teaspoon of lemon juice or other juice to each glass of water will mask the taste of minerals. Chilling water and letting it sit overnight allows minerals to settle out. Finally, many effective commercial filters available, some in the form of

pitchers and some attach to the faucet.

Most bottled water is quite safe, almost as safe as tap water! However, there is no medical reason to prefer bottled to tap water.

Ask Dr. Eva is distributed by Healthy Living News. Email comments and questions to dreva@healthylivingnews.org



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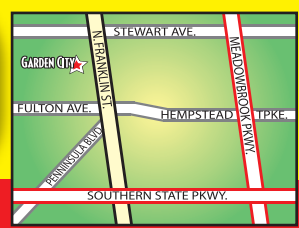


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LEASE **\$271*** per month for 24 Mos

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VIN: 3LNHL2JC1CR832090, AWD, AUTO, SEDAN
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LEASE **\$441*** per month for 24 Mos

2012 LINCOLN MKX

VIN: 2LMDJ8JK7CBL17869, AWD, AUTO
MSRP: \$48,005, \$1,999 down pymt, \$3,043 due at signing, \$10,584 total pymts. Security deposit waived Plus tax, title, license & \$645 bank fee.



LEASE **\$481*** per month for 24 Mos

2012 LINCOLN MKS

VIN: 1LNHL9FTXCG803602, AWD, AUTO, SEDAN
MSRP: \$55,230, \$1,999 down pymt, \$3,083 due at signing, \$11,544 total pymts. Security deposit waived Plus tax, title, license & \$645 bank fee.

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To encourage teens to wear their seatbelts when driving, institute a policy wherein they lose their vehicle privileges should they be caught driving without a seatbelt.

Tips for parents of teen drivers

Arguably, no parent in the history of the world has looked forward to the day that her teenager gets his driver's license. Getting a driver's license is a milestone for kids, but it's also the cause of heartache for parents who understandably worry about their teenager hitting the open road all by his lonesome. There's no way to keep kids from growing up, but there are steps parents can take to make a teen's transition to fully licensed driver a little easier.

•Institute a no cellphone policy when driving. This is a relatively new, yet major concern for parents of teen drivers. Most of today's teens have their own cellphones, and parents could very well be helpless when it comes to keeping kids from talking or texting while driving. That said, a no-cellphone-while-driving policy should be instituted and thoughtfully discussed with teens. Make it known that, should an accident occur because of cellphone use while driving, both the car privileges and the phone will be taken away.

•When applying for colleges, consider the school's

freshman driving policy. A child's first year away at college is enough to make any parent lose sleep, but sending kids off to college with a car for their first year only adds to the sleepless nights. When kids are applying to colleges, look for schools that don't allow freshmen to have cars. Many schools don't, so this should not be a problem. If a child chooses a school that does allow freshmen to have a car, let him know that you would be more comfortable if the car stayed home, at least for the first semester while he learns to adjust to his new surroundings.

•If possible, wait an extra year. If your teenager is the rare breed who isn't especially excited about getting a driver's license, let it slide. Studies show 16-year-old drivers are far more likely to get in accidents than their 17-year-old counterparts.

•Limit passengers. Teenage drivers are more likely to get in an accident with each passenger who comes along for the ride. One study indicates that teen drivers with one fellow teenager in the car are 40 percent more likely to get in an accident than they would be

if they were driving alone. Those percentages increase with each additional teenage passenger, so parents should institute a reasonable policy that limits the number of passengers that a teen can take on when driving.

•Make sure teens are driving safe vehicles. While it might be nice to give your teen a flashy sports car for his birthday, doing so is a big mistake. A teenager's first car should be the kind of vehicle that discourages irresponsible driving. The vehicle should also be fully equipped with all the necessary safety features, including airbags and anti-lock brakes.

•Stress the importance of seatbelts. A significant percentage of teenagers killed in auto accidents weren't wearing their seatbelts at the time of death. All drivers should wear seatbelts, and parents should set a positive example by wearing their seatbelts whenever riding in a car. To encourage teens wear their seatbelts when driving, institute a policy wherein they lose their vehicle privileges should they be caught driving without a seatbelt.



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\$750 Toyota Customer Cash



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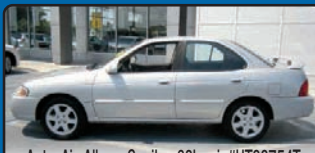


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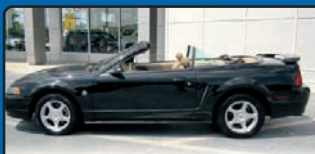
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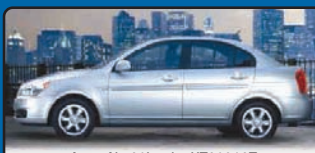
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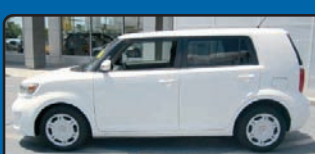
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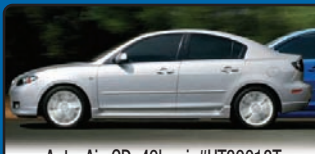
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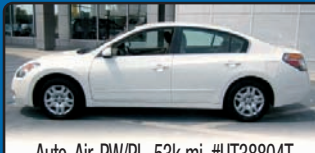
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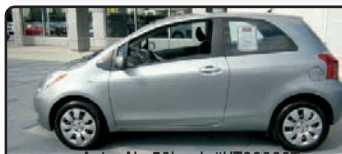
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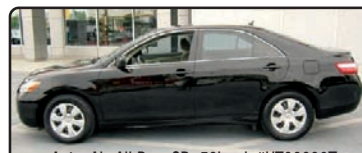
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PRIUS
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Auto, Air, 58k mi, 3UT38728T



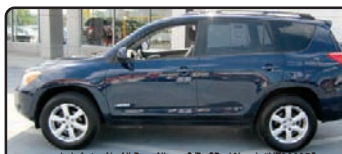
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31 MPG HWY

4x4, Auto, Air, All Pwr, Alloys, SR, CD, 40k mi, #UT389950

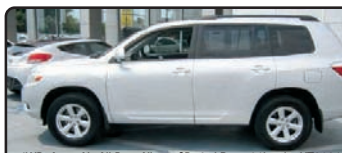


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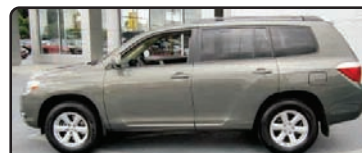
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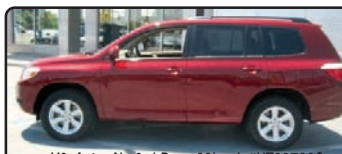
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HIGHLANDER
Buy For **\$17,988**

4WD, Auto, Air, All Pwr, Alloys, CD, 3rd Row, 61k mi, #UT38914T



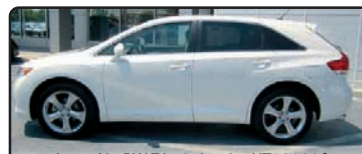
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Drivers shouldn't pass on buying auto insurance to save money.

Things to consider before buying auto insurance

Auto insurance is necessary for anyone who drives. Some places allow motorists to drive without insurance, but doing so is an unnecessary risk, one that could prove costly should an accident occur.

When purchasing auto insurance, many drivers hope to save as much money as possible. That's understandable, as many drivers go years without ever filing a claim, giving some the feeling that they're paying for something they will never use. However, when an accident does occur, paying for those premiums proves well worth it.

It's important to get the best rates and not overpay for auto insurance, but there's more to shopping for auto insurance than simply finding the cheapest policy. The following are a few things drivers should consider when shopping for a new auto insurance policy.

- Determine the amount of coverage you need. How much auto insurance coverage a driver needs depends on what the local law requires. Some areas, including densely populated cities with more drivers

on the road, tend to require more coverage than others because the risk of accident is greater. In addition, some places require all motorists purchase personal injury protection, which pays for a driver's medical expenses as well as any lost wages or additional costs that occur as a result of an accident. It is not required everywhere, but motorists should weight its pros and cons if they live in a region where it is not mandatory.

The amount of coverage a driver needs is relative, but Consumer Reports recommends adequate coverage for bodily injury liability is \$100,000 per person and \$300,000 per accident, and an additional \$100,000 for property damage.

For drivers leasing or financing a vehicle, the leasing or financing agreement will typically spell out the minimum coverage required, and drivers can choose to increase that coverage if they feel it's necessary.

- Explore payment options. Drivers who want to reduce their insurance costs without reducing coverage should explore their

payment options. In many instances, drivers who choose to make annual or bi-annual payments instead of monthly installments can save some money in so doing. If your current insurance provider does not offer such an alternative, then shop around for a company that does.

- Re-examine your driving history. Speeding and traffic tickets might sting initially, but they will disappear from your record over time. When shopping for auto insurance, re-examine your driving record. In the United States, accessing these records can typically be done by contacting the local branch of the Department of Motor Vehicles. If an old speeding or traffic ticket is close to being removed from your record, wait until those disappear before purchasing a new policy.

- Shop around. Drivers often lament paying so much for auto insurance, a safety net few drivers use but all must pay for. Despite that, many motorists continue to overpay for their insurance because the popular misconception is that shopping for a better policy is inconvenient and te-

dious. But the Internet has made it much easier for consumers to shop for a better auto insurance policy. When shopping for quotes online, have your vehicle registration and identification number, as well as your driver history on hand so the quote is as accurate as possible. Print out each quote and then compare them to find the best deal. If another company is offering a deal significantly better than your existing policy, discuss that with your current provider, who might match the rate to keep you as a policy holder.

- Shop for discounts. Another thing to consider when shopping for an auto insurance policy is the availability of discounts. Many companies reward policy holders for good behavior, such as driving without an accident and earning good grades in school. Other companies even offer an one-time accident amnesty, forgiving drivers for their first accident by not raising their rates when an accident occurs. These discounts can add up to substantial savings over the course of the policy, so do your homework.

Avoid car accidents on city streets

Many people find the allure of the big city too hard to resist. In addition to more employment opportunities, large metropolitan areas typically offer more convenience than their suburban counterparts. As a result, metropolitan roadways are often busy.

According to the U.S. Census Bureau, three-quarters of the population live in the country's metropolitan areas. The majority of the nation's growth over the next 25 years is expected to be in metropolitan areas. Traffic in these areas stands to increase, which will no doubt lead to a spike in accidents as well.

City statistics

Crashes that cause injuries and property damage are more likely to occur in urban areas. However, fatal crashes occur at a higher rate in rural areas. There are a number of accidents that are common to populated areas, according to the Insurance Institute for Highway Safety. These include:

- Running red lights or other traffic controls, such as stop or



Metropolitan areas can be ideal places to live. Driving safely within city limits often requires placing a greater emphasis on driving defensively and staying aware at all times.

yield signs, and having a collision.

- Stopping or being in the process of stopping and being struck from the rear.

- Running off of the road and striking an object.

- Swerving into an occupied lane.

- Turning left and colliding with an oncoming vehicle.

Avoid accidents

Accidents in urban areas can be largely prevented if drivers take action. Here are ways that many common accidents can be avoided.

- Exercise caution when ap-

proaching an intersection. Drivers should slow down when approaching any intersection. They should be prepared to stop, even if they have the right of way. Don't run through red lights or attempt to "beat" the yellow light. Someone on the other side of the intersection may be harboring similar thoughts.

- Leave several car lengths between vehicles. Tailgating can be troublesome to drivers. Not only does it limit the amount of response time a driver has, but also it could anger another driver and lead to a dangerous altercation. As more and more drivers are distracted by technology, driving with several car lengths between cars takes on even greater importance.

- Check blind spots often. Drivers should repeatedly check for cars in their blind spots, especially when changing lanes or making a turn. Cyclists, motorcycle riders, and even pedestrians may be hidden in a blind spot. Err on the side of safety.

- Drive slowly. Urban areas do not offer the open road of rural areas. That means drivers will have to maintain slower speed limits to stay safe. Excess speed makes it

difficult to see obstacles, including pedestrians or debris on the road. Driving too fast can also make handling turns treacherous.

- Electronic enforcement is present. Many towns and cities employ the use of speed-monitoring devices or cameras to catch traffic violations. Red light cameras have been shown to reduce violations by 40 to 50 percent. Drivers should keep in mind that cameras may be in use where they frequently travel.

- Be cautious during left-hand turns. According to research, many side-impact accidents occur when a collision takes place during a left-hand turn into oncoming traffic. Drivers should wait for a left turn signal when possible and make sure oncoming traffic has completely stopped before turning. If the intersection is particularly treacherous, motorists can choose another place to turn, even if it means going out of the way for a few minutes.

Metropolitan areas can be ideal places to live. Driving safely within city limits often requires placing a greater emphasis on driving defensively and staying aware at all times.

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Is a hybrid the right fit for you?

Some eco-friendly behaviors and lifestyle changes have been easy to adopt, but others have proven far more difficult. Perhaps nothing illustrates that more than consumer reaction to hybrid cars.

Hybrid car sales have dipped in recent years. But supporters note that vehicle sales in general have also decreased over that period, meaning it's quite possible that hybrid car sales are indicative of a larger slump, and not necessarily indicative of an adverse consumer reaction to hybrid cars.

Whatever the reason for dwindling sales, it's clear consumers have been reticent to embrace hybrid cars, especially when compared to other eco-friendly lifestyle changes that have caught on seemingly en masse. For those considering a hybrid car, there's a valid case to be made on both sides of the fence.

Why buy a hybrid car?

Buying a car is never an easy decision. Choosing to buy one that's fundamentally different than one you've ever purchased before is even more difficult. Perhaps there's no greater reason to buy a hybrid car than the environmental benefits. A hybrid's low emissions mean less greenhouse gases, which can include harmful carbon dioxide. Less emissions make for a healthier planet. For consumers whose chief concern is the environment, then hybrid cars are the way to go.

There's also more practical reasons to buy a hybrid car. Better gas mileage means drivers will be paying less at the pump, which can add up to significant savings over time, not to mention less fuel consumption that will help the environment as well.

Hybrid cars also tend to be more efficient. Hybrids have both an internal combustible engine and an electrical system, enabling drivers to switch back and forth between the power sources to make their vehicle more efficient, burning less fuel when the conditions allow and using less electrical energy when the conditions would otherwise drain the electrical power system.

Why steer clear?

Hybrid cars' biggest problems are largely economical. Resale value of hybrid cars pales in comparison to that of traditional au-



Before purchasing a hybrid vehicle, weigh the advantages and disadvantages of hybrids to ensure the car meets your needs.

tomobiles. Much of this lower resale value is thanks to the battery needed for hybrid cars.

Hybrid car batteries typically need to be replaced once per decade. When selling a preowned vehicle, drivers might find that vehicle is less attractive to prospective buyers if that battery has not previously been replaced or if it's been several years since it was replaced.

Lower resale value is especially tough to stomach when considering the initial cost of hybrid cars, which many feel makes them less attractive options. Hybrids are often considerably more expensive, and researchers have noted that the cost savings of hybrids are not realized until after several years of driving a hybrid vehicle. While this figures to change as the market continues to offer more hybrid cars, for today's consumer, that future offers little comfort.

Safety is also a concern when considering a hybrid car. Hybrids use high-voltage batteries to operate, which can prove disastrous should an accident occur. Manufacturers insist this concern isn't really a problem, as the batteries are designed to turn off in an accident. However, some consumers subscribe to the "better safe than sorry" approach and feel hybrid batteries are simply too risky.

Much like any big-ticket decision consumers must make, deciding whether or not to buy a hybrid car requires careful consideration of the advantages and disadvantages to hybrid cars before driving one off the dealership lot.



You don't have to sit idling to save gas.

Seven auto myths revealed

When it comes to cars, many drivers would admit that their technical knowledge is lacking. In addition, automotive technology is constantly changing, making it hard to separate car facts from fiction.

The following are some of the most common myths and misconceptions about vehicles.

Myth 1:
Higher octane fuel causes all cars to run better

Fuels are rated according to how they prevent detonation in the engine. Higher performance engines generally have higher compression ratios and are more prone to detonation. They require high-octane fuel to prevent this. Other engines have different compression rates and usually require a lower-octane fuel. Unless a driver hears engine pinging or knocking, switching to a higher octane will not improve performance due to the engine design. Drivers can save their money and stick with "regular."

Myth 2:
You must service your vehicle at the dealership

It is illegal for dealerships to force service be done strictly at the dealership. Routine maintenance can be done by other vendors. Find out if certain after-market parts installation may affect the warranty, but even these should be OK.

Myth 3:
Idling uses less gas than restarting the engine

Drivers don't have to sit idling, wasting gas, and contributing to added emissions. Restarting a warm engine does not use more fuel than idling a car.

Myth 4:
All-wheel drive makes a vehicle invincible

All-wheel drive can provide some added traction going up a snowy hill or coming out of a turn on a rain-slicked surface, but it doesn't make a vehicle invincible. All-wheel drive will do little to help a driver avoid road hazards or grip the pavement in corners. Tires, suspension, and driver skill are essential as well.

Myth 5:
Drivers should see side of the car in side mirrors

In fact, they are improperly adjusted if the sides of the car can be viewed. Moving out the mirrors just a bit more reduces the need to look over a shoulder to check for blind spots, which takes a driver's eyes off the road.

Myth 6:
All-season tires offer more traction in the rainy seasons

Unless a person lives in a locale with considerable snowfall, it's best to avoid all-season tires. A standard tire has more grip, both wet and dry, than an equivalent all-season tire.

Myth 7:
Antilock braking systems create shorter stopping distances

Antilock braking system was actually created to enable a driver to steer out of danger and not spin out while braking. Shorter stopping distances may occur, but they're a side effect of the system's design.



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2001	Toyota Corolla, 73k	17062	\$2,995	2003	Jaguar X-Type, 150k	70362	\$3,995	2003	Honda Civic Hybrid, 154k	001383	\$4,995
2003	Toyota Camry, 108k	67147	\$2,995	2006	Chevy Cobalt, 100k	70263	\$3,995	2005	VW Passat ndsmtr, 24k	69686	\$4,995
2001	Ford Explorer XLS, 173k	70369	\$2,995	2002	Ford Escape, 97k	67450	SAVE	2005	Toyota Camry, 65k	62871	SAVE
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2003	Cadillac CTS, 145k	70281	\$5,995	2008	Toyota Corolla, 7k	43265	\$6,995	2007	Mazda 3, 5k	JU13340	\$7,995
2005	Nissan Altima, 168k	70122	SAVE	2008	Chevy Trailblazer, 116k	62530	SAVE	2006	Cadillac CTS, 67k	JU12013	SAVE
2003	Mazda Protege, 99k	186675	SAVE	2003	BMW x5, 110k	68755	SAVE	2008	Honda Civic, 14k	JU12353	SAVE
2000	Mercedes C240, 126k	66680	SAVE	2006	Chrysler Town & Country	JU14877	SAVE	2007	Scion TC, 127k	53554	SAVE

MANAGER SPECIALS

YEAR	MAKE/MODEL/MILES	STOCK /VIN	PRICE	YEAR	MAKE/MODEL/MILES	STOCK /VIN	PRICE
2006	Nissan Altima, 6K TMU	65610	\$6,995	2004	Toyota Highlander, 134k	69228	\$9,995
2007	Chevy Impala, 28k	42370	\$7,995	2004	VW Touareg, 100k	63984	\$9,995
2009	Chevy Cobalt, 56k	65308	\$7,995	2011	Nissan Rogue, 50k	69968	\$13,995
2005	Nissan Quest, 60k	63458	\$8,995	2012	Dodge Charger, 24k	72516	\$15,995
2010	Nissan Sentra, 46k	68559	\$9,495	2010	Infiniti G37, 30k	69927	\$19,995
2010	Chrysler Sebring, 38k	61787	\$9,995	MANY MORE LIKE THIS TO CHOOSE FROM!			

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'10 TOYOTA CAMRY BUY FOR: **\$11,995**



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PER MO./ 72 MOS @ 1.99% APR W/ \$2995 DOWN PLUS TAX & TAGS Stk# JU12353, 14k mi.



2007 NISSAN MAXIMA

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PER MO./ 72 MOS @ 1.99% APR W/ \$2995 DOWN PLUS TAX & TAGS Stk# JU11263, 45k mi.



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Coup maker to testify in Trini probe

By Bert Wilkinson

He is not in the best of health these days but the man who tried to overthrow the then government of Prime Minister Ray Robinson in Trinidad and Tobago in July 1990 is preparing to take the witness stand to tell all he knows about events leading up to the bloody coup attempt more than 20 years ago.

Yasin Abu Bakr, the founding and longtime head of the Jamaat al Muslimeen, just weeks ago walked out of a Trinidad courtroom as a free man after a jury in his sedition trial for demanding Zakat payments from the Muslim community with menace to help the poor, was split on whether he was guilty or not. Authorities say they are considering a retrial.

But for now Bakr, nearly 70, is waiting to take the witness stand as the year-long commission of inquiry into the attempted coup on the then administration of Prime Minister Ray Robinson nears an end and as the country braces for the highlight of sessions that are sometimes ignored by the local media as being routine and pedantic.

No such platitudes are expected next week when the former policeman takes to the witness stand to explain how he and 113 other Muslimeen members, school age boy members included, decided it was time to kick the Robinson-Basdeo Panday coalition government from office for allegedly oppressing the poor and for harassing Muslimeen members.

The commission, led by retired Barbados Chief Justice David Simmons, has also summoned several former senior island judicial officials to explain to the commission the circumstances that kept Bakr and his rebels from life sentences and the death penalty through an amnesty that was granted by high ranking officials in the height of the coup attempt.

Early indications are that the commissioners will devote the entire week to



Yasin Abu Bakr.
AP Photo/Shirley Bahadur

allow Bakr to testify as he has already indicated that he has a lot to say about the reasons for trying to overthrow an elected government in the Caribbean trade bloc.

The group had stormed parliament while it was in session, holding several legislators hostage and shooting Robinson in the leg because he had refused to bow to their demands including orders to announce his resignation while Bakr and his men held journalists, businessmen and other top officials hostage at the state television station and other facilities.

More than 20 people were killed, dozens injured and large parts of commercial Port of Spain burned to the ground as well as looted during the week of mayhem.

Two key reasons stand out for the coup, one had to do with a major and still unsettled row with authorities over ownership of land at Bakr's headquarters in the western section of the capital and Bakr's view that the policies of Robinson's administration were oppressive and unnecessary as the island is rich in oil and gas resources.

And so the commissioners have said they are anxious to hear both from Bakr, head of the Jamaat al Muslimeen and anyone connected with the final days of the week long trauma in TT as the end of the hearings are in sight.

T&T Chronology: 1962-2012

By Vinette K. Pryce

Trinidad & Tobago, the twin islands in the Eastern Caribbean gained independence Aug. 31, 1962. Regarded the Caribbean's main stage for the "Greatest Show On Earth" -- the T&T Carnival, revelers maintain a lexicon for super-sized parties that precede the religious Lenten period. Creole words to know during that period are "Fete" and "Lime."

In T&T, a fete is a party that must include calypso, soca and pan music, dancing and native food. A lime is a casual gathering of friends -- to hang out, to pass the time, to chill.

But T&T is more than carnival. There are also plenty of natural resources, including: oil, a bird sanctuary, and a pitch lake no other islands can rival.

Through half a century, T&T can also boast excellence in athletics; whether the sport is football or cricket, the "Black, Red and White" flies high on the Caribbean flagpole of excellence.

Earlier this month, Keshorn Walcott and Olympic athletes representing the second Caribbean nation to win independence from Britain demonstrated that Trinis rule in javelin.

1962 – Trinidad and Tobago leaves the West Indies Federation. Following that historical event, the twin islands gain independence and is led into self-rule by Prime Minister Eric Williams.

1964 --World Steel Band Music Festival debuts.

1967- Trinidad and Tobago joins the Organization of American States.

1968 -- Formal launch of the National Joint Action Committee by members of the Guild of Undergraduates at the St Augustine campus of the University of the West Indies. It is led by Geddes Granger

1969 -- The birth of the Black Power Movement emerges following protests against the arrest of West Indian students at Sir George Williams University in Montreal.

1970-Government declares a state of emergency after violent protests by "Black Power" supporters who demand a solution to unemployment and an end to foreign influence over the economy.



President Obama in Port of Spain, Trinidad for a Summit of the Americas on April 19, 2009, practices a cricket stroke under the tutelage of West Indies batting star Brian Lara at the Hilton Hotel.

White House photo by Pete Souza



Britain's Queen Elizabeth II walks past a guard of honour with Trinidad and Tobago's President George Maxwell Richards, right, at the Memorial Park in Port-of-Spain, Trinidad, Thursday, Nov. 26, 2009.

AP Photo/Andres Leighton

1972 - State of emergency lifted.

1975 - Strikes by workers in the oil, sugar, transport and electricity sectors paralyze the economy.

1976 – Trinidad and Tobago becomes a republic. Former Governor-General Ellis Clarke becomes president and Eric Williams remains prime minister.

That year, Hasley Crawford won the twin island's first gold in the 100 meter dash at Olympics Games in Montreal, Canada.

1977 – Janelle Comissioning is crowned Miss Universe. She is the first winner of African descent to wear the crown.

1978 – McCartha Linda Sandy-Lewis AKA Calypso Rose is the first female to win the Trinidad Road March competition. Born in Bethel, Tobago, she won the Calypso King competition and for the first time in carnival competitions the title is awarded

dered to Trinidadian authorities.

1991 –Patrick Manning is elected Prime Minister and Basdeo Panday continues to lead the opposition.

1994--Trinidad and Tobago Television Company merged with the state-owned radio company, National Broadcasting Service. The new entity was called the International Communications Network.

-- Basdeo Panday is elected prime minister. He is the first prime minister of Indo-Trinidadian descent.

1998—Wendy Fitzwilliams wins Miss Universe. This title is the second for T&T.

2002 -- Third general election in three years ends months of political deadlock. Prime Minister Patrick Manning's ruling People's National Movement declares victory.

2003 --President Maxwell Richards is sworn in after being elected by MPs in February. State-owned sugar company Caroni shuts down with the loss of more than 8,000 jobs.

2005 -- Regional leaders gather to inaugurate the Trinidad-based Caribbean Court of Justice, a final court of appeal intended to replace Britain's Privy Council. The court hears its first case later that November. At least 10,000 people take part in a protest - named the Death March - against an escalating rate of violent crimes.

2006 – Soca Warriors, Trinidad & Tobago's football team qualifies for the FIFA World Cup in Germany. The soccer team maintains the record of being the smallest nation --both in size and population -- to qualify for a World Cup competition.

2009 – President Barack Obama visits T&T for Summit of the Americas talks.

2010 –Kamla Persad-Bissesar sworn in as the country's first female Prime Minister.

Air Jamaica operates under the banner of Caribbean Airlines, T&T's national airlines.

2011 – Limited state of emergency is declared by President George Maxwell Richards.

2012 – Keshorn Wolcott strikes gold at London Olympics winning the javelin. The nation tallies another three bronze medals during the 30th Olympiad.

Ask Dr. Eva: Herpes Zoster, not an STD

Dear Dr. Eva,

An elderly relative was recently told she has a form of herpes. It appeared as a painful rash with patches of small blisters on one side of her chest. She has not been sexually active for over 15 years, and before that she had only one partner for 30 years. I know herpes can stay dormant, but she is sure she has never had this type of rash before. This diagnosis was made without a culture of the rash or any other test. Does this sound like herpes to you?

Doubtful

Dear Doubtful,

It does not sound like herpes genitalis, the sexually transmitted disease. It sounds like a classic case of herpes zoster, also called shingles.

Herpes is the name for a whole family of viruses. Herpes simplex virus type 2 is the virus that usually causes genital herpes. This is the virus people usually mean

when they mention herpes. Herpes simplex virus type 1 is the virus that causes cold sores and sometimes causes genital herpes. There are many other herpes viruses, including some that cause cancer.

Herpes zoster virus (also called varicella zoster virus) causes chicken pox in children and shingles in people who are elderly or immunosuppressed. The shingles rash is a painful, blistering rash on one side of the body, usually on the chest, abdomen, or face.

Shingles is caused by reactivation of dormant herpes zoster virus. When a person has chicken pox, the zoster virus goes dormant in a nerve, and can be reactivated. Unlike chicken pox, which is extremely contagious, shingles is not very contagious. It is only spread by directly touching the rash. As long as the rash is kept covered, there is no risk to others.

The shingles rash is very distinctive – nothing else looks like it. The diagnosis can usually be made by examination with no

HEALTH

need for tests. The virus can be cultured from the blisters, but this is expensive and is only done if there is doubt about the diagnosis, for example if the rash is not typical or there is a possibility the rash is due to herpes simplex. This might be suspected if the rash is near the genital area or looks more like a genital herpes rash (fewer blisters, more redness and swelling.)

In most cases, shingles clears up in two to four weeks. However, in some people the pain persists for months and even years after the rash is gone. This is called post-zoster neuralgia, and the pain can be disabling. This is why it is important for people over 60 to get the vaccine to prevent shingles (see next letter.)

Dr. Eva

Dear Dr. Eva,

You have written that there is

no vaccination available to prevent herpes. I read online that there is one, but it is only recommended for people over 50. This doesn't make sense to me – aren't younger people more at risk for herpes than over-50s? Or is herpes that much worse when you are older?

Wants Protection

Dear Wants,

Unfortunately, there is no vaccine available to prevent sexually transmitted herpes infection.

There are two vaccines available to prevent herpes zoster. Herpes zoster is a virus in the herpesvirus family which causes chicken pox in children and shingles in adults. It is not sexually transmitted.

The children's vaccine (brand name Varivax) is given in two doses at age 1 and 4 years. It is covered by insurance and in most

states must be given for a child to start first grade.

The adult vaccine (brand name Zostavax) is recommended for everyone over age 60, and is also approved for people aged between age 50 and 60. It is given as a single injection, just one dose. It is expensive (about \$200) and not always covered by insurance. However, anyone who has had shingles would say this is a good investment.

The zoster vaccine is about 51 percent effective in preventing shingles and 66 percent effective in preventing post-herpetic neuralgia. If vaccinated people do develop shingles, the disease does not last as long and is not as severe.

If any vaccines become available to prevent sexually transmitted infections, I promise you will see the news here!

Dr. Eva

Ask Dr. Eva is distributed by Healthy Living News. Email comments and questions to dreva@healthylivingnews.org



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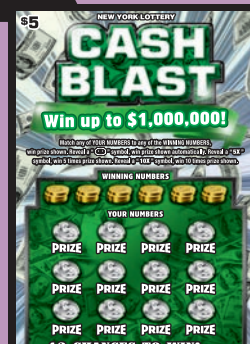
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NEW YORK POST PRESENTS

The 11th Annual

Liberty Medal Awards

Our secret Samaritans

THE Olympics will decide the world's finest athletes, but when it comes to hometown heroes, there's no competition: New York has the best on the planet.

It's again time to salute our superstar neighbors with the 11th annual New York Post Liberty Medal awards, and we're inviting you, our readers, to tell us about those among us whose compassion and courage make this the most wonderful city on earth.

The Post is partnering with Fox 5 and getting an exuberant assist from quint-essential New Yorker Regis Philbin, who has emceed the award ceremony for nine

consecutive years.

"I'll be there for this year's great stories from the people in this city who have done something to make you feel good about New York," said Philbin. "There are so many things like that going on in this town. If you know somebody who does good things, let us know; we want to say thanks and tell them how important they are to all of us."

You'll find it easy to nominate someone. Just log on to nypost.com/libertymedals and submit nominations in the eight categories outlined below: Leadership, Courage, Lifetime Achievement, Young Heart, Freedom and one each for the city's teach-

ers, cops and firefighters.

Just tell us in 100 words or less why your nominee deserves to be the toast of the town. You may nominate only living people. And please nominate as many heroes as you like.

A panel of notable New Yorkers, including NYPD Commissioner Ray Kelly, FDNY Commissioner Salvatore Cassano and Lew Leone, vice president and general manager of WNYW-Fox5 and WWOR-My 9, will choose from among the nominees in each category to determine the winners, who will be honored by The Post on Oct. 17.

Each winner will receive a medal engraved with Lady Liberty's torch and specially designed for The Post by New York graphic artist Milton Glaser, who created the iconic "I ♥ New York" logo.



2012 LIBERTY MEDAL CATEGORIES

- Leadership Medal**
 For a compassionate, disciplined person whose activities during the past year most improved the quality of life in a borough or neighborhood.
- Freedom Medal**
 For an immigrant New Yorker who best embodies the values of honesty, industriousness and hard-earned success, or a New Yorker who reflects the finest qualities of New York
- New York's Bravest Medal**
 For the firefighter or EMS technician whose performance in the line of duty best exemplifies the department's unflinching heroism; to be selected in consultation with the FDNY.
- New York's Finest Medal**
 For the police officer whose on-the-job performance reflects the
- department's honor and selflessness; to be selected in consultation with the NYPD and the Port Authority Police Department.
- Courage Medal**
 For a notable act of bravery by a civilian that contributed to saving human life.
- Educator Medal**
 For an administrator or teacher who excels at preparing the next generation of New Yorkers for their future challenges.
- Young Heart Medal**
 For the youth under 17 who most impressively displayed adult resolve — not for a physical feat but for behavior that demonstrates moral character or mature judgment — in the past year.
- Lifetime Achievement Medal**
 For the individual whose accomplishments reflect the very best of our city.

How to Nominate Your Hero for a New York Post Liberty Medal®

Go to nypost.com/libertymedals

- 1 Fill out** a nomination form and tell us in 100 words or less about an outstanding New Yorker who you feel deserves to be recognized. Before submitting your nomination, please identify the category for which your candidate is nominated.
- 2 Or mail** your essay with the fully completed printed nomination form located at nypost.com/libertymedals:
New York Post 2012 Liberty Medals Nomination Category
 1211 Sixth Avenue, Promotions Department,
 New York, NY 10036-8790
 For nomination rules, go to www.nypost.com/promotions.
- 3 Or fax** your completed nomination form to: (212) 997-9272

Faxed and online entries must be received by 5 p.m. E.D.T. on 9/14/12. Mailed entries must be postmarked by 9/14/12 and received by 9/18/12. Incomplete forms/entries will be disqualified.

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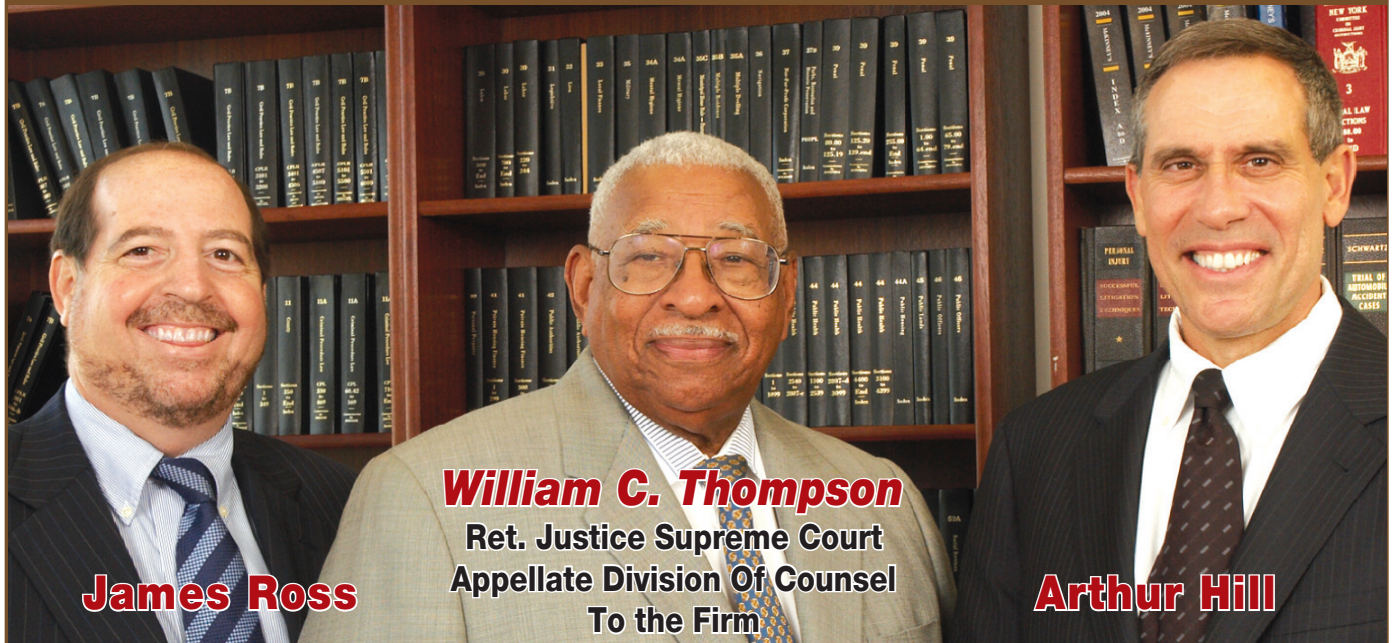
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Turning social embarrassment into a business

By Tangerine Clarke

Phillipa Morrish is the only known Guyanese American, who for more than a decade has single-handedly changed the way professionals, students, and even politicians conduct themselves – by virtue of her five-part program of etiquette and social protocol.

The articulate and self-confident Mrs. Morrish, a Brooklyn resident, is a certified Social Protocol consultant, and the founder and director of Etiquette Training International. The finishing school program is dedicated to promoting the etiquette and protocol skills necessary for success in the 21st Century.

The workshops teach clients the art of Handshakes and Introductions. The course is also geared towards leadership/management development skills and non-verbal communication.

The Polished Professional, Poise and Deportment (the art of an elegant appearance), follows with Setting and Achieving Goals, Wardrobe Chic, Dining Protocol, Formal and Casual Table Setting, Restaurant Etiquette and International Relations.

From the way she speaks,



Phillipa Morrish.

to the way she sits at a table after entering a room, Morrish has mastered her craft. She is now a world-renowned Social Protocol expert, whose workshops are interactive, fun and goes far beyond traditional etiquette and protocol training.

The course allows graduates to continue their classes online for one year, as they obtain weekly etiquette tips, ask relevant questions and interact with Morrish, through the (ETI) Face Book web page.

"I became an etiquette specialist because of the embarrassment I experienced as a teen," said Morrish. She said she felt like her heart had dropped to the floor when a knife and fork were placed in front of her at her friend's dinner table.



Phillipa Morrish (sixth from right) with her graduating class in Guyana.

Morrish who grew up a small town girl said she considered herself from a lower class because she ate with a spoon, the only flatware that was familiar at her family's dinner table.

"It was not a part of my family tradition to use a knife and fork," added Morrish who sat at the table and stared at her meal, until her friend's grandmother assured her that it was okay for her to eat with a spoon, and presented her with one.

The self-confidence she lacked back then was etched in her memory for a very long time. But after this chagrin, Morrish was

determined more than ever to become poised in good manners.

But as fate would have it, when she arrived in the United States and met her husband Larry Morrish, the importance of good manners and the proper dress code quickly came into play because of Larry's status in society.

Mr. Morrish was the then liaison between the military at Fort Hamilton and the U.S. congress, and a volunteer with Congresswoman Susan Molinari's office.

This gave Mrs. Morrish the impetus to become etiquette educated, so she

enrolled at the prestigious Ophelia De Vore School of Charm in New York City where she excelled to the top of the class. She later graduated from the elite Minding Manners of London School, before traveling throughout Europe and Asia to gain the experienced she needed.

Clients such as the Ladies Hibernian Group of Brooklyn, Federal Corrections Officers in Brooklyn, the employees of the Office of the President, and the Ministry of Tourism in Guyana, as well as the Caribbean Community Secretariat (CARICOM), have all given Morrish high marks for her

etiquette instruction.

Senior students of the elite Fontbonne Hall Academy and Adelphi Academy in Brooklyn have also benefited from Morrish's program.

The New York City Council, the American Council for Minority Women and the Fort Hamilton Military base honored Morrish for her exceptional work in the community.

Morrish was also named Extraordinary Women of Brooklyn by the Kings County District Attorney's Office.

Email- phillipa.morrish@yahoo.com or call 718-490-0529

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smallbiz.nypl.org

Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html

2012 New York, NY Small Business Resource

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 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 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/helpresource/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 Capital Business Blog - Read about the issues.

Visit www.nyfirst.ny.gov to learn what New York State can do for businesses.

Resources for Businesses in New York City - bfindapc.com

www.bfindapc.com/...business-resource.../resources-for-businesses-i 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

www.hud.gov/offices/osdbu/resource/guide/local/newyork.cfm 100+ items – to assist the small business community in the State of New York.

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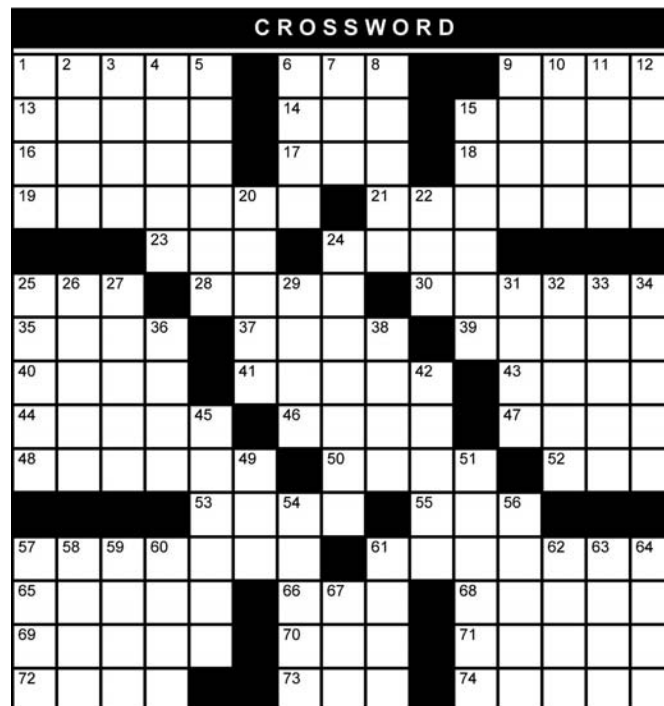
1. Like a tasteless remark
6. Precedes Nov.
9. Wood file
13. Slow in music
14. _____ Beta Kappa
15. Historic 66
16. One with a healthy appetite is often called a good _____
17. Even, to a poet
18. Relating to sight
19. *Author of the "The Feminine Mystique"
21. *Woodstock site
23. Mammoth excavation site, e.g.
24. Youngster
25. * _____ and Dean
28. Opposite of talker?
30. Ultimate goal
35. _____ course, as in college
37. The Colosseum today, e.g.
39. Dispute
40. Canceled
41. Formed a curve
43. Bone in human forearm
44. Incompetent
46. Southern stew staple
47. Wild swine
48. Type of killer
50. Ness, e.g.

52. Like dry humor
53. *Suze Rotolo to Bob Dylan
55. Accidental happening
57. Light quality
61. *First man in space
65. "_____ dandy"
66. Parishioner's seat
68. Tenth to sophomore
69. City in Belgium
70. "_____ Which Way You Can"
71. It's often changed in a car, pl.
72. Lad's counterpart
73. Short for Leonard
74. _____ Park, CO

DOWN

1. Beginning of musical staff
2. Back seat
3. Against, prefix
4. Often found under a knight
5. Dirty or sleazy
6. Welcoming sign
7. *a.k.a. Ernesto Guevara
8. Metallic sounding, e.g.
9. Fibrous
10. On its own, prefix
11. Marley classic "_____ It Up"
12. Bird action
15. Given name sometimes shortened to Ro

20. Ancient Greeks' assembly spot
22. _____ out, as in a victory
24. Drop by drop
25. *She was a major attraction at Woodstock
26. Solitaire player, e.g.
27. *Newly independent West African republic
29. Eurozone money
31. Clobber
32. Like a neon sign at night
33. *Neil Armstrong's landing
34. *He famously said, "Turn on, tune in, drop out"
36. South African antelope
38. Infamous Roman tyrant
42. Medvedev's country house, e.g.
45. Hot red candy
49. Tote
51. Often done over price
54. Flower part
56. Paratroopers, for short
57. *German construction
58. "Si, mi chiamo Mimi" in La Boheme, e.g.
59. Golf pegs
60. Links to friends on Facebook, e.g.
61. Nell _____, mistress of King Charles II of England
62. Goes with rave
63. "Idea" to a Frenchman
64. Loch _____
67. Between NE and E



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Roland Hyde photo

Vincentian culture explodes in Brooklyn

By Nelson A. King

A kaleidoscope of colors, a potpourri of artistic designs and creativity, mouth-watering Vincentian foods and mesmerizing performances by myriad artistes all combined last Saturday in a Vincy cultural explosion at the Mahalia Jackson High School in Brooklyn.

Hundreds ensured they were part of the historic ninth Biannual Cultural Exposition, organized by Club St. Vincent, one of the nation's leading cultural and educational groups in the United States.

Though patrons lamented the absence of perennial panorama champions Sea Operations Starlift Steel Orchestra – stuck in Barbados over visa issues and flight delays due primarily to inclement weather – they adhered to the exposition's theme, Harambe (Swahili for "Let's All Pull Together").

And together they did in expressing delight over the sheer exhibition of Vincy culture.

"It was fantastic, it was fabulous, it was nice!" exclaimed Verna Arthur, chairperson of the Cultural Exposition Committee and public relations officer of Club St. Vincent, Inc., in an exclusive Caribbean Life interview. "Club St. Vincent, Inc. was very proud of the outcome of the exhibition.

"I think it was one of the



Junior masqueraders from Mas Productions Unlimited.

better expositions," added the group's ex-president.

"I was very much pleased with the standard of the crafts from St. Vincent and the Grenadines and the Diaspora," she continued. "The participants were very pleased. They were extremely impressed we had a very large turn-out."

Arthur said vendors were generally very pleased with the contacts established during the exhibition.

"They were able to share information among themselves and others," she said. "That we look at as an accomplishment."

The wide variety of ven-

dors from home and in the Diaspora, including Pennsylvania, showcased, among others, green seasoning; seasoning for pork and curry foods; pepper sauce with lime juice, ginger and mint; pepper and passion jelly; paintings; bangles; earrings; clothing; table cloths; coasters; crochet; straw purses and fans; and footwear.

Agro products included breadfruit, breadnut, coconut and Black Fish.

Calypto maestro Alston "Becket" Cyrus showcased his multiple CDs, accumulated over the years; veteran mas producer Wesley Milington displayed his cos-

tumes for the West Indian American Carnival Parade on Labor Day Monday; and Garnes Byron sold T-shirts and showed a video on construction of the international airport at Argyle.

Patrons feasted on, among others, coconut and cornmeal dumpling; cooked banana and saltfish; conch; black pudding; curry chicken; doucana; and apple tart.

On the entertainment side, the band Clymax showed that it did not lose much, if any, luster in its long hiatus.

The band was revived just for the exposition, with Winston Soso and Garfield

Palmer taking center stage.

"It was nostalgic," Arthur said. "It was very nice that those guys came back together – all in keeping with Harambe."

Other performers included: the United Vincy Cultural Group of Brooklyn; Abena Amory-Powell (daughter of Erlene Williams-King and Vance Amory, former premier of Nevis); Chico Ellis of New Artist Movement (NAM) fame and Omari Neverson, 12 (tribute in poetry to the late poet Shake Keane); Red Tiger Jiu Jitsu Academy; Organization of Eastern Caribbean States (OECS) national dresses; Asante Alexander, 8 (Taekwon-do); Fayola Alexander (dance routine); flag ceremony; and St. Lucian poets/dramatists Hermina Marcellin and Yayah.

Brooklyn Congresswoman Yvette D. Clarke, the daughter of Jamaican immigrants, presented a U.S. Congressional Proclamation to two members of Sea Operations Starlift Steel Orchestra, on behalf of the band – Kingsley "Hero" Roberts, musical director, and Stepano Billingsy – during the entertainment segment.

Roberts told Caribbean Life that, since he and Billingsy had prior visas, they were able to travel to New York ahead of other members.

He said a computer glitch

at the U.S. Embassy in Barbados and subsequent flight delays had prevented other members from arriving in time for the cultural exposition.

The other members were expected to arrive in New York on Tuesday night, Arthur said.

Sea Operations Starlift Steel Orchestra was expected to perform at the Flatbush-Caton Market Place in the Flatbush section of Brooklyn on Saturday, Sept. 1, from 1:00 p.m.

The Vincy panorama champions were also expected to showcase their talent at Vee Jays Restaurant on Avenue J, corner of Troy Avenue in Brooklyn, as well as on J'ouvert morning, Sept. 3, as part of the West Indian American carnival.

In wrapping up their historic New York visit, the band will be in concert on Friday, Sept. 7, at Friends of Crown Heights Educational Center in Brooklyn.

"Starlift's presence will provide opportunities to develop relationship with other Caribbean and other Vincentian pannists in the Diaspora," Arthur said.

"People have a sense of pride about a Vincentian steel orchestra coming here," she added.

"Starlift has a very large fan-base. People even came down from Canada (for the exposition) to see Starlift in action," Arthur continued.

SVG pan champs for Brooklyn J'ouvert

By Nelson A. King

Perennial St. Vincent and the Grenadines' panorama champions Sea Operations Starlift Steel Orchestra will on Labor Day make its New York J'ouvert debut when it participates in the West Indian American Carnival in Brooklyn.

According to Verna Arthur, co-founder and coordinator of the Brooklyn-based Youroumei Productions, Starlift will breathe new life into the Caribbean festival by providing music to masquerad-

ers and revelers in the lone Vincentian J'ouvert band in New York.

"Youroumei Productions has had the 20th Century Steel Orchestra, our New York-based Vincy Steel Orchestra perform for us in the past. However, with Starlift coming directly from SVG (St. Vincent and the Grenadines), it will add a particular nuance on the road for J'ouvert – that undescrivable feeling that most of us experience when we touch down at E.T Joshua Airport (in St. Vincent and the Grenadines)," said

Arthur in an exclusive Caribbean Life interview.

"Starlift's performance would provide and add Vincy flavor on the road," added Arthur, public relations officer of the Brooklyn-based Club St. Vincent, Inc., one of St. Vincent and the Grenadines' leading educational and cultural groups in the United States.

She said Club St. Vincent, Inc. and the Brooklyn-based, SVG-owned KBB Shipping and friends are collaborating with Youroumei Productions in the portrayal of "Starlift, The Stars

are Lifting," the same name as the popular Vincy steel band.

Arthur said 13 Starlift members and a rhythm section will provide "that pulsating Vincy sound on the road for J'ouvert.

"Some members from 20th Century Steel Orchestra and other Vincentians have already stated that they will be beating their iron," she said, giving themselves the dual dub, "The Vincy Rhythm Section" and "The Engine Room."

Arthur said Youroumei Productions is aiming for



Mixed section of Starlift Steel Orchestra with young female at the fore.

at least 100 masqueraders and revelers, adorned in silver and white, and possibly gold.

She said while the band

caters primarily for Vincentians, other nationalities are welcomed, disclosing that some Africans have already registered.

SUN KULCHA

COMMUNITY EVENTS

CARNIVAL EVENTS:

FRIDAY, AUGUST 31 -

Stay in school concert

Brass Fest soca madness featuring Machel Montano at the Brooklyn Museum grounds

SATURDAY, SEPTEMBER 1:

2012 Junior "Kiddies" carnival at the Brooklyn Museum grounds starting at 9:00 A.M.

Panorama at the Brooklyn Museum grounds starting at 7:00 P.M.

SUNDAY, SEPTEMBER 2:

Dimanche Gras Show At The Brooklyn Museum Grounds Featuring Calypso Rose, King Ajamu, ALLROUNDER, Panorama Champs and Kings and Queens of the Bands

MONDAY, SEPTEMBER 3:

J'ouvert and Labor Day celebrations

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SUNDAY, SEPTEMBER 2

BAHAMAS CULTURE DAY: The Bahamian American Cultural Society presents Bahamas Culture Day featuring Bahamian delicacies and drinks, art exhibits, Junkanoo Rush Out and Work Shop, face painting, live entertainment, 12 noon to 12 midnight, at Pier 66 Frying Pan, 26 West St. at 12 Ave. and The Hudson River Park. Free admission. For more information, call (212) 213-0562 or visit www.bahamiana-americanculturalsociety.org.

WEDNESDAY, SEPTEMBER 5

THE BAKER'S SON: Askashic Books and Caribbean Life Magazine is celebrating the publication of *The Baker's Son: My Life in Business*, a rags-to-riches memoir by Lowell Hawthorn, CEO of Golden Krust Bakery & Grill, 7:00 p.m. at Brooklyn Public Library; Central Branch, Stevan Dweck Center for Contemporary Culture, 10 Grand Army Plaza, Brooklyn. Event is free and open to the public and will be catered by Golden Krust. For information, call the library at (718) 230-2100.



FINANCIAL COACHING: The NHS of East Flatbush is offering The Financial Capabilities and Coaching Program focusing on helping you reach your goals such as paying off bills, saving for a home, improving credit scores and more. For more information, call (718) 469-4679.



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FRIDAY, SEPTEMBER 7

GOLF SHOW: Medgar Evers Collge presents the First Annual Brooklyn Golf Show presented by The Darby Foundation in partnership with the African American Golfer's Digest, featuring a variety of activities including an outdoor exhibit featuring major golf manufacturers demonstrating new club lines and training aids and offering deep discounts on all products plus \$10 gift cards to all attendees, 10:00 a.m. - 4:00 p.m. at the college located at 1650 Bedford Ave., Brooklyn. Event is free is open to the public. For more information or to exhibit or volunteer, call (917) 697-7958 or (212) 571-6559 ext. 18 or visit www.AfricanAmericanGolfersDigest.com or www.Darby-Foundation.org.

SATURDAY, SEPTEMBER 8

SICKLE CELL AWARENESS: QSCAN and The N.Y. Mets are hosting Sickle Cell Awareness Night at Citi Field featuring the New York Mets vs. The Atlanta Braves to raise funding for research. Invite your friends, neighbors, school, church, organization, company or sponsor a family for a cause that will benefit children, families and individuals with Sickle

TAI CHI: Stop. Breath. Relax. Join Tai Chi Easy, a wellness practice combining Tai-chi, Qigong, meditation and Chinese healing, taught by Daniel Weicher, certified teacher in Integral Qigong and Tai Chi, every Sunday, 9:30 a.m. - 11:00 a.m. at the Moore Street Market, 110 Moore St., entrance on Humbolt St., Brooklyn. Donations are appreciated. Call (914) 673-6016 for information.



Cell Anemia and create greater community awareness. Get your tickets at www.mets.com/sicklecell. For more information, call Mr. Garcia at (718) 559-3131 or QSCAN at (718) 712-0873.

AFRICA IN NEW YORK CITY: Africa in New York City presents A Lunch Affair, 11:00 a.m. - 4:00 p.m. featuring African fashion, music, lunch, vendor displays, networking and more, at Hotel Pennsylvania, Gold Ballroom, 401 Seventh Ave., 33 St., N.Y. For more information and tickets, call Norman Cole at (212) 714-4531.

ONGOING

FASHION CONTEST: Green Acres Mall in Valley Stream, N.Y. is launching a Fall Wardrobe Contest where 10 persons will win an opportunity to meet with a fashion stylist plus a \$200 Mall gift card. Submit a 400-600 word essay on why you should win a Fall wardrobe and \$200 gift card to info@greenacresmallonline.com with "Fall Wardrobe Stylist Session Essay Contest" in subject line, or mail entries to Green Acres Mall Fall Wardrobe Stylist Session Essay Contest, 2034 Green Acres Mall, Valley Stream, New York 11581 or drop entry

off at the Green Acres Mall Customer Service Desk. All entries must be received by 9:30 p.m. on Sept. 10, 2012. All mailed entries must be postmarked Sept. 10 and received by Sept. 17, 2012. Limit one entry per person. For more information on the contest, entry forms and official rules visit www.greenacresmallonline.com or the Green Acres Mall Customer Service Desk, located by Chase Bank. Participation open only to legal residents of New York who are at least 18 years old.

J'OUVERT: Roy Pierre and Associates presents "Harlequins and Pierrots," open nightly, 6:00 p.m. - 1:00 a.m. at mas camp Charl-Ena Chateau, 3820 Church Ave., corner E. 39 St., Brooklyn. Pictures and costumes on display. Register and play mas with us for J'ouvert 2012. For information, call (718) 282-1229 or (718) 462-5164.

FARMERS MARKET: The Hattie Carthan "After Church" Farmers Market featuring locally grown fresh fruits, veggies, herbs and eggs and offering sessions on growing food and herbs and how to prepare healthy food is open every Sunday, 1:00 p.m. - 6:00 p.m. until November at 49 Van Buren St. off Tompkins Ave., Brooklyn. We accept WIC/Senior FMNP Checks, EBT, Health Bucks and cash. For information, call (718) 638-3566 or email haticarthangarden@yahoo.com.

QUEENS SICKLE CELL: The Queens Sickle Cell Advocacy Network, 207-08 Hollis Ave., Queens Village, N.Y., presents a Parent to Parent Support Group meeting every first Monday of every month, 7:00 p.m. For directions and registration, call (718) 712-0873 or email Qscanorg@verizon.net.

INTERNSHIP PROGRAM: Applications are now being accepted for the Norman Cole Community Internship Program for in-school youth 10 - 12 years with good grades and good manners and will offer development workshops, field trips, stipends, summer employment, scholarships, weekend retreats, volunteer experiences and more. Space is limited. For more details and/or to obtain a CIP application, contact Mr. Cole at (212) 714-4531.

FAIRWAY MARKET SHUTTLE: Fairway Market is now offering a free group shuttle bus to its Red Hook, Brooklyn store at 480-500 Van Brunt St., Mondays thru Wednesdays from 10:00 a.m. - 7:00 p.m. For pick-up reservations for groups of 10 or more, within a five-mile radius of the store, call Viola Williams or Marcy Rosenblum at (347) 750-1251. There will also be pickups on Wednesdays at 10:00 a.m. and 1:00 p.m. at 589 Prospect Ave., between 11 and 10 avenues. All seniors get a five percent discount in the store. Each group will have an hour and a half to shop and/or enjoy a bite to eat in the picturesque cafe by the waterfront.

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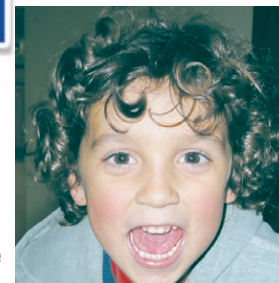
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News
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Audrey & Frank Peterman: Groundkeepers of the Earth
 By L'Nzinga Strickland
PEOPLE: They love each other, their six (combined) children, 16 grand children and three great-grand, and along with that, the nation's leading Black environmentalists, Audrey and Frank Peterman of Florida, love the grandeur, breathtaking beauty, and sustainability of an ecological system that many lovingly call "mother earth." Comments (1).

Reggae ambassadors return to New York
 By Vernetta K. Pryce

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MUSIC & FASHION: After a whirlwind year capped by a stellar appearance at the Jamaica Jazz Festival earlier this year, reggae super group Third World is back on the touring circuit. On the first Tuesday in April, fans of the acclaimed reggae ambassadors were able to share in a double celebration with a performance that also marked the launch of the group's 23rd anniversary.

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St. Lucia, Grenada clash in Cup final

By Patrick Horne

When the Caribbean Cup final kicks off on Sunday, it will be a battle between two New York-based teams from the Windward Islands. Team St. Lucia USA in search of its first Caribbean Cup title, will take on three-time champion Team Grenada USA at 4:00 p.m. at Jefferson High School Sports Complex in Flatlands, Brooklyn. Team St. Lucia upset eight-time champion Team Jamaica USA in one semifinal last Sunday, and Team Grenada defeated Team Guyana USA in the other.

As the old adage goes, 'all good things come to an end' and it did for former Cup champion Team Jamaica. The Jamaicans took the field last Sunday as heavy favorites to repeat as Caribbean Cup champion, something it did the last seven consecutive years (the last in 2011 as co-champion with Trinidad and Tobago), but Team St. Lucia, led by an outstanding performance by goalkeeper Chad Phillip, upset the New York version of the Jamaica Reggae Boyz with a 2-1 victory in a penalty kick shoot-out.

Before a very partisan crowd at Jefferson
Continued on Page 86

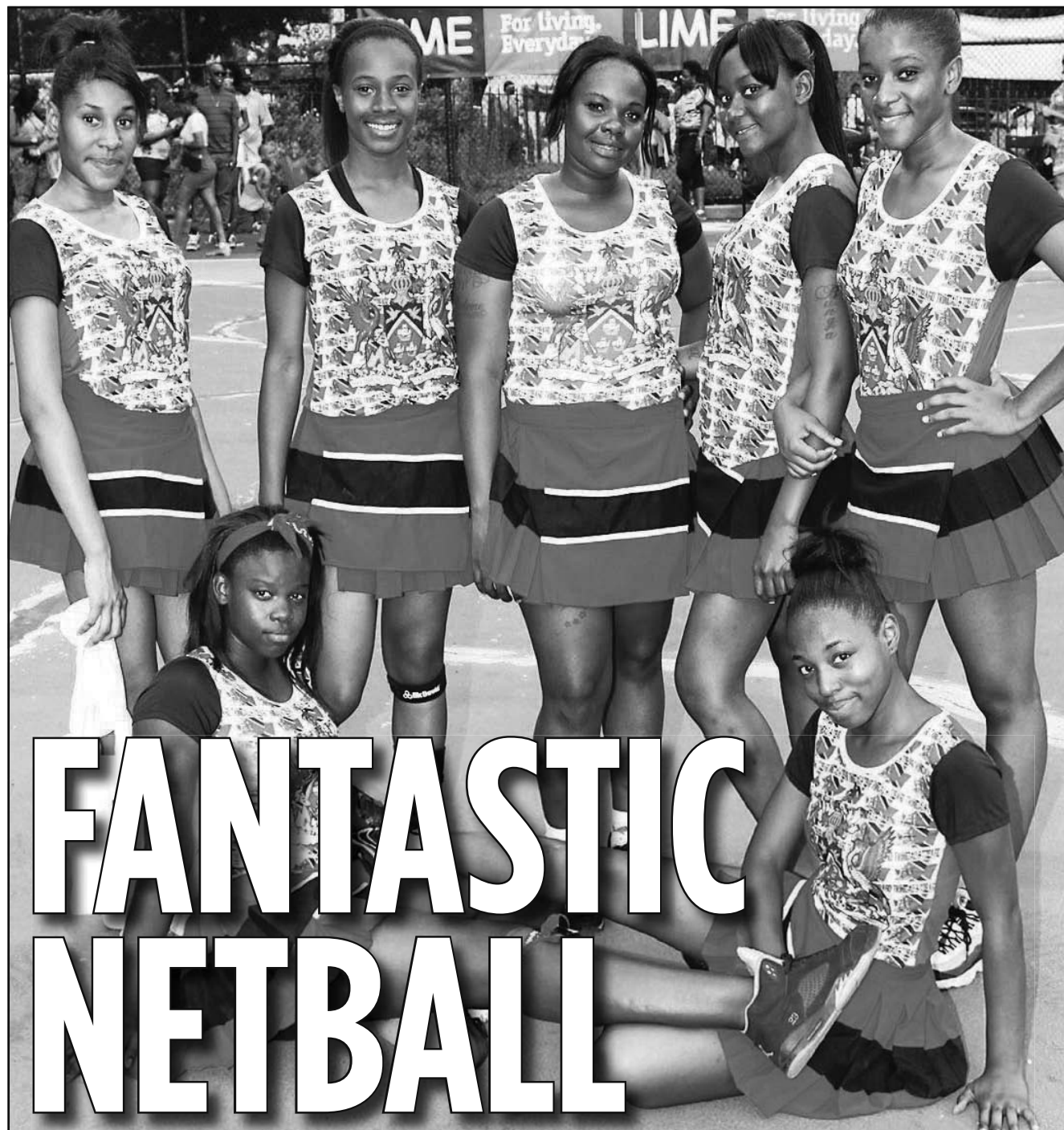
LIAT, Spencer to honor Kirani

By Azad Ali

Antigua and Barbuda Prime Minister Baldwin Spencer has made a call for one of LIAT's airplanes to be named after Grenadian Kirani James, who won gold in the 400 meters at the recent London 2012 Olympics.

Baldwin made the call during his maiden address to the Organization of Eastern Caribbean States (OECS) Assembly hours after regional airline LIAT announced it would give a "fitting tribute" to the 19-year-old athlete.

Spencer, the leader of one of the airline's major shareholder governments, said James is deserving of the honor, describing him as a bright promise of the future of OECS
Continued on Page 86



Trinidad and Tobago Junior Netball team.

Roland Hyde

FANTASTIC NETBALL

St. Vincent, Grenada emerge champs

By Trevor Simon

A large crowd showed up for the Caribbean American Netball Association, Caribbean Cup Annual Tournament, at Lincoln Terrace Park on the Jesse Lezama Netball Court, Brooklyn, New York

on Sunday, Aug. 26. The tournament was held under the leadership of Patrick Heron, president of CANA.

There were five senior teams from the countries of Grenada, St. Lucia, St. Vincent and the Grenadines, Trinidad and

Tobago and the USA. Also, four junior teams represented Grenada, St. Vincent and the Grenadines, Trinidad and Tobago and the USA.

It was an evening to remember with
Continued on Page 86



Grenada battles Trinidad and Tobago in the senior division of the Caribbean Cup Annual Tournament.

Fantastic netball at Caribbean Cup Tournament

Continued from page 85

a display of a high level of netball skills in both senior and junior divisions that kept the crowd alive throughout the day.

The junior division results were St. Vincent and the Grenadines first place, Grenada, second place and Trinidad and Tobago, third place. Many talented junior players were on display at

this tournament, thus seeing a bright future for the growth of the sport.

Grenada, the spice girls, captured the coveted crown by being the first place winners in the senior division. Trinidad and Tobago, the soca girls, placed second followed by St. Lucia, the Piton girls, in third. The former reigning champions Jamaica did defend their crown this season.

Also, on display was a fantastic and energetic men's game between Navigators Men's Club and Terminators. The level of skills displayed by these two male teams left the audience in awe. The male participation is another example of where this sport is going.

The mothers of netball were also seen on hand among the large crowd, specifically Gloria Lewis of

St. Vincent and founder of United Netball Club, Irene Thomas Jackman of Trinidad and Tobago founder of Sharecropper Netball Club and Jacqui Greaves-Farrell of Trinidad and Tobago founder Senators Netball Club USA. Clearly netball is growing among the communities in the USA and soon will become a household word.

Honor Kirani

Continued from page 85

athletics.

"Kiarani's performance makes us proud as one people of the sub-region," he said.

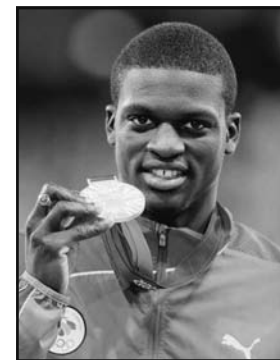
"In order to underscore and to give prominence to the significance of Kirani's accomplishments and its meaning to the sub-region in particular and the Caribbean in general, I am therefore recommending as fitting tribute that one of the symbols of our unity, LIAT, names one of its aircraft 'Kirani James.'

In a media release earlier in the day, LIAT's Chief Executive Officer Captain Ian Brunton said James has brought Grenada together in a way similar to how LIAT has been bringing the people of the region together for the past 56 years.

"LIAT views the win as an extraordinary achievement for a small country like Grenada and for Mr. James and would like to urge young people throughout the region to follow his example and always strive for success," he said.

On Aug. 6, James became the first man from outside the United States to break the 44-second barrier when he won the 400 meters in 43.94 seconds.

Trinidad and Tobago



Grenada's Kirani James celebrates his gold medal win in the men's 400-meter during the athletics in the Olympic Stadium at the 2012 Summer Olympics, London, Tuesday, Aug. 7, 2012. (AP Photo/Matt Slocum)

Prime Minister Kamla Persad-Bissessar said one of Caribbean Airlines Ltd (CAL) Boeing 737 aircraft would be named after 19-year-old Olympic gold medalist Keshorn Walcott.

Walcott's 84.58 meters javelin throw edged out his closet rival, Ukrainian Oleksandr Pyatnaytys to win gold in the event.

The teenager from the fishing village in the rural community of Toco, East Trinidad, brought home gold 56 years after athlete Hasley Crawford won gold at the Montreal Olympics in Canada in 1976 in the men's 100-meter event.

St. Lucia, Grenada clash in Caribbean Cup final

Continued from page 85

High School Sports Complex, Jamaica dominated for most of the game in regulation but failed to score several chances due in part to poor finishing and also to the presence of Phillip in the St. Lucia goal. Young Phillip inspired his St. Lucia backline and almost willed it to the shut-out in regulation play with four game-saving plays. His stalwart performance continued in the penalty kick shootout when he stopped four of Jamaica's five penalties. After round five, the score was tied at one until round six, the sudden victory round, when

Angus Williams stepped up to score the winning goal to put St. Lucia through to its third Caribbean Cup final after Jamaica missed its sixth kick; Nazie Hippolite scored the other penalty for the winners.

Phillip is no stranger to success. The former Castries Comprehensive High School player was a success in his early days of soccer in St. Lucia. He led Castries Comprehensive to title while a student there and was also a mainstay for successful club teams Roseau Valley FC and Reduit FC in the St. Lucia First Division. The young

goalkeeper recently graduated with his bachelor's degree in finance from McKendree College in Lebanon, Illinois and is currently completing his master's degree in the same field at Caldwell College in New Jersey.

The win provided much relief and revenge for St. Lucia, which lost in its previous Cup finals to Jamaica (4-1 in 2008, a 1-0 in 2010) and now has the chance to win its first Caribbean Cup title in the 21-year history of the tournament. Said Grenada head coach, Alvin Felix, after the win, "We trained hard, worked on our passes, and

our passes were good, we kept the ball on the ground and that was great."

Team Grenada and Team Guyana have a history of staging very competitive games between them, and last Sunday's semifinal was no different. After a goalless first half, forward Shane Rennie scored what eventually was the winner in the 60th minute. Team Guyana fought hard for the equalizer and may have been successful, but the ejection of midfielder Germaine Scott in the 70th minute presented too much of an uphill battle for Team Guyana. Team Grenada, playing with a man advan-

tage, romped home with late goals from Marcus Julien and Kyle Joseph for a 3-0 advantage. Guyana captain Roger Cambridge blamed a lack of discipline in his team's play for the loss.

So, it will be Team Jamaica versus Team Guyana in the third-place game at 2:45 p.m. and Team St. Lucia up against Team Grenada in the late final.

Arantes, Kandia in Bronxes final

Let's do it again! A grudge match is set up in the final in the Bronx as last year's finalists will do it again. Defending champion Arantes FC will

take on Kandia on Sunday, Sept. 9 at 7:00 p.m. in the Bronx New York International Soccer League 2012 championship game at Evander Childs High School Stadium near Gun Hill and White Plains Roads in the Bronx.

Last year's final was a very competitive battle between the teams; in fact, Kandia had protested events surrounding the final and involving Arantes. Kandia now has its chance to avenge last year's championship loss. All told, it will be the third time in the past four years that Arantes and Kandia will play for the title. Arantes won all previous meetings.

Windies success depends on its bowlers

Bowling would play a key role if any team is to be successful in the ICC World Twenty20 starting Sept. 18, 2012. The West Indies would be heavily dependent on three bowlers to be economical. Sunil Narine, Fidel Edwards and Samuel Badree will have to bowl 12 of the 20 overs and if they can restrict the runs made by the opposing team, the West Indies batsmen will simply do the rest to make the team a successful.

Narine has proven that he is capable of performing at the higher level. Edwards is experienced, very quick at times and he can make things difficult for batsmen to score off his attack in his type of cricket. Badree has just entered the top level but he has shown that he has the correct approach and temperament for this level. He bowls tidily and with intelligence. Windies supporters cannot expect all their bowlers to do well but those who fail with the ball must be prepared to carry their bats to score runs and help the team.



Eyes on Cricket

By George H. Whyte

Dwayne Bravo, Ravi Rampal and Andre Russell are some of the other bowlers who would do their four overs each if asked or at least some of it. Bravo has tremendous experience at the IPL and he will have to take the ball at crucial times and make things occur positively for the West Indies.

All the West Indies bowlers are expected to perform well but in reality only a few may be outstanding in their four overs. Stopping or avoiding the flow of runs is essential in Twenty20 cricket. It is vital to have a few bowlers who are capable of bowling tight.

Sammy's Captaincy to the Test Again

West Indies Captain Darren Sammy will again be under the microscope examining the order in

which he brings his bowlers into the attack. From time to time, Sammy has shown the dull part of his captaincy and his lousy decisions. West Indies management and selectors may be well advised to start grooming a member of the team to lead in the near future. Dwayne Bravo is the vice captain of the One-Day Internationals and Twenty20 teams but he is not involved in West Indies Test cricket. This is one of the reasons why a captain must be groomed forth with.

West Indies Batting Strong for Twenty20

In spite of the West Indies batting so strong on paper with Chris Gayle, Marlon Samuels, Darren Bravo, Dwayne Smith, Dwayne Bravo, Andre Russell and



West Indies' Sunil Narine bowls during a Twenty20 cricket match against New Zealand.

Kieron Pollard. Many big hitters are in the line up but the West Indies must ensure that they bat out their allotted 20 (overs) and not get bowled out in 15 or 17 overs.

They must ensure that the overs are batted out. West Indies have named four teen players to tour Sri Lanka from Sept. 18 to Oct. 7 for the ICC world Twenty20.

The squad are as follows: Darren Sammy (captain), Dwayne Bravo (vice captain), Darren Bravo, Johnson Charles, Fidel Edwards, Chris Gayle, Kieron Pollard, Sunil Narine, Ravi RamPaul, Andre Russell, Dwayne Smith, Lendl Simmons, Marlon Samuels and Samuel Badree.

This squad is exceptional and with the correct decision-making by the captain, the West Indies team should have no problem winning this world competition.

Team India carries the greatest challenge but with proper planning the West Indies can upset India. Virat Kohli, Suresh Raina and Captain Mahendra Singh Dhoni are the batsmen poised to score heavily in this Twenty20 competition for India. The team that plays better wins on any day and preparation is key to gaining success. The West Indies team has a huge task ahead and the players must be consistent throughout the competition.



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The game changers!

At this minor-league ball game, the fans play for quarters

BY ELI ROSENBERG

The Cyclones bullpen wants to test your arm — and collect your spare change.

Brooklyn's hurlers are channeling Coney Island's carnival culture and racking up quarters by challenging fans to toss change into plastic cups for a shot at baseball memorabilia, including a ball signed by Mets ace and one-time Clones starter Johan Santana.

The popular, but not necessarily team-authorized home-game tradition, is simple to play, but hard to win.

Players typically set up three empty soda cups in the bullpen, while cardboard signs urge spectators to try their hand from a promenade one story above.

Those who sink quarters into the nearer cups get balls autographed by Clones players, and at a recent

game anyone who lobbed 25 cents into the furthest cup took home a baseball signed by Santana.

Of course, there's an easier way to snag a ball inked by the two-time winner of the Cy Young award.

"For sale: Johan Santana autographed ball," reads a handwritten sign left on the bullpen grass.

That hasn't deterred many fans from tossing quarters — but Clones players say they aren't lining their pockets.

It's actually a way for players to mingle with spectators and an impromptu form of fund-raising for charity, according to one Cyclones pitcher who spoke with this newspaper on the condition of anonymity over fears he would get in trouble for discussing the so-called "quarters game."

"It's fun for us and it's a way for us to interact with the fans," said the hurler, who claims the bullpen col-

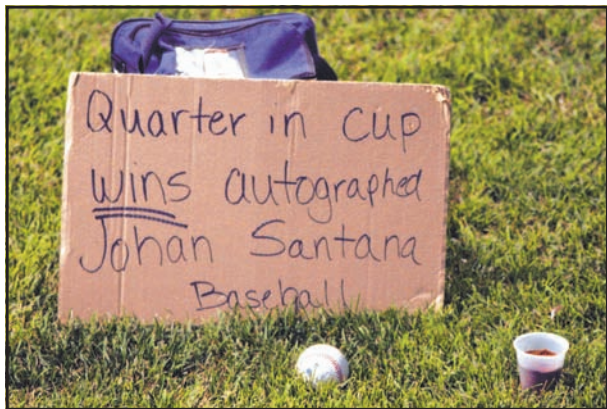
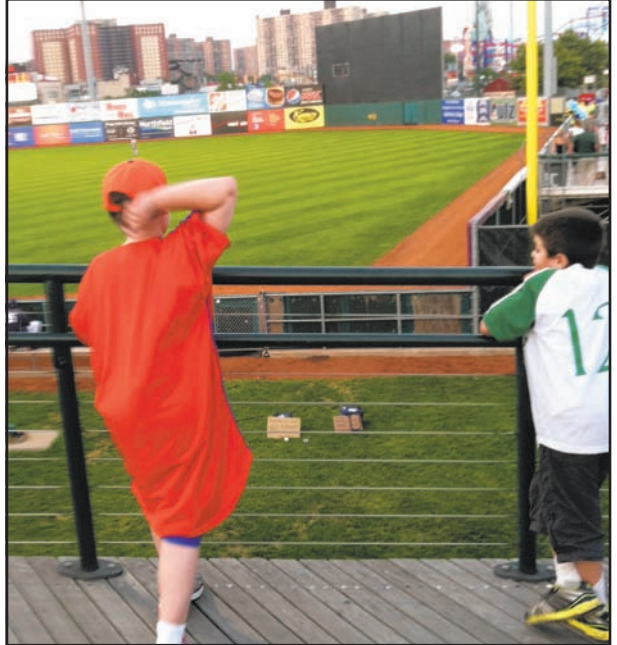


Photo by Steve Solomons on

TRY YOUR LUCK: (Left) Hit the far cup, and you get a ball autographed by two-time Cy Young award-winner and Mets pitcher Johan Santana. (Right) A young fan tried his luck at last Wednesday's game, but didn't have the arm to win the cherished prize.



lects between \$30 and \$40 per game and places it in a bank account with plans to donate it to the Gary Carter Foundation at the end of the season. "Last year it was beer money — but this year we talked and thought it'd be nice to give back."

Fans love the unofficial mid-game entertainment and there are plenty of repeat customers who try their luck

with handfuls of quarters.

"One guy sunk it four times in a row — I took off my cleat and signed it for him," said the pitcher, who claims the gimmick is popular around the minor leagues and other semi-professional baseball leagues. "We get some season-ticket holders coming by every game."

Clones fan Mike Takach,

who took home an autographed ball after a perfect toss last week, likes the way the "quarters game" lets him connect with the pride of Coney Island.

"It's pretty cool," said the Long Island resident. "It brings the audience and the players together."

Coach Rich Donnelly said he knows about the quarter-tossing, but prefers

to stay focused on the game taking place on the field rather than the game taking place in the bullpen.

"I've heard of it, but didn't pay much attention to it," he said.

MCU Park security guards say the "quarters game" is particularly popular with Clones fans who bring their kids to the ballpark.



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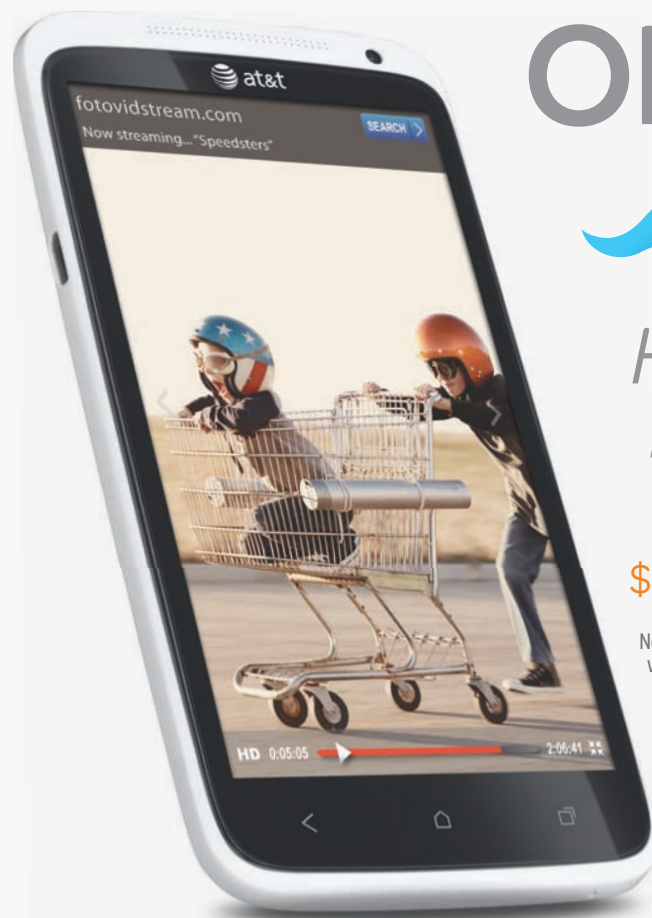
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