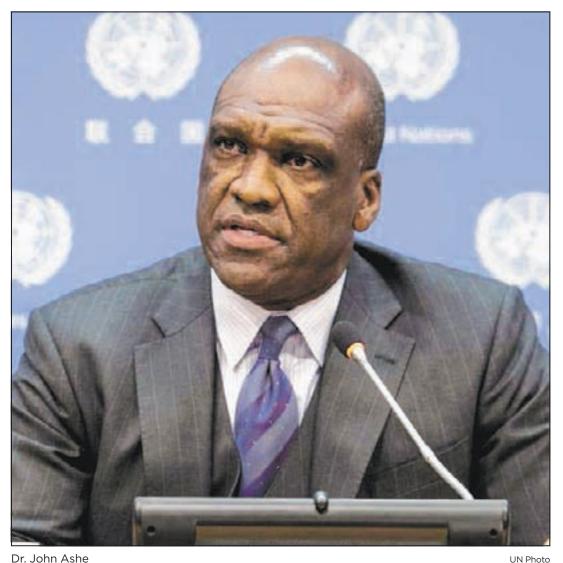


INSIDE: LEARN TO EARN

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Dr. John Ashe

Guiding the course of humankind

By Nelson A. King

Briefing the press on Sept. 17 ahead of the opening of the 68th Session of the United Nations' General Assembly, the body's new president, Antigua and Barbuda's U.N. Ambassador Dr. John Ashe. said that the U.N. is about to embark on a process with the potential to guide the course of humankind for decades to come,

defining parameters for the world's post-2015 development agenda.

"I will ask delegations to focus on the theme – the 'Post-2015 Development Agenda: Setting the Stage'," said Ashe in his first press conference since assuming the role of General Assembly presi-

Ashe said he would convene three high-level events and three

thematic debates to give the 193 U.N. Member States an opportunity to "flesh out ideas" on a variety of issues that he believes should be included post-2015, the deadline for achievement of the Millennium Development Goals (MDGs).

The U.N. is currently in the 1,000 days of action to spur progress towards those eight anti-

Continued on Page 4

OR DIE DEAL

Canada/Caricom Trade Impasse

By Bert Wilkinson

Fed up with the apparent lack of progress on a trade deal with the Caribbean Community (Caricom), as a row looms between them, authorities in Canada have told Caribbean governments with which they have been negotiating a free trade agreement without success for the past four years, that they will turn up for only one more round of talks in the fall.

The directive from Ottawa was sent to regional governments and negotiators in the past weeks as the fifth year of talks linger on and as some governments continue to have a lukewarm interest in signing an agreement under terms that Canada has been proposing including its refusal to link development aid to the trade

But there are clear indications that the region is not about to be fully bullied by the more powerful and richer Canadians.

But the fall deadline is definitely off. A special Caribbean trade ministerial group looking at what some regard as a rather rude directive from Canada, is proposing that negotiations be wrapped up by the end of the first quarter of next year. The issue was also scheduled to be looked at by Caricom's prime ministerial bureau this week and chaired by Kamla Persad-Bissessar of Trinidad. She is also the current rotating chairperson of Caricom.

Negotiators say the two are working over a deal to replace the

CARIBBEAN ROUNDUP

THE NEWS FROM BACK HOME

Bahamas

A man was shot and killed recently, becoming the eleventh person murdered in The Bahamas in 12 days.

Police said the man was shot shortly before 10:00 p.m. Details were still sketchy up to press time.

Police also reported that a teenager was shot and killed during a game of backgammon recently. He was identified as Alexander Joseph, 20.

Regarding the teenage murder, police said the victim was playing backgammon with a group of men shortly before 2:00 p.m. when he got into an altercation with one of the men.

The victim was shot several times in the chest, police said.



Assistant Commissioner of Police Anthony Ferguson appealed for anyone with information regarding this murder to come forward.

"I wish to say at this moment that I would like for members of the public and those persons who were around and in the company of the deceased when this incident took place, to provide us with information so we can bring closure to this particular matter," he said at the scene.

These latest incidents pushed the murder count to 80 for the year.

Dominica

The Dominica Hotel and Tourism Association (DHTA) is calling for a study to determine the impact the "crisis" with the regional airline, LIAT, is having on the economies of the Organization of Eastern Caribbean States (OECS).

DHTA has written to Prime Minister Roosevelt Skerrit, whose

administration became the latest shareholder of the cash-strapped Antigua-based



airline, indicating that it is concerned at the "large number of flight cancellations, delays and rerouting of flights." LIAT, which services more than 20 destinations in the region, has come under severe criticism from the travelling public. But the airline says it is in the process of implementing a multi-million dollar upgrade of



Haitian army regroups

Ecuadorian soldiers, left in formation, and recruits of Haiti's new national military force, backdropped by a representation of Ecuador's national flag, wait for the start of ceremony in the farming village of Petite Rivere de L'Aritibonite, Haiti, Monday, Sept. 16, 2013

AP Photo/Dieu Nalio Chery

its ageing fleet and has urged the public to bear with it.

In the letter to Prime Minister Skerrit, the hoteliers said the Eastern Caribbean Central Bank and the Economics Division of the OECS secretariat should be commissioned to research and publish the impact of the LIAT crisis on the ECCU economies.

The hoteliers say the response of LIAT management to the crisis so far has "left much to be desired" and that the island had been hard hit by the travel woes "because of its inordinate dependence on LIAT for its arrivals."

The DHTA said it is concerned that with the upcoming World Creole Music Festival and the independence celebrations later this year, visitors to the island could experience many hardships in arriving here.

Jamaica

Three businessmen in Jamaica have been charged with money laundering after an operation by security forces in several upscale neighborhoods in the Caribbean island's north.

The three men were formally charged recently, two days after

they were arrested by police who raided their luxury homes in the Montego Bay area.

Police spokeswoman Dahlia Garrick said the operation was not targeting the island's notorious lottery scam, but she alleg-

es that evidence collected during the raid suggests the men could have links to that cross-border fraud.



Jamaica's lottery scam targets mostly elderly people overseas who are told they have to pay upfront fees to collect winnings.

The three money laundering suspects are due to appear in a magistrate's court Wednesday. It is not clear if they have lawyers.

Trinidad

Trinidad and Tobago has been ranked 92 out of 148 countries in this year's edition of the World Economic

Forum's Global Competitiveness Index (GCI).

This is an



eight-position decline from last year's 84 out of 144 ranking. It was T&T's second consecutive fall after a high of 81 out of 142 in 2011.

The results of the Geneva, Switzerland-based forum's annual GCI ranking were released yesterday at the Arthur Lok Jack Graduate School of Business (GSB), Mt. Hope, Trinidad.

Like last year, the biggest hindrances to conducting business in Trinidad and Tobago were crime and theft, inefficient government bureaucracy, corruption, and poor national work ethic.

The country has, however, been promoted from an "economy in transition" to an "innovation-driven" economy—the highest tier of development—because of its high gross domestic product (GDP) per capita, estimated to be \$19,000.

Trinidad and Tobago's rank under the development indicator pillar of innovation and capacity for innovation was 123.

The last time T&T was classed in this grouping was in 2008.

St. Lucia

The United Workers Party (UWP) recently challenged the St. Lucia Labor Party (SLP) government to come clean about its position on the Syrian crisis, at the

same time as the U.S. president was pressing congressional leaders to support strikes against the Bashar al-Assad regime.

In a press release dated Sept. 4, the opposition party quoted from a February 2012 meeting of the "leftist bloc" Bolivarian Alliance (ALBA), out of which came a firm denouncement of what members called a "conspiracy" against the Syrian government.

"The heads of state and government of the Bolivarian Alliance reiterate their condemna-



tion of the systematic policy of interference and destabilization in the brother Arab Republic of Syria, which (the policy) intends to impose by force on the Syrian people with a change of rulers.

The statement was issued despite condemnation by the UN Human Rights Council after the massacre of 108 residents of Houla by al-Assad's forces in May, which was supported by all member states bar China, Russia and a couple of abstainees.

Suriname

President Desi Bouterse of Suriname distanced himself recently from his son following the younger man's arrest and quick extradition to the United States to face drug and weapons charges.

The president told reporters that Dino Bouterse is an adult and no longer holds a government position with the South American country.

The remarks were the first from

the president since his son was arrested recently in Panama and quickly extradited to New York



to face charges in a cocaine smuggling case. News of the younger man's arrest came as Suriname hosted UNASUR, the organization of South American nations.

Bouterse has had strained relations with the U.S. government over his own past, which includes presiding over a military dictatorship and being convicted in absentia in the Netherlands of drug trafficking, and he said the arrest was intended to "disrupt the UNASUR summit," through he did not explain what or who might be



One of the many demonstrators protesting outside of SUNY Downstate University Hospital.

Workers rally to save jobs

By Eulene Inniss

Moving through the corridor of busy Clarkson Avenue in the Crown Heights section of Brooklyn, passers-by become sandwiched between two towering edifices, Kings County Hospital and SUNY Downstate University Hospital of Brooklyn. To the onlooker, a strong image of a viable community where healthcare is paramount is projected. But, looks can be deceptive. Workers from SUNY Downstate University Hospital of Brooklyn held a demonstration on Friday, Sept. 12 to protest the scheduled dismissal of over 200 employees this month.

Don Morgenstern, SUNY Downstate Medical center AFL-CIO delegate, was one of the many unions represented at the demonstration. He said that," University hospital has a plan to cut the size of the hospital in half. Over the course of one year, 400 employees were given pink slips, some with only 30 days notice. One hundred employees are to be laid off this month and most of them are low level staff. The hospital is now 100 nurses short. Care in the critical care unit has become dangerous care. The Emergency Room is probably one of the busiest ERs in the city and staff there is not enough." This

hospital serves mostly the poor, minorities, immigrants and seniors. Downstate Hospital now has less nurses and staff than they should. He highlighted that "in June of 2013, the hospital made profits in excess of one million dollars and there is no reason for the layoffs since over the months the hospital continued to be profitable. Nurses have caseloads of 10 to 12 patients and the Neo-natal care unit has one nurse serving four babies instead of a one to one ratio."

Rabbi Eli Cohen's message to the demonstrators was that the Jewish community is aware that services at this hospital are needed. "The decision to lay off employees is hurting families and enough is enough. Give better care to the people of Brooklyn," he said, as he called on Governor Cuomo to intervene and fund the hospital.

Each speaker discussed the impact the layoff will have on family life and the community. Victor Jordan, member of community Board 17, said that "the Board has been reaching out to the community to raise their consciousness of the importance of Downstate, not only in terms of service, but also employment, since Downstate provides jobs for small businesses in the community."

Harry Belafonte – **Ambassador of Conscience**

By Nelson A. King

London-based human rights watchdog, Amnesty International, has named popular Caribbean American entertainer and social justice activist, Harry Belafonte, as one recipient of its 2013 Ambassador of Conscience Award.

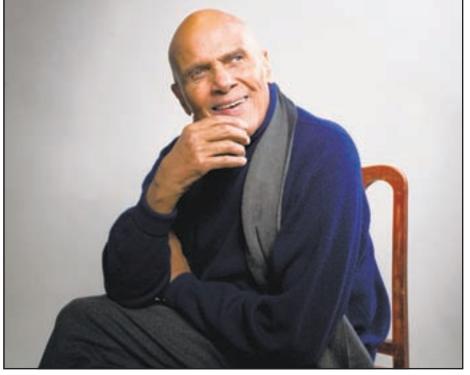
Belafonte, who was born in New York to Jamaican and Martiniquan parents, shares the award with Pakistani schoolgirl and education rights campaigner Malala Yousafzai.

The Ambassador of Conscience Award is Amnesty International's highest honor, "recognizing individuals who have promoted and enhanced the cause of human rights through their life and by example."

The 2013 Award was presented at a ceremony on Sept. 17 at the Mansion House, Dublin, Ireland.

'Our two new Ambassadors of Conscience are different from each other in many ways, but they share a dedication to the fight for human rights everywhere and for all," said Salil Shetty, secretary general of Amnesty International.

"Harry and Malala are truly ambassadors of con-



Harry Belafonte.

science, speaking up for universal rights, justice and human dignity and inspiring others to follow their example," he added.

Amnesty International said Belafonte has dedicated his life to humanitarian causes, spanning the civil rights movement in the United States to the plight of children caught in Syria's armed conflict.

An Emmy- and Tony Award-winning musician and entertainer, the human rights group described Belafonte as having acted in innumerable ways on what he describes as the 'obliga-

AP Photo/Victoria Will tion to do more than just

entertain". "Since its birth, I have been devoted to the principles for which Amnesty International stands," said

Belafonte in receiving the

About his fellow recipient, Continued on Page 31

Cultural group honors five Vincentians

By Nelson A. King

A prominent Vincentian cultural group in Brooklyn has honored five outstanding nationals for their exemplary service to the community.

The United Vincie Cultural Group of Brooklyn (UVCGB) bestowed the honors on Saturday, Sept. 7 at its 10th Anniversary Gala, at Antun's Catering in Jamaica, Queens, under the auspices of the St. Vincent and the Grenadines' Consulate General in New York.

Shipping agent Carl Munroe and his wife, Laverne, a registered nurse, received the Humanitarian



Registered Nurse Laverne Munro receiving award from UVCGB members, from left, Claudette Thomas-Butler, Judith Cuffy-Murray and Dr. Roxie Irish.

Photo by Nelson A. King

cultural figure June Good- received the Cultural Award;

Award; music teacher and mer Tyrone Owusu Slater luck-McQueen and drum- and podiatrist Dr. Kendall Stewart received the Medical Award.

Jamaicans Valrie Wilson coordinator of Healthcare International (HCI), a Brooklyn-based group that offers medical services in Jamaica and other countries, including St. Vincent and the Grenadines - and Kimberle Thompson, adjutant to Dr. Roxie Irish, UVCGB president, also presented a plague to Irish on behalf of UVCGB members.

"I accept this award on behalf of so many people, so many cultural activists,' said Slater. As a youth, Slater said he attended many spir-

Pressure on Caricom to resume trade talks

Continued from cover

so-called CaribCan agreement that allowed duty free exports to Canada from the region for decades, but success has been impaired by the reluctance of Canada to link free trade to development aid grants for the 15-nation community as well as the disinterest of some of the smaller Eastern Caribbean islands with little to export that would open their economies to tax-free imports from Canada.

Insiders also say everyone is watching to see how the umbrella Office of Trade Negotiations (OTN) will appease the smaller islands, which may be forced to open their economies to free trade and get little in return, if the Canadians win the battle of political will that has characterized the talks since 2009.

Full duty-free trade means that governments

will lose tax revenues on imports and are uncertain how they will make up for the losses with the lifeline tourism industry already under pressure from the world recession and with the collapse of the banana export sector in the past

Full duty-free trade means that governments will lose tax revenues on imports.

decade.

The Canadians counter the aid demand by suggesting that they already channel millions in development aid to Caricom through various bodies like its own International Development Agency (CIDA) and the Barbados-based Caribbean Development Bank (CDB), so it has no real interest in the move by the region to have the so-called develop-

ment component as a key part of the agreement.

As for the state of trade between the two in recent decades, the region has for years enjoyed a favorable trade balance in exports to Canada, thanks largely to the sale of tons of gold from large-scale mines in Guyana, Suriname, petroleum products like methanol from oil- and gasrich Trinidad and bauxite from Jamaica. These three account for about 90 percent of Caricom's exports to Canada and tell a clear tale about why the smaller islands have no significant interest in the trade negotiations.

Official figures from Ottawa on the other hand indicate that about 415,000 Caricom nationals live and work in Canada. Two-way merchandize trade averages about \$800M.

Foreign direct Canadian investment hovers around \$55B through financial portfolio investments but Guyana and Suriname account for millions as well, from Canadian mining companies hunting gold and manganese in their jungles.

Focus on security council reform

Continued from cover

poverty targets, which were agreed by world leaders at a U.N. summit in 2000, which set specific goals on poverty alleviation, education, gender equality, child and maternal health, environmental stability, HIV/AIDS reduction, and a global partnership for development.

As the world seeks to jumpstart progress on sustainable development after 2015, Ashe said he would convene three high-level events, focused on women, youth and civil society; human rights and rule of law; and South-South cooperation, triangular cooperation and information communication technology (ICT) for development.

"The intent is not to have a debate for debate's sake but to look at how these elements can contribute to a post-2015 agenda," noted Ashe noted during the press conference, alongside his

spokesperson, Afaf Konja.

The U.N. said the General Assembly this year will also host three thematic debates on the role of partnerships; how stable and peaceful societies can contribute to development; and on the way that water, sanitation and sustainable energy can contribute to the post-2015 development agenda.

Ashe also highlighted Security Council reform, a key point on the agenda that will roll over from the previous General Assembly headed by former President, Vuk Jeremic, of Serbia.

"This has been an issue that has been with us for quite some time, more than 20 years or so," said Ashe, adding that there are no shortages of ideas on the table.

"So far, the Assembly has failed to achieve a consensus on what Security Council reform would look like," he added. "It is my intent to take up this matter with Member States and see how we can advance the discussions."

The 68th General Assembly opened on the afternoon of Sept. 17.

In response to questions from reporters about developments in Syria, Ashe said he expects to hear from some Member States in an informal session that will follow the opening.

He noted that Syria, as well as the entire Middle East region, is likely to be discussed by the world body over the coming weeks but cautioned that there are limitations on what can be achieved.

"One thing that is often overlooked when speaking about the General Assembly is that it is comprised of Member States," Ashe said. "It is only as effective as Member States want it to be"

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In Memoriam: Robert L. Bowden, Jr.

By Kenton K. Kirby

Bobby Bowden was a hard act to follow. The former Caribbean Life photographer was genial man of many

Robert was born in Brooklyn, New York on Dec. 19. 1932 to Robert and Viola Bowden. At an rearly age, Bobby developed a strong passion for music, appreciating its diversity as well as experimenting with various musical instruments.

While attending Franklin K. Lane High School he had an opportunity to perform in the school band, as a result of his ability to play several instruments.

After high school, Robert enlisted in the U.S. Army, later securing the position of secretarial liaison to an Army general until he was honorably discharged. Bobby attended college after his discharge to follow another passion of his -- photography. Robert did enjoy this new endeavor but the lyrical pull and love of music -- especially Caribbean music was too hard to ignore.

He chose the performing name: "Lord Bobby," doing calypso gigs, as a DJ, and was regularly featured WLIB, the popular Caribbean music station in New York. He also achieved fame as a performer with several calypso bands and other well established groups suich as the Tito Puente group and The Mighty Sparrow's band. His



Robert and Janet Bowden

talents did not go unnoticed by others and he was able to utilize his business acumen and musical prowess to manage a rising artist named Lady Wonderk, who became the main artist on the label that Robert createxd.

Bobby was able to use his business acumen to manage several bars and clubs in the MNrew York metropolitan area. Through his many contacts he decided to become a Mason and served with honor and distinction for many years. This dedication allowed him to rise to the position of a 33 1/3 degree Grand Past Master. It is one of the highest degrees in masonry that one can achieve.

Robert returned to his passion for photography and worked as a photojournalist for Caribbean Life for several years, including coverage of the annual Trinidad and Guyana carnivals and The West Indian-American Day Carnival parade in Brooklyn.

Robert is survived by his wife Janice, daughter Barbara and son Richard; stepchildren: David, Ashley, Saheeda and Alexander; grandchildren: Shalon, DeShon, Robert, Raymond and Patricia; seven great grandchildren: Quinten, Deshon, Razelle, Jahlil, Xavier, Kayla and Rasheen; and nephew, John Bowden Jr.

The family is asking that in lieu of flowers, donations may be made at: Interboro Funeral Services, 544 Evergreen Ave., Brooklyn, NY 11221, c/o: Mr. Manny Faust (718-452-0101).

The Funeral Service will be held Sunday, Sept. 22 at the Enoch Grand Lodge, 423 Nostrand Ave, Brooklyn (between Jefferson Ave. and Hancock St). Viewing is from 5:00 p.m. The service begins at 7:00 p.m. A repast will follow the service.

Bobby will be laid to rest Monday, Sept. 21 at Calverton National Cemetary on Long Island, NY..

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Haiti a step closer to having army again

By Trenton Daniel

PETITE **RIVIERE** L'ARTIBONITE, Haiti (AP) — Haiti moved closer on Monday to reconstituting a military that was abolished in 1995.

In a small ceremony in the farming village of Petite Rivere de L'Aritibonite, Defense Minister Jean-Rodolphe Joazile greeted the first 41 recruits who recently returned from eight months of training in Ecuador. They will be the first members of a national military force that the government of President Michel Martelly wants to revive.

Joazile said they will spend three months working alongside Ecuadorean military engineers among the rice fields in central Haiti to repair roads and work on other public service projects in their impoverished country, which was hit by a devastating earthquake three years ago.

"Haiti's needs are not in the infantry but in technical service," Joazile said in an earlier interview. "The country is in a

state of reconstruction. We need mechanics."

Almost all of those in the new unit are recent high school graduates. They include 30 soldiers, 10 engineers and one officer and will report to the Defense Ministry. They won't carry weapons for now but could carry handguns, in three to four years, if either the recruits pay for the weapon themselves or the government receives financing to do so, Joazile said in an interview last week.

"If the authorities give them permission, it's not a problem," Joazile said.

The military support from Ecuador is part of a broader effort to help Haiti to rebuild from the 2010 earthquake, Ecuadorean Maj. Marco Navas said. Navas said Ecuador has given more than \$30 million to Haiti since the disaster to develop the country's infrastructure.

One of the first road projects to be tackled by the new recruits is a three-mile (five-kilometer) stretch of Route National 1, a



Ecuadorian soldiers, left in formation, and recruits of Haiti's new national military force, backdropped by a representation of Ecuador's national flag, wait for the start of ceremony in the farming village of Petite Rivere de L'Aritibonite, Haiti, Monday, Sept. 16, 2013. AP Photo/Dieu Nalio Chery

highway that connects northern Haiti to the capital, and a road from a northern beach resort.

"We'll be working with them little by little to build two roads,"

Brazil has expressed interest in training 1,500 more recruits, Joazile said. Five hundred would go to Brazil, and a 1,000 would stay in Haiti.

Martelly pledged to restore the National Armed Forces of Haiti while he was a candidate in the 2011 election, but he has backed off the plan as president.

Some foreign diplomats have said the Haitian government rather should focus on strengthening its police force, for which there are only 10,000 officers in a country of 10 million people.

The government abolished the military under President Jean-Bertrand Aristide after years of military coups and human rights abuses. It would require a vote by Parliament to officially reconstitute an army. That could be tricky as Martelly has few allies in the opposition-controlled National Assembly.

New Cayman Governor

By Azad Ali

Premier Alden Mc Laughlin who was sworn in by Cayman Islands new Governor Helen Kilpatrick said recently that he considered Kilpatrick's arrival on his birthday and upon the newly elected government's 100th day in office to be a "good omen" for the territory.

However, many Caymanians and residents seemed hopeful that Kilpatrick, Cayman's first female governor, would usher in a different era.

In accepting the nomination to the governor's post recently, Kilpatrick, who has never served in a post with the U.K. Foreign and Commonwealth Office, much less in the Caribbean, said she realized she has a lot to learn.

"As a priority, I need to get to know the people of the Cayman Islands to find out what they aspire to and what causes them concern," saidKilpatrick.

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OP-EDS

Syria - Tired yet?

By Glenn Mollette

I suspect you are already tired of hearing about Syria. The future path is blurry - even to our president. Assad will still be in power.

How many has he killed without chemical weapons? Who is using the chemical weapons? It sounds to me like the real problem is the one issuing the orders in Syria.

Americans are now on the verge of committing billions of dollars of money we do not have to impact an area of the world that already hates us. Here at home we have millions who cannot find a job. We have millions more who cannot feed their families with the paycheck they bring home. All the while our roads and bridges need desperate repair. We need new school buildings for our children. We have made our military do more with less but we continue to ask them to do more. We continue to put our aging seniors at risk as we make it harder for us to pay social security and cover our huge medical tab. Needless to say the tax debt for our children and grandchildren grows all the more. Syria means additional taxes, not less taxes.

Many of us can still remember how tired we were of Vietnam. My brother served a year in Vietnam and it was a long year for our family. Fortunately, he came home. An older friend who lived just up the road named Junior was killed in Vietnam. I'll never forget his funeral. The expression on his father's face said it all when a finely dressed soldier handed

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him the folded American flag and expressed his appreciation on behalf of America for Junior's service.

Vietnam went on for 12 long years. It was a senseless waste of at least 58,000 American lives and for so long it seemed it would never end. We endured Iraq for eight years and lost almost 4,500 more soldiers and yet today the country is in constant chaos. Today we have allowed Afghanistan to surpass Vietnam as our longest war. With all the noise about Syria do not forget we are still in Afghanistan. We will spend 100 billion dollars in Afghanistan this year and risk the lives of more American men and women.

The story we are hearing about Syria keeps changing. We've been hearing about Syria for at least two years. Now we are hearing all the promises made by our president, secretary of State and others pertaining to our involvement.

Over the months the promises will change, as there will be new developments, revelations and new commitments of weapons, food, soldiers and your money.

Brace yourself because history is about to repeat itself and we're already tired.

Glenn Mollette is an American columnist and speaker. He is the author of "American Issues" and nine other books. Find his books at BarnesandNoble.com. Contact him at gmollette@aol. com; like his Facebook page at www.facebook.com/glennmollette

Take the trash out of the tax code; close corporate loopholes

By Gy Moody

We've all heard the saying before: "one man's trash is another man's treasure."

However, having owned a small janitorial and cleaning business in Billings, Montana for the last six years, I can say with certainty that sometimes trash is just that – trash.

As Montana's Senator Max Baucus, chair of the Senate Finance Committee, embarks on his signature priority of cleaning up the U.S. tax code, I suspect he will find that both are true.

The U.S. tax code is littered with wasteful loopholes and preferential rules written by insider lobbyists to benefit powerful corporations and wealthy special interests. For them, these loopholes do indeed represent an enormous and bountiful treasure.

But, for small businesses, average Americans, and the country as a whole, they are nothing more than trash.

Small businesses at a disadvantage in the marketplace. We don't have the resources to hire armies of tax lawyers to dream up creative accounting schemes to avoid our tax responsibility the way big corporations do.

As corporate accountants and tax lawyers have gotten more and more clever at shielding corporations from their tax responsibility, the effective tax rate paid by America's biggest and most profitable businesses has plummeted to a mere 12.6 percent, according to a new Government Accountability Office report – just one-third of the official corporate tax rate. So, while corporate profits have rebounded to a 60-year

high, corporate taxes are near a 60-year low as a share of federal revenue, according to the Office of Management and Budget.

One big loophole allows U.S. corporations to defer paying corporate income taxes on profits that are parked in offshore tax havens. Corporate offshore tax haven abuse is estimated to cost the United States \$90 billion per year in lost tax revenue.

It borders on the absurd: one modest five-story office building in the Cayman Islands is home to 18,857 companies. (Makes me wonder: Do their janitorial contractors get paid by square-foot or by number of corporate shell subsidiaries serviced per hour?)

Offshore tax dodging harms small businesses in two ways.

First, it puts small businesses at a disadvantage in the marketplace. We don't have the resources to hire armies of tax lawyers to dream up creative accounting schemes to avoid

Continued on Page 12

Caribbean Life eye catcher

To The Editor

As an avid reader and writer, I like to read material that leaves me wanting more. I look for pieces that catch my eve. The article titled, "The U.S. cuts aid to St. Lucia Police," did as I expected. Amidst the repeat in the third and fifth paragraphs, I found it to be a very interesting piece of information about the local police in St. Lucia being suspended for an incident that happened in 2011. Prime Minister Kennedy Anthony was noble to acknowledge the suspension, ensuring its civilians that he is aware of the situation, and works on a better reputation for its police force. Reputation is taken very seriously in this case. I would like however, to get a little more information about the Venezuelan-led Bolivarian Alliance of Our Peoples of America introduced in the first paragraph, but the connection is not entirely explained. I was curious to know about the recent alliance that was formed, when it was, and what does it involve. This will expand the article a bit and keep the reader wanting more.

I respect the writer's approach to presenting the material, as it is very clean cut and concise. He quotes the appropriate affiliations, and does not confuse our average reader.

Let me briefly mention that this is my first time respond-

ing to a newspaper article and it feels good to know that readers can feel connected with a newsgroup that informs them with essential current event material. I was honored to meet Mr. Kirby for a short time at a local eatery in Brooklyn. Although I only did what every Good Samaritan should do on a daily basis, I was introduced to a very interesting cultural newspaper that contributes to the decisions that we make as voting members here in the United States. So to Mr. Kirby, and all the staff at Caribbean Life. Thank you, and you have earned another reader.

Sincerely, Hazel Richards

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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@cnglo-cal.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.

Cruz line: Helms clones flooding the Senate

Having been stung the last two presidential election cycles by nominees who, relatively early in the process, looked to be second place finishers, the GOP brain trust, one readily understands, is hoping that 2016 offers game-changer possibilities for their party. A full three years before that battle will have been joined, supposedly informed opinion on the collective GOP wisdom has been that the party will be looking to the hard right for its choice. In which scenario the name of Tea Party darling Senator Ted Cruz of Texas has been front and center among the prospects for a Republican turnaround. How much, if any, that devil-may-care utterance Cruz made a few days ago will come back to bite him in his quest to be the Republicans' white knight, time will tell.

In 2008, as the public became more and more aware of the epic proportions of a developing economic crisis, John McCain seemed totally the misfit as would-be man in charge — a position he only made worse with the selection of Sarah Palin as running mate. Mitt Romney's shameless pandering in 2012, including the claim at one point that he was "severely con-

servative", exposed him as a man obviously lacking conviction, who was for a while let back into the contest only because of Obama's lackluster performance in their first debate. As for 2016, there's been no reaction so far from GOP heavy hitters to star prospect Ted Cruz's obscene, outlandish statement that the U.S. Senate should have "one hundred more" like Jesse Helms.

Cruz letting loose this adoration of a despicable racist is one thing. But are we to conclude that the GOP is so starved for presidential stock that calling out the senator for a blast so offensive is a leap party leaders can't bring themselves to make? This is not 1980. As we've several times referenced here, that's when Ronald Reagan 's remark, while debating Jimmy Carter, that he was never aware of any discrimination in this country, went largely unchallenged, both by the political establishment and in the media. We would hardly expect Cruz's hate-speak to dissolve, innocuously, into obscurity. It should be good for at least the notoriety of the infamous "47 percent" diss that proved to be campaign quicksand for a blooper-

Viewpoint

By Les Slater

prone Romney.

Cruz can take a bow for one thing: that, unlike Romney who didn't think his "47 percent" slam of folk well down-scale from himself was being recorded for posterity, Cruz apparently had no misgivings about celebrating Jesse Helms in full public view. In 21st century America, let's face it, it takes a goodly measure of effrontery, as a high-profile public official, to rhapsodize about the likes of Helms. The latter being, as best we can tell, an individual who until his dying day remained an unreconstructed segregationist. Cruz didn't leave it to any surrogates among like-minded slobs in his cheering section to do the dirty work. He was proud to stand and deliver his paean to this throwback to the South's dark ages of dehumanizing fellow Americans, and he thought no apology necessary for fantasizing about how sweet it would be to have a Senate in which

Jesse Helms clones dominated the joint!

By now, there shouldn't be. among us, too many people still befuddled about where, in totality, Tea Party folk are coming from. By now we should be hip that the catchy sound bites about slashing government spending (to untenable levels), the demonizing of labor unions and all the rest that's advertised are hardly the full picture. Bear in mind that the Tea Party phenomenon made its big splash in the summer of 2009, in what was ostensibly a backlash to President Obama's health care initiative. Blended in with opposition to health care, such as it was, and probably in large part driving it was a vitriolic outpouring directed at a person of color who dared to upset the status quo and become

Implausible though it is under objective scrutiny, the small government, no taxes construct that has been advanced as the Tea Party brand conceivably provides the attraction for some adherents. But excluding the element of racism from the group's raison d'etre is a flawed read. Opposition to the president from ultra-right clusters

like the Tea Party on the very Syria issue, as we commented last week, evidences the racist imperative. Picture George W. Bush or Reagan requesting the same air strikes authorization as did Obama. How the warrior fringe on the right would respond – barking loudmouths with a platform and clueless minions – is an easy call.

If we didn't know it before, we do now. That's Cruz's world. The world of the guy many commentators contend is the man to beat for the 2016 Republican nomination. If his fawning devotion to Jesse Helms was the opening salvo, we should reasonably expect that there's more where that came from. The Republican establishment is already being characterized as a bunch of old white men out of step with where this nation has gotten to. A few years hence, they say, Cruz will have a hard time getting elected even in Texas, if this Helms-loving portrait of himself is what he insists on sell-

But long before that sea change in Texas, he may rue the day he opted to be such a truth-teller about how wedded he is to this country's reactionary past.

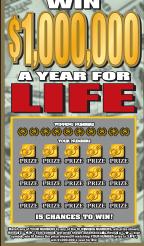
WHEN YOU WIN FOR LIFE, IT PAYS TO PLAY IT SAFE.

















OP-EDS

Invest in creating jobs

Continued from page 10

our tax responsibility the way big corporations do.

Frankly, we're proud to contribute our fair share, knowing that in order to build strong local economies, we need investments in an educated workforce, reliable roads and bridges, and a healthy middle class customer base.

These investments require resources, which brings me to the second impact corporate tax avoidance has on Main Street America: offshore tax dodging robs the country of the resources we need to invest in building the economy from the middle out.

Washington D.C.'s obsession with deficit reduction has forced middle-class and vulnerable Americans to shoulder almost \$1 trillion in cuts - cuts that weaken consumer demand on Main

Street, kill jobs, and stifle economic growth.

Meanwhile, corporate America hasn't been asked to contribute a dime to deficit reduction, much less making strategic investments to spur the economy.

Against this backdrop, some big business titans amazingly have the gall to advocate doubling down on offshore tax dodging, aggressively lobbying for a permanent tax "get-out-of-taxes-free" card on offshore profits - a so-called "territorial" tax system while backing cuts to Social Security and Medicare that would wreak further havoc on the Main Street economy. In short, small business owners and our customers get trash while corporate pirates sail offshore with the

Small business owners don't accept it and neither should Senator Baucus.

A poll this year commissioned by the Main Street Alliance and the American Sustainable Business Council found 85 percent of small business owners oppose the "territorial" tax system pushed by offshore tax dodgers. By a margin of more than two to one, small business owners prefer closing corporate tax loopholes over cuts to education, infrastructure or Social Security and Medicare.

It's time to end offshore tax dodging and close tax loopholes that benefit large corporations and wealthy special interests. the revenue to invest in strengthening the economy and creating jobs.

Whether you're a small business owner cleaning restaurants in Billings or a U.S. Senator cleaning up the tax code in D.C., the first step is taking out the

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Sparrow alive and alert

By Nelson A. King

Margaret Francisco, wife of the calypso king, the Mighty Sparrow says the legendary singer is "conscious and responsive."

"We are pleased to inform the fans of Dr. Slinger Francisco and the population at large that he is conscious and responsive," she said in a statement issued in New

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York on Tuesday, referring to the family.

"He is being monitored, and we are hopeful that he will continue to progress further," she added.

"We are especially grateful to the doctors and nurses for their professional and attentive caring for him," she continued. "We also wish to express our profound appreciation for the prayers and outpouring of well wishes from all concerned and will issue further updates as it becomes necessary."

Last week, the family confirmed that Sparrow, the Calypso King of the World, was in a coma in an unidentified New York hospital.

Brooklyn Borough President, Marty Markowitz, and Trinidad and Tobago's New York Consul General, Rudrawatee Nan Ramgoolam, have urged the public to offer prayers for the legendary calypsonian.

"I pray for a speedy and full recovery for my dear friend of over 30 years," said Markowitz, who often jokingly refers himself as a



The Mighty Sparrow

"Trini Jew from Tunapuna," told Caribbean Life.

"He is the true calypso king of the world, a proud son of both Grenada and Trinidad and Tobago," he added.

Markowitz also described Sparrow as "a storyteller extraordinaire, who has delighted audiences across the Caribbean and beyond, including right here in Brooklyn, U.S.A. where he has performed on my summer concert stage for 31 successive years."

Ramgoolam, whose consulate general recognized

Sparrow on Aug. 30, with a Lifetime Achievement Award, noted that it is an "exceedingly difficult time for Sparrow's family.

"Let us focus our energies on praying for both him and his family and allow the family to continue to take care of their loved one," she told reporters in New York.

"Should there be any further developments, Richard Francisco (Sparrow's son) has promised to inform the consulate general in New York and we, in turn, will issue an official release to reflect same."

Richard, who had received the Lifetime Achievement Award, on behalf of his father, also told reporters that the calypso superstar "is resting comfortably, and he's alive and well.

'The family wishes to thank the public for their prayers", he said tersely.

Sparrow, who has been performing for more than four decades, has been having health challenges for the past three years.

These include undergoing surgery in 2010 to treat an incarcerated right inguinal hernia that had caused him to cut short performances in Trinidad and Tobago and in the United States, because of excruciating pain while on stage.

The Grenada-born Francisco, 78, has been hospitalized for complications caused by diabetes more than once, but has continued to perform both in Trinidad and Tobago and in the U.S.

Affectionately called "The Birdie", Sparrow, who migrated to Trinidad and Tobago before he was a year old, was honored by the fishing and rural community of Grand Roy, St. John's, Grenada last year.

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How To Avoid Risky Back Surgery With A Breakthrough Non Surgical Treatment And Get Out Of Pain Fast

Here's how the newest breakthrough non-surgical back pain and sciatica treatment may end your pain and solve your herniated, bulging or degenerated disc pain problems...

You may be thinking "What IS going to happen to me if I can't find a solution to my back pain or leg pain?" The answer to your question starts out hopeful. I'll just go to my doctor and he will take care of me. He will know what to do. But then something very odd happens to you. You discover your primary care physician is not really well equipped to handle that job. He or she is very busy treating infections, diabetes, heart conditions and the like, which they are very well equipped to handle. This is very apparent with your resulting drug prescription for Soma muscle relaxers and Norco, Neurontin or any other of the various prescribed pain medications. You then take the drugs soon to feel strangely like you're not altogether "there" or you immediately are sick, feel nausea and vomit the drugs as fast as you swallowed them. When you get sick of that (pardon the pun! I couldn't resist), you go back to your doctor looking for another more appealing treatment. This time it's physical therapy. The thing you already can't do!! You already can't bend over, twist, lift things, and now they want you to do more of it with a bunch of other back pain sufferers! Gimme a break. Now, you've really had it. You try the chiropractor and either you feel better for a little while only to have the pain return, or worse nothing happens at all. Or even worse than that, after your treatment you have MORE pain (not because chiropractic does not work...your condition is just too deteriorated or severe). Then you try acupuncture because you read in a magazine it could help pain. You then realize sticking a bunch of needles in you will not magically remove the bulging disc that is smashing your nerve and causing you pain.

You try massage as you read on the internet massage may help alleviate back pain...only to be disappointed. You're now beginning to feel desperate. Back to your primary care doctor to tell him about your adventures hoping he will have a different answer this time. He does.



We can inject pain drugs through a big needle into your spine." You cringe in fear and reluctantly agree at this point. "NOW I will be fixed." Or at least that's what you've been led to believe. You have either no pain relief, some pain relief, a whole lot of pain relief or it makes you have more pain. The second pain shot (oh, yes there will be a second and a third) is usually less effective or not at all and requires another one. You come to the realization that pain shots will not fix the disc bulge or herniation still smashing your delicate nerves causing you pain. Finally, your doctor recommends you see a "Specialist" (Back Surgeon) and he can do risky surgery. If you've read the latest article in the Journal Of American Medical Association*, you will see surgery patients and non surgery patients turned out the same! Why even do the surgery? Risk of paralysis, death, infections, more pain. No thanks. So. Back to the question. What are YOU going to do if you are stuck between serious back pain or leg pain or surgery? Great News! A new extremely effective non surgical new back pain treatment is now available in Brooklyn. If you are suffering from back pain or leg pain,

having pain at the belt line, fire down your legs, numb legs, feet or toes or feel like a knife is stuck in your back you owe to yourself to check out this new procedure.

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a very small percentage of folks we can't help. Here's what a couple applicants said after I told them both I couldn't help them:

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(StatePoint) Between buying new school supplies and meeting your children's teachers, back to school season is a busy time. But parents should not forget to prep for the school year by considering health and wellness.

Experts say the first step is to schedule a visit to the doctor.

"The start of a new school year is an excellent reminder to take kids to the pediatrician for their annual checkup," says Dr. Thomas K. McInerny, president of the American Academy of Pediatrics

To prepare for a healthy, safe and happy school year, the AAP is offering these tips for parents:

- Doctor's visit: Make the most of your visit to the pediatrician by making a list of issues to discuss.
- Immunizations: Whether you're the parent of a young child, a teen or a young adult heading to college, ask your pediatrician what immunizations your child is due to receive. Vaccines save lives

HEALTH

and keep kids and adults healthy.

• Nutrition: Talk with your child's pediatrician and school about healthful food choices. You can ask the school to stock the cafeteria and vending machines with nutritious food, such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice. If you don't like the options the school offers, pack lunch and snacks at home.

Limit soda consumption. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent.

• Exercise: Make sure your kids are getting plenty of exercise. Turn off the television and make time for sports teams, gymnastics classes and bike rides. Aim for at least an hour a day.

- pack with wide, padded shoulder straps and a padded back or a rolling backpack. Backpacks should never weigh more than 10 to 20 percent of your child's body
- Getting there: Make sure your child has the necessary gear for getting to school. Whether your child is biking or walking, teach him or her about traffic safety. For bikers, ensure helmets fit properly. Those who take the bus should be instructed to stay seated and listen to the bus driver. If the bus is equipped with seat belts, children should wear
- Sleep: Children and adolescents need plenty of sleep to be alert. A regular bedtime can help your child get on a healthy sleep schedule.
- Bullies: A bully can pose a true threat to a child's physical and mental well-being. Your

· Backpacks: Choose a back-

Schedule a visit to the doctor for your child before he or she attends school.

(c) Monkey Business - Fotolia.com

pediatrician is well equipped to answer questions about mental health, too. Teach kids how to respond confidently to bullies and encourage them to tell an adult when there's a problem. Remember, bullying can occur online too. So keep tabs of your children's social media use.

• College health: For kids head-

ing to college, ask your pediatrician about coordinating health care with the school.

More back to school health tips can be found at www.Healthy-Children.org.

With a focus on safety and health, you can help make this school year successful for your



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Hosted by Montefiore Einstein Center for Cancer Care, a proud participant in the American Cancer Society Making Strides Against Breast Cancer walk on October 20, 2013.





THE CARIBBEAN BUSINESS REPORT

TravelSpan Airline rebounds

By Tangerine Clarke

TravelSpan, which began service from John F. Kennedy International Airport to Cheddi Jagan International Airport in 2006 and suspended its service in 2008 because of the economic meltdown and increased oil prices, will resume flights to the South American country with a twice-weekly Thursday and Saturday schedule, starting Dec. 14, 2013.

TravelSpan's non-stop service, which will depart JFK at 1:00 a.m. with direct service to Georgetown on its 737 wide-body aircraft, was given the green light by the United States Federal Aviation Authority just last week.

Flights to Piarco International Airport will begin service on Dec. 17, flying Tuesdays and Fridays with the same departure time, 1:00 a.m, non-stop to the twinisland.

Passengers are allowed two 50-pound pieces of checked luggage, and a 30-pound carry on, during the black-out dates - Christmas, Carnival and Easter and summer peak season. Depending on the load during the off-peak season, a third piece of luggage may be allowed.

President of TravelSpan and TravelSpan Vacations, Nohar Singh in an exclusive interview with Caribbean



Life, said he was thrilled to partner with Vision Airlines, which has an impressive fleet of three Boeing 767 widebody, three Boeing 737 narrow-body and several Dornier 328 aircraft. The larger aircraft are ready to airlift 224 and 148 respectively.

TravelSpan, which has provided outstanding service to the community for more than 18 years by building its offerings of tour and hotel service, travel packages, charter scheduled and airline service departments, is once more prepared to offer passengers a reliable service, with competitive prices.

Singh is pleased to welcome aboard Rob Binns, former chairman and CEO of Global Aviation, whose subsidiaries include World Airlines, and North American

Airlines, which successfully partnered with the Obama campaign, and flew the JFK/GEO route for several years.

The president thanked his loyal customers who he said stayed with TravelSpan throughout its difficult times. The CEO said he made a commitment to return to the airline business after Delta Airlines pulled out of Guyana, causing a spike in fares, and leaving a void in travel to the republic.

The airline professional said he was heartbroken when a TravelSpan staffer was forced to fly to Canada, and then Trinidad and Tobago to bury her mother, racking up a \$2000 airfare. A construction worker, he added, was faced with an \$8000 fare to fly his family to Guyana to attend his brother's funeral.

These are just two examples that caused the airline veteran to resume airlifting passengers, that he promised will receive efficient service to ease the strong-hold that one airline has had on Guyanese and Trinidadian customers for the last six months.

Singh alluded to the thousands of passengers that have been plying these destinations over the years and expressed the hope that TravelSpan could capture 98 percent of the market share.

"Passengers should educate themselves about what's been happening in the Caribbean travel industry," said Singh, who warned travelers against being caught in predatory and monopolist situations. "Travelers should be able to support multiple carriers, not just one," added Singh.

Small business Orlando parley

By Nelson A. King

A delegation of Caribbean officials responsible for the development of the small and medium-sized enterprise sector participated in the Annual Conference of the Association of Small Business Development Centers (ASBDC), Sept. 11 in Orlando, Fl., according to the Organization of American States (OAS).

The OAS said that the conference, which ran from Sept. 9-13, 2013, was held in the context of the project "Establishment of Small Business Development Centers (SBDCs) in CARICOM (Caribbean Community) Member States."

It was implemented by the Department of Economic and Social Development of the Organization of America States (OAS).

The OAS said the Caribbean delegation comprised 13 representatives from the five countries that are participating in the process of adapting the Small Business Development Centers (SBDCs) model – Barbados, Belize, Dominica, Jamaica and St. Lucia.

The Annual Conference

of the ASBDC brought together more than 1,400 SBDC professionals, trainers, consultants, managers and administrative personnel, and offered a wide variety of training opportunities.

It also included over 130 workshops, training sessions, roundtables, general sessions, working luncheons and an Exhibit Hall, "equipping small business consultants with the professional development they seek to continually enhance services to small businesses and aspiring entrepreneurs," the OAS said.

It said the Caribbean representatives also had the opportunity to participate in the Small Business Network of the Americas (SBNA) Sister Center Workshop, organized by the United States Department of State. The workshop brought together representatives of small and medium-sized enterprise support institutions from across the Western Hemisphere and directors of USSBDCs "to explore ways of creating international sister center partnerships under SBNA."

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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.yourmoneynewyork.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 - bfandapc.com

www.bfandapc.com/...businessresource.../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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OUTDOOR LIVING ROOMS HAVE CREATED A WARM SPOT FOR PATIO FANATICS DURING COOLER MONTHS

As the leaves on the tree lines surrounding backyards in the northeast turn to the colors of autumn and eventually bare their limbs completely, some lovers of the outdoors pack away all signs of patio life while others continue on, fully prepared for the change of season, and even beyond season three into the colder winter months. These folks have recognized the availability of an array of multi-seasonal hardscape products that can warm your bones and your soul right in your own backyard. The products, which fall under the category referred to as "outdoor living room" components and range from fire pits to outdoor fireplaces; grill islands to fully functional, open-air kitchens and pizza ovens; and pergolas to roofed pavilions; are available from leading manufacturers of hardscape prod-

"This trend began well over a decade ago when we introduced a fire pit made of manufactured wallstones as a viable accessory to the patio and/ or backyard landscape," according to Charles H. Gamarekian, Chairman/CEO of Cambridge Pavers Inc, makers of Cambridge Pavingstones with ArmorTec®, Cambridge Wallstones and a comprehensive line of outdoor living room components in pre-packaged kits and ready-to-enjoy, fully-assembled ponents, Homeowners

ucts.



Fully assembled or as pre-packaged kits, a Cambridge fire pit is the ideal addition to a backvard landscape.

soon found themselves blowing leaves off their patios and even shoveling a path to reach the pit where families could sit warming their hands and faces in the crisp evening air. "The evolution continued," added Gamarekian, "as consumers traded their old barbeques for outdoor kitchens with high-end features such as 75,000-BTU burners, rotisseries, built-in stainless steel sinks and refrigerators as well as luxurious granite counter tops."

Cambridge not only

makes several outdoor kitchens complete with those amenities but also has models of outdoor pizza ovens that offer an alternative to driving to your local pizza restaurant for a take-out when appetites are high and temperatures are low. With one of these outdoor living room components, you can bake traditional Italian pizza pies, openfaced baguette pizzas, homemade breads and a variety of other dishes in vour own backvard all with authentic old world flavor. The Cam-



Fully assembled Cambridge Gas Fire Table



Fully assembled Outdoor Fireplace

bridge pre-packaged and fully assembled pizza ovens come complete with a built-in firewood box and a professional quality Care & Cooking Package. Finishing touches include a cast stone surround in bluestone or chestnut color.

Hard core lovers of the outdoors will be adding a fire table for family and friends to sit around — a new item

by Cambridge. Because the items mentioned are either delivered fully assembled or are provided in easy to build kits, you can also add any of them incrementally to your patio, in phases, as years go by. Consider tucking one of these or a fireplace under a pergola or pavilion, also available in kit form from Cambridge and you'll be ready for

being introduced soon

an Indian summer patio party, Thanksgiving dinner in the great outdoors, and maybe a snow-flaked soirée. If it is feasible. position your fireplace so the fire can be seen from inside your home as well for a strikingly beautiful bonus effect.

For additional information, visit cambridgepavers.com or a nearby authorized Cambridge distributor.



Keeping pre-k's on course

By Nelson A. King

A Brooklyn early childhood center recently celebrated its seventh Pre-Kindergarten Graduation Exercise, adopting President Barack Obama's challenge to the nation about the importance of early childhood education.

With a brightly-colored banner behind the audience reading "Pre-School for All," the APC (Action, Performance, Commitment)-Carol Kingston Early Childhood Center in East Flatbush conducted the outdoor event under the theme, "Keep on Course." Dressed in their full academic regalia of blue cap and gown, graduates Saniaya Hill, 5, Waleed Haroun, 4, and Julez Mercer, 4, marched elegantly down the side walk to the familiar sound of "Pomp and Circumstance."

They were accompanied by the junior class and summer session students.

Guyanese-born Director, Dr. Janice Emanuel Bunn, who is also a professor with the University of Phoenix,



Dr. Janice Emanuel Bunn presenting diploma to Valedictorian Saniaya Hill.

Photo by Nelson A. King

welcomed parents and guests, and joined class valedictorian Hill with a wonderful rendition of "We Are One World."

This set the stage for the Commencement Address by Errol English, a Guyaneseborn veteran educator and senior investigator with New Jersey's Department of Banking and Insurance.

English urged the graduates to uphold key values, such as respect, kindness, obedience and love.

"If you learn how to respect, to be kind, to be obedient and to love, you are going to be successful," he said. "Some of you are going to be doctors, some of you are going to be nurses, teachers, accountants.

"We're expecting great things from our children," he added, turning to the parents and supporters. "You have to think big. You can be anything you want to be. But the key is that you want to be something.

"You want to learn because you want to stay on course for your destiny," English continued. "Children are God's special people. So, we're happy, very happy to be part of your experience today."

The graduates, who were presented by Dr. Emanuel Bunn, sang to the theme song, "I believe I can Fly".

This was followed by the awarding of their diploma

and words of congratulations by parents and guardians.

In her valedictory speech, Hill said she was ready for first grade "because I know my alphabet, I can count, I know my colors and shapes, and I can even speak French."

Then she said in French to applause: "Comment ça va? (How are you?) Ça va bien, merci (I am fine, thank you).

Dr. Emanuel Bunn said the commencement exercise was "a celebration of success for the excellent work completed by the graduates.

"We thank the parents for their commitment and total involvement in the educational endeavors of their children," she said.

"We are confident that these boys and girl are fully prepared to enter Kindergarten," she added.

"Let's make it a national priority to give every child access to a high-quality early education," Dr. Emanuel Bunn quoted President Obama as saying. "Let's give our kids that chance."



An Inspirational 13 Year Journey



My Daughter's Journey With Sickle Cell Disease

by Kristin Walker

Najja was born with Sickle Cell Anemia; at age 6 she was diagnosed with Stenosis of the Carotid Artery, and at 11 years was struck with a rare neurological disease called Moyamoya. At the end of her eleventh year Najja underwent surgery for Moyamoya, and at age 13 had a bone marrow transplant for Sickle Cell Disease that changed her life forever.

This book will uplift and inspire you. A hopeful and encouraging story of a mother's unwavering devotion to a young daughter, whose strength and courage living with multiple life threatening diseases, goes beyond her years.

ABOUT KRISTIN WALKER

Kristin Walker holds a Bachelor's degree in Early Childhood Education and a Master's degree in Reading. She has worked in the public school system as a teacher for 20 years. Her passion for teaching led her to tutoring in an after-school setting, from home. This eventually led to opening a pre-school in Brooklyn, N.Y., which is still in operation today.

A wife and mother of four children, Kristin hopes that *My Daughter's Journey* will touch lives and bring healing.

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CARIBBEAN ROUNDUP

Continued from page 2 behind it.

Jamaica

President of the ruling People's National Party (PNP) Portia Simpson Miller recently

vowed to remain champion of the poor and oppressed, despite harsh economic times.



Addressing hundreds of party faithfuls, Simpson Miller, who is also prime minister, said defense of the poor and oppressed was the platform on which her party was established 75 years ago. That legacy, she stressed, must be protected despite the harsh economic conditions.

"During this difficult period I will do everything that is possible to ensure that we protect the interest of the poor and the oppressed, because it has always been a part of the People's National Party's administration, and under my leadership it will be no less," Simpson-Miller told a Region Six banquet to mark the 75th anniversary at the Montego Bay Convention Centre in St. James recently.

She urged the large gathering to uphold the founding principles of the party, which she said seeks to protect the poor, which constitutes the masses of the society.

She urged the PNP gathering to trumpet the many achievements of the 75-year-old party, saying: "It is us, the members of the People's National Party who must tell our story and carry the achievements of this noble party across the country. If we do not do it, no one else is going to do it."

Jamaica

Nine children were reported missing, including three girls have been killed during the period January to August this year even as the Jamaica government says more than 85 per cent of children reported missing during that period have since returned home

Youth and Culture Minister Lisa Hanna said that 1,297 of the 1,518 children report-

ed missing over the period have been successful reunited with their families. But she said nine children were found dead and 212 are still missing.



"I have mandated the OCR (Office of the Children's Registry) to devise a successful and reliable system of informing the public of when there is recovery and the return of missing children because still, persons feel that a lot of the children have not been recovered when they actually have and successfully so," Hanna said.

She also urged parents to ensure that they have a recent photograph of their child, and also supply a copy to the school at the start of every academic year, as this assist in the recovery effort in the event a child goes missing.

Compiled by Azad Ali



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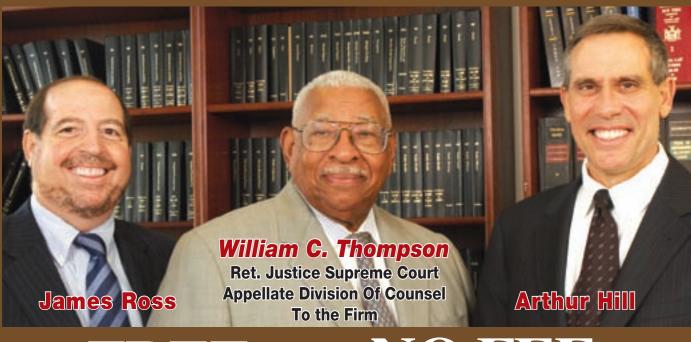




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Classic Jamaican film returns after four decades

Four decades after the release of the film "The Harder They Come" hundreds packed into cinemas to see and hear the story of one of Jamaica's real-life outlaw, musician and folk-hero. Many had seen the flick when it was first released in 1973.

Since that time, college students, reggae fans and film buffs have elevated its status to the sought-after status the Jimmy Cliff classic is and has been enjoying through the years.

Newly-digitized and reformatted, the film is now being screened throughout the country and was on the schedule for a Williamsburg, Brooklyn showcase recently.

Based on a true story about an individual named Rhygin, after casting, scriptwriter and director Henzell integrated Cliff's own life-story to reveal a character who leaves rural Jamaica for the capital where he pursues a career in the record industry in much the same manner Cliff did after leaving Somerton, St. James to live in Kingston.



Cliff's biography converges with the criminal Rhygin's when Ivanhoe shoots, knifes and kills for spree. He becomes a two-gun wielding bandit who boasts bad behavior and brandishes photographs of his rendezvous to the local newspapers in order to advance his popularity.

Allegedly, when the script was sent to Cliff in London, it was titled Rhygin. But after a screen test in London, director Henzell decided "Hard Road To Travel" might be a better moniker. Cliff liked the title and recorded a song by the same name.

"The changes went beyond the title," Cliff said, "The movie changed a lot along the way, from the script, Rhygin, that I read. It changed because most of the part about music - Rhygin had nothing to do with music. He was just a

rebel. Most of the things to do with music were taken from my life, because I came from the country (in September), came to Kingston, really an innocent boy come to Kingston, get rip off ..."

As shooting progressed, Cliff claimed the role by identifying with the rebellious character and integrated his own experience as a country boy who was exploited by greedy record producers who paid him little for his work and controlled radio airplay by bribing broadcasters, police and the music industry movers and shakers.

Cliff's reported demise of being robbed of his last pennies parallels Ivan's city lessons in the capital on his first Christmas in Kingston.

There were also Cliff's reallife struggles with producers, just as Ivanhoe faced in the



Jimmy Cliff.

AP Photo/Collin Reid, file

movie.

According to Henzell, one of Rhygin's popular sayings was "the harder they come... the harder they fall." Ultimately half of Rhygin's telling phrase decided the title now being celebrated.

The film is acclaimed as

Jamaica's first, feature; the first to popularize reggae music, the first to impact the consciousness of voters in Jamaica and the one that sealed Cliff's future in the entertainment industry.

In fact, Cliff was already a celebrated singer/musician when he was approached by Henzell to take on the challenge of acting.

However, with his music the soundtrack to the film, he became a made-man and international recording artist who probably paved the way for Bob Marley's success afterwards.

Allegedly on opening night in Kingston, Jamaica, the reggae-fueled hit provoked riots when thousands could not get into the sold-out Carib Theater venue.

One report was that: "The 1973 launch in New York led to six straight years of ganjasmoke filled midnight screenings around the United States and has gone on to become one of the best regarded independent films of all time."

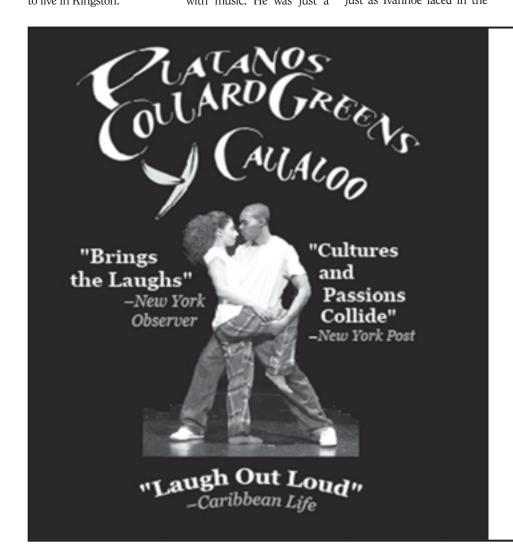
The film co-stars Janet

Bartley, Carl Bradshaw, Ras Daniel Hartman and Basil Keane. Co-written by Trevor Rhone, the film is hailed internationally as a breakthrough in exposing some of the controversy that plagued the island after post-colonial rule and independent status.

And while corruption is at the heart of the storyline, Jamaica's scenic and colorful façade provides the backdrop to an alluring tale. In conjunction with the rerelease of "The Harder They Come," the Grammy-winner will embark on a 17-date tour where he will perform in intimate theatre and club settings throughout the U.S. to promote his "2013 Many Rivers Crossed Tour."

"I knew 40 years ago we had something special with the film. With the re-release of "The Harder They Come," combined with my upcoming tour and recent Grammy win, I couldn't think of a better way to celebrate the past, present and future," Cliff said.

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"The gal lay down, but the man can't function what kind of man is that? Well, since the man in blue can't function, the man in orange with drumtakes over."

Photo by Lin-Jay Harry-Voglezon

Kwe Kwe initiation for Jamaica couple

By Lin-Jay Harry-Voglezon

As Labour Day weekend stepped into being, opportunities for new and different experiences also arrived. Ask Jamaicans Barrington Brown and Judy Cox.

As a couple scheduled for marriage on Sept. 14, they volunteered as one of two couples, to participate in the Annual Kwe Kwe ceremonies staged by the Guyana Cul-

tural Association Inc., Friday evening, Aug. 29, at St. Stephens Church at Newkirk Avenue and E28 St. in Brooklyn. Even though they are from the Caribbean and of African heritage, they knew not of Kwe Kwe ceremonies at home, nor have even experienced one.

Said Cox, a retired U.S. Chief Warrant Officer from

Continued on Page 28

Etana to headline Reggae show

Coalition to Preserve Reggae Music (CPR) has announced that songstress Etana, "The Strong One" will headline the ninth annual staging of the family-friendly Reggae Culture Salute (RCS) celebration scheduled for Saturday, Nov. 2 at Nazareth Regional High School, 475 E. 57th St., Brooklyn, NY 11203 at 8:00 p.m.

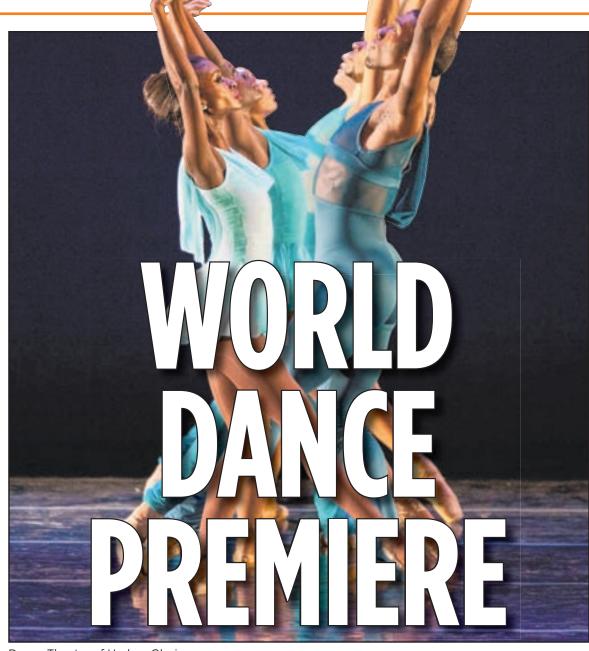
Etana has been touring extensively supporting her VP release, "Better Tomorrow" and is excited to be coming to Brooklyn, the heart of the Caribbean com-



Etana.

munity to perform at the annual celebration which highlights the unique relationship between rasta, reg-

Continued on Page 28



Dance Theatre of Harlem Gloria.

Photo by Matthew Murphy

Fall For Dance comes to City Center

Now that summer has left us and fall is upon us, it is time for the Fall for Dance Festival 2013. Fall for Dance remains one of the jewels of New York. For the same price that one pays to see a film at a movie theatre, you can see a live world-class dance concert with multiple international dance companies...only in New York! New

York City Center is celebrating the 10th Anniversary of the Fall for Dance Festival.

The festival consist of five different programs, 10 concerts, 24 international dance companies and three world premiere festival commissions. This year, two free evenings of dance at the Delecorte Theatre in Central Park have been added, sponsored by The Public Theatre, on Sept. 16 & 17. All other performances take place at New York City Center, 131 West 55th Street (between 6th and 7th avenues) in Manhattan from Sept. 25 to Oct. 5.

The festival also features preshow dance lessons in the Lounge FFD and panels by choreographers, artist and dance educators at Bar-

TOP OF THE **CHARTS TOP 10 SINGLES Blurred Lines** Robin Thicke Feat. T.I. + Pharrell Roar Katy Perry Safe And Sound **Capital Cities Holy Grail** Jay-Z Feat. Justin Timberlake **Love Somebody** Maroon 5 Clarity Zedd Feat. Foxes Radioactive **Imagine Dragons Summertime Sadness** Lana Del Rey & Cedric Gervais **Get Lucky** Daft Punk Feat. Pharrell Williams Same Love Macklemore & Ryan Lewis.. **TOP 10 ALBUMS Yours Truly** Ariana Grande **Love And War** Tamar Braxton **Hesitation Marks** Nine Inch Nails **Bad Blood Bastille Love In The Future** John Legend **Night Visions** Imagine Dragons The 20/20 Experience Justin Timberlake **Blurred Lines** Robin Thicke **Crash My Party** Luke Bryan Based On A True Story ... 10 Blake Shelton

verizonwireless

Dance

Continued from page 27

bara and David Zalaznick Studio, City Center, 130 West 56th Street, 5th floor. All pre-show events will start at 6:30 p.m and all dance performances start at 8:00 p.m.

Fall for Dance is a two-week festival consisting of five unique programs and will include performance by: 605 Collective, Alvin Ailey American Dance Theater, American Ballet Theatre, Ballet Hispanico, BODYTRAFFIC, Colin Dunne, DanceBrazil, Dance Theatre of Harlem, Dorrance Dance, dougelkins choreography, etc., Gabriel Misse and Analia Centurion, HeadSpaceDance, INTRO-DANS, Les Ballets Trockadero de Monte Carlo, Martha Graham Dance Company, Nrityagram, Richard Alston Dance Company, Sara Mearns and Casey Herd, Sidi Larbi Cherkaoui/Sadler's Wells London, and Royal Ballet.

To celebrate Fall for Dance's 10th Anniversary Season, City Center has commissioned three new works: Annabelle Lopez Ochoa will create a new piece for Ballet Hispanico; Justin Peck will choreograph a new ballet for Sara Mearns, Principle Dancer, New York City Ballet, and Casey Herd, Principal Dancer, Dutch National Ballet; and The Royal Ballet's



Alvin Ailey American Dance Theater.

Photo by Amur

Artist-in-Residence Liam Scarlett will create a new pas de deux for the company, which marks the first time his work will be seen in New York. Each commissioned work will receive its world premiere at the festival and will be performed twice.

City Center's beautifully restored Grand Tier Lobby will be transformed into Lounge FFD for each Fall for Dance performance providing a gathering place for audience members and artist to relax, mingle, have a cocktail and/or snack or take a free dance les-

son, a great place to meet friends and have pre-show conversation.

Go to: http://www.nycitycenter. org/Home for more detailed information on Fall for Dance Festival 2013 programs, performances and ticket availability.

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Kwe Kwe

Continued from page 27

St. Mary, Jamaica: "I didn't know what to expect. It was lots of fun. I'm happy to know that Guyanese are up keeping their traditions. There is nothing similar in Jamaica."

But as her partner - a retired field engineer of NCR Corporation, enjoyed the music, he became captivated by the intergenerational interactions.

Kwe Kwe is a pre-marital ceremony practiced mainly in rural Afro-Guyanese communities. It may occur on the night before a wedding or start about a week before. On appearance it is adult fun and humour accommodated more by the secularized than the religious. The extemporaneous rhymes, innuendoes, puns, folklores, songs, subliminal messages, and romantic quasi-explicitness, are punctuated with African drumming, and may be invigorated in depth and breadth, depending on the sophistry of the participants.

At a deeper level, it is a process of communal and family bonding, social recognition and acceptance of the couple's union, and psycho-



As his virgin awaits him on the white sheet, Jamaican Barrington Brown is egged on to show that he could function.

Photo by Lin-Jay Harry Voglezon

logical preparation of the couple for intimacy.

Among other things, a Kwe Kwe ceremony involves hiding the girl in or away from her home or village. The male and his entourage are challenged to find her. On so doing, the two families and entourages would meet, sing: "Open the door leh the man come in", encircle the couple, and dance around them.

Next the couple has to show

their 'motion' or 'science' in the circle. Here is where the Jamaicans found it challenging. Kwe Kwe 'science' is about knowing how to rotate the waist down to the ground and up back. They call it wining -- an indication of proficient intimacy. But the Jamaican couple had a different cultural rhythm; it seemed like Reggae becoming Calypso. "No left to right swaying" said the Master of Ceremony, "Wine!..." With good humor they learned.

According to Guyanese scholar and elder, Eusi Kwayana: "Kwe Kwe is an old African ritual I think (was) invented in the Caribbean. It didn't come from Africa in that form." He explained that it was not until 1825 that the British Government ordered Crown Colony governments to allow slaves to marry; an apparent act of appearement in response to the Aug. 18, 1823 mowing down and beheading of African slaves a retired U.S. Chief Warrant Officer, at Parade Ground, Georgetown, Guvana. So after 200 years of denial and negation of rights to family, the slaves were relying on their imperfect historical memories to restore their cultural practices.

Reggae

Continued from page 27

gae, Selassie and Jamaica.

Also appearing at Reggae Culture Salute 2013 is Reggae prodigy, singer, songwriter, producer and founder of the Big Ship label, Freddie McGregor who will receive CPR's highest honor, the Pinnacle Award at this year's event, for his more than 50 years as a pioneer on the Jamaican music scene.

In addition to Nyahbinghi drumming and African dancing, this year the CPR showcase features CPR members such as singer Don Minott from Hartford, CT; roots reggae singer Uwe Banton from Germany; singer Michibella, Dub Poet Ras Osagyefo and Yanks representing the five boroughs, all backed by the Brooklyn based ensemble Widayyah headed up guitarist, Noel Jones.

Reggae Culture Salute has become the preeminent roots reggae event in the New York tri-state area. The event attracts an intergenerational and diverse audience of reggae lovers who come together each year to celebrate roots reggae music in an authentic community vibe.

Lust leads to ill-advised liaisons

"Four"
Very Good (3 stars)
Rated R for sexuality,
profanity and brief
drug use
Running time: 75 minutes
Distributor: 306 Releasing

By Kam Williams

It's the Fourth of July in suburbia where we find 16-year-old Abigayle (Aja Naomi King) caring for her bedridden mother (Yolonda Ross) while her father Joe's (Wendell Pierce) job has taken him out of town

Normally, Joe can trust his dutiful daughter to dote on her mom, but on this evening, for some reason, raging hormones have her hot and bothered to the point of distraction.

After a little phone sex, she invites a guy she met in the mall over for what he arrogantly expects to be a 15-minute



Aja Naomi King and Wendell Pierce in "Four."

Photo by Cynthia Bittenfield

booty call. Dexter (E.J. Bonilla) is a former, high school basket-ball star whose glory days ended

abruptly when he graduated from high school.

He's been in a drug-fueled,

downward spiral ever since, and all that he has going for him is an ability to charm gullible young girls out of their pants. But when Abby has second thoughts about succumbing to Dexter's powers of seduction so easily, she talks him into taking her out for a ride.

Meanwhile, her dad isn't really away on business, but up to monkey business on the other side of town.

Turns out Joe is secretly bisexual and has rendezvoused with a gay kid (Emory Cohen) he met online who is also in the closet but obviously inexperienced and needs to be shown the ropes.

Thus unfolds "Four," a compelling character-driven drama about a very eventful day-in-the-lives of four lost souls each searching for a little independence on Independence Day.

The movie marks the auspicious writing and directorial debut of recent Columbia Film School grad Joshua Sanchez.

A cautionary tale featuring spectacular Fourth of July fireworks of the emotional variety.

Independent & Foreign Films

After Tiller (PG-13 for mature themes and brief profanity) Pro-choice documentary discussing the diminishing number of physicians willing to perform abortions since the assassination of Dr. George Tiller in Kansas in 2009.

Arise (Unrated) Empowerment eco-documentary, narrated by Darryl Hannah, paying homage to extraordinary Earth Mothers around the world who have dedicated their lives to healing the planet.

C.O.G. (R for profanity and sexuality) Quixotic character study of a Yale grad and "Child of God" (Jonathan Groff) who takes a job off the grid at an Oregon apple farm where he fails to fit in with his fellow migrant workers. With Denis O'Hare, Casey Wilson and Dean Stockwell. (In English and Spanish with subtitles)

The Colony (Unrated) Sci-fi horror flick set at a frigid outpost during an Ice Age in 2045 when a band of beleaguered survivors find themselves not only fighting the elements but a horde of cannibals as well. Starring Laurence Fishburne, Kevin Zegers and Bill Paxton.



Kam's Kapsules

By Kam Williams

Enough Said (PG-13 for profanity, sexuality, slapstick violence, crude humor and partial nudity) Romantic comedy about a divorced massage therapist (Julia Louis-Dreyfus) who falls head over heels for a kindred spirit (James Gandolfini) whose embittered ex-wife (Catherine Keener) just happens to be one of her clients. Supporting cast includes Toni Collette, Ben Falcone and Amy Landecker.

Generation Iron (PG-13 for mature themes and brief profanity) Weightlifting documentary following the world's top bodybuilders as they train for the Mr. Olympia competition. Featuring commentary by Arnold Schwarzenegger, Lou Ferrigno, Mickey Rourke, Michael Jai White and Buster Rhymes.

Haute Cuisine (PG for brief profanity) Gustatory biopic chronicling the career of legendary French chef Hortense Laborie, who was summoned by President Francois Mitterrand to serve as his personal cook. (In French and English with subtitles)

Ip Man: The Final Fight (R for graphic violence) Martial arts biopic chronicling the later life of the legendary grandmaster (Anthony Wong Chau-Sang) when reluctantly forced out of retirement for a final fight against menacing mobsters from the dangerous underworld of the Triads. With Gillian Chung, Jordan Chan and Eric Tsang. (In Cantonese with subtitles)

Jewtopia (Unrated)
Screen adaptation of the OffBroadway play of the same
name about two childhood
friends (Joel David Moore
and Ivan Sergei) who reunite
as adults to help each other
land their Ms. Right. Ensemble includes Jennifer Love
Hewitt, Nicollette Sheridan,
Camryn Manheim, Wendie
Malick, Tom Arnold, Rita
Wilson and Jon Lovitz.



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SUN KULCHA COMMUNITY EVENTS

MON., SEPT. 23. 2013

SITTING EXERCISE: Join us for a DVD workout that can improve your stability and balance and help you stay mobile from 12:00 p.m. - 1:00p.m. It's designed to develop strength and enhance your ability to perform the activities of everyday life, making it perfect for seniors. This class will help to increase stamina, develop strength in upper body and improve balance. Please let doctors knoe you'll be taking part in the exercise class. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP:1-646-476-1294.

TUES., SEPT. 24, 2013

Stork Nest Prenatal Program: If you are expecting, join EmblemHealth for seven fun and lively sessions from 5:45 p.m. - 7:00 p.m. Come to class and earn points for baby supplies! And learn what to expect when you are expecting and have the healthiest pregnancy possible. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP:1-646-476-1294.

WED., SEPT. 25, 2013

LOW-IMPACT ZUMBA: Join EmblemHealth for a dance-fitness class that's friendly and fun from 10:30 a.m. - 11:30 a.m. It uses the Zumba formula, with modified moves and pacing for active older people and those just starting their journey to a fit and healthy lifestyle. Be sure to let your doctor know you'll be taking part in an exercise class. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP:1-646-476-1294.

UNDERSTANDING YOUR BLOOD PRES-**SURE MEDICATION:** Join EmblemHealth in learning about blood pressure from 12:00p.m.-1:00 p.m. Learn about what is high blood pressure, why do you need to control your pressure?, which lifestyle changes can help manage your blood pressure, what are some of the common medications that people take and what are the side effects, what should you monitor when taking these medications, and what should you do when you experience side effects?. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria eights, Queens. RSVP:1-646-476-1294

THURS., SEPT. 26, 2013

MEDICARE 101: Join EmblemHealth to talk about everything you need to know about health care from 10:30 a.m. - 11:30 a.m. Learn how medicare works. What is a donut hole? What is a copay? Why is it necessary? How do I choose a doctor? What assistance is available to help with costs? This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights,



lively sessions from 5:45 p.m. - 7:00 p.m. Come to class and earn points for baby supplies! And learn what to expect when you are expecting and have the healthiest pregnancy

SEPT. 25 • Join us for a dance-fitness class that's friendly and fun. It uses the Zumba formula, with modified moves and pacing for active older people and those just starting their journey to a fit and healthy lifestyle. 10:30 a.m. - 1:00 p.m.. 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP: 1-646-476-1294

Queens. RSVP:1-646-476-1294.

possible.

CAREGIVERS SUPPORT GROUP: Join EmblemHealth for helpful tips, tools and resources, as well as guidance, support, sharing and caring from 2:00-3:30 p.m. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP:1-646-476-1294

STORK NEST PRENATAL PROGRAM: If you are expecting, join EmblemHealth for seven fun and lively sessions from 5:45 p.m. - 7:00 p.m. Come to class and earn points for baby supplies! And learn what to expect when you are expecting and have the healthiest pregnancy possible. This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens. RSVP:1-646-476-1294

MON., SEPT. 30 & TUES., OCT. 1

PERFORMING ARTS: Come out and see Ballet Hispanico, recognized as the nation's leading Latino dance, will perform in Program 3 of the 10th Anniversary Season of Fall for Dance Festival at New York City Center at 8:00 p.m. Tickets are \$15 and will go on sale on Sept. 8, 2013 at 11:00 a.m. Tickets can be purchased online at www.NYCityCenter.org, by calling CityTix at 212.581.1212, or at the City Center Box Office. New York City Center is located at 131 West 55th Street, NYC.

FRI., SEPT. 27, 2013

HEALTHCARE REFORM: Learn about health care reform and what it means for you and your family: How will health care reform affect you? Will you qualify for a plan on the New York Health Benefit Exchange? Will you qualify for financial help on the Exchange? What are the options available to you regarding your health coverage? This event is open and free to the public and is being held at 206-20 Linden Boulevard in Cambria Heights, Queens from 2:00 p.m. - 3:00 p.m. RSVP:1-646-476-1294.

MON., SEPT. 28, 2013

WOMEN IN MUSIC FESTIVAL: It's the 13th

season of Great Women In Music celebrating phenomenal women. The month long Festival kicks off with a salute to Robin Richie, producer and host of "Imagine That" a multi-faceted cable talk show that has aired for 15 seasons and has featured some of the most memorable names in music, theatre and sports. The big celebrity-laced bash will be held at the Grill N Chill in Park Slope, Brooklyn, NY at 5:30 p.m.

ONGOING NOW-WED., OCT. 9

PEFORMING ARTS: "The Trip To Bountiful," has been extended, adding five weeks to its already extended engagement, giving audiences just a few more chances to see the legendary CICELY TYSON's in her Tony Award-winning performance of a lifetime. "The Trip To Bountiful" is playing at the Stephen Sondheim Theatre (124 W 43rd St) on the following schedule: Tuesday - Thursday at 7:00 p.m., Friday and Saturday at 8:00 p.m., Wednesday and Saturday at 2:00 p.m., Sunday at 3:00 p.m. Starting the week of Aug. 20, 2013 the schedule will change to: Tuesday and Thursday at 7:00 p.m., Friday and Saturday at 8:00 p.m., Wednesday and Saturday at 2:00 p.m. and Sunday at 3:00 p.m. Tickets are available at the box office, www.Telecharge.com or by calling (212) 239-6200.

FRI., SEPT. 20 - FRI., OCT. 11, 2013

REGISTRATION MIGRATION SERVICES:

Catholic Migration Services would like to welcome you to register for their FREE Citizenship Workshop on Oct. 19 at St. James Cathedral in downtown Brooklyn from 10:00 a.m. to 2:00 p.m. In order to attend, you must call 646-597-8797. A CMS employee will take some basic information to determine whether you are eligible to apply. In order to be eligible, you must: Be at least 18 years old, and have been in the United States for at least five years (three years if you are married to a U.S. citizen). Our immigration counselors and legal staff will be providing step by step assistance in each individual's application process.

HOME HELP FOR DISABLED: If you are a disabled homeowner living in Brooklyn or have someone disabled living in your household, you may qualify for up to \$5,000 in home repair grants. Repairs must be geared toward making the home accessible and convenient for the disabled person. Sponsored by Neighborhood Housing Services of East Flatbush, a not for profit housing organization, and the New York State Housing Trust Corporation. For more information, please call (718) 469-4679.

COMMUNITY CENTER: Are you looking to improve your life? Take a class at Community Learning Center: How to Write a Book or Script. Create a Resume, How to Create Wealth, Get/ Keep a Spouse, Start a Business. Classes for everyone. Community Learning Center, 147-12 Archer Ave., Queens. For more information/ RSVP, call (718) 291-1094.

Compiled by Natalie Y. Henry

Q

Vincies honor native achievers

Continued from page 3

itual Baptist celebrations, where he "became mesmerized by the intense rhythms and pulsating vibrations of the participants."

He identified members of the New Artists Movement (NAM), such as Cecil "Blazer" Williams, Nzimbu and Tswalla Brown, and Leroy "Chico" Ellis, as having early influence on his cultural journey.

Union Island-born Stewart, a former New York City Councilman, said he was very surprised in receiving the honor. Dr. Stewart entered politics and became a Council Member of the predominantly Caribbean 45th Council District in Brooklyn in 2002. "I'm so proud of this group – to see so many of us today," he said. "I did not expect it (award). Thank you for bestowing this award on me."

Goodluck-McQueen praised God for giving her "not a talent but a gift. She has written many of UVCGB's poems and skits and is a qualified assistant teacher in St. Vincent and the Grenadines.

"I'm so glad that you decided to give me my award while I'm alive," she said, stating that many nationals have been honored post-humously, including George McIntosh, who is being touted to be named among the country's National Heroes.

Carl Munroe, the owner and chief executive officer of the Brooklyn-based Standard Caribbean Shipping, has made several generous contributions to many organizations at home and in New York, including sports, medical, educational and religious, as well as to carnival grouns

His wife started her nursing career in St. Vincent and the Grenadines, migrating to New York in 1972 soon after graduating from the St. Vincent and the Grenadines' School of Nursing.

She was employed, as a registered nurse for more than 30 years, at the now defunct St. Mary's Hospital in Brooklyn, and is currently employed as assistant director of Perioperative Services at Beth Israel Hospital in Brooklyn.

In delivering the keynote address, in place of commu-

nity activist Nelcia Robinson-Hazell, who was unable to make the trip to New York, Jamaican-born Bishop Dr. David Mc Donald, pastor of First Community Church of God Ministries in Brooklyn, urged community members to have a "humanistic approach" in helping others.

"You don't have to be in church to get involved (in helping others)," he said, adding that "you should not only help your family but your community."

Irish, a born-again Christian and former national netball star, said UVCGB has been "making a difference"

in the lives of many at home and abroad since it began its "journey 10 years ago.

"There have been some very challenging times and situations, but, through it all, we have learnt that God is Sovereign," she said.

New York Consul General Selmon Walters congratulated UVCGB for "10 years of representation and hard work.

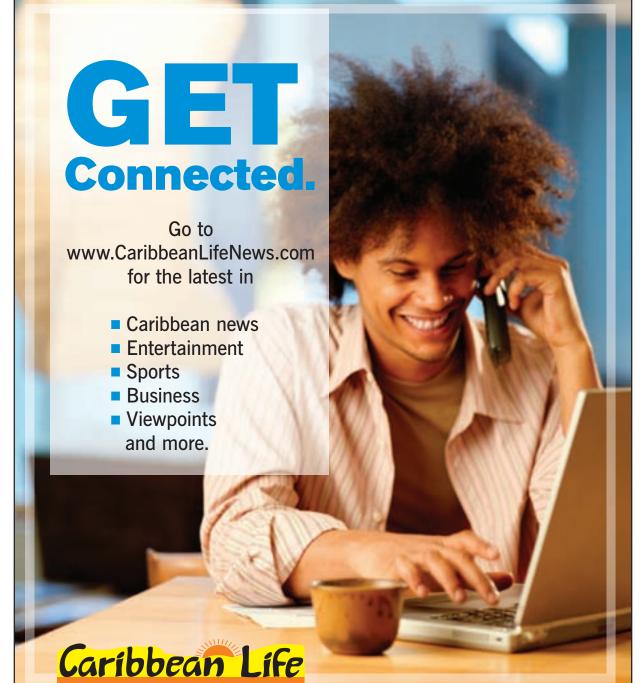
"To operate for 10 years without breaking up is a milestone," the former government minister told patrons. "Many organizations came and did not last 10 years."



June Goodluck-McQueen receiving award from UVCGB members, from left, Judith Cuffy-Murray, Sonia Alexis and Dr. Roxie Irish.

Photo by Nelson A. King

Laverne McDowald-Thompson, president of the Brooklyn-based umbrella Vincentian group in the United States, Council of St. Vincent and the Grenadines' Organizations, U.S.A., Inc. (COSAGO), also commended UVCGB for "working so hard.



Harry Belafonte

Continued from page 3

Belafonte said: "My admiration for her is unending. She has awakened many in the global family to a commitment in struggle against tyranny. For all this I remain eternally grateful."

Amnesty International said Yousafzai, 16, is an advocate for equal access to education.

Her 2009 diary for the BBC detailed her frustrations with the Taliban's edict to shut down all girls' schools in her native Pakistan.

In 2012, she was shot and severely wounded in an attack claimed by the Pakistani Taliban.

"I am truly honored to receive this award and would like to take the opportunity to remind everyone that there are many millions of children like me across the world who fight every single day for their right to go to school," said Yousafzai in receiving the accolade.

"I hope that, by working together, we will one day realize our dream of education for every child, in every corner of the world," she added.

Amnesty International said the Ambassador of Conscience Award was inspired by the poem "From the Republic of Conscience", written for Amnesty International by the late Seamus Heaney. The Irish poet had been due to read the poem at the Award Ceremony.

The ceremony paid tribute to the Nobel Laureate, including a reading of the poem that has inspired a generation of human rights activists.

Harold George "Harry"
Belafonte, Jr. – born on
March 1, 1927, at Lyingin Hospital in Harlem – is
a singer, songwriter, actor
and social activist.

Misconceptions of drug use and abuse

"High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society"
By Dr. Carl Hart c.2013, HarperCollins \$26.99 | \$28.99 Canada 340 pages

By Terri Schlichenmeyer

Everything you believe is wrong.

There are, for instance, no alligators living in the sewers of New York. Elvis is not alive and living near a burger joint in Michigan. Head colds are not caused by walking in the snow, and the Tooth Fairy?

Sorry.

So what do you know about drugs, and the causes of addiction? In the new book "High Price" by Dr.

BOOK REVIEW

Carl Hart, you'll be surprised at recent revelations.

Growing up on "one of the roughest neighborhoods of Miami," Carl Hart had all kinds of temptations at his fingertips. Still, he managed to resist many of them.

That doesn't mean, however, that Hart was a complete angel.

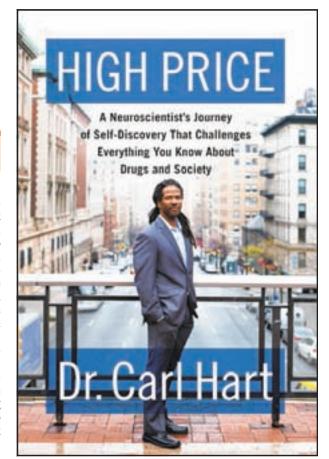
Guns were easy to get where he lived, and there was once a time when he wanted one for revengemaking. He and his friends shoplifted, dine-and-dashed, and once held a gun on a white man for fun. And he experimented with drugs – marijuana, cocaine, tobacco, and alcohol - even though he knew that those substances would poorly affect the basketball career

he badly wanted.

When he didn't get a basketball scholarship, Hart knew that his best option was to join the military, so he entered the Air Force and discovered that basic training was easy for an athlete from Miami who was used to hot-weather activity. He used that ease to challenge his fellow airmen, and he found his leadership abilities

And because he was trying to stay out of trouble – which meant avoiding the brothers who wanted to smoke marijuana – he took his first college class.

Today, Hart's career lies in the study of the effects of drugs on behavior, and because of his research, he has learned some surprising things about addic-



tion; for instance, the vast majority of cocaine use is outside the Black community, and 80-90 percent of cocaine users "do not

develop problems with the drug." Furthermore, Hart believes that the solution to the drug problem – and, by extension, many of the

other societal ills that befall inner cities – isn't through a racially-motivated "war on drugs." What's needed, he says, is for people – especially young adults - to have a "stake in our society."

Though it tends to take awhile to get to the point, "High Price" isn't bad.

Author and neuropsychopharmacologist Dr. Carl Hart uses his own life experiences and plenty of upfront truth to show how general perceptions of drug use and abuse is wrong, particularly when it comes to drugs and the Black community. This mixing of personal story and hard research is interesting and appealing, in part because Hart isn't preachy and partly due to his unique history as someone who actually lived that which he's trying to help others avoid.

It took some effort for me to stay with this book at first, but I was ultimately glad I stuck around. And if you're a reader who questions assumptions, is tired of "experts" who don't walk the walk, and you love a good biography, then "High Price" is a book I believe you'll like, too.





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CROSSWORD BY STATEPOINT MEDIA, INC.

THEME: FALL IN THE AIR

ACROSS

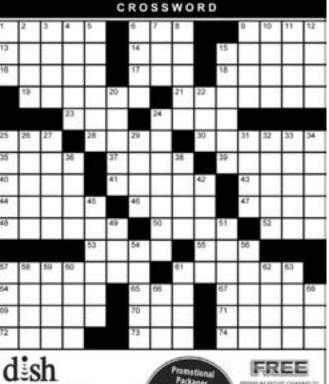
- 1. *What a harvester does
- 6. On #2 button
- 9. Lyme disease carrier
- 13. The N of U.S.N.A.
- 14. Romanian money
- 15. Languidly
- 16. Got up
- 17. "The Lord of the Rings" char-
- 18. Distinguish oneself
- 19. *Fall TV time
- 21. *Colorful autumn attraction
- 23. Eggs
- 24. Not mint
- 25. Rare find
- 28. Means justifiers
- 30. Comment
- 35. Lyric poems
- 37. Bit
- 39. Musical show
- 40. Tangerine grapefruit hybrid
- 41. *Autumnal feeling in air
- 43. ___ Verde National Park
- 44. Capital of Morocco
- 46. It's capped
- 47. At a previous time, archaic
- 48. Motion picture type

- 50. *Nut droppers
- 52. Distress signal
- 53. Chicken __
- 55. *Halloween time
- 57. *Apple orchard activity
- 61. Re-use old ideas
- 64. Bloodless
- 65. Fed. procurement group
- 67. External
- 69. Armrest?
- 70. Singular of #50 Across
- 71. "The Barber of Seville," e.g.
- 72. Religious offshoot
- 73. Clinton ___ Rodham
- 74. Tina Fey's Liz

DOWN

- 1. Nucleic acid
- 2. Lobe holders
- 3. Assert
- 4. Leisurely walk
- 5. *Fall's usually the time for a long one
- 6. Hoppy beers
- 7. "Fresh Prince of ___-Air"
- 8. Some have links
- 9. Curbside call
- 10. Famous Peruvian group
- 11. Horsefly
- 12. Actor __ MacLachlan
- 15. Metal-worker
- 20. Bank run, e.g.

- the land of the free..."
- 24. Sir Peter _____, English actor
- 25. *Natural decoration
- 26. Degas or Poe
- 27. Peach __ dessert
- 29. " Diaries" book series
- 31. Same. in French
- 32. Certifies
- 33. Actress Rene
- 34. *"To Autumn" poet
- 36. Thailand, formerly
- 38. Seaward
- 42. Superior grade of black tea
- 45. "There for the _____"
- 49. Wrath, e.g.
- 51. *It starts all over
- 54. Incite
- 56. Grevish brown
- 57. Forward move in football
- 58. ____ of Man
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Tennis at a stand still

By Robert Elkin

Over the years, highlighting the alumni who competed in the men's singles and / or doubles USTA Open tournament included only a very few of the graduates of the New York Junior Tennis League – Lamar Harper Griffith, Alex Roberman and John Molin. Maybe Roberman might have gone further in his career, but it was not to be. Roberman had the potential of playing in the main draw of the tournament. Molin also had the potential to play in the singles portion of the same tourney according to Bill Wiese, who was the tournament director of the New York Junior Tennis League.

Wiese retired from this position but stayed on with the New York Junior Tennis League and Learning.

"Griffith won a round in doubles," continued Wiese. "Those are the three New York City kids who played in the main draw of the U.S. Open.

Wiese recently took some time off from watching some of the matches in the tournament at the Billie Jean King National Tennis Center.

Overall, tennis in America is not as popular as football, baseball, or basketball. "It

Continued on Page 40

Chris Gayle takes a break

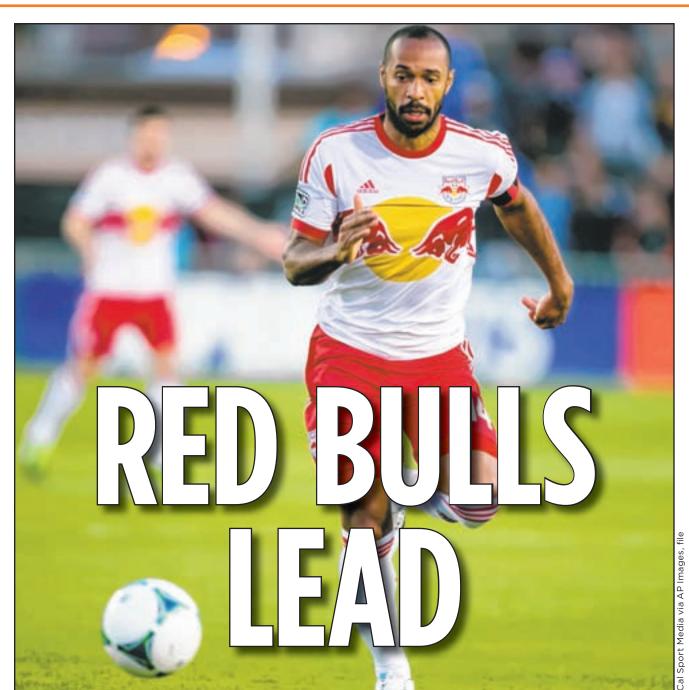
By Azad Ali

West Indies opener Chris Gayle says he is mentally fatigued as a result of a hectic playing schedule and is eagerly looking forward to a three-month break from cricket.

His disclosure comes on the heels of the inaugural Limacol Caribbean Premier League (CPL) where he steered Jamaica Tallawahs to title honors by defeating Guyana Amazon Warriors in the finals.

It's been a long road, and I am very, very tired mentally," said Gayle, who captured the man of the match award in the final. It was a challenging time batting-wise in the Tri-nation series and then against Pakistan, and to have come and played a captain's part in the CPL has been really stressing.

Continued on Page 40



New York Red Bulls forward Thierry Henry (14) in action during the MLS game between the New York Red Bulls and the San Jose Earthquakes at Buck Shaw Stadium in Santa Clara CA. San Jose defeated New York 2-1.

Show purpose against Toronto FC

By Patrick Horne

New York Red Bulls coach Mike Petke seems to have made his points and has the ball rolling again at Red Bulls Arena. After recent strained relations with French star Thierry Henry and forward Fabian Espindola, the pair turned in solid

performances to lead the team to a 2-0 win over Toronto FC (4-14-11, 23 pts.) last Saturday night at Red Bull Arena. The win puts the Red Bulls (14-9-6, 48 pts,) in sole possession of first place in the MLS Eastern Conference at the most opportune time - with only five games

left in the regular season.

In a very competitive game, which saw Toronto FC put in a good performance despite its poor record and lost chance at the playoffs, the Red Bulls were more purposeful and seemed aware that the

Continued on Page 40



ew York Red Bulls' Fabian Espindola, left, and San Jose Earthquakes' Sam Cronin fight for the ball during the first half of an MLS soccer game Sunday, March 10, 2013, in Santa Clara, Calif.

AP Photo/Ben Margot, file

Resurgence of the Red Bulls

Continued from page 39

play-offs are just around the corner. The locals took care of business as Henry scored in the 32nd minute off a cross from midfielder Dax McCarty, who received an earlier pass from midfielder Michael Bustamante, then Espindola came up with the insurance goal in the 80th minute when the forward capitalized on a Toronto defensive error.

Pekte also seems to have shaken up the team somewhat and brought to life a competitive spirit within the squad. He hasn't hesitated to use his new and younger players, recently calling on midfield Lloyd Sam for starts in midfield, using MLS newcomer forward Bradley Wright-Phillips and last Saturday giving Bustamante his first MLS start. The Red Bulls now

will look to continue their winning ways when they host Dallas FC on Sunday, Sept. 22 at 5:00 p.m.

Petke was pleased with Saturday's outcome. "I don't think it was pretty," said Petke. "But at the end of the day, we'll take the points. You can see the overall attitude of this team has changed, the willingness to jump on board. Especially Thierry. It's great to see him score goals two weeks in a row. That's phenomenal."

In other MLS games last weekend, thanks to Ricardo Clark's goal in the 53rd minute, the Houston Dynamo (11-10-7) beat the Philadelphia Union (10-10-9), 1-0, to end a four game winless streak. The Seattle Sounders continued its winning ways after a slow start to the season by topping Real Salt Lake, 2-0, for its fifth straight win. Obafe-

mi Martins, voted playerof-the-week, scored three minutes into the match and speedy Lamar Neagle added a second goal in the 38th minute. The win puts the once-struggling Sounders (15-8-4) atop the Western Conference. The Sounders' 49 points leads the entire league.

DC United (3-19-6) got a rare draw, a 2-2 result against the Los Angeles Galaxy (13-10-5); DC's Kyle Porter scored in the 84th minute to help his team draw, and Chris Pontius had D.C. United's first goal. Michael Stephens and Robbie Keane scored for Los Angeles; the tally was Keane's team-leading 13th goal. The Columbus Crew (10-14-5) defeated the Montreal Impact (13-7-6), 2-1, behind second half goals from Chad Marshall and Dominic Oduro, Marco Di Vaio, the MLS scoring

leader with 18 goals, scored for Montreal in the 23rd minute, but Columbus rallied for the win.

The Chicago Fire (11-11-6) got past the New England Revolution (10-11-7), 3-2, on Alex's game winner after the score was deadlocked at 2-2. Juan Luis Anangono and Mike Magee also scored for Chicago. The Colorado Rapids (12-8-9) defeated FC Dallas, 2-1, when Vicente Sanchez scored twice to rally the team. David Ferreira scored for Dallas (10-8-10). Chivas USA and the Portland Timbers played to a 1-1 draw; Brian de la Fuente tallied for Chivas (6-15-8) and Diego Valeri scored for Portland (10-5-13). Another draw was in the works when the San Jose Earthquakes (10-11-8) and the Vancouver Whitecaps (10-10-8) played goalless.

Tennis on the rise

Continued from page 39 isn't dying," Wiese went on. "The rest of the world has caught up."

But not in Jamaica (West Indies), Haiti, or the Caribbean, and the Virgin Islands, for examples. These parts of the world remained with soccer, cricket and athletics with sprints dominating track and field. Tennis in the parks and schools in the Caribbean is limited because of the lack of courts and there are few clubs in the area that really stress tennis such as they do in the United States.

In the United States and even in the public schools in New York City, cricket is on the rise, while tennis is at a stand still. There is an increase in the number of students playing cricket in New York with public high schools having a league of their own.

Tennis could be on the rise in The Bronx and Westchester county with the building of the Carrie Leeds Center in the Bronx. It will be a new venue for the kids and the adults. "There will be 22 courts located in the new venue," said Wiese.

The New York Junior Tennis League is a chapter of the Junior Tennis League, which began in the early '70s.

Besides the mentioned New Yorkers who competed in the U.S. Open, there was James Blake who recently retired from competing on the circuit. However, Blake was born in Yonkers and is not a native New York City product: thus he was unable to be a member of the New York Junior Tennis League. His father Dr. Blake was on the board of directors of the Harlem Armory.

"The Blakes were a great family," Wiese said. "Dr. Blake gave so much back to New York City kids," he added.

"Maybe now tennis in the Virgin Islands and in the Caribbean can bring something and some stars into the United States," said a tennis spokesman.

Mentally tired

Continued from page 39

Gayle, who scored 47 not out in the final to lead the Tallawahs to a sevenwicket win over Warriors, started the year with a stint with Sydney Thunder in the Australia Big Bash League. He represented West Indies in a One-Day and Twenty 20 International series tour in late January before returning to the Caribbean to participate in Test and One-Day International series against Zimbabwe, followed by a run with Royal Challengers Bangalore in the popular Indian Premier League in April.

The ICC Champions Trophy in England in May followed soon after, with his last international duties coming in June and July. A series of low scores in the earlier part of the CPL had also raised concerns about his form. West



AP Photo/Aijaz Rahi

Indies are due to tour New Zealand from December to play three Tests, five One-Day Internationals and two Twenty20 Internationals.

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Nurse, Cooper are West Indies future stars

All rounders Kevon Cooper from Trinidad and Tobago and Ashley Nurse from Barbados are quality players with the full potential to serve West Indies cricket well. It is important that the West Indies selectors identify these talents and promote these players in their respective places. Quality all rounders play a significant role on any team. The earlier these players are exposed to the highest level of cricket, the faster the West Indies chances of improving its rankings.

Cooper has exhibited tremendous skills during the Indian Premier League in India. He also has the necessary skills for the One-Day International. Internationally, Cooper is acknowledged and highly recognized. He should also receive the same respect from the West Indies selectors.

SKILLFUL ALL ROUNDER

Whether it is Twenty20



Eyes on Cricket

By George H. Whyte

or One-Day Internationals, Ashley Nurse picks up wicket and scores runs at reasonable rates. His bowling is penetrative and batsmen are sometimes puzzled as to what to expect. Exposing young cricketers at the highest level is essential.

The selectors in India, Pakistan and Australia have been indulging in such a practice and it has worked. India has two young opening batsmen Popti Dharman and Karoe Kohli who have been consistent and dominant. Other players on the team have been playing well such as Suresh Nehra, Kohli and Ojha. India is the ICC ODI champion and ranks high in Test cricket as well. India's captain Mahendra Singh Dhoni leads by example and the team follows.

PLAYERS MUST BE WELL ORGANIZED

Because of the dominance of One-Day International and Twenty20 cricket, emphasis must be given to certain players to represent the West Indies. Test cricket is going off the calendar slowly but some focus must be given for the West Indies to still win games. If attention is not given for some playersto specialize in Tests cricket, the West Indies will remain lower in the rankings.

The West Indies won some Test matches at their most recent encounters but defeating higher ranking oppositions should be a better achievement. Lendl Simmons seems to have captured the selectors attention once again. Simmons may be considered for a middle



West Indies' bowler Ashley Nurse drops the catch off India's batsman Rohit Sharma, rear, during their Twenty20 international cricket match in Port of Spain, Trinidad.

AP Photo/Andres Leighton, file

order position in Test cricket. He is a certainty in ODI and Twenty20s. He should

add some stability to the middle order.

Shivnarine Chanderpaul,

Simmons and Denesh Ramdin are capable batsmen to push West Indies to victory.



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TAURUS: Apr 21/May 21

Take your upbeat attitude to new heights this week, Taurus. New challenges will emerge in the coming weeks, B so find new inspiration and things will go smoothly.

GEMINI: May 22/Jun 21 Gemini, keep your head on straight over the next week, which figures to be hectic. Cool heads always prevail, and your calm approach will be noticed by others.

CANCER: Jun 22/Jul 22

Cancer, your ingenuity is treasured among the people closest to you, but those who do not know you may be unfamiliar with the tricks you have up your sleeve. Take time to show them.

LEO: Jul 23/Aug 23

Leo, someone wants to take your relationship to another level, so let this person know you are on the same page. Otherwise, you both may be floundering around for some time.

VIRGO: Aug 24/Sept 22

Virgo, good news awaits on the job this week, even if it is totally unexpected. Nonetheless, it can be exciting to know that someone is watching out for you.

LIBRA: Sept 23/Oct 23

Libra, you may be excited about an upcoming event or getaway, but don't let your anticipation get the best of you. Remember, you do need to plan and

SCORPIO: Oct 24/Nov 22

Scorpio, embrace a challenge that presents itself this week. No matter the scale of the challenge. you will soon find you're up to it, and so will those around you.

SAGITTARIUS: Nov 23/Dec 21 Sagittarius, be open to new experiences, as you do not know when surprises are going to come around the bend. This week may prove to be a real eye-opener.

CAPRICORN: Dec 22/Jan 20

It's time to ditch any bad habits that have been holding you back, Capricorn. Set a new course, with new goals, and those old habits will soon be an afterthought.

AQUARIUS: Jan 21/Feb 18

A heightened sense of urgency may have you jumping into a situation, Aquarius. But give this situation the careful consideration it deserves. Keep your eyes on the future.

PISCES: Feb 19/Mar 20

Pisces, now is the time to redirect some of your professional ambitions to your personal life. It's an effort worth making.

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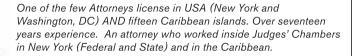
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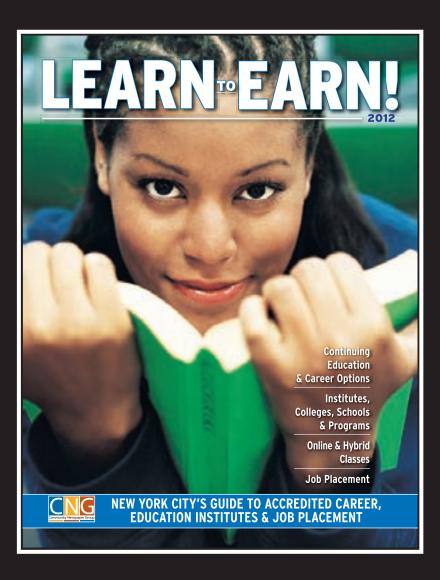
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