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## UN probes Belize human- trafficking report

By Nelson A. King

The United Nations Human Rights Office of the High Commissioner for Human Rights says Special Rapporteur on Trafficking in Persons, Joy Ngozi Ezeilo, will visit Belize from Dec. 12-16 "to examine the situation of trafficking of women, men and children."

It will be the first time that an independent expert of the U.N. Human Rights Council is visiting the Caribbean Community (CARICOM)-member state.

"During my visit to the Belize, I will study the situation in order to make recommendations to prevent and fight trafficking, and protect its victims," Ezeilo said.

The U.N. Human Rights Office said Ezeilo, who visits Belize at the invitation of the government, will engage with State representatives, as well as members of international and civil society organizations working on the fight against trafficking in persons "in order to assess the challenges and opportunities in Belize."

Ezeilo is charged by the Human Rights Council to promote the prevention of trafficking in persons in all its forms and to encourage measures to uphold and protect the human rights of victims.

"I look forward to this visit and the opportunity to engage with the government and stakeholders on effective and sustainable ways

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## BET LIKES BUNJI

Trinidad&Tobago soca phenom, Ian "Bunji Garlin" Alvarez, fresh from his Soul Train Award-winning performance last Sunday prepares for a surprise performance in New York City. Details were unknown at press time. See Page 26.

Photo by Jonathan Mannion.

# MAKING UP FOR A LOST ECONOMY

### Caribbean turns up the pressure on Europe

By Bert Wilkinson

An executive committee appointed by Caribbean governments to fight Britain and other European powers to make them pay for the horrors of the Trans Atlantic Slave Trade has said that it has no choice but to demand reparations, as the effects of slavery on Black people are simply too much to bear.

Updating the region after meeting this week in Jamaica with a British law firm that won reparations for Kenyan tribesman

against Britain, the group said it had identified several key areas that should attract funding, if and when it wins its case against the UK, Spain, France, the Netherlands, Portugal, Sweden and Norway in the coming years.

The group said that slavery has been so horrific on the region's African-descended population that it "has the highest incidence in the world of chronic diseases in the form of hypertension and Type 2 Diabetes that are the direct

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# CARIBBEAN ROUNDUP

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THE NEWS FROM BACK HOME

## Antigua

A mother and her two sons serving lengthy prison terms on a joint conviction for the 2006 murder of Lionel "Black Money" Farrell had their sentences reduced by the Court of Appeal. Barbara Peters who was initially ordered jailed for 20 years had five years shaved off her sentence.

While her son, Junior Roberts, who was also serving a 20 year sentence, is to spend 18 years in prison.

The Court of Appeal also reduced Shavuagh Roberts' 18 year sentence by a year. Justices of Appeal Joyce Kentish, Mario Michel and Davidson Baptiste ruled the sentences excessive.

The killing occurred on June 7, 2006, at number 2 Armstrong Rd., not far from Farrell's home and in the presence of his family and neighbors.

Meanwhile, two Jamaican drug mules caught at VC Bird International Airport recently were convicted and fined in the St John's Magistrates' Court. John Planter and Ricardo Mills were respectively required to pay \$35,000 and \$18,000 forthwith. Planter pleaded guilty to possession, importation, intent to transfer and intent to supply three pounds of cannabis to other persons.

Mills, who had ingested one and a half pounds of marijuana and imported it into country, admitted guilt to possession, intent to transfer and importation of the controlled substance.

Police said they admitted to ingesting marijuana-filled packages. They were taken to Mount St John's Medical Centre where they passed out a combined total of four and a half pounds of the drug. The drugs were valued at \$18,000.

## Barbados

The ratings agency, Standard & Poor's (S&P) has revised downwards the long-term rating for Barbados - the second downgrade in four months.

Recently, the United States-based credit rating agency announced that it had moved the island's rating from BB+ to BB- in response to a persistent current account deficit and a high fiscal deficit.

"The downgrade reflects the



## Laboring for less than \$1 per hour

Workers stitch Hanes tee-shirts at a factory in the CODEVI free trade zone in Ouanaminthe, Haiti. See story on page 18.  
Jude Stanley Roy/IPS

mounting external pressures associated with a persistent current account deficit and external financing challenges, as well as the ongoing high fiscal deficit largely because of a substantial fall in government revenues as a result of the weak economy," the agency said.

According to S&P due to the large fiscal deficits, it is expected that the net general government debt burden will rise to above 70 per cent of Gross Domestic Product (GDP) in fiscal 2013 (ending March 2014) from 67 percent in fiscal 2012 and 60 percent in fiscal 2011.

Straughn, who met with a visiting team from S&P two weeks ago, warned that tough decisions now had to be made and he called on government to "bite the bullet and make the necessary cuts now."

## Cayman Islands

The Cayman Islands Development Bank (CIDB) made a loss for the second year running, according to Auditor General Alastair Swarbrick.

Despite having assets to the tune of \$41 million, the bank made a net loss of \$766,880 which follows another loss made in 2011 when the bank lost \$777,664 according to the

audited financial statements that were made public this week.

At a time when the bank should have been making a profit in order to offset the loan that is due in two years, the financial statements show that the bank has been incurring losses for the past two years.

Moreover, instead of the bank increasing its customer base so as to attract better terms in refinancing its loan portfolio, the statements paint a picture of a situation where customers are not showing interest in the banks products.

## Dominica

Dominica says it is pursuing efforts to get the European Union to remove the visa requirements for nationals travelling to Europe, saying that it was important to stimulate trade under the Economic Partnership Agreement (EPA) signed with Europe five years ago.

Junior Foreign Affairs Minister Alvin Bernard said Dominica has joined several countries in making the request.

"We have made some progress and we have had tremendous com-

mitment from various representatives of the Council, but at the moment, the most recent report that we have received is that the Council is at the moment preoccupied with two other countries that have been included on the negative list," he said.

Bernard said Dominica was pursuing the initiative "because we see the lifting of the visa requirement for Dominica and other affected countries, particularly signatories to the Economic Partnership Agreement as critical. Dominica and other countries of the Caribbean Forum (CARIFORUM) grouping signed the EPA in October 2008 that also provides substantial EU aid for trade.

Recently, Cecilia Malmström, the European commissioner for Home Affairs said the commission was putting in place measures to allow citizens from six Caribbean Community (CARICOM) countries to travel to the Schengen area without a visa.

## Guyana

Guyana has produced more than

half a million tons of rice this year, surpassing the 2012 figure by more than 107,000 tons, according to official figures released here.

The Caribbean Community (CARICOM) country said rice production for the year stood at 529,384 tons, a 25.43 percent increase over the 2012 figure of 422,057 tons.

The Ministry of Agriculture gave no revenue figures for the rice production this year, but said that the production "pushes forward the possibility of Guyana possibly reaching 600,000 tons before the 2020 projection.

"The sector continues to experience yearly increase in rice production due to more land being brought under cultivation, and the provision of improved farming techniques with better seed varieties, which in turn have led to improved yields per hectare."

It said that a major incentive for the increased project has been the price for Guyana's rice improving, "which thus far has been stable"

## St. Kitts

In the face of public upheaval over an Iranian turning up at Canada's border with a St. Kitts-Nevis diplomatic passport, the local government has said it approved the Middle Easterner's passport and conferred him the status of Special Envoy to the Federation.

Minister of Foreign Affairs, Hon. Patrice Nisbett told the nation at the Nov. 26 sitting of the National Assembly that Iranian national Alizera Moghadam obtained St. Kitts-Nevis citizenship through its Investment Program, after which he was given the diplomatic appointment.

"Ministers having duly considered the content of a Memorandum dated Jan. 4, 2013, approved the appointment of Mr. Alizera Moghadam, a national of Iran who had formally acquired, following successful completion of all the necessary due diligence, citizenship of St. Kitts and Nevis through the Investment Program; as a Special Envoy to Azerbaijan and Turkey with the mandate to explore areas of interest to the Federation," he said.

There was also no response to media claims that Moghadam told

Continued on Page 16



Vice President of Laparkan, Gavin Khan, left, with scholarship award recipients Amanda Deebrah, Latchmee Ramnarine, Ciara Seebachan, and former VP Robert Mitchell.

Photo by Aubrey Campbell

## LAPARKAN presents first Scholarship Awards

By Tangerine Clarke

Three brilliant young ladies excelled in an essay competition, beating out scores of other applicants to become winners of the first ever LaParkan financial scholarship offered to students of Caribbean heritage in the New York Tri-State area who aspire to higher education, and community service.

Eighteen-year-old Amanda Deebrah, is a first year student of Queens College, who will use her \$1500 as part of her tuition to study Corporate Finance, Computer Science and Asian Community Studies. Ciara Seebachan, also 18, who enjoys watching science programs, will attend John Jay College of criminal justice to major in forensic science.

Latchmee Ramnarine, a former member of the Richmond High Law Club, has her sights set on becoming a politician when she graduates from City College with a degree in Political Science and Government law.

Twenty-one year old Latchmee applauded the scholarship program as being beneficial to students of Caribbean heritage who are rarely ever offered this opportunity.

During the Dec. 4, handing over of the grants at Laparkan's Customer

Care Center in Richmond Hill, Vice President Gavin Khan congratulated the students and said he was excited to hand out the endowment after launching the initiative last summer, adding that the lateness of the promotion prevented a wider cross-section of the community from applying.

The businessman thanked then congresswoman Una Clarke whose successful partnership with Laparkan resulted in many students receiving scholarship, but said he decided that the company should create its own grant, to give back to the community.

"We are endorsing education to modify and change the course of a generation of peoples, according to Khan who pointed out that labor statistics show persons with degrees are more likely to be employed.

Former VP and current Liaison, Robert Mitchell, in turn praised the students for their diligence, and told them, "We at Laparkan recognize that education is the vehicle for social and economic progress, and because of that, we are pleased to be in a position to provide these scholarships to promising young students of Caribbean descent.

# Vincentian group honors five outstanding nationals

By Nelson A. King

Five Vincentian organizations and individuals were honored recently by the Internet group, VincyCares, Inc. at its Fourth Annual Dinner and Awards Ceremony at Friends of Crown Heights Educational Center in Brooklyn.

The four-year-old organization presented its Lifetime Achievement Award to women's rights and community advocate Nelcia Marshall-Robinson.

Other awardees included calypso maestro Alston "Becket" Cyrus, the United Vincy Cultural Group of Brooklyn fashion designer and entrepreneur Zulema N. George, certified personal trainer, massage therapist and entrepreneur Tizana Goodluck-Hedge and internationally-acclaimed playwright and producer Jerol Huggins-Jackson.

The Brooklyn-based Vincentian band, Solid donated the awards, and performed free of charge at the gala event, according to Franklyn "Supadex" Richards, the VincyCares president.

St.Vincent and the Grenadines' UN Ambassador Rhonda King, New York



Zulema George receives award from VincyCares' Vice President Gillian Arthur.

Photo by Nelson King

Consul General Selmon Walters and Deputy Consul General Edson Augustus also attended the ceremony. Cultural figure Verna Arthur delivered the keynote address.

"To all the honorees, I

extend congratulations because it is hard work and dedication that makes a difference in the lives of many," said Richards, a graphic artist, in his introductory remarks.

"Alston 'Becket' Cyrus

has dedicated his life to provide good music and to give Vincentians a reason to be proud," he added. "United Vincy Cultural Group has kept our culture alive and allows us to show our chil-

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## Clarke calls on Obama to stop deportations

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke has called on President Barack Obama to stop the deportation of Caribbean and other immigrants who lack legal status in the United States.

Clarke, who represents the largely Caribbean 9th Congressional District in Brooklyn, said her appeal would help to "prevent the continued dislocation of families and children that disrupts the communities we share.

"There are thousands and thousands of family in the community I represent who are threatened with

deportation," said Clarke, who is the Ranking Member of the U.S. House of Representatives' Subcommittee on Cybersecurity, Infrastructure Protection, and Security Technologies.

"These are real families – mothers and fathers, sons and daughters – who are living with the risk of separation, in some instances, permanent separation," she added.

"Until we have comprehensive reform of a failed system of immigration, we cannot in good faith allow the often irrevocable harm of deportation to continue," she continued. "With each

day, we deport more than one thousand people who could potentially become citizens."

Clarke noted that, in July, the U.S. Senate passed an immigration reform bill that would allow most of the victims of "our failed system of immigration to obtain status as legal permanent residents and, eventually, to become citizens."

She said Republican leaders in the House of Representatives have "refused, however, to allow a vote on the bill.

"The people we represent have a right to expect that

Congress will enact comprehensive immigration reform based on our values, particularly the belief that families should be protected from dislocation," Clarke said.

"In the meantime, we should prevent the unnecessary separation of family members," she added.

According to estimates by the Washington-based Pew Research Center's Hispanic Trends Project, about 11.7 million undocumented immigrants were in the U.S. last year, up from 11.5 million in 2011.

# Request for dialogue with slave owners

Continued from cover

result of their nutritional exposure, endemic inhumane physical and emotional brutalization and other aspects of the stress experience of slavery and post slavery apartheid.

Regional governments have been so concerned about chronic diseases among the population that they have twice held special leaders' summits in the past decade to address the issue as public spending to deal with diabetes, hypertension and heart disease has been increasing astronomically in recent years.

Pointing to other areas of sadness and genocide, the group singled out Britain as an example, saying that once the colonial era had ended, the African population was left in a state of general illiteracy as up to 70 percent of citizens were functionally illiterate. "Widespread illiteracy continues to plague Caribbean societies and accounts for

significant parts of their development challenges."

European colonizers were also blamed for under-investing in cultural institutions like museums and research centers,

on a deliberate policy of ensuring that the Caribbean should not be exposed to manufacturing and industrial development processes and should be largely confined to raw-material pro-

reparatory dialogue."

Meanwhile, the executive says that it is satisfied with the soundness of the legal brief it received from attorneys of the law firm of Leigh Day, deeming its services as valuable and contending that arguments would be further bolstered and refined with the addition of legal points from regional luminaries and academics.

The next moves after the current preparatory stage, would be to "request reparatory dialogue with beneficiary slave-owning European states with a view to formulating a new development agenda for the Caribbean, taking these reparatory objectives into consideration, in order to promote the 21st century as a period of mutual respect, recognition, and conciliation," the group said, expressing anger that Blacks were classified by slave owners as "non-human", "chattel property" and "real estate."

**Regional governments have been so concerned about chronic diseases among the population that they have twice held special leaders' summits in the past decade to address the issue as public spending to deal with diabetes, hypertension and heart disease has been increasing astronomically in recent years.**

the committee noted, adding that the "victims have been left disenfranchised with respect of their institutional and cultural experiences and memory. This crisis must be remedied," the executive said.

Further developing their case, the committee noted that the Europeans had embarked

duction.

Today its members argue, the regional bloc of nations is scientifically and technologically backward, and an ill-equipped civilization which continues to experience debilitating backwardness in a science- and technology-globalized world. This matter must be addressed in

## Trafficking

Continued from cover

to combat trafficking in persons," Ezeilo said.

The U.N. Human Rights Council said she will present a comprehensive report containing her conclusions and recommendations in June 2014.

Nigerian-born Ezeilo, a human rights lawyer and professor at the University of Nigeria started her mandate as special rapporteur on trafficking in persons, especially in women and children in August 2008, the Council said. She has served in various governmental capacities and consulted for various international organizations, and is currently involved in several non-governmental organizations, particularly working on women's rights.



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# Jamaican scientist starts medical marijuana firm

By David McFadden

KINGSTON, Jamaica (AP) — A prominent Jamaican scientist and entrepreneur is launching a company that aims to capitalize on medical marijuana, a growing global industry that he asserted Wednesday could be a boon for the island's chronically limping economy.

Henry Lowe, a researcher who specializes in medicinal chemistry and the chairman of an institute that develops therapeutic and cosmetic products from various plants in Jamaica, is calling his new venture Medicanja. It will focus on isolating medicinal compounds in the cannabis plant, known locally as "ganja," and Lowe said the research will not violate any local laws or international conventions.

Lowe said Jamaica could become a powerhouse in the nascent medical marijuana industry, health tourism and the development of innovative pot-derived items. Local scientists already have a history of creating marijuana-derived

products, such as "Canasol," which helps relieve pressure in the eyes of glaucoma patients.

"This is a big opportunity for us," Lowe said in a phone interview.

Marijuana is pervasive on the Caribbean island despite

**Advocates for pot say it's time for Jamaica to give its moribund economy a boost by embracing cannabis-related ventures.**

being prohibited since 1913. It's long been used as a medicinal herb by Jamaican families and as a spiritual sacrament by Rastafarians. In 2001, a government-appointed commission said pot was "culturally entrenched" and recommended decriminalization, but the effort stalled.

Advocates for pot say it's time for Jamaica to give its

moribund economy a boost by embracing cannabis-related ventures. With a growing number of U.S. states changing their marijuana laws, and voters in Washington and Colorado legalizing marijuana, the activists say Jamaica should decriminalize pot and stop worrying that might anger the U.S. The island has long been the Caribbean's biggest pot exporter to the U.S.

Influential politicians are increasingly taking up the idea. Health Minister Fenton Ferguson said last week that he is "fully on board" with medical marijuana, and the justice minister has said the Cabinet should be asked to consider changes to pot laws before the end of the year.

Some church leaders and lawmakers oppose decriminalization of even small amounts of marijuana, arguing the negative effects of the drug outweigh any benefits, especially for young people. But many of them say they have no problem with medical marijuana research.



Health Minister Dr. Fenton Ferguson.

Photo courtesy of opm.gov.jm

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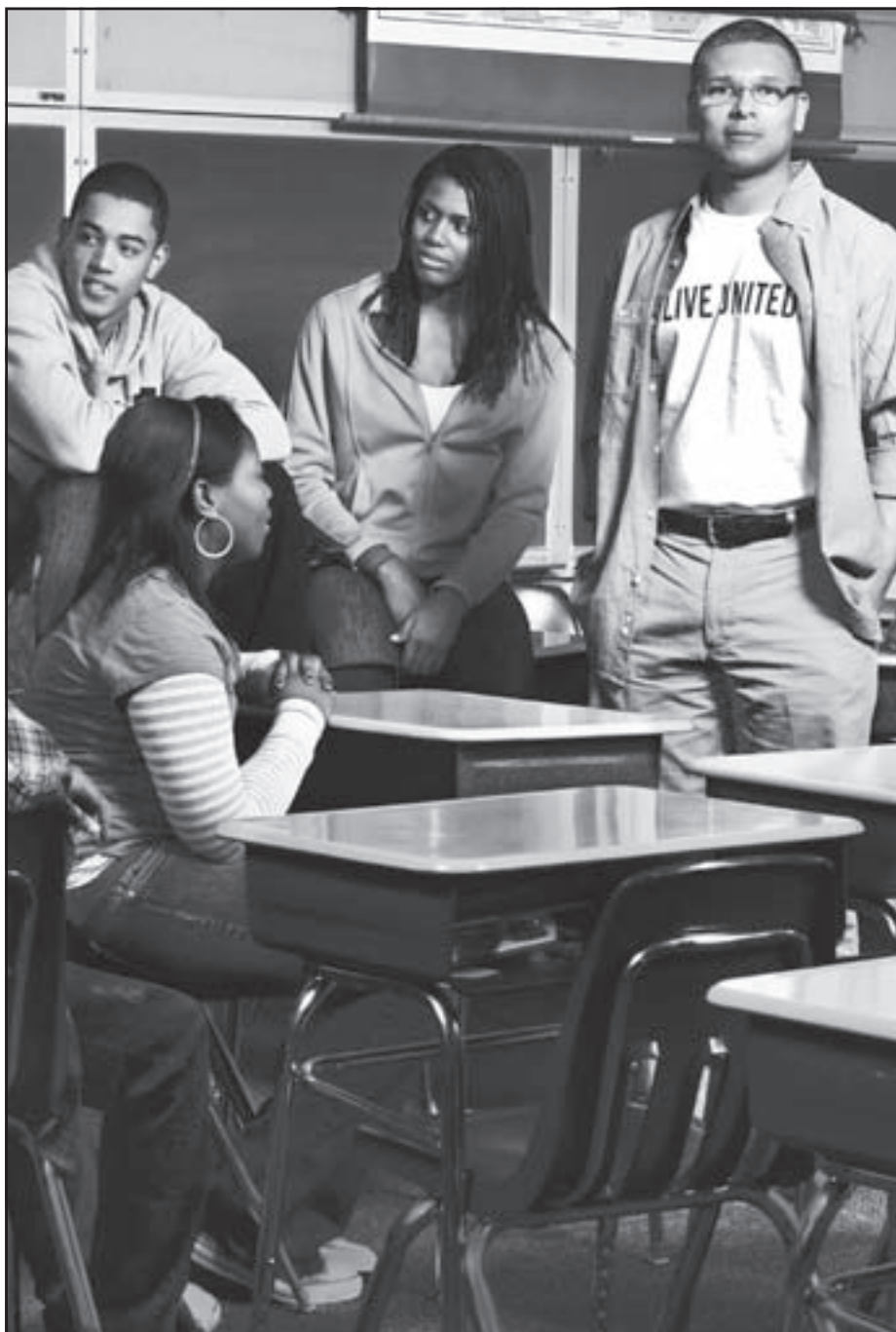
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# Rep. Clarke calls on Obama to stop deportations

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke has called on United States President Barack Obama to stop the deportation of Caribbean and other immigrants who lack legal status in the United States.

Clarke, who represents the largely Caribbean 9th Congressional District in Brooklyn, said her appeal would help to “prevent the continued dislocation of families and children that disrupts the communities we share.

“There are thousands and thousands of family in the community I represent who are threatened with deportation,” said Clarke, who is the Ranking Member of the U.S. House of Representatives’ Subcommittee on Cybersecurity, Infrastructure Protection, and Security Technologies.

“These are real families – mothers and fathers, sons and daughters – who are living with the risk of separation, in some instances, permanent separation,” she added.

“Until we have comprehensive reform of a failed system of immigration, we cannot in good faith allow the often irrevocable harm of deportation to continue,” she continued. “With each day, we deport more than one thousand people who



Congresswoman Yvette D. Clarke.

could potentially become citizens.”

Clarke noted that, in July, the U.S. Senate passed an immigration reform bill that would allow most of the victims of “our failed system of immigration to obtain status as legal permanent residents and, eventually, to become citizens.”

She said Republican leaders in the House of Representatives have “refused,

however, to allow a vote on the bill.

“The people we represent have a right to expect that Congress will enact comprehensive immigration reform based on our values, particularly the belief that families should be protected from dislocation,” Clarke said.

“In the meantime, we should prevent the unnecessary separation of family members,” she added.

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## Holiday Tree Lighting Festival

The Lenox Road Block Association Alliance (LRBAA) and EmblemHealth will hold their first tree lighting and toy drive on Saturday, Dec. 14, 2013 from 5:00 p.m. – 8:00 p.m. The festivities will feature Metro Steelpan Orchestra and other live entertainment on the premises of 270 Lenox Rd. (corner of Nosstrand Avenue), Brooklyn.

“We are extremely proud to kick off this year’s holiday season by hosting our first ‘Lights on Lenox’ holiday event,” says LRBAA Chair-

person Judy Spence. “As part of our commitment to fostering a strong sense of community within our area, LRBAA takes great pleasure in partnering with community residents, local institutions and business owners to present what will surely be an event to remember.”

The alliance, a community-based, volunteer-led organization that does not operate for profit, was founded by local residents in 2008 to organize and empower residents of Lenox Road between New York and

Flatbush avenues in Brooklyn. LRBAA’s mission is to enhance the quality of life in our neighborhood culturally, socially, and economically. Members of the LRBAA unite to serve as a collective voice in support of our community.

EmblemHealth, Inc., through its companies Group Health Incorporated (GHI) and HIP Health Plan of New York (HIP), provides health care coverage and administrative services to approximately 3.4 million people.



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# Call for greater gun control laws

## To The Editor

It is reported that every two weeks since 2006 there has been a mass murder. There are more mass murders than have been reported and it has affected people all across America. Based upon these frequent mass murders the need for stringent gun control is evident.

New York City has very strict gun control laws; however, most of the southern states have very lax gun control laws. As a result many people are able to purchase and transport guns to the north. It is documented

**It is our business as citizens to lobby for stricter gun control laws because it affects us in one way or another. Unless the authorities or the powers that be chose to change or amend the current laws, mass murders will continue and many innocent people will die needlessly.**

that many of the guns that were used in crimes in New York City were purchased outside of New York. The biggest gun seizure in New York City history yielded 250 firearms. Of those 12 were

purchased in North Carolina, five in South Carolina, two in Georgia, one in Ohio and one in Arizona. These were seized from two southern weapons runners. It is left to the imagination how many made it to our streets before that seizure.

Let's take a look at the most recent mass killing of 12 people, which took place on Sept. 16, 2013 in DC. Although it was done in Washington DC, who would have thought it would directly affect anyone in New York. It hit close to home because the killer's immediate family lives in New York. The suspect purchased his guns in Virginia and Georgia, which are in the south. The issue with gun control is the lack of extensive background checks which makes it possible for mentally ill and criminals to obtain guns. Now had there been a thorough background check it would have been found out that this individual had multiple occasions of incidents that were related to guns.

It is our business as citizens to lobby for stricter gun control laws because it affects us in one way or another. Unless the authorities or the powers that be chose to change or amend the current laws, mass murders will continue and many innocent people will die needlessly.

Yours truly,  
Eustecia Herman

# Why can't the U.S. Congress aim higher?

By Lee H. Hamilton

Congressional budget negotiators are moving to meet a Dec. 13 deadline to produce, well, something. For weeks, we've been told to keep expectations low. There'll be no "grand bargain," negotiators say. Commentators believe that even the narrowest agreement will be a signal achievement. So here's my question: Doesn't that seem like an awfully low bar to you?

Yes, I know. The atmosphere on Capitol Hill is poisonous. The two parties — even the various factions within the parties — can barely stand to be in a room with each other. Expecting a sizable budget accomplishment from Congress right now is like expecting water from a rock. It would take a miracle.

Yet there are consequences to not producing an agreement capable of clarifying fiscal affairs. Right now, government agencies cannot plan ahead; they can't consider long-term projects; they have trouble with staffing; they can't set priorities; they're forced to fund programs that have outlived their usefulness and cannot fund programs they know are necessary. And that's just the federal bureaucracy. Contractors and people who depend on federal spending can't plan, either. Our economy can't achieve liftoff, and millions of ordinary Americans remain mired by its slow growth. Washington faces tough choices about spending, taxes, and entitlements, and Congress isn't making them.

Things are not wholly bleak. Republican Paul Ryan of Wisconsin, the lead House negotiator, and Democrat Patty Murray of Washington, who heads up the Senate team, have been working at least to address the sequester. As you'll recall, this is the draconi-

**By addressing these issues head on, Congress could move beyond the political machinations that have deeply frustrated so many Americans.**

an set of across-the-board budget cuts put in place in 2011. At first, many agencies were able to defer maintenance, spend money they'd squirreled away, and cut staff by attrition. This next year will be much tougher: agencies are out of easy options, and defense spending faces an immense, \$21 billion cut. That will be felt in every congressional district in the country, given how adept the Defense Department has been at spreading its largesse around. Not surprisingly, pressure is coming from both sides of the aisle to ease the impact.

The sequester is a clever, cutting good and bad government spending without rhyme or reason. If congressional negotiators can take a smarter approach, that's all to the good.

But if they're going to do that, shouldn't they address the real problems? The country needs gradual deficit reduction that avoids disrupting the economy or harming the vulnerable. It needs reforms to Social Security and Medicare that put them on a solid footing for decades to come.

These are daunting challenges, but Congress's toolbox is hardly empty. It could limit itemized tax deductions, increase Medicare premiums for the well-to-do, place caps on spending, shave federal employee benefits to bring them in line with the private sector, increase government fees,

sell public assets, put more of the wireless spectrum up for bid, increase the Social Security contributions of higher-income earners, change the consumer price index.... There are literally scores of possibilities, none of them easy, but all of them offering adroit negotiators the chance to craft a long-term solution to problems that have beset Capitol Hill for years and held economic growth far below its potential.

By addressing these issues head on, Congress could move beyond the political machinations that have deeply frustrated so many Americans, and play a constructive role in the economy: promoting growth by investment in infrastructure and basic research, providing incentives for entrepreneurship and job creation. It could create a responsible framework for reducing spending as the economy grows. It could reform a tax code that everyone agrees is broken.

At some point, Congress will have to put the federal budget on "a sustainable path for the long term," in the words of the CBO. So long as it does not, the economic consequences hurt everyone. Congressional leaders seem blissfully unconcerned about this and aim only for low-hanging fruit, but Americans know that Congress can and should do better, and are rightly tired of careening from crisis to crisis. As members of Congress continue to make politically attractive suggestions that don't come close to achieving a lasting solution, let's urge them to get real. It's time for Congress to go big.

*Lee Hamilton is director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.*

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

# Fix or no fix of healthcare, a GOP monotone

If the early signals hold firm and the assigned fixers have indeed gotten a handle on whatever was bedeviling initial rollout of the Affordable Care Act (ACA), how much of a setback does that create for the army of naysayers who were poised to ride an anti-ACA wave all the way to the 2014 midterm elections? Coming right after the GOP-engineered shutdown of the government, the inexcusably amateurish launch of the government's ACA web site provided the Republican/Tea Party wall of defiance with an escape route from a lambasting they should, even now, not have lived down.

The full-throttle shellacking that these forces organized against the ACA (the pejorative "Obamacare" naturally being the preferred terminology in that sector) even co-opted much of the mainstream media to join in the pile-on of disabling blows heaped on the administration. So respected a news veteran as Bob Schieffer of CBS News dismissed the ACA as a "disaster" and parroted the attackers' line about "scrapping the whole thing and starting over." The ACA's would-be destroyers had the wind at their back for sure.

Should the web site be given a

new lease on life and, with it, realization by the bulk of those whose healthcare needs are intended to be addressed by the ACA, that they're now in a good place, President Obama would have played this plot sequence as statesmanly correct as could be desired. Burned by snafus in the web site's setup of which he reportedly was not previously made aware, the president proceeded to apologize, take the blame and then place his confidence in someone he thought could repair the damage. If, coming behind such unpanicked response to what would be anybody's nightmare, relatively smooth running of the site results, the president would have earned his brownie points.

It has not been all aces for the president, as he closes in on five years on the job. There have been some foreign policy calculations that, in hindsight, he may regret he made (we have previously suggested here that being drawn into intervention in Libya could well be one of them) and on the domestic front he, like every one of his predecessors, hasn't been free of missteps. But, especially in light of the depth of feeling on the other side to frustrate his every move, the president

## Viewpoint

By Les Slater

has acquitted himself very well in the role. The Affordable Care Act was an ambitious, well-meaning initiative intended to address the issue of so many in the population being without health insurance, while simultaneously attempting to curtail the resulting drain on government resources caused by so many emergency room visits of the uninsured. Which makes it a non-starter for today's ideologically driven Republican party. Showing that kind of concern for people isn't in the Republican style book, because that's not something government concerns itself with.

So whether or not the other side's rally cry of a busted ACA web site gets its plug pulled because of the president's having moved adroitly to engage the problem, Republican/Tea Party demagoguery to bring about the ACA's demise will not abate. In one of the more preposterous things done in the House of Representatives, Republicans voted

almost 50 times to repeal the ACA – votes the caucus knew were going nowhere. (Who is surprised that the current Congress has earned the distinction of least productive session of all time?)

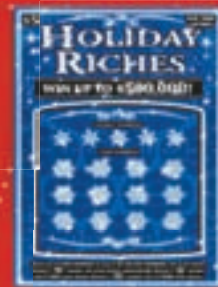
Typically, though, the GOP way would be to see in a temporarily malfunctioning ACA web site a nirvana good for delivering what that colossal waste of time in House repeal votes could not. So pulling out all the stops, blanketing the space every which way with chatter about how dead in the water this thing was, became the order of the day. Not unexpectedly, too, there was no inclination whatsoever to acknowledge that although trouble on the site for persons trying to access it was widespread, an altogether different experience greeted others in states like Kentucky, California and others, primarily where the state opted to use its own insurance exchanges rather than the federal government's (Kentucky somewhat of an odd twist, being the home of ferociously anti-ACA Senate minority leader Mitch McConnell). The overwhelming concentration and unrelenting emphasis on the negative seemingly was geared toward influenc-

ing the media's unblinking focus on the negative as well.

ACA opposition forces outdid themselves in California, where they stooped to "dirty tricks" levels. Evidently none too pleased that the sign-up flow in the state had gone quite well, folks supposedly affiliated with or acting on behalf of the political opposition set up a phony "sound alike" web site intended to draw potential insurance buyers but which in reality could sell the poor saps zilch. Sadly, some have begun to see the ongoing contention over the ACA (which, lest they forget, is the law of the land) as worthy of that kind of mindless intemperance.

Through it all President Obama has charted a "steady as she goes" course as ship's captain. The Affordable Care Act, generally referred to as his signature achievement, is a proud one to own. The president's demeanor of a no-nonsense exterior couched in respect ultimately is perhaps a sober choice, given the daily round of slings and arrows sent his way – a routine in which the Affordable Care Act has emerged as bête noir of the first degree.

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## OP-EDS

# Cliff-hanger for 1.3 million Americans

By Nydia Velázquez

Since 2008, millions of Americans have lost their jobs or had their hours cut back as a result of a financial collapse they did not cause. Democrats have consistently fought to protect individuals suffering from the effects of the recession. While our response has not been perfect, we have been able to maintain a strong unemployment insurance program to help Americans weather a broken economy.

In a few weeks, 1.3 million Americans will lose the unemployment benefits they have relied on to buy groceries and keep a roof over their heads. By the end of the first quarter, an additional 850,000 Americans will have lost their benefits. We should not be revoking needed economic assistance from job seekers while millions of Americans are fighting to get back to work and struggling to pay their bills.

This sudden change in policy affects the worst off in this economy—the long-term unemployed. Studies show that significant time out of the labor force makes it harder for an individual to find a job. When they do find one, it is often a

lower-paying position or a step back in their career. Without the crucial lifeline that unemployment insurance provides, we leave millions of Americans without income and risk pushing them out of the job market entirely.

This is just one example of a Republican assault on social insurance programs. Their refusal to expand Medicaid, support for the reduction in SNAP benefits, and insistence on sequestration has resulted in benefit reductions for working families. As Republicans have rolled back the safety net, Americans have lost access to housing, food, education, and child care. The expiration of long-term unemployment benefits compounds an already difficult situation for many Americans.

Last year, unemployment insurance kept 2.5 million Americans and .6 million children out of poverty. If long-term jobless benefits are allowed to expire, next year there will be nothing to protect these families from long spells of unemployment. Food stamps, Medicaid benefits, and federal child care subsidies are not generous enough to make up for the loss of a reliable

unemployment benefit.

In New York City, this is a particularly pressing problem. My city has an unemployment rate of nearly 9 percent, over 1 percent greater than the national average. Already, SNAP cuts have resulted in the loss of 76 million meals per year for New York City residents. Cutting New Yorkers off from unemployment insurance will not put people back to work. This expiration of benefits will make the unemployed worse off and job searches harder.

My colleagues on the other side of the aisle say they are concerned about the average person. But actions speak louder than words, and their actions tell us they are not concerned with the difficulties Americans face. I hope that the Americans they are ignoring are playing close attention to what is happening in Congress today.

*Prepared remarks by US Rep. Velázquez (D-NY) at a Democratic Steering and Policy Committee hearing on "Expiring employment Insurance Benefits" and the effects the proposed cuts to the program will have on working families.*

## Awards

Continued from Page 3

dren aspects of our rich Vincentian heritage. Mrs. Nelcia Marshall-Robinson is a tower of strength and inspiration to women at home and abroad.

"The Vision Award recipients, in their own way, are trailblazers and will continue to inspire us in our chosen field, as we continue to aspire to be better men and women," Richards continued. "Thank you Tizana Goodluck-Hedge, Zulema George and Jerol Huggins-Jackson."

Marshall-Robinson said she was "extremely honored" to receive the award, inviting some members of the audience to share it with her.

"I invited a number of



Nelcia and Marshall-Robinson receives award from VincyCares President Franklyn Richards.

Photo by Nelson A. King

persons because, without the support of people at different levels, I would not have accomplished [many things]," she said.

"I am deeply honored to receive this award from people who understand the struggle for change," Marshall-Robinson added.

"Keep reaching out, VincyCares, keep on caring.

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# Guyana to promote low-carbon growth

**By Nelson A. King**

The Inter-American Development Bank (IDB) says Guyana, “one of the best-conserved high-biodiversity countries in the world,” will advance in its efforts to implement its Low-Carbon Development Strategy with a US\$16.9 million loan.

The Washington-based financial institution said on Dec. 5 that the financing is the first of two Programmatic Policy-Based Loans to support the creation of regulatory, institutional and monitoring instruments to help Guyana implement its development plan and mainstream environmental issues into institutional strategies.

The IDB said Guyana has about 85 percent of its territory covered by forest and wooded lands.

It said the project will

support measures to update the country’s regulatory framework to maintain low rates of deforestation and forest degradation caused by mining, logging and agriculture, as well as to improve the government’s institutional capacity to enforce legislation.

Moreover, the IDB said the project will support measures to strengthen the institutional capacity of the Ministry of Natural Resources and Environment, the main entity in charge of promoting and implementing the country’s low carbon development plan.

“This project is designed to foster the creation of government systems to measure, report and verify forest carbon emissions resulting from deforestation and forest degradation,” the IDB said.

The IDB financing is made up of two loans of US\$8.46 million each. The first loan comes from the IDB’s ordinary capital, with a 30-year maturity, and a 5.5-year grace period and a fixed interest rate (SCF-Fixed).

The IDB said the second loan comes from the Bank’s Fund for Special Operations, with an interest rate of 0.25 percent a year, and a 40-year maturity and grace period.

The IDB also approved this week a US\$3.8 million non-reimbursable technical cooperation to Guyana to support measures to help the country establish an enabling framework and to build capacity for Reducing Emissions from Deforestation and Forest Degradation (REDD+).

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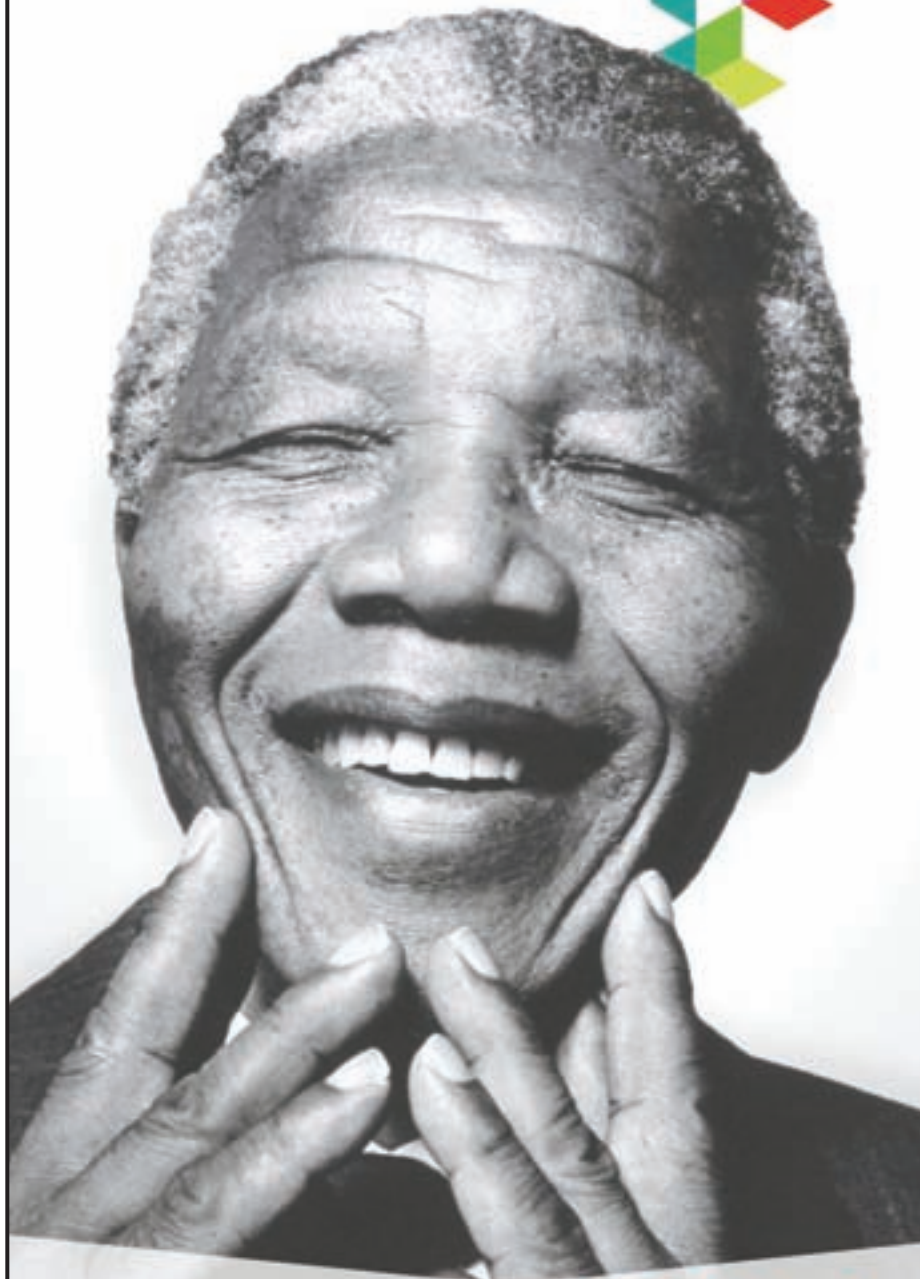


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## CARIBBEAN ROUNDUP

Continued from page 2  
Canadian authorities he paid \$1 million for the passport.

### St. Lucia

Prime Minister Dr. Kenny Anthony says the island's tourism industry is on a slow but steady rebound.

The prime minister in an address at an awards ceremony at the Windjammer Landing – a leading hotel here, pointed to a four percent growth in arrivals as an important sign of light at the end of the tunnel.

He said that while the industry has been encountering an immensely challenging period, there are important signs that health is returning to the sector and the confidence in investment has also received a boost as illustrated by plans by many properties to expand.

"After several years of decline when hotels did not invest in new plants, equipment, machinery and employees, we are now slowly beginning to see a turn around. Over the last few weeks, I have noticed at Cabinet meetings that a number of hotels are seeking incentives to expand, refurbish and renovate. That has not happened over the last two years," he said.

Dr. Anthony also spoke directly to plans by Windjammer Landing to expand the 116-villa property located on the islands north west coast.



He said the decision to expand at this time was "critical and vital" not only to the tourism sector but to the country's economy.

Anthony, who is also finance minister, exhorted employees in the sector to continue to do their best in maintaining the world class service, which has granted the destination much acclaim.

### Trinidad

Guyana and T&T are forging ahead with an agreement, which allows for investors from T&T to engage in large scale farming in Guyana, and will see both countries engaging in more economic activities.

Earlier this year, a Memorandum of Understanding (MOU) was signed for 10,000 acres of Guyana to be made available to T&T investors and farmers for agricultural development.

During a press briefing in Georgetown recently, Guyana's Agriculture Minister Dr. Leslie Ramsammy said discussions were held this week with Food Production Minister Devant Maharaj to push the agreement forward.

"We are at the beginning of a collaboration that will benefit both countries," Ramsammy said, "No financial investment will be made by either government but, agricultural and economic activities will be facilitated in both countries."

*Compiled by Azad Ali*



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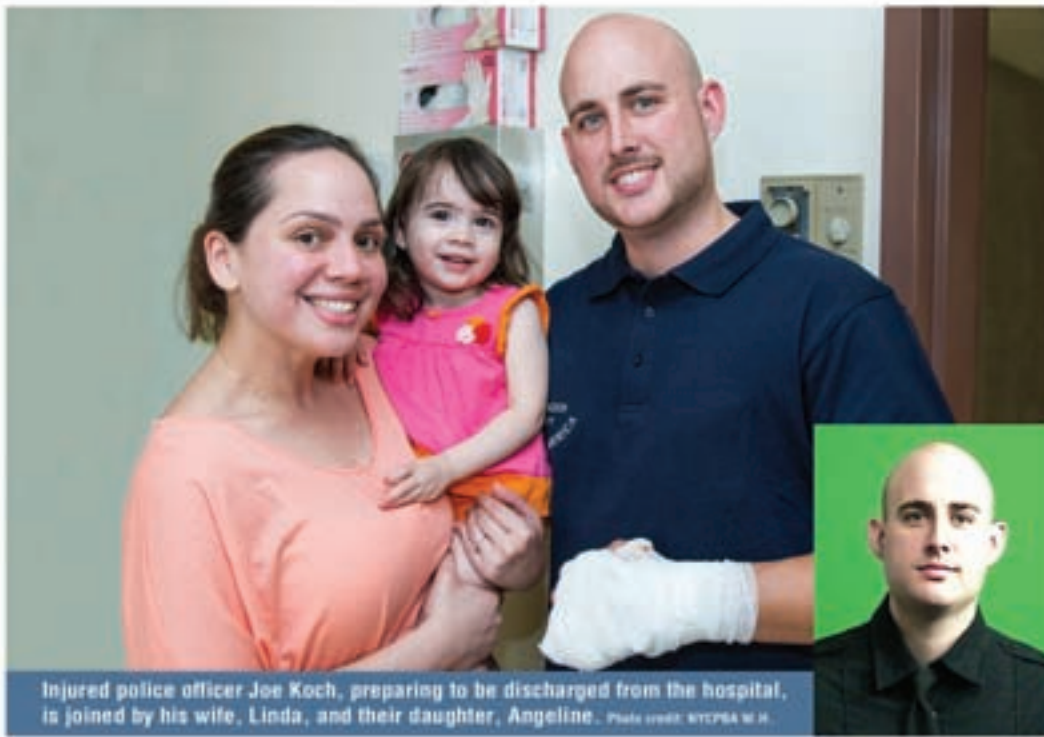
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Injured police officer Joe Koch, preparing to be discharged from the hospital, is joined by his wife, Linda, and their daughter, Angeline. Photo credit: NYCPBA W.H.

It happened in Queens on Father's Day 2013. Ten-year old Jacob Rodriguez screamed for help as his mother, Christina, was being savagely beaten by a man. Nearby, with his family at a Father's Day celebration, off-duty police officer Joseph Koch heard the screams and ran to investigate. Joe struggled with the violent man and was injured during the fight but he saved Christina's life and took a violent criminal off the streets. Young Jacob told a reporter: *"I'm thinking about becoming a police officer because of what Joe did. He saved me and my mom. Maybe I can do that for others."*

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# Wage hike in Haiti doesn't address factory abuses

By Jane Regan

PORT-AU-PRINCE, Dec 3, 2013 (IPS) - Haiti's minimum wage will nudge up 12 percent on Jan. 1, from 4.65 to 5.23 dollars (or 200 to 225 gourdes) per day. Calculated hourly, it will go from 58 to 65 cents, before taxes.

But the raise will not affect Haiti's 30,000 assembly factory workers, who are supposed to already be receiving about seven dollars for an eight-hour day - about 87 cents per hour. Recent studies have found rampant wage theft at almost two dozen of the factories that stitch clothing for companies like Gap and Walmart.

Agreed to on Nov. 29 by a government-convened Council on Salaries (CSS) - made up of labour, business and government representatives - the raise falls far short of the minimum wage of 11.63 dollars (500 gourdes) that factory worker unions and others were demanding.

Last month, in the capital and in Haiti's north, the Collective of Textile Factory Unions federation (KOSIT), which represents workers in three industrial parks, mobilised for the 500-gourde wage.

On Nov. 7, to chants of "500 gourdes! 500 gour-



Union members, other workers and their supporters demonstrate to demand a 500-gourde minimum wage in Port-au-Prince on Nov. 26, 2013. Photo by Batay Ouvriye

des!" over 5,000 workers and supporters marched outside the gates of a free trade zone on the border of the Dominican Republic in Ouanaminthe. Hundreds of others marched on Nov. 26 in the capital.

The factory owners countered late last week with an open letter which pled to "keep Haiti competitive" with what they identified as their "big rivals" - Bangladesh, Cambodia and Vietnam, countries all known for harsh conditions and

abuse.

"We recognise that the clothing and assembly sectors are not ends in and of themselves, but they can be a very important stimulus and can serve as a motor to help Haiti open up and present itself as a country that is changing and modernising," said the 23 Haitian, Dominican and South Korean factory owners and industrialists from the Association of Haitian Industries (ADIH).

Two days later, on Nov. 29,

eight of the nine members of the CSS, including all three union representatives, approved the 225-gourde wage. (None of the union representatives were from KOSIT.)

Yannick Etienne of Batay Ouvriye (Workers Struggle), a labour group which supports KOSIT and other textile unions, said her organisation and the unions disagree with the 225-gourde salary.

"We think it is a shame that the CSS union rep-

resentatives agreed to the miserable wage of 225 gourdes. At a meeting the night before, we requested that they refuse to sign any agreement that was less than 300 gourdes," Etienne told IPS.

## RAMPANT WAGE THEFT

The country's 30,000 workers - almost two-thirds of them women - in Haiti's free trade zone assembly factories stitch together clothing for Gap, Gildan Activewear, Hanes, Kohl's, Levi's, Russell, Target, VF, and Walmart. Haitian law stipulates that "the price paid per production unit... must be set in a way that permits a worker to earn at least 300 gourdes for an eight-hour day."

## SALARY HIKE WAS BLOCKED IN 2009

The last time minimum wage was discussed, in 2009, the U.S. Embassy got into the game.

According to cables released by WikiLeaks and analysed by The Nation and Haiti Liberté, ADIH members worked with the embassy to prevent parliament from raising the minimum wage from nine to 62 cents an hour, or from 70 to 200 gourdes

At the time, President René Préal appeared to be supportive.

ADIH fought hard against the plan, issuing a report partially funded by USAID that claimed Haiti would be "uncompetitive" if factory wages rose.

But recent studies by three different international groups, including the U.N.'s International Labour Organisation (ILO), have documented that the vast majority of workers receive the legal minimum only rarely: about 25 percent of the time, according to the ILO.

A 29-year-old mother who works at the Multiwear factory, which makes t-shirts for Hanes, is one of those being gypped. (Like all workers interviewed for this story, she agreed to speak only on the condition of anonymity.)

"I support my four-year-old, and two sisters, and one brother," she told IPS. "Sometimes I make the quota and get 300 gourdes, but just once in a while."

In its October 2013 report, the ILO's Better Work textile factory monitoring programme found all 23 factories surveyed, including Multiwear, to be "non-compliant" with the law.

## SMALL BUSINESS RESOURCES

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smallbiz.nypl.org

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

www.esd.ny.gov/smallbusiness.html

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

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

### 2013 New York, NY Small Business Resource

www.sba.gov/sites/default/files/files/resourceguide\_3135.pdf

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

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

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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.bcny.org/inside/smallbusiness.htm  
Capital Business Blog - Read about the issues.  
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### Resources for Businesses in New York City - bfindapc.com

www.bfindapc.com/...business-resource.../resources-for-businesses-i  
If you operate a business in New York City, you are especially fortunate. The city has pulled together a wealth of resources for small business owners.

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

www.hud.gov/offices/osdbu/resource/guide/local/newyork.cfm  
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# Running from foot problems

## HEALTH

The subject of barefoot running has received a lot of attention as both a trend as well as a source of foot and ankle injuries. But even experienced walkers and runners who adhere to the use of more traditional footwear can be plagued by common injuries that require treatment by a foot specialist.

Dr. Robert Russo, president of the New York State Podiatric Medical Association, suggests that even the most experienced and well prepared runners and walkers need to be mindful of signals and symptoms that indicate your foot pain requires medical attention.

“A visit to the podiatrist should happen at the first sign of pain or discomfort,” said Dr. Russo. “Many people will tolerate pain thinking it is normal and will go away, only to find they have a fracture or other serious injury that requires medical treatment or even surgery,” he added.

### START WITH PREVENTION

Warming up before starting any form of exercise is recommended. This can help prevent ankle sprains and fractures. So can wearing prop-

er shoes. A foot specialist can help determine which type of shoe is best for you. And it is good to remember that any athletic shoe should be replaced annually. Running shoes should be replaced approximately every 300 – 400 miles.

It is not uncommon for people to wear uncomfortable or ill-fitting shoes. After all, many people buy their footwear in a setting where there are no experts to ensure proper fit, including online or big-box retailers. So even if you are purchasing expensive athletic shoes, if the fit is not correct or the shoe does not provide adequate support, you may experience foot pain.

### IS IT A SPRAIN OR A FRACTURE?

Pain, swelling, bruising and difficulty walking on the affected foot or ankle are the most common symptoms of a sprain or foot fracture. The podiatrist will examine you and take a complete medical history. Tests may be ordered, including an X-ray, ultrasound or MRI, to deter-

mine the extent of the injury. If a fracture is clearly visible from the X-ray, further tests may not be necessary. Ultrasounds and MRIs are useful for diagnosing soft tissue injuries like torn ligaments and stress fractures.

### WHAT TO DO FIRST

At the first sign of injury – if it is swollen, bruised, or painful to walk there are several immediate steps recommended by Dr. Russo. The acronym RICE will help you remember:

**R = Rest.** Stay off the foot until it can be evaluated. Even walking on the affected area can make it worse.

**I = Ice.** Apply ice as soon as possible and reapply it every 15 – 20 minutes every three or four hours after the injury. Ice can decrease inflammation.

**C = Compression.** Wrap an elastic bandage around the foot. The wrapping should be snug, but not so tight as to cut off circulation.

**E = Elevation.** Prop up the foot and ankle using a couple of pillows, ensuring it is higher than your heart. Keeping the foot elevated also helps decrease swelling.

The bottom line: Don't take



your feet or pain of any kind for granted. A podiatrist will determine the extent of your injury and develop a plan to get you back on your feet as soon as possible. To find a foot specialist near you, visit [NYSPPMA.org](http://NYSPPMA.org) and click on the “find a podiatrist” button or call Toll-free, 866-996-4400.

The New York State Podiatric Medical Association is the largest statewide component of the American Podiatric Medical Association and its affiliated national network of certifying boards and professional colleges. Established in 1895, NYSPPMA has over 1,200 members across 13 divisions in New York State. Visit [www.nysppma.org](http://www.nysppma.org) for

more information. The Association is located at 1255 Fifth Ave., New York, NY 10029.

The information included in this article is for educational purposes only. It is neither professional medical advice nor is it intended or implied to be a substitute for professional medical advice. Without exception, the reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan. Reading the information in this article does not create a physician-patient relationship.

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# Alternative financing for small businesses

UBS Bank, USA this week announced the funding of a significant small business loan program through the Tri-State Business Opportunity Fund (TBOF), a lending vehicle for small businesses in the New York Metro region. Located in New York City, TBOF will provide up to \$20 million of alternative financing solutions for qualified small business owners in New York, New

Jersey and Connecticut seeking loans of \$50,000 to \$500,000. With the New York Metro area having the largest population of small businesses in the United States, TBOF meets an important need for this market, as such funding is not readily accessible.

TBOF is a nonprofit lender created by the Valley Economic Development Center (VEDC) in partner-

ship with UBS. VEDC is a transitional small business lender and established Community Development Financial Institution. TBOF demonstrates UBS's ongoing commitment to provide resources for existing small businesses positioned for growth and is part of UBS's Elevating Entrepreneurs program. Elevating Entrepreneurs is a joint undertaking of UBS Community

Affairs & Corporate Responsibility, Americas and UBS Bank USA.

"We are proud to be expanding Elevating Entrepreneurs to include a new funding source for small businesses in New York, New Jersey and Connecticut," said Bob McCann, CEO of UBS Group Americas. "By providing growing companies with the capital they need to prosper and

create jobs, UBS is not only helping them succeed, we're helping America succeed."

"Small businesses are the key to a strong local economy and thriving community, and VEDC has a long history of supporting small business owners," said Monique Fortenberry, District Director of the United States Small Business Administration.

Roberto Barragan, pres-

ident and CEO of VEDC, added: "Across the New York Tri-State area, there is an overwhelming need for funding among high-potential small businesses who have a clear vision for growth, but are unable to execute their strategy because of limited access to capital. We are thrilled to launch TBOF to address this critical gap in the market."



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**Remember...** To have health insurance for January 1, 2014 through a Marketplace product, you must enroll by December 23, 2013. Even if you miss this deadline, Open Enrollment will continue through March 31, 2014. Beyond this date, you will need to wait until Open Enrollment next fall for coverage effective January 1, 2015.

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# Holiday stress can make you fat

(StatePoint) During the holidays, it can be all too easy to overeat. But there's more at play when it comes to packing on pounds this time of year. Another holiday tradition that can affect your weight is stress.

Here are some important things to know about your body's response to stress:

## STRESS HORMONES

We all have a built-in stress response. It's a complicated set of physiological reactions that help keep you alive during dangerous situations. Here's how it's supposed to work:

You experience an acute stressor. Thousands of years ago, this could have been a tiger trying to eat you. Today, it could be the in-laws coming to stay with you over the holidays. In response, adrenal glands release the stress hormone cortisol into your bloodstream, initiating an increase in blood sugar used for immediate energy

## HEALTH

to fight, run or slam on your car brakes.

Once the stressor is dealt with, the cortisol leaves your system and things return to their normal metabolic state. But unfortunately today, many of us are constantly stressed, causing significant metabolic imbalances.

## CHRONIC STRESS

From when we wake up to when we go to bed, the average person deals with hundreds of low-grade stressful events, like rush hour traffic, projects with impossible deadlines, troubles with kids, spouses or pets.

According to Michael A. Smith, M.D. host of "Healthy Talk" on RadioMD.com and senior health scientist with the Life Extension Foundation in Fort Lauderdale, Florida, this state of affairs is

chronically elevating cortisol levels, which means blood sugar is constantly being mobilized for energy.

"And when you don't burn the sugar, it gets stored as body fat," says Dr. Smith. "This is just one of the metabolic imbalances caused by too much cortisol. There are many other problems caused by chronic stress that can pack on the fat."

For example, too much cortisol, which results in a drop in serotonin, can drive sugar cravings and significantly increase

appetite.

## SOLUTIONS

New research shows that white kidney beans can suppress appetite. So if you're craving a snack, have a serving of kidney beans instead of reaching for holiday leftovers or a bag of potato chips.

Feeling tense? Try some stress reduction activities, like jogging, meditation or breathing exercises.

Also, consider adaptogenic herbs, which have long been used for their mood balancing

and stress reducing effects. For example, a number of clinical trials demonstrate that repeated administration of rhodiola extract exerts energizing effects that increase mental focus.

For more information about reducing stress and suppressing appetite, visit [www.LEF.org/appetite](http://www.LEF.org/appetite) or call the toll-free number 1-855-840-4615.

You may not be able to stop your in-laws from visiting, but understanding how stress affects your body can help you prevent weight gain this holiday season.



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# Sacred Secrets: Shedding the Shackles of My Shame

By Chudi Chukwudi

*Sacred Secrets: Shedding The Shackles Of My Shame* by Verianne Barker is the true life story of Connie Gilbert, who no longer wants to pretend that her abused childhood and her subsequent social missteps were all a part of normal living. She is tired of hiding who she was and where she came from and she is ready to shed the shackles of her shame.

Peppered with beatings, incest, drugs, and murder, this story of abuse sends us careening through the rages and indiscretions of a father, and provokes our own rage at a mother whose efforts



Author Verianne Barker

were more to cover up her husband's physical abuse, than they were to protect

her children.

Our sympathy pours out, too, when we see how these children of abuse became adults ravaged by a helpless vulnerability to drugs, crime, and any combination of social ills.

This book is not casual reading. Be prepared to feel revulsion, anger, shock, fear, pity, and abject disgust, as this sad saga of one woman's tale of abuse unfolds.

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Contact: Verianne Barker, publicist at: (864) 595 1741.

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# High corruption rating for Guyana

Guyana ranked a very poor 27 out of 100 points in the Transparency International 2013 Corruption Perceptions Index (CPI).

The report was released recently. Last year, Guyana scored 28 points. Guyana is again doing worse than every other country in Caricom except for Haiti (19) which has also traditionally been one of the worst performers.

Transparency International (TI) premiered a new methodology last year where countries are ranked

**Guyana ranked a very poor 27 out of 100 points in the Transparency International 2013 Corruption Perceptions Index (CPI)**

from 1 to 100 points with 100 representing the least corrupt. Any score below 50 indicates a serious problem and though it is not possible to meaning-

fully compare Guyana's performance with the previous methodology, the country remains in the bracket of those with a very serious problem.

By contrast, Barbados scored 75 points, the highest in CARICOM, The Bahamas 71, St. Lucia 71, Trinidad and Tobago 38 and Jamaica 38. Suriname came in at 36 this year. The perception of corruption has remained a big problem for the Ramotar administration over the last two years.

# Violent demise for Bajan mother

Domestic violence has claimed the life of a sixth woman this year in Barbados. Krystal Lovell, 22, of St. Thomas, was reportedly stabbed to death recently in the presence of their two-year-old daughter, Skye.

Her former boyfriend, Jerrick Tudor, was taken

into custody by the police after he was apprehended by Krystal's father, Roosevelt Lovell, in the backyard.

The couple broke up recently after a seven-year relationship. Guyanese-born Tudor is said to have moved out of the small wooden house that they

shared in her family's backyard.

It was the second time in less than three years that Krystal's father lost a daughter to violence. His eldest child, Nikita Belgrave, was one of the five women killed in the Campus Trendz fire on Tudor Street, The City.



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# Bunji Garlin makes musical waves

By Azad Ali

Four-time Trinidad and Tobago Soca Monarch Ian “Bunji Garlin” Alvarez continues to make waves around the globe with his hit song, “Differentology,” which features Orange Sky’s lead singer, Nigel Rojas on guitar.

Last Sunday night, during the 2014 Soul Train Awards in the United States, it was announced that the song and singer had captured a Soul Train Award for “Best International Performance” as the gala awards ceremony was broadcast on BET Centric.

Alvarez said he was forced to keep the win a secret over the past three weeks and sees it as another stepping stone for the genre of soca music. He said: “They sent the confirmation e-mail of the winners about three weeks ago, so I had to stifle that info until last night. I feel good that it was chosen by the people and God gave them the strength and the wisdom to choose and put that award in Trinidad’s hands.”

Alvarez’ “Differentology” was selected from among nominees, including: Machel Montano’s “The Fog”, Emeli Sande’s “Next to Me”, P-Square’s “Personally” and Iya-



Ian “Bunji Garlin” Alvarez.

Photo by Jonathan Mannion

na’s “Ur Waist.”

Just recently, the hit song was featured during the hit US television series *Grey’s Anatomy* and last month it defeated several challengers, including rapper Eminem and

DJ/producer DJ Khaled on Hot 97’s “Battle of the Beats” contest to earn entry into the playlist of that popular New York-based urban radio station. “Differentology” has also been a favorite at NBA games and other major sporting events.

Garlin arrived in New York City this week to promote his lead single “Differentology” and deliver a special surprise performance to be announced at a later date.

He is set to release his upcoming studio album, aptly titled “Differentology,” next year on VP Records. Bunji Garlin’s anticipated album will be his first full-length release on VP Records since 2007’s *Global*. The international soca vocalist recently wrapped his album photo shoot with iconic photographer Jonathan Mannion (whose credits include Lance Armstrong, Jay Z, Lil Wayne, Drake & Bon Iver).

# New York gun-reform measures among best

By Leah Gunn Barrett

New York continues to lead among states seeking strong gun safety laws, but there is more work to be done according to a new state analysis by the Brady Campaign to Prevent Gun Violence and the Law Center to Prevent Gun Violence. New York received a B+ and ranked fifth in this year’s “2013 State Scorecard: Why Gun Laws Matter,” produced by both organizations.

“New York passed The New York SAFE Act in the aftermath of the Newtown tragedy because the research confirms that strong laws help keep people safer from gun violence,” said NYAGV Executive Director Leah Gunn Barrett. New York State has the fourth lowest gun death rate in the nation, a testament to its strong gun safety laws.

“We know state gun laws fill critical gaps in our federal law, but there is still work to be done when anyone can go to a neighboring state and evade New York’s strong gun laws such as universal background checks on gun and ammunition sales,” added Barrett. “We know that 90% of recovered crime

guns in NYC and 68% statewide flow from states with weak gun laws. That is why we need Congress to finish the job and extend background checks to all guns sales.” Currently, guns purchased at gun shows and online, roughly 40% of all gun sales, do not have to go through a federal background check. This makes it easier for anyone with intent to do harm to cross state lines and obtain a gun with no questions asked.

The deadly shooting in Newtown prompted eight states, including New York, to pass major gun reforms in 2013.

New York and four other states passed new laws requiring background checks on all gun sales. In addition, four states approved provisions requiring owners to report lost or stolen firearms to police, while three states enacted laws aimed at strengthening record-keeping and background check requirements for ammunition sales.

“When states act to pass strong gun laws, those gun laws benefit all our citizens and send a message

Continued on Page 32

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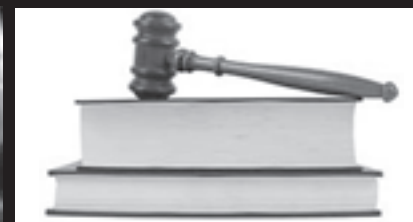


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# Gun-safety laws

Continued from page 26

to Congress that is it time to act. States like New York are leading the way on gun reform and creating a safer nation," added Barrett.

The state scorecard ranks all 50 states by letter grades on laws that have been equated with reducing firearm injury and death.

States received points for having effective laws in each policy area, with stronger laws receiving more points. States lost points for irresponsible measures that increase the likelihood of

gun violence, such as laws that allow individuals to carry loaded, concealed weapons in public without a permit. Ultimately, every state was awarded a letter grade indicating the overall strength or weakness of its gun laws.

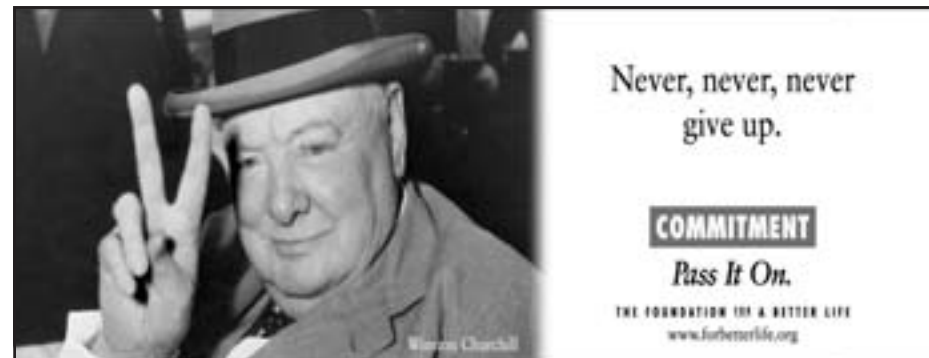
This collaborative report empowers advocates by putting the Law Center's in-depth research on America's gun laws into the hands of the extensive networks of the Brady Campaign and States United to Prevent Gun Violence, a coalition of 27 state groups including

New Yorkers Against Gun Violence, so they can continue to fight for effective gun policies in communities across the country.

For more information about New York's scores and the scores of other states please visit the websites of the Brady Campaign to Prevent Gun Violence <http://bit.ly/ILLjf3> and the Law Center to Prevent Gun Violence <http://bit.ly/GunLaw-sScorecard>.

*The author is executive director, New Yorkers Against Gun Violence*

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# An evening stroll in winter

*"Dusk" by Uri Shulevitz c.2013, Farrar Straus Giroux \$17.99 / \$19.99 Canada, 32 pages*

**By Terri Schlichenmeyer**

This time of year, one of your favorite things to do is to look at lights.

Your entire neighborhood is filled with all kinds of them. Lights on houses, lights on trees, lights on bushes, wire, decks, and steps. You might see them on boats, in the park, on a statue, or made into shapes in someone's front yard. And you might even have them inside your own house, on a tree or in a window.

They're twinkly. They're bright. And you can't stop looking at all the lights. So let's take a walk to see the lights in "Dusk" by Uri Shulevitz.

It gets dark very early in the winter, sometimes even before you get home from school. On this one winter afternoon, a boy, his grandfather, and their dog decide to take a walk around the city. By the time they got to the edge of the water, the sun was disappearing beyond the horizon.

"How sad," the boy said, "the day is no more."

But the grandfather (who had a very long beard) wasn't worried. It was only dusk, which is what happens

## BOOK REVIEW

when the sun goes down.

On their way back to the city, they noticed that people were scurrying everywhere. Some were on their way back home at the end of the day. Others were hoping to do a little shopping at the downtown stores.

The grandfather and the boy met a lot of unusual people as they walked. One man was shopping for toys. A woman with a very fancy hat was looking for gifts for her kitten. People were looking for yummy things and weird things.

But the boy, his grandfather, and their dog kept right on walking. It was starting to get dark. "As nature's lights go out, city's lights come on" and so did the lights on all the downtown stores! The boy saw Christmas lights on the streetlamps and on Christmas trees inside and outside. He saw candles on a menorah, and children celebrating Hanukkah. He saw candles in another window, standing proud on a kinarah and surrounded by children celebrating Kwanzaa.

It was beautiful. It was magnificent. It was almost as if the sun was still out.

So your child wants a read-aloud tonight, but there's not much time for it. Grab "Dusk," then, because this book won't take long.

Author Uri Shulevitz tells a story of an evening stroll on a cold night and he does it with a handful of words; some pages, in fact, hold just a half-sentence. That forces you to take a slower, ambling pace in reading – somewhat like a leisurely walk.

And maybe because those

words are so sparse, it's easy to focus on the illustrations here – which is, perhaps, what you should be doing anyhow. Shulevitz' drawings are done in gorgeous color, evoking the night chill and the warmth of the lights.

If you're looking for a Kwanzaa-Christmas-Hanukkah book that will dazzle your 2-to-6-year-old, this one's it. Read it, and "Dusk" could become one of her favorite things.



Book cover of "Dusk."

Photo by Farrar Straus Giroux



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**James Madison High School**  
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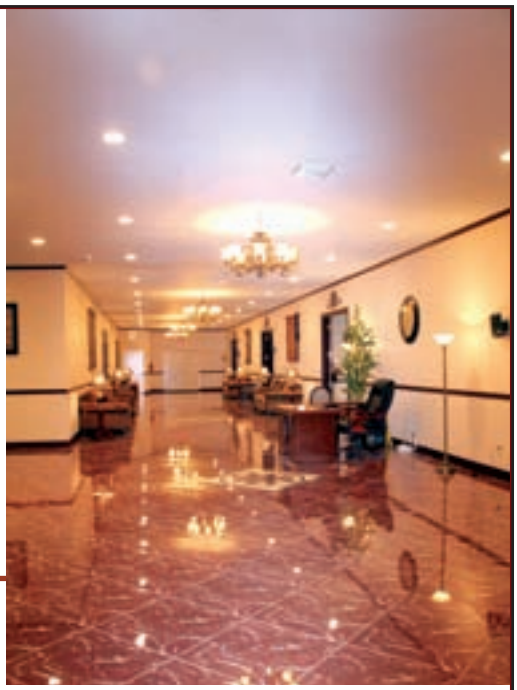
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You may be thinking "What IS going to happen to me if I can't find a solution to my back pain or leg pain?" The answer to your question starts out hopeful. I'll just go to my doctor and he will take care of me. He will know what to do. But then something 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.

**Finally, Some Good News!** If you've been suffering with back pain or arm/leg pain caused by a disc bulge, disc herniation or squashed or compressed discs.

**My name is Dr. Melinda Keller** and I've successfully treated hundreds of patients with spinal decompression so there's no reason your back problem should be any different.

In fact, I'm so confident we can help you, I'm willing to back it up...but not with empty promises.

**I GUARANTEE you will only be accepted into our program IF YOU QUALIFY for the treatment AFTER having THE MOST THOROUGH AND COMPREHENSIVE ASSESSMENT YOU HAVE EVER HAD or I will buy you lunch! (I haven't bought one yet!)**

Yes! I am very confident, but I can't help EVERYBODY. You see, there's

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:

*"I was treated very well by the staff. The doctors actually listened to me and I thought they would rush me out of the office but didn't, despite the fact I wasn't a candidate. The exam I had was very thorough, more so than any doctor I have seen yet. The doctor explained things to me that no one else ever has."*  
**Non-Candidate  
Brooklyn, NY**

*"Meeting with the doctor, we discussed and viewed if I was truly a candidate for the treatment. The doctor let me know I was not a candidate but did leave the door open for me to seek her services in the future if I thought I needed her services."*

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Just read what a few of our patients that have been through the procedure had to say:

*"I suffered with lower back pain and leg pain for 2 years. I tried physical therapy, acupuncture, spinal injections*

*but none of it worked. After receiving spinal decompression treatment, my pain has been totally eliminated and I can now walk much better."*

**Lincoln Leung  
Brooklyn, NY**

*I felt like a truck ran over me. I was in such pain it was unbelievable. I gotta tell you, so far I've had 7 or 8 treatments, and I feel 100% better. I live away but worth every mile to come here."*

**Fabienne Alexander - Retired  
Brooklyn, NY**

*I saw several different doctors, medical doctors, chiropractors and other various treatments with no results. I had a couple bad discs. I immediately started feeling much, much better and the back pain decreased. At the end of my treatment my pain is almost non-existent."*

**Burt McIvain  
Brooklyn, NY**

*"After reading the full page article in the paper, I was skeptical of the positive results of a treatment for degenerative disc that might show pain relief. My wife and I decided to make an appointment for the no charge (nothing to lose) 17 point evaluation. Guess What! Following only my third treatment, I was virtually pain free. I cannot thank the doctor and her staff enough as I am pain free!"*

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# Bolt launches 'Faster Than Lightning' book

Usain Bolt is busier than ever. Since joining fellow Olympic champion sprinter Shelly Fraser Pryce in Monaco at the International Athletics Association Foundation awards where they both claimed top honors as the male and female athletes of the year, the fastest man on the planet bolted to Los Angeles, California to launch his book "Faster Than Lightning: My Autobiography." Inside a downtown Santa Monica Puma store the Jamaican track and field legend greeted fans and signed copies of his newly published book. He took pictures with many purchasers after signing their book. While on the west coast he also stopped into The Voice studios to show support for fellow Jamaican achiever Tessanne Chin who is now among the finalists slated to win the TV singing competition. On her recent television appearance, patrons crowded Bolt's Tracks & Records Kingston club to cheer on the Jamaican finalist who is



## Inside Life

By Vinette K. Pryce

now among the Top 5 slated to win the competition.

Look for the dates Bolt is expected to pass through the Big Apple.

### "NANNY" DOC IN THE WORKS

Not enough has been said about Nanny, Jamaica's only national heroine.

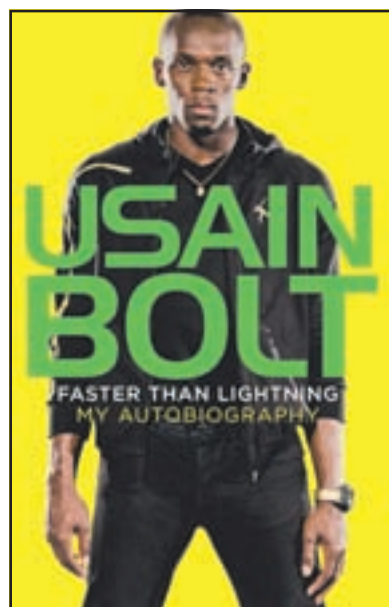
So says New Jersey-based film maker Roy T. Anderson. He recently visited Jamaica on a mission to scout locations and begin preliminary interviews for a documentary he has already titled "Nanny, Queen of the Maroons."

"The story of Nanny is a fascinating story of resistance which must be told," Anderson reportedly said, "I am also looking to develop projects looking at similar peoples in Central and South America."

"I first want to show that Nanny was a living, breathing human being, first and foremost... a lot of the books which have been written in the past have shrouded her in mystery, and for such a significant figure in the resistance movement. I want to give her, her due, and I feel this documentary is the best way to lift the legend from the text."

"A number of Maroons still believe that the spirit of Nanny still dwells among them. They draw power and strength from her spirit and it is interesting how this is seen in present-day society."

In order to complete his quest for more knowledge about the conquering female, soldier Anderson plans to venture through the terrain Nanny was familiar. According to the stuntman,



Faster Than Lightning: My Autobiography by Usain Bolt artdx

he has already scheduled a three-day trek to the hills of Old Nanny Town in the Blue Mountains. He explained that legend contends "only the bravest Maroons or those free of bad deeds" are able to challenge the sacred

land mass that "Nanny's powerful spirit still inhabits."

"Nanny is seen as such an iconic figure representing strong, Black, Jamaican women and this will also be brought out in the work."

Last month in Brooklyn, Anderson's previous film project "Akwantu: The Journey" was screened in the presence of Dr. Julius Garvey, the son of Jamaica's first national hero. Released earlier this year, in the film Anderson retraced his own Maroon heritage from the hills of St Elizabeth to the hills of Old Nanny Town in the Blue Mountains.

To complete the documentary he will travel to Ghana, Africa to examine the link between the Maroons in Jamaica and those on the

continent. While there he intends to conduct interviews. To complete the project, he also hopes to integrate interviews with intellectuals and scholars in the United States, Jamaica and the United Kingdom.

Maroons were enslaved Africans who fought for 80 years to win their freedom from the British Army.

"I will be using the next few months to attract funding for the documentary. I am set to speak to the relevant persons in Jamaica. I have already had discussions with UNESCO (The United Nations Educational, Scientific and Cultural Organization) and they seem interested."

"During the past few days, I have been looking at locations in the Rio Grande Valley in Portland as well as interviewing Colonel Harris of the Maroons," he continued.

He expects to begin filming by the middle of next year.

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# ENTERTAINMENT

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## Fashion fundraiser for disaster relief

By Toni Dubois

The first Fashion & Culture fundraiser for the Secret Sandy Claus Project for American Disaster Relief organized by Janice Lawrence-Clarke, president/creative director of JLC Productions along with the Olympianz & Unforbidden Events, took place at the Under Minerva Art Gallery in Brooklyn on Wednesday, Dec. 4. The event was aimed at raising funds and awareness for the Secret Sandy Claus Project.

Michael "Sandy Claus" Sciaraffo, who started the Secret Sandy Claus initiative, wanted to provide toys to the children who lost everything during Nurrricane Sandy. His ultimate goal is to reach every child impacted by the tragedy, and assist their families in putting their lives back together.

"The project caught the attention of several news



Model Rocky Hes

By Toni Dubois

media outlets, and from there it blossomed," Lawrence Clark told Caribbean Life.

Lawrence-Clarke, known for bridging art, culture and fashion and giving back to the community, is a firm believer in economic empowerment through cultural development. She heard about the Secret Sandy Claus Project and

Continued on Page 38

## Black Theater honors its own -- No Braata

By Vinette K. Pryce

Black theater's biggest night celebrated a few dramatic and musical productions voted by the Viv-AUDELCO committee but once again failed to distinguish the stellar stage presentation of Caribbean thespians.

Eight was not enough for the best director, best supporting actor, lead actors, lighting, set, sound and costume designers nominated for their respective roles in the revival of August Wilson's Pulitzer Prizewinning



Braata founder Andrew Clarke.

Photo by Steve Solomonson

drama, "The Piano Lesson."

Named a whopping nine

Continued on Page 38



Savion Glover performing at the Apollo Theatre.

Photo by Amun

## NUTCRACKER SUITE

## Ellington Christmas at the Apollo

By Amun

The Apollo Theatre presented "Ellington Christmas: Nutcracker Suite" as its first holiday program on Saturday, Dec. 7. An air of excitement and expectation permeated the atmosphere as you entered the Apollo lobby. There was a line outside and the box office and will call windows were busy. People crowded into the lobby conversing with

one another and comparing seating locations. There was a steady stream of people entering the theatre and taking their seats, as well as a line on both sides of the bar. The feeling was up and chatter was upbeat. The crowd was anxiously awaiting show time and their favorite performers appearance on stage.

Mikki Shepard, executive producer opened the program by dedicat-

ing the evening's program to the memory of the courageous South African leader and ex-president, Nelson Mandela, who had joined the ancestors just days before. The bill for the evening was: Keith David, Savion Glover, Lizz Wright, Priscilla Baskerville, The Abyssinian Baptist Church Choir, students from the Dance Theatre of Harlem and

Continued on Page 38

# TOP OF THE CHARTS

## TOP 10 SINGLES



- 1 **Wake Me Up!**  
Avicii
- 2 **Royals**  
Lorde
- 3 **Demons**  
Imagine Dragons
- 4 **The Monster**  
Eminem Featuring Rihanna
- 5 **Hold On, We're Going Home**  
Drake Feat. Majid Jordan
- 6 **Counting Stars**  
OneRepublic
- 7 **Wrecking Ball**  
Miley Cyrus
- 8 **Roar**  
Katy Perry
- 9 **Holy Grail**  
Jay-Z Feat. Justin Timberlake
- 10 **Timber**  
Pitbull Feat. Ke\$ha

## TOP 10 ALBUMS



- 1 **Midnight Memories**  
One Direction
- 2 **The Marshall Mathers LP 2**  
Eminem
- 3 **Pure Heroine**  
Lorde
- 4 **Nothing Was The Same**  
Drake
- 5 **Frozen**  
Soundtrack
- 6 **Songs For The Philippines**  
Various Artists
- 7 **PTXmas (EP)**  
Pentatonix
- 8 **Christmas**  
Michael Buble
- 9 **Wrapped In Red**  
Kelly Clarkson
- 10 **Night Visions**  
Imagine Dragons

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# Apollo

Continued from page 37

the David Berger Jazz Orchestra. The program was excellent! The audience's anticipation was well rewarded.

Part one of the program was Duke Ellington's jazz interpretation with the assistance of his long time collaborator and arranger, Billy Strayhorn of Tchaikovsky's Nutcracker Suite played by the David Berger Jazz Orchestra. Enhancing the music was performance by the Students of the Dance Theatre of Harlem, the inspiring tap performance of Savion Glover and The Abyssinian Baptist Church Choir.

Part two of the program was Duke Ellington's "Sacred Music" played by the David Berger Jazz Orchestra. Keith David joined them on stage singing "In the Beginning God (Part I)." The Abyssinia Baptist Church Choir joined singing "Will You Be There?" and "Ninety Nine Percent." Later in the program, Mr. David sang, "Come Sunday." Lizz Wright strode out on the stage wearing a curve hugging white gown and sporting a short bobbed haircut. She looked as if she came out of a dream. Ms Wright reached back to her gospel roots and lent her golden voice to "Tell Me



David Berger Jazz Orchestra & The Abyssinian Baptist Church Choir.

Photo by Amun

It's the Truth" and "Twenty-Third Psalm." My only complaint is that she didn't stay longer on stage and sing more songs. Do you detect some bias? You're probably right. Lizz Wright is on my short list of living jazz vocalist. Opera singer, Pricilla Baskerville gave voice to "Heaven" and "Almighty God," which she sang with the Abyssinian Baptist Church Choir. Savion Glover dazzled the audience with his tap choreography and execution of "David Danced Before the Lord with all His Might" with the Abys-

sinia Baptist Church Choir. It was a beautiful program and the audience showed their appreciation through out the performances and definitely at the program end by their tremendous applause.

On Sunday, Dec. 8, the program moved to the New Jersey Performing Arts Center (NJPAC) to delight a Jersey audience. Hopefully, such programs of this caliber will have a longer life in future and move on to several venues after playing the Apollo for at least a three-day or weekend run.

The next Apollo holiday program will be the annual Kwanzaa Celebration featuring Abdel R. Salaam's ADELCO Award winning Forces of Nature of Nature Dance Theatre on Friday, Dec. 27, the second day of Kwanzaa, Kujichagulia (self determination) at 7:30 p.m. Tickets are on sale now at the Apollo Theater Box Office: (212) 531-5305, 253 West 125th Street, and Ticketmaster at 1-800-745-3000, www.ticketmaster.com.

© Amun/Ankhra House, Ltd.

# Sandy

Continued from page 37

reached out to founder Michael Sciaraffo about being involved. Said Janice: "It's an excellent idea to be part of such a wonderful cause and give back to the community."

The evening began with an art exhibition by Jamaican artist Paris Jaru called "Paris in Brooklyn" curated by gallery owners Chris Achong and Yeni.

Also featured at the event were presentations from fashion and accessory designers that included Mel Simon, Rean Fisher and Joe. Models were casually mingling and posing for pictures while wearing the 2011 collections by Mel Simon.

As the guests enjoyed tasty food from Tiki Village Cultural Center, they were treated to the soulful sounds of Indian vocalist ZEF-FeREEN, who serenaded those in attendance with songs from his album due out this month. In addition, French opera singer David



Indian singer ZeffeReen.

Photo by Toni Dubois

Sereo (who once performed a duet with Jermaine Jackson called *Autumn Leaves*, entertained the crowd singing popular Broadway show tunes.

Overall, the evening was a success. It was done with style and grace.

To find out more on how you can participate in the Secret Sandy Claus Project, www.secretssandy-clausproject.org.

# Black Theater

Continued from page 37

times during the 41st annual Viv Awards, the company also scored a winner in the Best Revival category.

Needless to say, the cast garnered an impressive haul totaling one less than anyone could imagine. Winning in all the above categories – except sound – a cheering section packed with thespians and technicians from the Signature Theater Company found winners crisscrossing each other in the aisle at Symphony Space to collect their Lucite trophies.

The only Caribbean-named Braata Theatre Workshop received two recognition nominations for Dramatic Production of the Year and Outstanding Ensemble Performance but did not win in any of the two categories.

According to founder Andrew Clarke, "The name(Braata) is a Jamaican colloquial term meaning 'extra' or 'more' and this is what this company aspires to do by giving its supporters, and audiences something more at all

times."

Four years after making its debut May 2009, Clarke, a singer and actor said he is optimistic that the group is progressing with its mission "to address the needs of theatre patrons in the Unites States by showcasing and promoting authentic Caribbean talent and culture."

Flanked by cast members who attended the gala affair, Clarke said:

"We are more than privileged to be nominated."

Recently regaled by Caribbean Life Newspaper publishers as one of only 20 acknowledged individuals saluted for accomplishing distinguished services at a young age – 20 under 40 -- Clarke said, "We aim to foster and develop a greater interest in the understanding and appreciation for the Caribbean region and the Diaspora by showcasing its lifestyles, traditions and customs through the visual and performing arts Braata also seeks to reach out to the wider non-Caribbean community, and act as a vehicle for artistic integration

Visit us at [www.Caribbeanlifeneews.com](http://www.Caribbeanlifeneews.com)

# The life of fledgling folksinger Lewyn Davis

"Inside Lewyn Davis"  
Excellent (4 stars)  
R for profanity and  
some sexual references  
Running time: 105  
minutes  
Distributor: CBS Films

By Kam Williams

It's Greenwich Village in the middle of the winter of 1961, and Lewyn Davis (Oscar Issac) is so down on his luck that he can't afford an overcoat, let alone a place to live. The fledgling folksinger's fortunes have gone into a tailspin ever since the other half of his musical duo committed suicide in spite of the modest success of their debut album, "If We Had Wings."

Nowadays, Lewyn devotes less time to launching his solo career than looking for the next place to spend the night. For, the feckless freeloader really knows how to wear out his welcome, whether

by letting his hosts' (Ethan Phillips and Robin Bartlett) house cat escape onto the street, or by sleeping with the wife (Carey Mulligan) of a pal (Justin Timberlake) who let him crash on the couch.

The plot thickens when Jean lets Lewyn know she's pregnant and doesn't know whether he or her husband is the father. So, while he's constantly caught up in drama of his own making, other aspiring troubadours, like the young Bob Dylan (Benjamin Pike), are busy making the most of opportunities to impress producers and to cultivate a following at trendy nightclubs.

Written and directed by Ethan and Joel Coen, "Inside Lewyn Davis" is a genre-bending adventure that's impossible to pigeon-hole. Part-musical, part-comedy, part bittersweet portrait of a lovable loser, the enigmatic masterpiece unfolds over the course of a couple of very eventful weeks in the life of a hopeless slacker who



A scene from "Inside Lewyn Davis." Photo by [http://www.rottentomatoes.com/m/inside\\_lewyn\\_davis\\_2013/pictures/](http://www.rottentomatoes.com/m/inside_lewyn_davis_2013/pictures/)

can't seem to get out of his own way.

The film features such familiar hallmarks of a Coen Bros production as a profusion of quirky characters, a compelling storyline, humorous asides ranging from sub-

tle non-sequiturs to simplistic slapstick, and an original soundtrack by the incomparable T-Bone Burnett (O Brother, Where Art Thou?) seamlessly sewn into the painstakingly-recreated period piece.

Yet, "Inside Lewyn Davis" is

also refreshingly unique, thanks to an endlessly-inventive script which there's no reason to anticipate. Instead, just sit back and bask in the glow of a nostalgic cinematic treat best served unspiced.

Manhattan '61 revisited!

## Independent & Foreign Films

**Brave Miss World** (Unrated) Female empowerment biopic recounting how Miss Israel Linor Abargil first went on to win the Miss World beauty pageant just six weeks after being abducted, raped and stabbed. She subsequently spoke out about sexual assault over the course of her reign.

**The Crash Reel** (Unrated) Daredevil documentary chronicling the fierce rivalry between fellow snowboarders Shaun White and Kevin Pearce culminating in the former's winning a gold medal at the Olympics the year after the latter suffered a near-fatal injury during a training run.

**Here Comes the Devil** (Unrated) Psychological horror flick, set in Mexico, about a couple (Francisco Barreiro and Laura Caro) whose kids (Michele Garcia and Alan Martinez) vanish while on a family vacation in Tijuana only to behave strangely different when found. With Jessica Iris, Dana Dorel and David Arturo Cabezed. (In Spanish with subtitles)

**Hours** (PG-13 for violence, mature themes



### Kam's Kapsules

By Kam Williams

and drug use) Recently-deceased Paul Walker stars in this tale of survival, set in New Orleans during Hurricane Katrina, as a father who tries to keep his premature baby daughter alive after his wife (Genesis Rodriguez) dies during childbirth. With Nick Gomez, Judd Lormand and Michelle Torres.

**The Last of the Unjust** (PG-13 for mature themes) Holocaust documentary about Theresienstadt, a model ghetto designed by Hitler henchman Adolf Eichmann to mislead Jews about its true function as the final stop before the gas chambers. (In German, French and English with subtitles)

**Liv & Ingmar** (Unrated) Reverential retrospective revisiting the decades-long relationship of Norwegian actress Liv Ullmann and Swedish director Ingmar Bergman.

**Nuclear Nation** (Unrat-

ed) Tsunami documentary chronicling the continuing fallout for Japanese refugees displaced by the meltdown at the Fukushima power plant in the wake of the 2011 Earthquake.

**Some Velvet Morning** (Unrated) Neil LaBute wrote and directed this midlife crisis drama about a married man (Stanley Tucci) who becomes obsessed with his estranged mistress (Alice Eve) after failing to convince her that he's finally left his wife for her.

**Tricked** (Unrated) Absurdist farce about a businessman (Peter Blok) whose life starts to spin out of control at a 50th birthday party thrown for him by his wife (Ricky Koole) when his pregnant mistress (Sallie Harmsen) shows up uninvited. With Robert de Hoog, Carolien Spoor and Pieter Tiddens. (In Dutch and English with subtitles)



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# SUN KULCHA

## COMMUNITY EVENTS

### FRI., DEC. 13

**MANAGING BLOOD PRESSURE:** Join EmblemHealth neighborhood care in learning how to manage your blood pressure from 1:30 p.m. - 2:30 p.m. Do you know which medications you take to control your blood pressure? Do you feel confused about these drugs and why you need to take them? You can bring all of your medications with you and join us in learning: What is high blood pressure? Why do you need to control your blood pressure? Which lifestyle changes can help you 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? What should you do when you experience side effects? RSVP by calling : 1-646-476-1294. Each event is open to the public and is being held at 206-20 Linden Blvd., Cambria Heights, Queens.

### SAT., DEC. 14

**HOMEOWNER FORUM:** Free Homeowner Insurance Information session from 11:00 a.m. - 2:00 p.m. Mortgage check-ups and review. Free information on home improvement options, Home Repair Courses and the NYC Build-It-Back program. Counselors will be present to address mortgage modification needs. We encourage you to bring your homeowners insurance policy and mortgage statement for review. Capital One Bank, 1425 Rockaway Parkway (corner of Glenwood Rd.) Brooklyn, NY 11236. To register, please call Tyrone 718.469.4679 or email infoef\_01@nhsync.org. Lunch provided. Sponsored by Neighborhood Housing Services, Capital One and CNYCN.

**INFORMATIONAL SESSION:** Brainorkestra Learning Programs will be conducting a free informational session for parents from 3:00 p.m. - 4:00 p.m., at the main branch of the Brooklyn Public Library at Cadman Plaza, 1st floor meeting room 7. For information or to reserve a place, leave an email or message at the following: [www.brainorkestra.com](http://www.brainorkestra.com) or call (917) 821-8836.

**FALL FITNESS:** Join EmblemHealth Neighborhood Care for a cardio workout that can improve your overall health and improve circulation and endurance 5:30 p.m. - 6:30 p.m. We will also work on building muscle with strength training. Please let your doctor know you will be taking part in an exercise class. RSVP by calling : 1-646-476-1294. Each event is open to the public and is being held at 206-20 Linden Blvd., Cambria Heights, Queens.

**RELAXING MASSAGE:** Research shows that massage therapy can: reduce stress, ease aches and pains, decrease stiffness and joint swelling, improve digestive/breathing functions, alertness and circulation, help people with arthritis, stroke, asthma, diabetes, Parkinson's and bursitis. Massage therapists are licensed. RSVP by calling : 1-646-476-1294. Each event is open to the public and is being held at 206-20 Linden Blvd., Cambria Heights, Queens.



### R&B CHRISTMAS

**PERFORMING ARTS • DEC. 21:** Brooklyn Center for the Performing Arts at Brooklyn College continues with An R&B Christmas at 8:00 p.m. Hosted by WCBS-FM 101.1's "Broadway Bill Lee," this holiday concert will feature chart-topping doo-wop and R&B artists performing their biggest hits along with some holiday favorites. Tickets are \$45/\$36 (orchestra/mezzanine) and can be purchased by phone at 718-951-4500 (Tues-Sat, 1:00 p.m. - 6:00 p.m.) or online at [BrooklynCenterOnline.org](http://BrooklynCenterOnline.org).

### HOLIDAY BASH

**HOLIDAY BASH:** The "Three Bears Holiday Bash" is a variety show that celebrates the holiday season in song, dance and puppetry. The audience also gets to join in on the fun with a "12 days of Christmas" sing-a-long during the performance! Showings are Monday through Friday at 10:30 a.m. and 12:00 p.m., with an additional 2:30 p.m. performance each Wednesday, Saturday and Sunday at 1:00 p.m. Ticket prices are: \$7/children under 12, \$10/all others. For more information, maps and walking directions, please visit <http://www.cityparksfoundation.org/arts/>.



### DANCEHALL WORKSHOP

**DANCEHALL WORKSHOP • DEC. 15:** The choreographers of "FIYAH" will be hosting a "Triple Treat Dancehall Workshop" at Cumbe from 3:00 p.m. - 6:00 p.m. with Yaminah Legohn, Jessica Phoenix and Blacka Di Danca along with DJ Yanks. For advance tickets, visit [cumbulance.com](http://cumbulance.com). Tickets are \$18 in advance and \$20 at the door. Cumbe: 558 Fulton St., NY 11217.



### SUN., DEC. 15

**DANCEHALL WORKSHOP:** The choreographers of "FIYAH" will be hosting a "Triple Treat Dancehall Workshop" at Cumbe from 3:00 p.m. - 6:00 p.m. with Yaminah Legohn, Jessica Phoenix and Blacka Di Danca along with DJ Yanks. For advance tickets, visit [cumbulance.com](http://cumbulance.com). Tickets are \$18 in advance and \$20 at the door. Cumbe: 558 Fulton St., NY 11217.

**PERFORMING ARTS:** Brooklyn Center for the Performing Arts at Brooklyn College (BCBC) continues its 2013-2014 season with its annual holiday performance of Dance Theatre in Westchester's The Colonial Nutcracker at 2:00 p.m. Tickets are \$10 each and can be purchased by phone at 718-951-4500 (Tues-Sat, 1:00 p.m. - 6:00 p.m.), or online at [www.BrooklynCenterOnline.org](http://www.BrooklynCenterOnline.org). Walt Whitman Theatre at Brooklyn College 2/5 trains to Flatbush Avenue / on-site paid parking available. Approx 2 hours plus intermission. Recommended for ages 4 and up.

**ANNUAL BANQUET:** The Queens Sickle Cell Advocacy Network, Inc. cordially invites you to its annual banquet from 3:00 p.m. - 7:00 p.m. at Antun's Caterers of Queens Village. Join us as we celebrate our 13th Annual Scholarship

& Awards Banquet honoring our scholarship recipients and distinguished leaders who are making a difference in the fight against Sickle Cell Anemia for the betterment of the community. RSVP by visiting: <http://www.eventbrite.com/event/7125353123?ref=ebtn>.

### MON., DEC. 16

**ZUMBA:** Join us for a dance-fitness class that's friendly and fun from 10:30 a.m. - 11:30 a.m. The Zumba formula, with modified moves and pacing for active older people and those just starting their journey to a fit and healthy lifestyle, will be used. Be sure to let your doctor know you'll be taking part in an exercise class. Each event is open to the public and is being held at 206-20 Linden Blvd., Cambria Heights, Queens. For more information, please visit [www.ehnc.com](http://www.ehnc.com) or call 866-539-0999.

### WED., DEC. 18

**FINANCIAL PLANNING:** Tax season is around the corner! Come to the next Build Your Own Business (BYOB) workshop, where Susan Lee, a certified financial planner and tax preparer will address your personal finance needs. Don't

wait! The first 10 individuals to register for both workshops will have the opportunity to submit their 2013 tax forms for review during the second session. RSVP by visiting <http://queenscouncilarts.org/making-money-less-scary/> Queens Council on the Arts 37-11 35th Ave. (Entrance on 37th St.) Astoria, NY 11101 Admission \$10. Members FREE.

### SAT., DEC 21

**FALL WORKOUT:** Join EmblemHealth Neighborhood Care for a cardio workout that can improve your overall health and improve circulation and endurance. We'll also work on building muscle with strength training. Please let your doctor know you will be taking part in an exercise class. Each event is open to the public and is being held at 206-20 Linden Blvd., Cambria Heights, Queens. For more information, please visit [www.ehnc.com](http://www.ehnc.com) or call 866-539-0999.

**PERFORMING ARTS:** Brooklyn Center for the Performing Arts at Brooklyn College continues with An R&B Christmas at 8:00 p.m. Hosted by WCBS-FM 101.1's "Broadway Bill Lee," this holiday concert will feature chart-topping doo-wop and R&B artists performing their biggest hits along with some holiday favorites. Tickets are \$45/\$36 (orchestra/mezzanine) and can be purchased by phone at 718-951-4500 (Tues-Sat, 1:00 p.m. - 6:00 p.m.) or online at [BrooklynCenterOnline.org](http://BrooklynCenterOnline.org).

### ONGOING CURRENTLY - MON., DEC. 30

**HOLIDAY BASH:** The "Three Bears Holiday Bash" is a variety show that celebrates the holiday season in song, dance and puppetry. The audience also gets to join in on the fun with a "12 days of Christmas" sing-a-long during the performance! Showings are Monday through Friday at 10:30 a.m. and 12:00 p.m., with an additional 2:30 p.m. performance each Wednesday, Saturday and Sunday at 1:00 p.m. Ticket prices are: \$7/children under 12, \$10/all others. Tickets are sold at the door, only when available. To guarantee admission, purchase tickets online at <http://www.cityparksfoundation.org/arts/swedish-cottage-marionette-theatre/>. The Cottage is located in Central Park at 81th Street and Central Park West, just south of the Delacorte Theater. For more information, maps and walking directions, please visit <http://www.cityparksfoundation.org/arts/>.

**PASSPORT APPLICATION CENTER:** Brooklyn Public Library (BPL) launched a second Passport Application Center at the Kings Highway Library providing a convenient facility for Brooklyn residents and new immigrants to apply for passports. Hours are temporarily set for 10:00 a.m. to 3:00 p.m. Monday through Friday and Sunday by appointment. Saturdays are currently closed until further notice. 2115 Ocean Ave., Brooklyn, NY 11229. To make an appointment, call 718-230-2292 or 718-375-3037 ext. 128.

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# Josiah Stewart writes about Union Island's history

A new book entitled "Union Island Then and Now," will be released this December. The book will highlight the rich history of the island in sequential order dating back to the 1760s.

The author, Josiah Stewart started his book in 2009, and it took much dedication and research over the last four years to gather information. He journeyed to Harvard University in search of data and combed the Queens, New York cemetery for two years in search of Captain Hugh Mulzac's tombstone. He stated, "The major source of information came from my great grandmother Isabella Roach and my mother Sheila Roach. They implanted in me, the history of the island since I was a little boy."

Stewart explained that the book would have 10 exciting chapters of historical information pertaining to the way of life of the islanders. Some of the areas covered are:

The Exodus Factor, Captain Hugh Mulzac, Boat Launching, Herbal Remedies, Salt Picking, Yesterdays Marriage, Lives lost at sea, All Fools Day, Abbott Manure, and the redoubtable Hurricane Janet of 1955.

The book will also have a dictionary of Union Island dialect and terms as well as folklore such as "Do not sweep on someone's feet or else they will never get married." Other historic events and persons that were never mentioned in other reading materials will also be included in his book. He also noted that the book targets foreigners, and persons who are interested in understanding the detailed past of the island. He further exclaimed that the book could also be used as an academic tool in schools. He indicated that it is paramount that the youths of today be apprised of their fore parent's effort to survive in the times before.

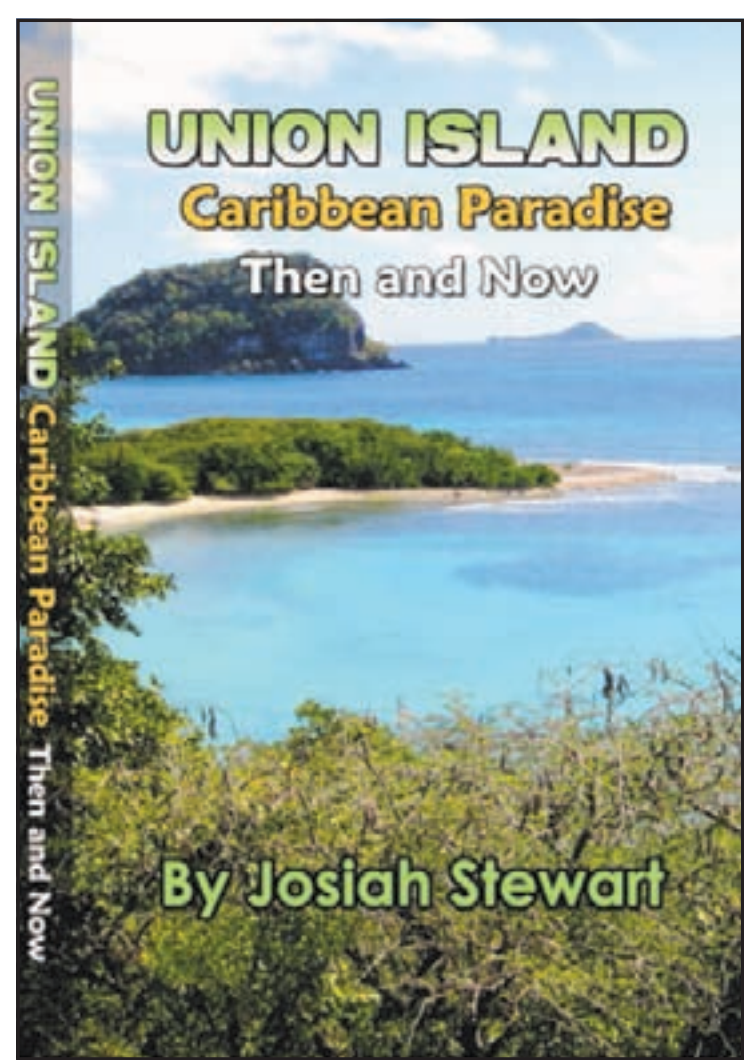
Stewart, born in 1961 on Union

Island, travelled between Union Island and Trinidad & Tobago as a young boy. He now resides in the USA where he works in the medical field. He is also a carpenter, entrepreneur, as well as an innovator; he has invented a few tools over the years. He hinted that he recently invented a device that can be used in the medical field but is yet to patent it.

"Union Island Then & Now" will be available for sale online for the Kindle and other reading devices and a limited number of hard copies will be printed. Over the years, other writers such as Gloria Stewart Morgan and Vernalyn Blencoe have written about different aspects of the culture and personalities of Union Island.

Books will be available at [unionislandbooks.com](http://unionislandbooks.com)

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**BIG** FRESH 2013

## Ewart's third-place finish

By Robert Elkin

Adian Ewart became the highest place finisher from the St. Francis College track and field team during competition in the Fordham Season Opener Meet at the Lombardi Center in The Bronx. Ewart's 51.4 seconds in the 400-meter-dash divided among various sections or heats in a field of 33 athletes earned him an overall in this event.

Austin King of Providence University ran a 51.0 seconds to win the event in a meet to prepare the athletes for the upcoming indoor winter season. The meet attracted nine colleges from the met area.

Ewart, a senior sprinter from St. Thomas in the Caribbean, could be a bright spot in the Northeast College Conference.

One year when St. Francis College competed in the Penn Relays, Coach Kyle Brown made a connection that still exists today.

The coaches from the Caribbean felt that St. Francis of Brooklyn had a lot to offer, made some telephone calls and was a good fit for Ewart and the college according to St. Francis College Head Coach Kyle Brown.

The coaches and Ewart trusted in the training that the athlete was able to accom-

Continued on Page 46

## Andy Roberts to be honored

By Azad Ali

West Indies legend Andy Roberts will receive a special honor next year to celebrate the 40th anniversary of his international debut.

The Antigua & Barbuda Cricket Association and the West Indies Cricket Board will mark the occasion during the three-match One-Day Series between West Indies and England at the Sir Vivian Richards Stadium next February and March.

"It's something to look forward to...being honored for my contribution to cricket in Antigua, the West Indies and around the world," Roberts said.

The outstanding fast bowler played his first Test for West Indies against England in

Continued on Page 46



# MLS CHAMPS

Sporting Kansas City forward C.J. Sapong, bottom, is defended by Real Salt Lake defender Nat Borchers, center as Real Salt Lake goalkeeper Nick Rimando, top, grabs a corner kick during the second half of the MLS Cup final soccer match in Kansas City, Kan., Saturday, Dec. 7, 2013.

## American stronghold on MLS Cup

By Patrick Horne

Sporting Kansas City won the 18th MLS Cup title last Saturday when it defeated Real Salt Lake, 7-6, in a penalty-kick shoot-out at Sporting Park in Kansas City, (KS). The games ended in a 1-1 draw in regulation and prompted the ensuing

shoot-out. The win was another feather in the caps of American-born coaches who have won nine of the 18 MLS Cup titles. The result bodes well for American coaches who can argue that their success warrants more side line opportunities.

Sporting's American coach, Peter

Vermes, became the only person to win an MLS title as a player and coach with the same team; Vermes, who was inducted into the MLS Hall of Fame in October, played on the 2000 Kansas City Wizards MLS champion team coached by Ameri-

Continued on Page 46



Sporting Kansas City goalkeeper Jimmy Nielsen blocks a shot during a shoot out in overtime against Real Salt Lake during the MLS Cup final soccer match in Kansas City, Kan., Saturday, Dec. 7, 2013. AP Photo/Colin E. Braley

# Nielsen leaves one for the record

Continued from page 45  
can Bob Gansler.

In fact, three of the final-four teams in the MLS playoffs were led by American coaches. In addition to Vermes, Sporting's opponent in the title game, RSL, was coached by Jason Kreis, a former MLS leading scorer and MVP who won the 2009 MLS Cup as a coach with RSL. Western Conference runner-up, Portland Timbers, was led by Caleb Porter, a former college coach at the University of Akron, who turned around the faltering three-year-old Timbers franchise and was voted the 2013 MLS Coach of the Year. The Eastern Conference Houston Dynamo, which lost to Sporting Kansas City, is led by Dominick Kinnear, who, although born in Scotland, made his mark in MLS as a player and coach, who steered Houston to MLS titles in 2006-07.

Among the American coaches who won the nine MLS Cups, New Yorker Bruce Arena leads with four titles, two each with DC United (1996-97) and the

Los Angeles Galaxy (2011-12). Bob Bradley (Chicago Fire, '98), Gansler (Kansas City Wizards (2000), Kreis, Vermes and Steve Sampson (Los Angeles, 2005) each has won a title.

The other MLS Cup winners are Dutchman Thomas Rongen (DC United 1999), Canadian Frank Yallop (2001, 2003, San Jose), Polish Peter Nowak (DC United, 2004), Sigi Schmid (Los Angeles Galaxy, 2002; Columbus Crew, 2008) and Englishman Gary Smith (Colorado Rapids, 2010). German-born Schmid is an American citizen, played college soccer at UCLA and coached in the USA at different levels of the game for many years and is considered an American coach.

**NIELSEN RETIRES**

Sporting's 36-year-old American goalkeeper Jim Nielsen on Monday, two days after the win, retired from the game after 19 years in MLS. Nielsen, who made a save to help Sporting stay ahead during the penalty shoot-out, thanked those

who impacted his career. "I want to thank the ownership group, my teammates, my coaches and the entire organization for the opportunity to have four of the best years of my life, not only mine but my family as well here in Kansas City," Nielsen said in a club statement.

"I will remember these years forever. To the best soccer fans: Since Day 1, they have always been behind me and I want to thank them for all the support. I made the final decision to retire today and to end this part of my life and it was the perfect timing, finishing with a great championship that the entire city deserves."

Nielsen, the MLS Goalkeeper of the year in 2012, holds the all-time club regular-season goalkeeping records for games played (128), games started (128), minutes played (11,497), wins (57), ties (32), winning percentage (.575) and shut-outs (45).

**MANDELA TRIBUTE**

In a statement on the day former South African

President Nelson Mandela died, CONCACAF President Jeffrey Webb paid tribute to the great leader. "At CONCACAF, we are deeply moved by the passing of Nelson Mandela today. As a token of respect and admiration to the inspiration he has infused during my personal journey, I would like to pay tribute to Madiba's legacy. A man whose existence has inspired such universal admiration on his life-long quest for undeniable heightened human values."

Webb continued, "The world should hope to see more heroes like him, able to touch countless hearts with his fervent passion for an altruistic cause, while spreading words of wisdom with selfless humility for the sole good of human kind. Let us never forget what a natural leader of such great stature looks like..."

"...With gratitude to his unequivocal legacy, we extend our condolences to Mr. Mandela's family, friends and the world at large on this sad day. Our prayers are with you."

# Caribbean sprinter

Continued from page 45

plish. "Since we don't have the facilities (in our college), we find how to develop ways to still be fairly competitive at our own track," said Coach Brown. "We train at a good facility in the Park Slope Armory. There are challenges and obstacles for him. Our field event people train both in our gymnasium and outdoors. College and high school people train there at different times," continued the coach.

Kristal Williams, a senior sprinter, another Jamaican native, and Ewart earned some school records over past years and should continue to improve.

"Our athletes from the Caribbean are hard workers," continued the coach. "The biggest thing was making the adjustment to the weather (as they were not accustomed to running from indoors to outdoors. The biggest thing is to adjust to the talent. They are coming along well. They are looking forward to a great season."

Ewart enjoys running for the St. Francis College Terriers.

"I like running for St. Francis (because) they

have been very (good to us)," the student athlete said. "It's been a great experience. I want to continue to run in college."

Ewart started running in college in Jamaica, West Indies. Eventually, he and his family moved north and landed in New York, where he transferred and began running at St. Francis, located in downtown Brooklyn.

Meanwhile, teammate Stephan Reynolds feels that he is having a great experience, too, running at St. Francis. He also competed in the 400 meters and clocked in at 56.6 seconds for the 21st position.

Reynolds also hails from Jamaica, in the Caribbean, and competed in his first 400 meters.

"It was good," Reynolds added after the race. "I tried hard in this (event) and could have done a little bit better. I need to work on my breathing. It should be better for the (regular schedule)."

Overall, the meet consisted of both individual track and field events and relays for men and women, and was very successful for a season opener and better prepared the athletes for the rest of the indoor season.

# Special honor

Continued from page 45

Barbados in 1974. In that match, Roberts used the new ball and took three wickets, 1-75 in the first innings and 2-49 in the second innings.

Earlier this year, Roberts was the head coach of the St. Lucia Zouks in the inaugural Caribbean Premier League.

The West Indies will take on England in the first of three matches on Feb. 28 before returning on March 2 and 5 for two other ODIs.

All matches will be played at Sir Vivian Richards Cricket Grounds. The teams will then travel to Barbados where they will play three Twenty20



Andy Roberts  
AP Photo/Andres Leighton

matches on March 9, 11 and 13 at Kensington Oval.

# Sunil Narine must be in West Indies Test squad



## Eyes on Cricket

By George H. Whyte

The West Indies test cricketers are on a long tour of New Zealand without some key players, including fast bowler Kemar Roach and opening batsman Chris Gayle. The team includes opening bowlers Tino Best, Shannon Gabriel and the young and inexperienced fast bowler Sheldon Cotterell. If the West Indies doesn't bowl well, it will be difficult for them to win the Test series against the New Zealanders.

Sunil Narine must be included in the Test team. He is a strike bowler and although his Test career has not been one abundant with wickets, he should not be struggling to make the West Indies Test eleven. West Indies selectors on tour will be best advised to play both Narine and Shillingford in the Test series. The combination of these two bowlers will wreak havoc against opposing teams. West Indies selectors on tour need to look at the team from a dif-

ferent perspective.

### BOWLING IS ESSENTIAL IN TEST MATCHES

Wickets must be taken in order to win Test matches. Unlike limited overs, when the required overs are completed the game is over. Sunil Narine bowls appreciably well under any condition and his Test place must not be questioned. International cricket experts have found it to be unproductive not to have Narine in the Test-match line-ups. He ought to be reinstated in the Test squad.

### NEW ZEALAND BLASTS ORDINARY BOWLING

On a wicket with lots of grass on it and some movement, and after win-

ning the toss and sending New Zealand in to bat, the West Indies saw their bowlers lacking penetration and ignorant of how to pick up wickets under the prevailing condition. New Zealand scored 367 runs for three wickets on the first day with Ross Taylor scoring a century and Brendon McCullum scoring 109 not-out, with 74 runs in boundaries. Taylor was 103 not-out.

West Indies fast bowler Tino Best bowled with speed but with little effect; and picked up only one wicket on the first day. Shane Shillingford, Darren Sammy and Shannon Gabriel were also quite ineffective.

### TEST CRICKET BOWLING

A player is expected to bowl according to the set-



West Indies' Sunil Narine celebrates taking the wicket of Australia's Aaron Finch during their One-Day International Cricket match against Australia in Sydney, Australia, Friday, Feb. 8, 2013.

AP Photo/Rob Griffith

ting of the field. Catching positions must be exploited and bowlers simply must have the knowledge of where to put the ball. Many West Indies bowlers are not delivering the ball in the correct places frequently to pick up wickets.

Unfortunately, Kemar Roach is out of the series because of an injury. He would have loved to play on that type of wicket for the first day of the Test match because of the light grass.

Tino Best needs to cut his pace and control the

ball. He must try to ensure that he makes the batsman play the ball by placing it on the stumps. It is hoped that head coach Ottis Gibson will see it as a priority to bring Sunil Narine in for the second Test match.

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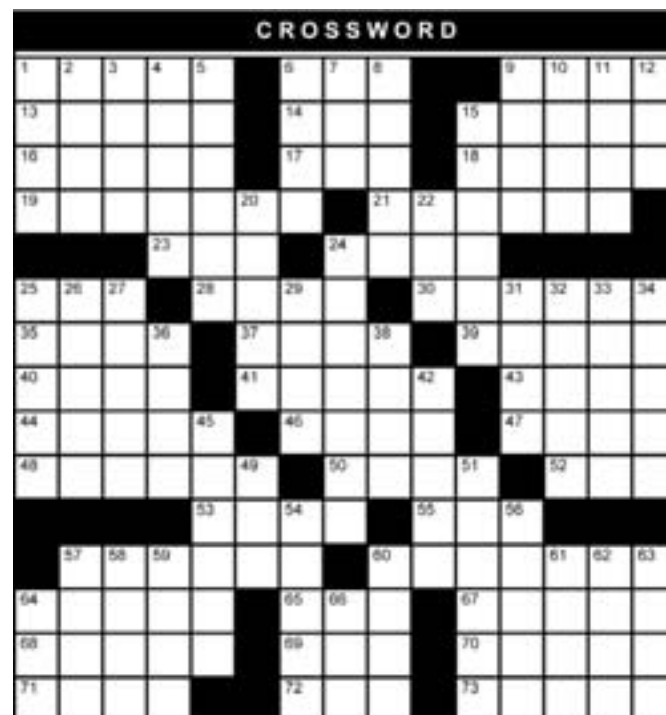
1. Fire or passion
6. \*Yule firewood
9. Winston Churchill's "\_\_\_\_\_ Country"
13. France's longest river
14. 401(k) alternative
15. Squirrel's stash
16. Wake Island, e.g.
17. Official
18. Indian restaurant yogurt staple
19. \*Cratchit's boss
21. \*Typical holiday guests
23. Duffer's goal
24. \*"Go \_\_\_\_\_ it on the Mountain"
25. Prime time ruler
28. It can be crunched
30. Pass on
35. Caught outside?
37. "Cheers" regular
39. Ma Bell, e.g.
40. Backward arrow command
41. Iraqi money
43. Andean land
44. Utopian
46. Drawn in sand

47. Petitions
48. Sluggish
50. Back talk
52. "Comprende?"
53. "Gee!"
55. Flightless and down under
57. Potpourri bag
60. \*Pan-African celebration
64. Sober Ness
65. Tropical American cuckoo
67. Walk clumsily
68. Mother \_\_\_\_\_, pl.
69. Summer glow
70. Vasily Alekseyev's weight
71. \_\_\_\_\_ a cold
72. Finish
73. Investment

### DOWN

1. "Sad to say..."
2. Campus military org.
3. Last name in fashion
4. Lowest deck
5. Load again
6. Italian money, 1861-2002
7. Bauxite, e.g.
8. Blooper
9. Smoothie berry
10. \*Popular tinsel material in 20th

- Century
11. Bohemian
12. Biochemistry abbr.
15. Arm decoration
20. \$1,000
22. Matterhorn, e.g.
24. Sully
25. \*Holiday cake filler
26. "No \_\_\_\_\_"
27. \*Hot serving, archaic
29. Hard work
31. Sales force
32. Intestinal obstruction
33. Rocks at mountain base
34. \*Gingerbread sculpture
36. Sold in bars
38. Supernatural life force
42. Stitch again
45. \*Hanukkah's eight
49. \*Rudolph's Clarice, e.g.
51. Slaps
54. HI, e.g.
56. Without illumination
57. \_\_\_\_\_ gin fizz
58. Campaign worker
59. College girl
60. Warm-hearted
61. "J'accuse" author
62. Run \_\_\_\_\_
63. Cathedral area
64. \*Holiday shelf watcher
66. A Bobbsey twin



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**ARIES: Mar 21/Apr 20**  
Aries, some difficulty awaits you, but you are strong and fully capable of handling what's coming your way. Maintain your composure and stick it out a little longer.

**TAURUS: Apr 21/May 21**  
Taurus, this is your week to shine and let everyone at work know just how talented and devoted you are to the team. Enjoy the fanfare while you can get it.

**GEMINI: May 22/Jun 21**  
Distractions are lurking, Gemini, but you will still manage to get things done. Somehow you find the focus needed to muddle through all the work.

**CANCER: Jun 22/Jul 22**  
Trust someone close to you with a few of your secrets, Cancer. Holding them in may only cause you grief in the long run. Don't worry, your confidante will be supportive.

**LEO: Jul 23/Aug 23**  
Leo, an investment opportunity has piqued your interest. Until you sign over the funds, be sure to research everything thoroughly and call in some expert advice.

**VIRGO: Aug 24/Sept 22**  
Virgo, you have a lot on your plate, but you can handle it on your own. If things are to get done, you will get them accomplished with your own accord, even if it takes longer.

**LIBRA: Sept 23/Oct 23**  
Some added confidence is all you need to get back on the right track, Libra. Things are about to work out in your favor, especially when you put your mind to something.

**SCORPIO: Oct 24/Nov 22**  
Scorpio, just when skepticism seems to be taking over, you will discover once in a while there are a few surprises with happy endings. Enjoy your good luck.

**SAGITTARIUS: Nov 23/Dec 21**  
Sagittarius, though unusual, your behavior might seem perfectly reasonable to you. But unless you share your thoughts with others, they may wonder what is going on.

**CAPRICORN: Dec 22/Jan 20**  
Remember that words said in the heat of the moment will not soon be forgotten, Capricorn. Don't forget to employ some tact when discussing serious matters with loved ones.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, this week you will have to be very convincing if you want plans to go your way. Brush up on your approach and give thought to exactly what it is you want to say.

**PISCES: Feb 19/Mar 20**  
Take a few days to let your mind wander, Pisces. You will probably find being a free spirit to be a refreshing break from the norm.

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number, but then direct  
callers to a second number  
starting with one of the  
paid exchanges. "Consum-  
ers must also question  
the legitimacy of vague  
classifieds because they  
too could be a scam. Be-  
fore responding to an ad,  
consumers should verify  
the source of all informa-  
tion & always be wary  
about sending money or  
signing a contract with an  
unknown party."  
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# ► LEGAL

## ► LEGAL

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cense, #1274502 has  
been applied for by 25  
Broadway Brooklyn Inc.  
d/b/a Blank Cafe to sell  
beer and wine at retail in  
an on premises estab-  
lishment. For on premis-  
es consumption under  
the ABC law at 25 Broad-  
way Brooklyn NY 11211.

## ► LEGAL

**NOTICE IS HEREBY** giv-  
en that an Order entered  
by the Civil Court, Kings  
County on 12/05/2013,  
bearing Index Number  
NC-001352-13/KI, a  
copy of which may be ex-  
amined at the Office of  
the Clerk, located at 141  
Livingston Street, Brook-  
lyn, NY 11201, grants  
me (us) the right to: As-  
sume the name of (First)  
Carmela (Middle) Alcan-  
tara (Last) Knight. My  
present name is (First)  
Carmela (Last) Alcantara  
AKA Carmela Knight. My  
present address is 302  
2nd Street, Brooklyn, NY  
11215-. My place of  
birth is San Cristobal,  
Dominican Republic. My  
date of birth is February  
10, 1982.

## ► LEGAL

**NOTICE OF SALE**  
SUPREME COURT  
-  
COUNTY OF KINGS  
NEW YORK COMMUNITY  
BANK, as Successor in  
Interest to THE ROSLYN  
SAVINGS BANK, Succes-  
sor By Merger with THE  
ROOSEVELT SAVINGS  
BANK, Plaintiff against  
HANNA LOFTIN, ET AL.,  
Defendants (Index No.  
30124/2006)

Pursuant to a Judgment  
of Foreclosure and Sale  
and Addendum to Judg-  
ment of Foreclosure and  
Sale dated September  
12, 2013, and duly en-  
tered herein, I will sell at  
public auction at KINGS  
COUNTY SUPREME  
COURT, 360 ADAMS  
STREET, BROOKLYN,  
NEW YORK 11201, IN  
ROOM 224 on THURS-  
DAY January 16, 2014 at  
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# LEGAL NOTICES

## LEGAL

Lot 48) and more particularly described as:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Brooklyn, County of Kings, City and State of New York, bounded and described as follows:

BEGINNING at a point on the Westerly side of Vanderbilt Avenue, distant 510 feet 4 inches Northerly from the corner formed by the intersection of the Westerly side of Vanderbilt Avenue with the Northerly side of Gates Avenue;

RUNNING THENCE Westerly parallel with Gates Avenue and part of the distance through a party wall, 100 feet;

THENCE Northerly parallel with Vanderbilt Avenue, 18 feet 8 inches;

THENCE Easterly parallel with Gates and part of the distance through a party wall, 100 feet to the Westerly side of Vanderbilt Avenue;

## LEGAL

THENCE Southerly along the Westerly side of Vanderbilt Avenue, 18 feet 8 inches to the point or place of BEGINNING.

Amount of judgment: \$314,461.34 plus interest, fees and costs.

Dated: December 5, 2013  
Melissa Bonaldes, Esq., Referee

Forchelli, Curto, Deegan, Schwartz, Mineo & Terrana, LLP  
Attorneys for the Plaintiff  
The Omni  
333 Earl Ovington Blvd., Suite 1010  
Uniondale, New York 11553

## LEGAL

**PROBATE CITATION**  
FILE NO. 2009/2311

**SURROGATE'S COURT - NEW YORK COUNTY CITATION**

**THE PEOPLE OF THE STATE OF NEW YORK**

**By the Grace of God Free and Independent**

TO EDGAR WOUCHOPE, if living and if dead, to his heirs at law, next of kin

## LEGAL

and distributees whose names and places of residence are unknown and if he died subsequent to the decedent herein, to his executors, administrators, legatees, devisees, assignees and successors in interest whose name and places of residence are unknown and to all other heirs at law, next of kin and distributees of CRESONA GWENDOLYN PALMER, the decedent herein, whose names and places of residence are unknown and cannot after diligent inquiry be ascertained.

A petition having been duly filed by ASLENE E. PALMER-BENNETT, who is domiciled at 602 Overbrook Lane, Oreland, PA 19075.

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, New York County, at 31 Chambers Street, Room 509, New York, on January 24, 2014, at 9:30 o'clock in the forenoon of that day, why a decree should not be made in the estate of Cresona Gwendolyn Palmer lately domiciled at 602 Overland Lane, Oreland, PA

## LEGAL

19075 admitting to probate a Will dated September 10, 2001, a copy of which attached, as the Will of Cresona Gwendolyn PALMER deceased, relating to real and personal property, and directing that [x] Letters Testamentary issue to: Aslene Palmer-Bennett. (State any further relief requested)

November 27, 2013 Dated, Attested and Sealed  
November 27, 2013 (seal)

Hon. Nora S. Anderson Surrogate  
Diana Sanabria Chief Clerk  
Spencer C. Gibbs, Rawlins + Gibbs, LLP  
Attorney for Petitioner  
212-222-7005  
Telephone Number

2610 Frederick Dupuglass Blvd., New York, NY 10030

Address of Attorney  
**[NOTE: This citation is served upon you are required by law. You are not required to appear. If you fail to appear it will be assumed you do not object to the relief requested. You have a right to have an attorney appear for you.]**

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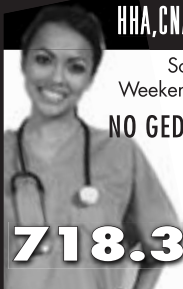
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15.4" SCREEN  
6 GB MEMORY  
750 GB HD  
DVD RW

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**HP**

INTEL CORE-DUO  
8 GB MEMORY  
1 TB HD  
15" SCREEN

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**\$199**

**\$49**

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**NUMARK MIXTRACK** **\$129**

**TURN TABLE** **\$69**

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**PIONEER**

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**SONY**

**\$59**

**KECKER** **\$79**

**PIONEER**

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