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## New Volunteer-Tourist Program

Sandra Scott, the Jamaica Tourist Board's deputy director for tourism and marketing (r) in the Big Apple last week to roll out a new visitor-volunteer program, shares a smile with a compatriot at the Jamaica Consulate. See Inside Life, page 34. Photo credit: JTB/Finn Partners.

## Finally, a probe into Rodney's death

**By Bert Wilkinson**

The Guyana government this week appointed a team of top Caribbean lawyers to probe the 1980 assassination of acclaimed historian Walter Rodney, a top opposition figure and international icon; but the party he helped found has said it hopes the truth will emerge as to who exactly ordered Rodney's mur-

der. Dr. Walter Rodney, then 37, died when a bomb exploded in his lap near the main city prison facility in Georgetown on the night of June 13, 1980 as he was leading a spirited challenge against the then governing People's National Congress (PNC) in the run up the 1980 general elections, which opposition par-

ties had boycotted because of alleged widespread rigging.

Walter Rodney's Working People's Alliance (WPA) which today, ironically, is part of the main opposition APNU coalition with the PNC, immediately blamed the PNC for his assassination, contending that Rodney was handed the device by military

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# JAMAICA EYES LEGAL GANJA

## Clients look to a year-end smokestack

**By Vinette K. Pryce**

Rastafarians and reggae singers have been lobbying for the decriminalization of marijuana for decades. Grammy-winning singer/songwriter Peter Tosh recorded perhaps the most known advocacy song he named "Legalize It."

And Bob Marley, the king of reggae emerged the poster image to promote smoking weed AKA ganja.

Now it seems, members of

Jamaica's House of Representatives are ready to embrace the controversial issue. Although a bipartisan decision in Parliament is pending, at a meeting in Kingston an agreement to decide the formal launch of the Future Ganja Growers Association culled numerous advocates and decision-makers who said their next task is to establish a local ganja industry to "represent the best interests of the

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# CARIBBEAN ROUNDUP

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THE NEWS FROM BACK HOME

## Bahamas

Two Bahamian pastors are accused of indecently assaulting a 15-year-old boy on Feb. 15 last year.

Arsenio Butler, 27, pastor of the People's Assembly Word Center and his youth pastor David Sears, 25, are accused of cruelty to a child by allegedly getting the juvenile drunk and sexually assaulting him. They will re-appear in court next month.

The men pleaded not guilty when they appeared in court before Chief Magistrate Joyann Ferguson-Pratt.

Butler was placed on \$8,000 bail and Sears \$6,000. As a condition of bail they have to surrender their passports to the court.



## Barbados

The European Union (EU) says it is willing to provide BDS\$100 million to Barbados in grant funding.

A statement issued following talks between Barbados and EU delegations, noted the funds would become available once certain macro-economic and public finance criteria were fully met.

The European Union last year released Bds \$28 million for the Barbados Human Resource Development Program, while another Bds \$15 million was provided through the Barbados Renewable Energy Program, all in the form of non-reimbursable grants.



The EU delegation was led by Ambassador Mikael Barfod, while Finance and Economic Affairs Minister Chris Sinckler led the Barbados team.

The Barbados government has begun laying off employees as part of a program to revive the ailing economy and has also indicated that it would not be rushing to fill vacancies within the public service.

The EU diplomat had also called for more information on how the government intends to manage its debt in the medium term and that he also wanted to hear more about the package of reform that the government had begun undertaking.

## Dominica

Dominica says abolishing the death penalty is not among its immediate priorities even though London-based human rights group Amnesty International has urged the island to take the lead in the



## Greenhouse farming advantages

Oraine Halstead (left) and Rhys Actie tend tomatoes in a greenhouse at Colesome Farm at Jonas Road, Antigua. See story on page 14.

IPS/Desmond Brown

ongoing discussion to abolish the death penalty in the region.

Last October, Chiara Sangiorgio, who coordinates Amnesty International's campaigning initiatives to abolish the death penalty worldwide, said during a visit to Dominica that it could take the lead in the discussion to abolish death penalty since "there has been only one executive and the crime rate is really low."

Amnesty International said the last execution took place in 1986 and that as of December 31, 2011, there were no people on death row.

But Attorney General Levi Peter said the death penalty issue was not a priority for the Roosevelt Skerrit administration.

He said if a poll were conducted here "you would find that majority of the population believe not only that it should remain on the books, but it should be carried out."



## Grenada

The Grenada government will sign a Letter of Intent to implement the International Monetary Fund (IMF) backed home grown structural adjustment program by the end of

this month even if trade unions fail to reach an agreement with regards to a three-year wage freeze.

This was disclosed by Grenada Economic Affairs Minister Oliver Joseph, who said that while the Dr. Keith Mitchell government has given the assurance there would be no job losses as a result of retrenchment once the program goes into effect, the promise can only be a reality if the unions accept the wage freeze.

"If the government was to go ahead and sign without an assurance from the union that there will be no increase in salaries for the period of the three-year program, which commenced officially as of Jan. 2, 2014, then government will have to use the option of retrenching workers in order to reduce on government's monthly wage bill," Joseph told a post Cabinet news conference.

Education Minister Anthony Boatman said if the government didn't go through with structural the adjustment program there would be some uneasiness with regards to the social and economic development of Grenada.



Late last year, Prime Minister Dr. Keith Mitchell told nationals that while the international community was willing to restructure the island's debt, the country would have to make sacrifices.

## Haiti

A long forsaken island north of Haiti is getting help from the Caribbean nation's government.

The office of Prime Minister Laurent Lamothe said in a statement that it has begun a six-month program to help the people of Ile de la Tortue, some of the poorest people on the already impoverished island nation.

This program will create seven restaurants and yield 1,000 jobs through a sanitation program.

Farmers will receive free seeds and others will receive goats.

The national police force will also send 30 officers to crack down on illegal migration.

Because of its remoteness, the mountainous island has long been a popular spot for smugglers to organize migrant trips to the United States, Turks and Caicos and The



Bahamas.

## Jamaica

Jamaica's first marijuana growers association has begun to take shape, but potential members are being advised not to start cultivation of the weed, until the legal green light has been given.

The backers of the Ganja Future Growers and Grower Association have proposed that, as a condition of membership, interested parties sign a declaration that "they will not take any part, directly or indirectly, in the growing/cultivation of ganja until there is a legal and regulated framework for the growing of ganja."



The association, which was launched in January this year, is an initiative of the Cannabis Commercial and Medicinal Task Force, the Ganja Law Reform Coalition and the National Alliance for the Legislation of Ganja.

The National Alliance has proposed that small ganja farmers or traditional cultivators get special protection at the outset of the establishment of a formal cannabis industry in Jamaica, after fears that big growers could sweep them aside.

"For the first three years of a regulated industry, licenses should only be given to plots of one acre or less," the Alliance suggested.

## Suriname

The Inter-American Commission on Human Rights says it has filed an application with the Inter-American Court of Human Rights against Suriname over violation of the rights of members of the Kalina and Lokono indigenous peoples of that country.

The commission in a statement said Suriname has failed to establish the regulatory foundations that would allow for recognition of the right to collective ownership of the lands, territories, and natural resources of the Kalina and Lokono indigenous people.

The commission said the violation of the right to collective property as a result of this situation continues to this date and "neither the granting and continued existence of mining concessions and licenses nor the establishment and ongo-



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New York City Public Advocate Letitia James addresses the rally to save Interfaith Hospital.

Photo by Lem Peterkin

# 'MATTER OF LIFE AND DEATH'

## Fight to keep Interfaith Hospital open

By Chudi Chukwudi

On the heels of the Obama administration agreeing to let New York reinvest \$8 billion in Medicaid savings into its health care system, elected officials and community activists rallied on Monday, Feb. 24 at Interfaith Medical Center in Bed-Stuy, Brooklyn, to call on Gov. Andrew Cuomo to keep his commitment and use the money to keep Interfaith open and serving the community.

While Gov. Cuomo has stated he wants to transform some existing hospitals into urgent- and primary-care centers, emergency units and specialized-treatment facilities, those at the rally argued that it is essential for Interfaith to continue as a full-service hospital.

"We should not be talking about how the community can survive with less healthcare, we should be talking about how to provide the community with more healthcare. People of color depend on Interfaith and as the most underserved area in the city in terms of healthcare, closing the hospital is literally a matter of life and death," Diane Porter, president of



Elected officials and community activists rally on Monday, Feb. 24 at Interfaith Medical Center in Bed-Stuy, Brooklyn.

Photo by Lem Peterkin

the IMFoundation, said. "We look forward to working with Gov. Cuomo in keeping Interfaith Medical Center open as a full-serviced hospital."

"Ain't no stopping us now, Interfaith and healthcare is about to turn around. We are continuing to stay focused as we fight to save Interfaith. We are thankful for the Federal Government granting the wavier monies for New York, but we are being vigilant in ensuring that Brooklyn, and especially Interfaith, gets its fair share," Sharonnie Perry, Chair Community Advisory Board Interfaith Medi-

cal Center, said "We have had an epidemic of hospital closures in New York City in the last decade. Now, however, there is a glimmer of hope because of the recent agreement that we made possible by working together to preserve healthcare at Long Island College Hospital. We must capitalize on the momentum from LICH, and the recently won Medicaid Waiver to fight for Interfaith and all of our hospitals. Together, we can and must ensure that no community is left without access to healthcare," New York City Public Advocate Letitia James said.

"Securing a Medicaid waiver from the Obama administration was a crucial step that my local elected colleagues and I have been urging for to take Brooklyn hospitals off life support and give them needed aid. Resources like these will help advance the essential work of improving health care in our borough, an effort which must include patients, physicians, providers and political leaders alike in partnership. We must do all we can to give Interfaith the same care and attention that LICH has received in recent weeks and months, as we work quickly to tackle the health care crisis in every corner of our city," Borough President Eric Adams said.

"The decision by the Department of Health and Human Services to grant New York State's Medicaid waiver application is a tremendous victory for safety net hospitals like Interfaith Medical Center.

Throughout this process, our Congressional Delegation remained unified in the pursuit of a favorable decision by the federal government. It is now important to make sure that the bil-

Continued on Page 32

# Arts program for New York public schools

By Chudi Chukwudi

The Town Hall (123 W. 43rd St.) and Con Edison recently presented their annual Black History Month celebration for public school children with free performances by percussionist and Grammy® winner Jeff Haynes. Sponsored by Con Edison, the shows were presented to children in grades 3-8 from participating New York City schools as part of their school curriculum to introduce students to the arts.

Jeff Haynes is a master of African, Caribbean and Brazilian-rooted percussive instruments. He was joined by student drummers, a spoken word artist, dancers and other musicians.

Haynes has toured worldwide with his rhythmic, multi-instrument percussion collection, and has musically accompanied a "Who's Who" of artists on more than 100 recordings from jazz greats Al Jarreau, Cassandra Wilson, and The Pat Metheny Group, to Chaka Khan, Harry Belafonte, Peabo Bryson and Celine Dion.

It is estimated that over 4,500 students attend the Con Edison Town Hall Black History Month celebration at The Town Hall

each year and for most students, the event is their first major theatrical experience.

"We are so thrilled to continue our partnership with Con Edison and offer NYC public school students the chance to experience the arts firsthand," says Town Hall President Tom Wirtshafter.

"We showcase vibrant performers that provide a creative mix of educational and artistic programs for the students," said Frances A. Resheske, senior vice president, Public Affairs at Con Edison. "It gives us great pleasure to know that this multi-year partnership with The Town Hall has enriched the lives of so many children."

In 2010, Haynes received a Grammy® Award in the Best Musical Album for Children category for his collaboration with legendary folk storyteller Pete Seeger on "Tomorrow's Children." This year Haynes is nominated for another Grammy® as producer of "Pete Seeger: The Storm King," a four-disc collection of spoken-word recordings performed by Seeger and more than 50 musicians. Haynes is also the creator of D.R.U.M. (Discipline, Respect, Unity and Music).



It is estimated that over 4,500 students attend the Con Edison Town Hall Black History Month celebration at The Town Hall each year and for most students, the event is their first major theatrical experience.

Photo Credit: Con Edison

# Estimated billions in government revenue

**Continued from cover** various stakeholders, giving primacy of place to the traditional ganja cultivator for a specified period.”

Spearheaded by Cannabis Commercial and Medicinal Research Taskforce (CCMRT) the meeting convened Phillip Paulwell, Jamaica’s Minister of Science, Technology, Energy and Mining who announced that “ganja will be decriminalized in Jamaica this year.”

Paulwell, leader of government business in the House of Representatives, reportedly added “Jamaica cannot be allowed to be left behind on the issue.”

Jamaica could be the first English-speaking Caribbean country to decriminalize ganja and if Paulwell has his way, the island could usher in a new era allowing Jamaicans to grow marijuana for medicinal purposes under state regulation.

Along with representa-

tives from the Ganja Law Reform Coalition, the National Alliance for the Legalization of Ganja and several members of civil society, the group chaired by Archibald McDonald,

**The long-contemplated decision could provide an economic boon estimated to be worth billions of dollars.**

Principal Professor, University of the West Indies, Mona comprised a taskforce that will ultimately aid in the legitimization.

The association stated that they would lobby the Jamaican Government for the establishment of “a properly regulated cannabis industry in all aspects, cultivation, agro-processing, medicinal and its many and

varied by-products;” and promote control, education and taxation “as important planks of a regulated cannabis industry.”

They outlined guidelines for a legitimate industry. They emphasized that a compulsory condition of involvement in the growers association was agreement by members not to take any part, directly or indirectly, in the growing/cultivation of ganja until there is a legal and regulated framework in place.

Delano Seiveright, one of the main task force leaders endorsed Paulwell’s promise that “the multiple economic, social and cultural benefits that Jamaica stands to gain if the laws are adjusted sooner rather than later” are unlimited.

Jamaica will this year join a virtual tidal wave of countries across the globe in decriminalizing marijuana.

The long-contemplated decision could provide an economic boon estimated to be worth billions of dollars. Some advocates are convinced the decision could generate added revenue to the Jamaican economy.

# Hope that truth will emerge

**Continued from cover** intelligence agents who had infiltrated his inner circle.

Caribbean and international governments, academics and civil society also pointed fingers at the PNC led then by its founder, Prime Minister Forbes Burnham; charges the PNC has denied, even as it says it welcomes any probe.

Army Chief of Staff Brig. Gen Mark Phillips has promised full cooperation of the military with the commission, after meeting with the commission this week.

Rodney’s brother Donald, who was in the car with him when the explosion rocked the quiet of the city on that fateful Friday night, was injured and hid for several days before emerging, pointing fingers at the military for conspiracy in Walter’s death.

Barbadian Jurist Sir Richard Cheltenham, who incidentally is also part of a regional team investi-

gating a 1990 Muslim-led attempted coup in neighboring Trinidad -- will chair the three-person team that also includes Jamaican, Jacqueline

**Rodney was well known in the Caribbean for a series of well-acclaimed books he wrote.**

Samuels-Brown and Trinidadian, Seenath Jairam.

The three were sworn in on Monday but the WPA Wednesday demanded “to see the terms of reference to determine whether it will enable the entire truth to come out in the public,” spokesman Desmond Trotman said.

Rodney was well known in the Caribbean, Africa and the U.S. for a series of well-acclaimed books he wrote, including: “How Europe Underdeveloped Africa,” a reference text that is widely used in

American and other universities.

Cheltenham said the long delay in holding a commission of inquiry should not affect the outcome. At least 100 witnesses, many of them opposition and government politicians and ex-soldiers, are listed to testify. Others will have to be summoned.

He said the commission will likely sit for two-week stretches when work begins at a date to be determined by the readiness of organizers. He also noted that “many of them (witnesses) remembered the events as though they happened yesterday and (there were) several pieces of documentary evidence that allowed us to have no difficulties in finding facts and coming to conclusions. The fact that it happened 30 years or so ago need not be any bar to a full exposure of what took place and for the commission to make some firm conclusions,” he said.

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# Uncertain fate for disposed Haitian prez

By Nelson A. King

A Haitian appeals court has ruled that one of the French-speaking Caribbean country's most brutal dictators could be charged with crimes against humanity.

The three-judge appellate panel, however, stopped short on Feb. 20 of ordering a trial of former President Jean Claude "Baby Doc" Duvalier to proceed, saying that further investigation is necessary.

The panel rejected Duvalier's argument that the statute of limitations had expired and that international law undergirding the charges was inapplicable.

But while the court did not set a date for a final decision in the Duvalier case, presiding judge Jean Joseph Lebrun appointed colleague Durin Junior Duret to further investigate the allegations of corruption and crimes against humanity against Duvalier.

Justice Lebrun wants Duret to interview all vic-



Former Haitian dictator Jean-Claude Duvalier.

AP Photo/Dieu Nalio Chery, File

tims who did not get a chance to testify during the appeals hearings.

In addition, he wants Duret to identify others who have been accused of crimes along with Duvalier and interview all witnesses.

The appeals court ruling is seen as a huge blow to Duvalier, who has been

fighting to remain out of jail since returning to his impoverished, earthquake-ravaged homeland in January 2011 after a 25-year exile in France.

"This is a victory and somewhat surprising given the political climate in Haiti and the fact Duva-

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# Jamaica lauded for its early childhood plan

By Nelson King

The World Bank has lauded Jamaica's National Strategic Plan on Early Childhood Development, noting that it is "the first of its kind in the region."

"Compared to other countries, such as Chile and Colombia, Jamaica guarantees free preprimary education and has the highest proportion of children enrolled in preschool," said the Washington-based financial institution in a statement.

The bank noted that in its 2008-2013 National Strategic Plan on Early Childhood Development, the Early Childhood Commission (ECC) listed, as a "key strategy to support parents in effective preven-

tive health care, the development of a Child Health and Development Passport."

"It is a handy booklet distributed in ante-natal counseling sessions with expectant parents and populated by parents, health care professionals and early childhood institutions, based on observations and examination of the child's progress," the World Bank said.

It referred to a 27-year-old Jamaican mother, whose daughter will soon benefit from the plan.

"She will turn two in April, but although the school system typically takes them at three, I believe she is on track to start school at two, just like

I did," Tenesia McKenley told the bank.

It said McKenley attributes much of her ability to manage her daughter's progress as a new parent to an innovation of Jamaica's Ministry of Health, "co-parented" and endorsed by the ECC.

"In my case, the passport was very much welcome because my daughter was born in a public hospital and got her initial treatment and care there, but I prefer to do follow up visits and ongoing checks with a doctor who has served our family for years," McKenley said.

"With the passport, both my daughter's pediatrician knows exactly what

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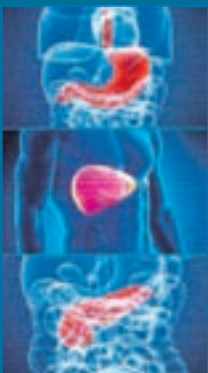
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# Personal, professional wedding service at the Bay Ridge Manor

BY CAMILLE SPERRAZZA

The yellow brick road may lead to the Wizard of Oz, but in Brooklyn, the path to happily ever after often begins at the Bay Ridge Manor.

Conveniently located in Bay Ridge, it couldn't be easier for your guests to get there, whether they are Brooklynites or not. For those who do live in the borough, there is nothing better than a wedding close to home, with none of the hassle of trying to figure out who gets the job of driving to the 'burbs.

The Bay Ridge Manor has been creating beautiful wedding memories for more than 40 years. The staff here knows what it takes to provide personal and professional service to brides, grooms, and wedding guests, making sure that the event is a memorable one for all.

Its history in the borough dates back even further than that. It has served the area for more than 60 years, first



Bay Ridge Manor on 76<sup>th</sup> St. helps create beautiful wedding memories. Photos by Elizabeth Graham

as a community center, then a democratic club, and finally as a catering hall. The same family has been in charge for the last 33 years — the Golden — and it is Patrick Golden who is currently in charge of day-to-day operations.

When you choose to have your reception here, you are in experienced hands. In fact, the Bay Ridge Manor can take

care of just about everything for you, including a special wedding package that offers floral arrangements, beverages, decorations, and a beautiful cake.

The hall can accommodate from 40 to 250 guests inside the recently renovated ballrooms. Brides and grooms can choose from 12 different menu options, with pricing from \$65 per person

for a sit down dinner, with cocktail hour included.

Some prefer to have hors d'oeuvres served butler style, offering guests favorites such as vegetable spring rolls, broccoli and cheddar bites, cherry tomatoes with mozzarella, mini crab cabs, Swedish meatballs, sesame chicken, and other tasty starters that are real crowd-pleasers.

The chef specializes in dishes such as chicken, prepared Francaise, Florentine, or Cordon Bleu. Prime ribs of beef and roast turkey are among other tasty options. The Bay Ridge Manor is also noted for its classic appetizers such as rice balls and stuffed eggplant.

If you have specific food requests, including ethnic dishes you might like, the Bay Ridge Manor is happy to customize menus. Choose to add carving stations that may feature corned beef, roast beef, London broil, roast loin of pork, brisket of beef, Virginia ham, and more.

All baking is done on the premises, assuring it is fresh and fabulous.

The Crystal Room can accommodate up to 240 guests. The Imperial Room holds 50 to 125 people. The Bridal Suite, when it's not being used as such, is ideal for rehearsal dinners and small parties.

The Bay Ridge Manor is

also the perfect place for bridal showers. Menus may include a cheese and vegetable platter, choice of appetizer, salad, and an entree. Champagne punch, wine, beer, and soda are also provided, as are balloons, a bridal chair, wishing well, and umbrella.

"Our family members oversee each event," says Golden. As a result, customers can expect attention to detail and excellent service. The Bay Ridge Manor is located on a residential, tree-lined street, and valet parking is available.

Learn how the Bay Ridge Manor can make your wedding dreams come true when it hosts a bridal expo on March 27 at 7 pm. Call ahead to reserve a spot.

*Bay Ridge Manor [476 76th St. between Fourth and Fifth avenues in Bay Ridge, (718) 748-8855, www.The-BayRidgeManor.com]. Office hours: Mondays through Fridays, 10 am-9 pm; Saturdays and Sundays, 10 am-6 pm.*



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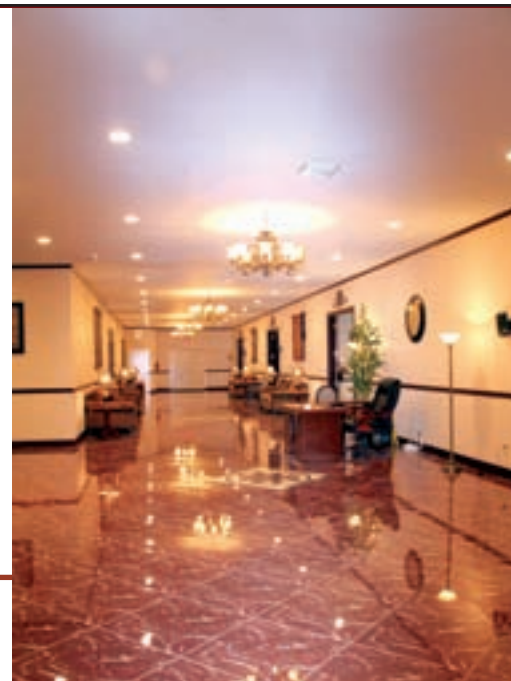
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# Call for greater Caribbean innovation

By Gerard Best

Three Eastern Caribbean countries are benefiting from an infrastructure development thrust that could usher in a new era of technology-based innovation and entrepreneurship for the region.

The initiative is part of the World Bank-funded Caribbean Communications Infrastructure Program (CARCIP), coordinated by the Caribbean Telecommunications Union (CTU). A series of workshops rolling out in Saint Lucia, Saint Vincent and Grenada are intended to ensure that citizens can take full advantage of the telecommunications infrastructure upgrades. The series aims to encourage greater innovation in the public and private sector across the region.

The inaugural workshop, which took place on Feb. 10 and 11 at Gros Islet, Saint Lucia, brought together some of the region's leading minds in the fields of entrepreneurship, information and



Bevil Wooding, internet strategist (left) and Dr. Farid Youssef, neuroscience expert based at The University of the West Indies (UWI), St. Augustine, facilitate an open session at the Caribbean Communications Infrastructure Programme innovation workshop, Bay Gardens Resort, Gros Islet, Saint Lucia on Feb. 4. Photo by Gerard Best

communications technology, leadership development and innovation.

Hosted by the Saint Lucian Ministry of the Public Service, Information and Broadcasting, the workshop set out to stimulate new approaches to national through the applica-

tion of modern technology and new ways of thinking.

Bevil Wooding, one of the leading technology experts in the region and an internet strategist with US-based Packet Clearing House, delivered the keynote. In his wide-ranging address, Wooding

highlighted the challenges behind the region's chronic lack of innovation. But his emphasis was on solutions and opportunities.

"In reality, the potential exists today to overcome the many challenges in the region. What we face is more

a challenge of leadership paradigm than of technical possibility."

He added, "The opportunity before us is to define and articulate a clear set of actionable priorities. These must be based on our native strengths and shaped to match a properly

resourced vision for development."

Building on Wooding's address was Dr. Farid Youssef, a neuroscience expert from The University of the West Indies, St. Augustine. His presentation focused on the brain science and psychology behind innovative thinking.

Citing a blend of recent academic research and familiar examples of great innovators, Dr. Youssef showed that meaningful change was not produced by spasms of creative genius, but came as the result of consistently applied effort. He called on educators and policy makers to change the common approaches to education development in the region.

He described current practices as "outmoded", "obsolete" and "damaging to creativity and innovation."

"We're talking about innovation, but are we prepared to put in the hard work required to produce meaningful change?" he asked.

Other workshop presenters included Shearvon Devenish, information systems manager at Sugar Beach Resorts, Saint Lucia; Norman Gibson, an expert in science and technology for rural development and environmental management in the Caribbean region; Dr. Cletus Bertin, director of Public Sector Modernisation, Saint Lucia; and Ramesh Lalla, director of National Entrepreneurship Development Company Ltd (NEDCO) in Trinidad and Tobago.

The CARCIP Innovation series rolls into Saint Vincent on Feb. 26 and 27, with a third installment scheduled for Grenada at the end of March 2014.

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# Play & Stay Tennis in Jamaica schools

## To The Editor:

Tennis Jamaica is extremely proud of its partnership with the Early Childhood Commission (ECC) to introduce Play and Stay Tennis in Basic Schools across Jamaica.

This is the exact same program that First Lady Michelle Obama has selected for her 'Let's Move Program' in the United States for which she has partnered with the USTA.

Whilst Tennis Jamaica does not have the USTA's budget we are determined to give our children the same opportunities for growth and development that the First Lady of The United States has identified as being important for American Children!

Self-discipline, self-control, and hand-eye coordination are all encouraged in a fun filled healthy learning activity. Tennis also enhances the development of those little brains, encouraging and promoting critical thinking, problem solving skills, and also helps to build their self-esteem.

The profound effect that having a male coach has on our very young children is an honour for us to see.

Tennis will connect our children to a worldwide fraternity via the International Tennis Federation (ITF) and the ITF Junior Tournament Circuit and provide a pathway to University Scholarships all over America

This is a sport that offers phenomenal earning potential! Serena Williams won US\$2.6 M during

the summer of 2013!

Please select a school from the following list that you would like to support VIA INCOME TAX DEDUCTIBLE DONATIONS MADE TO THE AMERICAN FRIENDS OF JAMAICA(AFJ) for TENNIS JAMAICA or name any other school that you would like to support and we will work with you on setting up a program there.

Whilst we are in negotiations with the Ministry of Education to introduce tennis to Jamaica's Primary School System we have, nevertheless started Play and Stay Tennis programs in Primary Schools where funding has been provided which schools are mentioned below.

With a little help from you we can do this!

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List of Schools with Play & Stay Tennis Programmes

Kingston & St. Andrew

Amy Bailey Basic School (Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors.)

Arnold Road Basic School (Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors.)

Gospel Hall Refuge Basic School \*since January 2014

Half Way Tree Primary School (Tennis Jamaica coach visited school, gave demonstration. Pro-

Continued on Page 12

# Communities of color and environmental issues

By Kathleen Rogers, Greg Moore and Antonio Gonzalez

This month marks the 10th anniversary of Campaign for Communities, which created a coalition of Latino, African American, low-income and environmental organizations working to educate, register and turn out voters using environmental issues as motivation. During the 2004 and 2008 election cycles, we registered hundreds of thousands of voters and turned out more -- all of whom were educated as to how their health was at risk from environmental issues and how to analyze candidates' records. Most recently, we conducted an on-the-ground Latino voter education/registration/turnout on California's Prop. 39, which passed handily and with no small credit going to Latinos, African Americans and other minorities who voted in higher numbers than whites.

Our initial effort was a breakthrough. Before then, no coalition of national black, brown and environmental groups had ever been formed to work on voter education. At the time, few Latino or African American organizations were singularly focused on environmental issues. While minority-led environmental justice groups had long existed, most were focused on environmental health issues. None were focused on voter education and making the environment a major voting issue.

When we began, we suffered no illusions. We knew that jobs, education, immigration and other issues would initially trump environment, an issue never fully translated to minority populations. Our initial attempts to create environmental educational materials that would resonate with minority voters produced limited results. But we

**For 10 years, minorities have repeatedly proved themselves reliable voters for health, environment and infrastructure investment initiatives.**

found common ground and our coalition produced long-term friendships and shared history.

At first, there wasn't much polling on how Latinos or African Americans would vote on environmental issues or whether they would vote for candidates based on environmental records. Little money was being spent on minority voter persuasion regarding environmental issues -- odd, given the disproportionate impact environmental issues have had on minority and poor communities and how easy it would have been to make that case. Never mind that census data made it clear that in many states, minorities would soon be in the majority or in election-significant numbers and therefore worth long-term investment.

For 10 years, minorities have repeatedly proved themselves reliable voters for health, environment and infrastructure investment initiatives and for candidates who support them. Across the spectrum of issues, Latinos and African Americans vote in higher percentages than their white counterparts for environmental initiatives and for green candidates.

Beyond consistent pro-environment voting, African American, Latino and other organizations now include environment and environmental health-related issues. Some polls indicate that minority voters' concern

about climate change is almost double that of whites. Minority-rights-focused organizations now invest in environmental staff; training young environmental scientists, conducting their own research on climate issues; fighting for their fair share of the green jobs market; and playing an important role in solar energy investments in their communities.

Despite these pro-environment voter statistics and community environmental programs, year-round investment in educating and turning minority voters into permanent climate/environment voters still lags behind investments in other demographics. While large-scale voter registration efforts always materialize during major election cycles, few leave a permanent infrastructure behind. And with few exceptions, none are focused on creating permanent active environment voters.

While there have been advancements in strengthening relationships between environmental and civil rights organizations, creating a vibrant, diversified climate or environmental voter constituency requires continual investment in voter registration and education. Environment and climate issues are key concerns for both minority and youth voters. Give them a green reason to vote and they will turn out.

Beyond this voter engagement investment, building a permanent minority-owned and environment-focused infrastructure in communities of color will embolden community leaders and officials to take more leadership in the climate change movement. Certainly, communities of color have been and will continue to be more adversely

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# Caribbean Life

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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](mailto: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.

# Looking to re-boot the Christie mechanism

Despite the overhanging clouds looking, if anything, ever more ominous – what with minions pleading the Fifth, worrisome allegations from other politicians and all the rest – the team responsible for packaging Governor Chris Christie has apparently determined that his rehabilitation process needs to forthwith get underway, scandal be damned. So last week saw a resumption of the fabled Christie town hall meetings, the first one since that reputed political payback action surrounding the George Washington Bridge traffic tie-up began derailing the New Jersey governor's lofty ambitions... some believe, permanently.

Along with the town hall gathering which, as The New York Times' Maureen Dowd pointed out, was scheduled in a comfortably Republican neck of the woods, there was also last week a convening of the National Governors Association in D.C. But here Christie and his handlers were focused on tight control of the optics. He skipped events, including a news conference and, notably, a White House dinner, the latter widely seen as avoidance of any further photo-op with President Obama. Boy, how the Chris-

tie universe has been turned on its head. In 2012, following superstorm Sandy's devastation, glad-handing the president was the kind of campaign juice that made Christie's day. Back then, it was all about showing off the new GOP golden boy who had the goods to deal with the other side – sweet relief for middle-of-the-road Americans sick of gridlock and the schmuck politicians causing it. For Christie's part, if some scribes thought to affix a "moderate" label, he'll take that too...never mind "moderate" stretching the truth quite a bit, as applied to Christie. But, anything to put the White House within reasonably easy reach in 2016.

So-called "Bridgagate," along with charges, from seemingly newly emboldened voices, of Christie-style hardball that skirted lawful procedure, has placed daunting obstacles in the smooth path to the next GOP presidential nomination that the Christie machine likely imagined. But for the persistence of some New Jersey lawmakers unbowed by the governor's dismissive air when they sought answers to the messy goings-on at the bridge last September, Christie would still be in steady-as-she-goes mode, riding

## Viewpoint

By Les Slater

high as the presumed unstoppable Republican prospect. In the quick turnaround, the governor has even heard speculation now about the possibility of being turned out of his current job, depending on what's unearthed by the multiple investigations that have begun.

Christie's contention that he wasn't in the loop in what's been revealed to be an orchestrated, deliberate traffic snarl on the GW Bridge (for reasons not yet clear) routinely fails to pass muster with folks on the side of his inquisitors. Even speaking on the record, pretty much to a man they usually say Christie's being clueless about it all is too hard to swallow. That reaction is reflected in national polling, with more people in a late January NBC News/Wall Street Journal poll viewing the governor unfavorably (29 percent) than favorably (22 percent); and more people (44 percent) believing he's lying about his knowledge of the bridge plot.

By itself, the bridge issue is a heavy lift for Christie. In that, even if there's no evidence uncovered that links him to masterminding the dirty business, there's still the question of how asleep at the wheel could he be to remain uncurious with such a massive quality-of-life problem dragging on for four days. From the camp of at least one potential rival for the GOP nomination has come a signal that the governor's escaping responsibility in the hatching of "Bridgagate" hardly puts that issue behind him.

But compounding Christie's difficulties and no doubt cementing many commentators' conviction that climbing back is not in the cards, is the cascade of other troubling issues verily coming out of the woodwork and gaining traction. Among the charges of "enforcer" behavior by the Christie administration that have gone public, the mayor of Hoboken has probably generated the most ink. The mayor indicated her willingness to submit to any scrutiny, including a polygraph test, to buttress her claim of Christie's deputy approaching her with a quid pro quo ultimatum involving Sandy relief funds and a pending develop-

ment project in Hoboken. And the overall dispensing of aid to Sandy victims has in fact been the cause of a barrage of body blows landing on Christie lately.

After Christie became governor, he and his strategists obviously came to see the town hall format as a first-rate vehicle for selling the boss -- whether or not reaching for higher office was always part of the plan, or such ambitions just evolved, once promoting the Christie town halls as YouTube highlights became ritual. But, given the cumulative bleakness now enveloping the governor, options for a positive way forward aren't many. Reverting last week to a forum they regard as fertile ground must have seemed the path of least resistance. Dowd in the Times mentioned the notable absence from last week's town hall proceedings of the "idiot" or "stupid" or "jerk" terms of endearment the "I'm not a bully" governor has reserved for many a Jerseyite in preceding sessions. At this point Christie's camp is rolling the dice on time's passage aiding the cause. Even while knowing that up ahead possibly lurks stuff that no amount of time will heal.

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# Children's tennis

Continued from page 10

gramme pending, seeking sponsors.)

Jesse Ripoll Basic School(Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors.)

Lawrence Tavern Primary School(Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors.)

Mannings Hill Primary School \* (recently concluded)

Providence Methodist Basic School\*\* since January 2014, to be mentored by Jamaica College

St. John's Basic School(Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors)

St. Richard's Primary School(Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors)

Sandy Park Basic School\*

(in progress, not fully up and running yet) \*\* to be mentored by Champion College

Shady Grove Basic School\* (in progress, not fully up and running yet)\*\* to be mentored by American International School, Kingston (AISK)

Stony Hill Primary School(Tennis Jamaica coach visited school, gave demonstration. Programme pending, seeking sponsors.)

Sylvia Foote Basic School(Tennis Jamaica coach visited school, gave demonstration. Programme pending)

## Hanover

Hopewell Deliverance Christian Centre \*\* since May 2013

Sandy Bay Community Basic School \*\* since May 2013

Mt. Pelier Basic School \*\* since May 2013

—*American Friends of Jamaica*



# Campaign for communities

Continued from page 10

affected by climate disasters than other demographics, so building a constituency that can respond to climate disasters is a key to building resilient communities.

Low-income communities are anxious to invest in efficiency and renewable energy programs, but are stymied for a number of reasons, including financing, access and other factors. For example, while solar rooftops have grown exponentially in southern California, FICO credit score requirements exclude many low-income families, and even if they qualify, their smaller homes are not given priority by private sector installers. These types of issues exist nationwide and need to be solved.

Finally, building a permanent integrated environmental/climate movement requires investment in the next generation of green voters, including supporting minority and low-income students to enter the

green technology and STEM fields. Finally, investment in low-income schools through greening and efficiency projects, and requiring core curriculum compatible environmental and civic education will keep the movement growing.

Investment in minority and low-income voters has produced stunning environmental voter conversion rates despite low investment in voter education and infrastructure development. With 2014 environmental initiatives on the horizon, building an environmental voting bloc should be our highest priority.

-----  
*Kathleen Rogers, president, Earth Day Network*

*Greg Moore, executive director of the NAACP National Voter Fund*

*Antonio Gonzalez is president of the Southwest Voter Registration Education Project (SVREP). SVREP, founded in 1974, is the largest and oldest nonpartisan Latino voter organization.*

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# 'Go Red' health fair event

By Nelson A. King

A major Brooklyn church recently hosted a "Go Red" health fair, underscoring that one in three women die of heart disease every year.

Several area churches, hospitals and health agencies participated in the annual event at God's Battalion of Prayer, an evangelical church at the corner of Linden Boulevard and Lenox Road in Brooklyn.

"The goal of 'Go Red' is to create awareness and educate women about the dangers of heart disease and their role in being proactive in reducing their risks by adopting healthy lifestyle choices," Lynette Cockfield, secretary of Battalion Ministries, told Caribbean Life.

"The focus of God's Battalion of Prayer church is to educate and inform residents on health issues in order to realize a healthy Brooklyn," she added, disclosing that her church has been hosting the "Go Red" health fair for the past 10 years.



Sis. Lynette Cockfield (L) with God's Battalion Ministries 'Go Red' team. Photo by Nelson A. King

Cockfield said 187 people attended the event, and 112 residents were screened.

Healthcare institutions and organizations that conducted screenings and other activities comprised: Weill Cornell Community Clinic (height/weight, body mass index, blood pressure, cholesterol, blood glucose and counseling); Bay Ridge Holistic Healthcare (chiropractic adjustments,

massage and nerve assessments); SUNY Downstate Medical Center (vision, asthma and flu shots); the Fire Department of New York/ Emergency Medical Services (cardio-pulmonary resuscitation); and Hibiscus Spa (massage and spa treatments).

Others were: The American Heart Association (information and demonstrations on healthy heart);

National Association for the Advancement of Colored People – NAACP (information); and the American Italian Cancer Foundation (breast cancer screening).

"The partnerships went extremely well, and we want to continue working together," Cockfield said.

"The 'Go Red' weekend was a tremendous success," she added. "Individuals were screened, and the kick-off gospel concert was great. Thanks to all the collaborating churches!"

Those churches were: Christian Fellowship Seventh-day Adventist (SDA), Gohen SDA, Brooklyn Faith SDA, Restoration Temple Assembly of God, Berean Baptist Church and Victory Assembly of God.

Since its inception, the American Heart Association (AHA) has led efforts in research, prevention and treatment of heart disease, providing knowledge-based solutions for people of all ages.

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# 'Blessed' rains become a curse in Antigua

By Desmond Brown

JONAS ROAD, Antigua, Feb 17 2014 (IPS) - Antigua is one of the most drought-prone countries in the Caribbean. So whenever it rains, the inhabitants generally regard the weather as "showers of blessing."

But that is starting to change. Many farmers now see the rains as a curse and are now fighting an uphill battle to save their crops, vital for both the local and foreign markets.

"We are a drought-prone country," Ruleta Camacho, senior environmental officer in the ministry of agriculture, told IPS. "The issue now is that due to the impact of climate change, we are having exacerbated drought and exacerbated rainfall events."

Heavy rainfall can damage crops and high humidity brings with it an infestation of pests and diseases, increasing the consumption of pesticides.

"We are having large amounts of rain in very short

times. There are a number of communities that are affected by flood conditions, communities where the livelihoods of the population could be affected," Camacho added.

One such community is Jonas Road where Delrie Cole has been farming for the last three years. But since Cole introduced greenhouse technology to his farm, he is no longer at the mercy of the rains.

With the greenhouses he is also able to grow his vegetables – cilantro, parsley, basil, peppers, eggplant, lettuce, pumpkins and tomatoes – during periods of drought or deluge.

"The need for the greenhouses came about because of climate change and a lack of production in the summer season when you have more stressful conditions," he told IPS.

"Due to the changing climate we are having hotter summers and it's a pretty difficult time when you have the plants being stressed and

the fruits are falling from the trees.

"The greenhouse basically gives you that edge where you can better operate in terms of control, cutting down some of the humidity that you would have during the summer," he explained.

Greenhouse farming, which is cultivation of plants inside a building with glass walls and roof under controlled conditions, has become necessary with climate change.

Temperature and humidity can be controlled, making it possible for farmers to grow crops year-round.

"The yield and lifespan basically are three times as much as open-field production," said Cole, who has been a farmer for more than 30 years.

"We are doing crops which are running 12 months, so whereas you would have planted a field that is carrying us through 12 months, farmers in the open would have been planting three crops

within that same length of time and their yield would be less."

Farmers in Antigua stand to benefit from the Reducing the Risks to Human and Natural Assets Resulting from Climate Change (RRACC) project being implemented by the Organisation of Eastern Caribbean States (OECS) in partnership with the United States Agency for International Development (USAID).

"The ministry of agriculture has identified the threat of heavy rainfall on cash crops such as lettuce and tomatoes," Susanna Scott, coordinator of the RRACC project, told IPS.

"A lot of damage could result from intense rainfall, which is expected to increase with climate change and also in time of drought the impact of the dry weather on these crops is severe as well," she said. "So what we are looking at doing is investing in greenhouses to provide a protective area for crop growing."

Antigua's main agricul-

tural exports include cotton to Japan and fruits and vegetables to other Caribbean territories.

Hot peppers and vegetables are also exported to the United Kingdom and Canada. Other agriculture products are bananas, coconuts, cucumbers, mangoes, livestock and pineapples.

Agriculture is currently a rather insignificant part of the economy, making up just four percent of GDP. However, it appears that cultivation is on the rise, with approximately 300 acres of land planted with vegetables.

Antigua has also been campaigning to encourage more youth to get involved in agriculture and there is evidence of some success.

Oraine Halstead and Rhys Actie, who are both under the age of 25, are full-time farmers.

"As a boy growing up with my grandmother, she was involved in planting vegetables and I got a little knowledge of it and fell in love with

it," Actie, a national of St. Lucia who moved here at the age of nine years and is now 23, told IPS.

Halstead, who has been a farmer for two and half years, said farming is a very fulfilling career.

"I love to be around plants, taking care of them. It's a joy to see them grow to maturity and the food they produce," he told IPS.

In the wake of climate change, greenhouse farming is seen as the only way to protect crops and manage a better yield than in normal condition. Farming under controlled condition protects crops from wind, rain, sun and precipitation.

The advantages of vegetable production in tropical greenhouses include higher yield and quality; reduced risks for quality and yield; less susceptibility to disease and damage caused by heavy rainfall; extended harvest time; reduced water consumption; and better use of fertiliser and pesticides.

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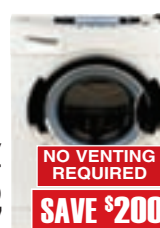
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## CARIBBEAN ROUNDUP

Continued from page 2  
ing operation of the nature reserves have been submitted to any consultation process designed to obtain the prior, free and informed consent of the Kalina and Lokono people."

The commission, a principal, autonomous body of the Organization of American States (OAS), said all these developments have occurred in a context devoid of judicial protection, since no effective remedies exist in Suriname by which indigenous peoples can claim their rights.

### Trinidad

Prime Minister Kamla Persad-Bissessar will this week open a new Trinidad and Tobago Embassy during her five-day official visit to China.

In a statement, Foreign Affairs Minister Winston Dookeran said Persad-Bissessar will meet with Chinese President Xi Jinping. Several agreements proposed to be signed following bilateral discussions include a Memorandum of Understanding (MoU) between the General Administration of Sport of the People's Republic of China and the Ministry of Sport for cooperation in the field of sport.

Also included is a MoU on cooperation in energy and energy-related matters; a bilateral air services agreement and the protocol between Trinidad and Tobago and China concerning the posting of a Chinese medical

team to work in Trinidad and Tobago.

### Barbados

Barbados police say they have detained a captain and crew of a Guyana registered ship for questioning in connection with a quantity of cocaine and marijuana found on the boat.

The police statement said the people were detained after a search of the vessel, "Rudisa Global" that had arrived at the Bridgetown port.

The search was carried out by members of the Drug Squad, Customs and Excise Department, supported by the Police Canine Unit and the Barbados Coast Guard.

### Dominica

Dominica has recorded more than 31 cases of the viral disease, Chikungunya that is spread by the aedes aegypti mosquito.

The first case was discovered on Jan. 16 this year. Health authorities say while the numbers keep changing on a daily basis, the last count of confirmed cases was 31 cases.

Chief Medical Officer Dr. David Johnson said the disease have spread to several areas across the island. He said most of the cases could be "managed at home without having to admit them to the hospital."

*Compiled by Azad Ali*



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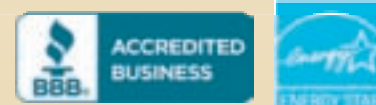

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# Jamaica aims to revive economy with port hub

By David McFadden

OLD HARBOR, Jamaica (AP) — This hardscrabble harbor town on Jamaica's southern coast seems an unlikely contender in an emerging regional competition over the shipping routes that carry global trade.

But as Jamaica joins a rush to lure the bigger, deeper-drafting ships expected to cross an expanded Panama Canal by mid-2015, political leaders and civic boosters envision the Old Harbor area as a cornerstone of what they envision as a transformative, dream development for the Caribbean island.

Jamaica aims to become a global logistical hub when mammoth "post-Panamax" ships start carrying a growing share of cargo, much of it from China. So far, construction hasn't started, but blueprints call for an expansion of the island's existing container terminal, airports and roads while a Chinese engineering company develops a \$1.5 billion transshipment port on a couple of mangrove-fringed islands just off Old Harbor.

"The proposed transformation of Jamaica into a world-class logistics center is unquestionably the most ambitious and far-reaching project on which this nation



This Jan. 25, 2014 photo, shows a sandy beach with the remains of an old wharf on uninhabited Little Goat Island, Jamaica. The island is one of two outlying cays fringed by mangroves located less than a mile off the southern Jamaican town of Old Harbor. A skirmish has been brewing between the Jamaican government and the conservation lobby over a transshipment port to be developed by state-run China Harbor Engineering Co. that is planned for the uninhabited Goat Islands in a swath of the island's biggest protected area.

AP Photo/David McFadden

has been engaged since we became an independent state over 50 years ago," said Francis Kennedy, president of the Jamaica Chamber of Commerce.

All over the Caribbean, the Panama Canal expansion, despite its recent delays, has caused no shortage of countries to think big. With Brazilian financing,

Cuba recently started developing a new port it hopes can play a major role in global logistic chains. Ports in places like the Bahamas, Colombia and Miami are also busily strengthening infrastructure.

In Jamaica, technical studies to evaluate the dredging of Kingston Harbor to 15.5 meters were

recently completed and bidders have been pre-qualified. Kingston's busy container terminal is expected to be privatized and turned over to an international operator soon. And the government has been busily meeting with investors from China, the U.S., Germany and other nations.

The plans have excited

many in this country of 2.7 million people known mostly for its beaches, reggae music and dominant Olympic sprinters. Industry Minister Anthony Hylton said it's such a high stakes competition that he is "up at nights, frequently in the wee hours of the morning, cognizant of the fact that the future of our economy depends on us getting this initiative right."

Yet it's far from clear whether debt-shackled Jamaica can realize its ambitious goals, despite its strategic location by busy sea lanes between North, Central and South American markets. Jamaica has had one of the world's slowest growing economies over the past four decades and a four-year loan package with the International Monetary Fund is propping up the island.

Those economic woes severely limit Jamaica's ability to invest in the project, which is estimated to cost as much as \$15 billion. That means the private sector would need to provide almost all of the financing.

Damien King, head of the economics department at Jamaica's campus of the University of the West Indies, said the plans are worth pursuing but transforming Jamaica into a logistics

center would require a huge level of public sector organization and management.

"It is far from obvious that the Jamaican government can muster that even with throwing a disproportionate share of its capacity at the problem," King said.

At the same time, a skirmish has been brewing between the government and the conservation lobby over the proposed port to be developed by state-run China Harbor Engineering Co. on the uninhabited Goat Islands in a swath of Portland Bight, the island's biggest protected area. Environmentalists argue the port would have a devastating impact on a coastal zone that was shielded in 1999 to safeguard reefs, mangroves and fish nurseries.

Diana McCaulay of the watchdog group Jamaica Environment Trust has called for more public consultation about the China-financed port but requests for more information have been denied. Without knowing specifics of the deal, she said it's impossible to assess the benefits.

"I don't understand those who are uncritically accepting that there will be sufficient benefits to destroy one of our protected areas," she said.

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

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

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

### 2013 New York, NY Small Business Resource

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

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

[www.nysl.nysed.gov/reference/busref.htm](http://www.nysl.nysed.gov/reference/busref.htm)  
Selected business-related web sites compiled by staff at the New York State Library for use in response to reference questions.

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

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

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

[www.bcny.org/inside/smallbusiness.htm](http://www.bcny.org/inside/smallbusiness.htm)  
Capital Business Blog - Read about the issues. Visit [www.nyfirst.ny.gov](http://www.nyfirst.ny.gov) to learn what New York State can do for businesses.

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

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# Taking the right steps to better manage your heartburn

(StatePoint) Heartburn is one of the most common reasons people visit their doctors. If you suffer from a burning feeling in your chest or throat, experts recommend preparing for your next doctor's appointment by learning more about heartburn and what you can do to manage the condition.

"Physicians often use upper endoscopy to diagnose and manage gastroesophageal reflux disease, or GERD," says Dr. Molly Cooke, president of the American College of Physicians (ACP). "But this is not an appropriate first step for patients with typical heartburn."

The ACP advises against upper endoscopy for heartburn, unless other serious symptoms are present. According to the ACP's recommendations, it can be an expensive test that doesn't necessarily improve the health of patients, exposes patients to preventable harms, and can lead to unnecessary interventions down the line.

## HEALTH

"For those whose heartburn is accompanied by difficult or painful swallowing, bleeding, anemia, weight loss, solid food sticking in the esophagus, or recurrent vomiting, an upper endoscopy is appropriate," advises Dr. Cooke.

Sensible diagnosis is just part of the equation. Prevention and management of the condition is important too. The ACP recommends the following steps to help relieve occasional heartburn as well as GERD:

- Make lifestyle changes. Lose excess weight, stop smoking, eat smaller meals, don't lie down for several hours after eating, wear loose-fitting clothes, and limit how much alcohol you consume. Resist foods and beverages that can trigger your heartburn, such as chocolate, peppermint, coffee (with or without caffeine), garlic, onions, and fried, spicy, fatty or

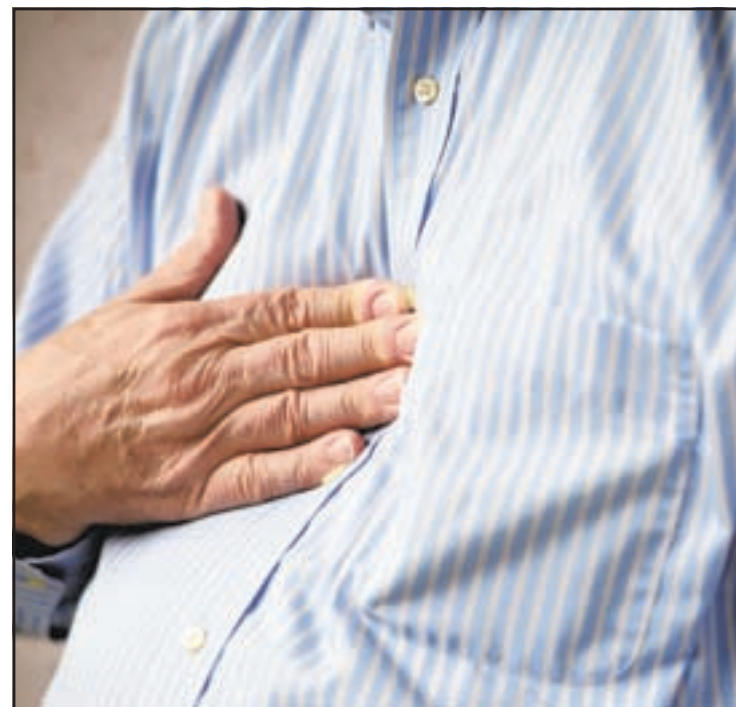
tomato-rich food.

- Raise head of your bed. Place wood blocks under your bedposts to raise the head of your bed six to eight inches.

- Control acid. Over-the-counter antacids such as Maalox, Mylanta, Rolaids, or Tums may ease heartburn. For a stronger acid-reducer, try an H2 blocker such as famotidine (Pepcid and generic) or ranitidine (Zantac and generic).

- Consider proton pump inhibitors (PPIs). Medicine to reduce gastric acid production is warranted in most patients with typical GERD symptoms such as heartburn or regurgitation.

PPIs are a group of drugs that relieve symptoms and heal the lining of the esophagus in almost all sufferers. For best results, take them 30 to 60 minutes before a meal. Omeprazole and lansoprazole are sold over-the-counter as low-cost generics. If symptoms don't improve after two to four weeks, ask your doctor about taking two doses daily.



Don't suffer. Take steps to manage your heartburn.

(c) Nebari - Fotolia.com

Free online resources can help you discover the best treatment for you. For example, you can visit [www.CRBESTBUYDRUGS.org](http://www.CRBESTBUYDRUGS.org) and click on "heartburn" for a free drug report on PPIs.

Left untreated, GERD can inflame the lining of the esophagus, causing a condition known as

esophagitis. A few GERD patients develop Barrett's esophagus, a disorder that can, in rare cases, lead to cancer of the esophagus.

Visit <http://hvc.acponline.org> for more tips on managing your health care, including resources developed in collaboration with Consumer Reports.

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# Cut back on your sugar intake

Many people have a love-hate relationship with sugar. They may love how it tastes, but they also may hate the effects sugar can have on their bodies. As a result, many men and women would love to reduce their sugar consumption.

Healthy fruits, vegetables, and some dairy products each contain sugar. But refined sugar is what can compromise a person's health. When more than 10 percent of a person's total calories come from added or refined sugar, this can prove harmful to both the mind and body.

According to a 2008 study published in the journal *Molecular Nutrition and Food Research*, high-glycemic foods, or those that are quickly broken down into glucose by the body, can lead to elevated rates of breakouts and acne. That's because sugary foods and drinks may fuel inflamma-

tion and the production of excess sebum in the skin, resulting in pimples.

When a person consumes more sugar than he needs, the excess may be stored in the body as triglycerides, a type of blood fat. Both high triglycerides and low HDL levels contribute to the hardening of your arteries. This condition increases the risk of heart disease, stroke and heart attack.

Information published in the *British Journal of Psychiatry* indicates sugar may be responsible for mood swings and other mental disorders. Fluctuations in sugar levels can affect mood and metabolism.

Fortunately, men and women looking to curtail their sugar consumption can do so in a variety of ways.

- Enjoy a sugar-free or low-sugar breakfast. You may begin the day with a sugar rush if you consume

too much sugar at the breakfast table. This will inevitably result in a sugar crash, after which you may overeat or gravitate toward more sugary products. Starting the day with whole grains and lean proteins is a healthier way to fuel the body at breakfast time.

- Stock up on fruits and vegetables. When you crave something sweet, grab a piece of fruit or a sweet vegetable, such as corn or beets. You will be consuming fewer calories and eating less processed sugar.

- Opt for whole grains. Whole grains have a lower glycemic index than refined grains, which means they won't turn into a sugary powder keg in your body. They also will help you to feel fuller longer, which reduces the temptation for overeating. Use whole grain pastas and breads when cooking, and opt for these foods when dining

out.

- Research the amount of sugar in foods. Read labels and ingredients to determine if sugar is hiding in the foods and beverages you consume. Anything that ends with the suffix "ose" is a derivative of sugar. Some restaurants will even add sugar to foods that don't need them to make them irresistible and addicting, which is often the case with kids' meals.

- Cut sweetened drinks from your diet entirely. Many people consume a substantial amount of sugar in their beverages. To avoid overconsumption of sugar, opt for water, unsweetened teas, or diluted 100 percent fruit juice if you need something sweet.

By cutting down on sugar, a person can gradually reduce his or her dependency on the sweet stuff and not even miss it. This may lead to improved dental health and a host of other medical benefits.



Consuming sweetened beverages, baked goods and candy is how many people add sugar to their diets.

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Deep Tissue Laser Treatment is an innovative, scientifically based, therapeutic modality. This new technology offers advanced pain relief and expedited healing times through a process known as photobiostimulation.

Deep Tissue Laser Treatment delivers, deep, penetrating, photonic (light) energy to bring about profound physiological changes. ATP (Adenosine-triphosphate) production is increased, inflammation and pain reduced and circulation increased at the site of pain. These changes in cellular chemistry are triggered by the deep tissue laser making it a true healing modality.

Deep Tissue Laser Therapy does not require the use of drugs or surgery, and there are no known side effects or risks that may occur with other forms of treatment. In addition, it can often achieve results faster than other treatment modalities. During the treatment the patient will feel a deep soothing warmth. This pleasant sensation reassures the patient that the laser is stimulating cellular activity.

Lasers have made a remarkable contribution toward healthcare, allowing practitioners to treat a variety of conditions with the speed of light. As a non-invasive tool, the laser is particularly effective for the efficient treatment of soft tissue injuries, sprains and strains, and a variety of other ailments and pain.

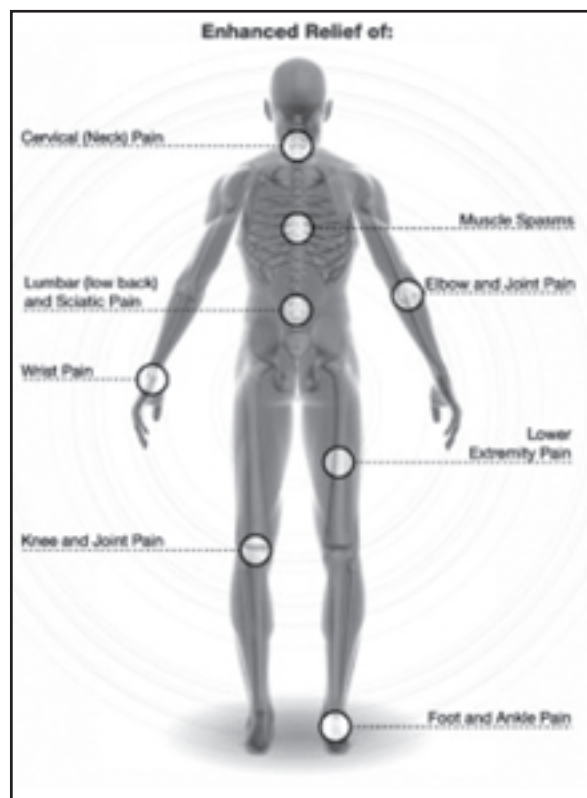
Low Level Laser enhances metabolic activity at the cellular level, without generating tissue-damaging heat.

Some of the benefits of laser treatment include:

- Fast reduction of pain
- Improvement of nerve function
- Reduction of muscle spasms.
- Speeding of tissue repair
- Development of muscle tissue and collagen
- Reduction of inflammation, swelling and scar tissue formation
- Pain reduction immediately

The Class IV laser, approved by the FDA in 2006, packs a punch while remaining non-invasive. The Class IV laser is capable of reaching depths of 6 to 9 inches, with a treatment beam of up to 3 inches.

Because the Class IV laser reaches deep into the tissues, it is ideal for treating sprains and strains, arthritis, calcified muscles and fibrotic adhesions, as well as intra-articular tissues inside of the joints. Its far-reaching capabilities also allow the Class IV to achieve results in less time than most cold lasers currently used today. With treatment times of as little as 5 to 15 minutes, the Class IV laser allows many conditions to vastly improve within a few visits. Oftentimes, patients find immediate, soothing relief that improves with each treatment.



A partial list of the kind of conditions that can be helped...

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- Spinal Fusion
- Neck Pain
- Sciatica Pain
- Migraine Headaches
- Back Pain & Spinal Conditions
- Tennis Elbow
- Carpal Tunnel Syndrome
- Neuropathy Pain
- Bell's Palsy
- Plantar Fasciitis
- Sports Injuries
- Sprains & Strains
- Knee Pain
- Hamstring Tears
- Arthritic Pain

If you are tired of living with pain and would like to see if you qualify for deep tissue laser treatment call 718-234-6206 for a **FREE CONSULTATION** right now. Dr. Keller has seen such dramatic fast pain relief with Deep Tissue Laser Treatment, that she offers one **FREE** treatment to see if you respond and if you are a candidate for this revolutionary new non surgical pain relieving treatment. Due to the overwhelming response to this type of offer, this offer will be good for the first 25 callers. If the lines are busy, keep trying.

Listen to what patients are saying:

*"I had been suffering from knee pain for many months before I tried laser treatments using Deep Tissue Laser. After just a couple treatments, my knee pain was reduced to the point where I can finally live a more normal life again. These treatments are simply remarkable!"*

- Jennifer C.

*"I started treatments with Deep Tissue Laser after I had injured my neck in a car accident. The treatments allowed me to return to work much more quickly than anyone had expected, considering the pain I was in. During the treatments, all I felt was a warming sensation as the laser was moved across the injured area where all my pain was. After just three short treatments, my pain was almost totally gone. Thanks, Doctor!"*

- Jason B.

*"The Deep Tissue Laser treatments I received dramatically helped my recovery from a broken leg. Not only did it help reduce the swelling, the pain relief I experienced was nothing short of miraculous. My orthopedic doctor was amazed with the results."*

- John M.

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# How to reduce your risk for type 2 diabetes



Though aging increases a person's risk for type 2 diabetes, a healthy lifestyle that includes routine exercise and a healthy diet can help men and women reduce that risk significantly.

Millions of people across the globe suffer from diabetes, a term used to describe a group of metabolic diseases in which a person has high blood pressure resulting from the body's cells not responding properly to insulin or inadequate insulin production. According to researchers at Australia's Baker IDI Heart and Diabetes Institute, if the spread of type 2 diabetes continues at its current rate, there will be roughly 439 million adults with diabetes across the globe in the year 2030. Though some cases of diabetes cannot be prevented, a healthy lifestyle can prevent or delay the onset of type 2 diabetes.

Type 2 diabetes is the most common form of diabetes, occurring because the body does not use insulin properly. Initially, the pancreas will make extra insulin to account for the body's resistance to insulin, but over time the pancreas cannot produce enough insulin to maintain normal blood glucose levels. The risk of developing type 2 diabetes increases as people age, and while there is no way to halt the aging process, there are many other ways for men, women, and children to reduce their risks of developing type 2 diabetes.

## **Shed those extra pounds**

Being overweight increases your risk for a host of ailments, including type 2 diabetes, heart disease, and stroke. According to the American Diabetes Association, losing as little as 10 to 15 pounds can make a significant difference for people looking to reduce their risks of developing type 2 diabetes. When attempting to lose weight, recognize that making lifestyle changes is a more effective way to shed

**Losing as little as 10 to 15 pounds can make a significant difference for people looking to reduce their risks of developing type 2 diabetes.**

pounds and keep weight off than fad diets that may promise quick weight loss but tend to be less effective at keeping that weight off over the long haul. Successful weight loss typically involves a combination of physical activity and a healthy diet. Include physical activity as part of your daily routine several days per

week, taking it slow at first if you have not exercised regularly in quite some time. As your body begins to adapt to exercise, you can gradually increase the intensity of your workout routines.

Adopting a healthy diet is another way to lose weight and maintain that weight loss. A diet low in calories and fat is a good start. Men and women who need to lose a significant amount of weight may want to work with a dietitian or nutritionist to create a meal plan that is likely to produce the best results and address any vitamin or nutrient deficiencies they might have.

## **Focus on fiber**

Adding more fiber to your diet is another way to prevent or delay the onset of type 2 diabetes. Foods that are high in fiber tend to make people feel fuller, reducing the likelihood that you will overeat. Fiber also helps the body control its blood sugar levels, and fiber can lower a person's risk of heart disease. Many foods include fiber, but some high-fiber foods include beans, fruits, nuts, and vegetables.

## **Avoid refined carbohydrates**

Studies have shown that diets rich in refined carbohydrates increase a person's risk of developing diabetes, while additional studies have shown that diets rich in whole grains protect the body against diabetes. Researchers examining the results of several studies that explored the relationship between whole grains and diabetes found that eating an extra two servings of whole grains each day can reduce a person's risk of type 2 diabetes by as much as 21 percent. Refined carbohydrates, which can be found in white bread, white rice, mashed potatoes and many cereals, cause sustained spikes in blood sugar and insulin levels, which can increase a person's risk of diabetes.

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# CAMP



GUIDE



## CHOOSING *the right* SUMMER CAMP

It can be difficult to envision warm summer days when the wind is blowing and the snow is falling. However, the winter months are a great time to explore summer camp options. In fact, many camps have strict enrollment timelines that require decisions to be made prior to spring.

Attending summer camp has been a tradition in the United States for more than 150 years. Statistics indicate that around

30 million American kids attend summer camp each year. There are many benefits to summer camp. Camp enables children to stay engaged during the summer when there may be limited interaction with school friends. It also gives parents both a safe and viable daycare solution during the summer.

Summer camp pulls together children from different neighborhoods, social

classes, and backgrounds, which can make it a good place to meet new people — some of whom may become lifelong friends. Camps also provide a variety of activities that can challenge children to try new things that go beyond their comfort zones.

Some children are very receptive to the idea of attending summer camp. Others need a little coaxing. But summer camp should never be forced on a child who does

not want to go. In such instances, consider local daytime programs that may fill the void instead of programs that require being away from home. Once the decision for summer camp is made, there are some questions to answer.

- What are your finances like? Do you have a budget for summer camp?
- What size camp do you desire?

Continued on Page 28

# Guidelines for choosing a camp

Summer camp can help children develop independence, skills, and the ability to make friends. Choosing one that is right for your child can help build fond memories that will last a lifetime. To help parents make this important decision, the Better Business Bureau has put together the following guidelines.

There are many different types of camps available today, from traditional, to computer, or sports camps. The one you choose should match your child's interests. There are many themed camps that focus on a particular interest, for example, computers, the environment, sports, and music.

Make sure that the camp offers a variety of activities to keep your child entertained and interested. Also keep in mind what you want your child to get out of the experience and how comfortable she is being away from home.

Keeping your child's interests in mind, getting recommendations from other parents, or your child's teachers is a good place to start. Experts emphasize the importance of researching a summer camp. Sometimes, it is better to choose the right camp that is further away than the wrong camp that is nearby.

After checking out a camp's reputation with your local Better Business Bureau, or by checking online reports, the Bureau recommends asking the following questions before signing up your child:

- Does the camp have good references? Ask for references and then talk to parents of campers to get a handle on their experiences.

- Are there medical facilities and personnel available in case of an emergency? How far is the nearest hospital?

- How old is the camp? A camp that has been around

for many years has valuable experience.

- Who's on the staff? College grads and former campers are a good gauge of quality.

- What types of activities are available? Look for a wide variety of choices.

- What are the special interests that your child wants to explore?

- What type of equipment is available? For example, if your child is interested in a computer camp, the camp should have the latest technology and software available. If the kids will be canoeing or kayaking, the boats should be in good condition.

- Are there any physical, intellectual, or social limitations that should be considered?

- What kind of emphasis will your child profit from the most? For example: is a lot of structure desirable, is social interaction with members of the opposite

sex important, or does your child need a place where she is encouraged to develop at her own pace?

- Is your child ready for a sleep-over experience?

- What is the staff-to-camper ratio? Keep this ratio in mind if your child needs extra attention.

- Most general camps will provide programs in some team sports such as baseball and soccer, individual sports like tennis, and waterfront activities such as swimming and sailing, as well as some outdoor life options in hiking and canoeing. Many of these camps also provide campers with the opportunity to get extra instruction in any of the areas that are offered.

In making a decision about a camp, it is vital that you and your child look into the total camp program and that you examine the quality of the staff and facilities available to support that program.



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# Special camps for special kids

How can you find the camp that's best for your child, especially if he has a special need? Thanks to the Americans with Disabilities Act, there is access to a wider variety of services and programs for people with disabilities.

What will benefit your child most this summer? Be honest with yourself and clearly outline the specifics of dates needed, length of session required, location, supportive services required, and costs.

Many organizations offer day and residential summer camping programs for children and teens with disabilities. The Lion's Clubs, Easter Seals, and disability-specific organizations such as the Muscular Dystrophy Association and American Diabetes Association are among them.

Others are just day programs, overnight camps, or

both. Such organizations tend to cater to the specific needs of their clientele, supported by a long history of service to youth with disabilities and their families.

Some special-needs camps will offer educational support or continue with occupational therapy, physical therapy, or speech therapy. Campers are often enrolled or grouped by age or functioning level to provide an appropriate peer group.

Special needs camps can specifically handle the medical, behavioral, dietary, physical, emotional, cognitive, or social needs of their campers.

Generally, the staff-to-camper ratio will vary from one to one or one to four.

Families choose special-needs camps for a wide variety of reasons. These may include existing relationships with an agency and knowledge of the philosophy and mission of that

agency, security in knowing the camp is designed especially for their child, wanting their child to identify with a peer group of kids with disabilities, and security in knowing their child won't be "different" than the other kids.

All this might seem a bit overwhelming at first, but careful investigation can help you find a good match for your child.

Traditional camps generally serve a variety of children, from all economic and cultural backgrounds. Experiencing diversity among campers and staff is often part of the experience.

If physical accessibility is imperative, ask about the location and layout of the camp. Many camps are in wooded areas with limited, if any, pavement or well-graded paths. If your child is ambulatory but tires easily with a lot of walking, ask about the proximity of cab-

ins, dining hall, activity areas, and waterfront.

Does the camp provide special meals or alternative foods for allergies, diabetes, or specialized diets? If the camp doesn't provide specialized meals, often, the family can provide the foods necessary or even review the camp menu in advance.

Does the camp have adequate medical facilities and staff? If your child requires specific intervention or care, is the camp able to provide it? Who provides the services required? Is there a nurse on-duty at all times? What support does the camp need to safely care for you child?

Be specific and ask for the camp's ratio of counselors to campers. If your child requires additional supervision for physical care, behavior management, or instruction, ask if the camp can provide the necessary supervision for safe participation in the program.

## CHOOSING

Continued from Page 25

•Should the camp be co-ed or single sex?

•How far do you want your child to travel for summer camp? What are the options in your area?

•Are there any camps that have been recommended by friends or family members?

•What kinds of activities do your children enjoy?

These types of questions will help you narrow down your options. Then you can visit and interview camps to find one that is the best fit. When visiting camps, go armed with a checklist of questions. Some of these can include:

•What is the philosophy of the camp?

•Can you explain a typical day?

•What are the types of activities and facilities of-

ferred?

•What is the camper-to-counselor ratio?

•What is the camp's drug and alcohol policy?

•Does the camp have insurance and security personnel?

•What percentage of staff return each year? How are staff selected and trained?

•What kind of health-care is provided?

•Can you tell me about the policy on phone calls and family visits?

•What do you do in the event of emergencies?

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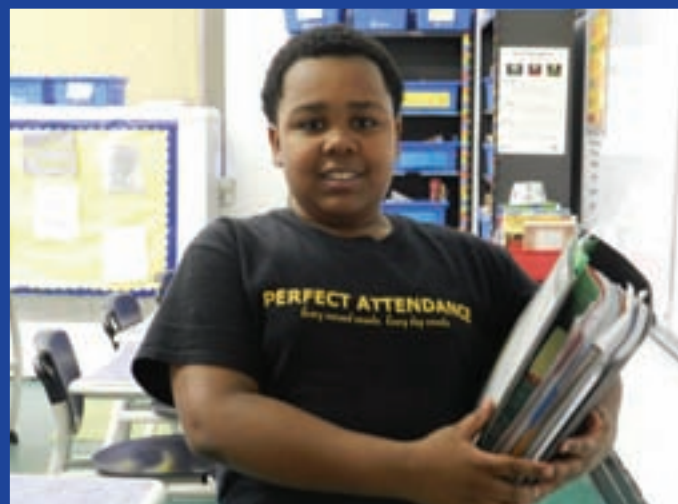
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Coach Larry Brown inspects the targets during the Battle of the Boroughs Archery Tournament at the CAMBA Beacon 271 Community Center in Ocean Hill.

Photo by Tequila Minsky

# Youth compete in area archery tournament

## By Tequila Minsky

In a recent excitement-filled Saturday, more than 100 enthusiastic local youth competed in the ninth annual Battle of the Boroughs Archery Tournament at the CAMBA Beacon 271 Community Center in Ocean Hill.

Third graders to high school students, and adults, under the mentorship of Coach Larry Brown, learn the fine art of archery and the discipline to be archery athletes in Saturday classes at CAMBA Beacon 271. Brown's dedication in bringing the sport to inner city youth — he runs the non-profit Center Shot Archers — is visible as he diligently guides the competitors.

Mingling with other parents prior to the competition, under a loving gaze, Vincentian Cleo Hutton stood with her 14 year-old competitor son Kai.

"He loves it, he loves it!" she exuded. Hutton elaborated that Kai has loved bows and arrows since childhood and has been with CAMBA for a year. Also, he would be participating in the national competition. She added, "He's doing well in school and is on the honor roll! All he talks about is college and archery (and the Olympics)."

As for Kai, he shared how

he enjoys the focus and dedication everyone has for archery. "This is a good experience. I build more confidence, as I progress. And, I like how we all come together and help each other out." He admitted, "The prospect



Vincentians, Cleo and her ninth-grader son Kai, who has been in the CAMBA archery program for one year. Photo by Tequila Minsky

of going to the nationals is nerve wracking."

CAMBA has sponsored the archery program at Beacon 271 for nine years and a number of young archers have received college scholarships, competed nationally in archery contests and even aimed for the Olympics.

"Developing focus, dexterity and discipline are some of the benefits of this growing sport," Debra Mack-Glasgow, director of the Beacon explained. "Archery is a great opportunity for young people."

Coach Brown transmits his passion toward the sport and professionalism in practice. A former archery coach at Columbia University, he is an inspiration and role model for his students. Call CAMBA at 718-287-2600 for class information.

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2009	Chevy Cobalt, 56k	65308	\$7,995	2013	Nissan Altima, 16k	82570	\$13,995
2010	Nissan Sentra, 46k	68559	\$7,995	2011	GMC Terrain, 51k	82272	\$13,995
2012	Hyundai Elantra, 15k	79461	\$8,995	2010	Infiniti G37, 28k	70898	\$18,995
2008	Jeep Liberty, 17k	54235	\$9,495	2007	Lexus ES350, 34k	2242	\$19,995
2010	Chrysler Sebring, 38k	61787	\$9,995	2009	Acura MDX, 31k	73459	\$22,888
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## Haitian law in question

**Continued from Page 6**  
 lier is cavorting around the country more like a V.I.P. (Very Important Person) than someone with atrocity charges hanging over him," said Reed Brody of the New York-based human rights group, Human Rights Watch, which pushed the case forward.

Nicole Phillips, a human rights lawyer with Boston-based Institute for Justice and Democracy, also hailed the ruling as "a total victory not only for the victims of Jean-Claude Duvalier but also the Haitian legal system."

"This is showing that a court is willing to address

the issue of impunity as Duvalier is floating around as a senior statesman," said Phillips, who was in the courtroom when the decision was read.

"Now, you have a court that has ordered a very thorough investigation into the facts, crimes committed by him as well as people close to him," she added. "This is a very, very important ruling."

But Reynold Georges, lead attorney for Duvalier, took issue with the ruling, stating that the court lacked jurisdiction in the case because "there is a statute of limitations, and second, they have already

judged Duvalier before on economic crimes. They cannot come back with that again."

He told reporters that the statute of limitations on human rights crime in Haiti is 10 years, adding that international law doesn't apply because Haiti never ratified it.

"You cannot condemn someone using a law that doesn't exist," Georges said.

During his campaign, Haitian President Michel Martelly had suggested that amnesty be granted to Duvalier, but he subsequently retracted, saying he would permit the judiciary to make its ruling.

## Jamaica Child Health Passport

**Continued from Page 6**  
 has transpired in her care and treatment at any other health facility. This also gives me confidence that she is getting the best possible care that I can afford, while I get multiple opinions without a hassle," she added.

In September 2010, at the start of a new school year, the World Bank said the Child Health and Development Passport replaced a "simple immunization card in the public health care system."

"This is more modern

and holistic in that it not only captures all the stages of the child's early development, but it also serves as a parenting primer," McKenley said.

She said there are tips in the booklet about nutrition – what types of food is best at what stage, "along with other very practical parenting tips."

"I also liked the fact that the folks at the clinic used the waiting time to walk us through page by page on its use and value," McKenley said.

"Additionally, the fact

that the passport is totally free makes it invaluable," she added. "I certainly would not be as confident in managing my child's progress at this stage without it."

The World Bank said the ECC hopes to "expand and deepen its reach" with the bank's support, stating that the ECC envisages that more than 300,000 Jamaican children "will be enabled through improved partnership between parents and child health and care professionals to achieve their full potential."

## Life and death rally in Bed-Stuy

**Continued from Page 3**  
 lions of dollars that will be made available to New York State are spent in the communities that need it most," Rep. Hakeem Jeffries, said. "We must remain vigilant to protect the hospitals on which the people of Brooklyn depend. To secure the Medicaid Waiver, we raised our voices and insisted on access to critical health care services. Now, we must remain actively involved in the process as the funds secured by the Medicaid Waiver are distributed," Rep. Yvette D. Clarke said.

"I speak out today to lend

my voice to the many who are aggressively advocating for Interfaith Hospital to remain open as a full service Hospital. I was pleased to learn that the Obama Administration agreed to let New York reinvest \$8 billion in Medicaid savings into the State's health care system. My colleagues and I from the very beginning have urged Governor Cuomo to keep the doors of Interfaith open. With the Medicaid savings, Cuomo has the opportunity to insure that happens. I again call on the governor to provide the funding to this

vital medical institution that services over 200,000 outpatients annually, receives 50,000 emergency room visits, and employs over 1,500 full-time health care professionals. The Central Brooklyn community deserves nothing less," Assemblywoman Annette Robinson said.

"This Medicaid waiver is the culmination of inspiring efforts by our leaders in Washington, my colleagues in the city and state, and countless individuals - whose tireless organizing is the reason Interfaith is still open today.

# Bombshell personal secrets waiting to be uncorked

*"The Truth is in The Wine" by Curtis Bunn c.2013, Strebtor Books \$15.00 / \$17.00 Canada, 288 pages*

**By Terri Schlichenmeyer**

Over the course of your lifetime, you've shared a lot with Mom.

You've shared advice, ice cream, rides, and arguments, to name a few; furniture, recipes, clothes, and jewelry. She's been teacher, cheerleader, and disciplinarian, lending her morals and hopes to you through the years.

Yep, you've shared a lot with Mom – but not quite everything. And as you'll see in the new novel, "The Truth is in The Wine" by Curtis Bunn, Mom keeps a few secrets from you, too.

Ginger Wall was devas-

tated.

Her husband, Paul, had told her that he wanted a divorce and though Ginger knew they'd had problems, his words were not what she expected. With her soul in pain, she threw herself into caring for their 18-year-old adopted daughter, Helena.

But Paul Wall didn't really want a divorce. He wasn't sure why he'd said those words to Ginger - he still loved his wife passionately, and he hadn't meant them. Now there was another complication to this mess: Paul won the lottery.

Eight million dollars; four, after taxes.

His best friend urged Paul to split the money and proceed with the divorce but Paul didn't want to. He was a wine-lover, a collec-

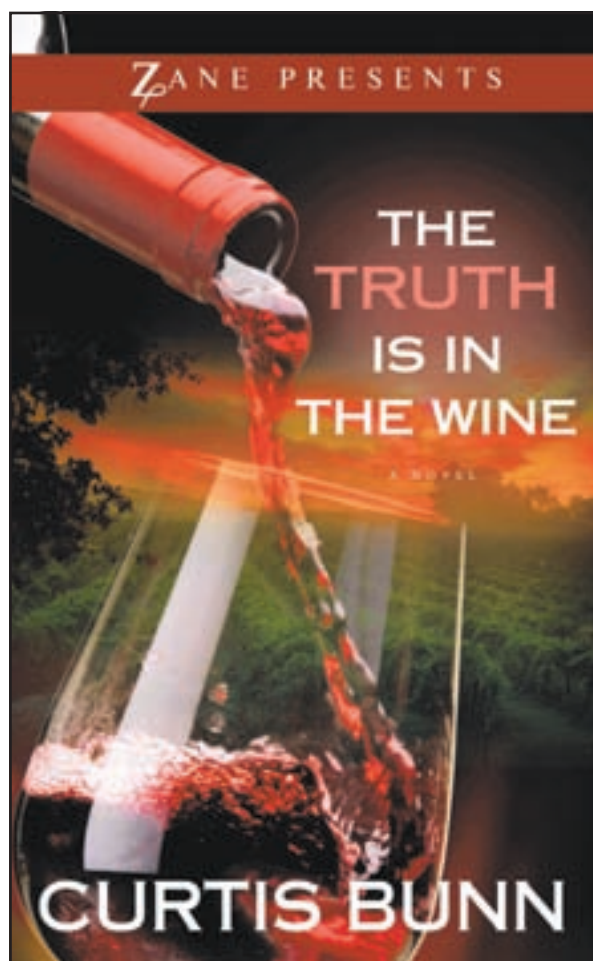
## BOOK REVIEW

tor of fine vintages, and it was true that he could savor a good many wines with half the winnings. He just didn't want to do it without Ginger.

He also didn't want her to stay married because of money, so he devised a plan. Recently laid-off, Paul told Ginger that he needed a vacation from the stress, and invited her on a Napa Valley trip. They also invited their mothers: hers, recently widowed; his, recently divorced; both needing a change of pace.

Napa was where Paul would spill his eight-million-dollar secret - but his surprise was not the only bombshell carried to California

Months before, Ginger did something that seemed



right then but could change everything in their mar-

riage. Her mother, Madeline, was hiding a hush-hush that

she wasn't ready to reveal. Brenda, Paul's mother, was harboring a fact that she knew would turn her son's world upside-down.

And it was only a matter of time before secrets would be uncorked...

There's a lot to like about "The Truth is in The Wine."

First, there are the characters. Author Curtis Bunn makes them likeable in way that allows us to hate them for what they're doing to one another. You'll alternately want to throttle them, then comfort them.

Secondly, Bunn weaves a story that twists over here, drops off over there, and explodes in another spot. That keeps readers guessing, wondering how everything's going to turn out because we really don't know. It's easy to envision both a good ending and a bad one. I won't tell you which you'll get.

This is a great weekend-vacation kind of read and yes, it's something you can enjoy with a glass of wine. Be aware, however, that there's some quick erotica in this book, so be careful with "The Truth is in the Wine" before you share it with Mom.

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# Crafting a 'voluntourism' experience

A change is gonna come to the travel industry. Beginning with plans to integrate volunteerism and tourism, Jamaica seems poised to lead the charge that will probably revolutionize the industry. According to Sandra Scott, the Jamaica Tourist Board's Deputy Director of Tourism and Marketing, "visitors to the island will soon be able to vacation for one week and volunteer the following week" in the areas of health and education.

On her first visit to New York since leaving Toronto, Canada to assume the position in Jamaica, Scott said the concept is one that visitors to the island have always embraced. She said already there are repeat visitors who willingly offer professional service to individuals and groups while vacationing.

That this can be a built-in aspect of their trip seems viable. In detailing a myriad ways her country's leading industry could be enhanced,



## Inside Life

By Vinette K. Pryce

Scott also proposed Accessible Tourism, another concept to encourage disabled tourists.

"There are large numbers of potential travelers with special needs who are often disregarded," Scott cites individuals who require wheelchair access, the hearing impaired, sightless and anyone who might require an attendant or nurse.

Her hope is that hotels will convert at least five rooms in each facility to accommodate these needs.

Then there is the Experience Jamaica attraction – which offers Jamaicans on the island as well as visitors to get 10 to 50 percent discount on accommodations, transportation and restaurants. For those living on the island it is a stay-cation at a bargain. For visitors,

the Experience begins in April and ends in December with loads of treats at premium prices.

The Knutsford Experience is another tourism offering that narrows the gaps between Kingston's capital city, Negril and the second city of Montego Bay. With limited domestic coast to coast flights on the island, coach service tagged the Knutsford Experience enables travelers to ride to Ocho Rios, Montego Bay and Negril for a nominal fee. Chaffereed by uniformed drivers in a clean, attractive, on-time coach, passengers are able to see the island in comfort and ease.

Scott is no stranger to the industry. Her more than 25 years of experience in hospitality combined



Sandra Scott presents book to Consul General Herman G. Lamont. Photo courtesy Finn Partners

with dutiful service of tourism marketing began in Jamaica when she accepted the position of director of sales and public relations at the Hotel Intercontinental/Americana. From there

she moved to the Liguanea Club to become the Food and Beverage Manager and Resident Manager. In 1986, Scott formed her own company, Food Products Limited, a full service catering

company with two delicatessens, which she ran for six years. In Canada, Scott served as Export Manager for Llomac International and was responsible for the sale of hotel supplies to the Caribbean. She was later appointed to the position of Assistant Director of Sales and later sales manager at the Best Western Primrose Hotel, Toronto. At the Embassy Suites Hotel, Toronto she led the sales team as Senior Sales Manager and then Director of Sales and Marketing. She ended her tenure in the hotel industry as Director of Sales and Marketing at Delta Toronto East Hotel.

Sandra Scott joined the Jamaica Tourist Board in 2005 as Regional Director for Canada. In that capacity, she oversaw the growth of Jamaica's popularity as one of the top holiday destinations for Canadians. In Aug. 2011, she was appointed to the position of Deputy Director of Tourism, Marketing.

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## Al Johnson's new solo exhibition

Acclaimed visual artist Al Johnson recently opened his latest exhibition of mixed media paintings "The Room Of Wonders" at La Maison d'Art Gallery (259 W. 132nd Street) in Manhattan.

Johnson an illustrator, educator and mentor whose portfolio includes the commissioned portrait of Congresswoman Shirley Chisholm, permanently installed in Brooklyn Borough Hall, in New York City, has developed an inclusive vision that captures the classical, weaves it with the contemporary and refracts it through the prism of his remarkable individuality.

While formally trained in the techniques of the great masters, Al Johnson's art, in fact, goes to the essence of jazz in that it brings together many influences while celebrating individuality. Johnson honed these skills, while attending famed insti-



Al Johnson stands beneath the portrait of Congresswoman Shirley Chisholm.

tutions such as Pratt Institute, the Albert Pale School of Commercial Arts and the Arts Student League.

Al Johnson's art is inspirational to the spirit. When you look once you will want to look again. As the artist says, "A part of my life

Continued on Page 38

## 'Happy Million Year'

By Chudi Chukwudi

Miami-based, Jamaican-born artiste AhMeJah Prophet seems set on the path to the top.

*Message for the New Year* is theme song on his new single, "Happy Million Year," a jazzy, upbeat, infectious single that music lovers will find appealing. "It's the kind of song that once you start listening to it, you can feel your feet moving to the beat," Prophet explains.

Born Lester Junior Ingram, AhMeJah Prophet says the inspiration behind this breakthrough song came from reading the books of Daniel and King David Psalms.

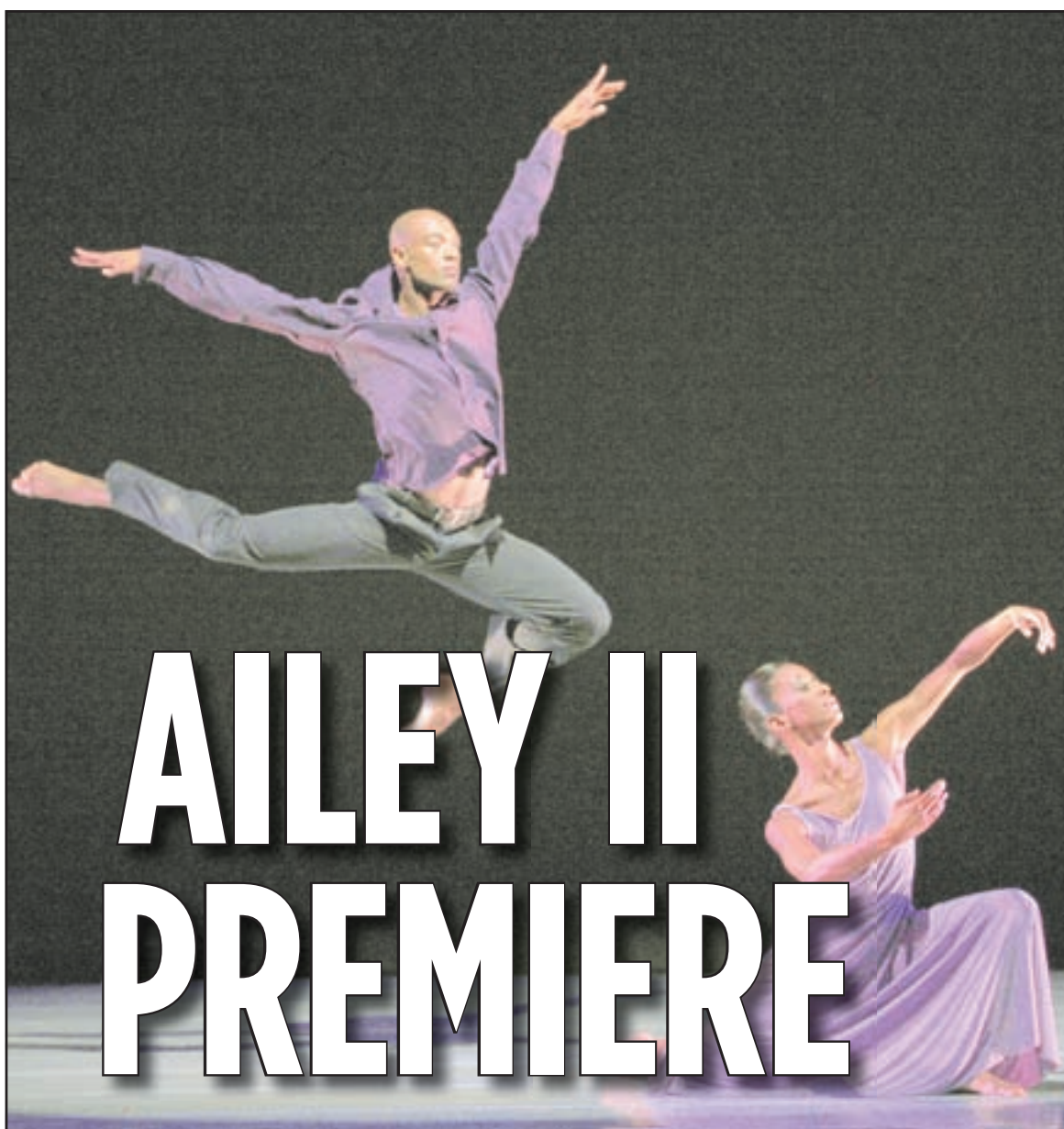


AhMeJah Prophet

Photo by Picture Tek

"I've always been motivated spiritually," he said, adding that the song actually started with a thought.

"In the morning hours of  
Continued on Page 38



Ailey II's Tyler Brown and Gentry Isaiah George in Robert Battle's "We."

Photo by Eduardo Patino

# AILEY II PREMIERE

## Dynamic 40th anniversary program

Ailey II, the youthful and gifted second company of Alvin Ailey American Dance Theater, returns to its home, the Ailey Citigroup Theater, from April 2 - 13 for a highly anticipated 40th anniversary season - the second led by Artistic Director Troy Powell. For two weeks, audiences will experience 14 performances featuring two dynamic programs, which come on the heels

of a successful North American tour to more than 30 cities and an array of critically acclaimed performances in Germany and France.

Ailey II is universally renowned for merging the spirit and energy of the country's best young dance talent with the passion and creative vision of today's most outstanding rising choreographers. In 1974, Alvin Ailey created the company

to prepare dancers for professional careers and to give meaningful opportunities to emerging choreographers. The company is known for cultivating the star power of dancers aged 18 - 24, helping them to perfect their craft and go on to become concert, Broadway, and commercial dance luminaries. As was true for Artistic Director Troy

Continued on Page 38



# 2014 CARIBBEAN AMERICAN HEALTHCARE AWARDS

## CALL FOR NOMINATIONS

At a gala this June, Caribbean Life will present its first ever Healthcare Awards, recognizing Caribbean Americans' essential contributions as caregivers and practitioners in New York.

If you would like to nominate a Caribbean healthcare professional who has shown outstanding achievements in his or her field, fill out the form here and fax or mail it to us before **March 14, 2014**. You can also submit your nomination online at [CaribbeanLifeNews.com/nominate](http://CaribbeanLifeNews.com/nominate). We will contact you before March 31, 2014 if your candidate is selected.

### Nominate an Outstanding Caribbean American Healthcare Professional

Your name: (Please print clearly) \_\_\_\_\_

Name of nominee: \_\_\_\_\_

Your relationship to nominee: \_\_\_\_\_

Nominee's occupation/profession: \_\_\_\_\_

Where does your nominee currently work? \_\_\_\_\_

How many years has your nominee been working in healthcare? \_\_\_\_\_

Previous awards or professional recognition (if any): \_\_\_\_\_

What makes your nominee outstanding? (100 words or less): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How can we reach you?**  
 Daytime phone \_\_\_\_\_ Cell phone \_\_\_\_\_ Home phone \_\_\_\_\_ Email \_\_\_\_\_

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Fax completed form to (718) 260-2579 Attn: Caribbean Life Healthcare Awards  
 or Mail to: Caribbean Life  
 Attn: Healthcare Awards  
 One MetroTech Center North, 10th Floor  
 Brooklyn, NY 11201

Online nomination submissions at  
[CaribbeanLifeNews.com/nominate](http://CaribbeanLifeNews.com/nominate).

# Courier delivers package for crime boss

**“The Bag Man”**  
Very Good (2.5 stars)  
Rated R for violence,  
sexuality and profanity  
Running time:  
108 minutes  
Distributor:  
Cinedigm Entertainment

**By Kam Williams**

At first blush, “The Bag Man” reads a lot like “The Transporter,” the 2002 action film about a courier hired by a mobster to deliver a mysterious package without opening it. After all, the title character of this adventure has been asked by a crime boss to pick up a bag for him without examining its contents.

However, besides sharing that basic premise, the two pictures don’t have all that much in common. Where “The Transporter” is a special-effects adventure peppered with car chases and pyrotechnics,

“The Bag Man” is a relatively-cerebral affair, a multi-layered mystery featuring unpredictable twists and turns as well as a femme fatale with inscrutable intentions.

At the point of departure, we find a powerful gangster named Dragna (Robert De Niro) aboard his private plane where he’s giving very precise instructions to the protagonist. Jack’s (John Cusack) assignment is to take possession of an ostensibly priceless satchel and then wait for Dragna inside Room 13 at a seedy motel located somewhere in the country.

Of course, this proves easier said than done, when a cornucopia of colorful characters commence to covet the very valise he’s been asked to protect. The fun starts when Jack’s shot in the hand by Bishop (Danny Cosmo), the gangster who just handed him the package.

Then, while checking in, he alarms the paraplegic desk clerk (Crispin Glover) by assuming the



Jack (John Cusack) on his assignment in “The Bag Man.”

suspicious name “Smith” and by paying in cash. Next, he has to deal with curious cops who have decided to stake out the premises.

But his biggest challenge of all is presented by Rivka (Rebecca Da Costa), a gorgeous damsel-in-

distress on the run from a couple of goons herself. Will the scantily-clad stranger in need of a knight in shining armor be Jack’s undoing?

That’s the burning question for the balance of the madcap, high

body-count adventure once the two opt to join forces.

An intriguing enough whodunit to keep you guessing, thanks to a decent script and game performances by De Niro, Cusack and newcomer Rebecca Da Costa.

## Independent & Foreign Films

Almost Human (Unrated) Sci-fi horror flick about a guy (Josh Ethier) who disappears in a flash of bright light only to return to town just as mysteriously two years later, right before the start of a string of grisly murders. With Graham Skipper, Vanessa Leigh and Susan T. Travers.

The Bag Man (R for violence, sexuality and profanity) Multi-layered mystery revolving around a courier (John Cusack) who finds himself trailed by the cops and mobsters after being directed by a crime boss (Robert De Niro) to pick up and deliver a valuable package without examining its contents. Supporting cast includes Rebecca Da Costa, Sticky Fingaz, Crispin Glover and Dominic Purcell.

Chlorine (Unrated) Dysfunctional family dramedy, set in suburban New Jersey, about a materialistic matriarch (Kyra Sedgwick) more concerned about keeping up with the Joneses than with the welfare of her offspring or her exasperated husband (Vincent D’Onofrio). With Rhys Coiro, Tom Sizemore and Elisabeth Rohm.

Ernest & Celestine (PG



### Kam’s Kapsules

By Kam Williams

for scary moments) Oscar-nominated adventure (for Best Animated Feature) about the unexpected friendship forged between an orphaned mouse (Mackenzie Foy) and a shy and retiring bear (Forest Whitaker). Voice cast includes Lauren Bacall, Paul Giamatti, William H. Macy, Nick Offerman and Jeffrey Wright.

Hair Brained (PG-13 for sexuality, profanity, nudity, crude humor, and teen smoking, drug use and alcohol consumption) Unlikely-buddies comedy about a 14 year-old genius (Alex Wolff) who grudgingly befriends a middle-aged late starter (Brendan Fraser) when they meet while entering college as freshman. With Fred Melamed, Julia Garner and Greta Lee.

Kids for Ca\$h (PG-13 for profanity and mature themes) Pay-to-play documentary chronicling the shocking 2008 scandal in Wilkes-Barre, Pennsylva-

nia where crooked judges put innocent juveniles behind bars in return for kickbacks from a privately-owned penitentiary in need of inmates.

The Lunchbox (PG for smoking and mature themes) Romance drama, set in Mumbai, about how a mistaken meal delivery leads to the courting of a neglected housewife (Nimrat Kaur) by a grieving widower (Irrfan Khan). Support cast includes Denzil Smith, Nawazuddin Siddiqui and Nakul Vaid. (In Hindi and English with subtitles)

Odd Thomas (Unrated) Horror comedy based on the Dean Koontz best-seller of the same name about a short-order chef (Anton Yelchin) whose ability to see dead people comes in handy when his idyllic hometown is invaded by an army of ghosts bent on mass destruction. With Willem Dafoe, Addison Timlin and Leonor Varela.

LIAM NEESON

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SCREENPLAY BY JOHN V. RICHARDSON & CHRIS ROACH DIRECTED BY JAUME COLLET-SERRA  
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## TOP OF THE CHARTS

### TOP 10 SINGLES



- 1 **Dark Horse**  
Katy Perry Featuring Juicy J ...
- 2 **Counting Stars**  
OneRepublic
- 3 **Team**  
Lorde
- 4 **Happy**  
Pharrell Williams
- 5 **Story Of My Life**  
One Direction
- 6 **Timber**  
Pitbull Feat. Ke\$ha
- 7 **Burn**  
Ellie Goulding
- 8 **Pompeii**  
Bastille
- 9 **Say Something**  
A Great Big World & Christina Aguilera
- 10 **Let Her Go**  
Passenger

### TOP 10 ALBUMS



- 1 **The Outsiders**  
Eric Church
- 2 **Frozen**  
Soundtrack
- 3 **Night Visions**  
Imagine Dragons
- 4 **Love Death Immortality**  
The Glitch Mob
- 5 **Beyoncé**  
Beyoncé
- 6 **Bangerz**  
Miley Cyrus
- 7 **Pure Heroine**  
Lorde
- 8 **Bad Blood**  
Bastille
- 9 **NOW 49**  
Various Artists
- 10 **Journey's Greatest Hits**  
Journey

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# AADTC season

Continued from page 35

Powell, nearly 70 percent of current Alvin Ailey American Dance Theater members were once a part of Ailey II.

With Troy Powell at the helm, Ailey II continues to thrive as he brings a fresh dimension to this beloved company. Powell, the veteran Ailey dancer, teacher, choreographer and former Ailey II associate artistic director, was chosen to succeed Sylvia Waters in July of 2012 and presented his first record breaking season at the company's home last March.

"I could not be more excited to celebrate Ailey II's 40th anniversary by bringing together the best young dancers with today's most promising choreographers," Powell says. "There is something for everyone, and we seek to inspire, enlighten and entertain all. Ailey II played such an integral role in my development as a young dancer in the late 1980s, and I'm so proud that the company has served as a bridge from the classroom to the stage for hundreds of dancers since its inception."

On opening night, Wednesday, April 2, the All New Program begins with the world premiere of "Alchemies," in which up-and-coming choreographer Adam Barruch

transforms everyday gestures – a reach, an embrace, a finger pointed skyward – into a reverie of human interactions. While this is a non-narrative work, the dancers' characters come to the foreground as they move through the patterns Barruch has created, accentuated by a layered electronic soundscape by the London duo Raime. Barruch was part of Robert Battle's inaugural New Directions Choreography Lab in 2011 and has choreographed for The Ailey School and River North Dance Chicago, among others.

Next on the program is the world premiere of Polish choreographer Katarzyna Skarpetowska's "Cuore Sott'olio" ("heart submerged in oil"). In this work, a female figure tumbles through the memories of past relationships in a fusion of folk dance and contemporary movement. At times wistful, turbulent, and joyous, this new work, set to music by Alva Noto and Vincio Capossela, captures the essence of a love lost and a rediscovered light within. Skarpetowska's choreography has been performed by Parsons Dance, Buglisi Dance Theater, Hubbard Street 2, Houston Metropolitan Dance Company, Patricia Kenny Dance Collection, The Ailey School, George Mason University,



Ailey II in Adam Barruch's "Alchemies."

Photo by Eduardo Patino

Ohio University, Kansas University, and New Jersey Dance Theater Ensemble.

The All New program ends with the world premiere of rising choreographer Jennifer Archibald's "Wings," an unabashedly emotional portrayal of interactions between angels and humans. Set to an ambient score by veteran dance composer Michael Wall, Archibald's movement is ferocious yet vulnerable, showcasing both the dancers' athletic prowess and raw honesty. A 2012 - 2013 New Directions Choreography Lab Fellow, Archibald received her professional training from The Ailey School and has choreographed for off-Broadway shows and The Ailey School, among others. She is also the founder and Artistic Director of the Arch Dance

Company.

The alternating Returning Favorites program, premiering on Thursday April 3rd, begins with a restaging of Alvin Ailey's 1970 work "Streams," an abstract exploration of bodies in space danced to a percussive score by Miloslav Kabelac. This standout work was Alvin Ailey's first full-length dance without a plot.

Following "Streams" is "We," a charming duet by Alvin Ailey American Dance Theater Artistic Director Robert Battle, depicting a seasoned relationship between a couple. Capturing the spirit of familiarity and vulnerability that is as endearing as reaching for a hand and knowing the other's will always be there, Battle set this work to composer Sean Jones' tender "Love's Lullaby."



One of Al Johnson's piece of art included in "The Room of Wonders" at Harlem's La Maison d'Art Private Gallery.

Photo by Burroughs Lamar

## Wonders

Continued from page 35

is based on dreams. I dream of things that are unseen. I create these dreams and bring them to life." As an exceptional colorist, Johnson creates the magic and invites the public to experience moods, personalities and love in

his "Room of Wonders."

The exhibition runs through Saturday, March 15, 2014. La Maison d'Art Private Gallery is located on 132nd Street between 7th & 8th avenues. Take the #2, #3, "A," "B," or "C" subway to 135th Street. For information and gallery hours, call 718 593-4108 or go to: [www.lamaisondartny.com/](http://www.lamaisondartny.com/). For more information on Al Johnson Art, go to: [www.aljohnsonartstudio.com/](http://www.aljohnsonartstudio.com/)

## AhMeJah Prophet

Continued from page 35

January 2011, I was at work washing dishes, when I heard my telephone mailbox going crazy. I knew it was friends and family members calling to wish me a Happy New Year and said to myself, "I'll check the messages later."

But something prompted me to stop washing the dishes and listen to the messages," AhMeJah related.

He said that after listening his messages something entered into his spirit and said to him: "Call everyone up and wish them (happy millions) for the year 2011."

"I said to myself: 'Every year we all wish each other a Happy New Year, but in 2010 there was not much to be happy about: Major financial breakdowns, which caused friends and families to fall apart; and one friend who inspired him to reach for his dreams: Mickey Mouse, a fresh-water fisherman from Free Town, Clarendon in Jamaica.

AhMeJah realised that through the grace of the Most High some survived it, he reasoned, adding that we were meant to achieve the

greatest, so why settle for less.

"The lyrics came into being after weeks of reasoning with Jah, and looking down the line, at the path he himself has traveled in life.

Born at 21 Fourth Street in Greenwich Town, Saint Andrew, AhMeJah Prophet lived in places such as Waltham Park Road, Maxfield Avenue, before relocating to Rosewell, Clarendon. His father, who seemed to be always on the move, also lived in Free Town, Sandy Bay and Nineteen Mile – all in Clarendon, as well as Planter's Hall, Banister, Bog Walk and Cross Road in Saint Catherine.

Before migrating, Amejah attended schools in Titson Pen Basic, Rosewell All Age, Planters Hall All-Age and May Pen Secondary (now May Pen High).

It was a while attending all-age schools, participating in school concerts and being a part of the children's choir at church, that he developed a love for music.

AhMeJah Prophet may be reached at [Honorable7prophet@gmail.com](mailto:Honorable7prophet@gmail.com) or (954) 470-7391.

# Sparrow to receive T&T's highest award

By Azad Ali

Calypsonian the Mighty Sparrow (Slinger Francisco) will be awarded the Order of the Republic of Trinidad and Tobago, the nation's highest award.

The announcement was made by Prime Minister Kamla Persad-Bissessar on the eve of her departure to China on an official visit last week.

Persad-Bissessar said the government had also agreed to cover all medical expenses incurred by Sparrow during his recent illness, which had left him in a coma for weeks in a New York hospital recently.

"I am very pleased to announce, in your distinguished presence, that I have advised his Excellency President Anthony Carmon to confer on you, Dr. Slinger Francisco, the Mighty Spar-



The Mighty Sparrow.

AP Photo/Tim Larsen

awarded to any citizen," she said while attending the annual Siparia Women's Association Kiddies Carnival competition in South Trinidad.

The prime minister said the award was a fitting tribute for the contributions Sparrow has made to Trinidad and Tobago and to the world.

Persad-Bissessar said in the immortal words of his calypsos and the unique style of showmanship, Sparrow has entertained "our senses and challenged our sensibilities."

She said Sparrow's words have inspired, reflected, caused serious introspection and, at times, have just provided sheer lyrical musical delight.

row, the prestigious Order of the Republic of Trinidad and Tobago, the highest national recognition and honor which can be



PHOTO: JESSICA HILLS

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# SUN KULCHA

## COMMUNITY EVENTS

### FRI., FEB. 28

**ZUMBA:** Join us for a dance-fitness class that's friendly and fun from 11:30 - 12:30 p.m. It uses the Zumba formula, with modified moves and pacing for active older people and those just starting their journey to a fit and healthy lifestyle. Be sure to let your doctor know you'll be taking part in an exercise class. Each event is open to the public and is being held at 206-20 Linden Blvd. in Cambria Heights, Queens. RSVP: (646) 476-1294.

**WALK:** Join us for a fun walk-in-place workout from 11:00 a.m. - 12:00 noon. No complicated steps and no equipment needed. This DVD workout is safe for all ages and fitness levels, so lace up your walking shoes and join us! Wear comfortable shoes and workout wear. We'll provide plenty of water. We'll ask you to fill out an emergency form on the first day of class. 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 215 West 125th St., in Harlem. RSVP: (866) 469-0999.

### SAT., MAR. 1

**FASHION KICK-OFF PARTY:** Vintage Shaun and Dee Lioness will kick off their pop-up shop at Human Gallery in Greenpoint, Brooklyn from 12:00 - 7:00 p.m. Shop the vintage collection of fashion stylist and blogger Shaunya Hartley and make a statement with jewelry from Dee Lioness all while in fun-filled atmosphere. 110 Meserole Ave., Brooklyn, NY.

### SAT., MAR. 1 & SUN., MAR. 2

**PERFORMING ARTS:** New York Theatre Ballet announces Cinderella, choreographed by Donald Mahler, at Florence Gould Hall, 55 East 59th St., New York City. Performances start 11:00 a.m., 1:00 p.m., and 3:30 p.m. Tickets are \$40 for adults and \$35 for children and are available at online at [www.nytb.org](http://www.nytb.org), via Ticketmaster at (800) 982-2787, or in-person at the Florence Gould Hall box office. For more information, contact the Florence Gould Hall box office at (212) 355-6160.

### FRI., MAR. 7

**BALLET:** The Annual Spring Workshop Performances are the culmination of a rehearsal process that begins with the Winter Workshop Intensive in January each year. Students will perform selections from classical masterpieces as well as new works specifically choreographed for Manhattan Youth Ballet. Showtime: 7 p.m. Advance tickets are \$25 for adults and \$15 for students. Tickets can be purchased online at [www.manhattanyouthballet.org](http://www.manhattanyouthballet.org). Tickets are \$25 for adults and \$15 for students at the door. Manhattan Movement & Arts Center, 248 West 60th Street, NYC (between Amsterdam and West End Avenues) in the Lincoln Center area.

**YOUTH SUMMIT:** If you are a teenager who wants to be heard, here is the place. Come and discuss community issues, participate in skill-

## FASHION PARTY

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## FARMER'S MARKET

**FEB. 8-Mar. 7:** Seeds in the Middle is sponsoring The Crown Heights Farmers Market offering fresh fruits and vegetables, including callaloo and Caribbean favorites and accepting EBT, WIC, Snap, FMNP, Health Bucks, and Fresh Connect. The market will be operating every Thursday from noon to 7:00 p.m. at Hamilton Metz Park at Albany and Lefferts avenues, Brooklyn. For more information, visit [www.seedsinthemiddle.org](http://www.seedsinthemiddle.org).



building workshops, learn from top NYC leaders, and design your own community project. The keynote speaker: Council Member Jumaane D. Williams. This event is free is from 8:30 a.m.-1:00 p.m. UJA Federation New York, 130 E. 59th St., NY, NY10022.

### SAT., MAR. 8

**BALLET:** The Annual Spring Workshop Performances are the culmination of a rehearsal process that begins with the Winter Workshop Intensive in January each year. Students will perform selections from classical masterpieces as well as new works specifically choreographed for Manhattan Youth Ballet. Showtime: 3 p.m. & 7 p.m. Advance tickets are \$25 for adults and \$15 for students. Tickets can be purchased online at [www.manhattanyouthballet.org](http://www.manhattanyouthballet.org). Tickets are \$25 for adults and \$15 for students at the door. Manhattan Movement & Arts Center, 248 West 60th St., NYC (between Amsterdam and West End avenues) in the Lincoln Center area.

### SUN., MAR. 9

**BALLET:** The Annual Spring Workshop Performances are the culmination of a rehearsal

process that begins with the Winter Workshop Intensive in January each year. Students will perform selections from classical masterpieces as well as new works specifically choreographed for Manhattan Youth Ballet. Showtime: 3:00 p.m. Advance tickets are \$25 for adults and \$15 for students. Tickets can be purchased online at [www.manhattanyouthballet.org](http://www.manhattanyouthballet.org). Tickets are \$25 for adults and \$15 for students at the door. Manhattan Movement & Arts Center, 248 West 60th St., NYC (between Amsterdam and West End avenues) in the Lincoln Center area.

### ONGOING

#### MON., JAN. 6 - SAT., MAR. 22

**WINTER WORKSHOPS:** Registration has already started but it is not too late to get in on the action. Registration for classes and workshops is ongoing throughout the term. Families, adults and children can choose from a variety of classes and workshops running morning, afternoon, evening and on weekends. Pelham Art Center members receive 10 percent off classes. Need-based scholarships and payment plans are available. The Winter Catalog can be found on the Art Center's website, [pelhamartcenter.org/education](http://pelhamartcenter.org/education), or call (914) 738-2525 ext.

111 to request one by mail or email. Students may register online, in person, mail, email, phone or fax. Pelham Art Center administrative hours are Tuesday- Friday, 10:00 a.m. - 5:00 p.m. and Saturday, 10:00 a.m. - 4:00 p.m.

### FRI., JAN. 31 - SAT., MAR. 29, 2014

**MIGRATION NARRATIVES:** Pelham Art Center is pleased to announce a group exhibition of kinetic sculpture, installation, drawing, painting and video narratives by seven contemporary artists. There will be an opening reception and all-age hands-on workshop from 6:30 p.m. - 8:00 p.m. Admission is free. This multi-media exhibition relates stories of individual transitions from one state of being to another. Independent Curator Lisa A. Banner is an art historian and visiting associate professor at Pratt Institute in Brooklyn, NY. Additional free public programming will include a Curator Talk on Thursday, Feb. 27, 6:00 p.m.

### SAT., FEB. 8 - FRI., MAR. 7

**ART EXHIBITION:** This body of work is described by the artist as "interpretizm" - paintings on canvas along with various elements of wood and masonite. In the spirit of "cabinet de curiosités," inspired by the surrealist boxes by Joseph Cornell, Man Ray and Marcel Duchamp, many of Al Johnson's works utilize found objects and collages. Through his rich tonal palette he creates gestural and chromatic allegories which open the gates to the magic of dreams. His profound connection to the quintessential rhythms of jazz strongly resonate in his work in a frenetic way; yet he has a placed and controlled style as if his paintbrush was dancing with drips, dots and strokes to the rhythm of an African drum. Al Johnson's art is inspirational to the spirit. When you look once you will want to look again. As the artist says, "A part of my life is based on dreams. I dream of things that are unseen. I create these dreams and bring them to life." As an exceptional colorist, Al Johnson creates the magic and invites the public to experience moods, personalities and love in his "Room of Wonders." La Maison D'art Private Gallery is located at 259 W 132nd St. (Between 7th & 8th avenues) in Manhattan. Call (718) 593-4108 or go to: [www.lamaisond-artny.com](http://www.lamaisond-artny.com).

**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. - 3:00 p.m. from Monday through Friday and Sunday by appointment. The Center is currently closed on Saturdays until further notice. The library is located at 2115 Ocean Ave., Brooklyn, NY 11229. To make an appointment, call (718) 230-2292 or (718) 375-3037 ext. 128.

*If you have an event you would like to post in Sun Kulcha, please email your submission to [Caribbeanlife@cnglocal.com](mailto:Caribbeanlife@cnglocal.com). All submissions are subject to a review by the editor.*

*Compiled by Natalie Y. Henry*

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# SPORTS

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Bishop Loughlin Lions Michael Williams #5 during a game against the Fordham Prep Rams in the Bronx, NY during a high school basketball game. Bishop Loughlin won 67 - 45.

AP Photo/Gregory Payan/File

## Loughlin farewell

By Robert Elkin

The one-two punch of seniors Khadeen Carrington and Michael Williams on the Bishop Loughlin basketball team will be graduating in June and headed separate ways but both in New Jersey. They certainly will be missed by the Loughlin fans, student body, faculty and the staff of the Catholic High Schools Athletic Association.

They aren't going far by a long shot, either. Effective September, they will be putting on different uniforms — Carrington at Seton Hall and Williams at Rutgers.

However, during the regular season of

Continued on Page 44

## Windie players move to India

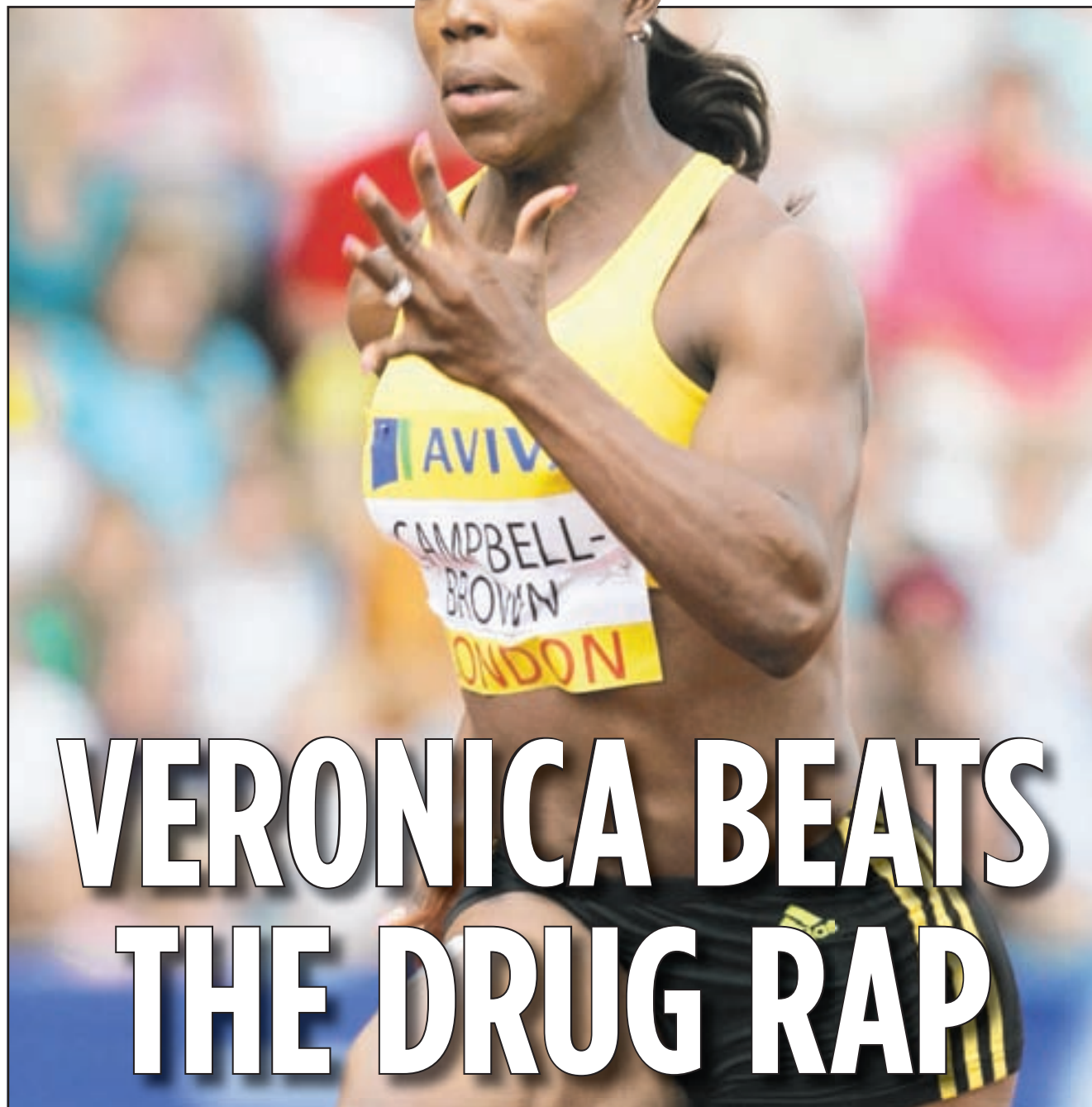
By Azad Ali

Five West Indies players including Twenty20 and Test captain Darren Sammy are to play in the 2014 Indian Premier League (IPL).

Barbadian Dwayne Smith commanded US\$750,000 to move to Chennai Super Kings from Mumbai Indians, while Sammy was bought for US\$533,000 and returned to Sunrisse Hyderabad.

West Indies fast bowler Ravi Rampaul who was purchased for US\$150,000 also returned to his 2013 team, Royal Challengers Bangalore, while Barbadian seamer

Continued on Page 44



# VERONICA BEATS THE DRUG RAP

Veronica Campbell of Jamaica competes in the women's 100m heat during the Aviva London Athletics Grand Prix at Crystal Palace, London.

AP Photo/Alastair Grant/File

## Jamaican cleared to compete again

By David McFadden

KINGSTON, Jamaica (AP) — Decorated Jamaican sprinter Veronica Campbell-Brown says she has been cleared to return to the track by the world sports court some 10 months after returning a positive test at an island meet.

The Court of Arbitration for Sport has “confirmed my innocence” and she intends to focus on advancing her career, including regaining her world 200-meter title next year, Campbell-Brown said in a Monday statement.

The three-time Olympic gold medal-

ist said the last several months have brought much “pain and suffering,” including “insensitive and ill-informed media remarks,” but her religious faith, family, friends and fans helped her cope.

Continued on Page 44



West Indies batsman Dwayne Smith.

AP Photo/Themba Hadebe

## Moonlighting on Indian turf

Continued from page 43

Jason Holder will get a stint at a new team, Sunrisers at a cost of US\$125,000.

The other West Indies players retained were Dwayne Bravo by

Chennai, Sunil Narine by Kolkata Knight Riders and Kieron Pollard by Mumbai Indians. They were not auctioned because they hold contracts.

Explosive Jamaican opener Chris

Gayle was retained by Royal Challengers Bangalore.

Indian cricketer Yuraj Singh was bought for a record US\$2.33 million while his compatriot Dinesh Karthik earned US\$2.08 million.

## New Jersey-bound

Continued from page 43

action they will be playing each other. Both signed letters of intent with their respective colleges.

Carrington scored 26 points and Williams netted 22 markers from the guard positions to lead Loughlin to a 93-63 rout over Holy Cross in a semi-final game of the Diocese of Brooklyn tournament and a few evening later Carrington went to town and netted 42 points to Williams' 19 in a 91-71 trouncing over Christ The King, for the championship and the right to advance into the Inter-sectional playoffs. CTK also advances into the same tourney. The key to the win over Christ The King was playing good defense.

The winner of the Inter-sectional title advances upstate to vie in the New York State tournament.

Williams made shots from all over the court-on layups from the inside and from long range out but Carrington was the talk of both games, especially the finals of the Diocese of Brooklyn one.

Both contests were staged at a neutral site, St. Francis Prep High School in Fresh Meadows, Queens.

Williams averaged about 20 points a game this year for Bishop Loughlin's varsity.



Bishop Loughlin's Khadeen Carrington #11 shooting a free throw against Christ the King during a high school basketball game in Brooklyn, NY.

AP Photo/Gregory Payan/File

"Carrington is amazing in things that he could do (on the court)," said Williams.

After the season is over, which includes the playoffs, Williams will keep working hard for the next level.

"Mike is a quality basketball player and is a 1,000 point scorer during his career at Bishop Loughlin," said assistant coach Bob Leckie. "Carrington has become the all-time leading scorer at Bishop Loughlin. Mike needs to keep working at his game to be able to play at that (college) level."

It's a big difference playing in college than in high school.

## Veronica Campbell-Brown

Continued from page 43

"I harbor too much self-respect and a similar respect for the purity of competition to resort to illegal means to success," said Campbell-Brown, who has been one of the cornerstones of Jamaica's remarkable sprinting success for a decade.

The 31-year-old athlete has won seven Olympic medals in all, including the 2004 and 2008 gold in the 200 meters. She also won gold in the 4x100 relay at the 2004 Athens Games. In London, she won bronze in the 100 and silver as part of the 4x100 relay team.

She returned a positive test for a banned diuretic from the Jamaica International Invitational in May. In June, her manager issued a statement saying she was determined to clear her name. She apologized to her fans, sponsors and others for any embarrassment or hurt for the "devastating news has caused." She was suspended while a disciplinary panel reviewed the case and missed the Jamaican nationals and world championships in Moscow.

Howard Jacobs, one of her lawyers, said the CAS hearing was done on an "extremely expedited basis"

and they were yet to receive the full ruling.

"However, it is clear that the reason for the decision was a serious and fundamental breakdown in the manner in which (her) urine sample was collected and handled in Jamaica on May 4, 2013, such that the integrity of the sample was not maintained and the results of any testing on that sample were therefore unreliable," the California-based sports lawyer said by email on Monday.

Jacobs said CAS ordered the Jamaica Athletics Administrative Association pay a portion of the ath-



Jamaica's Veronica Campbell-Brown, right, as she crosses the finish line ahead of Ivory Coast's Murielle Ahoure, left, as Campbell Brown wins the gold medal in the Women's 60m race during the World Indoor Athletics Championships in Istanbul, Turkey.

AP Photo/Matt Dunham/File

lete's legal costs. The JAAA did not immediately return

calls for comment.

In October, a Jamaican

disciplinary panel recommended a public reprimand without any period of ineligibility. Earlier, a spokesman for the International Association of Athletics Federations said the case appeared to involve a "less-serious" offense of unintentional use of a banned substance.

Under the World Anti-Doping Code, some diuretics are classified as a "specified substance," a designation for drugs that might have been consumed without intent to enhance performance. Campbell-Brown tested positive for the diuretic hydrochlorothiazide.

Campbell-Brown intends to compete at the world indoor championships next month in Poland, according to Jacobs.

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# West Indies cricket continues to crumble

West Indies cricket continues to decline and it is evident that there is no proper structure in place to move in forward drafting new officials in to the management level has earned little success at the lower level but the senior team is still struggling for consistency. The players have to show much more actions of professionalism and until as one team.

It is important that the West Indies selectors embark on a plan to select a new Test captain. A comprehensive study must be done on how to rebuild the Test squad. The team must not be based only on the batting performance of its players but also the need to have a variety of bowlers.

## WINDIES HAVE TALENTED PLAYERS

West Indies cricket is



## Eyes on Cricket

By George H. Whyte

not short on quality players needed to gain success on the field. What is lacking is good leadership and the implementation of proper strategies. At this level and time, Denesh Ramdin, West Indies wicket keeper batsman should be the choice to lead the Test team. West Indies bowlers Kemar Roach, Tino Best, Sunil Narine, Nikita Miller and Ravi Rampaul have sufficient experience to battle any opposition.

The West Indies management must focus heavily on rebuilding the Test squad and coach Ottis Gibson must exempt himself and allow a new coach to handle

the challenge.

## GIBSON AND SAMMY MUST GO

The image is a factor in respect to West Indies cricket and the cricketing world have seen enough of Ottis Gibson as coach and Darren Sammy as captain of the West Indies team. Nikita Miller and Narsingh Deonarine have major roles to play for the West Indies in the Test. A strong middle order batting is essential in Test cricket and these batsmen must be knowledgeable of their roles.

Spinners are playing a critical role in West Indies cricket at all levels. This can



West Indies' Darren Sammy plays a shot for four runs off India's Ishant Sharma during their Tri-Nation Series cricket match in Kingston, Jamaica, Sunday, June 30, 2013.

AP Photo/Andres Leighton

be seen from the credible performances of Samuel Badree and Sunil Narine from Trinidad and Tobago and Nikita Miller, the left-arm spinner from Jamaica.

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1. Bikini, e.g.
6. U.S. central bank
9. Old World duck
13. \_\_\_\_\_ New Guinea
14. Luau souvenir
15. \*Middle-earth region
16. Not slouching
17. Be in a cast
18. \*Black Beauty
19. \*Greg Heffley's brother
21. Take without owner's consent
23. Compass dir.
24. Agitate
25. OB-GYN test
28. "The Sun \_\_\_\_ Rises"
30. Marked by smallpox
35. Misfortunes
37. Flock members
39. Alluring maiden
40. Surveyor's map
41. \*King of the Elephants
43. Long forearm bone
44. Carried a torch
46. Buddhist teacher
47. \*Piglet and Winnie-the-Pooh, e.g.
48. Quill-dipping vessel
50. \*\*"Froggy Goes to \_\_\_\_\_"

52. E or G, e.g.
53. Adam's apple spot
55. \*Shel Silverstein's constrictor
57. \*\*"The Jungle Book" protagonist
60. \*Roald Dahl title character
64. Painting support
65. Poor man's caviar
67. Dora the Explorer's farewell
68. Accent mark
69. PC monitor technology, accr.
70. \*Children's literature, e.g.
71. Fusses
72. Lawyers' league
73. Swelling

### DOWN

1. Impersonator
2. Hawaiian tuber
3. Kind of column
4. Filthy dough
5. Sonia Sotomayor or Gloria Estefan, e.g.
6. Antiaircraft fire
7. European org.
8. "Likewise"
9. \*Old Woman's home
10. Type of missile, accr.
11. Gaelic
12. \*Like Willie Winkie
15. \*Abused beagle
20. Jimmy Fallon's guest, e.g.

22. Not square
24. Sears' partner
25. \*Pig-tailed, read-headed nine-year-old
26. To bet everything
27. Isometric core exercise
29. \_\_\_\_\_ vs. Class
31. 1973 event in Chile e.g.
32. Russia's prosperous peasant
33. "Sesame Street" Muppet
34. \*\*"\_\_\_\_\_ of a Wimpy Kid"
36. Flight segment
38. Actress \_\_\_\_\_ Gilbert
42. "Dancing with the Stars" number
45. Thumb drive, e.g.
49. Rolodex abbr.
51. Thick soup
54. Approximately, as in date
56. Helped
57. \*Amelia Bedelia, e.g.
58. Norse capital
59. Marries
60. Self-referential
61. Pick-up \_\_\_\_\_
62. Student's quarters
63. Away from port
64. Greek H
66. Scepter's partner

CROSSWORD											
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# H O R O S C O P E S

## YOUR WEEKLY HOROSCOPE FOR MARCH 3RD TO MARCH 9TH

**♈ ARIES: Mar 21/Apr 20**  
This week you need to be the follower instead of the leader, Aries. It may be difficult to go against your normal grain, but it is for the best. Keep an open mind.

**♉ TAURUS: Apr 21/May 21**  
Your confidence may wane sometime this week, Taurus, but some friends will boost your morale to help you get back on your feet. Saturday will be a big day.

**♊ GEMINI: May 22/June 21**  
Gemini, certain things that have to get done this week are out of your realm of expertise. Do your best to tackle these projects but have a helper on hand just in case.

**♋ CANCER: Jun 22/Jul 22**  
Cancer, you have a lot on your plate, but you don't know where to start. Make a list of your tasks, and it will help you better tackle one thing at a time until you are all done.

**♌ LEO: Jul 23/Aug 23**  
Leo, learn to laugh at yourself as a means of relieving stress. Things can't always be serious, so lighten up and take some time to relax. Work with Virgo this week.

**♍ VIRGO: Aug 24/Sept 22**  
Give yourself a much-deserved break, Virgo. You've been working nonstop for the last several months, and now is a great time to take a vacation or enjoy a weekend getaway.

**♎ LIBRA: Sept 23/Oct 23**  
You don't have all of the answers, Libra, so don't even think about saying you do. Relationship concerns are at the forefront of your mind lately.

**♏ SCORPIO: Oct 24/Nov 22**  
Scorpio, it might be hard to bite your tongue, but that's just what you have to do this week. Wait until you are called on for help before you get involved.

**♐ SAGITTARIUS: Nov 23/Dec 21**  
Take a few days to get all of your affairs in order, Sagittarius. Use this time to adjust to some changes that have happened over the last several weeks.

**♑ CAPRICORN: Dec 22/Jan 20**  
Burning the candle at both ends again, Capricorn? This is not the best way to get things done. Take a more steady approach, and give yourself time to recover.

**♒ AQUARIUS: Jan 21/Feb 18**  
Aquarius, you can't put your finger on it, but something positive seems to be on the horizon. The truth will reveal itself in the next few days.

**♓ PISCES: Feb 19/Mar 20**  
Pisces, fight against the current for something you truly believe in. Unexpected events arise on Thursday.

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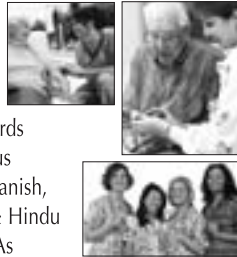
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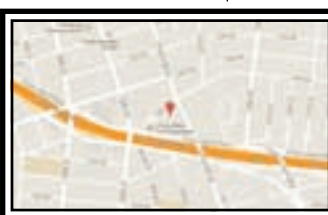
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## ► LEGAL NOTICES

### ► LEGAL

**NOTICE OF FORMATION** of limited liability company (LLC). Name: INSTALLATION BROOKLYN LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 10/29/2013. Office location: Kings County, SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: The LLC, 149 Hancock Street, Brooklyn, NY 11216. Purpose: any lawful purpose.

### ► LEGAL

### PROBATE CITATION

File No. 504-2009  
SURROGATE'S COURT - KINGS COUNTY  
CITATION

THE PEOPLE OF THE STATE OF NEW YORK, By the Grace of God Free and Independent  
TO any and all unknown person whose name or parts of whose name, and whose place or places of residence are unknown, and cannot after due diligent inquiry, be ascertained, distribute, heirs at law and next of kin of said MILLIAN

### ► LEGAL

MORGAN and if any of the said distributes, heirs at law of next of kin of deceased, be dead, their legal representatives, their husbands or wives, if any, distributes and successors in interest whose names and/or places of residence and post office addresses are unknown.

A petition having been duly filed by Lucille Morgan who is domiciled at 1280 Ryder Street, Brooklyn, N.Y. 11234. YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Kings County, at 2 Johnson Street, Room 319 Brooklyn, New York, on March 11, 2014, at 9:30 o'clock in the forenoon of that day, why a decree should not be made in the estate of Millian Morgan lately domiciled at 3215 Avenue H, Apartment 2C, Brooklyn, N.Y. 11210 admitting to probate a Will dated September 6, 2008 as the Will of MILLIAN MORGAN deceased, relating to real and personal property, and directing that [x] Letters Testamentary issue to: Lucille Morgan.

### ► LEGAL

Dated, Attested and Sealed,  
January 03, 2014  
Hon. Margarita López Torres  
Surrogate  
Attorney for Petitioner: Rochelle Prashker, Esq.  
Telephone Number (347) 204-0390  
Address of Attorney: 1231 West Broadway, Hewlett, N.Y. 11557

[Note: This citation is served upon you as 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.]

### ► PUBLIC NOTICE OF INTENT

Notice is hereby given regarding Cemetery lots abandoned under Section 1513-a of the Not for Profit Corporation Law at Cypress Hills Cemetery, 833 Jamaica Ave., Brooklyn, NY 11208, 718-277-2900 Section 9, lots 103 & 105 Owner Francis Godine.



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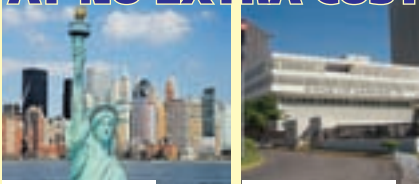
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# What Is Diabetes?

When you have diabetes your body does not make enough insulin (type 1), or is unable to use insulin properly (type 2). The cells of your body do not absorb enough insulin from your blood. As a result, you may have high sugar in your blood, and life threatening complications may result.

Type 2 Diabetes occurs mostly in adults over 40, especially overweight adults. About 16 million people in the United States are diabetic. The highest rate of type 2 diabetes are among native Americans, Hispanics and African Americans.

## What Are The Symptoms?

- Increased Urination
- Excessive Thirst and Drinking
- Increased Appetite
- Weight Gain or Loss
- Blurred Vision
- Skin Infections
- Vaginal Infection
- Tiredness
- Slowly Healing Sores
- Abnormal Feelings or Prickling
- Burning, Itching of the Skin

## How Is It Treated?

The goal of treatment is to control the level of sugar in your blood. You want to try to keep it in the same range as a nondiabetic person.

## This is Done By:

- Measuring Your Blood Sugar Regularly
- Meal Planning
- Exercise
- Medications

# DIABETES

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# WRONG!

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