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Jamaica takes gold

Kemar Bailey-Cole of Jamaica reacts after winning the men's 100 meter race at Hampden Park stadium during the Commonwealth Games 2014 in Glasgow, Scotland, Monday July 28, 2014. See story on page 51.

AP Photo/ Scott Heppell

CARICOM takes reparation case to the Brits

By Bert Wilkinson

The man leading the fight by Caribbean governments to make Britain and other European slave owning nations pay for enslaving Africans in the region was earlier this month allowed to take

the region's case for reparations to the same British Parliament which had legalized the slave trade, calling on today's members to right a cruel wrong that was meted out to Caribbean people by their predecessors.

Sir Hilary Beckles, the principal of the umbrella University of the West Indies and chairman of the regional committee preparing the case, lambasted his audience, peppering his presentation

Continued on Page 4

CARICOM JAPAN SUMMIT

Leaders discuss investment and trade in the Caribbean

By Nelson A. King

Chairman of the Caribbean Community (CARICOM) and Prime Minister of Antigua and Barbuda, Gaston Browne, says that space exists to develop trade and Japanese investment in the services industries in the Caribbean.

Browne identified these as tour-

ism, financial services and technology in addressing the opening ceremony of the CARICOM-Japan Summit in Trinidad and Tobago on Monday.

The Antigua and Barbuda leader commended Japanese Prime Minister Shinzo Abe for his government's efforts to increase trade

Continued on Page 4

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THE NEWS FROM BACK HOME

Antigua

The biggest drug haul to be made in recent times by Caribbean law enforcement agencies was carried out by The Office of National Drug and Money Laundering Control Policy (ONDCP) in Antigua recently.

Lawmen swooped down on a property at Old Runway and seized 480 kilograms of cocaine worth about EC\$17 million.

The cocaine, which was wrapped in more than 400 parcels was stashed in bags.



A 41-year-old Antiguan male and 41-year-old Guyanese female, both residing in Old Runway, are assisting the police in the investigation.

Director of the ONDCP Lieutenant Colonel Edward Croft said, "it is the largest by any Caribbean law enforcement agency."

The raid follows the seizure of approximately 2,300 pounds of marijuana that carried an estimated street value of EC\$37 million and the arrest of a Jamaican crew comprising of six men who are presently awaiting trial in the High Court.

Bahamas

President of the Bahamas Christian Council Dr. Ranford Patterson has warned that the pending introduction of VAT (Value Added Tax) could lead to more social ills.

Lest than six months before the introduction of the tax, Patterson said that while his organization supports efforts towards tax reform, the timing could cause more problems.



"No government can operate without tax reform, but I believe this is a bad time to impose any new tax on the Bahamian people.



Addressing Antigua's energy needs

The Petrotrin Oil Refinery in Trinidad and Tobago which has significant, proven fossil fuel reserves. See story on page 22.

IPS/Desmond Brown

But we understand there is a need for tax reform," he told the Nassau Guardian.

Recently Junior Finance Minister Michael Halkitis said the government intends to bring the VAT legislation to the House of Assembly before the end of this month. He said an education campaign will move into high gear following the tabling of the bill. He also said that the education process will ease some of the fears surrounding the new tax.

A 15 percent VAT will apply to a wide range of goods and services.

Barbados

Opposition politicians of the

Barbados Labor Party (BLP) are planning public meetings to protest the Municipal Solid Waste Tax (WSMT), but Finance Minister Chris Sinckler has appealed for residents to give it time to work, promising possible amendments.

Announced last year, the new tax comes due by July 28, 2014 with a sweeping .03 percent charge on the site value of real estate property



across the island, but there have been widespread complaints about the financial burden on residents.

Noting that there were just a few days left to the deadline for

the first tax payment, the BLP announced it would hold rallies and meetings to sensitize people of the effects of this levy.

Guyana

Two gay sex workers were murdered recently in Guyana.

The suspect in the two homosexual killings later committed suicide by setting himself afire.



The suspect, Samuel Bristol, 31, doused himself with gasoline and set his body on fire outside Bourda Post Office in Georgetown.

Before succumbing at the Georgetown Hospital, Bristol confessed to the murders and said he had nothing to live for.

The two gay men were stabbed to death on the streets of Georgetown in the early hours of the morning by Bristol, the rejected lover of another.

The body of Jason John was found on Leopold Street and that of Carl Sinclair was found about a block away on Lombard Street. Both were lying in pools of blood.

The gay men were all commercial sex workers.

Jamaica

Prime Minister Portia Simpson-Miller administration says it is taking steps to prevent a food shortage as the country continues to experience an extended dry spell.

Agriculture Minister Roger Clarke said a decision will be made soon on whether permits will be issued for the importation of some agricultural products.

According to Clarke, the record decline in rainfall is taking a toll on agricultural production, particularly the southern parish of St. Elizabeth — the "bread basket" of the country, which he says is having a "severe, severe, dry spell."



The crippling drought has also had an impact on the multi-million dollar sugar industry, with the Sugar Industry Authority stating that the sector is under major threat due to the lack of water.

In an effort to ease the water shortage, Clarke said J\$34 million has been set aside to assist in trucking water to some affected areas.

St. Kitts

Prime Minister Dr. Denzil Douglas
Continued on Page 18

REMOVING IMMIGRATION NIGHTMARES

There are solutions to problems immigrants frequently experience.

Among the problems and solutions are the following:

- | | | |
|---|--|---|
| 1. GETTING MARRIED TO A US CITIZEN OR GREEN CARD HOLDER AND BEING ABUSED OR ABANDONED BY THE SPOUSE | 5. WORK PERMIT AND GREEN CARD FOR CHILDREN AND YOUNG PERSONS | 10. NOTICE TO APPEAR (NTA) IN IMMIGRATION COURT AND IMMIGRATION COURT PROCEEDINGS |
| 2. PARENTS OF US CITIZEN WANTING TO WORK AND MAINTAIN THEIR CHILDREN | 6. CRIMINAL RECORDS: WAIVERS AND PARDONS | 11. DO YOU NEED A WORK PERMIT, IDENTIFICATION CARD AND FOREIGN TRAVEL PERMIT? |
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CARICOM, Japan discuss trade

Continued from cover around the world, according to an Antigua and Barbuda Government statement.

Browne also referred to the beneficial effect the efforts have had on Japan's economy and on trade partners as well.

"Over the 10-year-period, 2003-2012, Japan has enjoyed a significant trade surplus with our member-states collectively," he said. "In 2012 alone, Japan's trade surplus with our sub-region was US\$621 million."

Browne also outlined CARICOM's desire to explore ways in which Japan might effectively address the matter through aid-for-trade mechanisms or greater investment in the sub-region.

The CARICOM chairman also suggested to the Japanese Prime Minister ways Japan can assist CARICOM in boosting the economies, highlighting investment by the Japanese private sector as one of the areas.

"There are many opportunities that could be mutually beneficial. For instance, CARICOM countries are very keen to pursue renewable energy options, including solar, wind, hydropower, geothermal, and bio-energy — all of which lend



Prime Minister Gaston Browne and the Antigua and Barbuda delegation during a bilateral with Japanese Prime Minister Shinzo Abe and his team. Photo courtesy of Gov't of Antigua and Barbuda

themselves to public sector-private sector partnerships," he said.

"As a world leader in energy conservation through the development of new energy technologies, Japan could provide tremendous support to CARICOM in building capacity in renewable energy technologies," he added.

In 2011, the CARICOM road transportation sector consumed up to 65 percent of energy imports at a cost of approximately US\$2 billion, Browne said, adding that it is believed that Japan is a leading sup-

porter of fuel-cell vehicles, which can run five times longer than electric cars.

Browne also referred to plans by two major car producers in Japan to launch hydrogen-based cars around 2015.

It is widely believed that countries in CARICOM will be keenly interested in partnering with Japan to bring down their own costs of energy, and thereby reducing the cost-of-living of the people of the region, the statement said.

Case for reparations

Continued from cover

with many examples of injustice, cruelty and double standards arguing that the negative effects of slavery manifests itself in various forms today including chronic cases of diabetes and hypertension suffered by hundreds of thousands of people of Caribbean origin.

He said that slavery was so cruel that there were a mere 800,000 of us left when the trade was abolished in 1833 despite the fact that British and other European ships had transported a whopping 5.5 million from Africa's famous West Coast to the Caribbean, a retention rate of only 15 percent.

He contended that poor diet on plantations during the period has so badly affected the gene pool and DNA of people alive today that his own native Barbados, for example, is now referred to as the amputee capital of the world.

"It is here that the stress profile of slavery and racial apartheid, dietary disaster and psychological trauma and the addiction to the consumption of sugar and salt, have reached the highest peak. The country

is now host to the world's most virulent diabetes and hypertension epidemic," he said.

Turning his focus to British MP's, Beckles said it follows that the same assembly should waste no time in backing the fight to win reparations, saying it is basically the only choice it has left.

"It is here, in this house, that the evil system of slavery, and genocide, were established. This house passed laws, framed fiscal policies and enforced the crimes that have produced harmful legacies and persistent suffering now in need of repair. This house also made emancipation from slavery and independence from colonialism an empowering reality. It is in here, we now imagine, that laws for reparatory justice can be conceptualized and implemented. It is in here, we believe, that the terrible wrongs of the past can be corrected and humanity finally and truthfully liberated from the shame and guilt that have followed these historical crimes."

It is unclear whether an effort will be made by governments for Beckles to take the region's case to other parliaments.



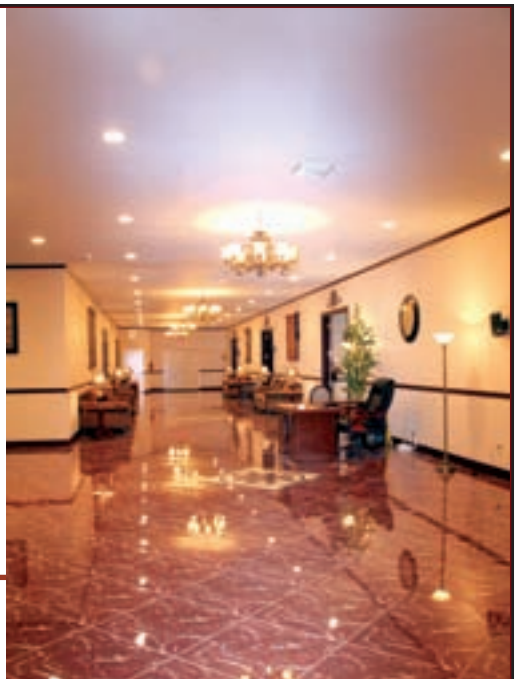
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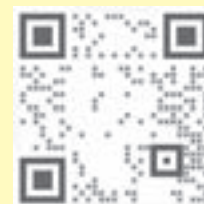
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BAM receives National Medal of Arts

By Nelson A. King

The Brooklyn Academy of Music (BAM) was among 12 individuals and organizations who on Monday received the 2013 National Medal of Arts from President Barack Obama.

In a White House ceremony, Obama said BAM received the award for “innovative contributions to the performing and visual arts.

“For over 150 years, BAM has showcased the works of both established visionaries and emerging artists who take risks and push boundaries,” he said.

President Karen Brooks Hopkins received the award on behalf of Bam.

“On behalf of the people of the Ninth Congressional District of New York, I want to congratulate the Brooklyn Academy of Music on receiving the National Medal of Arts in recognition of its con-



President Barack Obama awards the 2013 National Medal of Arts to the Brooklyn Academy of Music (BAM), and it is received by Karen Brooks Hopkins, during a ceremony in the East Room at the White House in Washington, Monday, July 28, 2014.

AP Photo/Charles Dharapak

tributions to the performing and visual arts,” Brooklyn Congresswoman Yvette D. Clarke told Caribbean Life afterwards.

“As a proud native of Brooklyn,

I have enjoyed the opportunity to live in a community where the arts are celebrated,” added the representative for the 9th Con-

Continued on Page 14

Guyana faces possible blacklisting

By Azad Ali

Guyana is at risk of being placed on an international money laundering black list after the government failed to pass relevant legislation, even as organized crime in the South American country is on the increase.

The Financial Action Task Force (FATF), a global financial crime watchdog, is currently reviewing Guyana's situation to determine whether to blacklist the country internationally.

Guyana has already been blacklisted by the organization's regional affiliate, the Caribbean Financial Action Task Force (CFATF) and faces severe sanctions if the country's parliament does not pass more comprehensive legislation.

Although Guyana has basic anti-money laundering legislation in place since 2009, the country lack the legislation necessary to implement these measures and has not yet put the legal tools in place to fight money laundering,

Guyana does not have adequate

programs in place for financial institutions to report suspicious transactions, for example, as of June 10, 2014 had yet to investigate a single financial crime.

The CFATF first identified Guyana as a country with holes in its anti-money laundering legislation in 2011 and developed an action plan to address these issues with Guyanese authorities.

Guyana's government introduced a bill in parliament to bring anti-money laundering legislation into line with international standards in April 2013, but opposition parties in the National Assembly have used the government to pass the laws to pressure for several political concessions, including the presidential approval of bills they have passed- that must be met before they are willing to support the legislation.

While the president and prime minister have pushed for stricter anti-money laundering measures, opposition parties continue to hold the bill hostage.

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EVERYTHING MATTERS

EPA's Carbon Pollution Rules - Good for business, good for the economy

By Richard Eidlin

Some national business organizations have hammered the Environmental Protection Agency (EPA) for proposing new rules on carbon pollution from existing power plants, cutting carbon emissions by 30 percent by 2030, using 2005 levels as a baseline. What planet are they on?

It's ludicrous to pretend that climate change isn't happening, or that it won't affect every industry. It's beyond comprehension that large business advocacy organizations, including the U.S. Chamber of Commerce, think that our government should stand by and do nothing, while climate-related disasters in 2012 caused more than \$139 billion in damages, while U.S. taxpayers shelled out \$96 billion in climate-related damages in 2012 alone, or while sea levels rise 6.6 feet by 2100 – enough to swamp Miami.

Let's be clear: the costs from carbon pollution will be terrible for business. Climate change poses tremendous risks -- insurance premiums will skyrocket, electricity prices will soar, jobs will be lost, food and transportation costs will dramatically rise, and taxes will likely increase in order to pay for needed infrastructure upgrades.

That's why business organizations like ours, and many of America's largest companies,

including Johnson & Johnson, Apple, Exelon and Intel, reject the notion that EPA's rules will destroy the American economy. National Grid U.S. president Tom King noted recently, "I am strongly encouraged by EPA's efforts to reduce CO2 emissions through sensible and practical regulation."

This is no minority view. Polling released this week by the American Sustainable Business Council (ASBC) found that 64 percent of small business owners -- a plurality of whom were Republicans -- believe government regulation is needed to reduce carbon emissions from power plants. This is important because, as the same poll shows, about one in five small business owners said climate change has already harmed their operations.

For these and other smaller companies, anticipating and innovating are crucial for success. Why would business people ignore those principles when addressing climate change?

Perhaps climate skeptics fail to see that the EPA's proposal will define a market for solutions, not dictate what the solutions are. Perhaps they are unaware that the standards provide for flexibility on the part of governors, or that carbon reductions will enhance this nation's international credibility and

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Beyond the street protests

By Jessica Faieta

UNITED NATIONS, (IPS) - Women's empowerment and political participation are not only crucial for women: they are essential for effective democratic governance, one which promotes human rights and equity. The same can be said about the importance of boosting youth political participation.

The U.N. Development Programme (UNDP) invited three young women parliamentarians from Latin America and the Caribbean to join a recent discussion in Salamanca, Spain, on young women's political participation in the region.

That's what Paola Pabón from Ecuador, Silvia Alejandrina Castro from El Salvador and Gabriela Montaña from Bolivia have in common. They are among the very few women in parliaments and they are young: They broke a double glass ceiling.

Of the 600 million people in Latin America and the Caribbean, more than 26 percent are young, aged 15-29. This is a unique opportunity for the region's development and for its present and future governance. Even though the average regional rate of women taking up positions in parliament is 25 percent, higher than the global average, a closer look shows that women still lag behind.

Our recent survey of 25 parliaments in Latin America and the Caribbean shows a very low representation of youth in the region's parliaments -- especially those of African or indigenous descent. Only 2.7 percent of male parliamentarians in the region and 1.3 percent of women MPs were under 30 years old—even though more than one fourth of the region's population is young.

When we look at the age of MPs below under 40, 15 percent are men and not even 6.5 percent are women.

UNDP's regional Human

Development Reports have shown that young people have enormous potential as agents of change. But despite Latin America's remarkable progress in reducing poverty and inequality -- and its strides toward strong democracies with free and transparent elections -- gender, income, ethnic origin, or dwelling conditions are all decisive barriers to young citizens' rights and civic engagement.

Spain expect their participation to increase over the next five years.

Institutions should provide formal spaces for this, or protests will become the only effective way for young people to make their voices heard. And the region will waste an opportunity to enhance the quality of its democratic governance.

We are working towards this goal. UNDP and partners

Young people have enormous potential as agents of change. But despite Latin America's remarkable progress in reducing poverty and inequality -- and its strides toward strong democracies with free and transparent elections -- gender, income, ethnic origin, or dwelling conditions are all decisive barriers to young citizens' rights and civic engagement.

One in every four young people aged 15-29 in the region are poor or extremely poor. And only 35 percent of them have access to education. More worrying still: Some 20 million young Latin Americans aged 15-18 neither work nor study. That's nearly one in every five, 54 percent of them female and 46 percent male.

And the region's youth have been taking to the streets, playing a central role in recent protests in countries like Brazil, Chile, Peru and Mexico. Such demonstrations urge us to understand the demands of young people, and to address lingering structural problems in our societies, especially inequality.

The increasing frequency of such mobilisations tells us that young people want to actively participate in their society's development. The first Ibero-American Youth Survey - which we launched last year with the Ibero-American Youth Organization (OIJ) and other partners -- shows that young people in Latin America, Portugal and

brought together 22 young MPs from 13 countries in Latin America and the Caribbean in 2013 to put together the region's first young legislators' network to boost young people's political participation and inclusion. We have been partnering with OIJ and other U.N. sister agencies and governmental youth secretaries to push this agenda.

Moreover, our youth online platform JuventudconVoz (youth voices), with the OIJ and the Spanish Cooperation agency, is also helping boost young Latin Americans political participation and leadership skills.

Protests sparked by young Latin Americans will likely continue in several countries. Beyond the street level, in the digital age of flourishing social media activism, these protests also provide opportunities to rethink democratic governance in the 21st century.

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No coming of age happened in 2008

With due apologies, I will say again, how paradoxical it is that the very event — Barack Obama's election as president — that many a pundit characterized as America's true coming of age, has in fact turned out to be affirmation of the country's racist core being nowhere near declining as one of its defining markers. The "feel good" spin on Obama's elevation some commentators offered, that such a revolutionary happening had gifted the U.S. an opportunity to expel its enduring sense of guilt, began losing plausibility early in the president's tenure, to the extent of looking today little more than a fanciful indulgence by some of those "better angels" Lincoln hoped to see in the American spirit.

As we know, from Republican leaders on Capitol Hill on down, just about everyone used to assuming a position right of center made it clear early in Obama's first term, that their overriding objective was ensuring there would be no second term. Again, whoever among us figured on some innate goodness on the other side, guaranteeing a more collegial narrative, no such luck. It's been an incessant din of non-cooperation, antago-

nism and worst, blatant disrespect directed toward this president, the venom unprecedented. Leading to the kind of toxic language recently arising from the opposition ranks, the likes of impeaching or suing the president.

What's been remarkable is the across-the-board nature of the attack regimen. Joining in the rally cry to stymie and/or kill all things Obama have been Republicans in Congress, Republicans in state and local government and even members of the judiciary. Chief Justice John Roberts surprised lots of folk, perhaps even including himself, when his was the deciding vote that allowed a challenge to the very premise of the Affordable Care Act (ACA) to be defeated. Undeterred, opponents of this legislation have been relentless in their attempts to drive a Sherman tank through the president's signature legislative achievement. In the Supreme Court's "Hobby Lobby" decision at the end of June, the court's conservative wing signed off on an assault on the ACA's mandate that contraception be included in the health insurance employers provided for workers. The ruling

Viewpoint

By Les Slater

exempting certain family-owned businesses from the requirement, on religious grounds, was seen as clearing the way for a veritable bull rush of similar filings.

More recently, a lower court ruling that the federal government cannot subsidize insurance purchased through the ACA's insurance marketplace threatens to create havoc, if allowed to stand by the high court, for millions who have availed themselves of a health insurance opportunity, a benefit they never previously enjoyed. Seemingly of no concern in the determination to eviscerate the ACA are the consequences for the more disadvantaged folk for whom the ACA made affordable insurance a necessity no longer denied.

There's more than a hint that Republicans' vile behavior toward the office of this president is driven by a conviction among at least some of them that Obama sim-

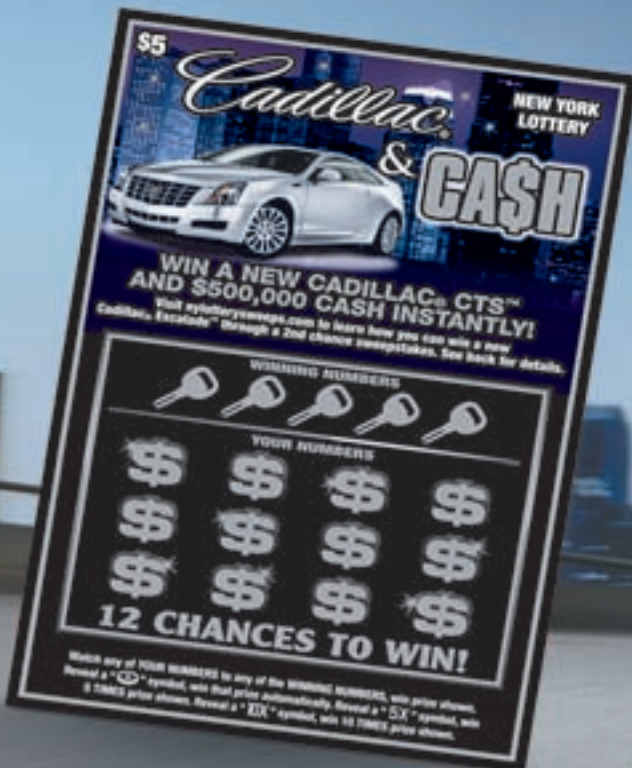
ply has no business being there. One gets the impression that their majority status in the House is primarily seen by them as a vehicle for frustrating (God forbid, complementing) any initiative originating from the president. In this sick game of demeaning the president nothing, it appears, is sacred. They jumped all over the people at the V.A. the other day, for example, over the apparently thorough mess that agency had gotten to be. Nary a Republican passed up the opportunity to sound off on how much of a betrayal this was to service men and women. But strong vocal support for the vets didn't translate into sparing no effort, funding-wise, to address the problem. House Republicans again relishing an opening to stick it to the president, authorized an appropriation that was patronizingly small relative to what the administration calculated as needed.

What a contrast the Obama experience has been with that of his predecessor. George W. Bush came into office under the cloud of having, in the view of many, arrived via the machinations of high court conservatives. But it's

probably fair to say that as of the 9/11 occurrence, even Americans formerly reticent about according him legitimacy were prepared to acknowledge him as leader of a nation newly consumed with an altogether different style war footing. Obama, coming into office in cataclysmic economic times, has managed the recovery well enough to have been largely credited for his stewardship. Instead, the ongoing efforts to essentially nullify the Obama presidency, to have this White House "interregnum" asterisked for posterity, outline for us some cold commentary about the road we've traveled.

Insufferable as it already is, with Republicans in control of one legislative chamber on Capitol Hill, one is loath to contemplate what more unseemly depths of ugly could come to define governance of the country, should the Senate's complexion undergo radical change following November's midterms. Already we're well past knowing that any notion of coming of age in '08 was all myth. Surely, this president at the mercy of Capitol Hill under full GOP grip would be a statecraft lesson I don't think we need.

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Brooklyn must be light unto world

There are eight physical bridges to Brooklyn, but an infinite number of personal bridges that connect the many communities that make up our borough.

One Brooklyn encompasses one of the most statistically diverse places on the planet. I see that in practice every day as I travel not just from neighborhood to neighborhood, but in fact within neighborhoods themselves. There are individual Brooklyn blocks that are miniature United Nations in and of themselves. The rich experiences we derive from living, working and playing together are invaluable to our lives, and make the borough a more attractive place to live, visit, and do business.

Diversity can present its own challenges — be they cultural misunderstandings between neighbors or disputes stemming from issues abroad. Unfortunately,



Borough President

Eric Adams

ly, we have not seen the best of every Brooklynite during some of these challenges, most recently related to the ongoing conflict between Israel and Palestine.

As the home to everyone from

We have a role to play in encouraging peace and disavowing violence or the incitement of ill will.

everywhere, we have a role to play in encouraging peace and disavowing violence or the incitement of ill will. Brooklyn is not a place of intimidation, it is a place

of conversation, and I hope every group knows that Brooklyn Borough Hall is just one of many local spaces we can use to foster dialogue that strengthens our personal bridges.

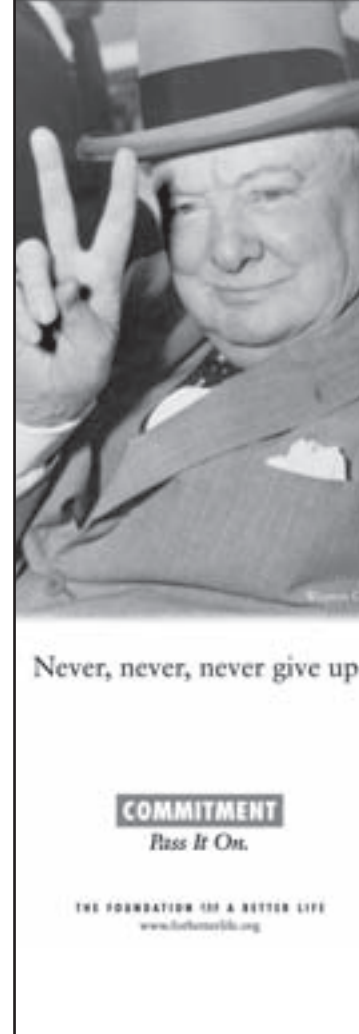
Every one of us has a responsibility in bringing the discourse to a higher level and, because of our unique relationship with the world stage, I truly believe we have the capacity to affect positive change.

Brooklyn is stronger when we overcome those obstacles and focus on the unity and amity we share. Here at Brooklyn Borough Hall, that is the spirit behind the International Day of Friendship celebration we are holding

on Sunday, Aug. 3, on Brooklyn Borough Hall Plaza — an opportunity to share the sights, sounds and other senses that make our borough's myriad cultures come alive.

When volunteer delegates representing the member states of the United Nations, which first declared this holiday in 1958, join hands around Brooklyn Borough Hall, it will be more than a photo-op, it will be a resounding message on how we spread love, the Brooklyn way.

Sadly, all corners of the world are not as peaceful as Brooklyn is today. From bloodshed in the Middle East to crises in Eastern Europe, from the troubles in West Africa to the struggles of Central America, we cannot ignore the strife our global community is facing. In the face of such troubles, let us lead the way toward peace and prosperity for all, here and abroad.



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OP-EDS

EPA's Carbon Pollution Rules

Continued from page 8
competitiveness. Entrepreneurial activity and private sector capital follows closely in response to government action to address climate change.

Under this plan, states would have extensive options to choose how they meet these standards -- and businesses, including utilities, will have time to adapt. EPA's goals take into account each state's unique and current energy mix. This is a smart approach that recognizes the dynamic nature of the market and the power of businesses to innovate.

Electricity generation accounts for a third of all U.S. greenhouse gas emissions, more than any other economic sector. Coal plants are the worst offenders of all: in 2012, coal energy was responsible for

nearly a quarter of all greenhouse gas emissions in the U.S. The 100 dirtiest power plants in this country are responsible for 3.2 percent of global CO2 emissions - and all but two are coal-fired plants (PDF). Cutting these emissions is crucial, but there are multiple paths to accomplish that.

A state like Kansas, which had as many as 4,000 jobs supported by wind energy in 2013, could invest in more wind power. Arizona, which led in solar energy per capita in 2012, could continue its rapid growth. The same could go for Washington state, the leader in hydropower. And states that want to join regional cap-and-trade systems can do so. EPA's proposal will let states set their own course to meeting these standards. Smart business peo-

ple know that clear market signals and regulatory certainty drive investment. EPA's carbon rules will lead to greater profit and prosperity, boosting economic growth and creating jobs. So when you hear someone say we can't afford to take action on climate change, remember: The costliest thing we can do is nothing. Inaction is not how successful businesses operate.

What the EPA and many business leaders understand is that failure to address climate change is what will cause the most economic pain. It's time to tackle climate change before it costs our people, businesses and nation even more.

Richard Eidlin is the director of Public Policy for the American Sustainable Business Council.

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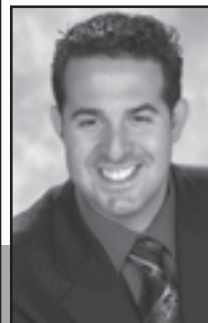


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Medal of Arts Awards

Continued from Page 7

gressional District, stating that, since 1861, BAM has “entertained the people of Brooklyn with a wide variety of performances, from Isadora Duncan and Paul Robeson to Laurie Anderson and Philip Glass.

“I want to commend President Karen Brooks Hopkins, the staff of BAM, and the performers for their dedication to the development of our diverse culture, and I wish you all much success in the future,” continued Clarke, a member of the House Committee on Small Business, Ethics, and Homeland Security, where she is the Ranking Member of the Subcommittee on Cybersecurity, Infrastructure Protection, and Security Technologies.

She represents many neighborhoods in central and southern Brooklyn, which include Brownsville, Crown Heights, East Flatbush, Flatbush, Gerritsen Beach, Madison, Midwood, parts of Park Slope and Flatlands, Prospect Heights, Prospect-Lefferts Gardens, Sheepshead Bay and Windsor Terrace.

Other recipients of the award were: Julia Alvarez “for her extraordinary storytelling”; Joan Harris “for supporting creative expression in Chicago and across our country”; Bill T. Jones “for his contributions as a dancer and choreographer”; John Kander “for his contributions as a composer”; Jeffrey Katzenberg “for lighting up our screens and opening our hearts through animation and cinema”; and

Maxine Hong Kingston “for her contributions as a writer.”

Others were: Albert Maysles “for rethinking and remaking documentary film in America”; Linda Ronstadt “for her one-of-a-kind voice and her decades of remarkable music”; Billie Tsien and Tod Williams “for their contributions to architecture and arts education”; and James Turrell “for his groundbreaking visual art.”

The National Humanities Medal was awarded to: M. H. Abrams “for broadening the study of literature”; American Antiquarian Society, Ellen Dunlap, “for safeguarding the American story”; David Brion Davis “for reshaping our understanding of history”; William Theodore de Bary “for enlightening our view of the world”; Darlene Clark Hine “for enriching our understanding of the African American experience”; and John Paul Jones “for honoring nature and indigenous traditions in architecture.”

Others were: Stanley Nelson “for documenting the stories of African Americans through film”; Diane Rehm “for illuminating the people and stories behind the headlines”; Anne Firor Scott “for pioneering the study of women in the American South”; and Krista Tippett “for thoughtfully delving into the mysteries of human existence”.

“The late, great Maya Angelou once said ‘a bird doesn’t sing because it has an answer, it sings because it has a song,’” Obama told the honorees. “Each of the

men and women that we honor today has a song -- literally, in some cases. For others, it’s a talent, or a drive, or a passion that they just had to share with the world.

“To our honorees: Like most creative and brainy people, you did not cultivate your song for accolades or applause,” he added. “If there were no medal for your work, I expect you’d still be out there designing buildings and making movies and digging through archives and asking tough questions in interviews.

“But we do honor you today because your accomplishments have enriched our lives and reveal something about ourselves and about our country.

“And we can never take for granted the flash of insight that comes from watching a great documentary or reading a great memoir or novel, or seeing an extraordinary piece of architecture,” the president continued. “We can’t forget the wonder we feel when we stand before an incredible work of art, or the world of memories we find unlocked with a simple movement or a single note.

“The moments you help create -- moments of understanding or awe or joy or sorrow -- they add texture to our lives,” he said. “They are not incidental to the American experience; they are central to it, they are essential to it. So we not only congratulate you this afternoon, we thank you for an extraordinary lifetime of achievement.”

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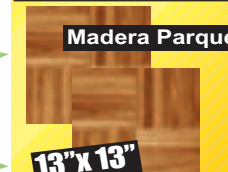


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CapraCare brings health services to rural Haiti

By Tequila Minsky

The underserved rural community of 20,000 in southern Haiti, Fonfrede (45-minute drive from Les Cayes), is now receiving some essential community health services from CapraCare, an organization started in 2009 by Jean Pierre-Louis, a son of Haiti and Brooklyn.

Founder Pierre-Louis spent his childhood years in the Fonfrede community, leaving at age nine for the U.S. He remembers the inadequacies of mental and preventative health services in his hometown.

Now, with an undergraduate degree and Masters in Public Health from Brooklyn College, Pierre-Louis takes his experience of working in public health in New York City and applies it to community education and outreach in the com-



Cordell K. Brown, M.B.A, Vice-Chair & Strategic Planning Officer with Founder/Executive Director of CapraCare, Jean Pierre-Louis, has returned to the town of his childhood to raise the standard of public health.

Photo by Tequila Minsky

munity of his birth.

First initiatives started simply before the earthquake (from 2007-2009, Pierre-Louis first sent and distributed 5,000 condoms to the area), post-quake

direct responses expanded its scope.

CapraCare, now, brings physical therapy, and other supportive mental health services, to the community.

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CARIBBEAN ROUNDUP

Continued from page 2

las said he was "appalled by this brazen act" after gunmen shot and killed three people and injured four others at the Frigate Bar Strip in St. Kitts recently.

In a statement, Dr. Douglas quoted eyewitnesses as saying the "victims seem to have been targeted."

The police have not yet release the names of the victims or details of the shootings at the Frigate Bay Strip, but media reports say two men who had been sitting on a bench near a bar, had been shot and killed. St. Kitts media also reported that a third man died near the water's edge as he attempted to flee the area. Two female bystanders were struck in their legs during the early morning shooting that occurred around 3:00 a.m.

Dr. Douglas said that the twin island Federation had been experiencing almost "two years of peace and tranquility" and praised the police and the Defense Force for having "worked extraordinarily hard" in ensuring the peaceful environment.

St. Lucia

Police Commissioner Vernon Francois says intelligence obtained by the St. Lucia police suggests that the recent spate of violence and shootings in the capital over the past weeks is as a result of the activities of criminal gangs.

Addressing a news conference, Francois said his officers will spare no effort in going after the criminals and ensuring they are

brought to justice.

Police have been investigating five murders and several other shootings within city limits over a two month-period. Several arrests have been made.



Francois told reporters that the police force has developed new strategies to deal with the issue, adding that instead of conducting regular patrols, intelligence is being used to target specific communities.

Suriname

A 55-year-old man killed his elderly parents recently and subsequently torched their home and an SUV vehicle. Police said the gruesome incident took place in the community of Livorno, several miles south of Paramaribo.

Neighbors rushed to the home on seeing the fire but the son, who had a machete, was locked in the building.

On further investigations, the father was found at the back of the house, in a pool of blood, while the mother who was severely wounded was lying in a hammock.



On arrival, the police held onto the son who then slashed both his wrists in an apparent suicide attempt. He is currently warded at hospital under police guard. So far no motive has been established for the attack.

Compiled by Azad Ali

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CACCI honors 11 on 29th anniversary

By Nelson A. King

The Brooklyn-based Caribbean American Chamber of Commerce and Industry (CACCI) on Sunday evening honored 11 individuals and businesses at a gala celebration marking the organization's 29th anniversary.

The honorees received medals and certificates at the five-hour-plus-long event at Tropical Paradise Ballroom in Brooklyn.

CACCI founder, chief executive officer and president Grenadian-born Dr. Roy Hastick, also received citations from Brooklyn Congresswoman Yvette D. Clarke and State Assemblywoman Helene E. Weinstein (D-41st AD).

The honorees were: Akin Akinsanya, owner of Panel, Events Planning and Catering Services; Zeana Alli, president and chief executive officer, Quantum Direct, LLC; Hector Aponte, co-owner, Tradewinds Contracting Services; Lucille Aponte, co-owner, Tradewinds Contracting Services; Leonora Francis, co-owner, Tradewinds Contracting Services; and Dawn Baxter, manager of community relations, Health Plus Amerigroup.

The other honorees were: Thenga R. Jenkins-Griffin, community relations representative, Health Plus Amerigroup; Angel Deliz, senior executive, American Corporate Benefits, Inc.; Alfred Placeres, attorney-at-law and president of the Fed-



Dawn Baxter with Roy Hastick (L) and Edmund Sadio at the Caribbean American Chamber of Commerce and Industry gala at the Tropical Paradise Ballroom on Sunday, July 27, 2014.

Photo by Nelson A. King

eration of New York State Hispanic Chambers of Commerce; Lady Jane Powell, entrepreneur and author; and Dennie Wilson, ex-St. Vincent and the Grenadines Ambassador to the UN and founder of Rockaway Community STEM Charter School.

Akinsanya, a Nigerian immigrant, studied finance in college and is an ex-Wall Street analyst. He describes himself as "a lover of food and culture", and enjoys food from various parts of the World.

For several years, Akinsanya and his team have been putting together "wonderfully illuminating and

subsequently captivating" Pan-African cultural events ("Taste of Africa Event Series") with PANLA, its sister company, featuring, among other items, exotic African cuisine, traditional African cuisine, fashion and fusion dishes, with entertainment and live performances.

Akinsanya started New York African Restaurant Week, which was born out of these "tastes" of Africa events.

Alli guides investments in several markets in several states, including Florida, Georgia and New York.

She brings to her company a wealth of over 30

years in the fields of real estate investments, retail management and business developments.

Alli served as sales manager at Home Depot in Queens, and was later named the District Operations Manager for the New York Metropolitan area, where she was responsible for commercial contracts that generated millions in revenue for the company.

Her passion to promote self and others has led to her involvement in community activism, catering for the social-religious needs of her community.

Lucille Aponte, her husband Hector, and Francis

are co-owners of Trade Winds Contracting Services LLC. Francis, a native of Trinidad and Tobago, is also a registered nurse and serves as president.

Lucille Aponte is also a Trinidadian native with background in banking and construction. She is also a former chief executive officer/founder of an MWBE contracting firm specializing in interiors and carpentry.

Hector Aponte is a former telecommunications professional, who is the company's chief operation officer/general manager with experience in new business development, service delivery systems, and customer support and client retention.

Baxter is responsible for developing and managing relationships with key decision makers who significantly impact the health care market place.

Baxter has been able to combine successfully her life as Health Plus' Manager of Community Relations. She is also an ordained minister. She has earned a BA degree in theology and is currently pursuing a master's in counseling.

She maintains a full time profession while keeping a fulltime schedule seven days a week, volunteering time as member of the Clergy Council of the 83rd Police Precinct visiting the sick and shut-in.

Jenkins-Griffin, who migrated to the US with her

mom from St. Kitts at the age of seven, began her first career at the Brooklyn Public Library in the Language & Literature and Marketing and Communication's departments.

Driven by ambition and motivation, she pursued studies at Baruch College, where she obtained a bachelor's degree in business administration.

In 2005, Jenkins-Griffin's administrative and promoting spirit led her to a career in marketing and administration at Care Plus Health Plan, now called Health Plus AMERIGROUP.

In 1976, Cuban-born Placeres became a member of the New York Bar Association, specializing in immigration and business law. He is also the author of "Como Conseguir los Papeles" (How to Get Your Papers).

Placeres also co-hosts "La Ley y Usted" (The Law and You) and serves as the Immigration Law commentator for Telemundo's Channel 47 morning newscast.

Powell, President of Lady Jane Enterprises Inc., was born in the Caribbean island of St. Lucia. At the age of 18, she migrated from Saint Lucia to Barbados, where she became the first Caribbean woman to work on a ship as a stewardess.

Since migrating to the United States, she has studied fashion design and has maintained her entrepreneurial spirit.

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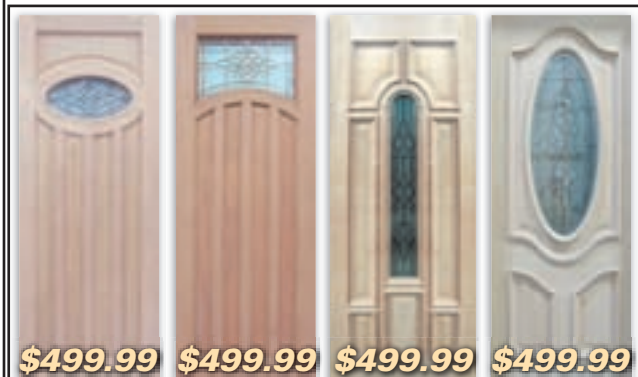
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End 'hypocrisy' in fighting HIV/AIDS: UN AIDS chief

By Nelson A. King

The head of the United Nations agency dealing with HIV and AIDS, Michel Sidibé, has called on world leaders to end the "hypocrisy on sex" and make treatment and reproductive health education universally available.

In his opening remarks to the 20th International AIDS Conference here on Sunday, Sidibé, executive director of the Joint U.N. Program on HIV/AIDS (UNAIDS), received wide applause when he declared, "I'm calling for an end to AIDS by 2030."

He urged world leaders to "stop the hypocrisy and promote sexual and reproductive health and rights."

The U.N. said the five-day conference is being held under the banner of "Stepping up the Pace."

It is being held as the international community is pushing towards accelerated progress on the eight anti-poverty goals, known as the Millennium Develop-



UNAIDS Executive Director Michel Sidibé.

Photo courtesy of UNAIDS

ment Goals (MDGs), and laying the foundation for a sustainable development agenda that will begin after their 2015 deadline.

"The post-2015 agenda should explicitly embrace human rights," said Sidibé, underscoring the importance of equal access to health and HIV/AIDS treatment for people who are gay, lesbian, bisexual and transgender.

In his video message for the

occasion, U.N. Secretary-General Ban Ki-moon noted that "tackling AIDS will help end extreme poverty, address underlying issues and advance universal healthcare."

Ban also paid his "highest tribute" to the people traveling to the conference who were killed in the crash of the MH17 flight over eastern Ukraine. Among the casualties was a staff member of the World Health Organization (WHO), Glenn Thomas.

"In the epidemic's early days, affective groups and civil society refused to accept defeat," Ban said. "Now, let us take strength in the commitment of those who are no longer with us and carry on their work to realize a world free of AIDS by 2030."

Also killed in the crash was Joep Lange, the former head of the International AIDS Society, the U.N. said. In his address, Sidibé called Lange, his "friend and mentor" who inspired him in the global fight against HIV and AIDS.

Antigua weighs high cost of fossil fuels

By Desmond Brown

ST. JOHN'S, Antigua, July 28, 2014 (IPS) - Caught between its quest to grow the economy, create jobs and cut electricity costs, and the negative impacts associated with building an oil refinery, the Antigua and Barbuda government is looking to a mix of clean energy and fossil fuels to address its energy needs.

Venezuela's Ambassador to Antigua, Carlos Perez, announced last week that Caracas was at an advanced stage of negotiations with the government in St. John's to build an oil refinery on the tiny 108-square-mile island.

"The pending negotiations for the oil refinery I believe are well advanced and we're hoping with this new administration of Prime Minister [Gaston] Browne we will advance to conclude that project that will be beneficial for Antigua and for Venezuela too," Perez said.

Browne's Antigua and Barbuda Labour Party won General Elections on June 12 after 10 years in opposition.

Environmentalists, including Dominican Arthurton Martin, oppose the move and say it's the worst possible time to make an announcement like this.

"The United Nations Intergovernmental Panel on Climate Change (IPCC) just released its 2014 report presenting evidence that not only can we expect a two degree centigrade rise in global temperatures but [possibly] a four degree centigrade rise, which will result in significant increases in coastal damage from sea level rise for countries like Antigua that are relatively flat," Martin told IPS.

"This will in fact result in significant extension of periods of drought as a result of fluctuations in temperature. This is also happening at a time when there are so many options that could deal with part of the energy challenge," he added.

Martin said the refinery was a bad choice not only because of the global movement to avert catastrophic climate change, but because cleaner alternatives are

Continued on Page 33

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Trinidad's Life Sport Program terminated

By Azad Ali

Trinidad and Tobago Prime Minister Kamla Persad-Bissessar has called in the police to investigate allegations of massive corruption involving millions of dollars in the controversial Life Sport Program, which targeted young, unemployed youths to move away from a life of crime.

In one case, according to an audit conducted by the Ministry of Finance, an educator was paid TT\$34 million from the Life Sport Program for no work.

Persad-Bissessar told Parliament last Friday that the audit had revealed several discrepancies, including procurement breaches; the involvement of some persons in criminal activities; fraud by suppliers; theft of equipment; breaches of the Proceeds of Crime Act and a deviation from the mandate of Cabinet.

The Life Sport Program,

which was the brainchild of the Minister of Sports Anil Roberts, has been terminated.

As she disclosed some of the findings, she expressed her own "shock," "deep, personal disappointment and dismay that a program that was intended to save lives, to build lives, was used by a group of people for fraud and personal gain."

The sports minister sat in the House of Representatives at times thumping the desk over some of the revelations that were made by the prime minister.

The prime minister noted that the Audit Committee raised questions regarding possible complicity by officers of the ministry given the widespread nature of the breaches.

Persad-Bissessar bemoaned the fact that a group of people derailed the good intentions of the program, giving their sup-

port to criminality, in some cases, rather than to the country's young people.

"Because of the actions of a few, this program will have to be halted," she said.

The prime minister assured the nation as government moved forward implementing social programs, it would not tolerate wrong-doing, corruption and the abuse of programs, "meant to save our people, for selfish, personal gains."

Persad-Bissessar said she has instructed the attorney general to hand over the report to the director of public prosecutions (DPP), the commissioner of police, "to investigate, detain and prosecute those guilty to the fullest extent of the law."

Despite calls for Sports Minister Roberts to step down from office, he claimed that he had no knowledge of the corruption taking place in the Life Sport Program.

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JAMAICANS USHER 52ND WAVING NATIONAL FLAG

By Vinette K. Pryce

Many Jamaicans believe the month of August should be dedicated in honor of the Caribbean island that led the region in winning independent status from Britain.

Argument to that initiative continues with their rationale that from day one, Aug. 1, the island and its people commemorate Emancipation Day which marks the acknowledgement of the abolition of slavery in Jamaica in 1834.

Combining celebrations of emancipation with independence – Emancipation – Jamaican citizens laud the island's history early in the month with the reasoning that celebrations will heighten from Emancipation Day until Independence Day on Aug. 6.

“As Jamaicans, we are very proud of our country and heritage. Sandra Scott, Jamaica Tourist Board's Deputy Director of Tourism, Marketing said. “The commemoration of our emancipation from slavery and independence from colonialism provides an opportunity for us to proudly celebrate our history and our remarkable culture.”

On the island, Lisa Hanna, the minister of youth and culture announced a new aspect to the annual commemoration which will be called “Celebration of the Drums.”

“We now have what is called the Celebration of the Drums in every parish to herald in Emancipation starting this year because of the significance of the drum to Jamaica.”

She announced that ancestral drumming would be used to mark the celebration of Emancipation Day across the island this year. She said it was appropriate to use the drums to honor the African ancestors who fought for and won freedom for its people. She added that it will be “one of the features of the revitalized Jamaica Festival.”

She made the announcement during a ceremony where she was presented with an instrument. She received a Jamaica ‘cymas’ drum -- which is used in the Kumina religion -- from the United States.

Allegedly, with the assistance of the U. S. Embassy in Kingston, a



Lisa Hanna, Jamaica's minister of youth and culture (right) in discussion with James Counts Early, director of cultural heritage policy at Smithsonian Institute, after the presentation of a Jamaica cymas drum on July 24 at African Caribbean Institute of Jamaica, Kingston. The drum belonged to Kumina leader Imogene “Queenie” Kennedy and had been in the United States since 1989.

Photo courtesy of Jamaica Information Service (JIS)

piece of Jamaica's history was repatriated.

“This drum has become a part of us and a part of who we are and is inextricably intertwined with us as a people,” Hanna said.

Allegedly kept here for 25 years, the drum belonged to the late Kumina leader Imogene ‘Queenie’ Kennedy and had been in the possession of the Smithsonian Institute.

Reportedly, during one of his field research visits to Jamaica, James Counts Early, director of Cultural Heritage Policy had been given the drum in 1989 by Queenie to take to the Smithsonian Institute.

Presenting the drum to Hanna, Early said it was important to bring it back home as it “belonged to the people of Jamaica.”

“Today when we hear the reverberations of this drum it sparks within all of us a stirring that evokes a deep sense of familial roots that calls us to action: whether to dance, to think, to respect, or to close ranks around a cause in worship, death, celebration, cultural practice,” Hanna said.

Marcus Mosiah Garvey's 127th birthday on Aug. 17 provides added cultural exhibitions and galas marking the anniversary with numerous landmark achievements. It also makes the idea of a month-long ownership more than plausible.

Here in New York, a thanksgiving church service and reception on Aug. 3 starts the official public gathering of nationals.

The ceremony is slated to be held at New Jerusalem Baptist Church, 122-05 Smith St. (corner of GuyR. Brewer and Baisley Blvds) in Jamaica, Queens, a 4:00 p.m. start will begin the program to mark the milestone 52nd anniversary year of independence.

The theme “This is Jamaica, My Jamaica” will be more evident on Aug. 6 when the annual flag-raising ceremony hoists the national colors of black, green and gold at Bowling Green Park in Manhattan at noon.

A gala independence ball will be held on Aug. 16 at the Marriott Marquis Hotel, 1535 Broadway in Manhattan from 6:30 p.m. to 2:00 a.m.

Jamaica gets US\$20M to train 15,000 youth

By Nelson A. King

The World Bank says about 15,000 young Jamaicans will benefit from training, digital work opportunities and seed investments to boost the digital and animation industries in the country as a result of a US\$ 20 million loan.

The Washington-based financial institution said on July 18 that the loan is for a Youth Employment in Digital & Animation Industries Project.

“This project facilitates Jamaica's linkage into one of the fastest growing sectors in the global economy,” said Jamaica's Minister of State for Science, Technology, Energy & Mining, Julian Robinson. “It is our strongest national thrust to date to mobilize the considerable creative and entrepreneurial talent among our youth towards earning our way to a brighter future.”

The World Bank said global animation is a growing industry currently valued around US\$220 billion per year, and that international companies are increasingly looking at Jamaica as a country of choice for outsourcing animation production.

As part of its “Vision 2030 Jamaica” plan, the bank said the Jamaica government is looking at the information and communication technology (ICT) sector as playing a central role in the transformation of the country over the next two decades, moving Jamaica from being a consumer to also become a producer of digital platforms and content.

“Youth unemployment in Jamaica is about 30 percent. This initiative spearheaded by the government is about providing opportunities for new talents to get new skills, find jobs or become entrepreneurs,” said Sophie Sirtaine, World Bank country director for the Caribbean.

“For the technology sec-



Sophie Sirtaine, World Bank country director for the Caribbean

Photo courtesy of jis.gov.jm

tor to become an engine for growth and employment, it requires the right environment with training opportunities and the right partnership between governments, private sector and young people,” she added.

The World Bank said this project builds on successful pilots in Digital Jam 2.0 and 3.0 and Kingston, which helped create new startups and position the Caribbean as a potential hub for the tech industry, linking the region's youth with digital entrepreneurs, angel investors and centers of excellence in the Silicon Valley and across Latin America.

Recently, the bank said several Jamaican tech-savvy entrepreneurs also embarked in a 100-day accelerator program supported by the World Bank and the Development Bank of Jamaica.

Specifically, the World Bank said the Youth Employment in Digital & Animation Industries Project will provide training and coaching to 2,000 young Jamaicans, to enhance entrepreneurial skills and employability; create about 150 startup companies in Jamaica; establish “Startup Jamaica,” a physical hub for tech entrepreneurs; and mobilize up to US\$7 million seed funding for tech entrepreneur startups.



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It is 2 am and that cough and stuffy nose you have been battling is still keeping you up. You reach for the nighttime cold relief medicine only to find it expired a few months ago. If you take a dose to ease your symptoms, will you be putting yourself at risk?

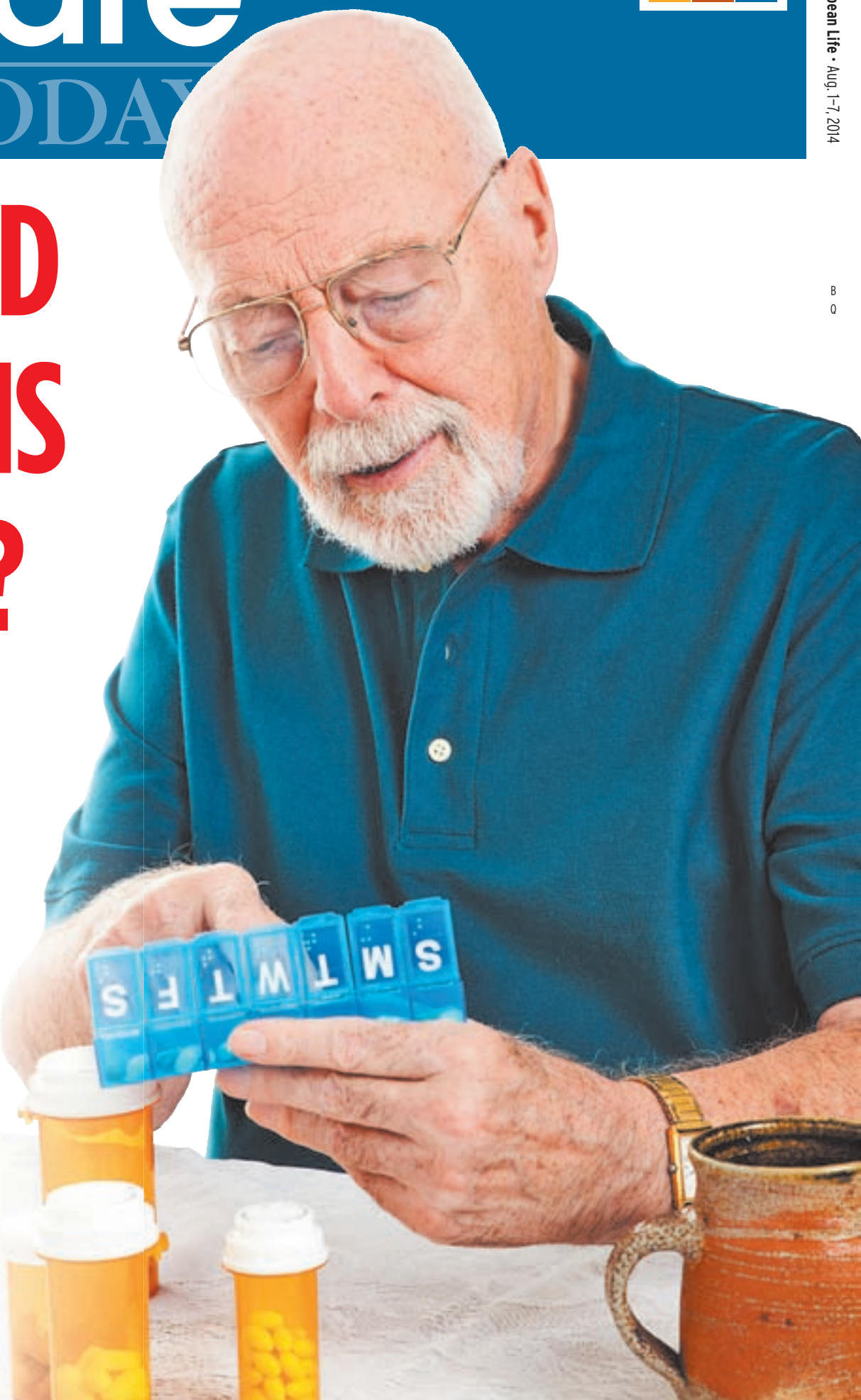
This situation is a relatively common occurrence. Many medicine cabinets are stocked with over-the-counter drugs as well as prescription medications that may be past their expiration dates. It is a good idea to routinely discard expired medicines, but if you happen to take a drug that has passed its expiration date, you will most likely suffer no ill effects.

According to the Harvard Medical School Family Health Guide, the expiration date on a medicine is not the dates when a drug becomes hazardous. Rather, it marks the period of time after which a drug company can no longer guarantee the efficacy of the medication. Since 1979, drug manufacturers selling medications in the United States have been required by the Food and Drug Administration to stamp an expiration date on their products. This is the date until which the

manufacturer can still guarantee full potency of the drug.

Expiration dates also may be a marketing ploy. Francis Flaherty, a retired Food and Drug Administration pharmacist, has said drug manufacturers put expiration dates on products for marketing purposes rather than scientific reasons. It doesn't make financial sense to a company to have products on the shelves for years. Therefore, most drug manufacturers will not do long-term testing on products to confirm if they will be effective 10 to 15 years after manufacture.

The U.S. military has conducted its own studies with the help of the Administration. Food and Drug Administration researchers tested more than 100 over-the-counter and prescription drugs. Around 90 percent were proven to still be effective long past the expiration date — some for more than 10 years. Drugs that are stored in cool, dark places have a better chance of lasting because the fillers used in the product will not separate or start to break down as they might in a warm, humid environment. Storing medicines in the refrigerator can prolong their shelf life.



Exercises for people with arthritis



Arthritis can make physical activity more difficult. In spite of that difficulty, exercise is an important part of staying healthy for those with arthritis. Even moderate physical activity can strengthen bones and muscles and increase joint flexibility, making it easier for arthritis sufferers to perform daily tasks.

According to the Arthritis Foundation, those with arthritis should commit to regular exercise that includes three types of activities: flexibility exercises, strengthening exercises, and cardiovascular exercises. Consult a physician before beginning any exercise regimen, and discuss any

Many people with arthritis find yoga is an especially effective flexibility exercise, as it strengthens and relaxes stiff muscles and even aids in weight-loss efforts.

limitations your specific condition might place on your physical abilities. Such limitations might diminish as your exercise regimen progresses, but it's important to exercise within those limitations at the onset to avoid injuries. It's also important to consult your physician should you experience a flare-up of arthritis before, during or after exercise. Such flare-ups might require you to alter your routine, and your physi-

cian can help with such alterations.

Flexibility exercises:

Perform flexibility exercises every day, as they will protect your joints by reducing injury risk. Flexibility exercises, which are often referred to as range-of-motion exercises, help your body warm up for more strenuous exercise. Once you're comfortable doing at least 15 continuous minutes of flexibility exercises, you're likely ready to add strengthening and cardiovascular exercises to your routine. Many people

with arthritis find yoga is an especially effective flexibility exercise, as it strengthens and relaxes stiff muscles and even aids in weight-loss efforts. Just don't push yourself too hard when starting out with yoga, as the exercises are more difficult than they might seem.

Strengthening exercises:

Strong muscles reduce stress on the joints, something that's especially helpful to arthritis sufferers. Strengthening exercises, also known as resistance exercises, build the body's muscles so they're more capable of absorbing shock and more effective at preventing injury to the joints. When performing strengthening exercises, you will use weight or resistance to make the muscles work harder and grow stronger.

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New York Methodist Hospital helps to combat hearing loss

Hearing impairment is often dismissed as a normal part of aging. By age 65, one in three people in the United States will experience some degree of hearing loss. By age 85, that number climbs to one out of every two. However, letting hearing loss go untreated can lead to health consequences beyond the need to “turn up the volume” or “speak louder.”

“A person’s mental faculties rely heavily on his or her sensory faculties, especially hearing,” explains Dr. Mohsen Habib, chief of otolaryngology at New York Methodist Hospital. “Mishearing or misinterpreting words

can prevent people from engaging in meaningful conversations, which can also affect cognition—the ability of the mind to function.”

The link between hearing loss and degenerative cognitive disease is not fully known. But what is clear is that hearing loss can make an older person feel self-conscious and less willing to be in situations where ambient noise levels make it especially difficult to hear. Over time, the desire for social interaction can spiral downward.

“Screening for hearing loss is critical if family members suspect that a loved one is beginning to

experience dementia because often, the reality is that the person just can’t hear well,” said Dr. Matthew Hanson, neurotol-

“No matter what the cause, addressing issues with hearing can be crucial in helping an older person maintain a high quality of life.”

gist at NYM. “For example, an older person’s adult children may mistakenly assume that their parent is developing Alzheimer’s disease when he or she isn’t answering questions in a logical manner, appears withdrawn in social gatherings, and says

things completely unrelated to a conversation. But instead of indicating Alzheimer’s, these may be signs of hearing loss.”

Scheduling an appointment with a specialist is the first step in addressing hearing loss. Otolaryngologists determine whether there is a medical cause, and audiologists can determine the type and degree of a hearing loss. An audiogram (hearing test)

provides the information that allows the doctor to prescribe the most appropriate treatment.

Types of hearing loss include conductive hearing loss and sensorineural hearing loss. Conductive hearing loss is often the result of a “mechanical” problem with the ear, such as a blockage or infection. Depending on the cause, conductive hearing loss can often be treated with medication or surgery. Sensorineural hearing loss, on the other hand, results from problems with the nerves that transmit sound impulses from the inner ear to the brain, and is the most common type of hearing

loss among older Americans.

“Often, sensorineural hearing loss is due to exposure to extreme or long-term loud noise, and is most effectively treated with hearing aids or cochlear implants,” said Dr. Hanson. “However, no matter what the cause, addressing issues with hearing can be crucial in helping an older person maintain a high quality of life.”

To find a physician affiliated with New York Methodist Hospital who specializes in the treatment of hearing loss, go to www.nym.org and select “Find a Doctor,” or call (718) 499-CARE (2273).

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Fossil fuels debate

Continued from Page 22

readily available.

He suggested instead that government look into sources like biofuel, solar and wind energy to reduce reliance on crude oil. These sources of energy have already been developed and financing exists to explore these options.

"These technologies are off the shelf. You can purchase them right now. You don't even have to do R&D to develop them," he said.

"This is the first time in the history of the international financial community that they have in fact made grants and concessionary loan financing available to actually reduce the dependence on fossil fuel for energy."

Environmentalists stress that oil refineries are a major source of greenhouse gas emissions and other pollutants.

Oil refineries also emit methane and nitrous oxide, which are more potent greenhouse gases than carbon dioxide, as well as several other air contaminants that pose risks to human health and the environment such as hydrogen sulfide, sulfur dioxide, nitrogen oxides, particulate matter, and volatile organic compounds.

Chante Codrington, director of Wadadli Industrial Renewable Energy Ltd., who is in negotiations with

the government of Antigua and Barbuda to build a wind farm here, is of the view that wind energy is the most efficient and affordable energy source for the island.

"No good can come from the oil refinery. The environmental concerns associated with the burning of fossil fuel in a country whose main industry is tourism are many," he told IPS.

"There is an odor that comes from the oil refinery, air pollution, water contamination concerns, fire, explosions, noise pollution, health effects – these are all the disadvantages."

Clean energy advocate John Burke agrees with Codrington, telling IPS it would benefit the island's poor more if the country goes green.

"The price of oil is going to go up. The last time I heard the price of sun and wind had not gone up. Currently, every kilowatt hour we're generating we're spending about 80 or 90 cents EC on fuel. If they put together a programme to finance and install solar systems for the poor and the middle class that would in effect be financed by the amount of money we save from importing oil."

According to a report by the Economic Commission for Latin America and the Caribbean (ECLAC), energy demand in the region is expected to double in the next 20 years, at a 3.7 per

cent average annual rate of increase.

Currently, most Caribbean countries are heavily reliant on imported fossil fuels, their energy consumption being based almost solely on oil products, which account for more than 97 per cent of the energy mix.

Trinidad and Tobago, Cuba, the Dominican Republic and Barbados cover part of their fuel requirements from their own reserves of oil and natural gas. Nevertheless, only Trinidad and Tobago has significant, proven fossil fuel reserves.

Several Caribbean coun-

tries spend 15 to 30 percent of their export earnings, inclusive of revenues from tourism, on oil products. This results in electricity prices of between 20 and 35 cents per kWh, much higher than in the United States or Europe.

Peter Lewis, managing director of the Bermuda-based Carib Energy Solutions, said the government should consider the environmental factors associated with an oil refinery.

"If the global trend of a mixed-bag approach is the best option for the pursuit of an energy agenda...you

would be able to attract more entrepreneurs to the business sector and get the economy going," he told IPS.

Martin also agrees with the mixed-bag approach.

"No single source of power should be allowed to deal with your entire energy bill. That is a bad thing to do," he said.

"We had our banana experience in Dominica when we placed all our bets on one crop. My advice is no country should place all its bets on any one source of power. Even Venezuela is understanding that right now.

"So if solar can contribute three per cent, if wind can give you 15 per cent, if biomass conversion can give you 20 per cent, what you are doing is effectively reducing your dependence on the dirtiest form of energy which is fossil fuel driven energy," Martin added.

In early 2007, the government of Dominica announced plans for Venezuela to construct an oil refinery on the island but after a barrage of objections was raised by environmentalists, plans for the plant were placed on hold in 2008.

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Kings Building Material providing tools and expertise to get the job done

BY CAMILLE SPERRAZZA

It's the time of year to make home improvements — and Kings Building Material has everything one needs to get started.

The company, in existence since 1935, opened a new store on Utica Avenue this June. The highly trained and knowledgeable staff is at hand ready to assist consumers, developers, and contractors with all their masonry needs.

Whether you are an architect designing a skyscraper, a contractor pouring a new foundation, or a homeowner looking to replace your front steps, Kings can help you build your castle, says Dan Jafairjian, manager of this new store.

It's a one-stop shop for items such as bricks, concrete, architectural blocks, pavers, manufactured stone, granite, Indiana limestone, Portland and masonry cement, gravel, mason and concrete sand. Should you need the tools to help set the foundation, the shop carries a full line of mixers, saws and hand tools, too.

When a business has been around for decades, it's because it knows how to keep customers happy. For Kings, this means the staff doesn't just help build buildings — they build relationships with the people who work with them.

They take pride in the products they sell, making sure the right materials are provided to get the job done. It's all very rewarding. Jafairjian mentions driving by a building and thinking: I helped supply the material to create that. What starts as an idea, develops over time, and then becomes reality.

"It's a good feeling," he says.

The company trains its workers so that when customers come into the store with questions, they have the answers. On the rare occasions when these employees have their own concerns, they reach out to vendors directly, making sure the information they pass along is accurate. At this store, the individual is treated in the same courteous manner as huge companies. Customers receive guidance on the projects upon which they are working. If homeowners wish to get further help with the undertakings they've started, contractors' business cards are kept on the counter, so the names and numbers of professionals are readily available to them.

Kings Building Material's goal was founded on one principle — to provide customers with quality products at affordable prices, says Jafairjian. Three generations later, these goals are still the same.

It's no doubt why the company is now one of the largest distributors of brick and masonry materials. The selection of bricks and pavers — the type of bricks used to make colorful walkways — has to be seen to be believed. Who would have imagined there were so many options in a variety



Kings can help you build your dream home with its wide selection of bricks and pavers.

Photos by Steve Solomonson

of textures, colors, and shapes? The decorating possibilities are endless.

Kings works with many manufacturers, all of whom are groundbreakers in the field. One of the brick companies it carries is Endicott Clay Products, a business that has been producing quality items since 1920. It is a leader in the industry, known for its original designs that set the standard for beauty, elegance, and versatility.

Another, Sioux City Brick and Tile Company, is a long-time manufacturer of high-quality clay brick as well as a distributor of masonry products. Among the bricks it carries is an Aztec design in colors such as blue on gray, white-turquoise, and pink-gray.

The Glen-Gery Corporation, another line, carries a range of diverse products, including glazed

face brick. It is the largest molded brick and fifth largest brick manufacturer in the United States. Other brand names include Redland, Belden, and Watstown.

Kings is a full-service, ready mix and concrete-pumping operation, servicing New York; the five boroughs of Manhattan, Brooklyn, Staten Island, the Bronx and Queens; New Jersey and the entire Tri-State area.

Come into its newest showroom to see all it offers.

Kings Building Material [2079 Utica Ave. between Avenues M and N in Flatbush, (718) 438-3900, www.kingsny.com]. Open Mondays-Fridays, 7 am-3:30 pm, and Saturdays, 7 am-noon. In addition to this location, there are other stores in Brooklyn, Staten Island, and Long Island.

Are You Suffering With Severe Constant Pain?

New Laser Light Breakthrough Treatment May Reduce Or Even Eliminate Pain Of The Worst Kind In Just Minutes

If you are suffering with severe pain despite all the treatments, that may have failed you in the past, you may now have some hope of reducing or even eliminating your pain with a new non-surgical, painless laser treatment now available in Brooklyn.

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.

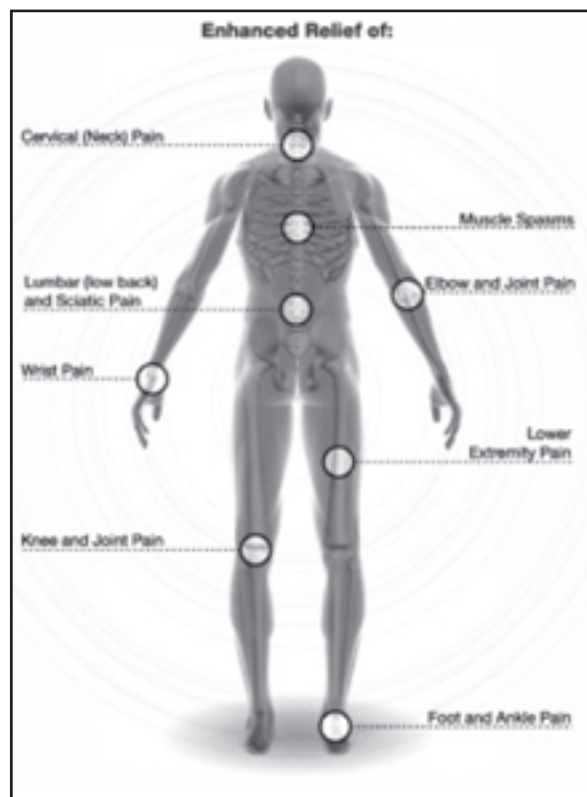
Low Level Laser enhances metabolic activity at the cellular level, without generating tissue-damaging heat.

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- 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.



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- 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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JPL celebrates 78 years with service

Jamaicans in New York rallied with purposeful prayers to give thanks for their island's 52 years of independence and also for the longevity of one of its oldest organization in the United States. The double celebratory service held at United Moravian Church in Harlem hailed the Jamaica Progressive League, Inc., a trail-blazing organization which was launched in Harlem in 1936. Conceived and launched specifically to bring self-government and independence to Jamaica, the JPL now boasts their initial drive to realize self-rule. For the 78th anniversary celebration worship and music combined for a fitting acknowledgement of the path dedicated members have invested throughout the years. Longtime members and latter day patrons marked the occasion singing hymns, referencing the Bible and afterwards during a reception shared food and beverages familiar to the island.



Inside Life

By Vinette K. Pryce

"Although it gets harder and harder, we have to maintain this tradition," Vincent Miller said.

One of the veteran members of the organization, he has seen the transition which through the years has expanded to focus on issues of advocacy for nationals residing here in the USA.

In addition to collaborating with the People's National Party to champion the cause for independence, the JPL has also advocated for reforms for fair wages, education, health, land settlement, agriculture, industry and fairness with appointments to the civil service sector.

There was a time when Jamaicans relied heavily on the JPL in order to bond with the nation. Without a consulate or diplomatic spokesperson to advocate

the issues of concern, the JPL provided an atmosphere similar to home away from home. With headquarters at 57th St. in Manhattan, the JPL probably reached the pinnacle of connection with divisions that directly related to the needs of the immigrant group. A youth division regularly hosted a weekly weekend session. It was no surprise that Bob Marley stopped into the mid-town location to meet and greet fans and share in the festivities of the evening. The annual independence gala held at the American Hotel provides nostalgic reflection on the merriment celebrated for an independent Jamaica.

Rev. Hopeton Clennon spoke to the many historic achievements since Christopher Columbus alleged-



Former Governor General Sir Howard Cooke (center) with Thabo M. Mbeki, former president of South Africa and former Jamaican PM PJ Patterson at the Norman Manley airport in Kingston, Jamaica.

AP PHOTO/ Collin Reid, file

ly 'discovered' the land of wood and water. In a sermon he traced the decades of struggle and history since the Spanish colonizers landed on the island through

the era of British conquest and into 1962 when Jamaicans took control of their own destiny by hoisting the black, green and gold banner of self-government.

Although an official thanksgiving service is annually held, the JPL in conjunction with the Harlem church congregates to mark the two milestone achievements.

In conjunction with the Jamaica consulate the official independence service will be held at New Jerusalem Baptist Church, 122-05 Smith Street (corner of Guy R. Brewer & Baisley Blvds) on Aug. 3 at 4 p.m.

CONDOLENCE BOOK NOW OPEN FOR JAMAICA'S GG COOKE

A condolence book will remain open at the Jamaica consulate until Aug. 5 in order that anyone wanting to sign or leave a message can pay tribute to the lifelong contribution of former Governor General Sir Howard Cooke who died July 11. The 98-year-old former GG will be accorded a state funeral on Aug. 8.

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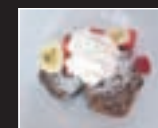
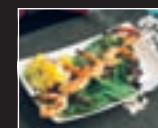
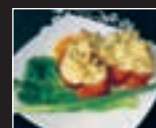
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ENTERTAINMENT

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‘All That Glitters’ for Mas Productions

By Nelson A. King

After a two-year hiatus in the adult section because of lack of financial support, the Vincentian-owned Mas Productions Unlimited mas band returns this year on Brooklyn’s Eastern Parkway with “All That Glitters.”

“We’re hoping to get the kind of support to do it,” said band leader and designer Wesley Millington in a Caribbean Life interview, disclosing that the band has “entered a partnership” with the Brooklyn-based shipping company, Standard Shippers, owned by his compatriot Gideon “Fessy” Yorke.

“We’re just looking for enough support to get people interested in the band, to get a Vincentian band back on the parkway,” he added. “We’re hoping for the kind of support to make this thing work.”

“A number of people said



Jahyra Millington portrays Ruby. Photo by Nelson A. King

they missed the band from Eastern Parkway,” Millington continued. “So we’re trying to see if we can go back on the Parkway.”

Though the adult section was suspended in the last two years, Millington said the band still participated in the spectacular West Indian American Carnival with a

Continued on Page 46

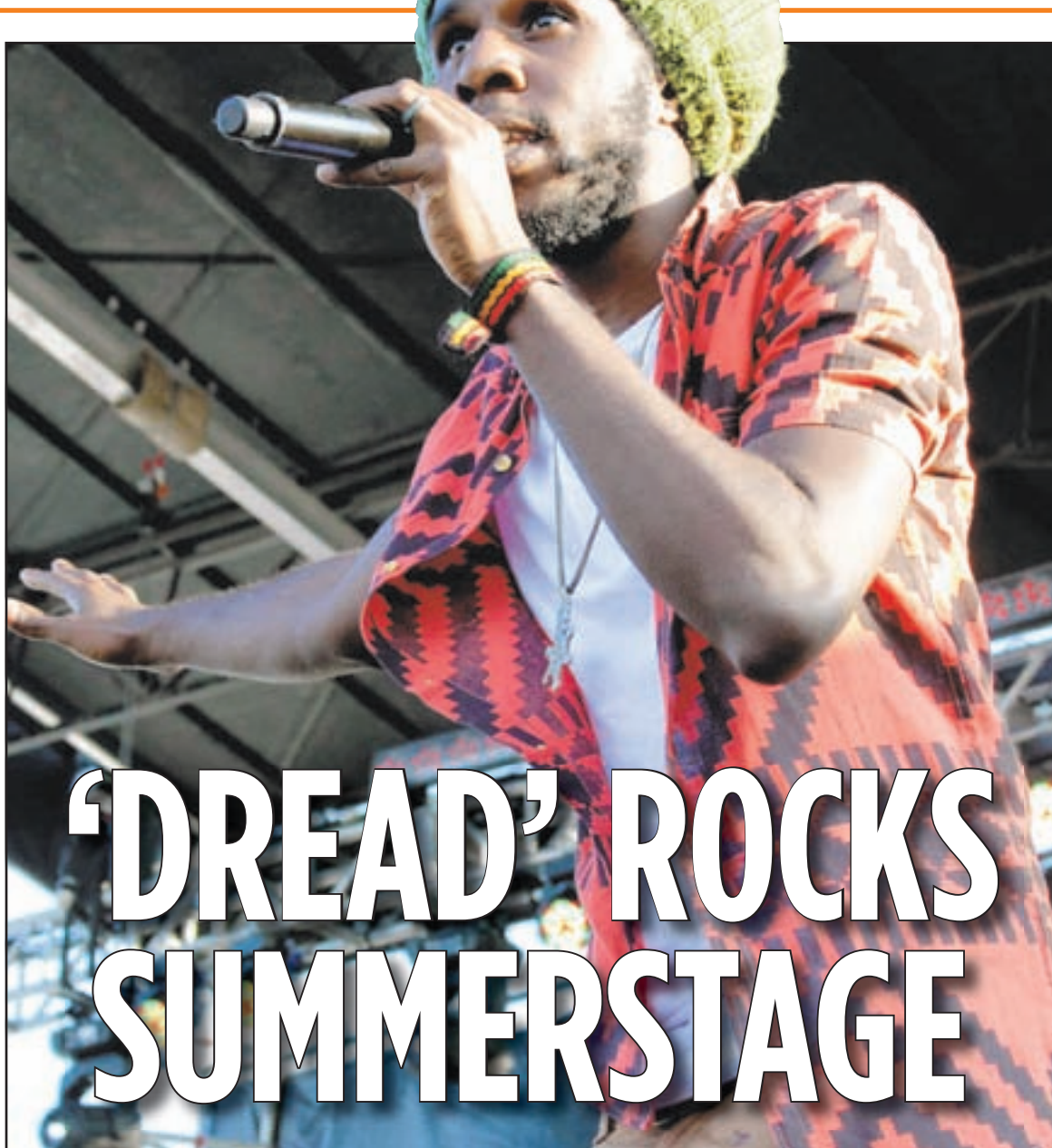
Dances Patrelle’s ‘Romeo & Juliet’

Dances Patrelle presents “Romeo & Juliet,” a dazzling 25th anniversary performance from Sept. 11-14, 2014 at The Kaye Playhouse at Hunter College, E. 68th Street between Park and Lexington avenues, NYC. Performances: Thursday, Friday and Saturday at 7:00 p.m. and Sunday at 2:00 p.m. Tickets are available beginning Aug. 1, 2014 at www.dancespatrelle.org or in person at The Kaye Playhouse Box Office.

In celebration of Shakespeare’s 450th

birthday, this evening-length revival of Romeo & Juliet will feature Francis Patrelle’s choreography, based on Shakespeare’s Play and Prokofiev’s Score. Jennifer Dunning stated in the 1993 New York Times in 1993, “Francis Patrelle gives the traditional tale ingenious twists...the stories behind the stories.” Following dP’s tradition of educating children and nurturing professionals in the art of ballet, this Romeo & Juliet casts aspiring ballet stu-

Continued on Page 46



‘DREAD’ ROCKS SUMMERSTAGE

Chronixx performing at Roy Wilkins Park in Queens.

Photo by Toni Dubois, File

Jamaican Chronixx at Central Park

By Vinette K. Pryce

They say ‘what goes around comes around.’

And for charismatic Chronixx he arrived with his “Dread & Terrible” tour and CD 39 years after reggae icon Robert “Nersta” Marley first visited Central Park to promote his “Natty Dread” album.

The irony does not die with the title or the fact both Chronixx and

Marley performed in New York’s most central recreational space but the fact crowds of every ilk jammed into a small space to see a Jamaican import on the rise.

Rock icon Mick Jagger joined legions who packed into the Rumsey Playfield to see and hear the current Dread on the scene.

Described as reggae music’s next megastar, the charismatic Chro-

nixx closed out his tour with a rip-roaring concert that drew more than capacity crowds. Curious patrons showed up ahead of the 3 o’clock start and by the time Junior Reid, the opening act made it to the stage Summerstage presenters were forced to shut the gates in order to contain the crowds.

Music lovers climbed trees, head-

Continued on Page 46

CARNIVAL COUNTDOWN



Masqueraders are pictured.

Photo by Tangerine Clarke

DRJ Vision In Motion presents

'MANDELA'

By Tangerine Clarke

Trinidad and Tobago born costume designer Donna Bridgeman will introduce a new concept in playing mas on Eastern Parkway with a tribute to one

of the greatest individuals that ever lived — former South African President Nelson Mandela.

Bridgeman, who is the band leader and executive producer, is teaming up with fashion expert

Janice Lawrence Clarke for DRJ Vision in Motion presents “Mandela” - a dynamic presentation that will showcase the extraordinary life of the icon from his childhood to his passing.

“Mandela was a man of peace who went through trials and tribulations in his life,” said Bridgeman who said she dreamt about the concept and called on co-produce Lawrence-Clarke to put the band in motion.

She also wanted to tone down the traditional skimpy costume and provocative display on the Parkway for a more historic tribute that she said would make a statement, and pay respect to the former leader of the ANC party.

“We wanted to change the face of carnival so we chose the theme Vision in Motion, that would express our dream,” said Bridgeman, who communicated

her concern for the efforts by some citizens to eliminate carnival from the Eastern Parkway.

“We want to maintain a proper image playing mas, explained the kiddies costume designer whose ultimate goal is to keep Labor Day carnival alive and well in the community.

“We hope other masquerades would follow through with us,” added Bridgeman who is encouraged by the many revelers who have expressed interest in joining the medium-size band of 275 masqueraders.

Lawrence Clarke, who will add her fashion and style sensibility to the bands ensembles, said the sections would showcase images of Revolutionary, Isolation, Freedom, Ancestral and African tribal that will encompass Mandela’s life.

Thanks to Dennis Pierre who worked diligently to complete the prototypes, revelers will be decked out in costumes designed from fabrics such as burlap, African print, crinoline and raffia.

The camp, located at 5623 Beverly Rd. and 57th Street in Brooklyn, which was recently launched with costume-clad masqueraders and accompanied by the New York Samba, will accept orders starting on Aug. 17 by appointment only.

Call, 347-495-0434 or 347-620-2557. Email djrmondelo@gmail.com.



Alysha Thomas, 11, portrays, “Sailor Ashore”.

Photo by Nelson A. King

CONTROVERSIAL CARNIVAL FESTIVAL

BELMONT KIDS

By Nelson A. King

Belmont Kids Connection is hoping to win the Small Bands category for children for the third successive year with a “Controversial Carnival Festival,” according to associate band leader Wendell Jack.

Jack, who hails from Belmont, Port-of-Spain, in Trinidad and Tobago, told Caribbean Life that his mas camp, located in the Canarsie section of Brooklyn, thrives in producing the best mas in the Caribbean festival.

“Since we’re the defending champions, we expect to look better,” he said. “But everything depends on the judges.”

He said the band also won the King and Queen of the Small Bands last year.

Produced by band leader and designer Lystra James, “Controversial

Carnival Festival” comprises four mixed sections: Two sailors and one Mexican and Cheyenne Tribe.

James said the band will be complemented with a dance group of 30 young ladies, 14-15 years old, led by Aliyah, 15.

The outfit is also participating in the J’ouvert competition in the pre-dawn hours before carnival day, said Jack, who heads that section.

Called the same name as the Children’s band, the J’ouvert band comprises 150-200 masqueraders in five, mixed – children and adults, male and female – sections, Jack said.

He said the sections are: Lantern Festival, A Day at the Beach (Hawaii), Sanganario Festival (Mexican), Sailor’s Fantasy and Apache (Indian).

For more information, contact Jack at (646) 623-3102.



Deborah James, 9, portrays “Cheyenne Tribe.”

Photo by Nelson A. King

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TOP OF THE CHARTS

TOP 10 SINGLES



- 1 **Am I Wrong**
Nico & Vinz
- 2 **Rude**
MAGIC!
- 3 **Stay With Me**
Sam Smith
- 4 **Problem**
Ariana Grande Feat. Iggy Azalea
- 5 **Fancy**
Iggy Azalea Featuring Charli XCX
- 6 **Summer**
Calvin Harris
- 7 **Latch**
Disclosure.....
- 8 **All Of Me**
John Legend
- 9 **Maps**
Maroon 5
- 10 **Dark Horse**
Katy Perry Featuring Juicy J

TOP 10 ALBUMS



- 1 **Mandatory Fun**
Weird Al Yankovic
- 2 **YES!**
Jason Mraz
- 3 **The Black Market**
Rise Against
- 4 **Based On A True Story ...**
Blake Shelton
- 5 **Frozen**
Soundtrack
- 6 **In The Lonely Hour**
Sam Smith
- 7 **Strange Desire**
Bleachers
- 8 **x**
Ed Sheeran
- 9 **Talk Dirty**
Jason Derulo
- 10 **Kidz Bop 26**
Kidz Bop Kids

Presented by
verizonwireless

Reggae in the park

Continued from page 43

ed for higher ground and lined the perimeter of the lawn to hear but could not see the lyrically infectious Rastafarian singer.

Marley's Central Park moment on June 18, 1975 attracted a record number to the Shaef-fer Music Festival for his "Natty Dread" showcase. Allegedly, 15,000 flocked to the small space that accommodated 6,000 but thousands more lined the rocky hills with still more filling the grassy valleys near the Wollman Skating Rink.

At that time, reggae was a novelty billing and Bob was the superstar in the making. Some who saw the king of reggae then returned these many years later to bear witness to another Rastaman tagged for meteoric success.

Earlier in the week, Chronixx made his U.S. network, television debut on the Tonight Show. Hosted by Jimmy Fallon, the show booked Chronixx for reggae's first act since Jay Leno exited the top-rated, late night talk show in February.

"The entire island of Jamaica is swelling with pride right now," Fallon said in his introduction of Chronixx.

When the young singer joined

his Zincence Redemption Band at Rockefeller Center singing "Here Comes Trouble" pride seemed prevalent throughout the Caribbean, and his performance must have enticed more than a few to his first major New York outing because a steady stream of curious, music lovers forced NYPD to bolster Summerstage's security detail.

His spectacular performance surpassed expectations. He was awe-inspiring.

Proclaiming "Selassie is the Leader," Chronixx launched into what seemed like hit after hit from his "Dread & Terrible" CD.

Tracks such as "Don't Take My Love For Granted," "Say My Name," "Smile For Me Jamaica," and the telling "Our Story" of Christopher Columbus' discovery under Queen Isabella and King Ferdinand amplified his proclamation that "Rasta no live pon captured land."

Chronixx is serious.

Chronixx is clear, concise and considerate.

In addition, he is humble and generous with sharing the praise. Throughout his performance he acknowledged Jesse Royal, another rising star on the horizon.

Chronixx is not the first to be



A cross section of the crowd at "Reggae in the Park."

Photo by Pat Meschino

likened to Marley, reggae fans and Jamaicans have been longing for the next messenger, ambassador and successor since the 1981 passing of the acclaimed first Third World superstar.

Since his untimely passing, Luciano, Sizzla, Ziggy Marley, Taurus Riley and others have been prematurely crowned with Marley's mantle. For some brief reigns fulfilled the fantasy and optimism. However, no one has sustained the tedious, compelling and iconic task of parallel success to Marley's.

Chronixx seems the next best

hope for the genre.

He is young, charismatic, Rastafarian, sings truth to power and from all indications seems destined for greatness.

Junior Reid held his own opening for the headliner. The "One Blood" singer is as seasoned as any and on any other date could well have headlined. As lead singer of Black Uhuru -- reggae's first Grammy winners in 1984 -- Reid won accolades singing at Radio City Music Hall. There he performed "Great Train Robbery," "Guess Who's Coming To Dinner" and "General Penitentiary."

Glitter

Continued from page 43

children's section. The children's section featured "Amazonia" last year and "Tonga" in the previous year.

This year, the veteran mas producer once again hopes to impress masqueraders and onlookers with "All That Glitters."

"It's going to look a little different from the other bands that are up here (in New York)," Millington said.

"We do our own costumes," he said, stating, "that many mas bands import their costumes or have them "manufactured."

Millington said another veteran Vincentian mas producer, Ricardo "Puzzle" Grant, will be assisting him in producing "All That Glitters."

Grant -- a mas producer with SVG Players International, which placed second for "Band of the Year" in the just-concluded Vincy Mas 2014 -- returns after a four-year break.

Millington said "All That Glitters", which is based on gold and precious stones -- the idea was given to the mas producer by a



Kelsie Dove-Williams portrays Turquoise. Photo by Nelson A. King

friend -- features nine sections: Six adults (five females and a male) and three children (two girls and a boy).

The adult sections are: Ruby, Emerald, Pearl, Turquoise, Amethyst and Onyx (male).

The children sections are: Topaz, Amber and Sapphire (boy).

For more information, call (866) MASBKNY or Millington at (718) 759-7766. 150 in the Small Band category.

Romeo and Juliet

Continued from page 43

sidents alongside a diverse professional cast of the highest quality, including Matthew Dibble, Amy Brandt, Julie Voshell, John Mark Owen, and Grant Dettling. The roles of Romeo and Juliet will be played by Alexander Castillo and Chloé Sherman. Castillo and Sherman both performed for Francis Patrelle as students and now dance professionally on the West Coast.

Alexander Castillo was born in Bayside, New York. At the age of 13, he started his dance training at Ballet Academy East, under the direction of Darla Hoover. At this time Alexander was also seen in Francis Patrelle's Yorkville Nutcracker, first as a party child and mouse, and later in the Spanish Divertissement. Castillo then finished his training at the School of American Ballet under the direction of Peter Martins. Upon leaving the School of American Ballet, Alexander joined the Los Angeles Ballet where he is currently a Soloist. He has danced featured roles in Balanchine's "Concerto Barroco," "La Valse,"

"Western Symphony," and "Serenade"; Jiri Kylian's "Return to a Strange Land"; and Los Angeles Ballet's "The Nutcracker," and "Swan Lake." Castillo is thrilled to return to New York and perform with Dances Patrelle as a professional.

Chloé Sherman is a member of Los Angeles Ballet's corps de ballet. She was born in New York, where she began her dance training at the age of 2 at Ballet Academy East. As a student, Sherman performed in Francis Patrelle's "Yorkville Nutcracker," dancing the roles of Mary and Lead Marzipan. She began studying at the School of American Ballet (SAB) during the 2009 summer course and enrolled as a full-time student that fall. In 2011, Sherman became a company member with the Los Angeles Ballet. Ms. Sherman has recently performed in a world premiere of Christopher Stowell's Cipher, as well as featured roles in Balanchine's "La Valse" and "La Sonnambula." She is excited to be back in New York to perform with Dances Patrelle once again.

Vengeful parishioner threatens Irish priest

“Calvary”
 Excellent (4 stars)
 Rated R for profanity,
 sexual references, drug
 use and brief violence
 Running time: 100
 minutes
 Distributor: Fox
 Searchlight Pictures

By Kam Williams

While hearing confessions in church one day, Father James Lavelle (Brendan Gleeson) gets the shock of his life. First, a disturbed man recounts in lurid detail how, as a child, he'd been raped by a priest every other day for five years. Then, the anonymous confessor announces that since the pedophile who ruined his life is already deceased, he's decided to even the score by murdering Father James, and in exactly one week.

care less that his intended victim is totally innocent and wasn't even a priest when the transgressions transpired. In fact, Father James was married back then and only entered the priesthood relatively recently in the wake of his wife's untimely death.

But there's to be no reasoning with this revenge-minded lunatic leveling the death threat through the opaque screen. He unceremoniously exits the confessional booth without asking for absolution, abruptly leaving Father James in a quandary about what to do next.

The concerned priest consults his immediate superior, Bishop Montgomery (David McSavage), who suggests the matter be reported to the police. However, despite having a hunch about the identity of the unhinged maniac, Father James merely resumes ministering to the needs of his tiny congregation as if nothing happened, ostensibly at peace with the pros-



Brendan Gleeson (left) and Chris O'Dowd in a scene from “Calvary.”
 Photo courtesy of Fox Searchlight

pect of being martyred for the sins of another.

Meanwhile, there's no shortage of suspects among the denizens of the deceptively-serene village, nestled along the windswept Irish seacoast. There's an unscrupulous

banker (Dylan Moran) unsatisfied by wealth beyond his wildest dreams, a cuckolded butcher (Chris O'Dowd) with a bi-polar spouse (Orla O'Rourke) who's cheating on him, and her sadistic African lover (Isaach De Bankolé)

who freely admits to beating her for kicks.

Other bizarre characters include a morally-compromised physician (Aidan Gillen) flagrantly violating the Hippocratic oath, a closet cannibal (Domhnall Gleeson) claiming that human flesh tastes a lot like pheasant, and a macho cop (Gary Lydon) who secretly gets his rocks off with help of a flamboyant male prostitute (Owen Sharpe). And rounding out the list of possible perps are a sexually-frustrated teen (Killian Scott) considering enlisting in the Army, and a suicidal American writer (M. Emmet Walsh).

Yet, if anybody's truly entitled to have a beef with Father James, it would be his daughter, Fiona (Kelly Reilly). She felt like she lost both of her parents when he entered the seminary at a time she needed him more than ever.

Directed by John Michael McDonagh (The Guard), “Calvary” is a modern morality play.

Independent & Foreign Films

4 Minute Mile (PG-13 for mature themes, violence, drinking, drugs, smoking and profanity) Overcoming-the-odds drama about the unlikely friendship forged between an at-risk teen (Kelly Blatz) and the reclusive, retired track coach (Richard Jenkins) who agrees to train him. With Analeigh Tipton, Kim Basinger, Cam Gigandet and Rhys Coiro.

The Almost Man (Unrated) Changed circumstances satire about a sophomore, 35-year-old slacker (Henrik Rafaelsen) suddenly forced to mature when he gets his girlfriend (Janne Heltberg Haarsest) pregnant. Supporting cast includes Egil Birkeland, Kim Eidhagen and Erik Haugstad. (In Norwegian with subtitles)

Around the Block (Unrated) Aussie drama, set in Sydney, about an aborigine kid (Hunter Page-Lochard) from a broken home who develops a love of acting with the help of his American drama teacher (Christina Ricci). Featuring Matt Nable, Jack Thompson and Daniel Henshall.

Behaving Badly (R for crude sexuality, graphic



Kam's Kapsules

By Kam Williams

nudity, drug use and pervasive profanity) Romantic comedy about an awkward teen (Nat Wolff) with a crush on the cutest girl (Selena Gomez) at school. With Elisabeth Shue, Mary-Louise Parker, Dylan McDermott, Gary Busey, Justin Bieber and Heather Graham.

Cabin Fever: Patient Zero (Unrated) Third installment in the horror franchise revolves around a bachelor party aboard a Caribbean cruise which is ruined when revelers start becoming infected with a flesh-eating virus right after docking their boat at a remote island. Ensemble includes Sean Astin, Currie Graham, Ryan Donowho, Brando Eaton and Jillian Murray.

Child of God (R for nudity, profanity, violence and disturbing sexual behavior) James Franco adapted, directed and stars in this crime thriller based on the Cormac McCarthy best sell-

er of the same name about a cave-dwelling serial killer (Scott Haze) terrorizing a Tennessee mountain community. Narrated by Wade Williams and featuring Tim Blake Nelson, Jim Parrack and Fallon Goodson.

Finding Fela! (Unrated) Oscar-winner Alex Gibney (for *Taxi to the Dark Side*) directed this reverential retrospective recounting the career of Fela Kuti (1938-1997), the Nigerian pop music icon who passed away prematurely after contracting the AIDS virus.

Louder than Words (PG-13 for mature themes, smoking and brief profanity) Fact-based drama about a grieving couple (David Duchovny and Hope Davis) who decide to build a state-of-the-art children's hospital after the untimely death of their young daughter (Olivia Steele-Falconer). Cast includes Timothy Hutton, Adelaide Kane and Xander Berkeley.

FROM THE DIRECTOR OF THE HELP

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 NELSAN ELLIS
 ACADEMY AWARD® NOMINEE
 VIOLA DAVIS
 ACADEMY AWARD® WINNER
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SUN KULCHA COMMUNITY EVENTS

SAT., AUG. 2

COMMUNITY PADDLE: Calling all paddlers: come explore the tidal section of the Bronx River at 1:30 p.m. Free, no registration required. This event will take place at Starlight Park (174th St. between West Farms and Bronx River Ave.

BROOKLYN MUSEUM: Target First Saturday celebrates the Caribbean communities in and around Brooklyn through music, film, and dance. Highlights include musical group Heritage O.P., soca dance with Candace Thompson, and screenings of the films 2x1 and Mas Man. Museum admission is free from 5:00 p.m. to 11:00 p.m. and includes entrance to galleries and events. Ai Weiwei: According to What? is a ticketed exhibition; tickets are available at a special discounted rate of \$10 (regularly \$15). Programs are subject to change without notice. For more information, visit www.brooklyn-museum.org. Museum galleries are open until 11:00 p.m. Parking is a flat rate of \$5 from 5:00 p.m. to 11:00 p.m.

DO GOOD. HAVE FUN: The Bronx River Alliance and Bud Light are joining together to make a difference in your community. Do Good! We're looking to engage 100 volunteers to clean up the Bronx river, pick up litter, paint over graffiti and pull invasive weeds from 9:00 a.m. - 1:00 p.m. Have fun! Following the cleanup, join us for an afterparty to celebrate your achievements. Location: Muskrat Cove (233rd St. & Webster Ave.) Bronx, NY 10470. You must be 21 or older to register for this activity. To register, visit <http://www.budlight.com/do-good-have-fun-register.html?event=http://newyorkcity-cleanup.splashthat.com>.

MON., AUG. 4

BUSINESS COUNSELING: Meet with a SCORE counselor to discuss your business needs from 10:00 a.m.- 2:00 p.m. Get advice on starting a business, writing a business plan, implementing a marketing strategy and much more. SCORE is an SBA organization. Call (718)623.7000 and select option "3" to make an appointment. This is a Business & Career Library service. Information Commons, Meeting Room 3, Central Library, 10 Grand Army Plaza

WED., AUG. 6

FAMILY PLANNING: Come out and get free information about preparing for the rest of your life. This information session will cover: financing your uncertain future, selecting the best living arrangements, getting the medical care you need, and end of life planning. Light refreshments will be served at 6:00 p.m. The information session will be at 7:00 p.m. Church of the Open Door, 201 Gold St., Brooklyn.

ONGOING • NOW - FRI., AUG. 29

INSURANCE POLICY: Are you covered adequately by your homeowner's insurance? Are you paying too much? NHS will review your policy free of cost. We also speak to community groups about how the changing flood maps will

impact your policy and flood insurance. For more information, call (718) 469-4679. Sponsored by Neighborhood Housing Services of East Flatbush, a not-for-profit housing organization. www.nhsnyc.org.

NOW - SUN., AUG. 31

CHURCH WITHOUT WALLS: Summer is here and that means it is time once again for Pastor Donnie McClurkin and Perfecting Faith Church of Freeport, N.Y., to return outdoors and take the church to the people! Church Without Walls, the congregation's annual summer crusade will be hosting an outdoor service each Sunday at 3:00 p.m., weather permitting, in the parking lot of the Western Beef Shopping Center, located at the corner of Nassau Road and Babylon Turnpike in Roosevelt.

MAS CAMP: Roy Pierre & Associates present J'ouvert 2014 "Running of the Bulls". The mas camp's new venue is Café O'mar (1744 Nostrand Ave. (Corner of Clarendon Rd.) Brooklyn. Open nightly from 6p.m. - Midnight. Come register and join us for J'ouvert 2014. For more info call: (718)282-1229; (718) 462-5164

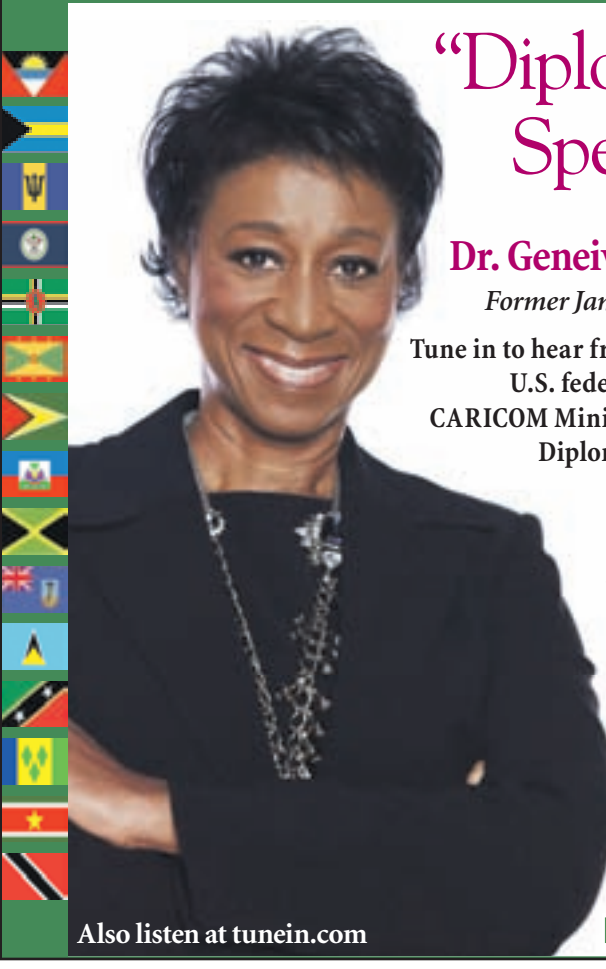
FLOOD RELIEF: Donations are being accepted at the Friends of Crown Heights Center located at 671 Prospect Place, Brooklyn. Donations will also be accepted by Mirtha Colon. Casa Yurumein is located at 874 Prospect Ave. in the South Bronx, corner of Westchester Avenue. Checks and money orders are welcomed and should be made out to "SVG Community Inc." Anyone in the Long Island area who wishes to make a donation but cannot drive to Brooklyn, please call (347) 488-4395 to arrange a drop off or to arrange for Colon to pick up the donation. Items needed include medical supplies, non-perishable food, clothes, shoes, candles. Monetary donations can be made in the form of checks or money orders addressed to "SVG Community Inc."

PASSPORT APPLICATION CENTER: Brooklyn Public Library (BPL) has 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 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.

FEATURING HOME REPAIR: Is your boiler, water main or roof in need of fixing? Do you need major repairs done but lack the finances? Now is the best time to fix it. Neighborhood Housing Services of East Flatbush, a not-for-profit housing organization can assist you. For more information on the Home Improvement Programs, call (718)469-4679 or visit www.nhsflatbush.org.

If you have an event that you would like to post in Sun Kulcha, please email your submission to Caribbeanlife@cnglocal.com. All submissions are subject to a review by the editor. Compiled by Natalie Y. Henry

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AUG 29TH	<i>The Official</i> STAY IN SCHOOL Concert FEATURING: HIP HOP • DANCE • STEEL PAN • KARATE FASHION SHOW • SPOKEN WORD • AND MUCH MORE! 11:00 AM - 3:30 PM
AUG 29TH	BRASSFEST FEATURING: WITH THE ASSOCIATED WITH BRASS BANDS: MACHEL MONTEANO HD REXICE BOMBETS • FARMER HAPPY • DEEPTON SINGH AND HIS BAND SHINNY BABLOUS • LYKAL • BAYZOR • BLAKK BASSA RED FIAN BAND • SOODOOSINGH TASSA DRUMMERS
AUG 30TH	JUNIOR CARNIVAL CARNIVAL ROUTE Assembles at 8:00am at Kingston ave. & St. John to Franklin Avenue South to President St. To Brooklyn Museum grounds Parade starts at 9:00am and ends at 4:00pm SHARP! THE ENTRANCE TO ALL SHOW IS ON EASTERN PARKWAY
AUG 30TH	STEEL BAND PANORAMMA FEATURING: PAN SOHAGAS • CAYSH • SESAME FLYERS • PRANTONS • ADUS METRO • PAN FANFASY • "D" RAGGIES • DESPERS • CROSSFIRE HARMONY • RHYTHM SECTIONS FINALS PLUS MUCH MORE • STEELBANDS SUBJECT TO CHANGE
AUG 31ST	DIMANCHE GRAS FEATURING: MIGHTY SPARROW • LORD NELSON • DAVID RUDDER LEON COLDERO • LENHOE POCOU • LIMA CALIBO SOODOO SINGH TASSA DRUMMERS • SUNSHINE BAND SOMETHING POSITIVE DANCE TROUPE KINGS AND QUEENS OF THE MAS BAND 2014 PANORAMA CHAMPS • AND MUCH MORE... THE LEGENDS ARE FINING
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Trinidadian Mikkel Lespierre, 28, trains at Gleason's Gym, Brooklyn.

Photo by Kevin Bollers

T&T boxer gets ready

By Robert Elkin

The time is drawing near for Mikkel Lespierre's sixth boxing appearance as a professional fighter. It's going to be Friday night, Aug. 1 at the Amazura Concert Hall at 91-12 144th St. in Jamaica, N.Y.

On the card in one of the fights, either four or six rounds as the number of rounds has not been decided at press time, Lespierre will fight Kevin Womak of Baltimore, Maryland in a junior welterweight match

Continued on Page 55

Jamaican wins 100 meters title

By Rob Harris

GLASGOW, Scotland (AP) — In Usain Bolt's absence, training partner Kemar Bailey-Cole collected the first individual gold of his career by winning the 100 meters at the Commonwealth Games on Monday.

The Jamaican clocked exactly 10 seconds at the cool Hampden Park track in Glasgow, a tenth of a second ahead of English sprinter Adam Gemili while compatriot Nickel Ashmeade took bronze.

"It feels very good to have the spotlight on me once," the 22-year-old Bailey-Cole said.

"I'm not looking towards Usain. I'm just looking towards me, getting my things and achieving my dreams — winning as many

Continued on Page 55



RED BULLS MAKE HISTORY

New York Red Bulls forward Bradley Wright-Phillips (99) heads the ball against Arsenal during the first half of an international friendly soccer game on Saturday, June 26, 2014, in Harrison, N.J.

AP Photo/Adam Hunger

First MLS team defeat English Club

By Patrick Horne

The New York Red Bulls, last Saturday afternoon, reminded us again that soccer is a game of glorious uncertainties. The Red Bulls (5-6-9), lingering in fourth place in the MLS Eastern Conference after drawing nine of its 20 games,

became the first MLS team to defeat an English Premier League club, when it topped English FA Cup winner Arsenal FC, 1-0.

The sellout crowd of 25,219 watched in surprise as the Red Bulls gave the Gunners a lesson in organization, slick pass-

ing, smart moving off the ball and counterattacking. Former Arsenal star and career scoring leader Thierry Henry, now captain of the Red Bulls, turned back the clock somewhat as if to show the present Gunners how the game should be played.

Continued on Page 55

Trinidad & Tobago Red Steel on top

The Limacol Caribbean Premier League Twenty20 tournament took an interesting turn as Trinidad & Tobago Red Steel took the top honors by leading the points table. The T&T Red Steel has 10 points, they played six games and lost only one when they were defeated by the Guyana Amazon Warriors. The T&T Red Steel has three more games to play, the St. Lucia Zouks, Antigua Hawksbills and the Barbados Tridents.

Captain Bravo gives credit to Simon Helmot

T&T Red Steel captain Dwayne Bravo gave credit to Australian coach Simon Helmot for his team's success. Bravo said, "the Australian coach has made a difference to his team in the current Limacol Caribbean Premier League Twenty20 tournament."

Note: Former West Indies assistant head coach David Williams and former West



Eyes on Cricket

By George H. Whyte

Indies opening batsman Gordon Greenidge are part of the support staff for the T&T Red Steel.

T&T Red Steel defeats the Jamaica Tallawahs by 13 runs

Some remarkable performance from T&T Red Steel all-rounder Kevin O'Brien. He boosted the Red Steel to an exciting victory over the Jamaica Tallawahs. Captain Chris Gayle won the toss and gave T&T Red Steel first strike. T&T Red Steel scored 183 runs for 5 wickets with Evin Lewis scoring 72 runs from 43 balls with eight sixes and two fours, Kevin O'Brien 32 and Darren Bravo 30 for 30 balls.

The Jamaica Tallawahs reached 170 for 6 with Chris Gayle scoring 60 off 26 balls, Andre Russell 40 out off 17 balls with massive sixes and Jermaine Blackwood 28 runs of 26 balls. Kevin O'Brien picked up 4 wickets for 22 runs and he was named man of the match for his all-rounder effort.

Note: T&T Red Steel leads the LCPL T20 to our name meant 10 points.

Dwayne Smith slams 110 no out in LCPL

Barbados Tridents batsman Dwayne Smith hit a swashbuckling in 110 runs not out from 69 balls with six fours and eight sixes. Playing against the St.



West Indies' batsman Dwayne Smith watches his shot during their ICC Twenty20 Cricket World Cup match against Bangladesh in Dhaka, Bangladesh, Tuesday, March 25, 2014.
AP Photo/Aijaz Rahi, File

smith's century Shoaib Malik scored 49 runs before he was bowled by pacer Tino Best. The St. Lucia Zouks scored 157 for 4 off their 20 overs with Keddy Les Paris scoring 50 not out and Andre Fletcher 27. Barbados Trident won by 29 runs.

BOTH LARA AND LLOYD SCORED 14 TONS AS CAPTAIN

Former West Indies captain Clive Lloyd and Brian Lara both scored 14 centuries during their tenure as captain. Lara averaged 57-83 in the 47 Test in which he captained the West Indies team. Lara scored 400 not out against England in Antigua in 2004 and four other scores above 200 as captain, he scored 213 off Australia at Sabina Park, 209 off Sri Lanka at Beausejour in St. Lucia, 202 against South Africa in Johannesburg, South Africa and 216 off Pakistan in Multan.

Lucia Zouks at Kensington Oval in Barbados. The Tridents scored 186 runs for 9 wickets and apart from



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Cyclones start up a winning streak!

Cyclones 7 Vermont 2

July 24 at MCU Park

The Cyclones' success at home continued last Thursday as Scarlyn Reyes pitched perfectly into the fourth inning and the Clones picked up another win at home.

The Cyclones struck early in the first when Jhoan Urena plated Amed Rosario, who reached on a throwing error. A home run by Michael Bernal in the second added to the Mini-Mets lead. Bernal went two-for-four. A third run was tacked on in the third when Urena brought Rosario home for the second time after Rosario hit a triple.

Scarlyn Reyes gave up only two runs on three hits through five innings, and the only Lake Monsters damage came in the form of a two-run homer in the fifth.

The bottom of the seventh saw four more Cyclones runs when Tomas Nido drew a leadoff walk and advanced to third on a Bernal single. Wil Fulmer hit a sacrifice fly that plated

Nido. Aggressive base running allowed Adrien Abreu to score on a pick-off attempt on Urena.

Vermont 5 Cyclones 2

July 25 at MCU Park

It was Christmas in July at the ballpark but this game was no gift for the Cyclones, as Octavio Acosta struggled to find his groove on the mound against the Lake Monsters.

The Lake Monsters got on the board first in the second inning as Acosta uncharacteristically gave up three one-out singles that loaded the bases, then gave the Monsters their first run of the night.

The Clones used the Lake Monsters' own pitching struggles to their advantage in the third as Michael Conforto plated Jhoan Urena with a double after Urena reached on a four-pitch walk to start off the inning. The Clones took the lead in the fourth when Tucker Tharp hit a sacrifice fly to plate Tyler Moore,

who had made it to first with a leadoff double.

Acosta found himself in another jam during the fifth inning after a bunt single, then an error by Jhoan Urena allowed the leadoff man to get to second. A hit batter gave the Monsters first and second, and a double and two singles plated three Lake Monsters. Acosta pitched five innings, gave up two hits, walked three, and struck out two.

Cyclones 3 Vermont 2

July 26 at MCU Park

The Cyclones were able to pick up a second win against the Lake Monsters behind the reliable Corey Oswalt in the final game of the series before going on the road.

The Cyclones got on the board first, scoring two in the second inning. Tyler Moore, who went three-for-three, started a rally off with a leadoff single. Moore would get thrown out at home on a fielder's

choice, but William Fulmer knocked in two runs on a run-batted-in single.

Oswalt pitched six solid innings, giving up two runs on five hits with six strikeouts. The Lake Monsters hit a pair of doubles off Oswalt in the third to give them their first run. They tacked on another in the fifth on a Yairo Munoz sac fly.

The winning run for the Mini-Mets came off of Moore's bat in the third. After Michael Conforto hit a single and stole second, Moore knocked a double to right field that brought him around.

The Cyclones set-up man Kelly Secrest pitched a scoreless seventh and eighth innings, leading the way for closer Shane Bay to pick up his sixth save of the year.

Cyclones 9 Lowell 3

July 27 in Lowell

The Cyclones bats finally woke up on Sunday night as they faced the Spinners for the first time this season, putting the bat

to the ball 15 times.

The Mini-Mets got an early lead in the first as Michael Conforto plated Amed Rosario, who reached on a force play that took out Adrien Abreu. The Cyclones' lead didn't last long as the Spinners scored two runs in the bottom of the inning.

After a rough bottom of the third inning that took out first baseman Michael Katz when he twisted his knee trying to make a play, the Clones comeback started in the fourth when Wil Fulmer hit a single that plated Michael Bernal. Bernal went four-for-four.

The Cyclones regained the lead in the fifth with the help of small ball, and continued the success late into the game, scoring four in the eighth. Spinners pitching allowed two walks and a single by Rosario, which scored the first run of the inning. Jhoan Urena had not had a hit the whole game and was at risk of ending his

12-game hitting streak but extended it with a single that scored Abreu. Bernal hit a double to plate Rosario and Urena for the final run of the game.

Cyclones 8 Lowell 5

July 28 in Lowell

A two-out, six-run explosion in the sixth inning erased a 2-1 deficit and stormed the Cyclones to victory.

Amed Rosario began the frame with a double to right and, after a pop out and a walk to Mike Conforto, a wild pitch put runners at second and third. Michael then struck out swinging, but five straight two-out hits, including a double by Anthony Chavez, plated six Clones.

Three relievers helped starter Alberto Baldonado earn his first win of the season, with Shane Bay earning his eighth save.

The win put the Cyclones back at .500, nine games behind the first-place Hudson Valley Renegades.

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Peter Byers of Antigua & Barbuda (right) tackles a Trinidad and Tobago player during the Caribbean Cup tournament last Sunday.

Photo by Keith Dawson

Caribbean Cup

Continued from page 51

He was at the heart of the local team's performance and orchestrated a number of combination plays with Wright-Phillips and with midfielder Lloyd Sam and inspired the good performance.

By the 32nd minute, the Red Bulls forced one of a

number of corner kicks, and Henry put this one right into the Gunners crowded goal area for teammate Ibrahim Sekagya to head downward to Wright-Phillips, who slotted the ball past Arsenal goalkeeper Wojciech Szczesny for his 18th goal of the season. Henry left the game in the 51st minute to a standing ovation.

"There was some very good play from us," Red Bull coach Mike Petke said after the win. "Especially in the first half from our counter. This was one of the best-passing teams in the world and we were patient, sat back and countered to exploit. We did some good things. It was good to see some things that we need to improve on that we did well today."

Meanwhile, Arsenal, with key forwards absent, tried

to pull off the Spanish no-designated-striker trick that didn't work. Arsenal shaped up with a four-man backline and defensive midfielder Miguel Arteta ahead of it, and five midfielders ahead of Arteta, with no target striker. The Gunners improvised as they advanced into the offensive third, with the intent that a striker will emerge as the play developed, but there was little structure, so the forays were fruitless.

Lespierre

Continued from page 51
as part of the Elton DHarry Production.

Lespierre enters the fight with a 5-0 record. Last Saturday Lespierre, who originally came from Trinidad and now resides in Brooklyn, was seen working out at the Gleason's Gym in downtown Brooklyn preparing for the fight.

"He was doing conditioning, and it was all about focusing and strategy," said trainer and coach Don Saxby while the pugilist was working out in front of a mirror at the Gleason's Gym. "We're trying to emulate guys who will be fighting. It's (all about) strategy and he's going to win. He's staying in shape and is also sharp in getting ready for his next fight in early September."

Lespierre is going to rely on his uppercut in his upcoming fight (tonight). He favors his upper cut and uses it a lot because it is hard to throw and he does not have any problems in doing it. He can use his uppercut in almost any angle.

Mikkell is a very good fighter and all the connections are very

impressed with him. He is a quiet person, and he does not make a lot of noise.

Also on the card and in the feature event of the program will

"We're trying to emulate guys who will be fighting. It's (all about) strategy and he's going to win."

be Elton DHarry who sports a 15-3 record. The latter is pitted against Antwan Robertson for the New York State Bantam weight title. DHarry who originally came from Guyana now lives in Brooklyn.

In addition, there will be other boxing matches on the evening card with several others representing Gleason's Gym including Neuky Santelises and a female Italian Elisa Collaro. The former is a boxer and is not a slugger.

"We all hope that the boxing show will turn out to be a very successful one," said Gleason's Gym owner Bruce Silverglade.

Commonwealth games

Continued from page 51
races as I can and getting as much gold."

The quietly-spoken Bailey-Cole had to recover from a rough start before edging over the line first.

"I just came out here relaxed because if you run with tension you won't get your results," he said. "Even if I didn't get the right start, I held my composure and dove right through."

Gemili was also celebrating a first-ever senior medal on the road to the Rio de Janeiro Olympics despite struggling to sleep on Sunday night due to "inexperience and nerves" while preparing to represent

England at a major championship.

"It's not about times today, it's (about) positions because the times will come," he said. "Medals are what count and this is a stepping stone now for the Europeans, worlds and then Rio in 2016."

The stadium was packed with many fans who had bought tickets expecting to see Bolt, but injury has restricted the Olympic champion to the 4x100 relay. Bailey-Cole is likely to feature with Bolt in the Jamaican relay team in Friday's heats, but he isn't completely enjoying the Scottish experience. The

menu isn't to his liking in the athletes' village.

"It's really different (to the 2012 London Olympics) — the food was way better than this," Bailey-Cole said. "It needs a bit more seasoning."

The women's sprint title was taken by Blessing Okagbare of Nigeria who won in 10.85 seconds.

"It's amazing, great, a blessing," Okagbare said. "Everything has come together. It all just fell in place."

The women's podium was completed by Jamaicans, with silver for Veronica Campbell-Brown and bronze for Kerron Stewart.



Kemar Bailey-Cole of Jamaica centre, wins the men's 100 meter race as he looks across at Adam Gemili, right, of England who came second at Hampden Park Stadium during the Commonwealth Games 2014 in Glasgow, Scotland, Monday July 28, 2014.

AP Photo/ Scott Heppell

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THEME: AWARDS AND TROPHIES

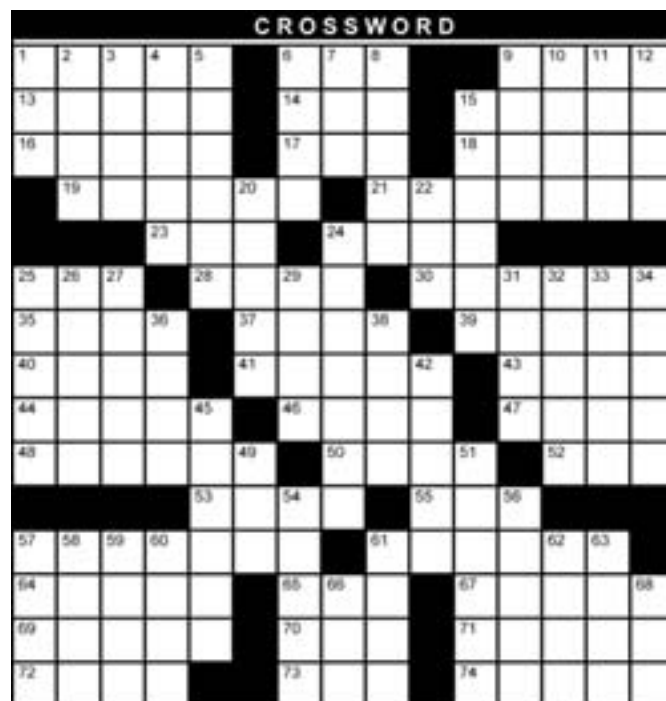
ACROSS

1. State in northeastern India
6. *Hanson's "MMM___," nominated for two Grammy Awards
9. The Atkins _____
13. Nigerian money
14. Lawyers' league
15. *_____ Martinez, winner of three Cy Young Awards
16. "Encore!"
17. A cause of inflation
18. Like a dunk but softer
19. *Four time Pulitzer Prize winner
21. *_____ Cup
23. Sigma Alpha Epsilon
24. Reduced Instruction Set Computer
25. Choose
28. *He won Oscar for "Leaving Las Vegas"
30. Gastric enzyme
35. Garden starter
37. Left or right
39. Like 1950s style, today
40. Algonquian language
41. Walk heavily
43. Riyadh native
44. Next step for juvenile
46. Russia's legislative body
47. Mandolin's cousin

48. Indonesian currency
50. Eight bits
52. ___ Aviv
53. Catcher's catcher
55. Labor group
57. *Masters' awards
61. *The Man _____ Prize
64. Modern day letter
65. Hole punching tool
67. Pertaining to a pope
69. Sufficiently
70. Fish eggs
71. Long stories
72. *This Coward is an Academy Award and Tony winner
73. Boar's mate
74. Cubed

DOWN

1. Nurses' organization
2. Palm starch
3. a.k.a. Xi'an, ancient capital of China
4. Ovine sign of the zodiac
5. Mad person
6. Worshipped by ancient Semitic peoples
7. ___-Wan of "Star Wars"
8. Zoroaster follower
9. Campus head
10. Descriptive of pastoral life
11. North of Cleveland
12. *Broadway recognition
15. Alluvial deposit
20. Minimum
22. Recipe amount
24. Entrenched stronghold
25. *Gold knight
26. Lost in Provence
27. Get ready to drive
29. Encircle
31. Church sound
32. Walk like a peacock
33. About to explode
34. *Swedish benefactor
36. Sub station
38. *Winged woman holding an atom
42. BBQ spot
45. In a tame manner
49. Opposite of "miss"
51. Ran off to Vegas?
54. Peter and Paul
56. Rain forest ruminant
57. *Billie ___ King, 1972's Sports Illustrated Sportsman of the Year
58. Held by a clip
59. Super garb?
60. *Pulitzer Prize winner, "To ___ a Mockingbird"
61. What the Big Bad Wolf did
62. Larger-than-life
63. Dash
66. To court
68. Acid



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ARIES: Mar 21/Apr 20
Aries, you may have to make a few minor changes to your original plan, but other than those minor adjustments there is nothing standing in your way this week.

TAURUS: Apr 21/May 21
Home improvement projects continue to pile up, Taurus. Use this week as an opportunity to get everything in motion and on the path to completion.

GEMINI: May 22/ Jun 21
A few more tweaks and your master plan will be complete, Gemini. Now you just need a few able-bodied volunteers to work with you through some of the hard labor.

CANCER: Jun 22/ Jul 22
Cancer, a late-summer trip makes the perfect finale to a few good weeks of recreation. A little adventure is in your future, so make the most of this opportunity.

LEO: Jul 23/ Aug 23
Leo, once you have your mind made up, it is extremely difficult to sway your opinion. Others will try this week to get you onto their side. But you're just not feeling it.

VIRGO: Aug 24/ Sept 22
Virgo, whether you have been lucky or unlucky in love as of late, this is the week for some romantic surprises. Your entire perspective could be turned on its head.

LIBRA: Sept 23/ Oct 23
A small disappointment has you out of whack, Libra. Don't let it get to you for too long. Family members will help pull you out of a brief funk and get you on your feet.

SCORPIO: Oct 24/ Nov 22
Scorpio, you may be ready to make some really big changes. Forge ahead with the plans you have created, and you will be glad for having done so.

SAGITTARIUS: Nov 23/ Dec 21
Financial issues come to the forefront of a relationship, Sagittarius. Keep arguments from escalating by being open and honest about all purchases. Things can be worked out together.

CAPRICORN: Dec 22/ Jan 20
Few things can wipe away the smile on your face this week, Capricorn. You are in an eternally good mood, and your positivity is intoxicating to others around you.

AQUARIUS: Jan 21/ Feb 18
Aquarius, you will have an enormous sense of accomplishment when you finish a task you thought above your skill level. Always believe in yourself.

PISCES: Feb 19/ Mar 20
There is little room for things other than work this week, Pisces. Now is not the time to take on new chores. Save them for later.

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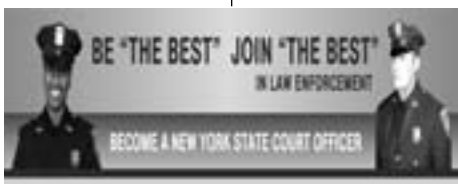
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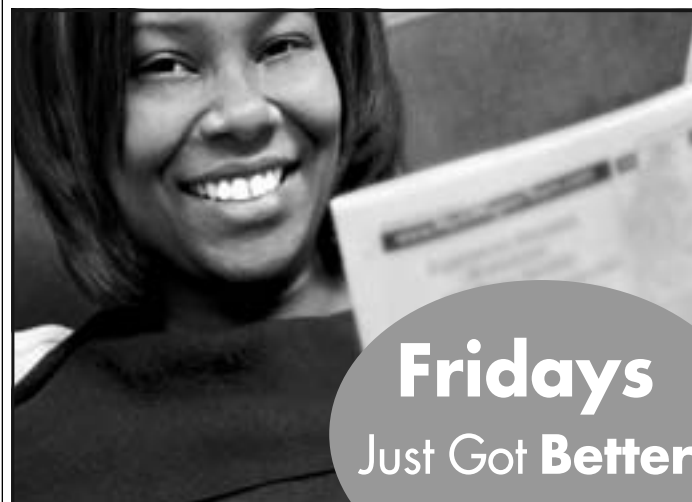
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Dr. Alan P. Goldman: Treating And Relieving Arthritis Pain

There are a lot of people suffering with joint pain and arthritis, says **Dr. Alan P. Goldman**, a specialist in rheumatology (130 Brighton Beach Avenue, 718-946-7557), and they often believe that there is little that can be done to alleviate their pain.

They are wrong. There are many options available, Dr. Goldman says; the key is finding a physician who is knowledgeable in those treatment modalities.

As a rheumatologist, Dr. Goldman specializes in the treatment of arthritis; one of only a handful practicing in Brooklyn.

Rheumatoid arthritis is an inflammatory illness that causes joints to swell. Symptoms include morning stiffness and swelling, often in the hands, elbows, or wrists, he says. Perhaps because there are so few rheumatologists in the borough, when people experience these symptoms, they often "see a surgeon first," says Dr. Goldman. But this often doesn't make much sense, he explains.

"When you have stomach pains, you don't go to a surgeon before seeing a gastroenterologist," he explains. "When you have chest pains, you don't see a surgeon before seeing a cardiologist."

A surgeon is the expert to see when surgery is needed, he notes, and of course Dr. Goldman refers patients to surgeons when necessary. Still, Dr. Goldman believes that the majority of people who suffer with arthritis can be

treated without surgery. Even those who suffer enormously may find relief with Remicade IV infusion treatments, he says. "It has worked wonders."

Patients receive these treatments once every few months, and people who previously couldn't move well find that the "benefits are tremendous," he says. Those whose symptoms are less severe may find relief with pills or injections. This method has been used successfully for many years, says Dr. Goldman. And, "It still works."

When patients see Dr. Goldman they are assured of receiving expert evaluations. Dr. Goldman's office offers x-rays, and a number of in-office treatment procedures. Should patients need physical therapy, arrangements can be made for this, as well.

Dr. Goldman also recommends that people age 60 or older come in to be checked for osteoporosis. People who are thin or who smoke are especially at risk, he notes.

Dr. Goldman is a Harvard graduate who has studied at Bellevue Hospital-New York University Medical Center and Gouverneur Hospital in Manhattan. He is on staff at the New York Methodist Hospital, and he is a Fellow of the American College of Rheumatology, as well as a member of the American College of Physicians, Nassau County Medical Society, the New York State Medical Society, American Medical Association, and the New York Academy of Sciences.

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