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Peace prevails, justice due

By Vinette K. Pryce

Hurricane Sandy stormed Staten Island a few years ago leaving behind strewn homes, boats and homeless residents but on Aug. 23,-- the 25th anniversary of the murder of Yusuf Hawkins in Bensonhurst, Brooklyn -- thousands flooded the island borough to protest the choke-hold killing of Eric Garner and in the aftermath, peace prevailed.

Although throngs of whites, Latinos, Asians, Blacks, and multi-racial Americans arrived in buses, cars, ferries and on foot, the ethnically diverse, intergenerational assembly peacefully assembled to march in protest of an unjust police killing and to send a message that unjustified behavior will not be tolerated and must stop.

They converged around a triangle bordering Victory Blvd. and Bay St. and inside Tompkinsville Park near the spot the 43-year-old husband, son and father



The Rev. Al Sharpton, center, holds hands with former New York Gov. David Paterson, center left, and Gwen Carr, mother of Eric Garner, alongside Esaw Garner, second from left, as they arrive before a march to protest the death of 43-year-old Eric Garner, Saturday, Aug. 23, 2014, in the Staten Island borough of New York. The march was led by the Rev. Al Sharpton's National Action Network.

AP Photo/John Minchillo

of six died after Police Officer Daniel Pantaleo used his arm to restrain the asthmatic victim.

Attempting to arrest the individual they accused of selling loose cigarettes, Pantaleo caused the death of Garner, a man many

described as "a gentle giant."

The masses rallied early on a cloudy Saturday as organizer, Rev. Al Sharpton spoke inside the Mount Sinai United Christian Church during his weekly National Action Network radio broad-

casts aired on WLIB-AM. Rain threatened throughout the overcast day but a steady stream of marchers ignored the threats braving impending rainy weather in order to show solidarity with the family grieving the July 17 side-walk killing which was videotaped and released by bystander, 22-year-old Ramsey Orta.

The floodgates seemed to open widest at Bay St. where a procession walked uphill to the 120th police precinct where thousands had congregating for hours before marching to a rallying area at a ballpark. Quakers, members of the Nation of Islam, a group carrying a banner that identified them as Organizing Asian Community, individuals waving flags of Jamaica, Palestine, Puerto Rico, Ethiopia, and the Black Liberation colors of black, green and red, coalesced with whites leading the chants, "Hands Up - Don't Shoot," "Black

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Courtesy needed during Carnival

By Nelson A. King

As New York prepares for the West Indian American Day Carnival Parade on Labor Day, Brooklyn Councilman Jumaane Williams is asking for "neighborly courtesy" during the festivities.

Williams, representative for the 45th Council District, who considers himself "a proud Spice-Island Grenadian descendant," said while residents celebrate and enjoy carnival events, they "should always remain courteous to our neighbors to ensure their quality of life is not unduly disturbed."

"Everyone expects some measure of community understanding, especially the weekend of carnival," he told Caribbean Life in an exclusive interview. "Still, more and more, the weeks leading up to this event have been a cause of



Brooklyn Councilman Jumaane Williams.

Photo by Tequila Minsky

concern for many."

Williams said that, for years now, his office has received "a high volume of noise complaints about late-night house parties consistently affecting the quality of life of constituents."

Consequently, last year, after a mass shooting in which nine people were

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THE NEWS FROM BACK HOME

Caribbean

Japan is planning to send a mission to three Caribbean countries later this month despite their economic growth making them ineligible for receiving official development assistance (ODA) from Tokyo.

Kyodo News International reported last week that under the program, Japan aims to seek support from the countries "graduating from ODA" for Tokyo's bid for a non-permanent seat in the United Nations Security Council next year.

Japan will send the mission to Trinidad and Tobago, the Bahamas and Barbados to study their economic situation and the type of assistance required. The mission would consist mainly of Japan officials of the Japan International Cooperation Agency.



Japanese Prime Minister Shinzo Abe unveiled the post-ODA aid program for the 14-member Caribbean Community (CARICOM) during the first summit between Japan and Caricom held in Port of Spain, Trinidad on July 28, 2014. Based on international standards, Japan extends ODA to countries whose per-capita gross national income totals US\$12,275 or lower.

Japan will continue extending ODA to Antigua and Barbuda, Belize, Dominica, Grenada, Guyana, Haiti, Jamaica, St. Lucia, St. Kitts and Nevis, St. Vincent and the Grenadines and Suriname.

Barbados

Barbados, faced with an upsurge in gun related crimes, has stepped up surveillance and vigilance at ports of entry.

This was revealed by Home Affairs Minister Adreil Braithwaite who said the new initiative is based on intelligence and that he has already convened a meeting with Acting Commissioner of Police, Tyrone Griffith and acting Deputy Commissioner of Police, Seymour Cumberbatch, on the issue.



He said the vigilance would also be extended to those engaged in the fishing industry.

"We have to do more random checks, even with our own fishermen when they go out to the waters. It cannot be business as



Caribbean seeks disaster relief funding

Flood damage in St. Vincent. See story on page 16.

IPS / Desmond Brown

usual," Braithwaite said.

Bahamas

Four American nationals were killed when their twin-engine Cessna plane crashed as it approached Freeport on the island of Grand Bahamas last week, Bahamas police said.

They have been identified as Robert Dean Carlson, 47, and Terry Haynes, 57, of Ormond Beach, Michael Robert Kennedy, 65, of Deland and 42-year-old Matthew Sokolowski of Clearwater - all from Florida.



Police said investigations into the cause of the crash were still ongoing. Assistant Police Commissioner of the Bahamas Police Force said the plane crashed into an area of shallow water and mangrove.

Guyana

The Guyana Police Force (GPF) said that serious crimes in 2014 have shown an eight percent decline.

In a press release, the GPF said that for the period Jan. 1 to July 31, 2014, compared with the same period in 2013, there has been an eight percent drop in the total number

of serious crimes, but there was a 10 percent increase in the number of murders.

The total number of reports of serious crimes made between January and July 31, 2014, was 2,134 compared to 2,317 for the same period in 2013.

The statement added that among the serious crimes investigated by the police were murder, armed robbery, robbery with violence, robbery with aggravation, larceny from the person, break and enter, larceny, burglary, rape and kidnapping.



A total of 80 murders were recorded at the end of July 2014 compared with 73 murders for the same period in 2013, an increase of 10 percent. Of the 80 murders committed up to July 2014, three were of the execution type, 16 committed during robberies, 21 domestic related, 17 were of the disorderly type and 23 are so far undetermined, police said.

In relation to traffic accidents, police reported 67 fatalities from 61 accidents were recorded up to the end of July 31, 2014 compared to 61 deaths from 58 accidents for the same period in 2013.

Jamaica

A Venezuelan national stunned Jamaican investigators when he excreted 80 small packages with cash totaling US\$103,500 (J\$11.6 million), after a routine check at the Sangster International Airport recently.

The discovery of the money has forced Jamaican authorities to increase their vigilance at the nation's ports.

The 40-year-old Venezuelan Eddy Alberio Mancipe Ortega, was convicted on four counts of breaches of the Proceeds of Crime Act and was sentenced in the Montego Bay Resident Magistrate Court to three months in jail. The court also ordered that the money be forfeited to the state.

Investigators revealed that on Jan. 20 this year, Ortega was stopped by members of the Transnational Crime and Narcotics Division as he attempted to board a Caribbean Airline flight from Sangster International Airport to Trinidad and Tobago.



St. Lucia

The St. Lucia government has

approved a new initiative that it hopes will promote the use of cleaner fuels and more fuel-efficient vehicles, reduce emissions and address the energy demands posed by a growing vehicle fleet.

The Dr. Kenny Anthony administration said that it has approved new sustainable-energy-related concessions for the transport sector, the largest consumer of imported fossil fuels.

"The initiative is consistent with St. Lucia's national agenda to reduce the importation of fossil fuels to promote renewable energy and energy diversification. The measures will also result in significant savings," according to a government statement.

It said that the government has revised the import duties and excise tax rates on electric and hybrid vehicles.



The statement also said that consumers currently enjoy a duty and excise tax exemption on the importation of vehicles and vehicle conversion equipment that allow operation on sustainable fuels.

To further increase the benefits to the country, the government said it would soon sign a Memorandum of Understanding (MoU) with the United Nations Environment Program (UNEP) to promote cleaner fuels and more fuel efficient vehicles in the country.

St. Vincent

St. Vincent and the Grenadines is getting ready to open the Argyle International Airport despite several missed completion dates.

Construction started some six years ago.

The government is still in need of cash to finish the project, even though the Prime Minister Dr. Ralph Gonsalves had secured the US\$80 million that the International Airport Development (IADC) said last year it needed to complete the project.

The government says it is still awaiting the US\$9.25 million from the sale of land to two developers in Canouan as well as disbursement of the final EC\$ 10 million loan from the Venezuelan-based ALBA bank.



But despite setbacks, the government is confident that the EC\$700

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Trinidad & Tobago celebrates 52nd Independence Anniversary

By Azad Ali

Trinidad and Tobago will celebrate its 52nd political independence from Great Britain on Sunday, Aug. 31, 2014.

This year will be a historic one for the country as Prime Minister Kamla Persad-Bissessar is moving to implement constitutional reform for what she said is the People's Partnership (PP) administration policy agenda for development and progress.

The Constitution Amendment Bill 2014 proposes a term limit for the office of the prime minister, a recall provision and a runoff poll in elections for the House of Representatives.

The prime minister is proposing the second ballot runoff voting to change the way MPs are elected to strengthen the democracy in a way that makes the power of the people supreme.

The runoff poll is proposed so that each member of the House of Representatives will only become such a member if he or she obtains more than 50 percent of the votes cast in a constituency.

This means that where one of the candidates did not obtain more than 50 percent during the first poll at an election, a second poll will be held between the top two candidates within 15 days.

The prime minister said in such a system, the voices of the minority would be respected even as effect is given to the will of the majority and every single vote would matter and count as the possibility of voting a second time will breathe new life and meaning in the democratic process.

This is a move from the Westminster system of first past the post system for an election.

The Bill also proposes fix



Trinidad & Tobago's first female Prime Minister Kamla Persad-Bissessar. Associated Press / Shirley Bahadur

dates of Parliaments so the dates for the general election will be known.

Trinidad and Tobago would be the first Westminster-style democracy that will be adopting the right of recall. T&T will become country number 92 with term limits for the prime

minister.

The propose legislation has some unique features in the 54-member Commonwealth of Nations such as the right to recall elected MPs.

The contentious amendment bill, which was passed in the House of Representa-

tives is now being debated in the Senate and will require the vote of the independent senators to approve the bill.

But while the prime minister seeks to amend the constitution, which will give a significant new meaning to multi-party electoral democracy, Trinidad and Tobago continues to maintain its colonial ties with Britain's Privy Council as its final court of appeal.

The Caribbean Court of Justice (CCJ) established an appeal court in 2001 with headquarters in Port of Spain, Trinidad for all legal matters- civil and criminal. Further, it is empowered with "original jurisdiction" for settling trade and other disputes.

While several CARICOM countries have joined the CCJ, Trinidad and Tobago is yet to access it as its final court of appeal.

Trinidad and Tobago became the second English-speaking country after Jamaica in 1962 to end its administrative colonial ties with the Great Britain.

Trinidad and Tobago gained its independence from Great Britain on Aug. 31, 1962, the Union Jack

(British flag) was lowered and the Trinidad and Tobago flag was raised for the first time. Bells tolled and sirens ran out to herald the birth of a newly independent nation.

Prime Minister Dr. Eric Williams was the architect of T&T's independence.

The first Independence Day was marked by more than a week of activities and events across the country from Aug. 28 to Sept. 5, 1962.

Prior to Independence, Trinidad and Tobago was a British colony with the Queen of England as the Head of State. The event was the final stage in a long road to self-government.

Today, Independence Day is celebrated with military-style parades held at the Queen's Park Savannah, Port of Spain and in Scarborough, Tobago. In Trinidad, the parade is inspected by the head of state, who from 1962-1976 was the governor general — the Queen's representative in Trinidad and Tobago.

When Trinidad and Tobago achieved Republican status in 1976, the president then assumed this role.

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This flower is right here

By Ernest Corea

WASHINGTON, Aug 25, 2014 (IPS) - Where have all the flowers gone? Yes, of course, those are the opening words of a beautiful song made famous by such illustrious singers as Joan Baez, Harry Belafonte, Vera Lynn and the Kingston Trio, among others. It was a great number made greater by the different styles in which singers of different musical temperaments belted it out.

But what has that got to do with a news and feature service — Inter Press Service — which has survived in a relentlessly competitive field and become internationally known as the voice of the underdog?

IPS not only reflects (in its coverage) the realities of the “other.” It is actually part of the other.

The flowers in the song whose first few verses were written by Pete Seeger have gone to their graveyards. Similarly, non-traditional news services, news magazines, features services, and other innovative and non-traditional purveyors of information and opinion have sprouted like seasonal flora only to disappear — presumably on their way to that great big information graveyard in the skies.

Numerous efforts have been made by information entrepreneurs, journalists, publishers, and others to create a lasting and relevant instrument of communication different from those already well established, but most have failed. Some have frayed, withered and died faster than one can say Rabindranath Tagore.

That is an exaggeration, of

course. (It’s early in the morning as I write, when exaggerations come faster than ideas.) In more prosaic terms, many such efforts, launched with great enthusiasm and hope, have faltered and flopped.

A few have survived, demonstrating that given the right circumstances and resources, alternative forms of dissemination can survive and flourish. Prominent among them is Inter Press Service, much better known by its shortened form, IPS.

The story goes that several years ago a messenger in a South Asian capital entered the office of a newspaper publisher to announce that “a gentleman from IPS is waiting to see you.” The publisher, already overloaded with tasks, each of them potentially a crisis, growled in reply: “Why would I want to meet somebody from the Indian Postal Service. Those buggers can’t even deliver a letter to the address clearly written on the front of an envelope.”

Doggedly the messenger, pejoratively known as a “peon,” the imported term bestowed on messengers by sahibs representing His/Her (unemployed) Britannic Majesty, says: “Not postman. Pressman.”

Irritated by now to a point dangerously close to incipient apoplexy, the publisher looks as if he is going to burst like an over-inflated balloon when the peon announces: “Sir, he is from Inter Press Service.”

Calm is restored. The danger of an apoplectic outburst passes on like a potential monsoonal shower that turns out to be not

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Troubling trend continues on Eastern Parkway

By Kevin Bollers

Carnival mas in Brooklyn has always been colorful and flashy; people come from all over the country and the globe to see it. However, there has been a debate raging in recent years as to whether or not the Brooklyn Caribbean Carnival has been losing its value, sense of tradition and culture to skimpy costumes, vulgarity and violent behavior. Mas camp designers Marlon Smart and Uncle Percie from “Ramajay Mas Inc.,” Pat Nurse from “Carican Costumes” and Toni Barnette from “D’Midas International” all believe that mas has changed.

According to Smart, people who come out on the Parkway have a strong misconception of what mas really is. “Back home in Trinidad, when people come out to play mas, it’s fun,” says Smart. “However, it’s also something deep, it’s something spiritual, it’s something inside of you. However, when one looks at what happens on the Parkway,

“Back home in Trinidad, when people come out to play mas, it’s fun,” It’s not about coming outside to be vulgar and commit crimes.

with the younger generation, they come out to play, but then they’re on the ground, wearing next to nothing, opening up their legs and doing all kinds of crazy stuff.” “Mas is meant to be farewell to the flesh before Lent. There is a historical element to carnival. Before Lent, people would come out to release their inhibitions and then go to church. It’s not about coming outside to be vulgar and commit crimes. The problem is that all many of them know is Eastern Parkway. All they know is what they have seen on the news of vulgarity and violence. There needs to be a re-education and a

going back to the roots of what Carnival is about.”

However, there are those who feel carnival can only go forward with the creative innovation of the present and hopefully some of the values and tradition of the past. “One can never go back because life is about change and evolution. The culture of mas can only move forward. That is the progression of life,” says Uncle Percie. “I believe that we go from step to step and in that, unfortunately, knowledge can be lost by the younger generation. This is what made artists like Peter Minshall special because he is able to bridge the past and present. With Minshall’s designs, you can see the marriage between the traditional and the modern. Unfortunately, today in mas, there are just a lot of panties and bras like what we may see in Brazil.”

Pat Nurse from “Carican Costumes” believes that there is definitely a need for re-education

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Salute to columnist Vinette K. Pryce

To The Editor:

Tip of the hat to Caribbean journalist and Inside Life columnist Miss Vinette K. Pryce for her perceptive and thoughtful review of the award-winning, independent feature-length fiction film, “Garifuna In Peril” headlined “Indigenous Hondurans Unite to Preserve Culture.” (Inside Life Column by Vinette K. Pryce, Caribbean Life Newspaper, May 16 through May 22 2014 issue). By extension, a hearty Seremein (“Thanks” in the Garifuna Language) goes to the Caribbean Life newspaper for publishing her review.

Sensitive, and with eyes as sharp as an eagle, Miss Vinette Pryce writes about the some of the

nuances at play as the Garifuna people try to maintain and preserve all the aspects of Garifuna culture as expressed by the film. With the current and ongoing border surge crisis involving mostly Central American children taking place at the United States-Mexico border, her notice to your Caribbean Life readers about a film that attempts to tell the survival story of a unique people is as fortuitous as it is profound.

Her writing here is another example of Miss Pryce’s commitment to exploring and writing about all aspects of the Caribbean. Readers of The Caribbean Life Newspaper know that she has spent a long career doing so —

with care, passion and insight. It’s that dedication to exploring all aspects of ‘Caribbean Life’ that earns the endless gratitude of the Garifuna People. I hope that those same readers of The Caribbean Life Newspaper are aware of what an international treasure they have with Miss Vinette Pryce. We all gain by Miss Pryce’s insight. Bungiu buma suwan dan (“God be with you always” in the Garifuna language), Miss Vinette K. Pryce.

Best,
Teofilo Colon Jr.

Founder, pPublisher, editor, writer, photographer and filmmaker for *The BEING GARIFUNA Website and Blog.*

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Grisly repercussions from wrong-headed policy

Occurrences like that ghastly business the other day when the ISIS marauders executed journalist James Foley serve as reminders of the major wrong turn made by George W. Bush and the warmonger crew he assembled in Washington, when they decided that invading Iraq to dethrone Saddam Hussein was a smart foreign policy move. The Bush team's total miscalculation of what "winning" in Iraq would entail — that there would be a "mission accomplished" in a matter of weeks, that U.S. troops would be welcomed as heroes, etc -- was but one aspect. There was, too, the critical issue of prevailing hawkish sentiment in Washington presuming to be hip to Arab culture, sufficiently so to believe that if indeed there would be repercussions from taking out Saddam, they weren't such that the Bushmen needed be unduly concerned. How thoroughly out to lunch they were about that!

Dick Cheney, who is probably in a tussle with the likes of Donald Rumsfeld, Paul Wolfowitz and others as the most obnoxious of the Bush administration's "big stick" foreign policy advocates, declared not too long ago, with not a hint

of shame, that when Bush left office, Iraq was "in good shape." The former vice president's fanciful take on a miserably failed Iraq policy is a boast that likely plays well with only the hard core support base for Cheney's brand of rubbish. One would have had to be secluded someplace well removed from civilization, to be unaware that the U.S. invasion and occupation left Iraq a king-size mess. All because some hotheads in Washington chose to ignore the vociferously expressed views of millions in this country and around the world, that the "weapons of mass destruction" smokescreen offered as rationale didn't obscure the bullying tactic that was in fact the trigger for such precipitous action.

For some of the players strutting the political stage here, American hegemony ensures the right to arbitrary intervention anywhere, even when more sober heads caution against it. As was clearly the case with Saddam's Iraq. The misguided belief that military superiority translated to a victory dance battlefield finale, followed by U.S.-imposed democratic apparatus, was the sort of porous game plan

Viewpoint

By Les Slater

upon which Bush administration strategists based their hopes for re-fashioning Iraq. One assumes that somewhere in the administration's pipeline, a seemingly reliable Iraqi voice was consulted about pros and cons going forward. Either such a voice wasn't listened to. Or didn't say what needed to be said: that Saddam had the measure of Iraqi society in a manner that no intervening authority could. And that, attempting to employ an interloper's westernized values to socialize a population largely polarized by sectarian division, instantly becomes an undertaking of high failure risk.

Of course, the protracted insurgency didn't help those dreams of a quick surgical vanquishing of whatever materialized by way of armed Iraqi resistance. That unyielding insurgency, we have repeatedly said here, was significant if for no other reason than driving home to Bush administra-

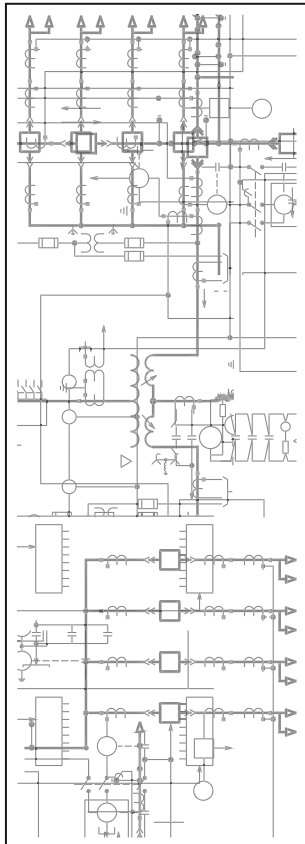
tion masterminds that they had the scenario all wrong, and frustrating whatever else may have been incubating, as far as cracking the whip against perceived "non-conforming" regimes anywhere.

The Bush administration's recklessness masquerading as Iraq policy reaffirmed for us that there are, among powers that be in the West, those who frown upon authoritarian rule as it exists elsewhere, thinking the supplanting of such governance with democratic models to be the one-size-fits-all panacea. But isn't what has transpired in post-invasion Iraq a classic example of why leaving those unfamiliar cultures well enough alone may well be the wisest response? Iraq's efforts to get with the program and do the democracy bit have produced a prime minister, Nouri al-Maliki, who has recently been forced from office. And among the elements contributing to the country's turbulent state ever since the invasion is ISIS, the savagely extremist group that made a spectacle of its killing of that journalist. On both counts, advantage Saddam, were he still in place as the Iraqi overlord. There would, of course, be no al-Maliki

as a factor. And we suspect that ISIS, if it dared to be heard and seen at all, would have been a lot more circumspect than in this time of declared grand ambitions and advertised notoriety. One man's suppressor of freedoms is another man's controller of disparate rebellious factions.

We had somewhat of a mirror image of the Saddam syndrome when former French President Nicolas Sarkozy led the charge for Libya's Muammar Gaddafi to be ousted in 2011 with NATO military support. In the wake of a departed Gaddafi came an even more destabilized Libya. And another object lesson on how best to keep the lid on factional tensions well beyond the comprehension of your typical Western operative. Not to mention that in the case of the obsession with Gaddafi, a different resolution of that plot would probably have saved us in the U.S. from having the name Benghazi become such an incendiary topic of political discourse.

From where we sit, the evidence is compelling enough that, absent really credible threat to self, leave well enough alone is as sound as it gets as foreign policy credo.



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Retaining the meaning of Carnival

Continued from page 8
 tion about mas, it shows even in the revealing nature of some of the children's costumes she has seen. The attitudes of people on the Parkway sometimes result in violence. She said, "If I bump into you, it shouldn't be taken as an offense that erupts into violence. After all, there's tens of thousands of us out here. Instead it should be taken as an opportunity to gain a friend. This is how it is still in Trinidad. It's about sharing the spirit of carnival. It is meant to be a time of connection, celebration and liberation; not what we have been seeing in recent years."

Toni Barnette of "D'Midas International," who has been involved in mas since 1999, has seen the transition between then and now. She conceded, "Don't get me wrong, the costumes still look pretty, but there has been a loss of direction and the reason for it is that many of the elders are dying out and a new generation is taking over. Times are changing, mas is also

changing with the times and to be honest in this day and age, sex sells. It's the climate we're in. Many of us in this generation like the beads, the feathers and the wire bras." As far as going back to the origin of mas, Barnette believes that a major barrier to that is money.

Mas like Hip-Hop started off with messages of heritage, culture and love for self, but over the years, the messages of both institutions have morphed into something different. According to Barnette, "For many designers in mas, like many Hip Hop producers, it's all about the money right now. When I was playing in the early 2000s, it was still about the heritage, culture and love for carnival. But then new bands started coming up and people started seeing how much money could be made and it became more of a business instead of culture. Now it's who sells the most costumes, who has the biggest band on the road and who comes in the top three. It's become a big road

party where people make their money and leave their culture behind."

Both Barnette and Uncle Percie, remain hopeful about the re-education and longevity of mas. "There definitely is hope for re-education because there are still elders here who can teach the younger generations exactly what carnival is about," says Barnette. You have people who want to start a section because they see the money. Is that your only motive? Should it be? What is your section representing? If people are taught by the elders to examine that, mas can begin to get back to where it's supposed to be." Uncle Percie also remains hopeful to the longevity of carnival, "Carnival will not die. It will go on. I was born in it and I grew up in it. Now my children are in it and will carry it on. No matter how the costumes transition and the fabric decreases in the costumes, carnival mas will continue to go on."

Inter Press Service celebrates 50 years

Continued from page 8
 even a drizzle. The publisher composes himself and wears his welcoming look. The peon is instructed to let the visitor in and also order up some tea for him.

The representative of Inter Press Service (now internationally known and recognised as IPS) comes in and is welcomed in a businesslike fashion, but with obvious warmth. And well he should be, for IPS was and continues to be like a breath of fresh air entering a room whose windows have rarely been opened.

For many years, representatives of developing country media (this writer among them) complained bitterly at regional and international conferences that circumstances compelled them to publish or broadcast news and views about their own countries,

towns and villages, and people – people, for goodness sake – written by strangers in far-off lands, many of whom had never visited the countries they were writing about.

They had no hesitation in writing, broadcasting or publishing advice on how such countries should be organised and governed.

Several efforts were made to correct this imbalance but nobody seemed able to design the appropriate model. Gemini news service? Gone. Lankapuvath? Reduced to the level of a government gazette. Depth News? Up there with the dodo. Pan Asia News? Difficult to locate even through the internet. Then, IPS came along.

The founders of IPS dealt with reality, as IPS does even today, not with slogans. Politicians and politi-

cal journalists could play around all they wanted with a "new international information order" or whatever their pet formulation might be.

IPS would, instead, attempt to service media outlets, print and electronic, with material written by journalists mainly from the South writing about the South from the South. Authenticity, thus, is a key IPS strength.

Even in its U.N. Bureau which is not country specific but, in effect, covers the world, the rich flavour of internationalism is seamlessly combined with national concerns of small and powerless countries, whose interests are insouciantly ignored by the maharajahs of international news dissemination.

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Definitively, 'Father of the Nation' of T&T

By Les Slater

A former Trinidad and Tobago prime minister once referred to himself, by design or maybe in a semantic muddle, as the "father of the nation." This was evidently viewed by most nationals as unimaginable presumptuousness, seeing as how they were well aware to whom, if anyone, belonged such honor. The poor fellow committing the faux pas would discover, to his chagrin, that it was one he would not live down. By contrast, it was not in the nature of Dr. Eric Williams to confer "fatherhood" of Trinidad and Tobago on himself. Nevertheless, it was a role and responsibility that he found thrust upon him well before the country even became an independent nation on Aug. 31, 1962, with Williams as its first prime minister.

The circumstances of



Prime Minister of Trinidad Dr. Eric Williams, standing, addresses the opening session of the Independence Conference at Marlborough House, London on May 28, 1962. The talks lasted about two weeks and resulted in Independence for Trinidad and Tobago before the end of that year.

AP Photo/Staff/Harris,File

Williams' formal entry into Trinidad and Tobago's politics were such that little wonder some ascribed the extraordinary sequence of developments to direct

intervention of the gods. As good a starting point as any for the arc of his movement toward the central place he would come to occupy in the country was the termi-



nation in 1955 of Williams' working relationship with the Caribbean Commission, a post-WWII Anglo-American agency. Hailed as a noted scholar, Williams had begun lecturing while

still with the commission and based in Trinidad, sharing with audiences his vast knowledge of Caribbean history and imparting a brand of political education that immediately resonated with

listeners.

Trinidad and Tobago's government of the day, meanwhile, seemed to unwittingly set itself on a course of accommodation of Williams, even as he lambasted the country's state of political backwardness. The crowning irony was probably the legislature voting in 1955 to extend its five-year term, due to expire that year, until 1956. Williams' connection to the masses was by then so deep, formation of a political party was a logical next step. The People's National Movement (PNM), primarily reflecting Williams' vision, was launched in January, 1956.

In elections held later that year, Williams led the PNM to victory in a majority of the new legislature's 24 seats and went on to form the country's first party government. Williams became chief minister — a title he later derided ("Only colonial territories have a chief minister"), as the strong anti-colonialist posture for which he had become known was now evidenced in the direction he charted for the country's

Continued on Page 18



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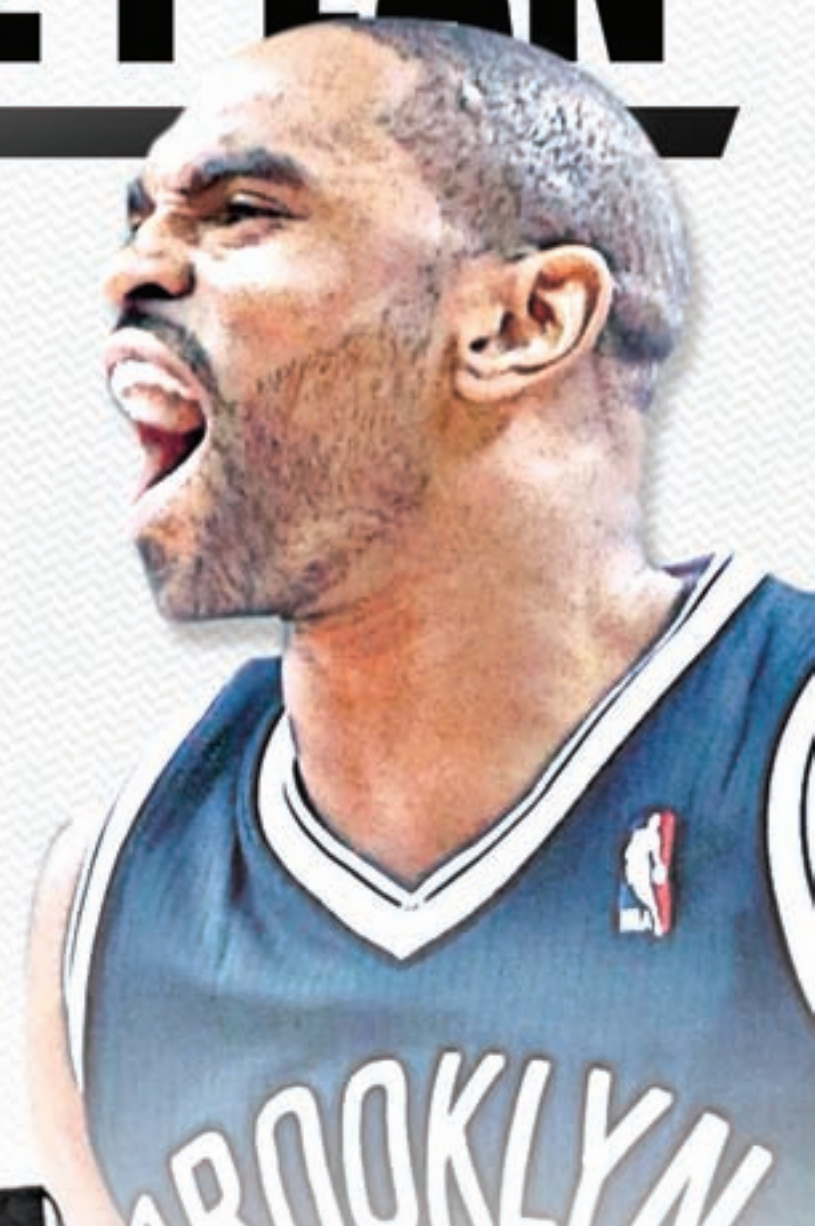
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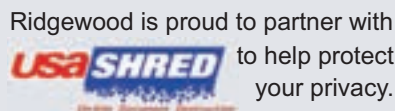


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CARIBBEAN ROUNDUP

Continued from page 2
million airport exceeded to become operational by mid-2015, will help boost the local economy, particularly the tourism and agricultural sectors.

Suriname

Suriname President Desi Bouterse recently launched his re-election bid telling supporters he is confident that his National Democratic Party (NDP) would be victorious in the 2015 general election.

He said his administration had made significant improvements in the lives of Surinamese and urged them to unite to ensure victory whenever the polls are called.

“We built so many bridges and paved so many roads in the hinterland. After 70 years of promises, people finally have drinking water in their homes and cannot stop thanking us when we see them,” Bouterse said, adding, “the NDP has shown it is possible to bring development to Suriname.”



Bouterse said that before May 2015, his administration would increase the old age pensions as well as improve benefits for children.

The president, a former army sergeant who first took power in Suriname during a Feb. 25, 1980 coup d'état, became president in 2010, surprising many opponents, including the Netherlands where he is

wanted for a 1999 drug sentence.

Trinidad

Trinidad & Tobago's ranking on the Global Innovation Index (GII) has dropped for the third consecutive year.

Trinidad & Tobago ranked 90 out of 143 countries in this year's index. Last year Trinidad & Tobago ranked 81 while it was at number 72 in 2001.

Among four Caribbean countries, Trinidad and Tobago was at lowest position, while neighboring Barbados was ranked at the highest 41.

Jamaica came in at 82 and Guyana 80.

The country which ranked 143 on the index was Sudan



The GI, in its seventh year, is co-published by Cornell University and the World Intellectual Property Organization (WIPO), an agency of the United Nations.

The core of the GI Report consists of a ranking of world economies' innovation capabilities and results.

The index is calculated as the average of two sub-indices — the Innovation Input Sub Index, which gauges elements of the national economy which embody innovative activities and the Innovation Output Sub-Index, which captures actual evidence of innovations results.

Compiled by Azad Ali



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US judge orders release of T&T's PM email records

By Azad Ali

A United States federal judge has ordered Google to hand over the secret email records belonging to Trinidad and Tobago Prime Minister Kamla Persad-Bissessar and Attorney General Anand Ramlogan so that the Integrity Commission can unravel claims of criminal conspiracy.

The ruling was made by Justice Williams Orrick in the U.S. District Court in the Northern District of California four days after the Integrity Commission filed a lawsuit against Google to release records from the following two email addresses — anand@gmail.com; anand@tstt and kamlapb1@gmail.com.

According to the judge's ruling, the prime minister has not confirmed that any of the email addresses belong to her and Ramlogan has denied that he has a Gmail account, but has consented to search his email account, which is controlled by Google.



Prime Minister Kamla Persad-Bissessar.

AP Photo/Frank Franklin II, File

to be a discussion between the AG Ramlogan, Prime Minister Kamla Persad-Bissessar, National Security Minister Garry Griffith and Works Minister Dr. Suruj Rambachan.

The contents of the email, which bore similar addresses of the names of the politicians, disclosed criminal conspiracy to remove the Director of Public Prosecutions, Roger Gaspard from office by getting the Chief Justice Ivor Archie to appoint him as a judge of the High Court, harm investigative reporter Denyse Renne and the payment of an undisclosed sum to an unnamed person.

The emails were exchanged in the midst of the controversial Section 34 scandal, which in effect created a law that would have benefitted two United Congress (UNC) party financiers who were charged with a series of criminal offences relating to the \$1.6 billion Piarco Airport Development Project to go free.

The judge has granted a two-week window from Aug. 14 to allow Google to challenge his ruling.

In September 2012 Opposition Leader Dr. Keith Rowley read an e-mail in Parliament purporting

Island States to rally donors at Samoa meet

By Desmond Brown

ST. JOHN'S, Antigua, Aug 18, 2014 (IPS) - Amid accelerating climate change and other challenges, a major international conference in the South Pacific island nation of Samoa next month represents a key chance for Small Island Developing States (SIDS) in the Caribbean to turn the tide.

"This is an opportune moment where you will have all of the donor agencies and the funding partners so as civil society we have prepared a draft which looks at agriculture, health, youth, women and many other areas to present to the conference highlighting the needs in the SIDS," Pamela Thomas, Caribbean civil society ambassador on agriculture for the United Nations, told IPS.

"My primary area is agriculture and in agriculture we are targeting climate change because climate change is affecting our sector adversely," she said.

"One of the projects we are putting forward to the SIDS conference is the development of

climate smart farms throughout the SIDS. That is our major focus. The other area of focus has to do with food security, that is also a top priority for us as well but our major target at this conference is climate change," added Thomas, who also heads the Caribbean Farmers Network (CaFAN).

SIDS Accelerated Modalities of Action (S.A.M.O.A) Pathway, a 30-page document developed ahead of the conference, outlines the particular challenges that SIDS face.

These include addressing debt sustainability, sustainable tourism, climate change, biodiversity conservation and building resilience to natural systems, sustainable energy, disaster risk reduction, threats to fisheries, food security and nutrition, water and sanitation, to name a few.

Ruleta Camacho, project coordinator on sustainable island resource management mechanism within Antigua and Barbuda's Ministry of the Environ-

Continued on Page 18

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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.

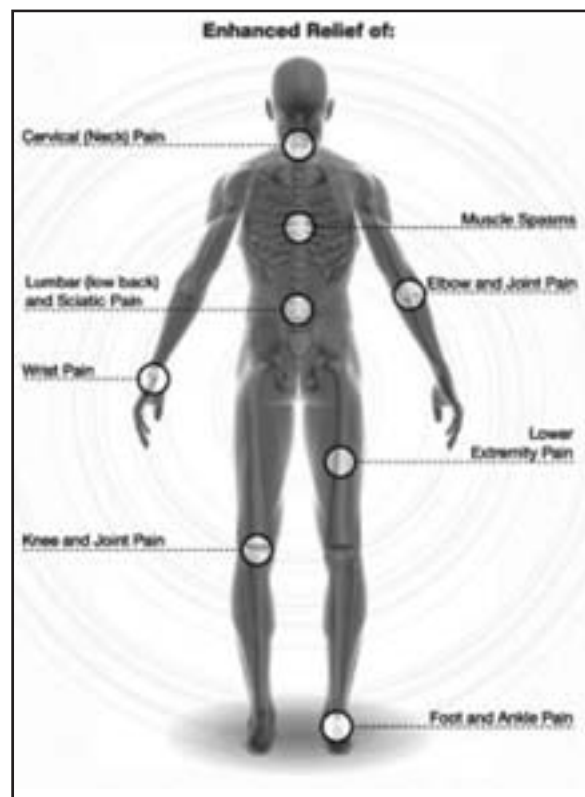
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- John M.

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Eric Williams key to Trinidad's nationhood

Continued from page 12

governance. The loudest noise initially made by Williams, as far as not mincing matters about British imperialist policy, came with the publication of his classic book "Capitalism and Slavery." For his doctoral thesis at Oxford University, Williams had argued that Britain's cessation of the Atlantic slave trade was not driven, as British historians had traditionally maintained, by altruistic or humanitarian considerations, but for economic reasons. When the thesis was published as "Capitalism and Slavery" in 1944 it caused a major stir in academic circles, and the book has remained over the years an iconic bibliographical presence. Williams' rootedness in scholarship never waned throughout his years in politics. During those years he wrote a number of other books including "From Columbus to Cas-

tro," "Inward Hunger" and "History of the People of Trinidad and Tobago."

Even as the new government found itself smack in the middle of discussions with others centered on federation, Williams pressed on with efforts to rid Trinidad and Tobago of the vestiges of crown colony status. By 1959, the country had been granted internal self-government, with Williams having the title of premier. Meanwhile, his commitment to Caribbean integration – a position he had articulated in academia since the 1940s – remained firm. As plans crystallized for creation of the West Indies Federation, Williams was able to secure enough support from other unit territories to have the Federal Capital located in Trinidad. But although fully on board with the Federation concept, he made known his distaste for the weak Federal government structure in place when the Federation was inaugu-

rated in 1958. When Jamaica decided to exit the Federation three years later, Williams' announcement that Trinidad and Tobago would do likewise and proceed to Independence effectively ended the Federal experiment.

Williams was the unequivocal head of the Trinidad and Tobago government from the time of his party's first electoral win in 1956 until his death in 1981. In his almost 25 years at the helm, he presided over major advances the country made, notably so in the area of economic stability. Also, still convinced that some form of Caribbean integration, more so economically, was essential for ensuring the region's future well being, he was one of the foremost advocates for what became CARICOM.

It is unfortunate that there have been a few caustic voices intent on trivializing or denigrating the legacy of Dr. Eric Williams. One well-known political figure in Trinidad has publicly taken issue with Williams being accorded the respect and appreciation countless others know he deserves.

Addressing Caribbean priorities

Continued from page 16

ment, said the challenges faced by Caribbean SIDS are related to sustainable development issues. She pointed out that there are still significant gaps with respect to sustainable development in SIDS and developing countries generally.

"With respect to SIDS we face particular vulnerabilities and our development progress is impacted more than other developing countries by climate change and other natural phenomenon," she told IPS. "So because of our isolation and other physical impacts of these phenomena we are sometimes held back.

"You take the case of Grenada where its GDP went to zero overnight because of a hurricane. So we have these sorts of factors that hinder us and so we are trying our best."

Despite these circumstances, Camacho said Caribbean SIDS have done very well, but still require a

lot of international assistance.

"The reason for these conferences, this being the third, is to highlight what our needs are, what our priorities are and set the stage for addressing these priorities in the next 10 years," she explained.

In September 2004, Ivan, the most powerful hurricane to hit the Caribbean region in a decade, laid waste to Grenada. The havoc created by the 125 mph winds cut communication lines and damaged or destroyed 90 percent of all buildings on the island.

Thomas' group, CaFAN, represents farmers in all 15 Caribbean Community (CARICOM) countries. Initiated by farmer organisations across the Caribbean in 2002, it is mandated to speak on behalf of its membership and to develop programmes and projects aimed at improving livelihoods; and to collaborate with all stakeholders in the agriculture sector to the strategic advantage of its

farmers. Camacho said the Sep. 1-4 conference provides opportunities not only for farmers but the Caribbean as a whole.

"Because we are small we are a little bit more adaptable and we tend to be more resilient as a people and as a country," she said. "So with respect to all our challenges what we need to do is to communicate to our funders that the one size fits all does not work for small island developing states.

"We have socio-cultural peculiarities that allow us to work a little differently and one of the major themes that we emphasise when we go to these conferences is that we don't want to be painted with the broad brush as being Latin America and the Caribbean. We want our needs as small island Caribbean developing state and the particular opportunities and our positioning to be recognised," Camacho said.



ELIAS J. WEIR CANDIDATE FOR 19TH SENATORIAL DISTRICT

The present 19th District State Senator, John Sampson, **has been indicted and faces numerous charges.** "Sampson was arrested on May 6, 2013, and charged with two counts of embezzlement, five counts of obstruction of justice and two counts of making false statements. The charges stem from an investigation over the sale of foreclosed homes, where Sampson is alleged to have stolen over \$400,000 while acting as a court-appointed referee." He has also been charged with misappropriation of funds and giving \$40,000 to a business entity outside of his district. Once again he is romancing African-American voters to give them more of the same...Nothing. Because he is a man of color most are eager to forget that this individual **since elected into office in 1996, has not done much for African-American communities.** His absence in the African-American communities is **apparent throughout.** It is quite disturbing when an elected official uses the terms: "Putting People First", "Leadership that is Proven" and "Experience Count" and does not live up to his principles. Who and what does he put first? The record shows greed, embezzling, lying, stealing and corruption which seems to be the experience that counts? He has done little to help improve the quality of life throughout the 19th Senatorial District, **except for his cronies and himself.**

Here are some insights on my adversaries...

Dell Smitherman is also running. He should be ashamed of himself by stealing a page out of President Obama's health plan. **It is called plagiarism.** He has inundated the constituents with his flyers **and everything he presents is false.** Thanks to President Obama's "Obamacare", many can look forward to **affordable health care including seniors.** He speaks of job creation. It's **called The American Jobs Act, President Obama's Plan to Create Jobs Now.** In 2012, my initial quest for the 19th District Senator's seat included job creations for our communities as one of my primary goals, prior to President Obama's job creation plan which I strongly support. As far as it goes for passing a Living Wage Law, that is a City Council Member's jurisdiction. A senator does not have that authority.

Unless you have experienced the damaging effects of Hurricane Sandy (like myself, a Canarsie resident and a community activist), my opponents add insult to injury with what many constituents have been dealing with. Mr. Smitherman and Mr. Sean Henry, speak on Sandy's devastation but their presence during this time was never acknowledged or known. Where were they?

Mr. Henry has overcome trials and tribulations in his personal life and I commend his accomplishments but I honestly do not believe he has the experience or exposure to meet the demands of the Senate Office.

State Senator John Sampson lacks leadership and ethics. Dell Smitherman and Sean Henry lack the experience and business acumen to make the necessary changes to move the district forward. I have been fighting for Brooklyn and helping the youth since 1987 and during this time I have teamed up with numerous associations and we have won countless battles. One of the hardest fought battle was from 2006 to 2008 when a private company tried to establish a medical waste facility in Canarsie. This hard fought battle was a monumental victory for all of Brooklyn residences since we persuaded the Assembly, State Senate and the Governor of New York to bring about a new law that would not allow any such establishment to be placed within a quarter mile of any residential area.

September 9, 2014 is the Democratic Primary Election and Elias J. Weir is on the ballot for State Senate in the 19th District. He states, "My mission is clear; deliver on your key issues, concerns, and pay particular attention to your needs, which include Safer Streets, Reduce Crime, Generate Community Jobs, Increase access to finance for local business owners, Initiate youth after school educational and social programs, Affordable Housing, fight to keep our hospitals open, with a host of other life changing projects to initiate or expand".

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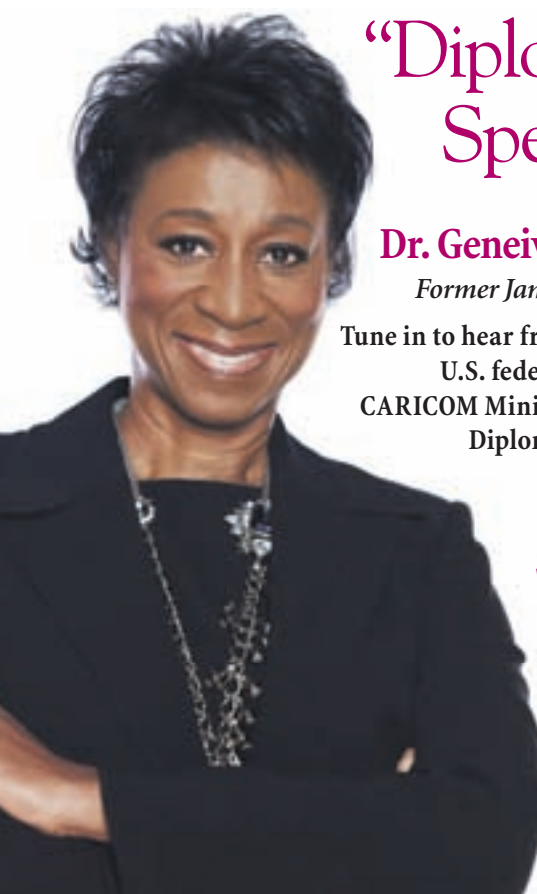
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between 117 St & 118 St

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Tuesday, September 2, 9, 16
10 am-7 pm
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Harvest Home

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137th St & Broadway

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Friday, September 19
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Jackson Heights Greenmarket
34th Ave & 78th St

Harvest Home

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Cityline Market
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How antioxidants play a role in cancer prevention

Each year, about 1.4 million people in the United States will be diagnosed with some form of cancer, while a National Post breakdown notes that every hour an average of 20 Canadians are diagnosed with this deadly disease. The causes of each particular case of cancer may be unknown, but doctors do know that a combination of heredity and environmental influences can contribute to cancer risk. It's also known that the foods a person eats can help increase his or her chances of preventing cancer.

Free radicals and antioxidants

Antioxidants often come up in conversations about cancer prevention. Many people understand that antioxidants can be beneficial in a diet but may not be entirely sure what role they play in cancer prevention.

Free radicals are highly reactive chemicals that have the ability to harm cells. Formed naturally in the body, free radicals play important roles in cellular processes. But at high concentrations, free radicals can be hazardous to DNA and other cell components. In addition, free radicals form from the damaging effects of processed foods, radiation, tobacco, and pollution.

Antioxidants are naturally occurring substances found abundantly in fruits

and vegetables. Antioxidants include vitamins A, C and E. Alpha lipoic acid, lycopene, coenzyme Q10, and selenium are antioxidants or substances that work with antioxidants to maximize the disease-fighting potential of the immune system. The body also makes some of the antioxidants it uses to neutralize free radicals, which are called endogenous antioxidants.

Antioxidants go after free radicals and essentially consume them, neutralizing their damaging effects to the body. In laboratory and animal studies, the presence of increased levels of antioxidants has been shown to prevent the types of free radical damage that can be associated with cancer. Some research points to taking antioxidant supplements to help prevent cancer, but such studies have yielded mixed results.

Increasing antioxidant intake

The best way to get antioxidants into your body is through healthy, low-fat foods. Include plenty of fresh fruits and vegetables in your diet. High-fiber foods also are beneficial. The U.S. Department of Agriculture's food guidelines recommend men and women consume 20 to 30 grams of fiber per day.

Black and green tea also are healthy sources of antioxidants, and some research has suggested tea can help

prevent cancer.

A combination of healthy, antioxidant-rich foods and beverages can make for a great defense against can-

cer. Loading up on nutrient-rich foods will keep the body in top form, which goes a long way toward reducing cancer risk.



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Fostering healthy habits in children

If kids had their way, pizza, chicken fingers, and French fries would make up a significant portion of their diets. But parents know they must make kids' culinary choices for them so youngsters get all of the vitamins and nutrients they need to grow up strong and healthy.

Parents also tend to know how difficult it can be to convince kids to embrace healthy eating. Healthy eating habits can help kids live healthier lives and perform better in the classroom, while setting them up for a lifetime of making the right choices at mealtime. Though encouraging kids to eat healthy may not always be easy, the following are a few tips for parents hoping to foster healthy eating habits in their children.

Stick to a schedule

Parents should establish a regular eating schedule, for both meals and snacks, so

kids learn the importance of not skipping meals. Kids who learn to eat at regular intervals are more likely to continue doing so as they grow older. When kids stick to a meal schedule, they are less likely to overeat and they're likely to have more energy throughout the day, which should help them stay attentive at school and be more engaged in their extracurricular activities.

Involve kids when choosing the menu

Kids might be more excited about eating healthy when you involve them in choosing the menu. Invite them along on trips to the grocery store and allow them to choose one of their favorite foods for the meal in exchange for eating the healthy fare you have chosen. Parents may end up eating a lot of side dishes of macaroni and cheese, but their youngsters will also end

up eating their vegetables.

Plan healthy desserts

Dessert is often considered an unhealthy indulgence, but there's plenty of nutritious desserts that are so delicious, kids likely will not realize they're eating healthy. A dessert of fresh fruit and a small serving of yogurt can provide the same post-meal refreshment as ice cream or cake, but it does so with much fewer calories and a lot more nutrients and vitamins. What's more, kids will come to look at dessert as a chance to eat fresh fruits instead of an opportunity to load up on ice cream or other, less healthy alternatives.

Serve healthy portions

Sometimes it's not just what is on the plate but how much is on the plate that can be healthy or unhealthy.

When doling out portions for the family, create healthy portions so kids are not encouraged to overeat. Kids who grow up eating healthy portions are more likely to continue doing so into adulthood. Overeating is one of the culprits behind being overweight and obese, so kids who learn to control their portions are much less likely to overeat and gain excess weight.

Don't reward kids with food

Some parents try to reward youngsters with food, allowing kids to indulge in unhealthy fare in acknowledgement of a good report card or something else kids should be proud of. But using food as a reward is an unhealthy eating habit that can lead to problems down the road as kids become adults responsible for their own eating habits.



Swapping traditional and often less-healthy snacks and desserts for fresh fruits is one way to foster healthy eating habits in children.

Fun Ways to Make Healthy Eating a Habit, from New York Methodist

Childhood obesity has more than doubled since 1984, and obesity rates in adolescents have more than quadrupled during that same time. More and more children are being diagnosed with Type 2 diabetes (formerly known as adult-onset diabetes), a disease once associated solely with people over the age of 40.

The facts don't lie—something has to change. But it's not easy to make a child eat what he or she doesn't want to. Parents can affect change behaviors in a more subtle manner by modeling good eating habits, but kids are more likely to respond if there is something immediate and tangible in it for them.

"Kids will be more eager

to eat something that they have helped to prepare themselves," says Mark Doublet, diabetes educator with New York Methodist Hospital's Diabetes Education and Resource Center. "With proper supervision, the kitchen can become a playground. Include children in dinner preparation, ask their opinions during menu planning, and have them help you at the grocery store. Healthy eating should be a family affair, and kids will be more responsive if they feel they are part of the team."

"I often counsel parents to find a replacement for a classic sandwich: rather than two slices of bread get a big lettuce leaf and make a veggie wrap. Let your kids choose



Mark Doublet, diabetes educator with New York Methodist Hospital.

what goes on the inside and let them roll up their lunch," says Mr. Doublet.

Another cool option is pre-

paring fruit or vegetable kebobs (remember to first cut off the pointy end of wooden kebob sticks). Fill up a small

bowls with a variety of options like cherry tomatoes, sliced zucchini, colorful peppers, jicama, cucumbers, etc. and let children assemble their own creations. Put a dipping sauce of hummus or fat-free yogurt on the side and a healthy snack has successfully been disguised as an enjoyable project. The same goes for bright, colorful fruit: bananas, pineapple, apples, plums. Load them on a stick and dip in a bowl of fat-free vanilla yogurt.

"Not only are you engaging your children an enjoyable and creative project, developing positive associations with eating right," says Doublet. "... but you are making them active participants in their own health."

Why do we need fiber?

Many food products boast added fiber on their packaging. Breads, cookies, beverages, and so much more contain extra fiber in response to the public's growing desire to consume foods with high levels of dietary fiber, which medical professionals claim is an essential element to a healthy diet. Despite that publicity, many consumers remain in the dark about the role fiber plays in the body.



Many people are aware of the importance of including fiber in the diet, but few people understand the importance of dietary fiber.

helps reduce the risk for hemorrhoids and diverticular disease.

Fiber and weight loss

Fiber is often associated with improving regularity, but that is not its only role. Fiber, particularly soluble fiber, that can be slowly digested will prolong the digestive process, helping to keep the stomach fuller longer. Feeling full can help a person eat healthy portions. Fiber-rich foods are also less calorie-dense. This means you can eat more and feel fuller without consuming tons of calories. Increasing fiber consumption may help those looking to lose weight.

Fiber and blood sugar

The slow absorption of carbohydrates also regulates the absorption of sugar into the bloodstream. This can prevent sugar spikes that may be dangerous to those with diabetes. It also may be able to help reduce the risk of developing type 2 diabetes, according to a study published in the *New England Journal of Medi-*

cine in May 2000.

Fiber and cholesterol

Soluble fiber has been shown to help lower blood cholesterol concentrations by decreasing the absorption of cholesterol and bile acids in the small intestines. When less bile acid is absorbed, the body must use stored cholesterol to make more, lowering blood cholesterol as a result. The American Heart Association reports greater reductions in low-density lipoprotein, or LDL, cholesterol among people who consume diets high in soluble fiber compared to diets low in saturated fat and cholesterol alone.

How to increase fiber consumption

Here are some of the best ways to increase the number of grams of fiber consumed on a daily basis:

- Eat more bran, as bran has the highest fiber content of any food at about 25 to 45 percent.
- Consume whole fruit instead of juice. Whole fruits have more fiber in them and fewer calories than juices. Eating fruit can help you to feel fuller longer.
- Pass up on refined flours. Opt for whole grains whenever eating bread, cereal, and baked goods. Try to aim for grains that have at least three grams of fiber per serving.
- Increase your consumption of beans. Beans are relatively inexpensive, filling, and tasty. Plus, they pack a great deal of fiber, protein, and other important nutrients.
- Take a fiber supplement if you feel you are not getting enough fiber in your daily diet. Gummy fiber chews can be tasty ways to get fiber.
- Opt for fresh fruit and vegetables for snacks over processed foods.

About fiber

Many people are aware of the importance of including fiber in the diet, but few people understand the importance of dietary fiber. Fiber is an essentially indigestible substance that is found mainly in the outer layers of plants. Fiber will pass through the human digestive system virtually unchanged from when it was consumed and without being broken down into nutrients. Fiber is classified into two types: insoluble fiber, which will not dissolve in water, and soluble fiber, which can be dissolved. Insoluble fiber is typically found in whole grain products, dark leafy vegetables, green beans, wheat bran, corn bran, seeds, nuts, and skins of fruits and vegetables. Soluble fiber comes from foods like oats, nuts, fruits, and dried beans.

Fiber and digestion

Fiber is essential to digestion. The Harvard School of Medical Health advises people should get between 20 to 30 grams of fiber each day, though many people do not consume that much fiber. Fiber adds bulk in the digestive system, which helps soften stool and flush out the intestines. It assists in making bowel movements more frequent, preventing constipation. A diet high in fiber

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T&T PM challenges voters

By Bert Wilkinson

Despite the widespread belief that Prime Minister Kamla Persad-Bissessar could lose general elections in Trinidad next year, the head of government nevertheless dared voters this week to kick her administration out of power if they so disagree with key constitutional reforms being currently debated including a repeat district election if any candidate fails to win 50 percent of the vote in the first instance.

The island's upper house or senate is debating the amendment bill a week after the governing People's Partnership used its lower house numerical majority to pass the bill that sets a two five-year terms limit for the prime minister, the right of electors to recall a non-functioning legislator and candidates winning constituencies by at least 50 percent of the votes or face a run off until the situation is as such.

Opposition parties, critics,



Prime Minister Kamla Persad-Bissessar.

AP / Frank Franklin II

rights groups, some government legislators and others in the un-elected senate are opposed to the bill saying the government rushed it through parliament primarily because it lost the last four bye elections either to the main opposition People's National Movement (PNM) or smaller parties which had contested those polls alongside the big two.

The government did not hide its displeasure that the

PPP was not allowed to face the PNM in a straight two-way vote but had to contend with smaller outfits like Jack Warner's Independent Liberal Party which beat the PP in its main traditional stronghold earlier this year.

The ILP was blamed for splitting the vote and for allowing the PNM to sneak through.

Taking no chances with general elections constitutionally due a year from this month, authorities are banking on its passing in the senate this week as the 50 percent rule might well make it harder for the smaller parties to compete, leaving the Indo-supported PP and the Afro-dominated PNM to fight it out using their legions of racial supporters all by themselves.

"For those of the view that I am committing political suicide, I am prepared to take that risk. I am not daunted. As a politician and a prime minister, my interest is not for my political

survival but for the people. "If this thing is so bad, well, vote us out in 2015. They are saying have more consultations, delay the bill. For how long? We have been talking constitutional reform for nearly 50 years. The time has come not to talk the talk but to walk the talk."

She argued that the administration had promised key constitutional reforms while in opposition and is simply moving to do so. There shall be no further delays of the bill or consultations since these phases have passed she said, addressing the senate.

Government only needs one opposition senator to be absent from their seat or the senate to get the vote through. It is unclear how that section of the parliament will vote but Independent Senator Helen Drayton has already signaled her no vote plans by dubbing the bill a "Trojan Horse."

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Thousands march in Garner's name

Continued from page 3

Lives Matter,””They say Jim Crow, the people say, hell no,” “Only God is Above The Law,” and “Fists Up – Guns Down.”

Some carried signs reading “We are all Michael Brown” in memory of the Ferguson, Mo. Teenager who was shot and killed by police there on Aug. 9.

Others carried signs reading – “Google it – Israel Trains the NYPD,” “The Power of the people is stronger than the People In Power.”

A white young man plastered a sign on his back reading “Unarmed Civilian” as if to ward off skeptical police officers who may shoot and later suggest he might have been carrying a dangerous weapon.

As crowds waited the end of the 9:00 a.m. to 11:00 a.m. radio broadcast, spontaneous shouts of “No Justice, No Peace, No profit” amplified. With iron barriers placed to contain the

crowds, protesters mobilized securing posters and banner from volunteers.

“Justice For Garner” buttons were handed out by members of the 1199 SEIU. New York State Nurses Association gave fans demanding the same and National Action Network furnished placards.

Police helicopters hovered above as an abundance of officers from many precincts found presence along a carefully defined route. Community affairs officers were predominant and a cadre representing the police press office efficiently and professionally attempted to project the most positive image of the NYPD.

Victimized mothers whose children were killed by members of NYPD joined the throngs. Among them Constance Malcolm, the mother of Ramarley Graham who after two and a half years is still seeking justice after NYPD Officer Richard Haste shot and killed her



Demonstrators march to protest the death of Eric Garner, Saturday, Aug. 23, 2014, in the Staten Island borough of New York. Associated Press / John Minchillo

unarmed 18-year-old son. Reportedly cops illegally broke into her Bronx apartment without a warrant and in the presence of her six-year-old child murdered her teenage son.

Killer cop Haste remains free of any charges despite

the community's call for an independent probe into the tragic and illegal incident.

Malcolm joined Sharp-ton, Rev. Herbert Daughtry, City Councilman Jumaane Williams, Congressman Hakeem Jeffries, former Gov. David Paterson and a

long list of dignitaries who attended the justice rally.

Outraged by the blatant disregard of human and civil rights by police officers, demonstrators shouted “Hands Up, Don't Shoot” in protest of the Ferguson police and “I Can't Breathe”

to acknowledge the dying pleas Garner made before collapsing to the pavement.

“This is so overwhelming,” Garner's mother said “we are going to keep on praying ...we know if we wait on God, justice will prevail.”



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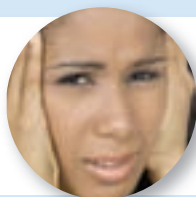


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Antigua gets \$32.5 million aid



Prime Minister Gaston Browne, Mrs. Maria Browne being introduced to members of the government of Premier Li. Photo courtesy of Gov't of Antigua and Barbuda

By Nelson A. King

Antigua and Barbuda Prime Minister Gaston Browne on Tuesday “successfully negotiated” an assistance package with China to the tune of over 200 million RMB (US\$32.5 million), according to an Antigua and Barbuda government statement.

In discussions with China’s Premier Li Keqiang, Browne, who is visiting China, spoke of the close

relationship that exists between both countries and outlined a program for development assistance.

Li agreed to providing Antigua and Barbuda with a 70 million RMB grant “for the implementation of projects to be agreed upon”, the statement said.

China will also provide 30 million in interest free loans “for projects to be agreed upon between the two governments.”

In addition, China will provide 20 million RMB for enhancing Antigua and Barbuda’s capacity in addressing the effects of climate change. The project will also include the installation of equipment, training of staff and technical support.

The statement said China will dispatch an eight-member Ophthalmologist Medical Team to carry out a cataract surgery clinic called “Bright Journey.”

Beijing will also provide financing for the Deep Water Harbour Development Project and additional educational scholarships for qualified Antiguan students to pursue undergraduate and postgraduate studies, along with technical training in selected areas.

Additionally, China will provide assistance in the establishment of the University of Antigua and Barbuda and a Chinese Language teaching program in secondary schools.

Browne said that Antigua and Barbuda and China have “enjoyed warm and friendly relations” since both countries formally established relations in 1983, adding that “each year we seek to strengthen our friendship and expand our cooperation.

“The People’s Republic of China has been generous to Antigua and Barbuda over the years and has provided critical support to the development efforts of the government,” he said. “We are very grateful for this.”

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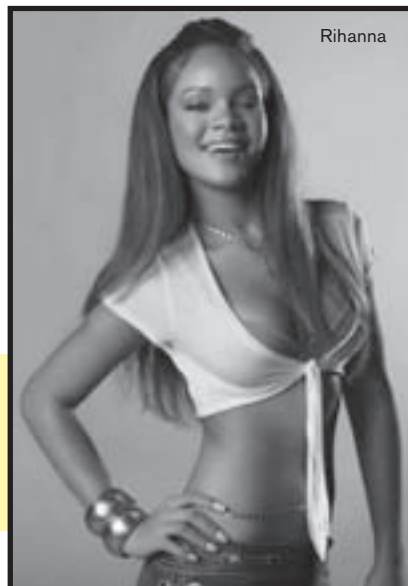
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Noise complaints

Continued from Page 3

shot in an illegal “house club” with more than 200 people, he sponsored legislation to combat illegal “house clubs” that he said “regularly advertise across the city, charge for entrance and sell alcohol.”

The councilman said the measure was not intended for New York Police Department (NYPD) to crack down on mas camps, pan yards or backyard social gatherings but rather to “protect our communities from those who would continue to proliferate unsafe environments for profit, regardless of the impact in our neighborhoods.

“Nor did it allow for such a crackdown since the legislation is not law and has not moved beyond the discussion stage of bill drafting,” he said.

Additionally, Williams said the bill never required a “permit” of any type for a private gathering.

“My intent was and is to address safety issues and complaints based on constituent input,” he said, adding that the majority of these complainants have come from Caribbean descendants, “who also enjoy the festivities of Labor Day.”

Last Sunday, Williams said he attended a rally that con-

stituents organized to persuade the owners of the club, Pulse 48, to follow a “more responsible approach in the conduct of their business.”

He noted that the club is an “outdoor venue,” situated across the streets from several one-and two-family homes, which “draws thousands of people from Thursday through Sunday and has distressed its neighbors because of noise complaints and out-of-hand partygoers.”

Williams said he and the community have had a series of meeting with the club owner over an extended period of time.

“But despite promises, no headway has been made to address these issues,” he said. “It is the responsibility of all club owners to put safety measures in place, especially when entire neighborhoods are impacted.

“When this type of negligent behavior is allowed to perpetuate in the community, all members become brushed with the same stroke, which results in a far greater impact on crackdowns extending to pan yards, mas camps or other responsible clubs in the area,” he added. “We must, however, recognize that NYPD by law must respond to complaints by residents.”

BACK TO SCHOOL

Improving test-taking skills

Students are periodically tested to gauge their progress on a variety of subjects. Testing can be an effective way to determine a student's understanding of a given subject, but not every student performs well on tests. Test-taking comes easily for some, but not so for others. Nerves or trouble concentrating can foil the best students. However, there are ways for students to improve their test-taking skills.

Preparation

Most tests are given with prior notice, enabling students to prepare for them well in advance. Sometimes teachers and professors will surprise students with a quiz. These pop quizzes are used to judge how well students are absorbing the information and if they have been paying attention.

When in class, continually jot down notes and cre-

ate an outline of important information. The teacher may provide hints about the upcoming test, including emphasizing specific areas of focus or even revealing the format of the test. Contrary to what some students believe, teachers want their students to succeed. Therefore, your teacher may offer a review session the day before or be open for questions prior to the test if further clarification is needed.

Studying with others can shed new light on a subject. Studying difficult subject matter with peers may help students grasp the materials better than they did in class. Classmates may have some tricks they've developed, including mnemonic devices for putting facts together.

The day before and the day of the test

Prior to a test, make sure

you eat and get enough rest. While it may be tempting to pull an "all-nighter," you will not perform well on the test if you are tired from having studied all night. Review the material and put the main ideas or formulas onto a sheet that can be quickly reviewed. Review it many times and then put it away. Have a good meal, relax, and try to get at least eight hours of sleep.

On the day of the test, wake up and arrive on time or even a few minutes early for your class. This can help to calm your nerves and enable you to squeeze in some last-second studying.

The test itself

Make sure you have the supplies needed for the test. This may include pens or pencils, a calculator, a textbook if you are allowed to reference, or any other supplies the teacher allows.



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Belize centurion, community advocate honored

By Nelson A. King

A Belizean-born centurion and a popular community advocate were among honorees during the recently-concluded Harlem Week.

The Board of Directors of Harlem Week, Inc. and New York City Senior Citizen's Committee, Inc. bestowed the honor on Caroline Lightburn, 105, and Verna Arthur, Manhattan Community Outreach Director and Senior Advisory Council Liaison with the New York City Department for the Aging (DFTA).

They received the awards during the "Elders Jubilee" Luncheon and Awards Ceremony, on Aug. 5, at the Adam Clayton Powell, Jr. State Office Building in Harlem.

Harlem Week celebrated its 40th anniversary, while the Elder's Jubilee celebrated its 37th anniversary.

Lightburn, the oldest

female honored at the event, was born on Jan. 12, 1909 in St. Ignace, formerly Cayo District, Belize, and grew up in Belize City, the capital.

She said she never drank nor smoked, and was a baseball player and a member of the Belize All Stars team.

Lightburn also said that she loved dancing, and now "likes to watch people dance, adding that she loves to look at Western movies and going places.

She said she is good health, eating "everything and anything any time of day or night."

Though she has a hearing program, the centurion said she does not like to use her hearing aide, disclosing that she "hides them."

The reason for this, she said is because she does "not want to hear what people have to say," stating that it may force her to respond.

Lightburn said she was



Caroline Lightburn.

Photo courtesy of Verna Arthur

never a big talker while growing up, adding that, if she said something twice, she would not repeat it.

As a housewife, who later became a domestic worker, Lightburn said she raised nine children, four of whom are still alive.

She has 21 grandchildren and 32 great grandchildren. Her late father, Joseph Ingram, was a sergeant in the Belize Police Force; and



Verna Arthur displays her award. Photo by Radames Torres

her mother, Jan Ingram, was a seamstress.

Her son, Ludwig Lightburn, a boxer in Belize, performed at Madison Square

Garden and was inducted into the New Jersey Boxers Hall of Fame.

Arthur is also considered a cultural icon in the Vin-

centian community in New York.

She received the Public Service Award for her "many contributions to the success of Harlem Week, especially her commitment to the seniors," organizers said.

"I am truly humbled and honored to receive this prestigious award," Arthur told the reception. "Never in my 13 ½ years as a member of the Harlem Week Senior Citizens Committee has the thought crossed my mind that, one day, I will be standing before you as an honoree of this distinguished culture event.

"My only objective was to serve the seniors and (to) assist with the Harlem Week, now a month activities, the largest cultural event in the U.S.A., to the best way possible," she added.

Arthur said that Harlem Week, celebrating its 40th anniversary, is "nothing to sneeze at.

She is a past president of Club St. Vincent, Inc., one of the leading Vincen-tian educational and cultural groups in the United States. She currently serves as the group's public relations officer.



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If you are married to a US Citizen or green card holder who is abusive or has abandoned you, you may be entitled to a work permit and green card even if you are divorced or have a criminal record. You do not need your spouse to file for you or sponsor you or attend the interview with you. This relief is also applicable to child (including step child), fiancée and parent of US citizens or green card holder. You can also get relief if you are married to a citizen or green card holder who was already married but did not divorce before marrying you, that is, a bigamy or polygamy situation.

2. PARENTS OF US CITIZEN WANTING TO WORK AND MAINTAIN THEIR CHILDREN:

Are you a parent of a US Citizen Child or Green card holder? You may be administratively approved for a work permit to enable you to maintain your family. This is an administrative relief subject to discretion of the government officials.

3. ILLEGAL ENTRY INTO THE US:

This is a major problem but there is relief for special immigrants married to a US Citizen or green card holder or those who have US citizen children. You may still get a work permit and green card.

4. ILLEGAL REENTRY AFTER DEPORTATION:

Did you enter the US after being deported? This is a crime. There is relief for special immigrants married to a US Citizen or green card holder. Hurry to talk to us before you are arrested. You may be entitled to relief?

5. WORK PERMIT AND GREEN CARD FOR CHILDREN AND YOUNG PERSONS:

- Are you less than 21 years old?
- Are you living in the US dependent on someone other than your parent?
- Is your natural parent dead or lack viable

means to take care of you?

- Do you think it is not in your best interest to return to country of birth or citizenship now? You may be entitled to work permit and or green card whether you entered with visa or not. You may still be approved even if you entered without inspection, entered with fraudulent document or overstayed your visa or have certain criminal record.

6. CRIMINAL RECORDS: WAIVERS AND PARDONS:

If you are convicted or pled guilty to a crime in the past it can generate complexities and be a nightmare but waivers and various special actions and legal procedures are available to relieve immigrants with past criminal records.

7. REMOVING 2-YEAR CONDITIONAL GREENCARD:

Many immigrants have found it difficult to remove conditions on their 2 year green cards either because they are not able to convince the government that their marriage is genuine or because they are not getting cooperation from their spouse. We can help remove conditions on your greencard, even if your spouse is not filing with you and even if you have been denied and placed in a removal proceeding. You need not wait for 2 years if you are abused by your spouse or if your spouse died.

8. ASYLUM PROBLEMS AND DEPORTATION ORDERS:

Do you have deportation order on you that makes you a fugitive? Hurry to talk to us before you are picked up by Detention and Removal Office (DRO). Your deportation may be suspended and get work permit & green card.

9. APPROVALS AND VISA BULLETIN PROBLEMS:

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11. DO YOU NEED A WORK PERMIT, IDENTIFICATION CARD AND FOREIGN TRAVEL PERMIT?

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12. CBP AND TSA PROBLEMS:

Correcting travel records- US-VISIT, ADIS Records, Enforce/Indent Records, DHSTRIP, and CLASS etc. Citizens and green card holders can remove names from CLASS

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HEALTH

How to reduce your risk of colorectal cancer

Colorectal cancer is the third most commonly diagnosed cancer in both the United States and Canada. So say the American Cancer Society and the Canadian Cancer Society, who project nearly 60,000 Americans and Canadians will lose their lives to colorectal cancer in 2014 alone.

Though many risk factors for colorectal cancer, including age, heredity and racial and ethnic background, are beyond an individual's control, that does not mean people are helpless to reduce their risk for this potentially deadly disease. Maintaining or adopting a healthy lifestyle can reduce a person's risk of developing various cancers, and colorectal cancer is no exception. The following are a few ways adults can reduce their chance of developing colorectal cancer.

Get screened

As is the case with many cancer treatments, colorectal cancer treatments are much more effective when cancer is detected and treated early. Colorectal cancer screenings help find polyps before they become cancerous. In addition, people may not immediately associate symptoms of colorectal cancer with the disease, instead thinking such symptoms are indicative of a less serious illness or condition.

Screenings can not only determine if those symptoms are a result of colorectal cancer but also find colorectal cancer before such symptoms even develop. Screenings and screening guidelines vary depending on the individual, as people with a higher than average risk for the disease may be told to start receiving annual screenings before they turn 50, which is the age when people are told to receive such screenings regardless of their backgrounds.

Reconsider your diet

Adopting a healthier diet is another way many men and women can reduce their



A diet that is high in red meat, and red meat cooked over an open flame in particular, increases a person's risk for colorectal cancer.

risk for colorectal cancer. Red meat is a great source of many nutrients, including protein, iron and zinc. But studies have shown that a diet high in red meat increases a person's risk for colorectal cancer, which may be due to chemicals known as nitrites forming when meat is digested or processed.

In addition, the CCS notes that red meat contains higher amounts of heme iron than white meat. That's significant, as heme iron has been shown to cause damage to the innermost layer of the colon wall, which is known as the mucosa.

A diet without much red or processed meats, which are those preserved by curing, smoking or salting, can lower one's risk for colorectal cancer.

Cut back on alcohol consumption

The International Agency on Cancer Research notes that there is sufficient evidence linking alcohol consumption to colorectal cancer. Men and women who excessively consume alcohol may be at greater risk for colorectal cancer because such consumers tend to have low levels of folic acid in the body.

Numerous studies have linked low levels of folate to a higher risk of colorectal cancer, and one study

that examined the effects of folate deficiency on mice concluded that folate deficiency increased DNA damage by decreasing the expression of two genes involved in DNA damage by decreasing the expression of two genes involved in DNA repair.

When consuming alcohol, men should stick to no more than two drinks per day while women who are not pregnant should limit their alcohol intake to one drink per day. Pregnant women should not consume alcohol.

Don't eat meat cooked to well-done

Meat that is barbecued, fried, broiled, or cooked to well done can produce heterocyclic amines, or HCAs, and polycyclic aromatic hydrocarbons, or PAHs, both of which have been found to cause changes in DNA that may increase cancer risk. According to the National Cancer Institute, HCAs form when amino acids, sugars and creatine react at high temperatures, such as those necessary when frying foods or grilling over an open flame. PAHs, which also can be found in cigarette smoke and exhaust fumes from automobiles, form when fat and juices from meat grilled directly over an open fire drip onto the fire and cause flames, which contain PAHs that then adhere to the surface of the meat.

To reduce exposure to HCAs and PAHs, avoid prolonged cooking times and direct exposure of meat to an open flame or high heat source, flip meat often, discard charred areas of meat before eating and never use meat drippings to make gravy.

Many risk factors for colorectal cancer are beyond an individual's control, but men and women still can take steps to significantly reduce their risk of developing this deadly disease.

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2000	Honda Civic, 130k	544413	\$2,995	2010	Toyota Camry, 34k	1013	\$8,995	2012	Chevy Traverse, 50k	1260	\$12,888
2003	Honda Accord, 91k	72885	\$3,995	2011	Honda Civic LX, 47k	7569	\$8,995	2009	Honda Pilot, 36k	72824	\$13,995
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2013	Dodge Grand Caravan, 43k	3793	\$12,995	2012	Dodge Charger, 8k	1030	\$15,995
2012	Honda Accord, 32k	82471	\$12,995	2012	Jeep Grand Cherokee, 19k	134954	\$16,900
2013	Chevy Malibu, 3k	1382	\$13,995	2011	Ford Edge, 51k	82896	\$16,995
2011	Honda Odyssey, 35k	036772	\$13,995	2012	Nissan Maxima, 20k	3788	\$18,995
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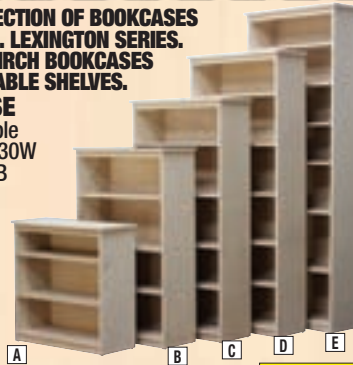
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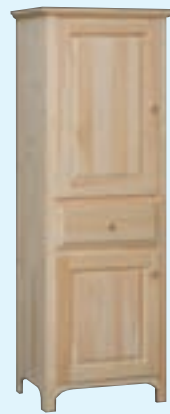
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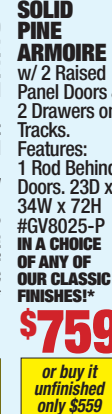
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D'Midas portrays 'A Blast from the Past'

By Nelson A. King

Carnival lovers and masqueraders will get "A Blast from the Past" when D'Midas International hits the Parkway on Labor Day.

"We want to bring back full mas – the way it used to be played," said Glenn Turbull, the St. Thomas, US Virgin Islands-born band leader, in a Caribbean Life interview at the mas camp, 1619 Nostrand Ave., between Tilden Avenue and Beverley Road in Brooklyn.

"We want to bring back costumes, original forms of costumes," added Turbull, whose parents hail from Tortola in the British Virgin Islands (BVI).

He said "A Blast from the Past" comprises seven sections, with at least 10 masqueraders in each: Earth



Natalia D Abrea portrays Ice Bender.

Photo by Nelson A. King

Bender, Fire Bender, Forest Bender, Snow Bender, Zulu Bender, Oil Bender and Plain Bender.

Turnbull, who enhanced his craft by producing mas annually in Trinidad and Tobago, said he's hoping to

Continued on Page 59



New York Pan Stars hold their CUNY-sponsored first place trophy high in triumph standing with the President of CLACC-C, Yolanda Lezama-Clark and Vice President of Academic Affairs for Medgar Evers College, Dr. Evelyn W. Castro.

Photo by Kevin Bollers

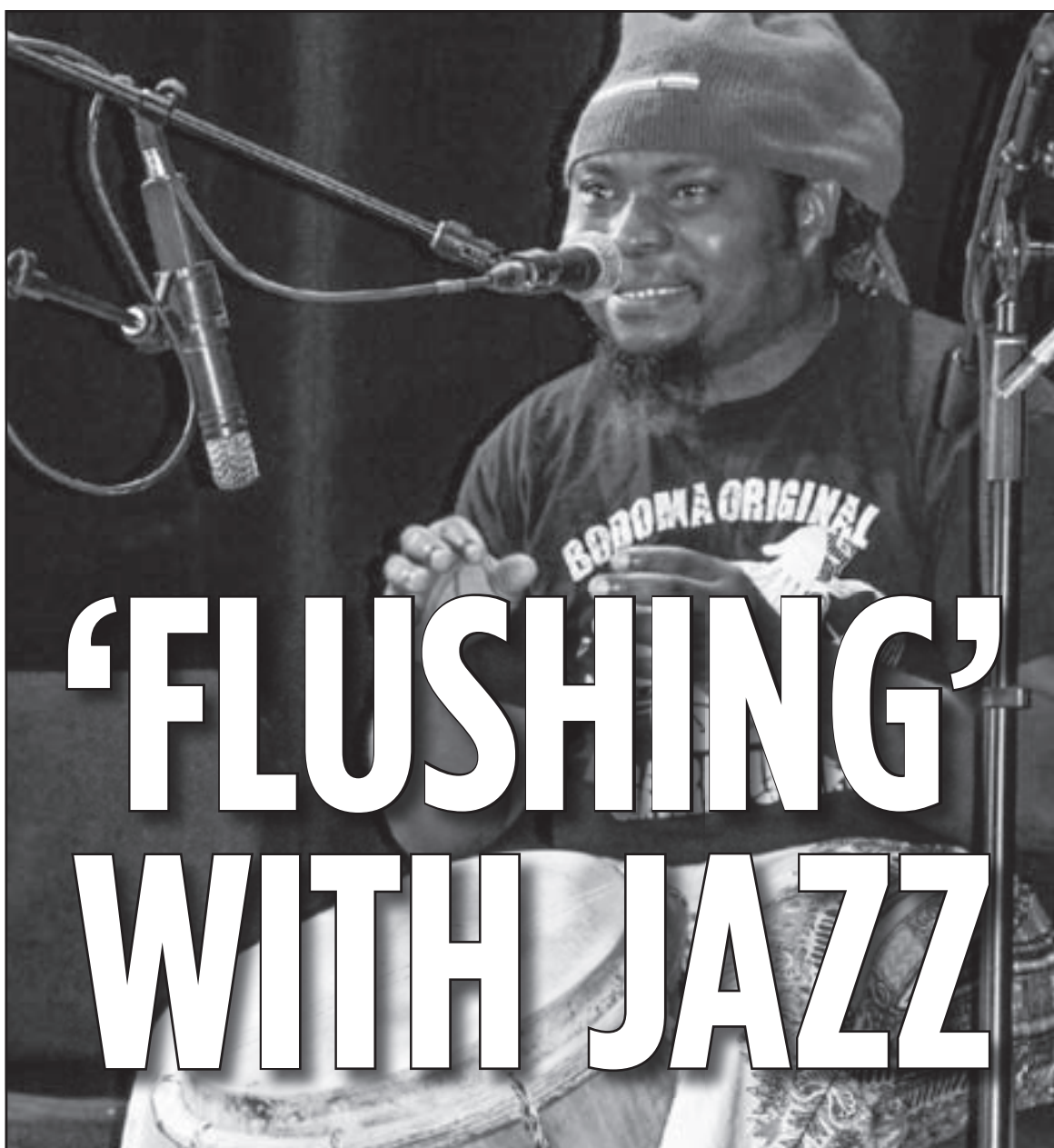
Junior Pan Champs

By Kevin Bollers

The New York Pan Stars is the winner of the first PanFest hosted by The Carlos Lezama Archives and Caribbean Cultural Center (CLACC-C) on Saturday, Aug. 23, 2014.

The junior steel pan competition was held at the CLACC-C grounds (1028 St. John's Place between Brooklyn and Kingston avenues). Young steel pan players vied for the chance to win prizes

Continued on Page 52



Traditional drummer Bodoma brings the Garifuna rhythms to jazz.

Photo by Tequila Minsky

'FLUSHING' WITH JAZZ

Afri-Garifuna Jazz rhythms fill town hall

By Tequila Minsky

A New York City/Queens gem, Flushing Town Hall bills itself as a venue of "global arts for a global community." Last Sunday, a summer wrap-up/fall kick-off with the Afri-Garifuna Jazz Ensemble, which fuses jazz and the language and rhythms from traditional Garifuna music, attracted one of the most diverse assemblages seen in a New

York audience.

(Come Sept. 3, monthly jazz jam sessions begin there, followed by extensive rich schedule including an American music festival, classical and jazz programming, and other culture workshops. www.flushingtownhall.org.)

Leading off the afternoon and with passion and encouragement, Garifuna dancer and teacher Mari-

ano Martinez with Scarlet A. Jones led adventurous audience members into a series of Garifuna dance movements ("move those hips") and his version of the Garifuna Slide. Martinez is the dance equivalent of the Afri-Garifuna Jazz Ensemble, bridging the contemporary and folkloric.

On Sunday, the Ensemble per-

Continued on Page 52

Jamaican dub poet to get heroes' honor

The annual list of distinctive nationals from Jamaica has been announced and among them is Linton Kwesi Johnson, the London-based poet who has consistently documented the plight of Caribbean nationals and people of color who suffer injustices in Britain and throughout Europe.

Affectionately known as LKJ, the 62-year-old poet will be hailed on Heroes' Day in Jamaica on the national holiday celebrated on the third Monday in October and commemorates seven national heroes from Jamaican history.

Best known as the premiere, performance dub poet due to his clever and pioneering use of combining reggae music with biting poetic commentary on police brutality since migrating to England in the early 1960s LKJ along with singer Marcia Griffiths -- who previously received an OD (officer's class) will be upgraded to commander's class; musicians Bobby Ellis, Dwight Pinkney, Phil Chen,



Inside Life

By Vinette K. Pryce

Carl Brady, a founding member of the band "Byron Lee and the Dragonaires," sculptor Laura Facey, dancer Patsy Ricketts and theatre stalwart Douglas Bennett will be commended.

Using grassroots Jamaican patois to amplify the injustices immigrants faced in Britain LKJ inspired other poets such as Malachi Smith in Florida, Oku Onuora, Mikey Smith, Jean Binta Breeze, Mutabaruka and Yasus Afari in Jamaica, and a number of others to also record the issues in their midst.

Afari recently honored Johnson at his Jamaica Poetry Festival in Kingston.

"LKJ is hugely influential as a dub poet and social activist in the worlds of poetry, dub poetry, reggae, literature and black culture. This is so largely due to the

fact that he is the very epitome of the social conscience of Britain in his generation and in his era and at a critical juncture in British society and world history," Afari said.

Slated to receive the nation's Order of Distinction on Oct. 20, LKJ is now among a very elite group of entertainers to be awarded the fifth highest civic honor for his contribution to the development of Jamaican music. He will be presented the OD during the annual National Honors and Awards ceremony at King's House, the official residence of the Governor General.

LKJ was born on Aug. 24, 1952 in Chapelton, a small town in the rural parish of Clarendon, Jamaica. He joined his mother in England in 1963 and attended



Jamaican born dub poet and author Linton Kwesi Johnson.
AP Photo/Bebeto Matthews

school in south London. While at school he joined the Black Panthers and helped to organize a poetry workshop within the movement. It was there that he first heard The Last Poets.

Later LKJ was introduced

to New Beacon Books, the UK's first Black bookshop and publishers, by Tony Ottey, an Anglican priest who frequented the youth club LKJ attended. It was there he met the Trinidadian writer and activist John

La Rose, who was to become a lifelong friend and mentor, as well as Jamaican author Andrew Salkey, one of the earliest supporters of Johnson's poetry.

Allegedly, racism and social indifference toward Blacks was pervasive and immediately he was inspired to record his observations in the early 1970s. With the advent of dub music and the deejays talking over reggae rhythms -- particularly Big Youth -- LKJ moved towards writing poetry in his own Jamaican English and about his own experiences living in a foreign country.

Some of LKJ most prolific compositions include poetry from his 1978 "Dread, Beat & Blood" album which include singles "Five Nights of Bleeding" a poem he dedicated to the plight of Leroy Harris, "Doun De Road," "Song of Blood" and "It Dread Inna Innglan" which explained a horrific incident involving immigrant George Lindo.

Jazz Rhythms

Continued from page 51

formed two sets. Co-founder, vocalist Lucy Blanco opened the afternoon with Tagueira (Homeland), their arrangement of the unofficial anthem, sung in Garifuna with a portion in English. During the sets, "The Days of Wine and Roses," in English, was set to a paranda rhythm and "Bye Bye Blackbird" to a punta rhythm. Closing the afternoon of music and movement, the dance floor was filled when Blanco sang Summertime in Garifuna; translated by Blanco's musical partner, co-founder James Lovell.

It was chance that brought together Garifuna heritage jazz singer Blanco, who had recently returned from 25 years in Los Angeles with an idea, and traditional Garifuna drummer James Lovell, who strives to carry on Garifuna culture through its music and language. Only four



Garifuna rhythms with ensemble co-founder Lucy Blanco (left) and drummers performing at Flushing Town Hall, Queens.
Photo by Tequila Minsky

years old, "the Biko Center in Brooklyn allowed the space to develop our repertoire," says Blanco.

Garifuna is an Arawak-based language having developed when kidnapped Africans, destined for slavery, swam from their crashed boats to St. Vincent and married indigenous Arawak and Carib Indians. The language is on the UN endangered language list.

As a child growing up in the Bronx and parents from Honduras, Garifuna (and Spanish) were Blanco's first languages, long dormant as she assimilated into Ameri-

can culture. "The language is coming to life and coming back," she admits, having lost most. Through this project she is relearning, with Lovell as her guide.

"Our musicians bring in their jazz musical vocabulary and are open to learning a new genre they haven't heard before, fusing it with their experience to create something new," she says. "What we're doing requires time," of the mixing of these two music forms. With an extensive cultural background, James Lovell brings in the language and songs, handed down orally.

New York Pan Stars

Continued from page 51

and bragging rights at the first annual competition.

The panists, many of whom have performed at other events in the city, competed for several prizes and a trophy with the first prize winners taking home not only a colossal trophy sponsored by CUNY but also a check for \$1,500. Steel bands which competed were C.A.S.Y.M., New York Pan Stars, Pan Harmony Steel, Rhythms Steel Orchestra and Metro. The entire Children's Festival ran from noon - 7:00 p.m.; the PanFest competition began at 4:00 p.m.

The second place winner, Pantronics, won a trophy and a \$1,000 check while C.A.S.Y.M placed third and received a check for \$800. Metro and Harmony came in third and fourth respectively with each receiving a \$300 check.

PanFest is just one component of the CLACC-Children's Festival, now in

its fourth year. The free annual festival highlights important health and wellness information for children and parents, as well as talent and artistry found in Caribbean culture. Children and adults enjoyed music, live performances, games and food. The Carlos Lezama Archives and Caribbean Cultural Center is aptly named after Carlos Lezama, the "godfather" of Brooklyn's Caribbean Carnival and father of Yolanda Lezama-Clarke. It was established in 2005 under the auspices of the University of the State of New York and is designed to promote and preserve Caribbean culture and history. Its mission is to educate communities regarding Caribbean heritage via the establishment of an institute devoted to research and development and to promote and preserve West Indian culture and history through an archive center.

"We want to ensure that

the community and children who participate in the festival leave with a better understanding and appreciation of their culture," said Yolanda Lezama-Clarke, president of CLACC-C. "PanFest gives the steel bands a chance to compete and perform for their peer group, which is exciting," she said.

Ms. Lezama-Clarke believes that it is important to highlight and showcase young musicians and to promote the art of playing the steel pan. "What influenced the decision to have the junior steel pan players was that the CLACC-C prides itself on being inter-generational. It seeks to bridge the gap between the elders and the youth," she explained. Clark also feels that the pan brings out the creativity of the youth and points out research that youth who play musical instruments tend to do better academically.

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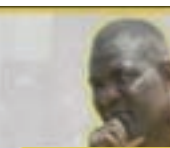
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Distributor: Relativity Media

By Kam Williams

Director Roger Donaldson is probably most closely associated with "No Way Out," one of the best espionage thrillers ever made. The accomplished Australian revisits the genre with "The November Man," though this picture pales in comparison to his ingenious, 1987 classic.

Nevertheless, Roger has crafted another labyrinthine, cat-and-mouse caper which miraculously manages to keep you on the edge of your seat despite an often-incoherent plotline, slapdash action

sequences, and an inscrutable cast of characters with difficult to discern motivations. Overall, the adventure amounts to a dizzying head-scratcher which takes you on one helluva roller coaster ride, even if it might take a scorecard to keep the profusion of players straight.

Based on the Bill Granger best seller "There Are No Spies," the movie stars Pierce Brosnan in the title role as Peter Devereaux, an ex-CIA Agent once code named "The November Man." While he retired to Switzerland five years ago, it doesn't take much to coax him out of the rocking chair to help extract Mira, (Nina Mrdja), a Russian double agent ready to come in out of the proverbial cold.

After all, they share a secret past which produced Lucy (Tara Jevrosimovic), a love child he misses terribly. However, the prospects of a father-daughter reunion are reduced significantly when Mira is shot in the head by a team



Pierce Brosnan stars in the title role as Peter Devereaux in "The November Man."

of assassins led by David Mason (Luke Bracey), Peter's former protégé in the CIA. What's up with

that? Did the Agency really want Mira dead? Or did David go rogue? These are the questions left unan-

swered as Peter accepts another dangerous assignment, namely, the exfiltration from Moscow of Alice Fournier (Olga Kurylenko).

Alice is a pivotal witness for the prosecution set to testify in front of a war crimes tribunal about all the atrocities committed in Chechnya by Arkady Federov (Lazar Ristovski). Trouble is Federov is Russia's ruthless president-elect and isn't about to let some social worker abort his rendezvous with destiny.

So, it's not long after making Alice's acquaintance that Peter realizes she has no shortage of angry adversaries, both Soviet, such as Federov's acrobatic henchwoman (Amila Terzimehic), and American, like the CIA mole giving David his marching orders. Regardless, the peripatetic pair proceed to leave a messy trail of bloody bodies behind as they pick up long-lost Lucy before making a daring escape to the West.

Vintage Brosnan!

Independent & Foreign Films

The Calling (R for violence, profanity and disturbing content) Crime thriller about a small town detective (Susan Sarandon) whose investigation of a string of grisly murders brings her face-to-face with a serial killer. Ensemble cast includes Ellen Burstyn, Tophér Grace and Donald Sutherland.

Canopy (PG-13 for intense violence and bloody images) World War II drama about an Australian fighter pilot's (Khan Chittenden) struggle to survive in the jungle after being shot down over Singapore. With Mo Tzu-yi, Robert Menzies and Edwina Wren. (In English, Japanese and Mandarin with subtitles)

The Congress (Unrated) Animated sci-fi adventure about an aging actress (Robin Wright) who breaks a contract by coming out of retirement after having sold a movie studio the exclusive rights to her image. Cast includes Paul Giamatti, Harvey Keitel, John Hamm and Danny Huston.

Last Weekend (Unrated) Ensemble dramedy about a matriarch (Patricia Clarkson) who comes to question her role in her dysfunctional clan during a disastrous



Kam's Kapsules

By Kam Williams

reunion at the family lake-front estate she's about to sell. With Mary Kay Place, Zachary Booth, Rutina Wesley, Judith Light and Jayma Mays.

Life of Crime (R for profanity, sexuality and violence) Mobster comedy about a couple of crooks (Mos Def and John Hawkes) who kidnap the wife (Jennifer Aniston) of a millionaire (Tim Robbins) for ransom only to learn that they've done the philanthropist a favor by freeing him to spend more time with his mistress (Isla Fisher). Support cast includes Mark Boone Junior, Kevin Cannon and Julie E. Davis.

The Naked Room (Unrated) Fly-on-the-wall documentary focusing on the behavior of patients, parents and physicians in the examination room of a children's hospital in Mexico City. (In Spanish with subtitles)

The Notebook (R for nudity, profanity, sexuality and disturbing violence)

Coming-of-age saga, set in the Hungarian countryside towards the end of World War II, about twin 13-year-old boys (Andras and Laszlo Gyemant) forced to fend for themselves after being left in the care of their abusive, alcoholic grandmother (Piroska Molnar) by their desperate mother (Gyongyver Bogнар). With Andras Rethelyi, Ulrich Thomsen and Orsolya Toth. (In Hungarian with subtitles)

Second Opinion (Unrated) Medical expose' about Ralph Moss, Ph.D., a young writer in Sloan-Kettering's PR Department who risked his career by blowing the whistle on a massive cover-up of the truth about a promising cancer cure called Laetrile.

Shadows from My Past (Unrated) Holocaust documentary revisiting the plight of The Kaufmans, as preserved in letters exchanged among members of the Austrian Jewish family between 1939 and 1941.

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CARNIVAL COUNTDOWN

The Promise and EP Costumes go to

'PARADISE'

By Nelson A. King

After showcasing their mas solo for several years, The Promise and EP (Errol Philip) Costumes are going to "Paradise" this year with their collaboration.

"The production for this year is somewhere in paradise, because life is a paradise, and we have to give praise for every sunlight that we see and breathe," the Boston-based Philip told Caribbean Life.

Monica Carrington, who produces the Brooklyn-based "The Promise," said it was easy combining her production with Philip's since they are both originally from Gonzales in Port-of-Spain, Trinidad and Tobago.

Additionally, she said she gave way to Philip as band leader in light of a series of tragedies last year – she lost her niece in February, her mom in May and her brother in November.

"It was a disaster," said Carrington, who has been producing mas since 1988. "So I had to lean on Errol; so this is why he took over this year."



Janelle Bynoe portrays Tropical Sunset.

Photo by Nelson A. King

Philip said the combined effort comprises five sections, with at least 100 masqueraders, excluding children: Splendor, Mystical Sky, Tropical Sunset, Mardi Gras and Carnival is a Paradise.

"It's giving praise for the blessing that has been bestowed on me over the years," said Philip, who has been producing mas for more than 30 years, designing sections for "Legends," renamed "Legacy."

'Kaios and Orda'

By Nelson A. King

Kaios International Mas Band wants nothing but "Kaios and Orda" on the parkway, according to co-band leaders Mark McLean and Heather Greenidge.

"We are portraying the chaos and order of carnival," said the Trinidadian-born producers in a Caribbean Life interview. "It's a duality of both pleasure and the sweat of hard work to bring it all together."

"The name we have cho-

sen reminds all of the hard work involved in preparing for the parade," they added. "It's all just fun and games, and colors and music, and dancing."

"It's truck-building, sound-checking, making costumes and filling last-minute orders, staying available at mas camp to be visible for long hours, in addition to our lives aside from carnival," they continued in unison.

McLean and Greenidge, who hail from Port-of-Spain,

the Trinidad and Tobago capital, said the band comprises eight sections, with equal number of men and women.

The sections are: Gold Dust – portrayed by Nakya Evans; Commanche – portrayed by Yanique Oloko; Commanchero – portrayed by Janelle George; Apache – portrayed by Kaylona Arthur; Blue Star – portrayed by Bianca Johnson; Caribbean Jewel – portrayed by Chantal and Mervyn Jackson; Mad Max; and Paradise. At press time, presenters for the last two sections have not been identified.



Yanique Oloko portrays Commanche. Photo by Nelson A. King

2014 MAS BANDS



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Mas Band Leader: Roberto Martino
Mas Band Address: 2098 Rockaway Pkwy.
Contact #: (917) 681-4639
Email: Richardurbin@yahoo.com
Band Portrayal: T-Vice

Ronald Charles

Mas Band Leader: Ronald Charles
Mas Band Address: RonaldCharles@google.com
Contact #: (718) 840-9337
Email: charles.ronald344@gmail.com
Band Portrayal: Caribbean Music, Blues, Rock N Roll

Luxe Mas

Mas Band Leader: Sagine Denis
Mas Band Address: 125-04 Liberty Ave.
Contact #: (917) 204-2561 / (347) 330-1681
Email: luxecarnival@gmail.com
Band Portrayal: Jewels of the Sea

Boom Mas

Mas Band Leader: Gussy
Mas Band Address: 3816 Church Ave.
Contact #: (347) 600-8030 / (718) 552-5723
Email: boommascarnival@gmail.com
Band Portrayal: Je Taime Karnival (I Love Carnival)

One Destiny

Mas Band Leader: Zeelema Verwayne
Mas Band Address: 4714 Church Ave.
Contact #: (347) 384-0497 / (347) 383-8718
Email: familyandfriendsofguyana@gmail.com
Band Portrayal: One People One Nation One Destiny

Detailz Mas Production

Mas Band Leader: Kathleen DuBois
Mas Band Address: 183 Empire Blvd.
Contact #: (917) 683-0113
Email: duBoiskathleen@yahoo.com
Band Portrayal: Raise The Bar

Mas Production Unlimited

Mas Band Leader: Wesley Millington
Mas Band Address: 169 E 93rd St.
Contact #: (718) 759-7766 / (917) 774-0055
Email: ddove73@gmail.com
Band Portrayal: All That Glitters

We Are One Caribbean

Mas Band Leader: Carl Gray
Mas Band Address: 4617 Ave. D Contact #:
Email: weareonecarib@gmail.com
Band Portrayal: Fashion Carnivale

Vision In Motion

Mas Band Leader: Donna Bridgeman/Janice Lawrence-Clarke
Mas Band Address: 5623 Beverley Rd.
Contact #: (347) 495-0434 / (347) 620-2557
Email: drjmandela@gmail.com
Band Portrayal: Mandela

Blast from the Past

Continued from page 51

win the Small Band Competition this year and place in the King and Queen competitions.

In addition, he said "A Blast from the Past" is expected to place among

the top three in the Junior Queen and Female Character competitions.

Turnbull said the band has won the King and Queen competitions several times, and placed first and second for the King of the Band last year.

He said band members are of Trinidadian, Barbadian and BVI descent, and most masqueraders are from Trinidad and Tobago and the U.S.

Lashima Eulett, a Brooklynite born to a Cuban father and Jamaican mother, said she will be playing mas, and with D'Midas International, for the very first time.

"My friends asked me to join," said the Bedford-Stuyvesant resident, who will portray "Fire Bender."

New Jersey-born DJ Romano, of Trinidadian parentage, will furnish music for masqueraders.

Turnbull can be reached at (718) 809-1017 and Gabby Winchester at (917) 345-9376.



Lashima Eulett portrays Fire Bender.

Photo by Nelson A. King

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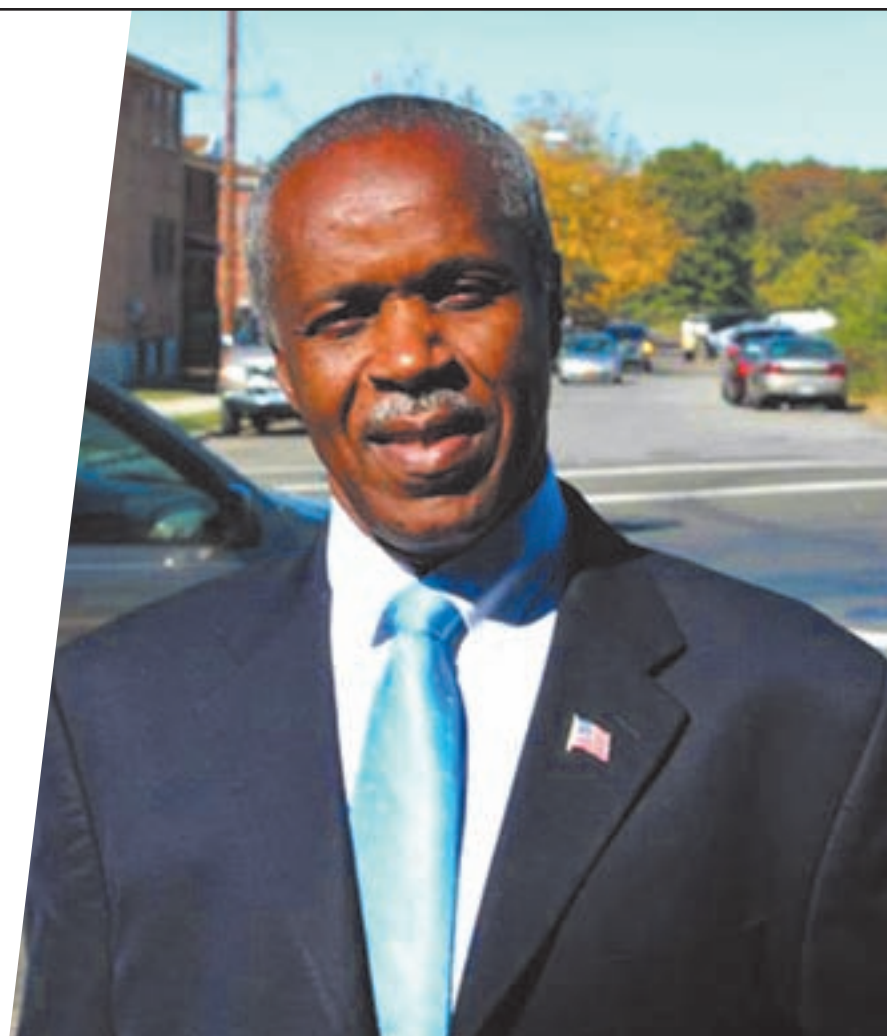


Everly Brown is a long time resident of South East Queens and he is a democrat running for State Senate in the 10th district.

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Cocoa powder-derived pills may be used in the future to treat various health ailments.

Ron Wingard Photography

Know the health benefits of eating dark chocolate

Many people associate healthy eating with foods that may not be so tasty. Desserts are not often considered the healthiest course of a meal, but dark chocolate, when enjoyed in moderation, can be healthy.

Dark chocolate can benefit the brain, heart and even teeth. Researchers at a meeting of the American Chemical Society in Dallas have discovered just why dark chocolate packs such a healthy punch. Otherwise indigestible portions of the chocolate are converted by microbes in the digestive system. In turn, the chocolate is transformed into anti-inflammatory compounds.

Researchers found that digestion in the stomach produces long molecules called polyphenolic polymers. These molecules are too large to cross the walls of the stomach to be used nutritionally. However, when the polyphenolic polymers meet lactic acid and microbes that inhabit the human colon, the polymers ferment and can be broken down further. These smaller molecules are then used by the body. The resulting material is anti-inflammatory and can prevent certain conditions, including cardiovascular disease, from developing.

One of the pitfalls of dark chocolate is the sugar and fat content of a candy bar, which can overshadow the health benefits.

But those who consume the majority of their dark chocolate in the form of unsweetened cocoa powder can avoid such consequences. Roughly two tablespoons of cocoa powder per day can produce the desired anti-inflammatory benefits, and cocoa powder can be mixed into drinks, sprinkled over oatmeal and consumed in many other ways. Full-sugar, full-fat dark chocolate bars and pieces should be enjoyed sparingly, although they are better for your health than milk or white chocolate.

Interest in dark chocolate for its medical benefits has led researchers to study the efficacy of its anti-inflammatory compounds. A big study is already underway to see if pills containing the nutrients in dark chocolate can replicate the many health benefits, including helping to prevent heart attack and stroke. The pills are so concentrated they would be the equivalent of eating numerous dark chocolate bars, but without the negative side effects. The goal of the study is to see if chocolate can provide significant medical

benefits without forcing consumers to eat so much sugar and fat. The study will be sponsored by the National Heart, Lung and Blood Institute and Mars Inc., maker of M&M's and Snickers bars.

The candy company has patented a way to extract flavonols from cocoa in high concentration and put them in capsules. Mars and some other companies sell cocoa extract capsules, but with less active ingredients than those that will be tested in the study.

Some participants will get flavorless, coated pills that contain the cocoa flavonols, while others will be given a placebo. Eighteen thousand men and women nationwide are expected to participate.

In addition to anti-inflammatory properties, dark chocolate contains several chemical compounds that have a positive effect on mood and cognitive health. Chocolate contains phenylethylamine, or PEA, the same chemical your brain creates when you feel like you're falling in love.

Taking dark chocolate supplements may help a person's mind and body.

Americans can take health cues from the rest of the world

North American women may want to take health advice from women in other areas of the world. As it turns out, international women may have the secrets to living longer and avoiding medical conditions that seem to plague women in the U.S. and Canada.

Here's how women across the globe are living longer, healthier lives.

- **Practice portion control.** Although you've probably heard it before, reducing the amount that you eat can have its benefits, including weight loss. Many people remark how the French dine on cheese and butter and still manage to stay skinny. That is because they are eating in moderation, not making an entire meal out of two pounds of cheese. Smaller portions and maintaining an active lifestyle are two ways that many French women stay slim and healthy.

- **Go heart-healthy.** The "Mediterranean Diet" has been touted in recent years. Women in Italy and Greece set a good example by serving foods that are rich in heart-healthy antioxidants and good fats. Nuts, whole grains, fish, and olives are hearty and heart-healthy foods. Mediterranean cultures also use wine to improve heart health, help prevent cancer, and slow the progression of neurological diseases, like Parkinson's and

Alzheimer's. Studies have also shown that moderate amounts of alcohol can raise your good cholesterol and thin your blood.

- **Stay active in your community.** Japanese culture emphasizes family connections and maintaining an extensive support system. The Japanese stay active into older adulthood, which could be why the island region of Okinawa is known for having the highest concentration of centenarians in the world. According to research, Okinawans, when compared to Americans, have an 80 percent lower rate of many cancers, including ovarian and breast cancer.

- **Eat locally:** Northern Europeans tend to eat farm-to-table, which means consuming things that they or their neighbors have grown and raised. Foods that are rich in omega-3 fatty acids, such as fish, in combination with native vegetables and berries help keep obesity statistics very low. Scandinavians also eat game birds and elk, which produce meat that tends to be leaner than the types of farm-raised livestock North Americans rely on.

Adopting the healthy habits of others across the globe can help North American women live longer, healthier, and more productive lives.



Eating foods that are often found in Mediterranean diets, such as fish, is one way to improve health.



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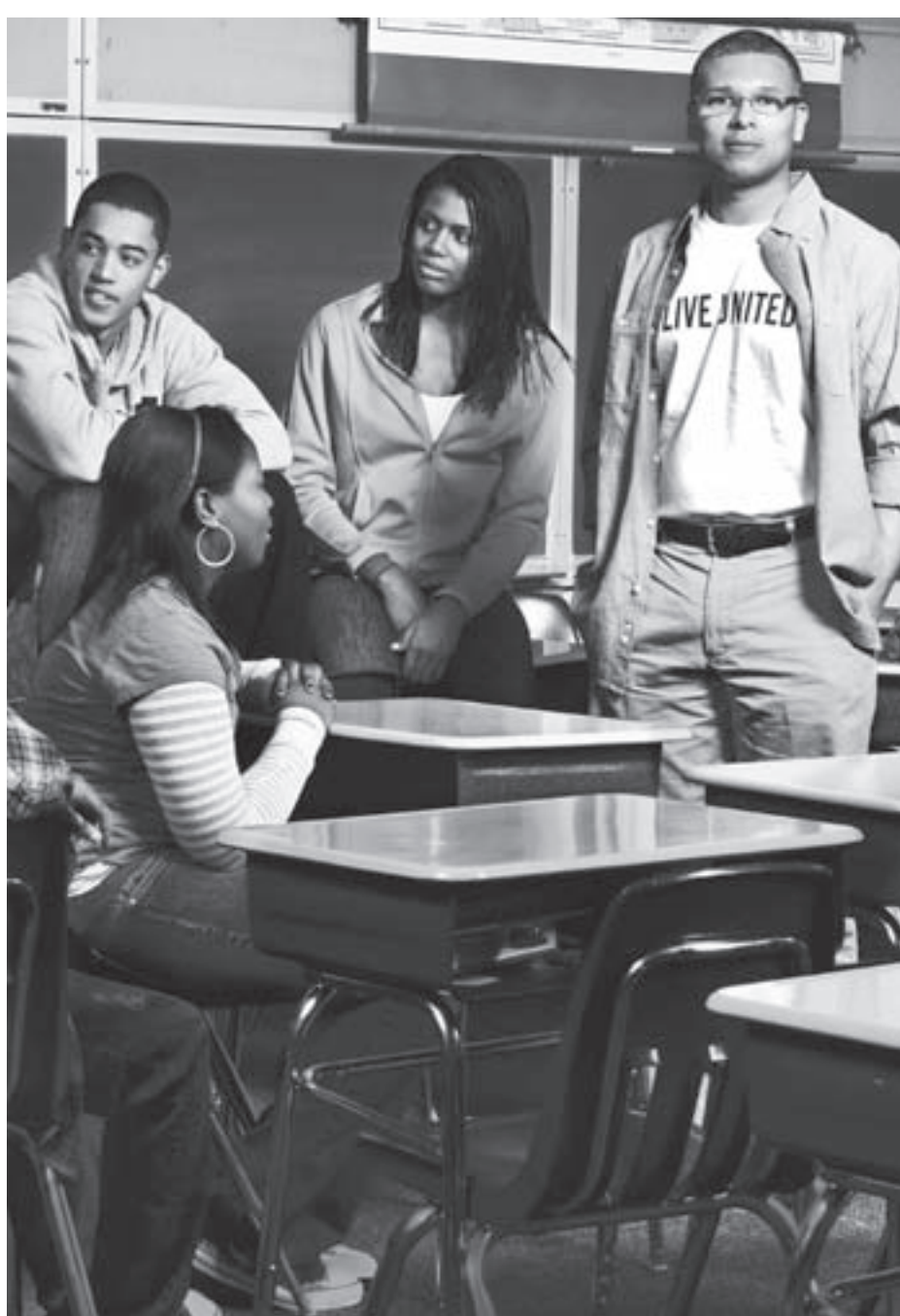
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Diners who want to ensure their next night out is healthy can take a number of steps before hitting the town with friends, family, or that special someone.

Dining out can still be healthy

HEALTH

Men and women with an eye on shedding a few extra pounds might feel as though dining out is a luxury their waistslines simply cannot afford. But many restaurants recognize their customers' growing desire for healthier fare. People can expect to find a host of nutritional items on the menu at their favorite local restaurant, making dining out both a viable and healthy option for those who want to put money back into their community while enjoying a night out on the town.

Of course, diners who want to ensure their next night out is healthy can take a number of steps before hitting the town with friends, family or that special someone.

Peruse the menu ahead of time

Many restaurants now post their menus to their websites, where prospective diners can get a feel for the restaurant while examining the menu for foods they can feel good about eating. Look for low-calorie meals and choose a few candidates that you might want to eat when you arrive at the restaurant. Some restaurants may count the calories for you on the menu

or explain where and why they buy their ingredients in an attempt to ensure their customers' meals will be both delicious and healthy.

Consider ordering off the menu

Ordering off the menu was a practice once reserved for bigwigs or restaurant regulars. But nowadays many restaurants recognize that some customers might be on restricted diets for medical reasons and are willing to work with their customers who still want to enjoy a meal out without putting their health in jeopardy. Ordering off the menu does not necessarily mean ordering a dish that isn't on the menu. Ordering off the menu can refer to asking that ingredients like salt not be used to prepare your meal or asking that a dish is baked or grilled instead of fried. Many restaurants are amenable to such requests, but it's up to the customer to ask.

Ask for smaller portions

Smaller portions can help

men and women maintain a healthy weight, and some restaurants even allow customers to buy half-portions for less money. If that option is available, take advantage of it. If not, skip the appetizer and dessert courses, and don't be afraid to leave some food on your plate at the end of the meal. You can always have your meal wrapped.

Share your meal

Out on a date with your special someone? Then order one entree and let your server know you plan to share the meal. You might have to pay a little extra to share the meal, but you won't be eating as much and the added cost of sharing will still be less than purchasing two entrees.

Don't forget to eat before you dine out

If you miss meals throughout the day before dining out at night, you're far more likely to overindulge once you get to the restaurant. Be sure to eat a healthy breakfast and lunch and a healthy snack of fruits or vegetables before going out to dinner at night. If so, you won't be as hungry when you arrive at the restaurant and you won't overeat to combat that hunger.

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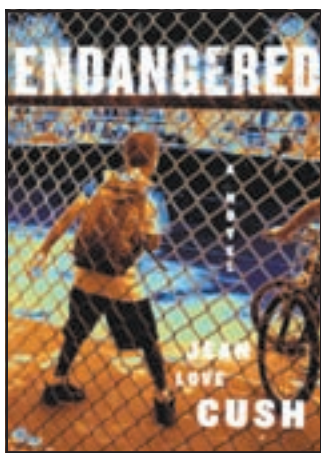
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Book cover of "Endangered" by Jean Love Cush.

Saving young 'Endangered' Black men

"Endangered"
by Jean Love Cush
c.2014, Amistad
\$24.99 / \$31.00
Canada
261 pages

By Terri Schlichenmeyer

Save the whales!

You've read a lot of signs like that in your life, online and real-time. Save the

whales or the environment, penguins or tigers, fish, trees, or grasses, there's always something about to disappear, and you know that when it's gone, it's gone.

But what about people? Aren't they in trouble, too? In the new book "Endangered" by Jean Love Cush, who's going to save young Black men?

Janae Williams had

BOOK REVIEW

always told her son, Malik, not to run when the cops came. It was worse if you did, she said. So while he was hanging out on a Philadelphia street corner with his friends and sirens came their way, Malik stood still – and was arrested for the murder of a boy he knew.

But, of course, Malik didn't do it. Janae knew that her son was innocent. He was just 15 years old, a good-enough student, her baby. She'd raised him right – his father certainly had no hand in it – and Malik wasn't capable of killing.

Still, he was in jail and the court system was a maze that Janae couldn't quite figure out. She wanted Malik home, no matter what – even if it took putting her trust in an unusual source who claimed he could help her son.

When Calvin Moore left the 'hood, he closed the door. He'd always had his sights on law school, power, money, a good life. He'd been at a big Philadelphia law firm for several years and was on track to make partner soon – so when his boss asked his assistance with a pro bono case for a non-profit, Calvin was reluctant. The Center for the Protection of Human Rights didn't want his experience; of that, he was sure. All they wanted was his black face to represent.

Known for around-the-globe humanitarian work, Roger Whitford always wanted to make a difference, and his organization was poised to do it. They

just needed a case that was right, one he could defend in court in a way that would force nation-wide revisions for Black boys within the justice system.

Roger had an audacious plan, and the case against Malik Williams was perfect...

Talk about good timing.

With its focus on justice and its characters' shouts for legal change, "Endangered" may be the most relevant book you'll read this year. Be aware, though: author Jean Love Cush, who has a background in law, loads controversy inside her story.

And yet, this drama isn't all just courtroom-based. Cush's characters are created with razor-sharpness and put in gut-wrenching situations. She then offers statistics (real ones!) to support her story – shocking stats about African American education, crime, society, and justice that move the story along, enhance its most memorable parts, and pull readers even further in. All I can say is "wow."

The cover of this book looks like it might be for middle-schoolers, but that's incorrect; its audience is definitely 16-and-up. If that's you, and you're open to one impressive thought-provoker, "Endangered" is a book to save time for.

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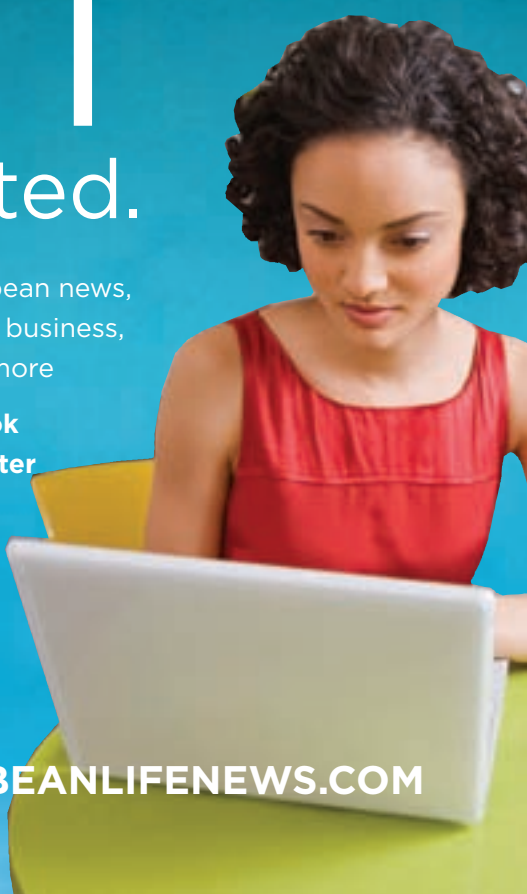
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Serena Williams hugs one of the participants from the Elmcour Youth & Adult Community Center during the US Open Returning the Love clinic.

USTA / Mike LeBrecht

US Open draws area kids

By Robert Elkin

Twenty-three kids from the Elm Cor Youth and Adult Center in Corona, New York, known for its basketball activities, were guests of the United States Tennis Association (USTA) five days prior to the first day of action in the main draw.

The group of youngsters enjoyed playing in the grandstand after the completion of the main singles and doubles draws.

Serena Williams, heavily favored to win
Continued on Page 72

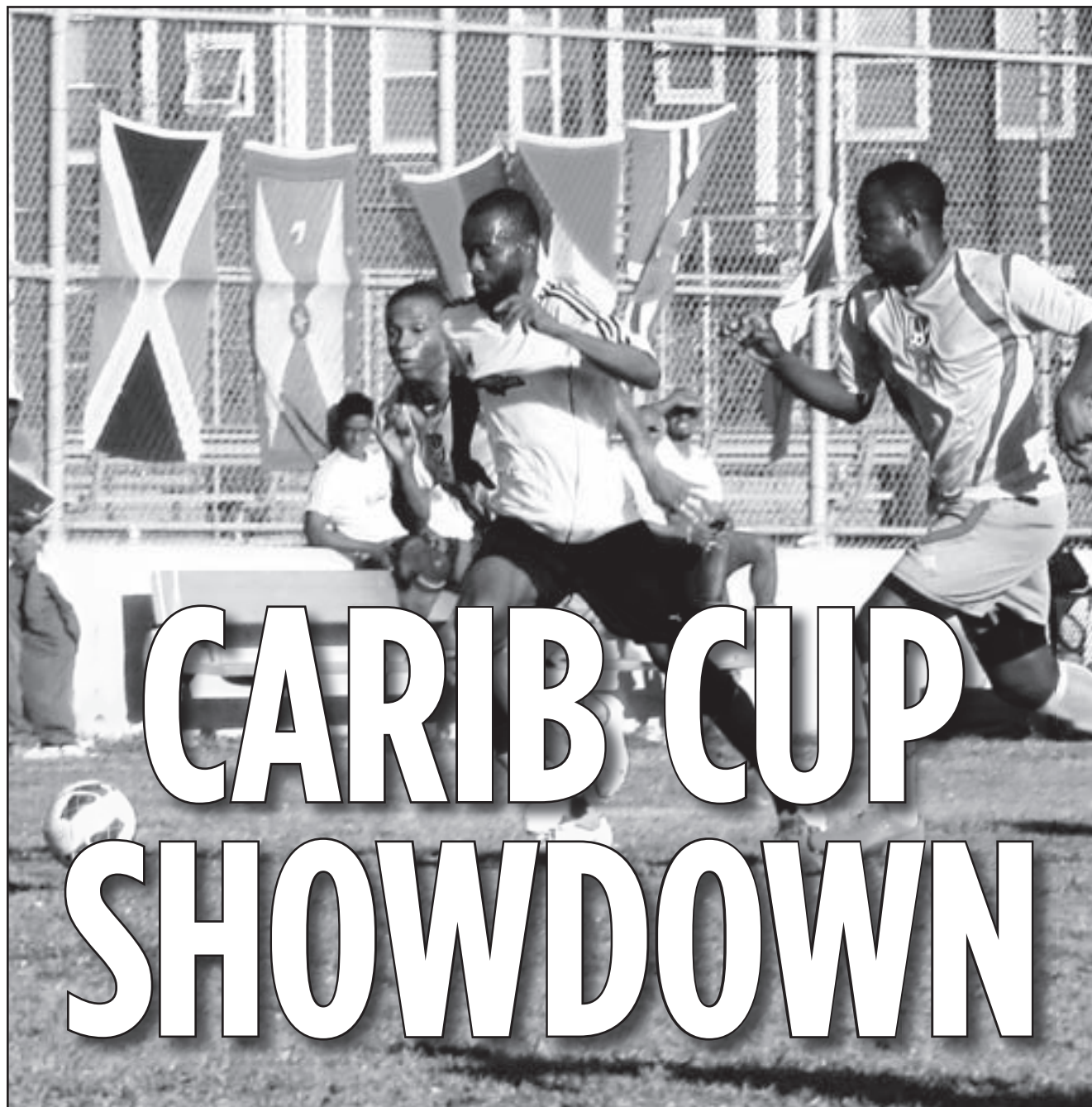
Pollard shows his potential

By Azad Ali

West Indies batting legend Desmond Haynes believes that Keiron Pollard could be the next West Indies captain in the shorter forms of the game.

The former Barbados captain and West Indies opener was mentor of the Barbados Tridents, which beat the Guyana Amazon Warriors to win the Caribbean Premier League (CPL) recently in St. Kitts following a rainstorm that disrupted the final at Warner Park.

"He's one guy who would try a lot of things on the ground. He has shown great leadership and hopefully, I would like to see him being the captain of the West Indies at some stage," Haynes said.
Continued on Page 72



Garfield Gillespie (JAM) splits the Guyana defense.

Photo by Keith Dawson

CARIB CUP SHOWDOWN

St. Vincent, Jamaica to battle for title

By Patrick Horne

The 2014 Caribbean Cup title will be contested by Team St. Vincent and the Grenadines and Team Jamaica after both teams posted semifinal wins last Sunday at the Jefferson High School Sports Complex. Team St. Vincent and the Gren-

adines knocked off longtime rival Team Grenada, 2-1, when Anselmo Cox came up with the winner late in the game for the Vincentians, who benefitted from a Grenada own-goal to tie the game after falling behind, 1-0. Kimron Redhead scored for the Grenadians.

Team Jamaica's 4-1 manhandling of Team Guyana was a surprise since this Guyana squad was one of the best in recent years; the Guyanese played good soccer throughout the tournament to win the West Zone. Andre McFarlane scored for the Grenadians.

Continued on Page 72



Denzil Watson (JAM) celebrates after scoring.

Photo by Keith Dawson

Jamaica mesmerizes Guyana in semis

Continued from page 71

scored early in the game from a hard shot from 20 yards and the Guyanese never recovered. Jermaine Christian, Denzil Watson and Daniel Shaw carried on the scoring and put on a show for the fans; Team Guyana's lone goal came from Richard Joseph from the penalty spot.

The championship game kicks off at 4:45 p.m., this Labor Day Sunday, preceded by the third place game between Team Grenada and Team Guyana at 2:30 p.m.

WRIGHT PHILLIPS BREAKS SCORING RECORD

The New York Metropolitan area has a new scoring hero in Bradley Wright-Phillips, who scored his 20th goal, the most in a regular season for a New

York area professional franchise player, to lead the New York Red Bulls (7-7-10, 31 pts.) to a 4-2 defeat of the Montreal Impact (4-15-5, 17). In front of 17, 891 fans at Red Bull Arena last Saturday night, the Englishman, son of legendary England player Ian Wright, scored in the 71st and 91st minutes of the game and broke the New York single-season scoring record previously held by Colombian Juan Pablo Angel, who racked up 19 goals in 2007.

Wright-Phillips, who said that the biggest influence on his career was his father and older brother Shaun Wright-Phillips, was supported by two goals from Captain Thierry Henry. Wright-Phillips still has 10 MLS games to play to reach the NKS regular season record of 27, scored by

Chris Wondolowski of the San Jose Earthquakes.

New trailed, 1-0, at half time after Dilly Duka put the visitors ahead, scoring on a breakaway when he beat Red Bulls goalkeeper Luis Robles at the near left post, but Henry evened the score in the 53rd minute with a superb diving header, then gave his team a 2-1 lead in the 67th minute. The Red Bulls never looked back as Wright Phillips took over the show. Montreal did close the gap, 3-1, late in the contest through Andres Romero, but Wright-Phillips was too much on the night.

The Red Bulls moved on to CONCACAF Champions League play on Tuesday night, three days after, and defeated El Salvador's CD. FAS, 2-0, at Red Bull. Forward Saer Sene and midfielder Lloyd Sam led the

Red Bulls. The Red Bulls are in Group 3 of the 2014-15 Champions League and will eventually play the Montreal Impact. The Red Bulls at D.C. United in RFK Stadium on Sunday, Aug. 31.

JONES TO NEW ENGLAND

New England signed U.S. international midfielder Jermaine Jones on a free transfer. Jones, 32, reportedly will make \$4.7 million with an 18-month contract... meanwhile; the U.S. Soccer Federation announced that former national team captain Landon Donovan will make his final appearance for the U.S. national team in a friendly against Ecuador on Oct. 10 in Connecticut. Donovan, 32, announced his intention to retire from professional soccer earlier this month.

ElmCor's program

Continued from page 71
the women's singles title, was on hand for the kids' exhibition.

State Assemblyman Jeff Aubry led a group of personnel enjoyed watching the potential future stars. Parents of the children, ElmCor's program director Janice Teatuv and some of her staff accompanied the youngsters who demonstrated their skills on the court.

"This is a great day for the kids and the program," said Aubry.

"We're in the shadow of the facility and it was nice for the young people to meet the stars and play on the court, maybe one of them will be back as a real contender." This is the first time ElmCor is involved with the USTA on this level.

"At first they (the boys and girls) were excited and happy that they got to play with Serena. Then they went on a practice court."

"The USTA set it up," added Aubry. "We passed

the bill and allowed expansion (to happen). The commitment of the USTA was to reach out to the neighborhood."

The staff at ElmCor jumped at the chance of allowing such festivities to take place. After Serena went out on the court, all the kids were excited about being at the National Tennis Center.

"They were all excited about being here," said Teatuv. "A lot of the kids have never been to a tennis court. It was a big deal for them to go home and talk about it."

ElmCor, with a huge gym facility within its building, is a neighborhood community based organization that has been around for a long time. It started in 1965 and will celebrate its 50th anniversary in 2015.

And as far as the National Tennis Center, it would not be too long before a roof will be installed for matches played in inclement weather.

Keiron Pollard

Continued from page 71

Haynes formed one of the most durable opening partnerships in the history of the game with fellow Barbadian Gordon Greenidge.

He said he would have relished the opportunity to play Twenty20 and felt his generation of West

Indies players would have mastered the format - but he was happy with his role on the periphery of the game.

Tridents won the Twenty20 title by 8 runs over the Duckworth Lewis method, after the weather interrupted Guyana Amazon Warriors' run chase.



West Indies Keiron Pollard attempts to field off his own bowling against New Zealand in the second one day international cricket match, Christchurch, New Zealand.

AP Photo/NZPA, Ross Setford, File

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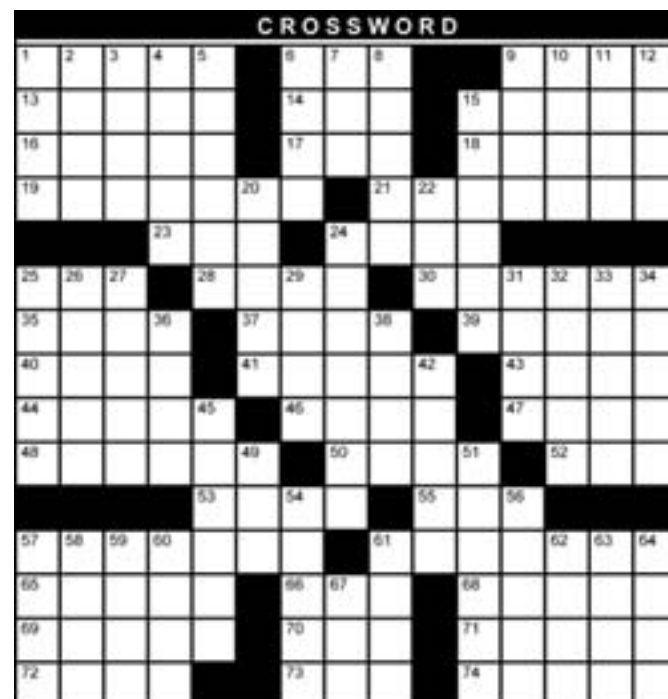
1. Figure of speech
6. School org.
9. *Where official places football after a play
13. *Often twirled at football games
14. Nocturnal flyer
15. Ma Bell, e.g.
16. Artificial leg
17. Also
18. Neptune's realm
19. *Team with most NFL championships
21. *_____ league
23. "_____ you sure?"
24. Dateless
25. David Alan Grier's initials
28. "I _____ the sheriff..."
30. Uproar
35. The Colosseum today, e.g.
37. Mimicked
39. Inspiration for poets and musicians
40. Oscar winner and directed by Ben Affleck
41. Donkey in Latin America
43. All over
44. Animals of a particular region
46. *Football center move
47. Viscount's superior

48. Start a golf hole
50. *BYU Cougars' home state
52. Fleur-de-_____
53. Soap bubbles
55. Not decaf.
57. *Princeton opponent in what is considered first college game
61. Caribbean Sea island country
65. Finno-_____ language
66. Club on a card, e.g.
68. *Home to the Dolphins
69. Michael Moore's hometown
70. Pitcher's stat
71. Painter _____ Degas
72. Ficus tree fruit, pl.
73. A Bobbsey twin
74. Swarms

DOWN

1. Recipe abbreviation
2. Pro _____
3. Ear-related
4. "Roll Out the Barrel" dance
5. Comes in
6. Used for stewing, pl.
7. *Sometimes a team goes for this after a TD
8. High up
9. Religious offshoot
10. Legal action
11. South American wood sorrels
12. *_____ Romo
15. *Part of a football cleat

20. *What players do to help fix injured joint or limb
22. "I see!"
24. Chest bone
25. *It includes 7 rounds
26. Sainly glow, pl.
27. Jig, in France
29. "Moonlight Sonata," e.g.
31. Highlands hillside
32. Trite or hackneyed
33. Wombs
34. *Sugar and Orange, e.g.
36. Not to be done, especially for a baby
38. Exclamation of annoyance
42. Style of abstractionism popular in 1960s
45. Change
49. In favor of
51. *Concussion preventer
54. Colorado resort
56. Seeing eye dog, e.g.
57. Queen Elizabeth I's neckwear
58. Tangerine grapefruit hybrid
59. Type of math
60. Tanqueray and Bombay Sapphire, e.g.
61. Extended time period
62. "Leaving Las Vegas" Oscar winner
63. Prayer leader in mosque
64. Manners intended to impress
67. A retirement plan



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Name of nominee: _____

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Your relationship to nominee: _____

Nominee's occupation/profession: _____

Where does your nominee currently work? _____

What will be your nominee's age on November 20, 2014? _____

Previous awards or professional recognition (if any): _____

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

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West Indies sweeps Bangladesh 3-0

West Indies defeated Bangladesh 3-0 in the just completed One-day International series with West Indies Test captain Denesh Ramdin being named player of the series. West Indies won the first ODI by 3 wickets at the National Stadium in Grenada, then the second at the same venue by 177 runs and finally the third in St. Kitts by 91 runs.

RAMDIN AND BRAVO SCORES RECORD PARTNERSHIP

West Indies continued their domination of the One-day International series by winning the third and final One-day game by 91 runs. Denesh Ramdin and Darren Bravo came together in the fifth over with two wickets down that of Chris Gayle and Lendl Simmons. They departed in the 45th over when Bravo fell for 124 runs from 127 balls, a partnership of 258 runs for the third wicket. Ramdin scored 169 runs from 121 balls with 11 sixes and 8 fours. West Indies scored 338 runs for 7 wicket off 50 overs. For Bangladesh's bowling, Alamin Hossain picked up 4 wickets for 5 runs from 10 overs.

BANGLADESH SCORED 247 RUNS FOR 8 WICKETS IN 50 OVER

Ravirampaul created havoc for the Bangladesh batsmen by ripping into their batting and picking up 4 wickets for 29 runs from 10 overs. Opening batsman Tamim Iqbal scored 55 and captain Mushfigur Rahim scored 72. West Indies wicketkeeper batsman and Test captain Denesh Ram-



Eyes on Cricket

By George H. Whyte



West Indies Test captain Denesh Ramdin.

AP Photo/Andres Leighton, File

din was named man of the match.

DENESH RAMDIN MUST BAT UP IN THE ORDER!

West Indies Test captain Denesh Ramdin should have been batting higher up in the West Indies order even under the captaincy of Darren Sammy. Ramdin's batting has never been exploited for the benefit of the team because he has been stifled batting down the order in

Test matches. It would be the fitting thing to do for Ramdin as it will create stability in the front line batting.

The West Indies team will play India and South Africa in October and November respectively and preparations must be handled appropriately. Left-arm medium fast bowler Krishmar Santokie should be considered not only for the One-day Internationals with the West Indies but also the Twenty20s.

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Defeat by Yanks breaks records, hearts

Staten Island 14 Cyclones 4

Aug. 20 on The Rock
The Cyclones broke two franchise records during last Wednesday night's loss against the hated Yankees — unfortunately the records were for six errors and 11 unearned runs.

The Cyclones got on the board first and scored two runs in the second inning when Tyler Moore hit his first home run of the season and a single by Adrien Abreu scored Pedro Perez, who reached on a throwing error.

With Scarlyn Reyes on the mound, the lead did not last long. The Yankees tied it up in the third inning, and the damage would not end there. The fourth inning saw seven Yankee runs that took Reyes out of the game. Reyes pitched three-and-a-third innings, giving up six runs on five hits with three walked batters. Three Cyclone errors allowed for three of the runs, and Mike Hepple came in to replace Reyes and gave up three more runs.

Luis Rengel replaced Hepple in the fifth inning and after giving up five runs on three hits, Rengel was replaced by Brandon Welch after pitching two-thirds of an inning, and Welch made it through the rest of the fifth and the sixth innings unscathed. He gave up no runs, allowed one hit, and struck out one batter, bringing his earned run average down to 5.58.

Two more Cyclones runs were scored in the sixth and the eighth, but nothing could save this game.

Cyclones 2 Staten Island 0

Aug. 21 at MCU Park
Daisuke Matsuzaka threw five innings and got the win in his Cyclones debut this season, at one point striking out eight batters in a row.

The Mets pitcher, on a rehab start for a Brooklyn team battling for the last playoff spot in the New York-Penn League, got into a jam in the first inning when he gave up a double, a single, and a walk, but then struck



OUCH!: Scarlyn Reyes gave up seven runs in one inning in the devastating 14-4 loss to the hated Staten Island Yankees on Aug. 20.

out the next three batters to get out of it.

Matsuzaka went on to fan the next five Yankees en route to the win.

The first run of the game came in the fifth when Pedro Perez doubled to right, was moved over by an error, and later scored on a double by Michael Bernal.

Tyler Moore's single in the sixth plated Tomas Nido

who reached on a walk. Matsuzaka was backed up by Brad Wieck, Kelly Secrest, and Shane Bay, who got the save.

Cyclones 7 Tri-City 0

Aug. 22 at MCU Park
The Cyclones built upon the shutout behind Daisuke Matsuzaka last Thursday night with yet another shutout, this time against the ValleyCats.

Right-hander Matires Arias took the mound for the Cyclones and got himself in a jam early in the first with the bases load, but came out of it unscathed, then dominated through five innings.

The Cyclones got on the board in the second inning, which started with consecutive singles by Jhoan Urena and Tomas Nido. A sacrifice fly from Tyler Moore scored the first run while an error and hits from Michael Bernal and Tucker Tharp allowed two more runs to cross the plate.

The Cyclones exploded

for four more runs in the fifth, with hits coming from Michael Conforto, Pedro Perez, Urena, Tharp, and few more ValleyCat errors.

Arias threw more than 100 pitches before giving the ball up to Gaither Bumgardner and Cameron Griffin, who maintained the shutout.

Tri-City 5 Cyclones 0

Aug. 23 at MCU Park
The Cyclones were shut out by the Valleycats one night after shutting the ValleyCats out.

Corey Oswalt pitched well once again, going six scoreless innings, giving up just three hits, and striking out five.

But the Clones bullpen couldn't hold the ValleyCats down, and the Brooks offense never got rolling.

Cyclones 10 Tri-City 1

Aug. 24 at MCU Park
The Cyclones took the rubber match of a three game series with an offen-

sive explosion that gave the team its first double-digit production this season.

Marcos Molina gave up one run on a wild pitch in the first, that was all the ValleyCats could muster against Cyclones hurlers, and the offense took over from there.

A lead-off single from Jhon Mora in the first got things going. After an Adrien Abreu walk, Michael Conforto hit a rocket to right field that narrowly missed being a home run, but still managed to bring in Mora and Abreu. Tyler Moore then singled to score Conforto for the final run of the inning.

Cyclones hitters again exploded for five runs in the second to put the game away. With runners on the corners, Conforto's single drove in Mora from third, for his second run batted in of three on the night. Michael Bernal later tripled, giving the Cyclones the 8-1 lead.

Relievers Brandon Welch and Mike Hepple took care of last seven outs.



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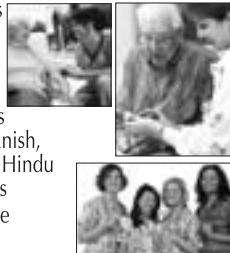
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NOTICE OF FORMATION of limited liability company (LLC). Name: MDR COMMUNICATIONS + EVENTS LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 05/28/2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: MARIA ROMERO 601 WEST 135 STREET #6A NEW YORK, NY 10031. Purpose: any lawful purpose.

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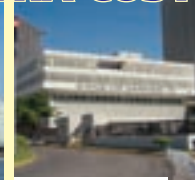
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Applications can also be picked up in person at the following locations:

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Individuals can also download an application from the internet at www.mtcouncil.org/housing, or email requests to info@mtcouncil.org. Completed applications must be returned by **REGULAR MAIL ONLY** to a post office box number that will be printed on the application, and must be postmarked by **September 24, 2014**. Applications received after this deadline will not be processed until applications received by the deadline are processed. One household member must be at least 62 years of age to qualify. Applications will be selected by lottery; applicants who submit more than one application will be assigned a higher log number (less chance of obtaining an apartment). Eligible households that include persons with mobility impairments will receive preference for 4 of the units.

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ARIES: Mar 21/Apr 20
Aries, reexamine the important relationships in your life. Figure out what you learned from each friendship and acquaintance, and put those lessons to good use.

CANCER: Jun 22/Jul 22
Cancer, it may be challenging to settle your thoughts this week. Work is weighing heavily on your mind, but go easy on yourself and you will still get everything done.

LIBRA: Sept 23/Oct 23
Libra, while you are usually the one who plays peacemaker, this week you are in a position to cause trouble. Don't worry what others think or say.

CAPRICORN: Dec 22/Jan 20
Money matters could be taking up a considerable chunk of your time, Capricorn. Focus your concentration on finances and leave other responsibilities on the side for now.

TAURUS: Apr 21/May 21
Taurus, with so many tasks to complete, you may be tempted to forget about everything and take a mental health day. But everything will still be there tomorrow.

LEO: Jul 23/Aug 23
Leo, some people around you may be especially busy this week while you really don't have much to do. Think of it as a good omen of things to come.

SCORPIO: Oct 24/Nov 22
Remember that success comes in many shapes and sizes, Scorpio. Don't be so quick to consider something a failure. You may just need a new perspective to realize your success.

AQUARIUS: Jan 21/Feb 18
Aquarius, don't worry if something proves confusing and a challenging nut to crack. Things will sort themselves out in due time, and you will be back on the right track.

GEMINI: May 22/Jun 21
Gemini, you're brimming with excitement about learning something new this week. You may finally be on the cusp of mastering a particularly challenging skill.

VIRGO: Aug 24/Sept 22
Share your feelings for someone else with that person this week, Virgo. You may regret your actions if you don't take that emotional leap.

SAGITTARIUS: Nov 23/Dec 21
Sagittarius, there are many entertainment options this week, so it's difficult to choose how to spend your time. Whatever you choose, it is bound to be a memorable night.

PISCES: Feb 19/Mar 20
A predicament in your personal life could have you feeling uncomfortable, Pisces. Wait for a clearer picture before taking action.

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