



New home for Caribbean culture

Board member Monifa Bandele and CCCADI President & Founder Dr. Marta Moreno Vega pose during the ground breaking ceremony for the Caribbean Cultural Center African Diaspora Institute in a former firehouse in East Harlem. See page 24. Photo by Teguila Minsky

Rising sea levels destroy Carib beaches

By Azad Ali

The World Bank says due to rising sea levels and recurring storms, the beaches in most Caribbean nations have started to disappear.

In a new report, the Wash-

ington-based financial institution said in some areas of St. Vincent and the Grenadines, for instance, an estimated 18-30 meters of beach have been lost over the last nine years. "The highly vulnerable coastal strand and adjacent towns are fighting against increased flood risk from rainfall and storm surge," said the bank, noting that the issue **Continued on Page 6**

Rept. 19-25, 2014 CARACTER CONTROL CON

By Nelson A. King

The Organization of American States (OAS) says it has concluded a two-day event in Kingston with the government of Jamaica during which a draft of Jamaica's National Cyber Security Strategy was presented and discussed publicly for the first time.

The OAS said on Tuesday that its Cyber Security Program at the Inter-American Committee against Terrorism (CICTE), in collaboration with the Jamaican Ministry of Science, Technology, Energy and Mining (MSTEM), held on Monday a validation workshop for the development and adoption of the strategy.

This workshop was followed by a technical training conducted with the support of experts from Microsoft

under the framework of a cooperative agreement established with the OAS early this year, the OAS said.

It said the workshops here was part of a larger cyber security initiative that is financed by the governments of Canada, the United Kingdom and the United States.

On the first day of the event, the OAS and its counterparts in the Jamaican government presented for the first time the National Strategy, the statement said.

"Although it is still pending official approval and adoption by the government of Jamaica, stakeholders in attendance had the chance to ask questions and make recommendations to the strategy and its adoption

Continued on Page 6



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Brooklyn Borough President Eric L. Adams recognizes Officer Elias Khan and Sgt. Michael Dario of the 62nd Precinct as September's "Heroes of the Month." Adams is joined by (from left) Cpt. William Taylor, commanding officer of the 62nd Precinct, Officer Khan, Sgt. Dario and Christine Maresca, the mother of the saved infant.

Adams honors NY's 'finest' who saved infant

By Nelson A. King

Brooklyn Borough President Eric L. Adams has paid tribute to Sgt. Michael Dario and Officer Elias Khan of the New York City Police Department's 62nd Precinct by proclaiming them September's "Heroes of the Month" for saving the life of a choking infant in Bensonhurst on Aug. 24.

William Taylor, commanding officer of the 62nd Precinct, as well as the mother of the choking infant, Christine Maresca, praised the officers for quickly responding to the emergency and for performing CPR to revive the infant until EMS responders arrived to the scene.

"This event is a way to Adams, joined by Cpt. acknowledge Brooklyn

heroes and everyday Brooklynites who do something special that usually goes under the radar of the daily news cycle," said Adams at a ceremony at Brooklyn Borough Hall, describing the significance of the "Heroes of the Month" and the valiant acts of the officers receiving the award.

"As a former police officer, I can't tell you how many

times that calls of this magnitude do not result in such a fortunate outcome as the call answered by Sgt. Dario and Officer Khan," he added. "So we cannot thank them enough for saving the life of a choking infant."

Adams also used the event to highlight the importance of CPR certification and training by the

Continued on Page 33

St. Lucians to hold town hall meeting

St. Lucian nationals in the tri-state area are expected to attend a town hall meeting organised by the Consulate General of St. Lucia in New York at 7:00 p.m on Thursday, Sept. 25, 2014 at the Saint Lucia House, located at 438 E 49th St., between Church and Snyder avenues

in Brooklyn.

The town hall meeting will address Deferred Action on Childhood Arrivals (DACA), the impact of the Foreign Account Tax Compliance Act (FATCA), and the NYC Municipal ID Program to be launched later this year.

DACA is a policy directive that provides, among other benefits, temporary deportation relief and work authorization to qualifying immigrant youth and young adults. Sam Solomon, a policy analyst at the NYC Mayor's Office of Immigrant Affairs (MOIA) and also a

representative of the NYC Department of Youth and Community Development (DYCD) will be presenting information regarding DACA and its immediate and long-term benefits.

FATCA is a set of provisions designed to stop U.S. Continued on Page 33

Caribbean Sharon Clarke's a shoo-in for gavel

By Vinette K. Pryce

The New York democratic primary is usually a keenly-watched five-borough contest of political possibilities but this year, Brooklyn and Queens took the lion-share of attention with a former comptroller vying to become the first Asian-American state representative; several indicted politicians contesting seats and a Caribbean woman making a bid for a judgeship within New York City's Civil Court.

In central Brooklyn Guyana-born Sharon Clarke campaigned to become a member of the civil court judiciary.

She won handily despite the fact she was four times challenged in the courts; did not receive endorsements from the borough president, mayor, governor, congresswoman or any of the so-called power, party reps.

On Labor Day she looked a winner walking along Eastern Parkway alongside a diverse Caribbean support team of campaigners.

State Senator Kevin Parker and Assemblyman Nick Perry said she was the best candidate to represent District Six.

"I have no doubt that Sharon Clarke is the best Democrat in the race," Assemblyman Perry said.

wholeheartedly "I endorse her candidacy and urge everyone to vote for her for Civil Court judge," Parker said.

The two Caribbean politicians stepped up to support the Bourne-born daughter to Barbadian and Guvanese parents and wife of a Jamaican named Clarke. And after the ballots were calculated Clarke emerged victorious by a margin of nearly 54 percent over her rival.

The mother of two sons, lawyer and human rights advocate will not have to defend her position in November because she is

unchallenged to rap the gavel.

Page 3 • Caribbean Lif

e • Sept. 19-25, 201-

Despite his former citywide position as comptroller and a fourth place showing in the mayoral elections last year, 47-year-old John Liu did not win a seat in the state senate. He lost by a narrow margin of 52 to 47 percent to the 62-yearold incumbent Senator Tony Avella dashing hopes of becoming the first Asian-American to represent New York State.

Former Brooklyn City Councilman Charles Barron repeated a feat his wife Inez accomplished five years ago by beating Chris Banks for the East New York seat in the 60th Assembly District. The outspoken politician claimed 64 percent of the votes and will occupy the seat his wife did in Albany when she held the position before winning the same city councilmanic seat Charles occupied.

Barron feels assured that in November he will easily win back the position which seems to be emerging a Barron family seat.

Joining Barron in Albany, former City Councilman Leroy Comrie won a landslide victory in Queens' District 14 over Senator Malcolm A. Smith. Comrie who was supported by Mayor Bill deBlasio whipped the senator charged with trying to bribe his way onto the Republican ballot for the 2013 mayoral race.

In District 19, John Sampson easily avenged his reputation by beating the mayor's choice Dell Smitherman for a seat in Albany. Despite charges of embezzlement Sampson won by taking 56 percent of the votes

Sampson is under federal indictment on charges that he embezzled more than \$400,000 from the sale of foreclosed homes. He was among a four-way challenge that may have split votes in his favor.

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THE NEWS FROM BACK HOME

Antigua

Antigua Police say they have recaptured a prisoner who had been serving a 40-year jail sentence for murder after four years on the run.

They said Steven Alphonse had escaped on Jan. 27, 2014 when prisoners were engaged from removing coal from a pit.

He had been sentenced to death in 1993 for the brutal murder of a young woman, but appealed the case in 2007 and the sentence was commuted to 40 years in jail.

Alphonse escaped lawful custody on two previous occasions, mak-

ing his way to the neighboring French island of Guadeloupe during one of these escapes.

Prior to his arrest, police described Alphonse as "dangerous." He will appear in court on charges related to his escape from prison.

Bahamas

Cable & Wireless plans to invest more than US\$170 million in the Bahamas Telecommunications Company (BTC) over the next three vears to deliver the fastest mobile network in the Caribbean.

Of the US\$170 million that will be invested in upgrade networks and new services, some US\$60 million will go towards additional cell sites and more powerful radio signals across the Bahamas.

On Aug. 29, Cable and Wireless Communication (CWC) and the Bahamas government launched the BTC Foundation — a government-

managed national social initiative of the BTC. The founda-

tion, a charitable

trust, which focuses on philanthropic causes, was established as part of a recent agreement between the Bahamas government and CWC to allocate two percent of the previously held CWC shares for Bahamas citizens.

CWC's investment in the Bahamas is part of Cable and Wireless' plan to invest US\$1 billion in multiple Caribbean territories to revolutionize ICT delivery in the region over the next three years.

Cayman Islands

The United States Department of Justice (DOJ) says a Caribbeanbased investment advisor has been jailed for 30 months for using off-



Rastas ready for new pot law

In this Aug. 28, 2014 photo, legalization advocate and reggae legend Bunny Wailer smokes a pipe stuffed with marijuana during a "reasoning" session in a yard in Kingston, Jamaica, decorated with Rastafarian colors and images of former Ethiopian Emperor Haile Selassie.

Associated Press / David McFadden

shore accounts in the Cayman Islands to launder funds.

The DOJ said Joshua Vandyk conspired to launder monetary instruments.

Vandyk, a U.S. citizen and Eric St-Cyr and Patrick Poulin, Canadian citizens were indicted by a grand jury in the U.S. District Court for the Eastern District of Virginia on March 6.

The indictment was unsealed on March 12 after the defendants were arrested in

Miami. According to the plea agreements and statements of facts,

Vandyk, St-Cyr and Poulin conspired to conceal and disguise the nature, location, source of ownership and control of property believed to be the proceeds of bank fraud, specifically US\$2 million.

Vandyk and St-Cyr lived in the Cayman Islands and worked for an investment firm based there.

St-Cvr was the founder and head of the investment firm, whose clientele included numerous U.S. citizens

Poulin, an attorney at law firm based in Turks and Caicos, worked and resided in Canada, as well as the Turks and Caicos, court documents say.

Vandyk and St-Cyr solicited U.S. citizens to use their services to hide assets from the U.S. government, including the IRS.

Guyana

Guvana President Donald Ramotar has expressed optimism about the country's economic growth based on the 3.2 percent growth rate at the half-year mark.

Speaking at a ceremony recently to mark Brazil's 192nd anniversary of Independence, he revealed that another large gold mine will be

established in the future and this is an indication that investments are on a sound foot-

According to the president, while several infrastructural works have slowed due to a lack of guarry material, he has issued instructions for the granting of more quarry licenses that will in turn lead to increased stone production and the construction of roads.

to grow because of an increase in investment in the sector.

Concerning the sugar industry, he said there should be better results in the next quarter, but despite the challenge of a slight price decrease, the industry is on the road to recovery.

Haiti

The head of the police service in Haiti has appeared before an investigating judge to answer why law enforcement officials have not arrested former president Jean Bertrand Aristide, who is being investigated on corruption charges.

Police Chief Godson Orelus appeared before Judge Lamarre Belizaire who is conducting the inquiry into the allegations against

"We honored the invitation to answer the questions about things

the judge wanted to know about," said Orelus, who confirmed the

police were in possession of several arrest warrants. Aristide and several of his former colleagues have been accused of embezzling hundreds of millions of

dollars from the state through his

organization, Aristide for Democracv Foundation and other organizations during the period 2001-04.

Aristide, a former Roman Catholic priest, and his colleagues, including Mirlande Liberus, Yvon Neptune, Jan Nesty Lucian and Gustave Faubert, have also been banned from leaving the country.

Jamaica

Jamaica signed three loans totaling US\$105 million with the World Bank to support several government projects.

Finance and Planning Minister Dr. Peter Phillips, who recently led a four-member delegation to the United States, signed the accord, while World Bank Country Director, Sophia Sirtane, signed for the bank.

The loans are in support of three government projects — the Foundation for Competitiveness and

Growth, which will receive US\$50 million; the Youth Employment in **Digital Animation** Industry, US\$20



million and the Strategic Public Sector Transformation Project, US\$35 million.

Dr. Phillips said the loans represent an important cooperation between the government and the World Bank and is aimed at advancing the prospects for growth as the country goes through a strenuous economic reform program that forms part of the agreement with the International Monetary Fund (IMF).

St. Lucia

The St. Lucia Tourist Board (SLTB) says there has been an increase in visitor arrivals for the island in the first seven months of the year.

Tourist officials announced that total stay over arrivals by air and ferry at the end of July 2014, have surpassed all numbers previously recorded in the

island's history. 208,117, At visitor arrivals are seven percent higher than the



same period last year — a difference of more than 13,000 arrivals.

The SLRB says to further emphasize the significance of this year's performance, increases were recorded every month so far, with July





Referring to tourism, Ramotar said this sector has continued





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Jamaica prepares to deal with cyber security

Continued from cover

and implementation processes," the OAS said.

In addition, it said experts from the Commonwealth Secretariat Cyber Crime Initiative, the UKTI Defense and Security Organization, Microsoft, and the Oxford University Cyber Security Centre provided guidance and support on the implementation phases of national cyber security strategies.

The draft Strategy outlines several areas of focus for the country, including technical capacity building, awareness raising, cyber incident response and legislative considerations, the OAS said.

It also speaks to the development of a detailed implementation plan by the National Cyber Security Task Force.

The OAS said this workshop continues work begun by OAS/ CICTE in March 2014 on Jamaica's Cyber Security Strategy.

In the previous event, which convened stakeholders from more than 20 public and private entities in Jamaica, the OAS presented on the importance of cyber strategies, showcased a selection of strategies from around the world, and helped Jamaica define the pillars that would form the basis of its strategy.

"The success for implementing any strategy has a direct link with the availability of human and financial resources."

The OAS said its methodology on developing national cyber security strategies has been recognized and supported by the Governments of Canada, the United States and the United Kingdom as "particularly effective in helping member states enact comprehensive cyber policy."

Following the September mission, the OAS said the strategy will undergo a final review process internal to the Government of Jamaica.

After all relevant ministries and departments have had a chance to comment and provide feedback, it will pass through a formal adoption process, ending with Cabinet approval, the OAS said.

"OAS is wholeheartedly supporting the development of the National Cyber Security Strategy in Jamaica, and we hope that this effort could be adopted at the highest levels of the State soon", said OAS Secretary General Jose Miguel Insulza.

Insulza said once the Strategy is adopted, "the real challenge will be the implementation process, where support from relevant national and international stakeholders will be required."

He said the OAS is committed to continue supporting Jamaica's efforts on cyber security issues, inviting donor countries and the international community to increase their support to the OAS Program and to the government of Jamaica for protecting its cyberspace.

"The success for implementing any strategy has a direct link with the availability of human and financial resources," said MSTEM Minister of State Julian Robinson.

"Jamaica would not have been able to get this far in the process without the assistance of our partners," he added. "The commitment of OAS-CICTE to this process has not just been for the drafting of the Strategy but also to the implementation.

"We recognize that skills to combat cyber crime are limited, but we are pleased to have accessibility to capacity building which is being offered by our partners," Robinson continued.

To date, the OAS said the program has worked closely with 19 member-states to adopt and improve their national Computer Security Incident Response Teams (CSIRTs).

In addition to its recent work with Jamaica, the OAS said it has helped Colombia, Panama, and Trinidad and Tobago to draft and adopt their national cyber security strategies.

It said almost 40 countries around the world have already adopted national cyber security strategies, five of which are in the OAS region.

Besides Jamaica and the other countries mentioned earlier, the OAS said it has initiated the national strategy development process with Dominica, the Bahamas and Peru.

Climate change

Continued from cover

challenges faced by small islands around the world was at the center of the just-concluded Third Small Island Developing States (SIDS) conference in Samona.

The bank said the theme of the conference was sustainable development in view of these states unique and particular vulnerabilities.

The World Bank said beaches are not the only concern, stating that Caribbean ports are also at risk from rising sea levels.

"In island states, ports are the economic heart of the country, typically the capital and the island center of commerce," said the bank, adding that airports are also affected.

To improve the Caribbean's ability to resist and adapt to the effects of climate change, the World Bank has made some recommendations.

Among the recommendations are the implementation of a preventive system to establish an economic recovery and diversification plan following a disaster, as well as increased investment in scientific data collection and flood controls, land planning and watershed management.

The poor and vulnerable are the most affected by a global seas level rise, the bank noted.



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Resolution on Caribbean debt restructuring

By Nelson A. King A new United Nations General Assembly resolution on debt restructuring that will set up a multilateral legal framework for Caribbean and other debtor countries to emerge from debt safely has been welcomed by the U.N. rights expert on the issue as a way forward to "fill the current legal voice and reduce uncertainty."

"A multilateral legal framework would help to fill the current legal void and reduce uncertainty related to debt restructuring processes," said Juan Pablo Bohoslavsky, an independent expert charged by the U.N. Human Rights Council to monitor the effects of foreign debt on the enjoyment of all human rights, particularly economic, social and cultural rights.

In a statement from the U.N. Human Rights Office

(OHCHR) on Wednesday, Bohoslavsky highlighted in particular the disruptive impact of so-called "vulture funds", which buy unserviceable debt at a huge discount.

According to the World Bank, vulture funds are buying commercial debts knowing that multilateral debt relief has put the governments of heavily indebted poor countries in a better position to pay, and hoping that they will, therefore, be persuaded to settle with them.

They frequently engage in litigation in the courts of rich nations to obtain judgments against the debtor and then attempt to attach the government's assets abroad, the U.N. said.

"Vulture fund litigation not only prevents indebted countries from using resources freed up by debt relief for social and economic rights, it also complicates

debt restructuring processes," Bohoslavsky said.

In a letter to the Group of 77 ("G-77") developing countries sent before the U.N. General Assembly discussion on the resolution, he stressed that "financial markets need more prudence, not less."

"Financial business enterprises, including hedge funds or so-called 'vulture funds' have to respect human rights and should exercise human rights due diligence to identify, prevent, mitigate and account for adverse human rights impacts as outlined by the Guiding Principles on Business and Human Rights," Bohoslavsky said.

Bohoslavsky was appointed as Independent Expert on the effects of foreign debt and human rights by the United Nations Human Rights Council on May 8, 2014.



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OP-EDS

Walk in their shoes

By Roger Smith

I'm a CEO with a GED, and I have walked in the shoes of a minimum wage worker. I know from experience that it's a tougher road today.

The minimum wage buys fewer necessities now than it did when I needed it to survive. And as a successful capitalist, it pains me to see that the American Dream, which so inspired me, is increasingly out of reach.

As a young boy, I knew all too well the despair of empty pockets. I learned to be resourceful, making money by selling my most precious possessions. The sound of change in my pocket gave me hope.

From ages 15 to 18, I was homeless. I did what I had to do to survive and put money in my pocket. I worked under the table as a day laborer, toiled in pool halls, bussed tables and worked a variety of minimum-wage jobs.

I saw the minimum wage as a temporary entry wage. I believed that if I worked hard and played by the rules, I'd eventually get ahead. The scales weren't as tipped against workers as they are today.

It was a time in America when a homeless kid with a GED could still find opportunities and a path to living the American Dream. It was a time in America, when millions were rising into the middle class, not falling out of it.

My path to living the American Dream has been through a 37-year career with American Income Life. I started as a life insurance agent and worked my way up to my current position as CEO.

Our company culture remains one of creating shared prosperity and providing opportunity unlimited. We are proof that businesses can profit and grow by paying a fair wage and providing a pathway to the American Dream for employees.

For me and so many others of my generation, the minimum wage was just the first of many rungs on a career ladder. But too many workers today find themselves running in place on a treadmill -- stuck in low-wage jobs without real opportunity.

Today's federal minimum wage has less buying power than it did when I was a homeless teen in the 1960s.

The minimum wage hit its high point in value around the time I most needed it. At its peak in 1968, the minimum wage was worth \$10.96, adjusted for inflation. That's way more than today's federal minimum wage -- stuck at \$7.25 since 2009.

The \$3.71 difference between the minimum wage in 1968 and today isn't pocket change. It adds up to \$7,717 over the course of a year for full-time workers.

For millions of Americans, the minimum wage is no longer a temporary entry-level wage, but a longtime wage that locks them and their families into poverty and undermines the consumer demand that drives our economy.

Raising the minimum wage makes good economic sense. Many business leaders want to see it increased.

As a successful CEO, I was not surprised to see a recent national poll released by the American Sustainable Business Council and Business for a Fair Minimum Wage. It found that 61 percent of small-business owners with Continued on Page 12

Caribbean Life

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Obama's quick fix won't solve the regional refugee crisis

By Michelle Brané

SAN FRANCISCO, (IPS) -In recent months, an unprecedented surge of refugee women and children has been traveling alone to the United States to seek protection at our southern border.

The vast majority are fleeing their homes in the Central American countries of Honduras, El Salvador and Guatemala, and risking their lives as they make long and incredibly dangerous journeys to seek refuge on our soil.

The Women's Refugee Commission has been closely monitoring this population since 2011. Through our research, we concluded over two years ago that without major changes in U.S. aid or foreign policy to the Central America region, the United States would continue to receive more vulnerable migrants due to the humanitarian crisis developing in the region.

Organised crime, forced gang recruitment, violence against women, and weak economic and social systems are all contributing to the pervasive insecurity in these countries.

The flow of refugees fleeing from Honduras, El Salvador and Guatemala has not only continued, but has increased dramatically and rapidly as violence in the region has escalated.

And refugees are not only coming to the United States. The United Nations has found that asylum requests in the the neighbouring countries of Mexico, Panama, Nicaragua, Costa Rica and Belize have skyrocketed by 712 percent since 2009.

While some children may be seeking to reunite with their parents or family in the United States, the motivating factor forcing them from their homes is violence and persecution. The Organised crime, forced gang recruitment, violence against women, and weak economic and social systems are all contributing to the pervasive insecurity in these countries.

children we spoke with told us they feared they would die if they stayed in their home country, and although they might die during the journey, at least they would have a chance.

Particularly concerning about the recent surge is that the children making the perilous migration journey are now younger than in years past. It has become common for children as young as four to 10 years old to be picked up and arrested by the U.S. Border Patrol.

Additionally, a higher percentage of the children are girls, many of whom arrive pregnant as a result of sexual violence. The United Nations High Commissioner for Refugees (UNHCR) recently conducted research with this population and found that 58 percent of the children interviewed raised international protection concerns.

Children also come to the United States with their parents. Since 2012, the number of families arriving at the southern border of the United States has increased significantly. The vast majority of these families are made up of women with very young children and are fleeing the same violence and insecurity driving the refugee children.

Our country has a long and dedicated commitment to human rights, due process and the assurance that individuals who arrive at our borders seeking safety are not turned away without addressing their claims.

Under international and domestic law, we have an obligation to properly screen and provide protection for unaccompanied minors, trafficking victims and asylum seekers who arrive at our borders.

In recent months, however, the government has been unprepared and overwhelmed by the numbers of children and families in need. Rather than addressing the issue in a manner that is in line with our American ideals and recognising it as a regional refugee situation, the Obama administration is looking for a quick fix and compromising our values and the lives of women and children in the process by responding as though it were an immigration issue.

We are deeply concerned by the government's recent announcement that it will drastically expand detention of families and will expedite the processing of asylum cases.

Harsh detention and deportation policies endanger the wellbeing of children and families, present a risk that individuals with legitimate claims to asylum and other forms of protection will be summarily returned to countries where their lives are seriously threatened, and do not work as a deterrent against future migration.

Additionally, the administration has proposed to roll back laws that are in place to protect children, in order to quickly and with no due process, deport kids back to the dangers they escaped.

This humanitarian refugee crisis is a complex human tragedy and needs both shortterm and long-term attention.

Continued on Page 12

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

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Still determined to force-feed us war

When FDR delivered his historic "day that will live in infamy" speech about the Japanese Pearl Harbor attack in 1941, there was no great cajoling effort needed to get the American public on board with the idea that the most muscular of responses was the only way to go. Likewise was the population galvanized into a resolve that whoever was responsible, 60 years later, for the 9/11 atrocities should have hell to pay, regardless of whatever it would demand of U.S. resources. The point being that whenever there's cause, unassailably, to roll out the heavy artillery in defense of what this country stands for, broad-based public support is never in doubt. It's altogether different when misfits in positions of power try to force-feed war to the people.

We're in the throes right now of some of the usual suspects trying to impress upon the masses that a state of war is where America needs to be. The unseemly brutishness we've seen from the ISIS crowd cannot but assault our senses to the point of wishing swift evisceration of those claiming to subscribe to the consummate evil that is evidently the ISIS way. Where the super-hawks part company with the rest of us in our measured anger is in their ready resort to committing thousands of young people to combat in the effort to eliminate ISIS. And hardly is it only the ISIS threat that gets these guys' bloodand-guts mojo going.

Senator Lindsey Graham, the South Carolina Republican who, with Arizona's John McCain, seems very protective of the "warhungry" label he wears, wondered earlier this year why was President Obama not mounting a military response to Russia's antagonizing maneuvers in Ukraine. Evidence, he said, of the president being "weak and indecisive." As for the ISIS problem, Graham believes the international-coalition approach that the president has opted for, with the U.S. emphasis on air strikes, is good for zip. If putting hefty numbers of American boots on the ground in the ISIS fight is the unspoken last resort of the Obama strategy, Graham predictably begs to differ. Put those thousands of men and women in harm's way now!

Kindred spirit McCain is pretty much on the same page. There's Viewpoint By Les Slater

ample reason the president should be committing U.S. troops to fullblown combat in Iraq and Syria, seeing as how, in McCain's analysis, it was this administration's Iraq policy of scaling down troop levels that gave rise to ISIS. "We had it won," McCain asserts of the quagmire created in Iraq after the invasion.

For starters, as we've noted before, any claims McCain had of offering judgments worthy of serious consideration were shattered in 2008, when he declared himself proud to be heading a Republican presidential ticket on which Sarah Palin was running mate. The very idea that there could be any show of interest in what McCain has to say is of itself perplexing. But that being said, the McCain pronouncement about the Bush administration having "won" anything in Iraq, except a place in the record books as orchestrating one of the biggest foreign policy blunders ever, should be taken with the proverbial pinch of salt.

It's irritating when the likes of McCain and Graham insist on parroting this gung-ho, militaristic fix for any hint of a headache on the foreign policy front – a go-to solution that thankfully doesn't find resonance today with the great majority of the American people. One has difficulty understanding how McCain, Graham and others of hawkish bent continue to be tone-deaf about Americans being none too thrilled when talk surfaces of deploying troops someplace. Given the U.S. experience in armed conflict in the latter half of the 20th century and opening years of the 21st, why shouldn't Americans be wary of any move toward active combat situations unless satisfied that this was absolutely necessary?

In the 1950s America found itself in a communist-thwarting action in Korea that resulted in more than 36,000 U.S. deaths. As for Vietnam, the Memorial in Washington bears testimony to more than 58,000 U.S. deaths in that conflict, which was also all about stopping communist expansionism. The North Vietnamese marched into Saigon in 1975, anyway. And in the period of occupation of Iraq, starting in 2003, there were almost 4500 American deaths, in yet another war whose benefits elude all but the sickos who agitated for the ill-conceived madness in the first place. Why indeed wouldn't Americans think it's high time the war games fanatics be relegated to a place well removed from front and center?

The ISIS problem needs to be robustly confronted, no doubt about that. President Obama, in choosing to have a broad coalition join the U.S. to take aim on this particular incarnation of evil, is going for a sober, calibrated approach and correctly ignoring the mouths that roar who now clamor for the kind of hair-trigger response that has led to some of our celebrated past missteps. But Obama should by now be used to the cacophony of voices blowing hot air and stay the course. None of these rabble rousers, for sure, would have wagered that this president would have been the one calling the play that nabbed bin Laden.





OP-EDS Humanitarian refugee crisis

Continued from page 10

employees favor raising the minimum wage to \$10.10 and then adjusting it annually to keep pace with the cost of living.

Business owners see the practical effects of raising the minimum wage. As consumers, workers with money in their pockets provide a boost to sales at Main Street businesses. A higher wage also positively affects internal functions like employee retention, employee morale and quality of service provided to customers.

Raising the minimum wage makes good economic sense, but it's much more than that.

You cannot have a strong economy or fulfill the promise of the American Dream when most Americans are running in place or falling behind while the richest Americans pull further away from the rest.

Raising the minimum wage to \$10.10 an hour would

benefit 28 million workers with an average age of 35 years old. Many of them have more formal education than me.

Raising the minimum wage is a crucial first step to restoring the shattered American Dream. The same American Dream that gave a homeless kid with a GED a chance to succeed.

Smith is president and CEO of American Income Life Insurance Company

Call to raise minimum wage

Continued from page 10

It requires a holistic approach that prioritises additional resources for addressing the root causes of this crisis, strengthening protection in the region, and reinforcing our protection and adjudication of claims, not blocking access to protection and sending women and children back to the dangerous situations they are fleeing without adequate due process.

The United States must not compromise its longstanding commitment to humanitarian principles in the hope of finding a quick solution.

Michelle Brané is director of the Migrant Rights & Justice Programme at the Women's Refugee Commission. This article was originally published by New Ame

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In Jamaica, Rastas ready for pot decriminalization

By David McFadden

KINGSTON, Jamaica (AP) - Taking a deep draw on a pipe that glows with burning marijuana, reggae luminary Bunny Wailer gives a satisfied grin through a haze of aromatic smoke in his concrete yard painted in the red, green, gold and black colors identified with his Rastafarian faith.

These days, the baritone singer from the legendary Wailers, the group he formed in 1963 with late superstars Bob Marley and Peter Tosh, has reason to feel good. There is unprecedented traction building in Jamaica to decriminalize pot, meaning the dreadlocked Wailer and other adherents of Rastafari - a homegrown spiritual movement that considers the drug divine - may soon be able to smoke without fear of arrest.

"Rastas have treated marijuana as something legal all along, even though we have been sent to prison for using the herb in our prayer. But this is the time for all these pressures to stop. The world is catching up now," the 67-year-old three-time Grammy winner said at his modest Kingston home.

Jamaica is known internationally for its marijuana. The hardy plant grows easily on the tropical Caribbean island, where its use is culturally entrenched despite being legally banned for 100 years. Cultivation is kept hidden, with small patches tucked into mountainsides, in swamps and between rows of other crops. Wailer, himself, was convicted of possession in 1967 and did more than a year of hard labor.

Previous moves to decriminalize the drug failed to advance mainly because officials feared they would violate international treaties and bring sanctions from Washington. But now, with a number of U.S. states relaxing their marijuana laws - Colorado and Washington even allow recreational use - Jamaica is rethinking its position.

Justice Minister Mark Golding says Jamaica's Cabinet has approved a plan to decriminalize marijuana, including for religious purposes, and legislators are expected to authorize it before the end of the year.

Freedom to use marijuana for religious worship is one of various amendments to Jamaica's Dangerous Drugs Act supported by Prime Minister Portia Simpson Miller's administration. Her ministers also have proposed unclogging courts by decriminalizing small amounts of weed for personal use, making possession of two ounces or less a ticketable offense. The main hope is that a regulated medical marijuana and scientific research sector could help draw investments to the cash-strapped island, which is laboring under its latest loan program with the International Monetary Fund.

"Ganja," as marijuana is known locally, has a long history on the island. It was introduced to Jamaica in the 19th century by Indian indentured servants and it gained popularity as a medicinal herb. Use spread among the poor in the 1930s with the founding of Rastafari, a spiritual movement that melds Old Testament teachings and Pan-Africanism and whose followers worship the late Ethiopian Emperor Haile Selassie.

Rasta adherents say use of the "holy herb" induces a meditative state that brings them closer to the divine. The faithful smoke it as a sacrament in chalice pipes or cigarettes called "spliffs," add it to vegetarian stews, and place it in fires as a burnt offering.

For years, Rastafarians were treated as second-class citizens and looked down upon by many Jamaicans as oddball, even dangerous drug-addled cultists. Police shooting ranges once had images of dreadlocked Rastas as targets. The spiritual movement attracts only a small percentage of the country's mostly Christian population of 2.7 million.

It wasn't until the 1970s, when the Wailers and other Rasta musicians popularized the Rastafarian culture among better-off Jamaicans, that marijuana's popularity began to filter through the island's rigid class structure and gain a wider acceptance. Marley's worldwide popularity has made him Jamaica's most famous and revered son.

While Rastafari followers Continued on Page 40

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Joseph Williams, a former Jamaican soldier who is now the "scribe" for the School of Vision Rastafarian group, is shown taking a break from clearing steep farmland at their isolated retreat in the Blue Mountains that tower over Kingston, Jamaica. AP/ David McFadden

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CARIBBEAN ROUNDUP

Continued from page 4

recording both the highest percentage (13 percent) as well as actual growth (3762).

In addition, the figures recorded in the months of February, March, April and June, were the highest number of arrivals ever recorded in these respective months in the island's history.

The expansion of the sector is fueled by growth in particular markets, namely the U.S. and UK, the island's two largest markets, which increased by 14 percent and eight percent respectively, during the seven month period.

Growth was also experienced in the Canadian and European markets, both of which increased by double digit percentages over last year.

Trinidad

The Trinidad and Tobago government is spending TT\$633 million (US\$10million) to buy 52 armored vehicles -32 for the Defense Force and 20 for the Police Service to protect the troops from today's high-powered rifles, grenades and explosives in hostile and dangerous conditions.

This was disclosed by National Security Minister

Garry Griffith who said "we are taking our fight to the next level."

Griffith said the armored vehicles which are different from the armored personnel carriers, are bullet-proof vehicles which look like normal SUVs which will be used for specific elements of law enforcement agencies.

He said in changing times it is important that the law enforcement officials have the necessary tools to be protected when they go out there to protect the citizens.

Griffith noted that armored vehicles are used worldwide and the Ministry of National Security will supplement the Defense Force with these types of vehicles.

He said the vehicles would arrived in the country as soon as the acquisition is finalized

Jamaica

The Jamaica Defense Force (JDF) has confirmed the United States Coast Guard had pulled out of the search and rescue operation for the aircraft with two U.S. citizens that went down off the coast of the eastern parish of Portland recently.

The U.S. Coast Guard had been offering

support to the JDF since they sought to find the aircraft as well as bodies of the two American passengers. The reason for the pull out is not known.



The aircraft with billionaire real estate developer Larry Glazer, 68, and his wife, Jane were aboard the single-engine turbo aircraft that flew on its own for 1,700 miles before running out of fuel and slamming into the sea off Jamaica's north coast.

Compiled by Azad Ali

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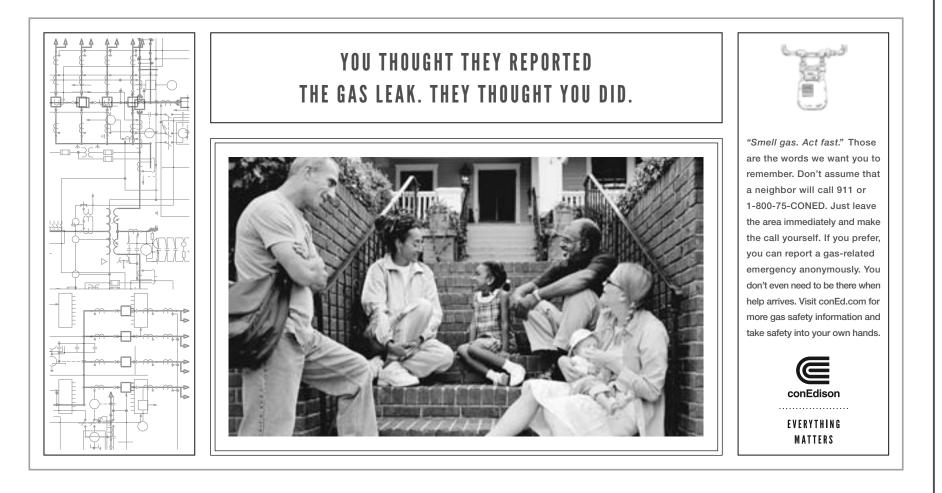


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THE CARIBBEAN BUSINESS REPORT Zen Lounge-Manhattan style nightlife in Queens

By Tangerine Clarke

Guyanese-born and former attorney Trevor Rupnarain has traded in his law practice for a swanky 400sq ft watering hole that serves up drink specials in a Manhattan style atmosphere in the heart of Richmond Hill, Queens.

 Zen Lounge NY located
 at 117-15 101 Avenue opened
 its doors on Sept. 7 to rave reviews from the community that turned out in full to support the entrepreneur.

Rupnarain offered an open bar, live entertainment and a sampling of his Asianfused cuisine which will be served in his soon to open Hibachi restaurant on the top floor of the building.

The gold and black doors to Zen opens into a spacious ground floor contemporary style lounge, designed with an expansive bar which has a seating capacity of 300.

The space leads to an adjoining outdoor patio with a classic décor that boasts an Asian canopy motif, draped with white curtains.

Steelpan music and featured local artists will entertain patrons as they lounge under the Queens skyline on Friday, Saturday and Sunday from 6:00 p.m. In addition, Zen will host discotheque events with a



live deejay also on the weekend.

Rupnarain, who is excited about this new endeavor,

said he is adventurous when it comes to the business side of his personality. "I always like to dabble in various projects, and I have always wanted to own a restaurant and bar," added the owner. He said the demograph-

and Japanese influences, is a great mix for the lounge, ph- and the cuisine that he is

ic of Caribbean, Hispanic

currently finessing for the planned grand opening in the winter season.

But in the meantime, Rupnarain is focused on the upscale club of which the neighborhood he said has been very receptive.

"Expect something very different when you come to Zen. This is what Queens has to offer, great nightlife in a deluxe setting," added the owner.

"It's an ambiance that is similar to that of any club in Manhattan, and we plan to take it to another level," said Rupnarain.

Guest, Reginald Daniels from Brooklyn praised the bar room. "This is bringing Manhattan to the suburbs and taking nightlife in Queens to another level. I can ride the subway and come to Queens and get the same atmosphere, service and ambiance I get in New York City," said Daniels, adding, "You get a little of your culture, in a cosmopolitan setting."

Former lounge owner and president of the Richmond Hill-S Ozone Park Lions Club, Romeo Hitlall, agreed that Zen is a beautiful place and predicts that the hot spot will do well because it is the only one of its kind in Queens.

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Small Business - Business First - New York State www.nyfirst.ny.gov/ResourceCenter/ SmallBizMenu.html

2013 New York, NY Small Business Resource

www.sba.gov/sites/default/files/files/ resourceguide_3135.pdf

Business Resources: Internet Bibliographies: New York State Library

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

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Music pioneer Hopeton Lincoln Sinclair Lewis.

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Rock-star farewell to Rock-steady pioneer

By Vinette K. Pryce

Ordinary and extra-ordinary Jamaicans packed the St. Marks United Methodist Church in Brooklyn to bid farewell to beloved friend, colleague and music pioneer Hopeton Lincoln Sinclair Lewis who died of kidney failure on Sept. 4 in Brooklyn.

Some traveled long distances to attend the homegoing service for the legend whose death reunited

singers, producers, musicians and music lovers who regard the secular hit-maker turned gospel crusader as one of the most respected singer to represent the island.

"He did not have a halo around his head but people turned out to see him off out of pure love and respect," Charley Simpson said about his longtime friend from Kingston.

Members of the NYPD

attempted to control traffic that double-parked along Beverley Road before the formal service began.

"I tried to pay respect at 6 o'clock and I could not get inside," Paul Jah Paul" Haughton explained.

"He was loved."

А spillover crowd exceeded the 500-capacity approved by New York Fire Department.

Some of the names that made the inside of the

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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 fi le for you or sponsor you or attend the interview with you. This relief is also applicable to child (including step child), fi ancée 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.

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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



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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 fi ling 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 DEPOR-**TATION ORDERS:**

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Office (DRO). Your deportation may be suspended and get work permit & green card.

9. APPROVALS AND VISA BULLETIN PROBLEMS: Do you have an approved petition filed

by your brother or sister, parents etcs and

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13. CITIZENSHIP AND CITIZENSHIP DELAYS OR DENIALS

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17. VICTIMS OF CRIMES RELIEFS:

Are you a victim of Domestic Violence, Sex, Assault, Trafficking and other crimes? You may be entitled to relief?

18. UNCONTESTED DIVORCE- FROM \$399. **19. FEDERAL COURT ACTIONS.**

church include: 90s hitmaker Shelly Thunder, Florida resident and rock-steady singer Dobby Dobson, singer Joan Myers, dancer Alphonso Castro, radio personalities Jeff Barnes and Lady Finesse, clergyman Bishop Cecil Riley, Consul General Herman G. Lamott and former consular Dr. Basil K. Bryan, Courtney Robb former bass player with Byron Lee & The Dragonaires, producer Lloyd "Franno" Francis, VP Records presidents Chris and Randy Chin, former politician Una Clarke, immigration specialist Irwine Clare and vet-

er Samuel Mitchell. It was Mitchell who allegedly steered a teenaged Lewis to record his first solo song.

Employed at Federal Records, Mitchell chaperoned the 16-year-old on his first recording session.

"It changed the tempo of Jamaican music to a slower pace," Mitchell said. That genre became rock steady a pivotal sound that was first recorded on Merritone Records.

The song "Take It easy" took the number one slot on the local charts there and for many years later the track held command at that position. Afterwards it was no stopping Lewis as he followed with four consecutive chart toppers - "Sound & Pressure," "Music Got Soul," and "Cool Cool Coolie."

He was the first to ever hold such distinction.

The Kingston-born Lewis had other hits including the 1970 national Festival Song, "Boom Shacka Laka," and "Grooving Out On Life."

But two decades ago, Lewis rejected secular music opting for inspirational songs.

At age 66, Lewis was a devoted Christian and a career promoter of gospel.

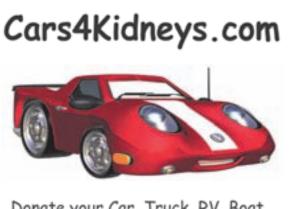
He championed the Caribbean Gospel Music Awards and owned Caribbean Gospel Jubilee (CGJ) an internet radio station.

He wholehearted embraced the teachings of the Bible and recorded a total of 24 albums, three compilation CDs, many of them devoted to gospel.

Lewis is survived by his wife Vera, children Karen and Hopeton Jr. along with grandchildren and scores of fans.

Reportedly a scholarship and memorial fund will be named in his honor. In addition, a lobby for the Jamaica government to bestow a national honor will petition global fans to sign.

His body was interred at St. Raymond's Cemetery in the Bronx.



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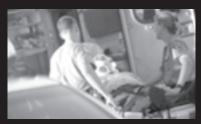


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Busting eye health myths: What's fact and what's fiction?

(StatePoint) Everyone has heard myths about what is and isn't good for your eye health -from eating more carrots to limiting screen time. Unfortunately, many so-called facts are anything but factual, according to Dr. Ryan Nakamura, a VSP Vision Care optometrist. Here, he sorts fact from fiction.

• Myth: Reading in dim lighting will damage my eyes.

• Busted: It may seem hard to believe, but there is no evidence that reading in dim light will cause long-term damage to your eyes. "Dim lighting can lead to eye strain, requiring your eyes to work harder and making them tire more quickly, but it's only temporary," says Dr. Nakamura. That said, if you have access to a well-lit room for reading, take advantage of it.

• Myth: The darker the lenses my sunglasses are, the better they will protect my eyes.

• Busted: Not exactly. "Dark sunglass lenses may reduce eye

HEALTH

discomfort for those who experience light sensitivity, but they do not provide additional protection from ultra-violet rays," says Nakamura.

More important than the darkness of your lenses is making sure the sunglasses have UVA and UVB protection — the only true defense against the sun's harmful rays. Over time, exposure to UV rays can lead to cataracts, macular degeneration and, in some cases, even blindness. So whether you prefer lighter or darker lenses in your frames, sunglasses are a must-have year-round. Don't forget to make sure the children in your life wear them too.

• Myth: Working many hours in front of a computer screen will change my glasses prescription.

• Busted: Working too long in front of the computer won't change your prescription, but there are some impacts to consider. The blue light emitted from electronic devices can be damaging — impacting your sleep and possibly causing macular degeneration, which is the leading cause of blindness in adults. Also, using electronics for extended periods of time can result in digital eye strain. Symptoms of digital eye strain include fatigue, headaches and neck pain.

To help protect against digital eye strain and blue light exposure, consider using eyeglass lenses with blue light protection. Also remember the 20-20-20 rule: for every 20 minutes spent looking at your computer, TV or digital device, spend 20 seconds looking at something at least 20 feet away.

• Myth: If you don't have obvious issues with your vision, you don't need an annual eye exam.

• Busted: A comprehensive annual eye exam can protect far more than just vision. It can detect signs of serious health



A comprehensive eye exam should be done every year.

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problems -- including diabetes, high blood pressure and high cholesterol -- many times before physical symptoms are present. Some serious eye conditions have no immediately obvious signs or symptoms, such as glaucoma or macular degeneration, and take a comprehensive eye exam to detect. Regardless of visible symptoms, a comprehensive eye exam is a must every year, Dr. Nakamura recommends.

For more information, visit SeeMuchMore.com.

Don't just believe old wives' tales when it comes to eye health. Arm yourself with the facts to better protect your family's vision long term.

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- Is it something I'm eating
- What are my treatment options
- Are medications my
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NOW!

A new home for the African Diaspora

By Tequila Minsky

If water and rain are a sign that the spirits are looking down kindly, then the spirits were very very happy-there was a deluge-on Tuesday, Sept. 16, at the formal groundbreaking for the Caribbean Cultural Center African Diaspora Institute (CCCADI). A former East Harlem firehouse built in 1889 is being transformed, becoming a major cultural hub for the community. Its 8,500 square feet will be a gallery, community performance spaces, and home to educational workshops

and programming. It takes a city and foresight to build a cultural center and the vision of two women is responsible for what will be a major contribution to the mecca of arts on Harlem's 125th St. and to the East Harlem community. By its locale, 120 E. 125th St., between Park and Lexington avenues, CCCADI will connect the African and African-American communities of Harlem with the Latino community, further east.

In 2008, City Council Speaker (then member) Melissa Mark-Viverito assured that five decommissioned firehouses would be taken off the auction block by the Bloomberg administration and turned into cultural facilities.

Marta Moreno Vega had founded CCCADI to connect the African Diaspora communities to their root communities. Its center had been for 25 years in a brownstone on West 58th St, which it sold last year. The tenure there saw exhibitions, public programs, research, and advocacy and arts education programs, all to be continued and expanded.

CCCADI was selected as the developer for the East

Harlem firehouse site.

The road to developing has been challenging with a plethora of city and state partners including the New York City Economic Development Corporation and the New York City Department of Cultural Affairs.

During the groundbreaking ceremony and moving closer to her dreams, an emotional Dr. Vega shared the continuity of the Center, "People who grew up coming to CCCADI are now on the board."

Acknowledging the public figures present she remarked, "We are so grateful for all the elected officials, government agencies, local non-profits and businesses that helped to bring this project to life." It was noted that the center will employ 130 full/part-time and contracted positions for artists, educators, administrative and managerial



Groundbreaking for the Caribbean Cultural Center African Diaspora Institute in a former firehouse in East Harlem. From left, Benjamin Branham, Assemblyman Robert Rodriguez, Manhattan Borough President Gale Brewer, Dr. Marta Moreno Vega, Tom Finkelpearl and Assemblyman Keith Wright.

staff.

Following libation from Angela Fontanez and welcoming remarks from CCCA-DI President and Founder Dr. Vega, NYC Department of Cultural Affairs, Council Speaker Mark-Viverito, Manhattan Borough President Gale Brewer, NYS Assemblyman Robert Rodriguez, NYS Bill Perkins, NYC Economic Development Corp's Mr. Benjamin Branham and Kenneth Knuckles of the Upper Manhattan Empowerment Zone spoke.

Daniel Dromm, City Council Member from Queens emphasized, "This will be an anchor for the neighborhood." CCCADI is scheduled to open September 2015.



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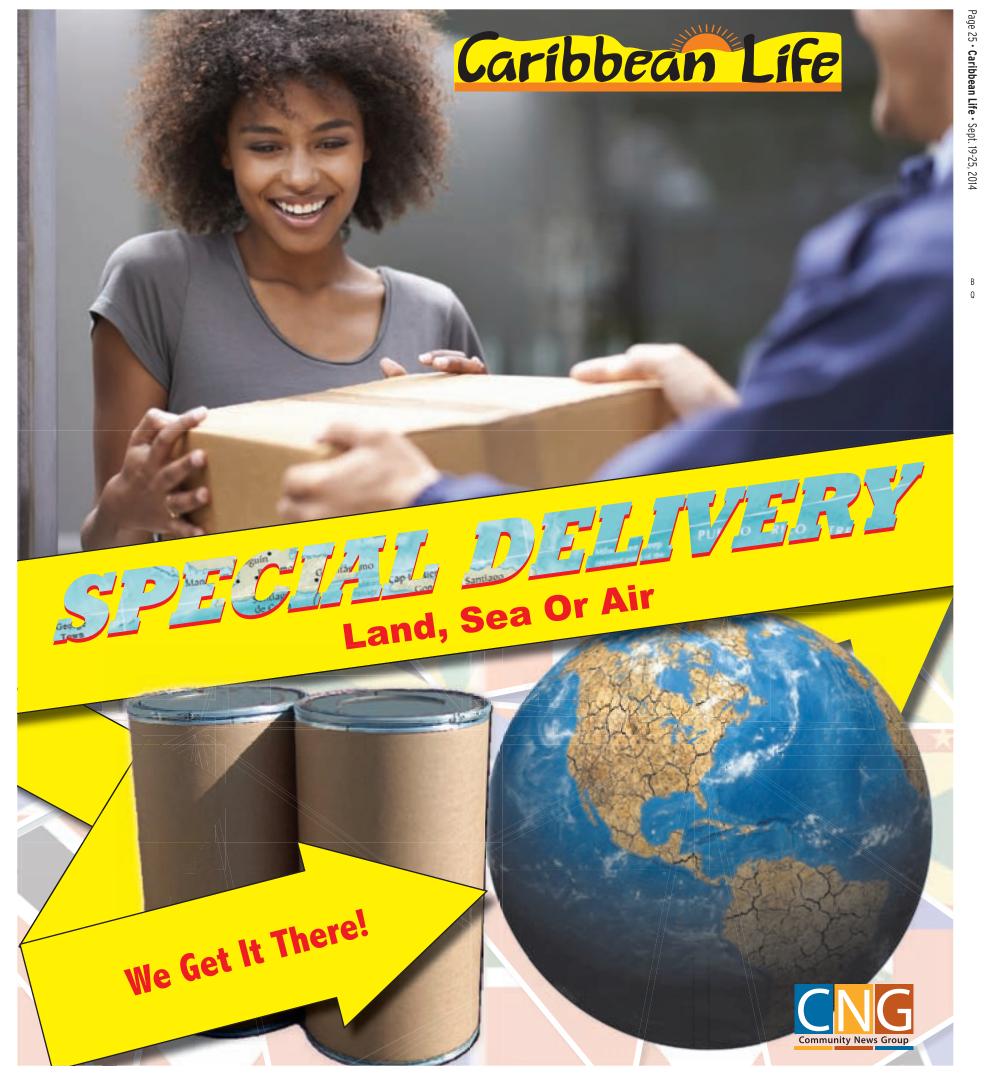
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Amerijet started operations from New York, N.Y. to The Caribbean in 1989. with the support of its local customers, and Caribbean agent partners. Today, Amerijet has three locations in New York, one in Jamaica, located at 177-09 150th Ave., one in the Bronx, located at 1225 Jerome Ave. and one in Brooklyn located at 1357 Utica Ave. Amerijet's aircraft operate seven days per week with scheduled flight throughout the Caribbean.

"We're committed to building long-lasting relationships with every customer," says Carlos Gonzalez, Sr. director of sales of Amerijet. "Amerijet's reputation of being a trusted partner is based on our service commitment, flexible transportation solutions and proactive communication." Gonzalez further added, "We never forget that our customers have choices, our commitment to our friends and family in the Caribbean is reflected in every shipment we touch."

With offices in more than 78 countries, Amerijet delivers the expertise and infrastructure to provide seamless worldwide freight services for freight of any size, type or weight in single packages, on pallets or skids, in containers or crates, or for consolidated shipments. Amerijet has been a proven partner for many of the Caribbean nations retail and agricultural businesses. Amerijet serves a diverse clientele in New York and The Caribbean shipping a vast range of goods, including live animals, perishables/fresh and frozen, oversized and hard to handle shipments, electronics, heavy equipment, personal goods and household items and hazardous materials offering airportto-airport and to-door delivery services.

Amerijet continues to spread its wings by expanding its U.S. domestic air cargo flights to connect 13 major U.S. cities with direct service from Newark and connects the Caribbean with a one to two-day service from Miami. "We are very proud to offer our customers the new service," said Richard Hernandez, regional manager of Amerijet JFK. "Our commitment and partnership with our customers and staff are the highest contributors to our success. We are truly grateful to be a part of the Caribbean community."

Amerijet operates Boeing 727-200, Boeing 767-200 and Boeing 767-300 aircraft from its primary international hub at Miami International Airport, with 210,000-square-foot export and 100,000-square-foot imports air cargo handling facilities. A custom-built 10,300 square-foot (227,419 cu. ft.) cooling facility was specially designed to maintain the cool chain integrity of perishables during the transportation process. In addition to the state-of-theart design features, multiple pre-cooling systems, and 24 hour surveillance, the refrigerated storage space is subdivided into four climate-controlled chambers offering not only refrigerated, but frozen, and chilled storage.

For more information, please contact your local Amerijet office: Amerijet JFK Station,Jamaica, NY,Phone: +1- 844-418-9404,Email: sales.jfk@ amerijet.com.



Cranes tower over the construction site of Panama Canal's Pacific expansion project in Cococli, on the outskirts of Panama City, Friday, Aug. 8, 2014. August 15, marks the 100th anniversary of the Panama Canal construction, as it undergoes the biggest expansion project since it opened in 1914, which will allow larger Post-Panamax ships to cross the canal.

Maritime panel to hold sessions on port congestion

By Bruce Smith

ISLE OF PALMS, S.C. (AP) _ Maritime leaders were told Tuesday that a federal commission is planning a series of meetings on dealing with port congestion that has resulted from a rebounding economy and bigger ships calling at the nation's ports.

They also learned that completion of the expanded Panama Canal, originally anticipated this year, has been pushed back to 2016.

Maritime Commission Chairman Mario Cordero, Panama Canal Authority Administrator Jorge Quijano and Gov. Nikki Haley were among those who spoke before the South Carolina International Trade Conference.

Cordero told the gathering that the Federal Maritime Commission plans a series of meetings to discuss port congestion with the first of four regional meetings to be held in Los Angeles next week.

 $\bar{\mathrm{A}}$ second is set for Baltimore next month with a later session to be held



Mario Cordero, the chairman of the Federal Maritime Commission, addresses the South Carolina International Trade Conference on the Isle of Palms, S.C., on Tuesday, Sept. 9, 2014. Associated Press / Bruce Smith

in the Southeast, perhaps in Charleston, and in New Orleans.

Cordero envisions the meetings will contribute to a study of ways to deal with congestion that includes the waits truckers have at ports before they pick up or unload shipping containers.

"Congestion is the topic of the day," he said. Such a study, he added, will allow

the commission to advocate in Congress for money to improve both port and other shipping infrastructure.

He said congestion is one of a number of issues facing the nation's ports along with others such as environmental concerns, consolidation among shipping lines and energy costs.

Jorge Quijano, the head

of the Panama Canal Authority, said the expansion of the canal to handle a new generation of larger container ships has been delayed because of problems with contractors.

"Progress has been significant but slower than we anticipated," he said, adding that construction of the new lock system is now about 75 percent complete.

He said he did not want to predict an exact date when the expanded canal will be open.

Quijano said the authority would probably have a drawing to see which shipping line will be the first to travel through the revamped canal.

Haley told those attending that South Carolina is aggressively trying to attract foreign companies to locate in the state.

"I lot of what I wanted was to see what we could do to bring companies back to America," she told reporters later. "We want good companies that understand that Made in America means something."



Page 27 • Caribbean Life • Sept. 19-25, 2014

B Q



Laparkan introduces air cargo service to St. Lucia

Laparkan has announced introduction of its air cargo service to St. Lucia and door to door service to Tobago.

The Caribbean shipping company says it now offers door to door service from the United States to Tobago via customs clearance at three ports of entry in Trinidad.

Laparkan's Corporate Marketing and External Relations Manager Wesley Kirton told reporters at a press briefing that St. Lucians can now take advantage of the company's competitively priced flat rate boxes by air to St. Lucia. He said that there are three sizes of flat rate boxes which hold up to 20, 40 and 60 pounds respectively.

"We have also now introduced door to door service to Tobago via Trinidad in response to requests from many of our customers for this service. We now offer



Wesley Kirton, Corporate Manager of Marketing and External Relations, and Dawn Plummer, Marketing and Business Development Manager for Laparkan Shipping. Photo by Kevin Bollers

delivery to customers' doors in any part of Tobago including Scarborough, Mason Hall, Moriah, Charlotteville and Speyside," Kirton disclosed.

He also disclosed that Laparkan recently introduced its Internet Shopping and express shipping service

– ANPAK- to Antigua.

"The introduction of these new services is in response to demands from our customers and serves as testimony to the fact that Laparkan is a strong brand in both the Caribbean Diaspora and the region itself.



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В

Tribute to New York's police

Continued from Page 3

City's public safety officers.

"CPR is more than 'courtesy, professionalism, and respect," he said. "It is a way to ensure that officers can save the lives of individuals. and it is also important that we push for all City employees to be CPR certified."

Taylor said the officers' "daily handling of their

Continued from Page 3

citizens from avoiding taxes

via overseas investments by

preventing them from hid-

ing such income and assets

overseas. Since its inception

in 2010, FATCA has been one

of the most hotly debated

and nervously awaited piec-

es of legislation. In short,

federal law effective July 1,

2014 requires U.S. citizens

residing outside of the U.S.

to report their income to

jobs, the way they've interacted with the community and ways that they've carried themselves in the time that they've been (in the 62nd precinct) is just fantastic," adding that "they both have great careers ahead of them."

The "Heroes of the Month" designees received honorary citations from Adams' office for their

Consulate General of Saint

Lucia will provide clarifi-

cations to nationals con-

cerned about this new set of

There will also be a pres-

entation regarding the

recent passage of NYC coun-

cil landmark legislation to

create a municipal identi-

fication card for local resi-

dents, including St. Lucian

nationals. In this legislation

are provisions that allow

provisions.

actions.

Adams said plans are in place to commemorate their honor in the rotunda of Brooklyn Borough Hall.

The event was the second "Heroes of the Month" ceremony in which Adams and his staff acknowledge and commend the achievements of Brooklynites from a variety of backgrounds throughout the year.

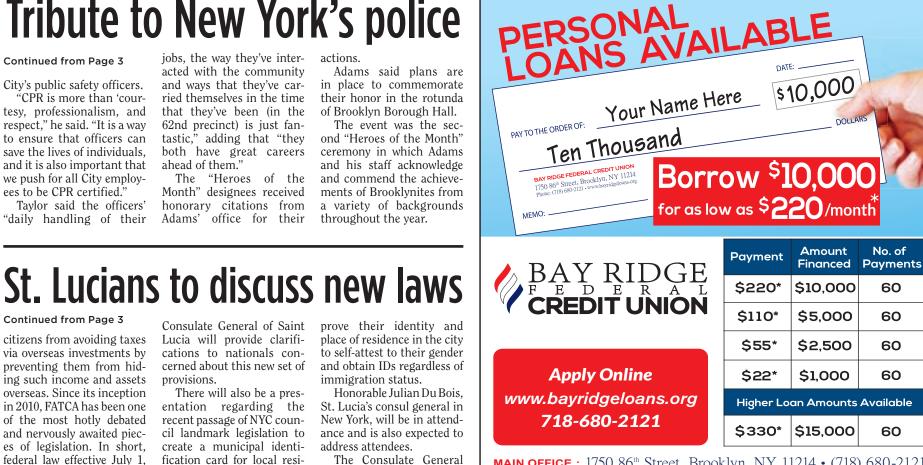
immigration status.

address attendees.

of Saint Lucia invites all

nationals to participate in

the scheduled town hall



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Jamerican diva backs Off-Broadway musical

Jamerican actress Sheryl Lee Ralph believes in the message and music of a new off-Broadway musical.

Sept. 19-25, 2014 • Caribbean Life • Page 34

B

Her name was added with producer credits along with her D.I.V.A (Divinely Inspired Victoriously AIDS Aware) Foundation to promote the show already winning critical acclaim with audiences.

Booked for a limited run at Theatre at St. Clement's, "Mighty Real: A Fabulous Sylvester Musical," the enlightening story written and portrayed by Anthony Wayne delivers a winning biography of a star American club goers loved and lost much too soon.

Wavne penned a memoir about the androgynous singer popularly known by his one-name identifier and with collaboration from Kendrell Bowman is directing the revealing musical about the life of Sylvester James Jr.

Born Sept. 6, 1947, Sylvester reinvented himself to become Miss Blue.



He knew he had a mission to conquer.

His role it appears was to inspire others to live in their own skin, face adversities and like the U.S. Army recruiting mantra endorses - "be all you can be."

The tribute and open book presentation details in lights — a compelling biographical song and dance production.

The storyline jibes with the mission of Ralph's organization which was created in 1990 to generate resources, coordinate artistic activities by creating awareness about HIV/AIDS.

Utilizing 'music and entertainment as a vehicle to; inform, educate and erase the stigma attached to the deadly disease,' for 24 years Ralph and her foundation annually highlights

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the victories and successes claimed despite adversities.

> Sylvester is renowned for his bombastic, baritone disco renditions. He was singer, songwriter and producer of hits that clubs craved to get dancers on the floor.

> > He was often seen with the elite of the entertainment industry. Cher, Lou Rawls, Phyllis Hyman and others were among his galaxy. But like actors Rock Hudson, Liberace, Robert Reed, Anthony Perkins, biochemist Isaac Asimov, record producer Freddy Mercury, tennis athlete Arthur Ashe, songwriter Peter Allen, rapper Eazy-E and so many other celebrated names -Sylvester became the face of

destruction from AIDS. He was a pioneer in the LGBTQ community for

FRI. SEPT. 26 | 7:00 PM • SUN. SEPT. 28 | 3:00 PM

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Actress Sheryl Lee Ralph holds hands with co-creators of the "Mighty Real" Kendrell Bowman (L) and Anthony Wayne. www.fabuloussylvester.com

legacy.

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showing, unapologetically, that he was true to his identity.

The California boy wonder dressed to impress, sang his heart out and was dubbed the "Queen of Disco."

Fact is that the remnants of the era are often determined by disco balls. Donna Summer, Gloria Gaynor and The Tramps. But truth be told, the only male to truly represent the era might undeniably brand Sylvester as the most authentic, unforgettable owner of the

rejected for living in his own skin. Gradually, Sylvester real-

ALL SEATS FREE www.BrooklynTabernacle.org

Continued on Page 40

blues and jazz singers the likes of Billie Holiday and Josephine Baker, Sylvester became the Queen of Disco. From youth to his tragic swansong on Dec. 16, 1988,

Sylvester fulfilled his purpose.

Influenced by female

As a young boy he stared straight into a mirror and according to the script the reflection he saw was "fabulosity."

For a time, the boy in the mirror seemed sufficient, however as he got older he realized others saw a totally different image and one that did not appear normal or real to mainstream society. Born in Watts, LA, Syl-

vester developed a love of

singing through the gos-

pel choirs of his Pentecostal

church. It was that same

religious disdain about his homosexuality that forced

him to migrate north. He

felt persecuted and totally

ENTERTAINMENT

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'Emerge' honors Beverley Johnson

By Tangerine Clarke

It was a fitting tribute to legendary fashion model, actress and businesswoman, Beverley Johnson who was honored with the Fashion Innovator Award, before the "Emerge" runway show kicked off its Spring Summer 2015 collection during New York Fashion Week.

The Broad Street Ballroom was a flurry of excitement as Johnson, wearing a black mini dress was presented with a plaque from Denise Williams, creator and producer of Emerge Management.

The beauty that became the first African American model to grace the cover of Vogue Magazine 40 years ago, sashayed to loud applause before being greeted with a standing ovation, and flash bulbs at the end of the runway.

The iconic model set the tone for a night of classic



Iconic model Beverley Johnson.

Photo by Tangerine Clarke

looks, avant-garde collections and demure creations from emerging designers.

The roaring 1930s came to life in Danny Nguyen's lavish gowns, embellished with glitter, and a mix match of fabrics to finished Continued on Page 36

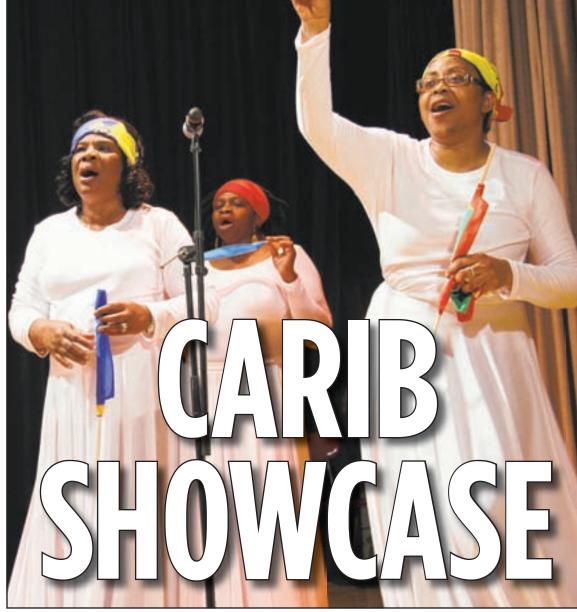
'Miss Tropical Paradise' semifinals

Plans for the Miss Tropical Paradise Beauty Pageant 2014 are moving full steam ahead and on schedule, according to event founder Marcia Deans. The semifinals will be held this year on Saturday, Sept. 27 at Clipper 11 in Queens, N.Y.

The pageant, which was first held 15 years ago, was developed to showcase the talents and accomplishments of women of Caribbean, USA and South American decent. Continued on Page 36



From left, Kayla Ranson, Miss Tropical Paradise queen Mariel King, Sade Nurse, and Stephanie Miles. Marcia Deans



United Vincie Cultural Group of Brooklyn (UVCGB) performs the grand finale, "Children of the Caribbean." Photo by Nelson A. King

Vincentian group mesmerizes audience

By Nelson A. King

The United Vincie Cultural Group of Brooklyn (UVCGB) recently held its massive audience in stitches and spell-bound, as it mesmerized diverse patrons during its 10th annual cultural show at Meyer Levin Intermediate School at the corner of Ralph Avenue and Beverley Road in Brooklyn.

Hundreds of Vincentian and other Caribbean nationals, primarily Jamai-

cans, turned out for the production that featured, among other things, folk songs, dances, skits, choral speeches and addresses.

Patrons were on edge during the more than three-hour production that also showcased a cultural selection from singer Erlene Williams-King, a former aide to the St. Vincent and the Grenadines New York Consul General, accompanied by UVCGB members. Williams-King was resplendent in her 1972 Afro-centric wedding attire, as she rhapsodized with "The Lion Sleeps Tonight."

The UVCGB children, the Children of Culture of St. Lucia and the Meyer Levin Dancers were also featured.

"The members rose to the occasion and did their best to make their powerful performances," said UVCGB Continued on Page 36 R

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TOP OF THE CHARTS

TOP 10 SINGLES 1 Stay With Me Sam Smith





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Vincentian talent

Continued from page 35

president Dr. Roxie Irish, a former Vincentian national netball star in a Caribbean Life interview.

"The UVCGB children did a phenomenal job with their items," added Irish, giving a special "Thank You" to Okelia Holder,13, the youngest child of UVCGB members Geoffrey and Gwendolyn Holder, for choreographing and participating in the children's dance. "Such a wonderful talent!

"It is imperative that we continue to teach these young ones our culture so that they can take it the next level," she continued.

Irish was also high in praise for UVCGB members, saying that their "sacrifices are greatly appreciated."

"Let's continue to work together in this our mission to be a blessing to others," she urged. "Your reward waits in your name. And remember that what God has for you is yours only. The best is yet to come for each and every one of you."

Irish said new songs, written by UVCGB's newest member, cultural figure Gordon "Don" Sutherland, were added to the group's repertoire.

She described Sutherland as "a very gifted writer and musician."

Sutherland was the lead guitarist in the UVCGB band that also comprised Holder (guitarist), Rawle "Winkie" Decaul (keyboardist), Tyrone Owusu Slater (drummer) and Alex Colon (maracas).

Irish said other community groups were added to this year's production in UVCGB's continuing "quest to foster unity among the different islands."

"This is something we are planning to do from time to time in our future shows," she said.

In addition to furnishing medical supplies to clinics in St. Vincent and the Grenadines, from funds raised at cultural shows and tea parties, Irish said UVCGB, for the past two years, has been donating toys to Aunty G's Charitable Children's Organization, headed by Georgietta Nanton, of Georgetown, St. Vincent and the Grenadines. Nanton was on hand to address the effervescent audience.

The group also successfully appealed to the audience to "dig deep into their pockets, pocket books and wallets" in supporting former national football star, midfielder Keith "Slick" Bonadie (Clarke), who recently suffered a stroke.

US\$1,300.00 in patrons' contribution was presented to Bonadie, who had earlier addressed the audience, at show's end.

"When I heard of the plight of our brother, Keith 'Slick' Bonadie, I knew that we had to help him," Irish said. "It is the way we live.

"I firmly believe that ministry



Lead guitarist and cultural figure Don Sutherland.

is about people; and, since the "fa UVCGB is not just a group but a ministry, we will always lend a helping hand to those in need," me

she added. Stanley "Luxie" Morris – under whose captaincy Bonadie played at home in the 1970s and 80s and in New York in the 1990s – told Caribbean Life he was gratified by the outpouring of support for his

"fallen brother."

"He'll not be alone at this time when he needs love, encouragement, prayers and other assistance," said Morris, adding that he and Bonadie "go way back."

Photo by Nelson A. King

Irish said UVCGB is "very pleased" with its accomplishments to date, adding, however, that it is "fully aware that there is still much more to be done."

Spring, Summer fashion

Continued from page 35

the eclectic pieces. He stayed true to his roots, by using red, green and black Asian cloth to trim and decorate his outfits, some with leather, jackets mini dresses in his prêt-a-porter line.

The spring/summer 2015 will certainly be colorful, thanks to the beautifully fitted outfits created by fashion designer Michael Alan Stein. His collection of pencil dresses in bold color-blocking patterns and black and white finished the elegant ready-to-wear apparel.

Tina Hughes of TinaMarie-Style went for a more demure look. She used simple fabrics to dress up her models. Floorlength dresses, shirts and a patterned dress matched with vintage white coat and a pink dress topped with a cape showed simplicity.

The debonair look was up on the runway with creations by master tailor Eaden Myles. The craftsman saturated the runway with chivalrous looking suits in bold colors. His suits were a cut above the rest in grey, brown and blue and accessorized with neckties and handkerchiefs. He topped off the collection with an African print jacket that garnered loud applause.

Jonathan Bund's mysterious Zhizhu collection was an extraordinary showcase of flowing gowns cut from black and white trash bags.

The models sashayed down the runway, some with faces hidden behind fabric. The designs stunned onlookers. Like the fullbody lace jumpsuit with a plastic cape and an embellished topless frock completed with a fishtail design.

Areal Art by Seanna Shape showcased acrobats wearing black skintight outfits with cutout designs. The models dangled from the ceiling, and stood on their hands on the runway while other pirouetted on point for a wild end of the show.



line of clothing." Photo by Tangerine Clarke

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Pageant

Continued from page 36

"The principal objective of the pageant is to uplift the images of the women and to foster strong communication skills regardless of their cultural background. The pageant also serves to inspire young women to pursue their dreams through the scholarship fund that is among the list of prizes," Deans said.

VJ Catcha Fyah and Nanda will host the event which will see 16 women competing in the semifinals. The top 10 will compete on Saturday, Nov. 15 at the Dunn's Villa Resort in Montego Bay, Jamaica for the title Miss Tropical Paradise USA. The winner will be awarded various prizes including a full scholarship valued at US\$7,200 to attend Future Star Studio in New York.

Performers at the semifinals include NJ based singer Teddy Brown, Dance Master, Genah and Lotus. Brown and Modlow will be honored for their support of the pageant over the past 14 years.

Housewife, kids abducted by killer in thriller

"No Good Deed" Very Good (3 stars) Rated PG-13 for violence and profanity Running time: 84 minutes Distributor: Screen Gems

By Kam Williams

It is usually a bad sign when a movie studio decides not to preview a picture for film critics. In the case of "No Good Deed," Screen Gems claimed that it was refraining from doing so in order to prevent the spoiling of a surprising plot twist. Well, the butler did it! (Just kidding.)

Skeptical, I had to wait until opening day to see it. And while the movie is by no means a masterpiece, I'm happy to report that it's nevertheless a tautly-wound nail-biter which keeps you on the edge of your seat from beginning to end. And yes, there is a humdinger of a revelation during the

denouement, not a totally preposterous development but rather a plausible one which was merely cleverly-concealed.

The movie marks the theatrical directorial debut of Sam Miller, who is best known for Luther, the brilliant BBC-TV series featuring Idris Elba in the title role for which he won a Golden Globe in 2012. The two collaborate again here, with Idris playing Colin Evans, a serial killer who, at the point of departure, slays a couple of prison guards during a daring escape from a Tennessee prison.

He makes his way to his girlfriend Alexis' (Kate del Castillo) house in Atlanta only to murder her, too, when he learns she's already involved with another man. Colin remains so blinded with rage as he drives away that he crashes his stolen car into a tree along a suburban country road.

He subsequently knocks on the door of Terri Granger (Taraji



Taraji P. Henson, who plays "Terry," and Producer William Packer on set of Screen Gems' "No Good Deed." Photo by Quantrell Colbert

P. Henson), an attorney-turnedstay at home mom whose husband (Henry Simmons) has conveniently just left town with his father away for a weekend golf getaway. Against the former prosecutor's better judgment, she lets the tall, dark and handsome stranger enter the house, and it isn't long before there's trouble in paradise.

After all as the proverb suggested by the title warns, "No good deed goes unpunished." Accordingly, Terri and her two young kids find themselves in the clutches of a desperate maniac until the protective mother's maternal and survival instincts kick into high gear.

No Good Deed was ostensibly inspired by "The Desperate Hours," a suspiciously-similar Broadway play starring Paul Newman which was first adapted to the big screen in 1955 starring Humphrey Bogart, and remade in 1990 with Sir Anthony Hopkins. Thanks to Mr. Elba's menacing intensity, a potentially mediocre variation on the theme ends up elevated into a tension-filled gutwrencher his loyal fans won't want to miss.

The urban-oriented audience at the screening I attended talked back at the screen a lot in the way that engaged black folks do, and they even applauded heartily as the closing credits rolled, surefire signs that the studio has a hit on its hands, conventional critics notwithstanding.



20,000 Days on Earth (Unrated) A day in the life documentary chronicling Aussie musician Nick Cave's celebration of his 20,000th day alive with family and friends.

Art and Craft (Unrated) "To catch a fake" biopic chronicling the 30-year career of notorious con man Mark Landis, one of the most prolific art forgers in American history.

Autumn Blood (R for nudity, violence and rape) Survival thriller about 10 (Maximilian Harnisch) and 16-year-old (Sophie Lowe) orphaned siblings living alone on a secluded farm in the mountains whose solitude is suddenly disrupted by the arrival of some savage hunters. With Peter Stormare, Annica McCrudden and Gustaf Skarsgard.

The Guest (R for profanity, drug use, sexuality and graphic violence) Dan Stevens stars in the title role of this crime thriller about the grieving parents (Sheila Kelly and Leland Orser) of a fallen Afghan War soldier who, against their better judgment, welcome one of his recently-discharged comrades into their home with open arms.



Cast includes Maika Monroe, Brendan Meyer, Candice Patton, Ethan Embry and Lance Reddick.

Keep on Keepin' On (Unrated) Reverential biopic about 93 year-old jazz legend Clark Terry, trumpeter and flugelhorn pioneer who played with everyone from Duke Ellington to Count Basie to Dizzy Gillespie to Quincy Jones.

A Life in Dirty Movies (Unrated) Blue-tinged biopic about the late porn director Joe Sarno (1921-2010) who released 75 of his X-rated films in theaters, including several starring his own wife, Peggy Steffans.

Life's a Breeze (R for profanity) Madcap road comedy, set in Ireland, about a family's frantic search around the streets of Dublin for a missing fortune. Cast includes Fionnula Flanagan, Kelly Thornton, Pat Shortt and Eva Birthistle.

Pump (PG for mature Eye-opening themes) expose' exploring America's

addiction to oil.

Reclaim (R for profanity an violence) International thriller about an American couple (Ryan Phillippe and Rachelle Lefevre) who put their lives at risk by traveling abroad to rescue their kidnapped adopted daughter (Brianna Roy). With Luiz Guzman, Jacki Weaver and John Cusack.

The Scribbler (R for profanity, nudity, graphic sexuality and violent images) Psychological thriller about a woman (Katie Cassidy) fighting mental illness who tries an experimental machine designed to eliminate multiple personalities. Support cast includes Sasha Grey, Michelle Trachtenberg, Gina Gershon and Eliza Dushku.

Stop the Pounding Heart (Unrated) Coming-of-age drama, set in rural Texas, about a homeschooled 14 year-old (Sara Carlson) with 11 siblings whose Christian values are challenged when she develops a crush on a bull rider (Colby Trichell).

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SUN KUL COMMUNTY EV

FRI., SEPT.19

MUSIC: New York-based blues favorites Renee & The Derelicts perform classic and original blues, rock and soul tunes featuring the vocals of the multitalented actress/playwright Renee Flemings, the band Sal Carolei (blues harp), Paul Bauman (duitar). Travor Brown (bass) and

Paul Bauman (guitar). Trevor Brown (bass) and Bernard Devlin (drums) will kick things off at 9:00 p.m. No cover, great Mediterranean food and drink available. LURA Restaurant NYC is located on the upper West side (949 Columbus Ave.) between 106th & 107th streets. For more

information, call (212) 866-7500.

SAT., SEPT. 20

SAT PREP: Kaplan is hosting a FREE SAT practice test, the tests will be held at the Brooklyn Kaplan Center at 1602 Kings Highway from 2:00 p.m. – 6:00 p.m! Taking a practice test is one of the best ways to get ready for the real thing. You will learn exclusive strategies to improve your score and know exactly what to expect on test day. Limited seats available. Sign up today using this link: http://bit.ly/freeseptember.

SUMMER WORKOUT: Join EmblemHealth Neighborhood Care for a cardio workout that can enhance your overall health and improve circulation and endurance from 2:30 p.m.- 3:30 p.m. The workout includes building muscle with strength training. Please let your doctor know that you will be participating in an exercise class. Please RSVP by calling (866) 539-0999.

TUES., SEPT. 23

FREE FINANCIAL SERIES: Learn how to manage your finances, maintain good credit, set goals, develop good habits, and make the most of your budget in this free five-week course. Classes begin at 6:00 p.m. NHS of East Flatbush, 2806 Church Ave.(between Nostrand & Rogers avenues), Brooklyn, N.Y. 11226. To register call, (718) 469.4679 or email infoef_01@ nhsnyc.org. First come, first served. Space is limited. Sponsored by Neighborhood Trust and Neighborhood Housing Services. www.nhsnyc. org.

WED., SEPT. 24

LANDLORD TRAINING: Are you a landlord or thinking about becoming one? This workshop will help to fully prepare you. Topics include leases, understanding NYC regulations, repairs, responsibilities, tenant rights and more.The course starts at 6:00 p.m. A course fee does apply, for more information, call (718) 469-4679. Sponsored by Neighborhood Housing Services (NHS) of East Flatbush, a not for profit housing organization. www.nhsofeastflatbush.

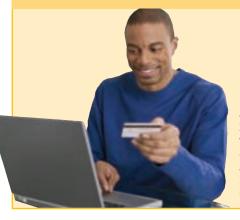
SAT., SEPT. 27

FREE CREDIT SCORE AND ANALYSIS PROGRAMS: Ridgewood Savings Bank is deeply committed to the Bronx community's



LOW IMPACT YOGA

SEPT. 19: Join us for a dance-fitness class that's friendly and fun from 11:30 a.m. – 12:30 p.m. The class uses the Zumba formula with modified moves and pacing for active older people and those just starting their journey to a fit and healthy lifestyle. Let your doctor know that you will be taking part in an exercise class. RSVP by calling (866) 539-0999.



financial health and security and is hosting a free credit score program from 10:00 a.m. – 2:00 p.m. This program provides information which is critical in planning a successful financial future, including possible home ownership and business investment. 1626 Bruckner Blvd., Bronx, N.Y. RSVP by calling (718) 589-1323.

SUN., SEPT. 28

WALK4HEARING: The Hearing Loss Association of America (HLAA) is hosting the New York City Walk4Hearing in Riverside Park to increase awareness about hearing loss, help to erase the stigma associated with it and raise funds for programs and services. Groups and individuals can participate in the 5K walk so that people of all ages-from babies to seniors-can get the programs, support and services they need to meet the challenges of hearing loss. The 5K route starts and ends at Riverside Park. Event features children's activities, refreshments, giveaways, prizes, state-of-the-art hearing technology, including captioned walk announcements delivered via smartphones. Check-in starts at 9:00 a.m. and the walk begins at 10:00 a.m.

VARIETY SHOW

SEPT. 19: "No Name ... & A Bag O' Chips" comed -variety show will feature Liam McEneaney (Comedy Central's "Premium Blend"), comedian -pundit-blogger Leighann Lord (Fox News "Strategy Room"), Sharon Spell ("The Moth"), and sketch comedy collective Kokomo ("Upright Citizens Brigade Theatre") . The show starts at 7 pm and will feature house band The Summer Replacements. No cover, no minimum. Otto's is located at 538 E 14th St (Cross Street: Between Avenue A and Avenue B)



FREE CREDIT SCORE ANALYSIS

SEPT. 20: Ridgewood Savings Bank is hosting a free credit score program from 10:00 a.m. – 2:00 p.m. This program provides information which is critical in planning a successful financial future, including possible home ownership and business investment. 3824 White Plains Road, Bronx, N.Y.; RSVP by calling (718) 882-0440.

Pre-register at www.walk4hearing.org. Sameday registration is also available. Location: West 97th Street and Riverside Drive.

ONGOING

CHCA CLOTHING DRIVE: Crow Hill Community Association will be conducting a clothing drive every Saturday from 12:00 p.m. to 3:00 p.m. during September for Georgia's Place, located at Prospect Place & Bedford Ave. Georgia's Place is an innovative supportive housing residence for 48 formerly homeless and low income adults. Georgia's Place staff are committed to the health of their residents in a holistic way: mental, physical, emotional. The drive will take place in front of the former site of the CHCA Community Garden (730 Franklin Ave.) between Sterling Place and Park Place. Alternatively, clothing can be dropped off on Tuesdays from 5:00 p.m. - 7:00 p.m. at Georgia's Place during Farmshare pick-up. New and slightly used men's and women's clothing are being requested. For more information, contact Mr. Frank at 718-230-1447.

BABY SHOWER:The Stork's Nest Committee of the Delta Beta Zeta Chapter of the Zeta Phi Beta Sorority, Inc. invites expectant mothers in southeast Queens to attend their baby shower and participate in a series of eight prenatal workshops. The shower will be held on Saturday, Oct. 4, 2014 from 11:00 a.m. – 1:00 p.m. at the Emblem Health Neighborhood Center. To participate, mothers-to-be must register by calling (917)648-2855 before Oct. 2. 206-20 Linden Blvd. Cambria Heights, NY 11411.

FLOOD RELIEF: Donations are being accepted

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

PASSPORT APPLICATION CENTER:

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

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

FORECLOSURE: Are you behind in your mortgage or seeking a modification? Come in for free services and assistance. We will help you as much as possible to keep your home. Referrals for free legal assistance are also available. To schedule an appointment or for more information, call (718) 469-4679. Sponsored by Neighborhood Housing Services of East Flatbush and the Center for New York City Neighborhoods, not-for-profit organizations. www.nhsnyc.org.



Page 39 • Caribbean Life • Sept. 19-25, 2014

B Q

At a gala this November Caribbean Life and DiasporaDashboard.com will present the 40 Under 40 awards to the next generation of Caribbean American leaders. These individuals will represent the best of the Caribbean diaspora working in a diversity of fields: from finance, education, and non-profit to manufacturing, media, and retail and everything in between.

We will honor West Indians who, through perseverance and hard work, have realized the American dream and who have brought a sense of Caribbean pride along with them.

If you would like to nominate a Caribbean American, under the age of 40, who has shown outstanding achievements in his or her field, and who resides or works in New York, New Jersey or Connecticut, please fill out the form here and fax or mail to us before **September 26, 2014**. You can also submit your nomination online at CaribbeanLifeNews.com/nominate. We will contact you before **October 3, 2014** if your candidate is selected.

Nominate an	Outstanding	Caribbean America	n 40 Under 40 Professiona	1
Your name: (Please print clearly)_				
Name of nominee:				
Nominee or nominee's parents' W	lest Indian country of orig	jin:		
Your relationship to nominee:				
Nominee's occupation/professio	n:			
Where does your nominee curren	ntly work?			
What will be your nominee's age	on November 20, 2014?_			
Previous awards or professional r	recognition (if any):			
What makes your nominee outsta	anding? (100 words or les	s):		
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Please include a copy of your non	ninee's bio or resume if av	ailable.		
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One MetroTech Center Brooklyn, NY 11201			CaribbeanLifeNews.com/nor	minate.

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Off-Broadway musical

Continued from Page 34 ized that the world he was raised was too small to sustain his yearnings. Eventually he left his loving mother and family to move from Los Angeles to San Francisco where he launched a career that flourished.

One of the standout friendships he nurtured there was with two female singers -Izora Armstead and Martha Wash. With his guidance, the two women became as indelible in the minds of music lovers as he had imprinted. Perhaps, better known in recording circles as Two Tons of Fun, they scored a winner with the hit song written by musician Paul Shaffer titled "It's Raining Men."

History reveals and Wayne's words echo that Sylvester, the meteoric performer, mentored the women to be recognized by a record label. Once signed, they needed umbrellas to ward off showers of success precipitated from Shaffer's composition.

Anastacia McCleskey and Jacqueline B. Arnold, the women to portray the pair are equally talented however, it is the character-creating Wayne that captures the essence of the era, the issues, complexities and mood experienced by the Watts-born, fashionista, songwriter, singer and trendsetter.

Wayne in a show-stopping role recaptures the flambovance, style and musical charm that endeared audiences to his performances. Although memory might demand a heavy-weight singer to portray the star, Wayne's slimming characterization erases that nostalgia to focus on the individual who lived life to the fullest and apparently at the end had few regrets.

Reputed to have released more than a dozen albums, Sylvester comes to life nightly at the Theatre at St. Clement's.

Wayne is wonderful as Sylvester and by the time he belts "Dance" and "You Make Me Feel (Mighty Real)" the nostalgia relives the hey-days of Disco.

The tribute reprises Otis Redding's "Respect," Nick & Val's "Over & Over," Patti LaBelle's "You Are My Friend" and Sylvester' own "Down,

Down, Down" composition.

Tina Turner's rocking "Proud Mary," the soulful "Ain't No Way," and Sylvester's "Do You Wanna Funk" provides a few more reasons to check out this gifted star performance by a comet on the rise. The band delivers a stellar repertoire - funky, classic and true to the music of the 70s.

Deanne Stewart and Rahmel McDade, the backup singers with Arnold and McCleskey compliment the quad that rocks, rolls and disco with funk, the best Off-Broadway deal to date.

The entertaining production will leave audiences standing, clapping, fingersnapping and dreading the too-brief tribute to one of the best entertainers to emerge from the Disco era.

Ralph is right as rain in backing this musical. She

knows how to pick the winners and this one is destined for a long run. She was an original member of the Broadway musical "Dreamgirls." The role she portrayed earned her a Best Actress nomination for a Tony and Drama Desk Awards.

She also established a Jamerican Film Festival in Jamaica and was able to mentor young filmmakers, showcase important and classic movies as well as import prominent Hollywood actors for panel discussions.

The D.I.V.A. Foundation is a national not-for-profit, charitable organization founded as a memorial to the many friends she lost to AIDS. The actress can currently be seen on television in Showtime's "Ray Donovan," as well as Nickelodeon's "Instant Mom" with Tia Mowry.

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Legalizing marijuana

Continued from Page 15 tend to disdain government initiatives, for many, Jamaica's decriminalization plans signal a crucial victory after decades of struggle.

The momentum building "presents a major step forward for the recognition of the religious rights and expression of Rastafari," said Anta Anthony Merritt, a Rastafarian priest who is a faculty member at San Diego State University.

Even if the current proposals fall short of the full legalization Rastas long have sought, they are welcomed by many, said Priest Dermot Fagan, leader of a small sect in an isolated commune in the Blue Mountains that tower over Kingston.

"We are thankful for the coming changes and, yes, some of the pressures will be eased. But we can't forget the destruction, the mayhem that has been caused by the persecution of this divine herb," said Fagan, waving his hands for emphasis on a balcony overlooking the School of Vision retreat, a place where Rasta mysticism brushes against the realities of modern life.

Researchers who study the movement are curious about how decriminalization for Rastafari will play out. For now, there are a lot of unanswered questions. Ennis Edmonds, an associate professor of religious studies at Ohio's Kenyon College whose publications focus on Rastafari, said determining what is religious use in Jamaica will not be easy. There's essentially no formal church, organized conversion process and few places of communal gathering. An individual Rasta's personal relationship with "Jah," or God, is considered central to the faith.

"Most ritual smoking does not take place in official places of worship, but in people's vards and on street corners. Can a single Rasta smoking a spliff in any location claim religious use privileges?" Edmonds asked.

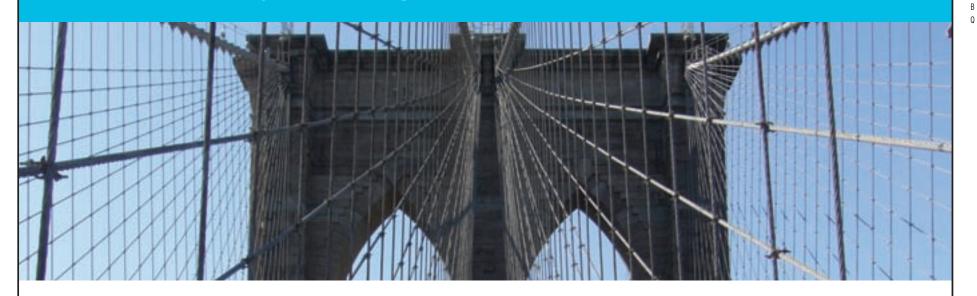
But for Wailer, the time is clearly ripe for change in "Babylon," the unflattering Rasta term for the Western world.

"Rastas have gone through a lot of hassles for years, getting criminalized and locked up for using the herb. But things are changing because ganja is what the world needs now," Wailer said, before taking another appreciative toke from his pipe.

David McFadden on Twitter: http://twitter.com/ dmcfadd

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Southern tragedy changes race relations in the U.S.

"In Remembrance of Emmett Till" by Darryl Mace c.2014, University Press of Kentucky \$40.00 / \$50.00 Canada 214 pages

By Terri Schlichenmeyer

What can you say about tragedy?

When it's imminent, you brace yourself and hope to come out unscathed. In its aftermath, you mourn and, eventually, you move on, healed... but not quite ever the same.

Still, what, exactly, can you say about tragedy? Plenty, as you'll see in the book "In Remembrance of Emmett Till" by Darryl Mace, and the strongest words come from influential places.

Mamie Till-Mobley was born in Mississippi but, when **BOOK REVIEW**

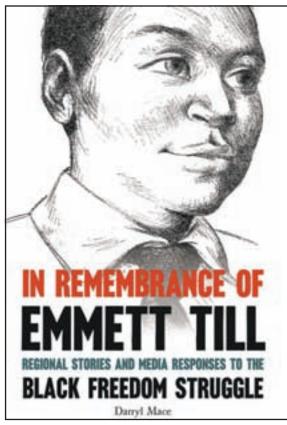
she was just two years old, her family joined the Great Migration and settled in Chicago. They left a state where lynching was "an all-to-common experience for blacks" and segregation was a way of life. Things were different in Illinois; there was still racism, but it wouldn't likely kill anyone.

In this less-tumultuous place, Emmett Louis Till was born and raised and, due to his Chicago upbringing, "could not understand what it was like to be black in Mississippi." Still, as was the habit of many Midwestern African American families at that time, 14-year-old Emmett was sent to spend the summer with an uncle in the south.

It was a tragic mistake. In the days following Aug.

31, 1955, when Emmett Till's body was pulled from the Tallahatchie River, "print media outlets... sprang into action" to report "yet another senseless murder of a black male..." Publications – both mainstream and black leaped on the story in days to follow, reporting on "indifference" from Mississippi officials, lack of outrage from white Mississippians at the murder, and the ensuing trial at which the defendants were observed laughing.

Interestingly, Mace says that mainstream Midwestern newspapers covered the story differently than did papers in the West and Northeast. African American publications, particularly from the Midwest, also had understandably different angles. They were, he says, the ones to



In Remembrance of "Emmet Till" cover. University Press of Kentuckyt

keep the story alive long after the trial ended.

"At the time," Mace further adds, "whites in the Deep South could not see that with his death Emmett Till sowed the seeds of change that would sprout forth into the modern civil rights movement. Regardless of race, Americans... and these members of the Emmett Till generation would change the very nature of race relations in the United States."

I struggled some with "In Remembrance of Emmett Till."

Part of the problem is that this book is more academic than I expected; there were times when I was riveted by the information author Darryl Mace uncovered, while other pages made me want to just shelve it awhile.

There's a good sense of time and context here, though, and that helped. Mace gives readers ample opportunity to understand why Till's violent death wasn't just "another senseless murder;" why the U.S. was ripe for Civil Rights progress made in the decade after his slaying; and how the press, especially sixty years ago, served its public.

Scholars and historians may appreciate more from this book than most, but Mace's thoroughness will get you through if you casually want to tackle it anyhow. Try "In Remembrance of Emmett Till," and see what you have to say.

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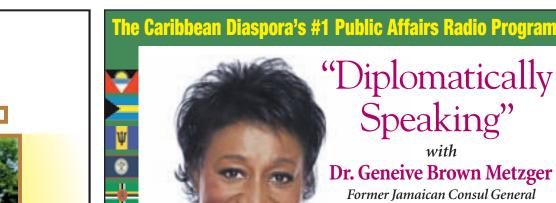
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52. Drivers' licenses, e.g. 53. Financial aid criterion 55. Rare find 57. *El Libertador 61. *Nobel Prize-winning poet 64. Throat dangler 65. Clinton ____ Rodham 67. Japanese animation 69. Opposites of #41 Across 70. _ Got the World on a String" 71. Intro 72. "Guilty," e.g. 73. Listening organ 74. Ram's weapons

DOWN

- 1. International Monetary Fund 2. "A of One's Own" 3. *Cusco empire 4. Custer's last 5. Greek Sun God 6. Magnesium silicate 7. Anger 8. Resort activity that requires certification 9. De Niro's ride, 1976 10. Czech or Serb 11. Fungal spore sacs 12. Pro 15. White whale 20. Old Irish alphabet 22. ___-wan kenobi
- 24. Kid's room object 25. *Popular South American dance 26. Double-reed instruments 27. Flash 29. Assortment 31. Caspian basin river 32. Computer code 33. Incessantly 34. *Machu Picchu mountains
- 36. Great Lake
- 38. Bleacher feature
- 42. "The Playboy of the Western
- World" author
- 45. Painter's surface
- 49. Actress ___ Thompson
- 51. Angel Gabriel, e.g. 54. "Sesame Street" Muppet
- 56. Short story writer Alice 57. Protuberance
- 58. Track shape
- 59. Like jetsetter's accommoda-
- tions
 - 60. Hip bones
 - 61. -do-well
 - 62. Christian of fashion
 - 63. End of grace
 - 66. *a.k.a. Evita **68. Emergency Medical Services**



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В

Caribbean Life

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Quesnel Senatus (No. 7), a senior at St. Francis College in the Fordham University, conducted the annual invitational meet. St. Francis College

Terrier senior looks ahead

By Robert Elkin

The college cross country season in the metropolitan area got off when Fordham University conducted its annual invitational meet for Division I, Division II, Division III and junior college athletes in order for their coaches to see the capabalities of their athletes. There was one race broken down into scoring for each of the men and one for the women.

After the scoring was broken down, Quesnel Senatus, a senior at St. Francis College of downtown Brooklyn recorded a time of 34:21.91, which earned him 62nd place in a field of 70 scoring individuals for Division I Continued on Page 46

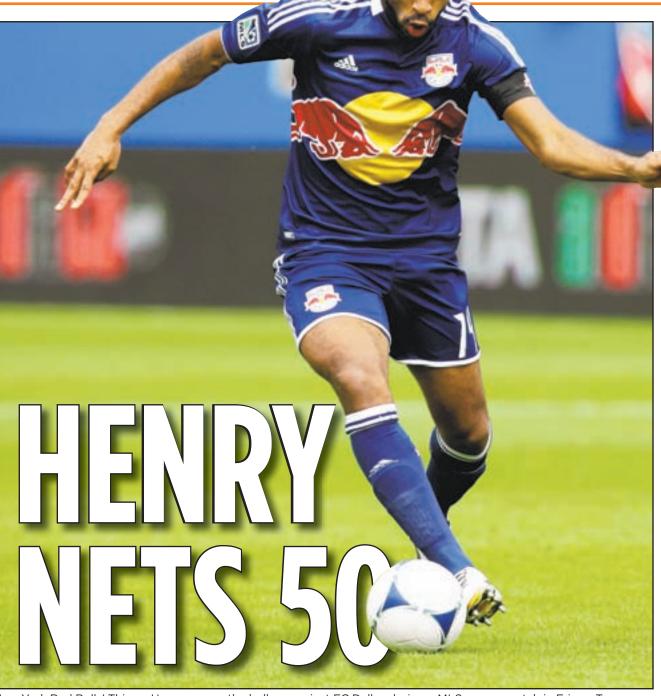
Historic Twenty 20 cricket deal

By Azad Ali

Four West Indies cricketers have signed a historic deal that will make them co-owners and stakeholders in the new Canadian Premier League Twenty20.

One-day International captain Dwayne Bravo, Test skipper Denesh Ramdin, opening batsman Kieron Powell and former captain and veteran middle-order batsman Shivnarine Chanderpaul have reportedly signed on to the venture by becoming owner/stakeholder for the forthcoming North American League.

According to a media release from the Canadian Premier League Twenty20, the deal comes ahead of the countdown to the inaugural tournament, with officials Continued on Page 46



New York Red Bulls' Thierry Henry moves the ball up against FC Dallas during a MLS soccer match in Frisco, Texas. Associated Press / Tony Gutierrez, File

Red Bulls draw with Union

By Patrick Horne

New York Red Bulls captain Thierry Henry scored his 50th MLS regular season goal in last Saturday's game at the Philadelphia Union's PPL Park in Chester (PA), but that was the good news; the not so good news is that the Red Bulls surrendered a 2-0 first half lead by allowing two goals to give the Union a point in the resultant 2-2 draw.

Henry's milestone goal came in the 40th minute when he one-timed a Chris Duval cross to give the Red Bulls a 2-0 lead; Peguy Luyindula had given the

visitors a 1-0 lead four minutes earlier from the penalty spot after he had been fouled in the goal area by Philadelphia's Ethan White. Henry surely would have wanted to remember his milestone goal as a game-winner, and it seemed that Continued on Page 46

97 bbd Red Bulls to play Sounders Continued from page 45

Continued from page 45 way, but not for long. At the 41st minute, Pedro Ribeiro scored to cut the deficit to 2-1 and started the Union rally, which was completed in second half stoppage time when former Red Bull Sebastien Le Toux scored the equalizer from the penalty spot.

The Red Bulls next play at home on Saturday, Sept. 20 versus the Western Conference leader Seattle Sounders, led by the high scoring tandem of internationals, American Clint Dempsey and Nigerian Obafemi Martins.

MLS

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In more MLS action last Saturday, host FC Dallas, led by Panamanian striker Blas Perez's two goals, defeated the Vancouver Whitecaps, 2-1, at Toyota Stadium just outside Dallas. Perez scored after 20 minutes of play; Erik Hurtado equalized in the 67th minute, but Perez tallied the winner near the end. The Chicago Fire and Toronto FC played to a 1-1 draw; MLS veteran Dwayne De Rosario scored his first goal of the season for Toronto after Jamaican international Lovell Palmer had given the Fire the lead in the 11th minute.

Host Houston Dynamo and the Columbus Crew played to a 2-2 draw at BBVA Compass Stadium. Houston was ahead, 2-0, into the second half through an own goal and a tally from Giles Barnes, but the Crew launched a strong rally when Will Trapp and Ethan Finlay scored to share the points. Yet another 2-2 draw ensued between host Colorado Rapids and the Portland Timbers. Diego Valeri gave the visiting Timbers a 1-0 halftime lead, but Dillon Powers equalized for Colorado and teammate Deshorn Brown gave the Rapids a 2-1 lead; Gaston Fernández got the equalizer for Portland, which is in the



FC Dallas forward Blas Perez (9) and New York Red Bulls defender Jan Gunnar Solli, rear, during a MLS soccer match in Frisco, Texas. Associated Press / Tony Gutierrez, File

fifth and final playoff spot in the Western Conference.

The New England Revolution beat the Montreal Impact, 2-1, behind goals from Kelyn Rowe and Lee Nguyen; Calum Mallace scored for Montreal. Visiting Sporting Kansas City thrashed Chivas USA, 4-0, at the StubHub Center in Los Angeles. Dom Dwyer, Benny Feilhaber, Graham Zusi and Claudio Bieler tallied for the winners.

The host Seattle Sounders maintained a firm hold on first place in the Western Conference with a 3-2 win over rival Real Salt Lake at Century Link Field last Friday night. Substitute Andy Rose broke a 2-2 tie to give the Sounders the final advantage and three points to stay ahead of the pack. Javier Morales gave RSL a 1-0 in the first half, but by the middle of the second, goals by Lamar Neagle and Obafemi Martins put the Sounders ahead, 2-1; Joao Plata evened the score for the visitors, which set the stage for Rose's winner in the late stages of the game.

Twenty20 cricket

Continued from page 45 recently announcing that the tournament will begin on Aug. 1, 2015.

Roy Singh, chief executive officer and chairman of the Canadian Premier League Twenty20, is expected to announce some details soon as to where the tournament will begin its inaugural season. The 10-league tournament will comprise professional cricketers from around Canada, alongside global cricketing super stars from across the world, league official confirmed.



Dwayne Bravo. AP Photo/Andres Leighton, File

Quesnel Senatus

Continued from page 45 colleges.

Michael Turi's seventh place finish for Fordham University led the Rams to a team 69 points and seventh place in the team standings behind run-away Navy, who swept the first five places for Division I colleges.

And a decent performance was turned in by Senatus, whose farther Senatus Sr. played baseball in his native land of Haiti and his mother Mariana was a product of her baseball team in the Dominican Republic. The current St. Francis College senior thus became the first person to compete in the harrier sport or track from the family.

"My father talks to me about the determination one needs to have in any sport," said Senatus.

The runner's father migrated to the United States during the 1970s. In each sport an athlete goes into, that athlete has a certain amount of effort that has to be put into in order for him to succeed. The student athlete takes advice from his father for each meet in which he participates.

During the winter, the college student compete on its indoor track team and then moves over to the outdoor track in spring. His specialties are the 400 and 800 meters-the middle distance events. He is in his second year of running cross country. His personal best time at this writing is 35 minutes.

"Van Cortland Park is a course very difficult to run on," he added. "Last weekend marked my fourth or fifth time running here. It is very challenging with many hills but running down hill is a bit easier."

Track has always been his passion but he also played football and ran at Kellenberg High School in Long Isand.



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VF JA

aribbean Life

ARIES: Mar 21/Apr 20

Aries, though you are usually up for a conversation with someone you don't know, this week you could be in a more conservative mood. You'll have future chances to chat.

TAURUS: Apr 21/May 21 You have been on a shopping binge of late, Taurus. If you have unlimited funds, this would not be so problematic. But finances are tight, and you should be more cautious.

GEMINI: May 22/Jun 21 Gemini, you are often an entertaining and fun person to have around. This is probably why you get so many invitations to parties and other social occasions. Enjoy your fanfare.

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& SPIRITUALIST

YOUR WEEKLY HOROSCOPE FOR SEPTEMBER 22ND TO SEPTEMBER 28TH

CANCER: Jun 22/Jul 22

Surround yourself with children this week, Cancer. They'll provide the unedited, honest information you desire right now. It can certainly be eve-opening.

LEO: Jul 23/Aug 23

Spend some quality time with a romantic partner this week, Leo. He or she can provide more of what you need, such as true affection and companionship, than what's offered by friends.

VIRGO: Aug 24/Sept 22 Virgo, you deserve credit at the office. If you're patient,

some measure of recognition will come your way this week. It's a start to getting what you need.

Psychic Readings

& Adviser

Bring back loved ones.

Stop infidelity in relationships.

Fix domestic, marriage & career

problems. Gain success in business.

Remove bad luck, black magic,

& witchcraft.

LIBRA: Sept 23/Oct 23

Few people will accuse you of being uncommunicative, Libra. In fact, you're usually downright chatty. It's one of the traits people will admire most in you this week.

SCORPIO: Oct 24/Nov 22 Scorpio, a new person comes into your life and your attraction to this person catches you off guard. It's okay to flirt. but if you're already attached to someone, leave it at that.

SAGITTARIUS: Nov 23/Dec 21 Sagittarius, you're often the one to take the lead in conversations in your group of friends, but this week someone else takes the lead. You're content to sit back and simply listen.

CAPRICORN: Dec 22/Jan 20

CAPRICORN: Dec 22/Jan 20 Capricorn, once you have gained enough confidence in a special interest, you may be able to turn it into a career instead of just a hobby. Keep working toward that goal.

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ean AQUARIUS: Jan 21/Feb 18 It's time to tie up some loose ends, Aquarius. Rustle up some energy to take care of all those little things that need to be wrapped up. You'll feel a weight lift afterward.

PISCES: Feb 19/Mar 20

PISCES: FED 19/19/19/20 Pisces, increase your level of activity this week. Exercise can do you a world of good, especially if you've felt sluggish of by 2014

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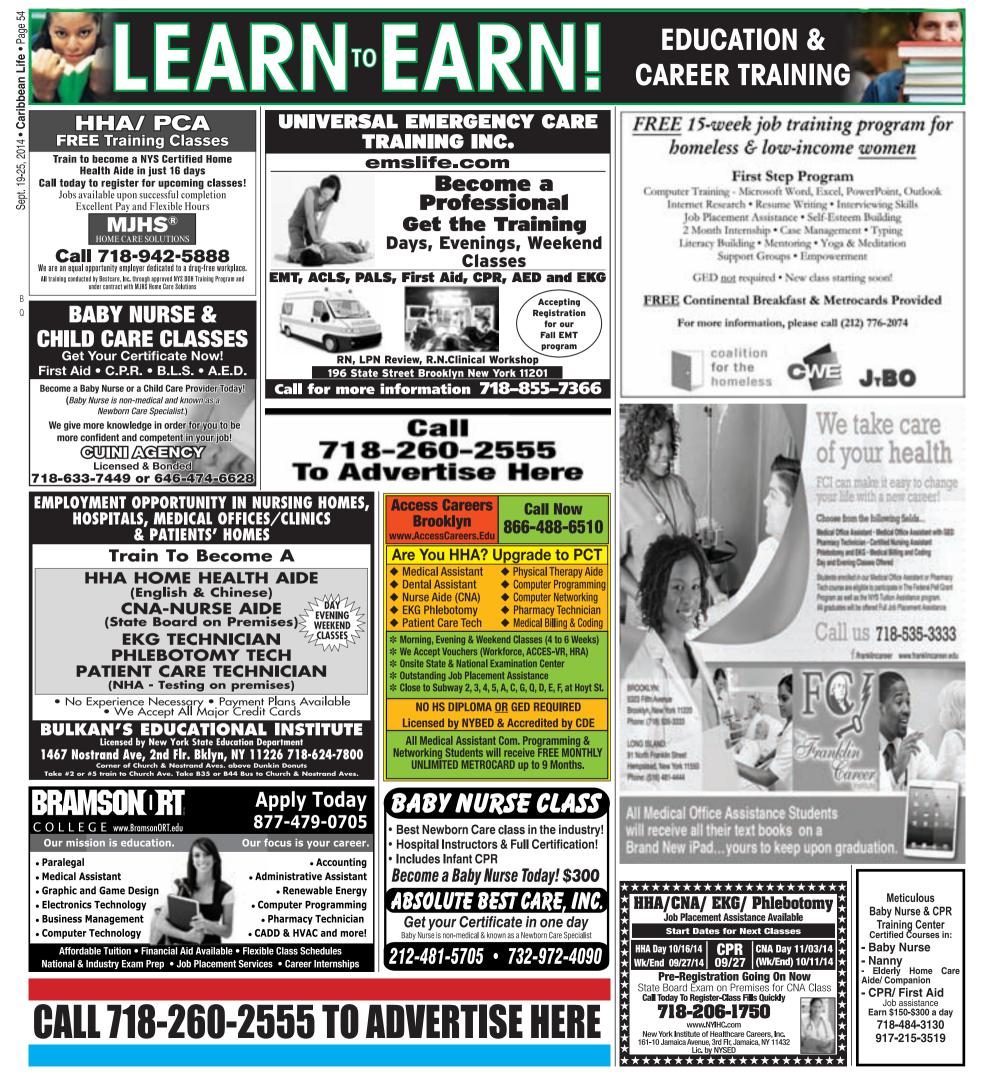






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Type 2 Diabetes occurs mostly in adults over 40, especially overweight adults. About 16 million people in the United States are diabetic. The highest rate of type 2 diabetes are among native Americans, Hispanics and African Americans.

What Are The Symptoms?

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

How Is It Treated?

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

This is Done By:

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

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