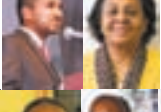
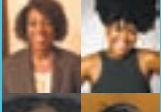
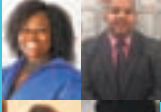
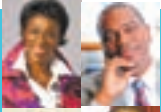


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Celebrating those who make an impact

Selflessness, determination, and passion — three attributes embodied by those living with a purpose of serving others. Touching the lives of all they come across with stories of triumph over adversity and a willingness to be a community's support system, Caribbean Life is pleased to celebrate those of Caribbean American heritage impacting the lives of many.

Whether through business or the arts, the formation of organizations, or various community boards, the 32 individuals lauded in these pages are pillars of the communities they serve.

Ranging in age, experience, and representing a myriad of Caribbean countries, our 2015 Impact Awardees are all linked by their distinguished work to be anchors of change.

Their stories, told here, are inspirational. You will read about:

- A Jamaican American who left Wall Street to pursue her passion for design, and has now been named as a Top 20 African-American Interior Designer for four consecutive years.

- A motivational speaker who, as a youngster in Bermuda, got kicked

out of school 37 times. Today he does volunteer speaking engagements for troubled youth.

- The 20 year old chief executive officer of a hair and body products company who started a foundation in Haiti that provides 200 children with an education and three meals a day.

- And many more stories like these.

In addition to this publication, our honorees' achievements will be commemorated at the Impact Awards Gala on the evening of Thursday, November 19th at Paradise Catering in Brooklyn. This newspaper takes great pride in further recognizing these leaders at the gala event amongst their friends, families, and other supporters.

We wish to thank you, our readers, for your involvement in the nomination process for the Caribbean Life Impact Awards. You brought many of these awardees to our attention, and without you many of these heroes would remain unsung.

Now sit back and take in the inspiring stories of the 2015 Impact Award winners. We hope you enjoy reading them as much as we did bringing them to you.

- Caribbean Life

Gala MC: Claudette Powell

Our 2015 Impact Awards Master of Ceremonies is a Caribbean American who has had a major impact here and in the Caribbean.

Claudette Powell has earned the respect of her peers for her extraordinary career in healthcare and for her volunteerism in the United States and abroad, a journey that has tapped extensively into hospitals and community-based programs.

"It's an honor to host this year's award ceremony as I share such a special moment with each honoree," said Powell. "There are so many leaders in the Caribbean American community and it's great that Caribbean Life newspaper has chosen to recognize their accomplishments."

Currently employed at Health and Hospitals Corporation Home Health Care Regulatory Affairs, Powell has worked in the healthcare industry for more than 35 years. She is the past president of the Caribbean American Nurses Association, co-chairwoman for Jamaican Diaspora Health Sector's northeastern chapter, member of the Union of Jamaican Alumni Associations, and vice president of St. Hugh's Alumni Association's New York Chapter. She is the recent past-president and current vice-president of the Jamaican



ca Nurses Group of New York. She also serves on the CARICOM Consular Corps health committee in New York.

Powell has earned numerous recognitions, including CANA's Excellence in Nursing Award; the Women Celebrating Women award from the Honorable Dr. Una Clarke; the Humanitarian Award from the Sickle Cell Trust; the Outstanding Service Award from the New York Black Nurses Association; the Distinguished Health Professional Award from Assemblyman Nick Perry; Caribbean Life's Caribbean American Healthcare Award; and the Governor General's Achievement Award for Excellence, Diaspora USA. The latter plaudit is notable because only two Americans receive this award bi-annually, making it an unparalleled honor.

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INDEX OF PROFILES

| | |
|---------------------------------------|-----|
| ALTON AIMABLE | A6 |
| JOAN ALEXANDER-BAKIRIDDIN | A6 |
| LEANNA ARCHER | A7 |
| KWAYERA ARCHER CUNNINGHAM | A8 |
| THOMAS BAILEY | A8 |
| GORDON BERMENT | A9 |
| GENEIVE BROWN METZGER | A10 |
| RICARDO BRYAN | A10 |
| ANDREA BULLENS | A11 |
| ANISHKA CLARKE | A12 |
| SABRINA CLINTON & ELIJAH KNIGHT | A12 |
| RICHARD DAVID | A13 |
| ROY HASTICK | A14 |
| DENNIS HAWTHORNE | A15 |
| LOWELL HAWTHORNE | A16 |
| EDGAR HENRY | A16 |
| ANNETTE HURD-RUNCIE | A17 |
| KARISMA JAY | A18 |
| TERRENCE THEOPHILUS LAPIERRE | A19 |
| JAMES LOVELL | A20 |
| PASTOR GILFORD MONROSE | A20 |
| JUDY NEWTON | A21 |
| JUAN REYES | A22 |
| NICOLE ROBINSON ETIENNE- | A22 |
| DAVE RODNEY | A23 |
| NINA RODRIGUEZ | A24 |
| CARL STUART | A24 |
| VAUGHAN TONEY | A25 |
| DENNIS RAHIIM WATSON | A25 |
| RUBY WOOD | A26 |
| TIPHANIE YANIQUE | A26 |



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Alton Aimable

Keeps Caribbean culture alive in the Diaspora

Alton Aimable is the Founder and President of Tropicalfete Inc., a cultural arts organization. Alton was born in St. Lucia but feels more a son of the Caribbean, connected to all the islands when it comes to culture.

His academic training in accounting, along with other studies in music and web programming provided the foundation for his online Tropicalfete.com. He calls this website “the official home of Caribbean culture.”

Aimable established Tropicalfete as an on-line publication and cultural resource center in 1999. In 2011, Tropicalfete became a not-for-profit organization.

“Whether it is carnival, dance, music, drama, or anything else to do with Caribbean culture, I am inspired to promote it though Tropicalfete.com. My dream is to take Caribbean culture to the international level where it will be accepted without discrimination or biases,” he says.

With a mission to develop arts and social services within the community, he also focuses on educating the global community on Caribbean culture. An example he gives is the establishment of a reading program with Barnes and Noble for June’s Caribbean Heritage Month.

“My dream is to take Caribbean culture to the international level where it will be accepted without discrimination or biases.”

For the past six years, Tropicalfete has been part of the West Indian American Day Carnival Parade creat-

ing marvelous masquerade presentations.

Furthering his goals he says, “We look at the development of artists from a holistic view, assisting artists with their social needs, for example, we help them with workshops in contracts and how to safeguard their assets.”

The organization sponsors free music workshops covering topics such as copyright and royalties, marketing, mixing and music lessons. They also offer mentorship opportunities.

Tropicalfete hosts classes in Brooklyn for children in dance, stilt walking and masquerade, and is expanding its program with funding from NYC Department of Cultural Affairs.

Next year’s calendar, already includes performances, dance, readings, a steel drum program, and carnival costume making.

Continuing its mission in culture preservation and transmission, Tropicalfete has also worked with VH1 Save the Music Foundation to highlight the steel pan instrument, cultural institu-



tions such as the Schomburg Center for Research in Black Culture, and has produced cultural performances at colleges.

Alton sums it up, “We are committed to the cultivation and advancement of emerging artists working in all genres including visual arts, fashion, music, dance, theater, film and new media. Tropicalfete seeks to utilize the power of the artist and arts as it strives to bring social changes to whomever and wherever needed.”

Joan Alexander-Bakiriddin

An advocate for the voiceless

A resident of the 45th District-East Flatbush, Brooklyn for 30 years, born in Guyana, Joan Alexander-Bakiriddin’s passion is advocacy for her community. Her recent years of tireless involvement reflect this.

“I am a survivor of domestic violence,” she says, “I know how it feels to be voiceless.”

A system and process training manager by trade, approximately 12 years ago, she began partnering to make a difference in the lives of underserved New Yorkers with New York Cares, Junior Achievement and Fresh Air Fund through her company’s volunteer program.

More recently — the past seven years — it has been her own extended East Flatbush neighborhood, where she concentrates most of her energies. Since 2008, she has been the secretary for her block association.

“To bring the change I wanted to see,” she explains, is her motivation to become active in Community Board

(CB) 17’s Youth Committee, the 67th Precinct Community Council and its Christmas Party Team, and in 2010, the East Flatbush Village Inc. Not In My Hood Anti-Violence Initiative.

She recently graduated from the Citizens Police Academy and now she is a member of the East Flatbush COP-Civilian Observation Patrol.

In 2011, she joined the board at East Flatbush Village, Inc., a youth development organization that combats violence within the community by providing children with recreational activities and educational tools. She was made chairperson in 2012 and executive director in January 2015.

Her community involvement does not end there.

In Councilman Jumaane D. Wil-

liams’ District 45, she joined the Participatory Budgeting (PBNYC) Initiative in Cycle 1 (2011-2012), serving for Cycle’s 2 & 3 as co-chair.

She says, “PBNYC’s core value tuned into how partnerships with our elected officials and government agencies can empower every member of our community including immigrant, indigent and formerly incarcerated neighbors to spend tax dollars on what matters to them.”

Alexander-Bakiriddin also serves on the PBNYC Citywide Steering Committee.

“I understand the value of networking and partnerships,” she says, “which has guided me to be one of the founding members of Political Power Through Organizing (P2O), an organization founded on the premise that once a community is organized it will become a catalyst for positive change.”

The advocate continues her other volunteer work including mentoring with iMentor. She has partnered with



a mentee since 2014.

Summing it up she says, “I am working on making sure that I am a good example for my children and that my community is made better because I am a part of it.”

Leanna Archer

Motivational speaker and entrepreneur

Leanna Archer is the 20-year-old CEO of Leanna's Inc., a hair and body care products company that carries 14 different items. She was the youngest person – age 13 – to ring the NASDAQ opening bell.

Archer started her company at age nine. The company now grosses almost \$500,000 annually while operating from the basement of the family's Central Islip home, but in the future will be relocating and expanding.

In Haiti, Archer's great grandmother Lea Lebon made a natural hair dressing using the country's native plants — hibiscus, avocado, almond and rosemary oils, shipping vats to the family in the U.S. Later, while staying with the family, her great grandmother shared the formula with Leanna.

A seven-year-old Archer gave some of the hair dressing to friends, portions handed out in baby food jars.

"Checks started coming in the mail. People would stop by asking for \$20

worth," says Archer, who was getting orders before her parents knew. The first \$100 went to get a business license. In 2005 when she was eight, her dad set up a basic website so people could buy the product on-line.

"I met kids [in Haiti] who had never been to school, who had to take care of their family, while I was playing with Barbie dolls."

Dad Gregory — now, chief operating officer — quit his job to help her run the company. CEO Archer makes the product, packages and fulfills orders. The whole family helps

with production.

In 2008, at age 13, Archer travelled to Haiti for the first time. She was named Child Ambassador of Haiti by then-President Rene Preval.

She says, "I met kids who had never been to school, who had to take care of their family, while I was playing with Barbie dolls. That year, Archer founded in Haiti the Leanna Archer Education Foundation that provides three meals daily and an education to nearly 200 children. LAEF also focuses on developing each child's vocational talents and skills.

Challenged after the earthquake, it took a year and a half to find the same quality and quantity of essential oils, but Archer is committed to doing business in Haiti.

Archer began public speaking at age 11. She has been a speaker at the Black Enterprises Teenpreneur conference and was a panelist at the "What Makes a Young Champion" forum in Singapore. Today she is a motivational speaker.



Two to three times-a-month, she speaks to tweens, teens, and college students on leadership and entrepreneurship, or on business panels or classes about mark-up, profit, revenue, and time and business management.



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Kwayera Archer-Cunningham

Leads the way in social transformation



Kwayera Archer-Cunningham is a social venture and non-profit administrator coach, specializing in social transformation and organizational development, philanthropy, and social entrepreneurship. She has 35 years of experience in the arts.

When Archer-Cunningham, a trained dancer, returned to Flatbush, she was struck by the dearth of high-quality arts opportunities for residents. "I was convinced that for the community's young people to succeed in life, they need to develop a strong sense of their own identity," she says.

Both of those goals intersected in the community arts organization that she founded, Ifetayo Cultural Arts Academy.

The name of the academy, now over 25 years old, comes from the Yoruba word "ifetayo," which means: love is enough for joy. Two years ago, the White House honored the Ifetayo Youth Ensemble with a 2013 National Arts and Humanities Youth Program award.

Archer-Cunningham led this organization for more than 25 years. Since 1989, under her leadership as CEO, she was able to increase capacity from one teacher with a minute budget to 10 full-time staff members, 33 part-time faculty members and organized a 19-member Board of Directors. More than 20,000 youth have been served through Ifetayo's programming.

She personally witnessed the power of her programming. Through Ifetayo's programs and with staff and the Ifetayo community, one young severely traumatized girl was able to heal and now, as a college graduate, has gone on to help other girls who have experienced similar trauma.

In 2014, Archer-Cunningham decid-

ed to bring her skills home to Jamaica and the broader Caribbean region, leaving her past organization equipped with an annual multimillion dollar budget and a steadily growing cash reserve, as well as nationally recognized programs, management and evaluation systems.

She has raised more than \$40 million in support of local programs, capacity building efforts, and general operations. She has designed and led organizational development workshops including the U.S. Department of State – Office of International Visitors for the Bureau of Education for organizations from 25 countries.

Archer-Cunningham designs programs, conferences and training for non-profit leaders and communities. Some of the results are heightened self-awareness and confidence for youth and adults, improved health, increased financial literacy, and academic success benefiting themselves and their communities.

Most notably, she has created an internationally recognized Rites of Pas-

sage Program for adolescents and families. A component of the program is dedicated to economic development in under resourced communities and is being formally evaluated for broader replication.

Thomas Bailey

As president of WIADCA, he helps promote Caribbean culture

After some years as an Education Officer with the Ministry of Education Culture in Trinidad & Tobago, Thomas Bailey migrated to the United States and found employment with the brokerage firm Merrill Lynch Pierce Fenner & Smith for a career that lasted 27 years. There he rose to a managerial position, retiring in 1999.

As part of long-time involvement with the Caribbean community in the U.S., Thomas became a member and then Secretary of the West Indian American Day Carnival Association (WIADCA). Since 2011, Thomas Bailey has been President of the organization that he proudly says, "is one of the principal promoters of our Caribbean culture here in North America."

WIADCA overseas the major events related to the five-day Labor Day festivities, drawing over a million spectator and culminating on Labor Day with thousands of imaginatively costumed revelers dancing down Eastern

Parkway.

"2017 will be our 50th year!" Thomas says. "We are working feverishly to ensure that 2017, will be all that we want it to be."

Soon after his 1972 arrival in the U.S., Thomas became an active member of the then Afro Caribbean Soccer League, one of the first amateur soccer leagues to be formed in the New York Metropolitan Area. The aim of the organization was to provide the New York Caribbean community with organized competition, especially during the summer months.

More than 20 years later, by the end

of the 1993 program, the Afro Caribbean Soccer League became only a memory but a more vibrant organization, the Five Boro Soccer League Inc., was formed. Thomas was elected Secretary; five years later he became President.

During his tenure as the chief executive, Thomas successfully led the organization's transition from an adult competitive program to its current youth soccer program.

Thomas Bailey says that strong family guidance from day one has added to his connection with community groups and associations and has inspired him to relate with the "people."

"It encouraged me to do what was necessary to make people happy," he says. Over the years, he's devoted energies to the Boy Scouts, Parent Teachers Associations, and various art and cultural organizations.

Additionally, he led the Tenants' Association of the apartment complex where he resides and also actively served on The Winthrop Beacon Advi-



sory Board.

Thomas has been married to his wife Shirley for the past 43 years and has two children— Michelle and Michael, and three grandchildren.

Gordon Berment

Shipper dedicated to helping multi-ethnic communities

Gordon Berment was born in Trinidad, one among seven. He describes himself as the son of Indo / Afro French Creole parents, "I grew up in the midst of varied races, culture and religions."

After graduating high school he worked as a custom clerk and then in the insurance industry as an account executive.

He first moved to Canada where he attended college and also completed numerous professional development programs.

After 11 years in the insurance industry, Berment began working in the shipping business serving the Caribbean community in Canada, the Caribbean and the United States, gaining increasing levels of expertise in marketing, setting up and expanding operations.

From Canada, he moved to New York, then Florida.

In 2010, Gordon joined Econocaribe Shipping as director for development of business in the Caribbean community in the U.S. He works with many smaller

shipping agents by providing them with a platform for growing their business while serving the community.

Berment's greatest inspiration is his mother and her undying love, care and sacrificial commitment to family. "She

Berment's greatest inspiration is his mother and her undying love, care and sacrificial commitment to family. "She gave of the little she had and that was plenty for me.

gave of the little she had and that was plenty for me. We were poor but her shack and a morsel of food she gave was a refuge for many who stopped by with a need," he said.

During his 23 years serving the Caribbean community, Berment has been

involved in several activities giving back to the Caribbean community including, alumni associations, food for the poor, sporting and community events, education scholarships, churches and cultural events.

"We've provided free shipping for Haiti, Jamaica, and Guyana relief," Berment says. "And, most recently, support has gone to Dominica relief with warehouse space, free loading and shipping."

Beaming, he says, "For 13 years, we have supported The Trevor Wilkins



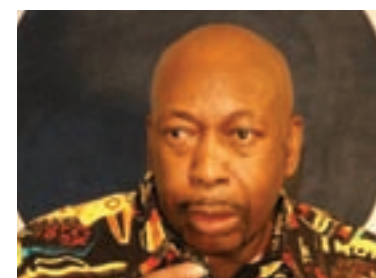
for students of Caribbean heritage who excelled in their field of study and gave back to the community."

"We are now expanding Econocaribe's business opportunities by appointing agents countrywide where there is a Caribbean community including the Dominican Republic. We provide a platform for them to develop a shipping business to the Caribbean under the Econocaribe umbrella and empower them to earn at no franchise cost."

Berment is married and has three college and high school age children.

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Jamaican Proverb



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Geneive Brown Metzger

Advocates for the Diaspora and investments in the Caribbean

Dr. Geneive Brown-Metzger is an investment / trade and economic development analyst, the “go to” resource for industry leaders and prospective investors in the Caribbean.

She has brought investments in mining, housing, waste management and education to the region.

She was consul general for Jamaica in New York between 2008 and 2012. She also served on the USAID / Migration Policy Institute Think Tank on diaspora leading to the inaugural U.S. State Department Global Diaspora Forum in Washington (2011) spearheaded by then Secretary of State Clinton.

When asked who has most inspired her, she acknowledges former Secretary of State Henry Kissinger. “Henry Kissinger redefined the role of Secretary of State,” she says, “and gave it the significance it enjoys today as playing a key role in U.S. foreign relations. Kissinger went on to be a major player

in U.S. China relations on the investment and trade side. His leadership inspired me in my work as the Jamaican Consul General in New York, and

“Henry Kissinger redefined the role of Secretary of State... His leadership inspired me in my work as the Jamaican Consul General in New York, and he continues to inspire me in my role as an analyst.”

he continues to inspire me in my role as an analyst.”

She writes frequently on diaspora and

technology in development, including for the U.S. State Department website and the Science & Diplomacy Journal. She contributed to the book “Diasporas: New Partners in Global Diaspora Strategy,” published by the Migration Policy Institute.

Brown-Metzger’s public relations agency was acquired by the worldwide agency, Ruder Finn, in 1991 where she established and headed the Emerging Markets division. Her clients included Rhodes University in South Africa and the University of the West Indies—setting up the American Foundation for the University of the West Indies.

She is proud to be a founding member of the Caribbean American Chamber of Commerce and Industry (CACCI), commenting, “Under the leadership of Dr. Roy Hastick, CACCI has gone on to become a national organization and an important resource in the community for entrepreneurs.”

She is the international chair of the Caribbean Maritime Institute based in Jamaica and president of the American



Caribbean Maritime Foundation based in New York. She also created the Caribbean online information hub, Diaspora-Dashboard.com, and hosted the popular Caribbean public interest talk show on WVIP, “Diplomatically Speaking.”

Brown-Metzger serves on many boards, including on the Penn Relays Friends, St. George’s Society and Dress For Success Jamaica.”

She is married to economist, Stephen Metzger, PhD., and they have two grown daughters.

Ricardo Bryan

Caribbean role model and community leader

Jamaican-born, raised and educated, Ricardo Bryan is an international business executive with GraceKennedy Ltd., the Caribbean’s leading distributor of food and non-food consumer products. He is senior vice president, GraceKennedy, Foods USA.

Bryan started with GraceKennedy in 1995 as product manager and was promoted in 1998 to market manager for the Northern Caribbean and Latin America — 22 countries — where he tripled sales within two years.

He became international marketing manager for the Northern USA Region in 2000 and business in the region grew significantly.

“I’m particularly proud in helping build the Company’s distribution beyond the cultural borders of the Caribbean to embrace the Latino Hispanic and mainstream USA markets,” says this bi-lingual executive who speaks a fluent Spanish in addition to English. “The network has expanded from a small footprint in ethnic stores to a

credible respected national brand.”

For seven years, as regional business manager for GraceKennedy USA, he developed a track record of consistently opening and developing international markets.

In 2012, he received The UWI Vice Chancellor’s Award for “Outstanding Community Leader and Rising Star,” an award for Caribbean heritage persons recognized as being on the cutting edge of their profession. Bryan received this award for being on “the forefront of his company’s success in growing the USA.”

Ricardo relocated to Canada in 2013 and as vice president sales and marketing for GraceKennedy, Ontario Inc, he led the restructuring of the sales

organization during his two-year tenure.

“My mother, a single mom after my father died, was my greatest inspiration,” he says. “She demonstrated the importance of hard work and being authentic.”

An active member in the Church of God of Prophecy, Bryan is heavily involved in their community outreach programs. He is the church’s music director and a leader of the Men’s Ministries for the Brooklyn District, N.Y.

Also, as a mentor for teenagers and young adults, he remembers the men — his pastor and the principal of his high school — who took an interest in him growing up.

“Children in the Diaspora need positive role models from people of Caribbean descent to help confirm their identity,” he says. “Seeing people in leadership roles from their background can inspire them.”

Consistent with his passion for making an impact through media, Bryan is the creator, producer and host of the



weekly four-hour radio show — Caribbean Gospel Flavours (Flavors) aired on 1190 WLIB throughout the tri-state area. “I am the only Caribbean host on WLIP,” he says.

Andrea Bullens

Creates union between business, philanthropy

It is no easy task to marry business and philanthropy but Andrea Bullens is successful in creating this union.

Her passion for promotion started early. As a teen, this British-born Jamaican-raised newcomer to the U.S. started with a partner her first business — a promotion company.

Her ardor for marketing and promotion grew and she studied business at Baruch and events and marketing at NYU.

After several years working with advertising powerhouses, she left corporate America in 2003, to open her own marketing events and promotion company — BullZii Marketing, LLC. This firm creates and executes marketing, publicity, advertising, media and promotion campaigns particularly for a long-list of Caribbean-based companies, wishing to promote their products and services in North America.

BullZii is now certified by New York

City and New York State as a Minority and Women Owned Business Enterprise (MWBE) and is eligible to bid on city and state contracts.

Bullens has been an integral part of several major cultural initiatives. Since 2011, she has been a co-producer and marketing executive for the Queens “Groovin’ In The Park,” an annual reg-

“My mom was a woman of strength, determination, passion and dignity,” she says of one of her main inspirations. “She was my first role model.”

gae, pop, and r&b concert, the largest outdoor concert in Queens. In 2015, more than 22,000 were grooving.

“I also work with the Grace Foods’ sponsorship of the Penn Relays at the University of Pennsylvania in Philadel-

phia, the largest field event outside of the world championships,” she says. Grace Foods began to sponsor young Jamaican athletes’ travel, food and other expenses, so they could attend Penn Relays.

This year there were 600 competitors from the Caribbean, mostly Jamaicans. Grace Foods evolved to being a corporate sponsor, the only Caribbean company, of the event. “This is a great opportunity for the Caribbean young athletes,” says Andrea. “College scouts are on the look-out. Fans from

across the country hold up high the green, gold and black (Jamaican) flag.” The three-day weekend event attracts 120,000 track enthusiasts.

Andrea also co-founded and co-produced the one-hour Caribbean Life-



style TV, covering social and political issues, cultural, business and community events, on CIN + NYC TV cable channels in the New York area and also the U.S. Virgin Islands from 2007 and 2011.

On the non-profit side, she leverages her corporate connections to help gain sponsorship for non-profit initiatives. Friends of Mustard Seed Organization is especially dear to her heart.

“My mom was a woman of strength, determination, passion and dignity,” she says of one of her main inspirations. “She was my first role model.”

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Anishka Clarke

An award-winning designer creates efficiently beautiful spaces

Having worked a decade in finance, both in Jamaica and on Wall Street, Anishka Clarke left the financial industry in early 2006 to pursue her real passion, interior design. She has been listed as a Top 20 African-American Interior Designer for four consecutive years and has cemented her corner of the design market after eight years in the industry.

Clarke has honed a very nature-inspired aesthetic, which compliments an evolving yet eclectic sensibility. She's a Brooklyn resident, but Jamaican at heart, heavily influenced by a waste-not upbringing in Jamaica. Efficiency and creating "efficiently beautiful" spaces is an important part of her design for her residential and hospitality clients.

Along with her business partner Niya Bascom, Anishka has built Ishka Designs where she is the CEO and lead designer working across continents. She has been published in various

media, most recently listed as a "Next Big Name" by lifestyle and home decor *Lonny Magazine*.

In early 2014, Clarke completed the Goldman Sachs / Tory Burch Foundation 10,000 Small Business program. In 2013, she was recognized by the Caribbean publication, *Where Itz At* in their first BIG awards for entrepreneurial leadership in the area of design.

Clarke is an interior design honors graduate (Summa Cum Laude) of the Fashion Institute of Technology, holds an MBA from Stern Business School,

New York University, and graduated with honors from the University of the West Indies with a BSc. Degree in Accounting and Economics. A former modern dancer, she now happily practices yoga.

She cites many for inspiration. Journalist Malcolm Gladwell's books opened her eyes with his definition of success, allowing her to measure her own in a more holistic way.

Paolo Coelho's novel "The Alchemist" strengthened her beliefs in her own long-term goals and doing what she was meant to do.

Clarke says that over the past few years, "I have surrounded myself with likeminded design entrepreneurs, now friends, that have given me the focus and motivation at times to not only deliver but to stretch far beyond my reach."

She is currently working on a luxury eco-conscious residential and hospitality project in Jamaica including a solar panel installation and rainwater catchment.



She says, "In the beautiful Caribbean, persons are becoming more conscious of their environmental impact. Ishka Designs is pleased to be a part of a project focused on the environment. Our overarching goal is to develop similarly stunning luxury eco-resorts throughout the Caribbean."

Sabrina Clinton & Elijah Knight

They help young women develop self confidence

Sabrina Clinton along with Elijah Knight founded Caribbean Gemz in September 2013, an organization which strives to bring new facets to Caribbean culture including fashion, health awareness and beauty care. The two are life and business partners, both of Barbadian heritage, and are referred to in the fashion world as the "power couple."

Sabrina comes from a modeling background, but it was Elijah's concept to start a beauty pageant for Caribbean women, an idea he had when they asked themselves: How can we get people more involved with their heritage?

"The Ms. Caribbean Gemz Pageant is designed for women of West Indian descent, living in the United States, and gives them a chance to represent their culture and be introduced to other opportunities," says Clinton. "For women, we introduce fashion and beauty care. Some

women do it for confidence building. It's also a way to be introduced to the fashion world."

Their queens — last year's from Barbados, this year's of Puerto Rican heritage — rode on the lead float in the Caribbean Day Parade.

"This year's queen, Katherin Jennings was chosen because the judges felt her confidence. "Her personality really stood out and she was the more articulate," said Clinton. She and the first runner up spoke at a Breast Cancer event. The queen

spoke at other charity events such as the Brooklyn Cinderella Program.

The eight competing young women, ages 21-35 came from Trinidad and Tobago, Barbados, St. Kitts & Nevis, Puerto Rico, Guyana and Jamaica, this year. One aspect of the three-part competition is when they wear a cultural outfit they have made or put together to depict their island's culture or heritage. They write a description and give a heritage background.

The two agree that, "We want to help women get further in fashion, modeling and gain the experience needed to obtain their goals."

As for inspiration, "A few close friends that have companies of their own, making differences in their unique ways, inspire us," says Knight.

He adds, "We are proud of our Ms. Caribbean Gemz Beauty Pageant in which we inspire Caribbean women to reach for more than just the norm. We have



made an impact on these women in giving opportunities that they thought were just dreams."

Knight emphasizes that the winners have opportunities for interviews, fashion shows and socializing in elegant settings in addition to their attendance at charity and fundraiser events and hosting book readings for children.

Richard David

An advocate for community development

Richard David was born in a rural village in Guyana, the youngest of three brothers, and came to the United States at the age of 10. He is successful in his professional career while being deeply engaged with his immediate New York community as well as the Indo-Caribbean community.

David worked for eight years at the New York City Economic Development Corporation (NYCEDC), most recently as a vice president. In this capacity, he managed billions of dollars that were invested in global and local institutions that directly improved the quality of life for residents across the five boroughs.

One example is the modernization of the buildings at Bedford Stuyvesant Restoration Corporation, an engine for community development in Central Brooklyn. His work at NYCEDC directly impacted New Yorkers from all walks of life, touching many neighborhoods. Its programs provide vital serv-

ices such as feeding the hungry, after-school programs and cultural access.

David also co-founded the Indo-Caribbean Alliance, an organization that provides direct services and advocacy. In its five years, it has become the largest Caribbean organization in Queens. The organization nurtures the community. It educates and mobilizes new voters. It helps students with after-school tutoring, mentoring, SAT exams prep and informs them about college access programs. It provides students with opportunities to develop leadership skills and become involved with community service.

"One of the Alliance's proudest

accomplishments is the creation of an Indo-Caribbean Special Collection of literature and media in partnership with Queens Library," he says. "Today, the collection has hundreds of materials that are enabling students, researchers and residents to develop a greater understanding of the history and identity of the Indo-Caribbean community."

At age 29, David is also one of the youngest members of Community Board 9 where he has served for more than seven years.

He is involved in several organizations and events across the city and regularly conducts workshops to organize people to get involved in their own communities.

On the professional side, he is proud of being able to help many nonprofit organizations build facilities — senior, health, and community centers and cultural spaces — so they can provide human services to their clients.

A Hunter College graduate, he has a Master's in Public Administration from



New York University.

For a current project he says, "I am working to launch a citywide benefits program to save employers and workers on the cost of public transportation."



The Grace Kennedy Group
recognizes and congratulates our colleague

Ricardo Bryan
*on receiving the Caribbean Life
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Roy A. Hastick, Sr.

Serves New York's business community



Born in Grenada, West Indies, Dr. Roy A. Hastick, Sr. migrated to the United States in 1972 and worked for several years as an administrator, community advocate, entrepreneur and newspaper publisher.

As president and CEO of the Caribbean American Chamber of Commerce and Industry, Inc. (CACCI), for 30 years, Hastick has helped put in place a structure that serves the small business community. CACCI assists people who want to start and grow their own businesses in a climate of unity among diverse cultures.

Decades back in Brooklyn, through his involvement with Community Board #9, Hastick recognized the need for the Caribbean community to unify its forces to improve the quality of life.

Later, he was introduced to other officials through his volunteering with his local Councilman Ted Silverman. Meeting those active in the community enriched the ground from which

CACCI would eventually grow.

Hastick started his own "West Indian Tribune" moving it to downtown Brooklyn. It became the newspaper of the Caribbean American Chamber of Commerce and Industry, the organization he formed to provide business networking and business development seminars.

After one year, in 1985, the organization became formalized with a structure and board of 10. CACCI — now with a membership of more than 1,700 — sponsors workshops, seminars and business breakfasts.

CACCI's training includes business planning, certification preparation, financing, procurement opportunities, financial literacy, job development, and export / import opportunities.

It has also always been Hastick's dream to develop a Caribbean American Trade and Culture Center to support these local Caribbean owned businesses and help facilitate commerce with the islands.

Last month, it was announced that the Flatbush Caton Market — managed by CACCI — that houses more than 40 micro-vendors will be transformed into a mixed-use project. Projected to open in three years, an expanded renovated market, a new space for the (CACCI), classrooms and a commercial kitchen will be at that site as well as 166 low income residential units.

"This development is a major accomplishment for the Caribbean-American community," says Hastick.

"In addition to affordable housing, there will be a place for micro-enterprises — those starting from scratch. It will be a place for emerging businesses that want to find a partner and link with businesses in the Caribbean, and it will be a Brooklyn facility where

Caribbeans can access resources from Caribbean governments and they won't have to travel to Manhattan," explains the CEO.

After decades of work, Hastick's vision is coming to fruition.

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WIND OF CHANGE BLOWING

Caribbean region holds 10 elections in 2015

By Bert Wilkinson

Just in the past three weeks alone, two Caribbean Community nations held general elections, a third is set to hold one in less than a month's time and once the new year breaks, all bets are off as to which party will form Jamaica's next government.

Seeking a fourth consecutive five-year term, Prime Minister Ralph Gonsalves named Wednesday, Dec. 9 as the date for general elections in St. Vincent and the Grenadines with a mere one-seat majority since the last elections. Days before he named the date, Prime Minister Dean Barrow in Belize was being sworn in for a record third straight term having caught the opposition napping with snap general elections held on Nov. 4.

Gonsalves has been prime minister since 2001 and has been running the island chain referred to as St. Vincent and the Grenadines with a mere one-seat majority since the last elections.

And as this was going on, many voters in Haiti were protesting results from the big island's late October first

round of elections which had showed that presidential candidate Jovenel Moise had garnered the most votes and will likely face a run-off against main opposition nominee Jude Celestin.

The elections were marred by allegations of a lack of transparency, fears of violence and fraud.

While Haiti is trying to get its act together as is the case with virtually all its general and parliamentary elections, Prime Minister Portia Simpson-Miller in Jamaica has been stepping up campaigning for elections that are expected to be called after the Christmas holidays.

The PM had damped widespread expectations late last month that the polls would have been called in late December as was the case in 2011 as the opposition Jamaica Labor Party of former Prime Minister Andrew Holness is also getting ready for the race as violent crime spikes on the island.

"Caribbean people are looking out to see if there will be another change of government in the region since it seems as if a wind of change is blowing in the region," said well known Guy-

Continued on Page 6



Reggae Salute

Kristine Alicia rocks the house during the 11th annual Reggae Culture Salute on Saturday, Nov. 7 at Nazareth Regional High School Performance Center in East Flatbush, Brooklyn. See story on page 49.

Photo by Kevin Bollers

Veterans deserve our gratitude, support: Bichotte

By Nelson A. King

As America celebrated Veteran's Day on Wednesday, Brooklyn Assemblywoman Rodneyse Bichotte says the nation's veterans deserve more gratitude and support.

"The sight of a soldier embracing family after returning home is a beautiful and unforgettable scene. For many, though, the reunion signals the beginning of a new set of challenges," said Bichotte, representative for the

42nd Assembly District in Brooklyn.

"Veterans face many obstacles as they strive to re-enter civilian life and the workforce, often while coping with the physical and psychological repercussions of defending our freedoms," added the first ever Haitian American from New York City to be elected to the State Legislature.

Bichotte said Veterans Day is a time to recognize these heroes for their

Continued on Page 6

21 | KYLE OKPOSO
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Monique Waterman (center) celebrates the official ribbon cutting in front of the new East Flatbush Village center alongside Councilmen Mathieu Eugene, Jumaane Williams, friends, and family.

Photo by Louise Wateridge

Communities collaborate for youth programs

By Alley Olivier

The call for action to save our communities from senseless gun violence has been answered by Monique Waterman, celebrating the official opening of East Flatbush Village center on Nov. 5 on Clarkson Avenue between Nostrand and New York avenues.

The space, donated by local Jewish businessman Yeshaya Wasserman — owner of SGW Properties — represents the commitment across communities to provide safe spaces for the youth to learn, grow and evolve.

Surrounded by her four children, mother, mother-in-law, and local officials, Waterman proclaimed her gratitude to all who helped bring her vision to life. “Today is a great dream come true; thank you to all of our supporters and to Yeshaya Wasserman for donating the space, having the vision, and sharing the vision with what we’re doing in East Flatbush and other communities,” Waterman said.

The center will operate a meeting room for youth to have access to workshops and technology, as well as resources for parents through a partnership with Affinity Health.

Councilmen Mathieu Eugene and Jumaane Williams expressed their excitement for the opening of East Flatbush Village.

According to Councilman Eugene, “This organization is so important. When we see the violence in the community we know the reason why. We need more organizations and more people to work together to invest in the resources for the young people.”

“I’m very proud of Monique and East Flatbush Village. I think a lot of organizations can learn a lot from them. This just goes to show what can be done if everyone works together,” Councilman Williams added.

Vincentian group honors three for independence

By Nelson A. King

The Philadelphia-based St. Vincent and the Grenadines Organization of Pennsylvania, Inc. (SVGOP) on Saturday night honored two individuals and a group for their exemplary service to the community at a gala banquet marking the nation’s 36th anniversary of political independence.

The group bestowed the special awards on ex-St. Vincent and the Grenadines police officer Linford “Kenny” Lewis, Jamaican community organizer Irwin G. Clare, and the St. Vincent and the Grenadines Association of Massachusetts, Inc. at the sell-out event that also served as SVGOP’s 20th anniversary celebration.

Besides Vincentians residing in Pennsylvania and nearby South New Jersey, several nationals trekked from Massachusetts, New York and Washington, D.C., among other places, to be part of the ceremony that was held for the very first time at the Vincentian-owned Calabash Banquet and Catering House on Lancaster Avenue in Philadelphia, renowned as the “City of Brotherly Love.”

The Brooklyn-based umbrella Vincentian organization, Council of St. Vincent and the Grenadines’ Organizations, U.S.A., Inc. (COSAGO), organized a bus-load of nationals to attend the event.

“I thank SVGOP for recognizing me; I’m very proud that they recognize me tonight,” said Lewis, who was born in the most-northerly village of Fancy, in his very brief acceptance speech.

“I really appreciate that they considered me to be honored in a very special way,” the very taciturn Lewis, a member of SVGOP, who received the “Outstanding Member” award, subsequently told Caribbean Life.

Monica Laborde, president of the 20-year-old St. Vincent and the Grenadines Association of Massachusetts, Inc., said her group was “pleased, honored and humbled to accept this award.

“An enormous salute to the other honorees; each of us have made an incredible contributions to SVGOP and the community,” said Laborde, who resides in Newton, MA, flanked by some of her executive members, after receiving the “Outstanding Organization” award.

“To the president and members of SVGOP, with great gratitude I join with my members to extend a heartfelt thank you and congratulation of 36th Anniversary of Independence to our blessed nation,” she added. “Tonight, as we celebrate and appreciate the significance of our nation’s independence, we should never forget to pay tribute to our resilient leaders who paved the way for



Irwin Clare receives plaque and proclamation, flanked by SVGOP president Lorenzo DeCaul and SVGOP vice president Yvonne O’Garro. Photo by Nelson A. King

our success.

“Despite all the adversities facing our people at home, we are still a blessed people, a blessed nation,” Laborde added. “My people, that is why we here in the Diaspora need to continue working together to ensure this happens.

“We need to set aside our political affiliations and differences for the common good of our people — to make sure the island of our birth remains safe and maintain the spiritual principles that it was built on,” she continued.

“As always, this effort demands an enhancement of our strengths and possibilities,” Laborde said. “Therefore, let us place all hands on deck and stand together in harmony and solidarity to build a better St. Vincent and the Grenadines, a better Hairouna.”

Clare — the co-founder and managing director of the New York-based Caribbean Immigrant Services, Inc. (CIS) and founder and chief executive officer of Team Jamaica Bickle (TJB) that feeds Jamaican and Caribbean athletes at the prestigious Penn Relays in Philadelphia — said that, over the years, he has been holding discussions with SVGOP, particularly former president James Cordice, on the Penn Relays.

Cordice, an executive member of TJB Philadelphia, is the mastermind behind St. Vincent and the Grenadines’ par-

ticipation in the annual relays carnival, which takes place, for three consecutive days leading up to the last weekend in April, at the Franklin Field Stadium at the University of Pennsylvania in Philadelphia.

“In the spirit of ‘One Caribbean’, we are making a donation of US\$500 to aid [in St. Vincent and the Grenadines’ participation in the Penn Relays], Clare, who was born in St. Ann, Jamaica, disclosed after receiving the “Outstanding Citizen Community Leader” award.

“Team Jamaica Bickle is ‘One Caribbean’ spirit, which we are committed to,” he later stressed in a Caribbean Life interview. “We work together as one group, so we’re committed as one community.”

SVGOP also presented pens, as “tokens of appreciation,” to foundation members — Lorenzo DeCaul, the current SVGOP president, and former presidents Cordice, Kenrick Mitchell and Arlette Dopwell-James.

DeCaul paid tribute to Cordice, Mitchell and Dopwell-James, as well as to former vice presidents Yvonne O’Garro, Joan Martin Farquharsen and Emille Williams.

“These officers, along with our die-hard members, all played major roles in the journey and the success of the organization,” he said.

Antigua

Chairman of the Antigua Hotels and Tourism Association (AHTA), Alex DeBrito, is calling for better monitoring, supervision and more demands on hotel investors to ensure the industry maintains a high standard.

He said a lot of work is currently being done now on three and four-star properties, but noted that the quality of many of the hotels is dropping.

"Some of the rooms need to be refurbished. We need to have attractive mid-range hotels, with good rates which could attract more people," he said.

The AHTA chairman reported that the International Monetary Fund (IMF) said the problems that are affecting the marketing of the tourism product have to be addressed by all stakeholders.

DeBrito said industry officials in Antigua need to monitor and observe what is happening in more successful markets and work towards developing models that could yield similar results.



Barbados

The Caribbean Development Bank (CDB) has approved US\$7.75 million to improve access to tertiary education in Barbados and to strengthen the business operations of the country's Student Revolving Loan Fund (SRLF).

The loan will assist the SRLF, the principle source of student loan financing in Barbados, in providing tertiary education loans for new and continuing students.

Included in the loan is provision for the financing of consulting services to carry out a review of the operation of SRLF to improve the Fund's sustainability and help facilitate the efficient delivery of student loans and related services.

Acting CDB Director of Projects, Andrew Dupigny said the financing would help Barbados, especially those in need, a better chance of successfully completing tertiary education, providing access to affordable higher education financing, which will help Barbados develop a skilled, well-trained workforce contribute to sustainable economic growth.



Through the financing provided by the CDB, it is estimated that by 2019, at least 675 student loans will have been issued and that the financing will have produced at least 160 graduates.

The approval of the CDB financing comes amid declining enrolment rates at the University of the West Indies (UWI) Cave Hill Campus.



Mega resort lays off workers

The Baha Mar is a resort being built on the island of New Providence in the Bahamas.

www.bahamar.com

Bahamas

Bahamas Prime Minister Perry Christie is expressing optimism that although 2,000 Baha Mar workers have been laid off, the megaresort will be completed and open for business with or without the full cooperation of the parties involved in the long-standing dispute.



However, Christie warned that the price tag to complete the development has gone from \$300 million to \$600 million and continues to rise.

The Bahamas Supreme Court recently granted approval to the Baha Mar joint provisional liquidators to make the jobs redundant.

The liquidators said Justice Ian Windler granted the request and said that the lay-offs were due to financial insolvency of the US\$3.5 billion resort project that has been stalled since June 30.

The main opposition Free Movement (FNM) said that the job losses come at a time when unemployment is at an all-time high in New Providence, Grand Bahama and among the youth.

But the ruling Bahamas Party Chairman Bradley Roberts said the government is doing all in its power to complete the project and get the resort open as soon as practicable and return those

employees to productive work.

Dominica

The International Monetary Fund (IMF) has approved a disbursement of about US\$8.7 million for Dominica as the island seeks to rebuild following the destruction of Tropical Storm Erika.

Acting Chair of the IMF and Deputy Managing Director Mituhiko Furusawa said an assessment report by the World Bank and the government of Dominica estimates total damage and loss at US\$483 million, 96 percent of GDP (Gross Domestic Product), making Erika the worst natural disaster to strike Dominica.

He said the recovery and rehabilitation costs will be substantial, putting tremendous pressure on already challenging fiscal and balance of payments positions.

"The authorities have committed to generating robust primary surpluses over the medium term to ensure downward debt dynamics. They will tackle pressures on current spending, broaden revenue base, strengthen tax collection, further re-prioritize capital expenditures and step efforts to strengthen the fiscal policy framework to ensure the sustainability of the fiscal adjustment



effort," he said.

The funds for Dominica are to be drawn from the IMF's Rapid Credit facility (RCF).

The RCF provides immediate financial assistance with limited conditionality to low income countries with an urgent balance of payments need.

Guyana

Venezuela has objected to a Canada mining company operating in Guyana, telling the company it is infringing on the sovereignty of Caracas.

Guyana President David Granger told Parliament recently that, in a move that shows no regard for diplomacy, Venezuela's ambassador to Ottawa, Canada had issued a warning letter to Guyana Goldfields Incorporated, informing the company that its operations are "infringing on the territorial sovereignty of Venezuela."

Guyana Goldfields has a mining operation in the Cuyuni Mazaruni region.

The development comes a month after Granger and his Venezuelan counterpart, Nicholas Maduro, agreed to work to resolve the issues in the border dispute between the two neighbors.

Granger said Venezuela's claims are



Continued on Page 21

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Elections

Continued from cover

anese and Caribbean jurist Oscar Ramjeet in a recent newspaper letter.

Ramjeet is clearly referring to the plethora of general elections in the 15-nation group for 2015 alone and for the latter half of last year which saw the Antigua Labor Party defeating the United Labor Party of two-term Prime Minister Baldwin Spencer.

Heads of government to fall by the wayside this year include Donald Ramotar of Guyana, Kamla Persad-Bissessar of Trinidad and Denzil Douglas of St. Kitts.

Belize's Barrow and Suriname's Desi Bouterse are the ones who have so far been able to retain their incumbency even as the region waits to see if Gonzales will get his much coveted fourth consecutive term and Simpson-Miller, a second full five-year tenure in what is most likely a record year for general elections in the community.

The others nations to go to the polls in 2015 were the British Virgin Islands where Chief Minister Orlando Smith retained his job while in Anguilla the



Prime Minister of Belize.

Associated Press / Frank Augstein, Pool

United Front won six of the seven seats on offer. None went to the Anguilla United Movement.

In all 10 CARICOM member states or associate nations organized fresh elections. Most observers say they cannot even remember a year that was so electorally busy as 2015.

Veterans

Continued from cover

service to the country and to "renew our commitment to getting them the support they deserve."

Home to nearly 900,000 veterans, she said New York State has a "moral responsibility" to care for service members who have returned home.

Unfortunately, she said statistics show that about half of all post-9/11 service members will face some period of unemployment on their return.

In addition, the assemblywoman said veterans make up 12 percent of the adult homeless population in the US, including a growing number of women with children.

This year, the State Assembly unanimously passed legislation that would direct key state agencies to gather information on the state's homeless veterans and their children, "so we may better support them (A.434)," Bichotte said.

In addition, the Assembly passed a new law creating the Homeless Veterans Assistance Fund, to which New Yorkers can easily contribute by simply checking a box on their income tax forms.

In the fight against veteran homelessness, Bichotte said effective job placement is a powerful resource.

That's why, she said, the Assembly Majority has continually passed laws to help veterans find meaningful and



Brooklyn Assemblywoman Rodney Bichotte Photo by Tequila Minsky

well-paid work, including tax credits for small businesses that hire veterans and the Veterans Employment Act to help give veterans temporary staffing jobs in state agencies.

At the same time, Bichotte noted that the federal GI bill continues to help veterans earn a college degree.

Home loan programs and property tax exemptions for veterans also help "our heroes fulfill the American dream of homeownership," she said.

"Once veterans have transitioned back into civilian life, we must continue to say thank you," Bichotte said. "Though we should always remember to thank our veterans, Nov. 11 serves as a yearly reminder to reflect on their sacrifices."

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Bahamas fails in UN bid

By Azad Ali

Bahamas has failed in its attempt to become the first English-speaking Caribbean nation to sit on the United Nations Human Rights Council.

During the recent voting, 113 out of 192 countries voted for The Bahamas, but it was not sufficient to secure the seat.

Minister of Foreign Affairs and Immigration, Fred Mitchell said "we were not successful but the team put in a valiant effort for which they are to be commended, especially having joined the campaign some six weeks ago".

"We thank the 113 out of 192 countries that voted for The Bahamas," he said.

Seats were secured by Panama, Ecuador and Venezuela.

In a statement issued subsequently, the Grand Bahama Human Rights Association (GBHRA) said the country's failure should serve as a



Minister of Foreign Affairs and Immigration, Fred Mitchell.
Associated Press / Andres Leighton

reminder to government that the world is watching as the Bahamas' human rights standards continue to deteriorate.

The GBHRA said the inability of the Bahamas to get suf-

ficient votes was unfortunate, but reiterated its stance that the government should turn its attention to rights abuses at home before it seeks to police the rest of the world.

ISIS reaches the Caribbean: Report

By Nelson A. King

Since its emergence in Syria and Iraq, the extremist group of Islamic State (ISIS) has been expanding to reach several countries including Egypt, Libya, Ethiopia, some of the former Soviet republics and recently the Caribbean, according to reports emanating from Istanbul, Turkey.

Pro-ISIS activists have recently circulated a video under the banner "Those who Believe and Made the Hijra," showing a man beside his three children calling on Muslims in Trinidad and Tobago to rebel, according to ARA News, a Syrian independent press agency.

"I fled my homeland because Muslims in Trinidad and Tobago were restricted and oppressed," Abu Zayd al-Muhajir said in a video clip.

"People were free to wear the hijab or other Islamic clothing, but Muslims could only practice what they were told," he added. "You cannot practice your true Islamic religion

outright. I insisted on leaving that land, because my children will grow up without knowing true Islam."

He said that his three children are now learning English, Math, and Sharia at an ISIS-run school, according to ARA.

It said another ISIS militant speaking in the video, identified as Abu Khalid, said he had converted to Islam because "Muslims' family structure is much stronger."

"The holy Quran taught me how to be determined to make jihad," ARA quoted him as saying. Abu Mansour al-Muhajir, another ISIS member from the twin-island republic who appeared in the video, said he had travelled to Syria to fight allies of the devil (in reference to Syrian president's allies, mainly Russia and Iran).

The United Nations has also warned the country is being a fertile environment for recruiting and training militants to carry out suicide operations, ARA said.

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Raising minimum wage is smart business and smart politics

By Richard Correa

Raising the minimum wage makes good business sense whether you are a Republican, Democrat or Independent. It should not be a partisan issue.

Across the political spectrum, voters in my home state of Colorado and other key swing states — Florida, Iowa, Nevada, New Hampshire, Ohio and Virginia — strongly support raising the federal minimum wage. This includes 77 percent of Republicans, 87 percent of Independents and 97 percent of Democrats, according to a recent poll by McLaughlin & Associates and Oxfam America.

Raising the minimum wage is a personal issue for me — from growing up in a low-income family to running my business today. I know that raising the minimum wage will be a win-win for workers and business.

My mom and dad taught me the value of hard work. But their minimum wage paychecks left them struggling to make ends meet.

My mom worked in the school cafeteria at lunch and cleaned rooms at night. Minimum wage should cover the basics — not leave workers struggling to put food on the table and keep a roof overhead.

The minimum wage has fallen further behind the cost of living since my parents and I depended on it.

It's harder to get by on mini-

mum wage today. It's harder to work your way through college at minimum wage jobs. It's harder not to feel hopeless.

The federal minimum wage has been set at just \$7.25 an hour — \$15,080 a year for full-time work — since 2009. Colorado's minimum wage is somewhat higher at \$8.23. Both need to go up.

Business owners will benefit from increased sales because workers will take their much-needed additional dollars and turn right around and spend them at the grocer, hardware store, auto repair and other businesses.

I know from experience that higher wages bring lower turnover, greater productivity, better customer service and better business.

Businesses paying minimum wage now will see they've been shortsighted. Their low wages have given them high employee turnover. Instead of paying employees more, they keep spending more to hire and train new workers who aren't invested in the business because the business isn't invested in them.

Our customers depend on us for life insurance. We often help people at horrible times in their lives. The difference between us doing our job well and not doing it well could be the difference between a widow losing her home or not. It could be the difference between a

Continued on Page 12

Eliminating Malaria in the Americas: An opportunity we cannot afford to miss

By Hervé Verhoosel

UNITED NATIONS, Nov. 3, 2015 (IPS) - An issue mostly associated with Africa and Asia, malaria may not initially come to mind when we think of the Americas.

It has been over 60 years since the United States was declared malaria-free, and many countries in the region have made great strides against the disease in recent years, largely making malaria either a thing of the past or an irrelevant topic of discussion.

Yet, as we mark the 9th annual Malaria Day in the Americas on Nov. 6, an estimated 120 million people in the region are at risk of malaria. With so many of these countries nearing elimination targets, we must use this occasion to reflect on the lessons we've learned and recommit ourselves to pushing this disease out of the Americas once and for all.

With just weeks left under the United Nations Millennium Development Goals (MDGs) and a newly adopted 2030 Agenda for Sustainable Development to take its place, there's no better time than now.

Since 1998, when the Roll Back Malaria (RBM) Partnership was founded, 100 countries worldwide have become free from malaria, over six million malaria-related deaths have been averted and the MDG target for malaria has been achieved and in some cases even surpassed.

We must build on our achievements so that we can save lives and unlock potential in communities across the region.

This is thanks to global investments — including from regional donors like the U.S. President's Malaria Initiative and the Canadian government — as well as multilateral mechanisms like the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Latin America is no exception to this unprecedented progress. Technical leadership by the World Health Organisation's Pan American Health Organization (PAHO) and political commitment has helped scale-up interventions that have reduced malaria-related deaths by nearly 78 per cent between 2000 and 2013.

Next year, Argentina may become the second country in the Western Hemisphere to be certified malaria-free — and Costa Rica, El Salvador, Ecuador and Paraguay are not far behind, making the region closer to achieving malaria elimination than ever before.

With the Sustainable Development Goals (SDGs) — including a target to eliminate malaria by 2030 —, we must build on our achievements so that we can save lives and unlock poten-

tial in communities across the region.

To answer this call, WHO and the RBM Partnership have developed their respective Global Technical Strategy for Malaria 2016–2030 (GTS) and Action and Investment to Defeat Malaria 2016–2030 — toward a malaria-free world (AIM), which together provide a forward-looking, complementary framework to tailor local strategies and mobilize action and resources to achieve elimination in the next 15 years.

First launched in July at the Third Annual Financing for Development Conference in Addis Ababa by the UN Secretary General and several heads of states, this vision will be presented next week at the Ministers of Health meeting in Brazil.

But ambition and strategic vision alone will not carry us across the finish line. We must also ensure the financial underpinning required to deliver on the promise of malaria elimination our leaders have made in the SDGs — something which experts estimate will cost more than 100 billion dollars.

While total international and domestic financing for malaria peaked at 2.7 billion dollars in 2013, current figures show a significant gap in much-needed funding. In Latin America alone — a region positioned to lead the way in global elimination efforts — funding for malaria has decreased

Continued on Page 12

Caribbean Life

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Democrats still asleep at the wheel

It needs be said again that whoever bears ultimate responsibility for charting the political course of the national Democratic Party is doing an altogether lousy job. And after having been so frequently checkmated in recent times by crafty tacticians on the other side, you wonder why the Democratic Party rank and file would continue to trust the party's navigation to an individual or individuals ill-suited to aggressively meeting the challenge of a right wing determined to impose its will on the country's governance, at all levels and by any means necessary.

The recent state and local elections, practically a non-presence on the national radar though they were, underscored yet again how badly Democrats are being out-manuevered by a Republican / Tea Party thrust, whose end game of a society knee-deep in many of the regressive values of yesteryear, has been crystal clear for quite a while.

Of course, the overwhelming disgust over Democrats' sorry performance in these matchups is that there's no mystery

as to what the problem is and it doesn't require rocket-science smarts to ascertain where lies a solution. It has simply to do with Democrats pretty much losing by default in the voter turnout game. A disturbingly large portion of the electorate that votes Democratic isn't motivated to vote, except in presidential elections. And even so, participation tends to rise to acceptable levels at those four-year intervals only when the presidential contest has generated the type of buzz that guarantees voter interest.

That the Democratic Party hierarchy needs to seriously address the turnout problem is obvious. But it's also obvious a game plan evidencing awareness of this doesn't exist. Had there been such an animal, the Democratic Party's experience in last week's gubernatorial election in Kentucky, for example, would likely have concluded differently. The Democratic candidate, widely favored to win in pre-election polling, wound up losing to a guy who has been portrayed in media reports as something of a wacko. Another Democratic

Viewpoint

By Les Slater

giveaway was thus added to an embarrassingly burgeoning list when it was revealed that only 30 percent of eligible Democratic voters went to the polls in Kentucky.

To some small extent, perhaps, chastisement of an inattentive or indifferent citizenry is understandable. But there's no doubt the giant share of blame for this routinely apathetic voter behavior lies with those upon whom rests the onus to make the case for civic engagement. It doesn't help matters that public perception of elected officials, as measured in polls, in many instances now stands at historically low ebbs, single-digit job approval for Congress probably being Exhibit A. Anemic overall approval numbers would suggest discontent on both sides of the political divide. But unfortunately for Democrats, whatever anger with elected officials' performance levels that there

is on the other side, it doesn't extend to being passive about the voting process, at least not to the degree it compromises Democratic voting. The fanaticism with which the right-side element has sought to have their policies and principles dominate the landscape clearly trumps any disaffection with under-performing elected folk.

Job one for Democratic masterminds is impressing upon Democratic voters the lurking danger of their non-participation in the electoral process aiding and abetting a dicey transfiguration of the country's social framework. Sadly, it doesn't seem to have moved the needle, that manifestations of that chipping away at what were hard-won, revised markers of social advancement continue without let-up — such as voter suppression initiatives, reactionary posturing against labor, measures reflecting "gun rights" hysteria and all the rest.

The right wing's concerted undertaking to re-shape America in the image of its choosing is a big deal, to which clearly not enough of the polity is attuned. In the Republican / Tea Party

bloc's control strategy, the states loom large. And the comfortable advantage it holds in control of governorships and state legislatures should be a concerning reality to the rest of us. Among governorships, Republicans hold 31, Democrats 18, with one Independent. In legislatures, Republicans control 31, Democrats 11, with eight having split control.

It is from GOP-controlled states that have come many of those nefarious rollbacks of what looked to be progress... like unabashed accommodation of corporate overreach or measures enacted in non-traditional state policy areas like immigration. Where such reverses occur in states that are unalterably red, there's seemingly not much, at least for now, that could be done by way of halting the march. Where Democratic voter apathy facilitates this attempted throwback to an inglorious past, there can be no excusing the abandonment of responsibility. Democratic strategists' failure so far to embark on a major messaging effort that communicates to their base the critical urgency of the moment, is insufferable.

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OP-EDS

Minimum wage debate continues

Continued from page 10

child going to college or not.

Increasing the minimum wage can make everyday tough times a little better.

Contrary to myth, a majority of business people nationwide also supports raising the minimum wage. National polls of small business owners and hiring managers released by CareerBuilder, Business for a Fair Minimum Wage, the American Sustainable Business Council and Small Business Majority show strong support for raising the minimum wage.

None of my employees earn less than \$12 an hour today. Certainly, other businesses can gradually increase their minimum wages to reach \$12 by 2020 as called for in the Raise the Wage Act introduced in Congress.

Raising the minimum wage is a personal matter for many voters, like it was for me. According to the McLaughlin

& Associates poll, 41 percent of swing state voters said that they or a family member's personal financial situation would improve if the minimum wage were increased to \$12.

All workers deserve a wage that keeps them out of poverty, whether they are taking care of your children in day care or your parents in a nursing home, whether they are cleaning your office or serving you lunch.

Raising the minimum wage will help hardworking families, boost consumer buying power and strengthen our economy.

Raising the minimum wage is smart business and smart politics.

Richard Correa owns the Correa Agency and is state general agent of American Income Life for Colorado. He is a member of Business for a Fair Minimum Wage. This op-ed first appeared in the Boulder Daily Camera.

Malaria shows sign of resurgence

Continued from page 10

from 214 million to 140 million dollars between 2011 and 2013.

Staying on track will require increased financing by the international donor community, as well as increased domestic financing by affected countries. It won't be cheap, but our front-loaded investment is paltry compared to the consequences of not investing now.

With malaria showing signs of resurgence in places like Venezuela, Guyana and Haiti, largely due to cross-border migration and patchy surveillance systems, a failure to act now places our achievements in jeopardy and threatens broader development efforts of the region.

Beyond being morally compelling, investing in malaria is a solid economic investment. If the financial targets outlined in the AIM are met, nearly three billion malaria cases globally will be averted and over 10 million lives saved. These are not simply numbers; they are people that fill classrooms and form a healthy workforce capable of returning more than an estimated four trillion dollars of additional economic between 2016-2030.

As we move forward, with our eyes on the finish line, governments

in the region must continue — and even increase — their commitment to malaria control, including through multi-sectoral and cross-border collaborations like the Mesoamerica Malaria Elimination Initiative, the Malaria Champions of the Americas and the Amazon Malaria Initiative.

The private sector also has a role to play, through continued investment in their employees and their communities of operation. Expanded efforts will not only help save lives and decrease financial burden to societies and governments, they will also drive regional trade and tourism.

As we join together to commemorate the last Malaria Day in the Americas before transitioning to a post-2015 era, let us remember that we are not malaria-free until we are all free of malaria, and achieving this is critical to achieving the broader development targets set by the SDGs.

We have the tools and knowledge, and now with the GTS and AIM, we are able to learn from past lessons, build on our successes and come together — across borders and sectors — to finally and sustainably achieve malaria elimination.



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Caribbean agriculture looks to cope with climate change

By Desmond Brown

BRIDGETOWN, Barbados, Nov. 6, 2015 (IPS) - Climate change represents a clear and growing threat to food security in the Caribbean with differing rainfall patterns, water scarcity, heat stress and increased climatic variability making it difficult for farmers to meet demand for crops and livestock.

Nearly all of the countries in the Caribbean have been experiencing prolonged drought, posing significant challenges to food production in one of the regions most vulnerable to climate change.

"Last year the drought was prolonged over a period of about five months; it affected 18,000 farmers and cost the agricultural sector about 1 billion Jamaican dollars. So climate change through drought has really been a challenge," Norman Grant, president of the Jamaica Agricultural Society (JAS), told IPS.

"What you find is that

because of the drought, the domestic crop production has declined. For example, in 2014 our domestic crop production declined by just under about three or four percent and then it challenges the issue of our food import bill."

Each year the Caribbean imports five billion dollars worth of food.

Grant spoke with IPS during an event aimed at developing a business approach for the agri-food sector in Caribbean and other small island states (SIDS) in African Caribbean and Pacific Regions.

The Caribbean and Pacific Agri-Food Forum is organised by the Technical Centre for Agricultural and Rural Cooperation (CTA), together with the Barbados Agricultural Society (BAS) and the Inter-American Institute for Cooperation on Agriculture (IICA), with the support of the Intra-ACP Agricultural Policy Programme.

Jethro Greene, the chief coordinator of the Caribbean

Farmers Network (CaFAN), said climate change is causing "all kinds of challenges" for the region's farmers.

"There are ad hoc weather conditions, there's drought when we don't expect it, rain when we don't expect it, floods when we don't expect it. You can't tell what is the rainy season from what is the dry season," Greene told IPS.

"We are trying to get people's attention drawn to the fact that small farmers are more vulnerable than most and that some of our practices like crop rotation and intercropping are more favourable in terms of environmental practice. So attention must be given to help us cement and improve these practices and build on these practices," he said.

CaFAN represents farmers in all 15 Caribbean Community (CARICOM) countries. Initiated by farmer organisations across the Caribbean in 2002, it is mandated to speak on behalf of its membership and



Rural women in agriculture in the Caribbean are getting involved in the manufacture secondary products. Caribbean farmers are reeling from a drop in domestic crop production due to prolonged drought brought about by climate change.

Inter Press Service / Kenroy Ambriss

to develop programmes and projects aimed at improving livelihoods and to collaborate with all stakeholders in the agriculture sector to the strategic advantage of its farmers.

Permanent Secretary, Ministry of Agriculture, Food, Fisheries and Water Resource Management in Barbados, Esworth Reid, said small island states are feeling the effects of climate change and this phenomenon has been impacting negatively on the agricultural sector due to long periods of drought.

"With respect to mitigation

against the effects of climate change, the Ministry of Agriculture, Food, Fisheries and Water Resource Management here in Barbados, has been cooperating and working closely with other countries in the Caribbean region through the Caribbean Institute for Meteorology and Hydrology and other regional and international agencies on projects regarding climate change adaptation, early warning systems for climate resilient development and the strengthening of climate

Continued on Page 24

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Guyana Consulate outreach comes to Brooklyn

By Tangerine Clarke

Jacquelyn Hamer, newly appointed deputy consul general of Guyana to New York, said she was pleased with the huge response the diplomatic office received at its first outreach program in Ozone Park, Queens, on Nov. 7.

"We could not have desired better," said Hamer who joined the Manhattan office on Sept. 1, 2015, with a mandate from President David Granger, to pay better attention to Guyanese living in the Diaspora.

In her first order of business, the diplomat craft an initiative to better serve communities that have a large population of elders.

She noted that senior citizens face many hours communicating from the outer boroughs for Life Certificates, and as such, she planned a second outreach for Nov. 21, at the Restoration Temple, at 4610 Church Ave., Brooklyn, from 10 am.

While reminding Guyanese about the importance of holding a valid passport with six-month validity in case of an emergency, Hamer has already set up the 2016 outreach that



Zahaida Basruddin with (passport) next to Consul General Brentnold Evans, (right), Deputy Consul General Jacquelyn Hamer and Rozanna Beaumont with consul staff at the first community outreach in Ozone Park, Queens.

Photo by Tangerine Clarke

will take the consulate to the Bronx, Connecticut, New Jersey, and Schenectady.

Over 50 citizens showed up to applied for passport renewals, new passports, life certificates, powers of attorney, birth certificates, legal documents, and emergency travel documents, to name a few.

The service will also register overseas births, and will issue

a passport to a child born in America to both, or one Guyanese parent.

The consulate, established almost 50 years after Guyana became independent, will use this initiative as part of a broader outreach to welcome Guyanese to the diplomat office.

Book-signings, private functions, documentary film nights are some of the events Guyanese

will enjoy, as the country showcases its tourism product.

Hamer, a quick thinker, will pursue a vibrant and rigorous economic diplomacy program to attract Guyanese and other foreign investors, while forging linkages with Georgetown agencies, Go Invest, the Tourism Authority, and the Ministry of Business.

"The consulate is creating a

database to engage the Diaspora, and will use social media such as Facebook, and update its website to stay in touch with Guyanese," said Hamer. She is excited about the outreach and call on Guyanese to share ideas and suggestions on how the consulate could better serve them.

A suggestion box will also be placed in the consulate to facilitate this gesture.

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Fusion East offers community new dining option

By Alley Olivier

If long wait times and food chains are your thing, Gateway Mall features endless options for a fine dining experience.

To offer a different experience that reflects the community's tastes, Andrew Walcott — an attorney-at-law and certified public accountant — opened Fusion East, a Caribbean and soul food restaurant, just a short month ago.

A resident of the community, Walcott started the journey to Fusion East a year ago. "I wanted to create a restaurant that would appeal to the culinary tastes of the neighborhood," he said.

Walcott, who is of Bajan descent, opted to combine Caribbean and soul food to live under one roof in order to reflect the strong African American and Caribbean American community within Spring Creek, East New York, and Canarsie.

"Most of the community around here is Caribbean American and African American," he explained. "I wanted something where everybody in the community could feel welcomed."

A member of Community Board Five, Walcott was able to confer with other members of the community board, local political leaders, and residents before opening Fusion East on Elton Street between Vandalia and Flatlands avenues.

According to Kawayne Alex-



Above: Owner Andrew Walcott with some of his Caribbean Southern creations. **Left:** An assortment of Fusion East cocktails from left: Sorrel Mimosa, Carolina Peach Sangria, Hibiscus Tea Maragarita, Chardonnay, Paradise Punch, and a Mojito. Photo by Steven Schnibbe

ander, assistant general manager at Fusion East, "A lot of people are extremely happy that we have a dining restaurant within the area. The only option is to go by the mall and it's usually very crowded, wait-

ing 30 minutes to an hour."

Two short blocks away from one entrance of the mall, Fusion East is tucked into a growing neighborhood — surrounded by newly constructed apartments. To accommodate the growing community, employees in the mall, and nearby teachers, Walcott and his management team crafted a take-out menu to benefit both the lunch and late-night crowd.

"We have two different portion sizes, for the people who are at home and want to sit back and have a full meal but not in the restaurant — the large portion is on there. The small portion is for people who are at work and want a quick lunch to go," Alexander explained.

"Many of the mall employees only get about 15 to 20 minutes for lunch," Walcott added.

With just a few short weeks under their belt, Walcott and Alexander hope to continue expanding their reach into the community through expanding their take-out menu and hosting various entertainment-focused nights.

Currently offering a weekly comedy show, they hope to introduce more open mic, live music, and other events.

"We definitely want to have more live music here as well, open mic, poetry, probably some karaoke as well," Walcott said.

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www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

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

2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

www.nysl.nysed.gov/reference/busref.htm

Selected business-related web sites compiled by staff at the New York State Library for use in response to reference questions.

Start a Business in New York — Resources for New York Small Businesses

manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm

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www.yourmoneynewyork.com/help-resource/smallbusiness/index.php
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Small Business Resources - The Business Council of New York

www.bcnys.org/inside/smallbusiness.htm

Capital Business Blog - Read about the issues.

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Resources for Businesses in New York City - bfandapc.com

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Ballet Tech putting dance and academics center stage

BY CAMILLE SPERRAZZA

Here, the "B" in the ABCs stands for ballet.

Ballet Tech is a public school in partnership with the Ballet Tech Foundation. Students take all the usual classes, and also receive ballet instruction taught by teachers who have worked as professional dancers.

The program is for students in fourth through eighth grades. Upon graduation, a high school program is available in conjunction with the Professional Performing Arts School.

Students interested in attending Ballet Tech are invited to audition at the school on Saturday, Dec. 5 at noon. Advance registration is required by making arrangements directly with the school via telephone. No prior dance experience is expected, and it is open to boys and girls in all the boroughs.

Should that opportunity be missed, another way students can gain entry is during the outreach program. Each



Ballet Tech School provides students an opportunity to learn dance skills in addition to the usual academic classes.

year Ballet Tech auditions approximately 30,000 children at 200 New York City elementary schools. This open audition is available to everyone, and no prior dance training is necessary. About 500 of these students will be chosen to begin a six-week beginner program course of study. Bus service

from their local schools is provided to them, and students who show the greatest aptitude are invited to return for a second six-week session. Approximately 50 of these children will then enroll as full-time students at the Ballet Tech School the following September.

The tuition-free school has

an average class size of about 22 students, say its directors, Janel Rayome and Joe Gregori.

"Sixty-five percent of our students scored a three or four on the English language arts state test, and 83 percent of our students scored a three or four on the Math state test," says Rayome.

"This is well above the city average," says Gregori. Approximately 175 children are enrolled in the school, which was founded in 1978 by choreographer Eliot Feld, whose objective was to share his passion for the subject, and to develop professional dancers to work for his company.

Once in the program, children are provided with opportunities to perform at the Joyce Theater on Eighth Avenue in Chelsea in productions open to friends, family, and also the general public. Students have performed at the New Victory Theater, and were involved in a production of "The Tempest" with Shakespeare in the Park

a few years ago. They have many opportunities to study the craft, too, by seeing live dance performances.

The intensive dance training is integrated with a full academic curriculum. Alumni have enrolled in leading universities that include Brown, Columbia, and Cornell. They've danced with companies such as Alvin Alley, Cedar Lake, Dance Theatre of Harlem, Martha Graham, New York City Ballet, and some have appeared on Broadway.

All gain skills that can be adapted to any career choice — discipline, self-confidence, the ability to problem-solve, focus, and work with groups. They learn to become creative and to be confident about what they do.

Since 1978, about 811,794 children have auditioned, says Rayome.

Ballet Tech School [890 Broadway near E. 19th Street Flatiron District, Manhattan, (212) 777-7710, www.BalletTech.org].

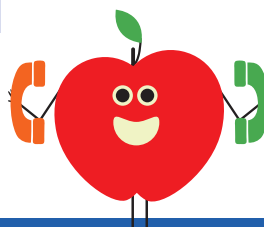
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CARIBBEAN ROUNDUP

Continued from page 4

not only illegal, they are injurious to the economic development of Guyana and therefore Venezuela, must desist from hindering "our economic development in an obtrusive and obstructive manner that is tantamount to interference in our internal affairs. It must desist from threatening investors."

St. Kitts

Prime Minister Dr. Timothy Harris has invited Asian investors to explore opportunities to live, work and do business in St. Kitts and Nevis.

In his address at the inaugural Asia Citizenship by Investment and International Residence Summit at the Raffles Hotel in Singapore recently, he called on the Asian community to learn more about St. Kitts and Nevis and to explore its investment opportunities and visitor lifestyle. He told the



gathering, which included several Caribbean prime ministers and high-ranking officials from multilateral agencies such as the International Monetary Fund (IMF), that the Citizenship-by-Investment Program (CIP) is undergoing necessary reformation.

According to the prime minister, some of these changes include the establishment of an electronic case management system, which provides 24/7 access to the unit's electronic resources.

The new system is unique to St. Kitts and Nevis and has resulted in a dramatic reduction in outstanding applications.

Dr. Harris was accompanied by his Attorney General Senator Vincent Byron and High Commissioner to the United Kingdom Kevin M Isaac on the trip to Singapore.

Suriname

Suriname will host a meeting of central banks and monetary authorities of the Organization of Islamic Cooperation (OIC) member countries from Nov. 15-16, 2015.

This will be one of the first meetings

of the OIC that Paramaribo will host to enhance its economic standing and raise its global profile since it joined this group of 57 countries in 1996.

The meeting will bring together economic and financial officials from OIC member states under the theme: Structural and financial policies to cope with international and domestic economic challenges in the OIC member countries."

In addition to economic and financial officials, some finance ministers from OIC countries, who also hold the "governor" portfolio, will be in Suriname.

The first day of the meeting will be dedicated to the experts' group workshop. On the second day, the meeting of governors will take place.

Several workshops will be held between the two days.

St. Vincent

St. Vincent and the Grenadines and Morocco recently signed a Memorandum of Understanding (MoU), which can benefit the local tourism sector.

Minister for Foreign Affairs Camillo Gonsalves said the signing of the MoU between the two countries will significantly benefit the local tourism sector.

He said Morocco's interest is in helping St. Vincent and the Grenadines to develop its agriculture and education sectors, which will also benefit the tourism industry.

Nathaniel Williams, permanent secretary in the Ministry of Foreign Affairs, said that both states recognize the importance of deepening and strengthening their diplomatic relationship.

Gonsalves said tourism in Morocco itself is well developed, with strong tourist industry focused on the country's coast, culture, and history.

In 2013, Morocco attracted more than ten million international tourists.

— compiled by Azad Ali



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For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him shall not perish, but have eternal life. - John 3:16

Crown Heights Lions honor professionals at annual gala

By Tangerine Clarke

Melissa Torres, district governor of the Lions Club, told members of the Crown Heights Lions Club, special guests and honorees that the club is dedicated to giving back to the less fortunate, seniors, youth and the visually impaired, while spreading its outreach to every aspect of the community.

Torres was addressing the Lions Club 39th Annual Charter Night Dinner and Dance at Antons Banquet Hall in Queens Village, on Nov. 7.

"This is a great event. I love that it is successful," said Torres, outlining the dignity, harmony and humility theme for this year and looks forward to the 4.1 million members celebrating 100 years in 2016.

She also congratulated three community professionals who were honored for their outstanding community service.

President Michael Yansen in turn, said it was a pleasure serving the club for the last two years, and noted that despite the challenges the organization faced this year, it managed to sustain its membership, and continued its outreach programs providing funds and other resources to needy families.

Yansen then presented Leslie E.C Stewart, Tayumika Y. Zurita and Tangerine Clarke, with the Lions Club Community Service Award.

The professionals also received Community Service Awards for their outstanding community service from Congresswoman Yvette Clarke.

Stewart is the chairman of Charlestown Government Secondary School Alumni Association of New York (CAANY), the chairman of Guyana United Youth Development Association (GUYDA) and a member of Wilfred Vernon Clarke Memorial Fund, Inc.



The Crown Heights Lions Club members, from left. Hyacinth Cameron, Mike Yansen, Sandra Kingston, Honoree Tayumika Y. Zurita, District Governor, Melissa Torres, Honoree Leslie Stewart, Lioness Beverley Grannum-Arthur, Honoree Tangerine Clarke and Lion Mark DeVarel at the Lions Club 39th Annual Charter Night.

Photo by Taylor Lewis

tion (GUYDA) and a member of Wilfred Vernon Clarke Memorial Fund, Inc.

The avid ballroom dancer holds a Certificate in Land Surveying from Guyana Government Technical Institute, the Higher Technical Diploma in

Architecture & Building Technology from University of Guyana and bachelor and master of science degrees in civil engineering from Oklahoma State University.

Assemblyman Nick Perry honored Stewart for his out-

standing community service.

Tayumika Y. Zurita is a program manager for the Department of Youth and Community Development. Her passion is to help youth become productive members of their communities.



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Adams unveils vision for Brooklyn War Memorial

By Nelson A. King

Brooklyn Borough President Eric L. Adams, the Downtown Brooklyn Partnership, and the Cadman Park Conservancy unveiled a vision for a renovated Brooklyn War Memorial and Cadman Plaza Park.

The event, held in honor of Veterans Day, was also attended by members of the United Military Veterans of Kings County, Kings County Council of Jewish War Veterans and the Catholic War Veterans of Kings County.

A renovated Brooklyn War Memorial and Cadman Plaza Park are key components of the overall vision for the Brooklyn Strand, a proposed pedestrian-friendly green space connecting Downtown Brooklyn to Brooklyn Bridge Park.

"We owe it to our borough's veterans to get the Brooklyn War Memorial right, and I have committed capital dollars to rightfully restoring this monument for those who honorably served our nation in World War II," Adams said.

"The advocacy and dedication of the Downtown Brooklyn Partnership and Cadman Plaza Conservancy, fueled by the spirit of our vets and their families, will ensure our vision of this memorial becomes reality," he added.



Brooklyn Borough President Eric Adams. Associated Press / Seth Wenig

Tucker Reed, president of the Downtown Brooklyn Partnership said the Brooklyn War Memorial is "hallowed ground for our local veterans," adding that, the celebration of Veterans Day, "we're on the road to restoring it to its former glory."

"Thanks to the leadership of Borough President Adams and our local park and veteran advocates, we'll soon have a memorial and surrounding park worthy of those they honor," Reed said.

Adams noted that urban planner Robert Moses envisioned one World War II memorial in each borough; Brooklyn's was the only to be completed.

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Caribbean agriculture

Continued from page 14
information," he said.

"This is all being done in an effort to enable us and all the other countries involved to be better able to deal with the onset of short term climate hazards such as hurricanes and floods and the effects of long term climate change such as high sea levels and prolong drought," Reid added.

The Barbados representative for the Inter-American Institute for Cooperation on Agriculture (IICA), Ena Harvey, said climate change impacts represent one of the major challenges for agriculture in the Caribbean.

"There are drought and water shortages and that affects crop production and animal production. In fact, this year for example we had many of our animals dying because they didn't have water and they didn't have water also for the foragers," she said.

But Harvey, who is also management coordinator for the Caribbean region, said IICA is focusing a lot on innovation and technology, not just to alleviate the negative impacts of climate change but also to build resilience.

"We are working from the youth right up to the older farmers in introducing greenhouse technology... and looking at new methods of beekeeping."

For its part, the JAS and ministry of agriculture in Jamaica have implemented measures to reduce the impact

of climate change. This includes the distribution of water to farmers.

"We are looking to expand our agro park with irrigation infrastructures and the whole question of rainwater harvesting and the construction of mini dams are some of the areas that we are looking at," Grant said.

"We are also growing more of our crops using greenhouse technology and hydroponics. So those are some of the strategies that we have implemented to dilute climate change but it is certainly a serious constraint at this time that needs urgent action from the region."

Agriculture and land use will be of paramount interest in the negotiations at the 21st session of the United Nations Conference of the Parties (COP21), Nov. 30 to Dec. 11 in Paris, France.

"The big challenge from our perspective is that a lot of the agricultural issues have not been reflected in the text of the discussions that have been going on so far," CTA Director Michael Hailu told IPS.

"Agriculture has been fairly low so what we try to do in these kinds of discussions is see how to get the concerns of the farmers and the agricultural community into the negotiations during COP21."

Hailu said that a lot of the Intended Nationally Determined Contributions (INDCs), especially from the African countries have a strong agriculture component.

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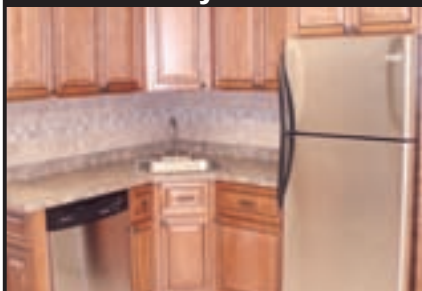
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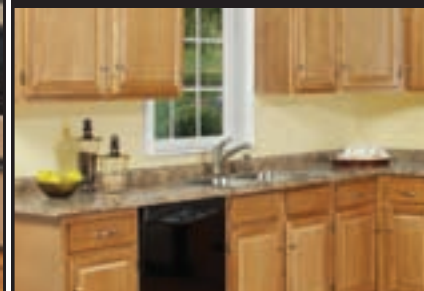


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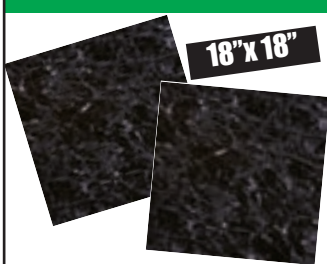
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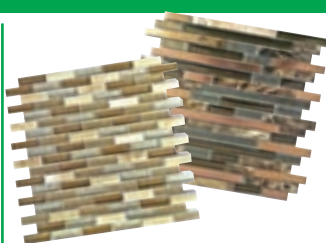


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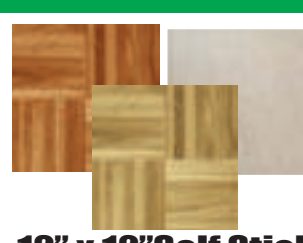
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Magnificent Martinique warms up the 'Apple'

By Lorraine Muir

The Martinique Promotion Bureau is making a strong push to attract U.S. travelers this winter by hosting its annual Martinique Magnifique Travel Show in five key markets New York, Boston, Baltimore, Washington, DC, and Miami the end of last month.

The special events tout the latest developments in air service, hotel development, cruise options, and attractions. "With an 800% increase in cruise passenger arrivals since 2010, a nearly 200 percent jump in available nonstop air seats from the U.S. mainland since last winter, and several new hotel projects, we certainly have a lot of great news to share," said Muriel Wiltord, director Americas for the Martinique Promotion Bureau. "Together with a strong delegation of industry partners, who made the trip from Martinique to help us spread all the good news, we look forward to making everyone aware of all that makes Martinique especially affordable, accessible, and magnifique for U.S. travelers this winter."

Martinique is even more affordable than ever with the



From left, Bertrand Lortholary, consul general of France in New York; Muriel Wiltord, director Americas of the Martinique Promotion Bureau; Markly Wilson, director international marketing, I love NY; Bernard Faro, deputy consul general; and Anne-Laure Tuncer, director Atout France USA at the New York edition of the Martinique Magnifique Travel Show.

advent of non-stop airline service directly from New York City-JFK via Norwegian Airlines with rates starting as low as \$79.00 per person. Airlift service is slated to begin Dec. 3, 2015.

The team brought the best of Martinique into the heart of the city, New York illuminating Bryant Park with its pageantry, dance, displays of art, and tantalizing images of its rich and

diverse terrain, flora and fauna, and gastronomy. Patrons partook of Martinique's finest haute cuisine with mixologists on hand offering the best blend of distinct Martinique rum

made with real sugar cane.

The Caribbean Island with French Flair, The Isle of Flowers, The Rum Capital of the World, The Isle of the Famed Poet (Aimé Césaire) ranks Martinique among the most alluring and enchanting destinations in the world. As an overseas region of France, Martinique boasts modern and reliable infrastructure: roads, water and power utilities, hospitals, and telecommunications services all on par with any other part of the European Union. At the same time, Martinique's beautifully unspoiled beaches, volcanic peaks, rainforests, more than 80 miles of hiking trails, waterfalls, streams, and other natural wonders are the equal of neighboring Dominica to the north and St. Lucia to the south, so visitors here truly get the best of both worlds.

The currency is the Euro, the flag is Le Tricolour, and the official language is French, but Martinique's character, cuisine, musical heritage, art, culture, common language, and identity are of a distinctly Afro-Caribbean inclination known as Creole Martiniquais.

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Oral health impacts your overall health

A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern.

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your

immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health and overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer's disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called "Porphyromonas gingivalis" was present in brains of those with Alzheimer's disease but not in the samples from the brains of people who did not have Alzheimer's. The *P. gingivalis* bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have



found a possible link between gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64

percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007.

While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS. Dentists may be the first people to diagnose illnesses patients don't even know they have.

An important step in maintaining good overall health is to include dental care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.

How make your healthier diet stand up

Change often requires an adjustment period. Men and women who switch jobs may need a few weeks before they feel fully comfortable in a new office, while students changing schools may also need some time to adapt to their new surroundings.

An adjustment period is also common when people decide to adopt healthier diets. Diet is often habit-forming, and men and women will need some time to adjust as they kick some bad dietary habits in favor of healthier fare. The following are some simple ways to make that adjustment period a little easier to swallow.

Go slowly. Some people are capable of going cold turkey when adjusting to a new diet, while others must take a more gradual approach. Unless a health condition that requires immediate change is driving your dietary changes, take things slowly so your body acclimates to its new diet over time. Such an approach may make your efforts more successful over the long haul than making more sudden, drastic changes. For example, suddenly cutting your daily calorie intake in half may force you into old, unhealthy habits when hunger pangs



inevitably arise. But gradually reducing your caloric intake over time may make it easier for your body to adjust, decreasing the likelihood that you will relapse into bad habits.

Explain your motivation to loved ones. Adults, especially married men and women and parents, may find adjusting to a new diet especially difficult unless their spouses and/or families are making similar adjustments. If you are the only member of

your household who will be adjusting to a new diet, explain your efforts and motivation to your loved ones. Such an explanation will make them less likely to bring unhealthy foods into your home. In addition, your loved ones can prove an invaluable source of support as you make this big adjustment in your life.

Embrace positive results, even if they are initially underwhelming. Just because you have adopted

a new diet does not mean you will see immediate results. Fad diets meant to last just a few weeks may produce immediate results, but such results likely will not withstand the test of time, and you may even gain weight when you revert to some of your old eating habits. The right diet will produce long-lasting results, but you must allow for some time before such diets lead to significant weight loss. In the meantime, place more emphasis on how you feel than the figure that shows up on your bathroom scale each morning. Upon adopting a healthier diet, you will start to notice how much better you feel than you felt when eating a diet filled with fatty, unhealthy foods. Remind yourself of this extra hop in your step as you continue on the path to a healthier lifestyle.

Don't give up. Your adjustment period will require some discipline, and there may be moments when you backslide into bad habits. If that happens, don't allow it to derail all of the progress you have made since switching to a healthier diet. Just accept that you had a setback and resolve to do your best to avoid having another one. The sooner you get back on a healthier track, the better you will feel.

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Heart disease: A concern for women, too

Hear disease is a condition most often associated with men, but women are just as susceptible to heart disease as their male counterparts. In fact, the National Heart, Lung, and Blood Institute notes that coronary heart disease, or CHD, is the foremost killer of both men and women in the United States.

While heart disease does not discriminate based on gender, it does not necessarily manifest itself in women the same way it does in men. Recognizing the symptoms of heart disease in females as well as the risk factors can help women in their fights against this potentially deadly disease.

Symptoms of heart disease in women

The symptoms of heart disease in women depend on the type of problem women may be suffering from.

Arrhythmia: Arrhythmia occurs when the heart



beats at an abnormal rhythm that can be too fast, too slow or even erratically.

CHD: CHD occurs when plaque builds up inside the coronary arteries, which help

deliver oxygen-rich blood to the heart. A woman suffering from CHD may develop angina, a condition marked by severe pain in the chest. The pain may spread to the neck,

jaw, throat, upper abdomen or back.

Heart attack: Women suffering from heart attack may feel chest pain or discomfort and/or pain in their upper backs and necks. Lesser known potential indicators of heart attack include, indigestion, heartburn, nausea and vomiting, and extreme fatigue.

Heart failure: Women suffering from heart failure may experience shortness of breath, fatigue and/or swelling in their feet, ankles, legs, and abdomen.

Risk factors for women

Much like the symptoms of heart disease are similar in men and women, so, too, are the risk factors. For example, high cholesterol and obesity put both men and women at risk of heart disease. But there are some factors that affect women's risk of developing heart disease more so than men.

Abdominal fat: When combined with high blood pressure, high blood sugar and high triglycerides, abdominal fat increases women's risk for heart disease more so than it does men in the same physical condition.

Diabetes: Women with diabetes are at a significantly higher risk of developing heart disease than men with diabetes.

Pregnancy: High blood pressure or diabetes during pregnancy can increase a woman's long-term risk of high blood pressure, which is a significant risk factor for heart disease.

Smoking: Smoking and heart disease are linked, but smoking is a greater risk factor for heart disease in females than it is among males.

Heart disease is most often associated with men, but women can be just as susceptible to this potentially deadly foe as their male counterparts.

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Dr. Edward Rubinchik, one of the most highly experienced ocular surgeons in New York, is now offering patients a cataract surgery option that eliminates or minimizes the need for expensive post-operative eye drops, which are often required for 3-4 weeks after the procedure.

"Drops are effective at reducing the risk of inflammation and infection," said Dr. Rubinchik, a partner at Reich Medical and Surgical Eye Care, LLC and the first physician in New York to offer the dropless therapy. "However, at least 50% of patients end up missing a scheduled dose for one reason or another."

Studies show that many patients simply forget to use the drops properly and may have other medical conditions, such as arthritis, which make it harder for them to take the drops.

The number of patients who skip eyedrop doses increases with patient age, as does the need for cataract surgery itself.



Edward Rubinchik, MD, is the first and only ocular surgeon in Brooklyn offering the "dropless" cataract procedure.

"We don't have to worry about any of this with the dropless technique," said Dr. Rubinchik, who practices in Midwood and Bensonhurst. "Our patients are much happier going 'dropless', and the medical system is saving hundreds of dollars per case. It's a win-win for everybody."

Dr. Rubinchik added that many cataract pa-

ter vision than the patient has experienced in years.

How It Works

During dropless cataract surgery, a formulation of antibiotics and anti-inflammatory medications is deposited in the eye following cataract removal and lens implantation. The mixture is then slowly released throughout the post-operative period, not unlike a time-release capsule.

Board Certified Ophthalmologists

Dr. Edward Rubinchik is a board certified Eye Surgeon who performs advanced intraocular surgery for cataracts, glaucoma and refractive errors. He also offers treatment of glaucoma, diabetic eye disease as well as routine eye care.

For more information or to schedule a comprehensive eye exam, call (718) 265-9900.

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Painful Varicose Veins?

Varicose veins are more than a cosmetic problem. They are associated with **Deep Vein Thrombosis (DVT)** and **Pulmonary Embolism (PE)**, both of which claim up to 300,000 lives a year in the United States.



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ADULT HEALTH

Skin care tips when in cancer treatment

The effects that cancer treatment can have on a person's skin have long been overlooked. But patients who have suffered through skin rashes and burns will be glad to know that a growing trend in treating cancer focuses on curing both the disease and helping patients maintain their self-esteem and quality of life. A new movement combining oncology and dermatology aims to address both the disease and the potentially negative consequences that rashes, burns and blemishes can produce.

"For obvious reasons, the skin, hair, and nails have not been the top-most concerns in oncology -- the most important goal is to treat and cure the cancer," says Mario Lacouture, M.D., who specializes in dermatologic conditions that result from cancer treatments. "But skin side effects can affect patients' sense of self and their interactions with others. These side effects can lead to costly treatments, affect overall health, and perhaps most significantly, they may require that anticancer treatments be reduced or stopped altogether."

Upon receiving a cancer diagnosis, patients concerned about the potential impact that treatment may have on their complexions should discuss their options with their physicians. After initiating such discussions, men and women being treated for cancer can take additional steps to maintain their appearance and quality of life both during and after treatment.

Alter your skin care routine

Upon receiving a cancer diagnosis, patients must make a host of lifestyle adjustments to many things, including to their skin care routines. Intense skin rashes and burns are common side effects of chemotherapy and radiation, and certain side effects are actually an indicator that the treatment is working. While such consequences can affect patients' self-image, these side effects are entirely manageable.

"What many patients do not realize is that most dermatologic side effects are manageable, allowing people to maintain their quality of life and continue their cancer treatments," says Lacouture.



Recognizing traditional skin care products' ineffectiveness at combating the dermatologic side effects of cancer treatment during her own battle with the disease, cancer survivor and entrepreneur Lindy Snider began working with dermatologists, oncologists, nurses, and skin care formulators to address the issue, eventually developing Lindi Skin (www.lindiskin.com), a collection of skin care products designed specifically for individuals undergoing treatment for cancer and related disorders. Combining state-of-the-art technology with innovative natural ingredients, Lindi Skin products include a host of botanical extracts boasting anti-inflammatory, analgesic, anti-bacterial, and anti-viral properties, while providing a soothing and gentle solution even for those patients with especially sensitive skin.

"Tarceva, the medication I take for lung cancer, has played havoc with my skin, which has become unbelievably dry and sensitive," says Phyllis of Coral Gables, FL. "(Lindi Skin) products are the only ones I can use on my face and body."

Often touted as miracle ingredients in a host of foods, antioxidants can be found beyond the dinner table as well. In developing Lindi Skin, Snider and her team designed an exclusive formulation of concentrated botanicals that deliver high levels of beneficial antioxidants to the skin. Known as the LSA Complex(R), this formulation includes Snider's pioneering use of astaxanthin, a powerful antioxidant that is only now beginning to receive widespread recognition for its restorative properties, a decade after Snider began using it in her skin care products. While astaxanthin can relieve the pain and inflammation in the skin that cancer patients often feel, it also can help those suffering from less severe, non-cancer related skin problems, such as sunburn, rosacea, dry skin and UV damage.

Keep your spine healthy in young and old age

BY CAMILLE SPERRAZZA

If we want to enjoy quality of life in our golden years, we need to keep our spines healthy, says Dr. Melinda Keller, director of the Brooklyn Spine Center.

Just as we make wellness visits to the dentist to be sure teeth don't have cavities, we need to come to the Brooklyn Spine Center for an assessment long before we are in any pain.

Today's lifestyle has us all spending far too many hours sitting in front of computer screens, which cause stress to the neck and upper back. Dr. Keller spends a good part of her day seeing patients who are in pain from this occupational habit. She sees others who are in physical stress from accidents and poor posture. Many have sought conventional medical treatment and may have received injections or prescriptions. Others have had back surgery, yet they are still in pain.

"Some can hardly walk," she says. "We improve their quality of life, by decreasing their pain to some degree."

But many patients could have been helped sooner, if only they had come in for an assessment.

"Just as you can have a cavity without experiencing pain, you can have spinal weakness and not feel pain," says the doctor. "Our goal is to get spines as healthy as possible, and to keep them that way."

This is achieved by utilizing non-invasive, natural, and non-pharmaceutical procedures such as specific spine and disc adjustment, nonsurgical spinal decompression, laser treatment, exercise, and other modalities. Early detection is often the key to success. By the time we feel pain, a lot of damage has already been done, and it can make the healing process more difficult.

Dr. Keller explains that a very important part of our spine is the disc which is like a cushion between the spinal bones. A healthy disc is hydrated and able to act as a pump mechanism, drawing fluid filled onto itself from the body. Very often we see patients with unhealthy spinal discs. Common diagnoses are herniated, bulging



Clockwise from top: The Brooklyn Spine Center in Borough Park. A patient uses a machine to help her spine. A doctor performs spinal decompression therapy.

Photos by Jason Speakman

or deteriorated discs. The clinic has been utilizing nonsurgical spinal decompression for over a decade. This is an alternative to painful injections or risky surgery. It is natural, painless and we regularly experience improved disc health on a follow up MRI. Pain relief is of course an added benefit. As a result, a healthy spine provides people with the quality of life that allows them to walk, move, and remain independent.

"We ask patients what they miss when they are in pain," says the doctor. The answers include traveling, playing with grandchildren, working, and gardening. These are functions often taken for granted — until we can no longer do them.

"Half of all babies born in the year 2000 or later can expect to live to be 100 years

old," says Dr. Keller. "We are already living longer, but we have to live better."

We want to be able to remain in our homes, rather than a long-term care facility. Keeping our spines functioning at 100 percent is one way to remain active and prolong quality of life.

Dr. Keller says, "We are often patients' last resort," and she would like to change that. "We want people to come here for preventive care, just as they go to doctors to have blood pressure and cholesterol checked."

Dr. Keller is seeing the damaging effects of "forward head posture," the result of repetitive movements associated with computer use, video games, televisions, and carrying backpacks. It causes headaches, impacts blood pressure, pulse, lung capacity, mood, and causes

spinal pain, says the doctor.

"Ideally, the head should sit on the shoulders like a golf ball on a tee," she says.

But the weight of the head is more like a bowling ball, and when we move it forward to view computer screens, televisions, and the like, it causes muscle fatigue and pinched nerves. Ways to combat this stress and strain include seeing a chiropractor for wellness visits; keeping the top third of the computer screen even with the eyes and 18 to 24 inches from the face; taking breaks every 20 to 30 minutes to sit up straight, pull neck and head back over the shoulder, and count to three. Do this 15 times.

Using a back support pillow for sitting and driving also helps. Backpacks should be a maximum of 15 percent of a child's weight, says Dr. Keller. Never wear it over

one shoulder, and do use the waist belt.

More than 900 insurance companies cover chiropractic care, and the warm staff at the Brooklyn Spine Center will make a courtesy call on your behalf to see what is covered and what might not be covered. The staff is compassionate, upbeat, easy-going, and available to help.

The Brooklyn Spine Center is passionate about helping people so they can remain their healthiest. It has devoted 34 years to maintaining the health and well-being of the community it serves.

Brooklyn Spine Center [5911 16th Ave. between 59th and 60th streets in Borough Park, (718) 234-6200, www.BrooklynSpineCenter.com]. Open Mondays through Thursdays, 9 am–7 pm; Fridays, 9 am–2 pm; Saturdays, 9 am–noon, by appointment.

Preparing for your mammography visit

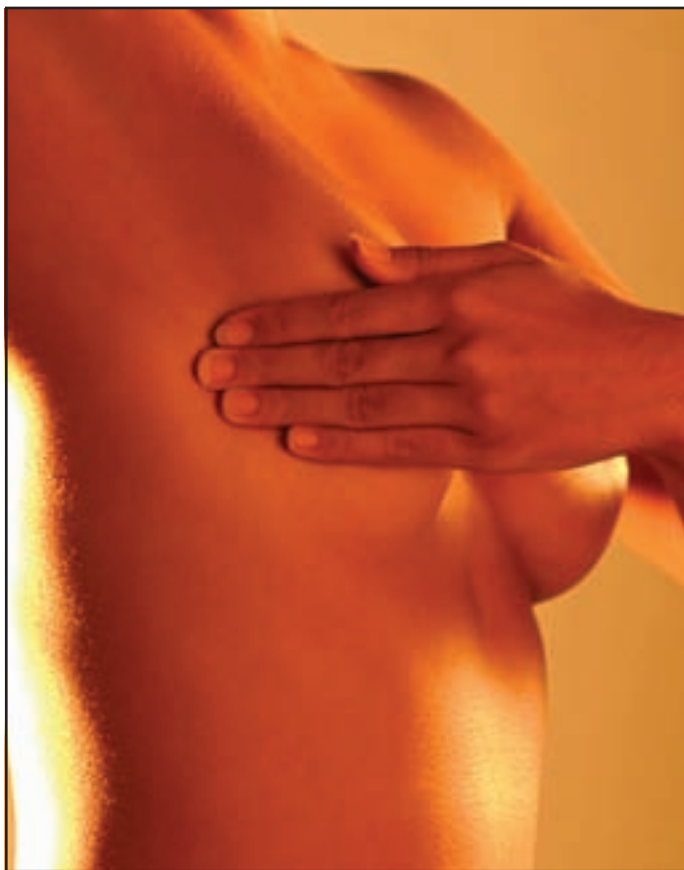
Annual mammo-grams are widely recommended for women beginning at age 40. Some estimates suggest that more than 48 million mammography screenings are performed in the United States every year.

Whether it is a woman's first mammography or her twentieth, preparing for the appointment can ease anxiety and make the experience go more smoothly.

The following are some guidelines to consider when preparing for a mammography visit.

Choose a reputable and certified facility. Select a radiology center that is certified by the FDA, which means it meets current standards and is safe. Many women also prefer to select a facility that is covered by their health insurance. Plans usually allow for one mammogram screening per year.

Time your visit.



Schedule the mammogram to take place one week after your menstrual period if you have not reached menopause. Breasts are less likely to be tender at this time. Also, schedule your visit for a time when you are not likely to feel rushed or stressed. Early in the day works best for many.

Dress for the occasion. Two-piece ensembles enable you to only remove your shirt and bra for the examination. A blouse that opens in the front may be optimal. Some facilities require you to wear a paper gown for the exam.

Watch your grooming practices. You'll be advised to abstain from wearing powder, perfume, deodorant, ointment, and lotions on the chest or around the area. These substances may look like abnormalities on the mammogram image, potentially resulting in false positive diagnoses.

Take an over-the-counter pain medication. Mammograms are not necessarily

painful, but they can put pressure on the breasts, which creates discomfort. Breasts are compressed between a plastic plate and the imaging machine. This spreads out the tissue and helps create a clearer picture. If your breasts are tender, medications like acetaminophen or ibuprofen taken an hour before the appointment may ease discomfort.

Expect a short visit. Mammogram appointments typically last around 30 minutes. The technician will mark any moles or birthmarks around the breasts so they can be ignored on the imaging. You'll be asked to hold your breath as the images are taken. If the images are acceptable, you are free to go. But new images may be needed in some instances.

Mammograms are now a routine part of women's preventative health care. The procedure is simple and appointments are quick and relatively painless.



Lung Cancer Screening at BRMI



BY DR. JOSEPH ABRAMS

Lung cancer is the most common cause of cancer death in the United States. The National Lung Cancer Screening Trial (NLST) has established the ability of low-dose CT scans to decrease lung-specific mortality by 20% in a screened, high-risk population. Early detection is a proven, successful strategy.

Too many people wait until they experience symptoms, like a chronic cough, before they get a lung screening. By then, the cancer may be more difficult to treat and cure. That's why it is so important to schedule a lung screening.

Medical experts estimate that early screenings save thousands of lives each

year. It could save yours. If you're at risk, get a CT lung screening. Talk to your doctor about risk factors which determine how often you should be examined. Early screenings save lives. It absolutely matters.

A low-dose CT exam has a radiation dose of less than 3 mSv (millisieverts), which is less than the naturally occurring background radiation that a person receives for one year at sea level. The low-dose CT exam does not require intravenous contrast.

Who is an appropriate candidate for low-dose lung CT screening for lung cancer?

- Are you between the ages of 55 and 77?

- Did you smoke, on average, at least one pack

per day for 30 years (or 2 packs per day for 15 years)?

- Are you a current smoker, or has it been less than 15 years since you stopped smoking?

If you answered "Yes" to all of the above, you are encouraged to schedule a low-dose screening for lung cancer. Talk to your doctor, then call Bay Ridge Medical Imaging (BRMI) to schedule your screening.

Bay Ridge Medical Imaging (BRMI) performs low-dose lung CT to screen patients who are at high risk for lung cancer. BRMI was one of the first institutions in Brooklyn to be designated a lung cancer screening site. Patients benefit from going to a designated site, which meets the most stringent criteria for equipment

standards, radiation dose, radiologists, and reporting system. BRMI also performs diagnostic chest CT in patients who experience pulmonary symptoms or who

have abnormal chest x-rays.

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

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

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

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

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

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

A surgeon is the expert to see when surgery is needed, he notes, and of course Dr. Goldman refers patients to surgeons when necessary. Still, Dr. Goldman believes that the majority of people who suffer with arthritis can be treated without surgery. Even those who suffer

enormously may find relief with Remicade IV infusion treatments, he says. "It has worked wonders."

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

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

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

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

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Member, American College Of Physicians; Fellow, American College Of Rheumatology

Maintain a safe and healthy pregnancy

Thousands of women will become pregnant this year for the first time. Pregnancy can trigger thoughts of the future and making plans for when the baby arrives. It also can be a time to take inventory of personal health to make changes that will benefit expecting mothers and the children growing within them. Prioritizing overall health is a great way to increase your chances of a safe and healthy pregnancy.

Visit an obstetrician or midwife as soon as possible. Once the pregnancy test comes out positive, make an appointment with your doctor to discuss the course of the pregnancy and what can be done from the start. Doctors may schedule blood screenings and estimate due dates. They also will go over nutrition and care guidelines, which will usually include a regimen of prenatal vitamins.

Discuss age and risk factors with the doctor. The Centers for Disease Control and Prevention point out that there

has been a societal shift in the age at which most women become pregnant, with many waiting until later in life to start their families. Whereas ages 20-24 used to be the peak time for pregnancy, many women in North America now become pregnant for the first time between the ages 25 and 29, while many more wait until their 30s. Waiting longer to become pregnant for the first time may increase a woman's risk for certain conditions during pregnancy. Your doctor can answer any questions you may have and let you know about additional testing that may be necessary.

Don't overeat. Eating right is one of the best things you can do for yourself and the baby. Anything you put in your body can affect the baby, so prioritize a healthy diet. Contrary to popular belief, you do not need to eat for two. During the first few months, you may not have much of an appetite. The fetus does not require many additional nutrients until the end



of the pregnancy. Only then will an increase of 200 calories or so be adequate. Speak with your physician about what constitutes healthy and unhealthy weight gain during pregnancy.

Choose healthy foods. Avoid undercooked foods and

soft cheeses that may harbor bacteria. Some seafood, such as tuna or shark, may contain high levels of mercury. Lean meats, fruits, vegetables, fiber, and dairy products can fuel your body and keep the baby growing.

Continue to exercise. Unless there are complications during your pregnancy, you likely can continue to exercise. However, don't overdo it with exercise, and call your doctor if you experience any adverse side effects during or after exercise sessions.

Avoid drugs, tobacco and alcohol. Smoking, taking drugs or drinking during pregnancy can cause serious health problems for the baby. Miscarriage, premature birth, low birth weight, and SIDS are just a few of the potential side effects of drinking alcohol, smoking tobacco or taking drugs while pregnant, advises Baby Center. Avoid these behaviors and always check with a doctor before taking any over-the-counter or herbal remedies as well.

Get educated. Pick up a book from a reputable doctor or author so that you can better understand your pregnancy. It can save you stressful moments and keep your pregnancy on a healthy track.

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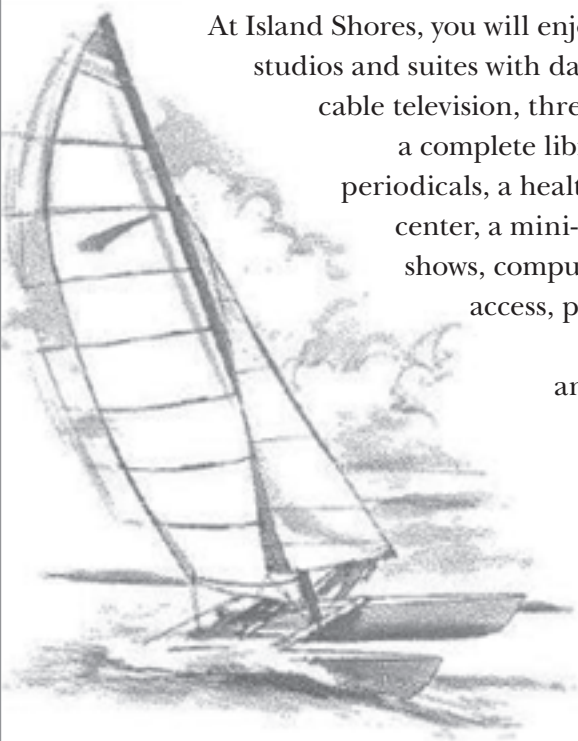


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KIDS HEALTH



Dyslexia: More than mixing up symbols

Dyslexia affects as many as 17 percent of school children in the United States, making it the most commonly identified learning issue according to the Yale Center for Dyslexia and Creativity. In Canada, between 15 and 20 percent of the population has dyslexia, says The Reading Clinic in Ontario. In spite of its prevalence, dyslexia is still widely misunderstood.

What is dyslexia?

The Mayo Clinic notes that dyslexia is marked by difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words. Dyslexia is more than just seeing letters or words backwards, as it also may be characterized by difficulty comprehending rapid instructions and remembering the sequence of things. Some people with dyslexia may have trouble seeing and hearing similarities and differences in letters and words. Many children with dyslexia read below the expectations for their age.

Dyslexia warning signs

Parents who are concerned about dyslexia can recognize some early warning signs, including:

- Delayed speech.
- Difficulty learning and remembering names of letters.
- Reading or writing showing repetitions, additions, transpositions, omissions, substitutions, and reversals in letters, numbers and/or words.
- Complaints of feeling or seeing movement in words while reading or writing.
- Reading and rereading with little

comprehension.

- Difficulty putting things into words.

What causes dyslexia?

Doctors and researchers have yet to identify a single cause of dyslexia, but genes and brain differences do play a role. Dyslexia often runs in families, and certain genes are associated with reading and language processing issues.

Many people with dyslexia have above-average intelligence, but other differences in the brain may be apparent through scans. According to the organization Understood, an organization aiming to help parents of children with learning disabilities, the planum temporale area of the brain plays a role in understanding language. It is typically larger in the dominant hemisphere (the left side of the brain for right-handed people) than in the less-dominant side. However if a child has dyslexia, the planum temporale is probably about the same size on both the left and right sides of the brain.

Schools and parents can do much to help children with dyslexia succeed in the classroom. Accommodations in class, such as extra time on tests or word-prediction or dictation software, can help immensely. Children also may benefit from smaller group instruction, as well as a multisensory approach to link listening, speaking, reading, and writing.

In addition to these steps, adults can boost confidence in children with dyslexia. Enabling kids to explore hobbies and experience successes both in and out of the classroom can help youngsters improve their self-esteem.



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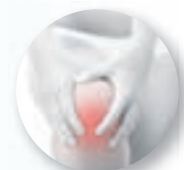
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B3, B44,
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Overcome the common roadblocks to weight loss

Diet, exercise and maintaining a healthy weight are essential elements of a healthy lifestyle. Adapting to a new diet and embracing a new exercise regimen requires a strong commitment, but so, too, does maintaining a healthy weight once those pounds have been shed.

Losing weight can be difficult, and many people who set out to shed a few extra pounds encounter a handful of common obstacles along the way.

These roadblocks do not disappear once weight has been lost, which only highlights the long-term approach men and women must take as they look to lose weight and keep pounds off for the long haul.

The following are a handful of obstacles men and women may face as they look to lose weight and keep weight off for years to come.

Snacks

Snacking is perhaps the biggest obstacle to weight loss many men and women will face. Choosing the wrong snacks can compromise your efforts to

lose weight, but the right snacks can provide energy boosts without negatively impacting your waistline. Rather than high-calorie snacks that offer little nutritional value, choose low-calorie alternatives.

For example, instead of fried tortilla chips, opt for reduced-sodium baked chips instead. In lieu of ice cream on a warm afternoon, choose low-fat yogurt, which can be just as refreshing without all those empty calories.

Restaurants

Dining out is another potential obstacle for men and women trying to lose weight. Avoid buffet-style restaurants or those establishments you know serve especially large portions.

When dining out, ask to swap high-calorie side dishes with vegetables when possible, and choose nutritional, low-calorie entrées that won't compromise the hard work you put in all week eating at home.

Busy schedules

One common obstacle that compro-

mises even the most dedicated weight loss efforts is a hectic schedule. Commitments to career and family can make it easy to veer off course with regard to diet. Planning is often an effective way to overcome a hectic schedule. Plan meals in advance so you are not tempted to order takeout or delivery after a long day at the office.

Use weekends to schedule and plan your weeknight meals, preparing meals in advance when possible and using a slow cooker so your meals are cooking while you're at the office and ready to eat the moment you arrive home at night.

Setbacks

Setbacks are another common obstacle that can threaten weight loss goals. Everyone experiences a setback or two as they attempt to lose weight and keep that weight off.

Don't allow such setbacks to derail your weight loss efforts, and don't beat yourself up when a setback occurs. Respond by rededicating yourself to your weight loss efforts, and before you know it, you will be back on track.

Men and women can expect to face some common obstacles as they attempt to lose weight. Anticipating those obstacles is a great way to ensure they don't derail your weight loss efforts.



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Millie R. Fell, MD

718-339-6868



Millie R. Fell, MD
Clinical Associate Professor
of Ophthalmology at NYU

Dr. Millie Fell, founding physician and ophthalmologist of Brighton Eye is a visionary in every way.

Dr. Fell has been providing quality ophthalmological care to the people of Brooklyn for more than 26 years. An expert surgeon who specializes in the removal of cataracts and the treatment of Macular Degeneration, she also teaches ophthalmology residents the latest surgical cutting edge techniques at New York University Medical Center in Manhattan.

She shares her expertise both locally and globally, making trips to places such as Santiago in the Dominican Republic where she performs surgery on patients who do not have access to eye care.

"It's all very rewarding work" she says and plans to return to the Dominican Republic again in 2016, her 7th visit.

Here in Brooklyn, Dr. Fell sees patients with a wide-range of eye conditions and illnesses. An expert in cataract surgery she also specializes in caring for patients with diabetes-related retinal conditions and the elderly with macular degeneration. In short, Dr. Fell has both the education and experi-

ence to handle numerous ophthalmological conditions and is aware of the many medical advances being made in the field each day.

Recently, Dr. Fell has been able to offer her patients laser-assisted cataract surgery, a new technology that makes the procedure more precise, safer and with a quicker recovery period.



Dr. Babayeva, Dr. Fell, Dr. Brookner

She also offers eligible patients an array of new implants including multifocal implants correcting both distance and near vision as well as implants that correct astigmatism.

One of the miracles of medicine that Dr.

Fell has witnessed since she began private practice is intravitreal injections which she administers to patients with wet macular degeneration and advanced diabetic eye disease. These treatments are instrumental in maintaining quality of life in many patients, a personal goal of Dr. Fell's for her patients.

Dr. Fell's credentials include a fellowship in Medical Diseases of the Retina at NYU after the completion of her ophthalmology residency. She is a fellow of the American Academy of Ophthalmology, and the American Society of Cataract and Refractive Surgery. She is also a member of the New York Ophthalmologic Association and is a Clinical Associate Professor of Ophthalmology at NYU Medical Center.

In 2011, Dr. Fell built a brand new state-of-the-art eye care facility equipped with the latest equipment and technology. She was joined in practice by her colleague Dr. Andrew Brookner, also a well-trained cataract surgeon and expert in medical retinal diseases. Their wonderful colleague, Dr. Yelena Babayeva is an experienced, caring optometrist complimenting the many services offered.

Below is just a sample of the knowledge base and skills offered at Brighton Eye:

November is Diabetes Awareness Month

What you need to know if you have diabetes!!

FACTS:

- 24 million Americans have Diabetes, that is 8% of the population.
- 4 million Americans ages 40 and older have Diabetic Eye Disease, known as Diabetic Retinopathy.
- 900,000 Americans have vision-threatening disease defined as pre-proliferative retinopathy, macular edema or both.
- Diabetic retinopathy is the leading cause of blindness of working Americans.
- Diabetic retinopathy is often under-diagnosed and under-treated.

WHAT CAN YOU DO ABOUT IT:

Every Diabetic patient should have an an-

nual eye exam including a dilated retinal exam. The longer you have Diabetes, the higher the risk of eye problems.

DIABETIC PATIENTS MUST WATCH:

- Blood Sugar (what you eat)
- Blood Pressure (*frequent visits to your medical doctor*)
- Cholesterol levels (*with diet and medication if necessary*)

Both Drs. Fell and Brookner are Diabetic Eye Specialists. They are fellowship-trained in taking care of Diabetic patients. Their office has the latest equipment to diagnose and treat Diabetic Eye Disease early when it first appears.

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without any symptoms. Only a dilated exam and specialized testing can sometimes predict the risk of visual problems.

Both Drs. Fell and Brookner work and correspond with your medical doctor to ensure that your condition is well controlled.

Both Drs. Fell and Brookner are experienced in diagnosing Diabetic Eye Disease, including the use of laser treatment and intravitreal injections to control all forms of Diabetic retinopathy.

Also on staff is a highly-skilled optometrist working with Brighton Eye for many years, Dr. Yelena Babayeva. Together, this team is able to deliver expert and excellent eye care to its patients.

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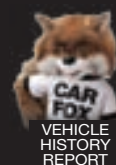
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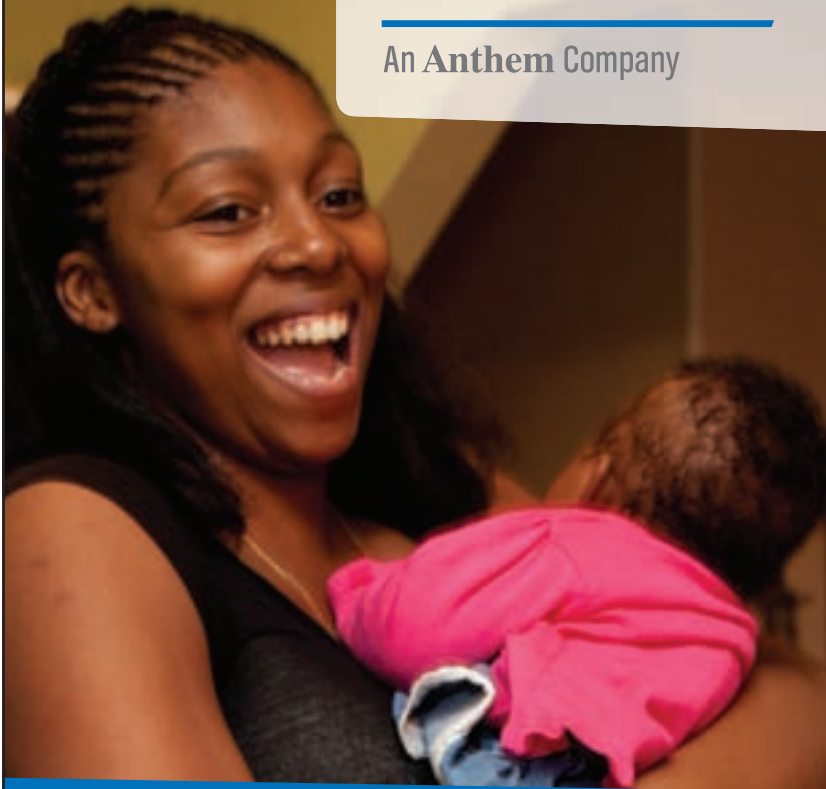
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ENYMKT-0013-15 09.15

Democrats dominate Election Day 2015

By Vinette K. Pryce

Queens, state committeewoman Scherie S. Murray has already conceded that while Republicans rule the state, Democrats control the city.

The Republican District Leader lost her bid Tuesday, to join upstate legislators in Albany by representing the 29th Assembly District.

Throughout the year, she had been advocating for residents of Rosedale, Jamaica, Laurelton, Springfield Gardens, Addisleigh Park and St. Albans.

Using the theme "New, Leadership, Now," the Jamaica-born, CUNY alumni, vociferously stated her goal to revolutionize the position she sought.

While on the campaign trail she vowed "as your assemblywoman securing more state funding for southeast Queens will be my top priority in Albany."

However, by a mere 83 points, all her hopes were dashed to Democrat Alicia Hyndman, a former president of the local community educational council.

From all accounts, Murray will not concede to abandoning the desire to represent the Queens district she has resided since age nine when along with her family moved from the Caribbean island to the area.

She attended IS 192 and Andrew Jackson High School.

Since graduating from college with degrees in micro computer business systems and broadcast journalism, Murray has worked in a number of professions from media, teacher at after-school program at PS 105 in Far Rockaway to her current position as state committee-woman.

Despite the loss, the young, ambitious, community-minded activist imprinted a slight victory for her party as the first Republican to run for the seat in nearly 30 years.

Republicans are considered powerfully aligned in Albany, but in the city Democrats swept most of the contested seats.

They held on to the Brooklyn Senate seat previously held by John L. Sampson, and to William Scarborough's Queens Assembly seat.

Despite convictions of the two disgraced, criminally-charged politicians, voters loyal to the Democratic Party reclaimed the seats.

In the Brooklyn race, Roxanne Persaud, Canarsie's Democrat in the Assembly beat republican Jeffrey Ferretti by 77 points.

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Salute: Veteran sista soldiers; Weekend warriors

I was a weekend warrior; a DINFOS trained killer and a citizen soldier.

Some in the military sector might comprehend at least one of those terms.

Likewise Reservists and National Guard members serving in the U.S. Coastguard, Army, Marines, Navy and Air Force personnel are probably able to better interpret the civilian terms that best describes those three identifiers.

However, any military journalist –veteran or active duty – will readily acknowledge the tags placed on soldiers, sailors and airmen whose duty it is to inform the troops and all military personnel.

Citizen soldiers are individuals who dedicate a portion of their time to civilian jobs and the military. Affectionately known as weekend warriors, they comprise every profession.

Mine was journalist — print and broadcast.

In order to satisfy the basic requirement of a military journalist, I attended DINFOS – Defense Information School, a high tech, multi-service train-



Inside Life

By Vinette K. Pryce

ing center in Indianapolis, Indiana where every military journalist practiced and honed their craft.

Foreign military also trained there.

Intensive courses in photography, news and feature writing, newspaper and magazine design, television reporting, electronic news gathering (ENG) and all facets of media were exhaustively practiced before graduation.

Due to the rigorous requirements, college seemed a cinch.

I had graduated from Hunter College with degrees in sociology and urban affairs. Most likely, the next progression was graduate school for an advanced degree in one of those disciplines. However, an alluring Madison Avenue campaign distracted me to “be all you can be.”

With a promise of “adventure” to see the world and just

“one weekend per month” and two weeks in the summer, I would be first to participate in a new Army program aimed at individuals with college degrees.

Civilian Acquired Skills Program (CASP) offered even more attractions, with only two weeks basic training and the best yet was that the brand new recruitment program only wanted women. In a flash, I found myself at the home of the Women Army Corps in Anniston, Alabama.

There, the barracks at Fox-trot Company housed me with WACS on their way to becoming lawyers, doctors, teachers, professors etc. and a unique type of basic training dominated by much more classroom instructions over field training.

With a college minor in psychology, my aim was to work in Psychological Operations



“DINFOS-trained killer” Vinette K. Pryce at the controls at AFRTN station in Panama, 1987.

(PsyOps). At best, I would be trained to interrogate prisoners of war. As fate would have it, returning to N.Y. and awaiting assignment, I happened upon an officer who clued me about a new Army detachment. It would be one of only three in the entire United States – the

others in Rome, Georgia and Los Angeles, California.

Affiliates of American Forces Radio & Television Network, the satellite radio and television stations operated like their civilian counterparts. With soldiers tasked as record

Continued on Page 48

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The Baha Men are ready to take over with their feel-good tunes, outside of "Who Let The Dogs Out." Baha Men

Baha Men unleashed

By Alley Olivier

Baha Men's "Who Let The Dogs Out" is a battle cry at athletic events, the perfect song to get the body moving, family friendly for all to enjoy, but is not the sum of the Bahamian band.

Reemerging onto the United States markets once again, the Baha Men are literally off their leash unleashing new music ready for the masses to enjoy. Cut off their upcoming album, "Ride With Me" the Baha Men have released a sin-

Continued on Page 52

Local stars compete for scholarship

By Alley Olivier

The Stars of New York Dance competition is not your usual competitive dance show.

The stars are celebrities you often rub elbows with on the train and the professional dancers may have witnessed your skills in tights once upon a time.

Unlike ABC's Dancing with the Stars, there are no true losers in The Stars of New York Dance; the charitable dance competition includes a grand prize of \$5,000 but also awards \$1,000 to each participating competitor.

In its sixth year of production, the

Continued on Page 52



Shuga gives a sweet performance.

Photo by Kevin Bollers

Three honored at cultural celebration

By Kevin Bollers

The Coalition to Preserve Reggae honored three persons during its 11th annual Reggae Culture Salute on Saturday, Nov. 7 at Nazareth Regional High School Performance Center in East Flatbush Brooklyn. The awardees were artistes Warrior King and Ansel Cridland and co-founder of VP Records Pat Chin.

This concert commemorated the anniversary of the coronation of His Imperial Majesty Emperor Haile Selassie I and Empress Mennen of

Ethiopia. It is a major event of the Coalition to Preserve Reggae. The concert showcased the relationship between Reggae, Rasta, Emperor Selassie and Jamaica.

CPR Founder Sharon Gordon described how the concept for Reggae Culture Salute began. "It was around 2005 or so and I had become really burnt out from doing shows, so I decided to take a hiatus from it all and during that time, friends were calling me like, 'Sister Sharon, what's going on with the music?' I

just didn't like the place reggae was going. There were lots of misogynistic and homophobic lyrics and I felt that there was just a whole bunch of negativity and no longer the sweet beautiful reggae music that people had fallen in love with."

She continued, "It was during a time when songs talking about 'shoot man inna dem head' was the order of the day and we looked around and realized that it was coming up on the 75th anniversary of His Impe-

Continued on Page 52



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Love blossoms among the homeless

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By Kam Williams

It's probably a hard-sell when you choose to make any film, let alone a romance, revolving around the homeless. After all, in real life, most of us avoid interacting with them at all costs.

Sure, if cornered, we might give them the loose change in our pockets. But if we're being honest, that charitable gesture is generally employed as a way of ignoring rather than engaging a beggar in a meaningful way.

Nevertheless, with "Shelter," actor-turned-writer/director Paul Bettany (Avengers: Age of Ultron) has opted to shed light



Anthony Mackie and Jennifer Connelly in the movie "Shelter."

www.rottentomatoes.com

on the plight of the least of our brethren. Bettany was ostensibly inspired by a couple who lived outside his and wife Jen-

nifer Connelly's building in New York City.

The compelling, character-driven drama co-stars Oscar-winner Connelly (for A Beautiful Mind) and Anthony Mackie (The Hurt Locker), a versatile Juilliard-trained thespian perhaps best known for his work as the superhero Falcon in the Marvel Cinematic Universe series. Here, the pair play Hanna and Tahir, street people struggling to survive unseen in the shadows of Brooklyn.

Each is down-and-out as the result of a terrible turn of events. Hanna is a widow who developed a heroin habit in the wake of the death of her husband serving in Iraq. And Tahir is an African immigrant desperate for sanctuary in the U.S. who overstayed his visa to escape the violence back in his

hometown.

As the film unfolds, the two are complete strangers. Their paths cross in Brooklyn where a friendship is forged based as much on a grudging trust as on the urgent, mutual need for safety, food and shelter.

Meanwhile, they also find the time to exchange life stories, leaning on each other's shoulders for the empathy they could never hope to get from a world that no longer cares. Eventually, love blossoms, and together they hatch a plan to rejoin respectable society together.

It would be unfair to spoil further any of the details of this poignant portrait painting a plausible picture of where any of us might be, but for fortune. While it's no surprise that Connelly and Mackie might turn in powerful performances, a salute is also in order for Bettany for an impressive, timely and daring directorial debut guaranteed to shake you out of your comfort zone.

Independent & Foreign Films

All Rise (Unrated) Legal argument documentary following the fortunes of seven law students from seven different countries (Palestine, Israel, Uganda, Jamaica, Russia, India and Singapore) as they compete in the world's largest moot court competition staged in Washington, DC.

Casa Grande (Unrated) Coming-of-age drama, set in Rio de Janeiro, about a spoiled-rotten teen (Thales Cavalcanti) who's decadent lifestyle comes to an abrupt end when his father's (Marcello Novaes) hedge fund goes belly up. Cast includes Suzana Pires, Alice Melo and Bruna Amaya. (In Portuguese with subtitles)

Entertainment (R for profanity, sexuality, crude humor, brief drug use and a disturbing image) Road drama about a washed-up comedian (Greg Kinnear) who does some stand-up shows in dives while driving cross-country en route to a rendezvous with his longestranged daughter. With John C. Reilly, Tye Sheridan, Michael Cera, Amy Seimetz and Dean Cain.

Funny Buddy (Unrated) Romantic dramedy about a childhood obesity counselor (Kentucky Audley) and an emotionally-stunted trust fund baby (Olly Alexander) competing for the affections of a reclusive animal activist (Joslyn Jensen). Featuring Louis Cancelmi, Anna Margaret Hollyman and Marisa Brown.

Ingrid Bergman in Her Own Words



Kam's Kapsules

By Kam Williams

(Unrated) Reverential documentary offering a behind-the-scenes look at the life of one of the most celebrated actresses of her time. Featuring archival footage as well as commentary by Sigourney Weaver, Liv Ullmann, and Ingrid's offspring: Pia Lindstrom, Isabella Rossellini, Isotta Rossellini and Roberto Rossellini. (In English and Spanish with subtitles)

James White (R for sexuality, nudity, profanity and drug use) Christopher Abbott handles the title role in this character study, set in New York City, about a self-destructive slacker, still living at home, forced to mature when his mom (Cynthia Nixon) becomes seriously ill. With Ron Livingston, Scott Mescudi, Makenzie Leigh and David Call.

Man Up (R for profanity and sexual references) Romantic comedy about a woman (Lake Bell) unlucky at love who finally finds Mr. Right (Simon Pegg) after being mistaken for his blind date. With Olivia Williams, Rory Kinnear and Ophelia Lovibond.

Shelter (Unrated) Character-driven drama, marking the directorial debut of Paul Bettany, revolving around the love which blossoms between a homeless street performer from Nigeria (Anthony Mackie) and a heroin-addicted widow (Jennifer Connelly) also living on the streets of New York.



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TOP OF THE CHARTS

TOP 10 SINGLES



- 1 **Wildest Dreams**
Taylor Swift
- 2 **Hotline Bling**
Drake
- 3 **The Hills**
The Weeknd
- 4 **Stitches**
Major Lazer & DJ Snake ..
- 5 **What Do You Mean?**
Justin Bieber
- 6 **Hello**
Adele
- 7 **Ex's & oh's**
Elle King
- 8 **Renegades**
X Ambassadors
- 9 **Here**
Alessia Cara
- 10 **Locked Away**
R. City Feat. Adam Levine

TOP 10 ALBUMS

- 1 **Traveller**
Chris Stapleton
- 2 **Mr. Understood**
Eric Church
- 3 **Storyteller**
Carrie Underwood
- 4 **We Love Disney**
Various Artists
- 5 **Wiped Out!**
The Neighbourhood
- 6 **Between the Pines...**
Sam Hunt
- 7 **NOW 56**
Various Artists
- 8 **Money Shot**
Puscifer
- 9 **Def Leppard**
Def Leppard
- 10 **80's Fundamentals**
Various Artists



Reggae tribute

Continued from page 49

rial Majesty Emperor Haile Selassie I and Empress Menen of Ethiopia and we know how important those two are to reggae and Rasta. So, we decided why not do something that celebrates and educate the people on the culture of reggae music? That was the focus! Before you knew it, we were looking at the unique relationship between Emperor Haile Selassie, Reggae and Rasta and the rest was history."

Gordon talked about the significance of Reggae Culture Salute for CPR. "We started at the Roxy and we were completely sold out. People told us that we had to keep doing this and out of that first show was actually how the Coalition to Preserve Reggae was formed. We decided to move it to Brooklyn to make it a more family kind of vibe because we felt that the children needed to know about their culture and learn about it in a very authentic and organic way. We do this by showing where the culture of reggae has been, where its at and where its going. We have artists like The Meditations, Warrior King and Shuga; the past, present and future

together."

CPR's founder speaking about the evolution of Reggae Culture Salute over the past 11 years said, "The children coming is a very important evolution because as a single mom, raising a son, there were a lot of places that I had to take him with me and it was always a problem. I made a vow that whenever I had the power to start making events, I was going to make them in a way that children could come, too. So, yes, the children coming and also bringing it out of the club and into a school is another evolution; particularly, in Nazareth Regional High School, a place near and dear to my heart and serves as an oasis in the East Flatbush community and as you can see, people are at home here and having a great time."

This year the concert opened with CPR's resident spoken word artist, Ras Osagyefo, whose poetry stirred the consciousness of the soul. Performances then kicked off with Virginia's own Tonahope, who lit the stage up with his brand of roots reggae. The party continued with Easy Star's front man, Ruff Scott who livened



The Meditations bring down the house at CPR's Reggae Culture Salute.
Photo by Kevin Bollers

up the evening. Florida's own Kristine Alicia made her Reggae Culture Salute debut performance with her smash hit, "Freedom Fighters" which has become a clarion call for standing up against injustice and oppression; especially, in light of the #Blacklivesmatter movement.

Shuga also, made her debut and rocked the house with sweet sounds from her hit song "Ebony." A returning favorite to the Reggae Culture Salute

stage was Warrior King, who electrified the audience by his high octane energy and engaging performance. Reggae Culture Salute was finally rounded out with The Meditations. Founder and lead singer for the group, Ansel Cridland along with singers Daddy Lion Chandel and Laury Webb brought down the house in what was truly a tribute and salute to the culture of reggae. CPR All Stars provided the background singers and musicians.

Baha Men

Continued from page 49

gle that pays homage to "Who Let The Dogs Out" titled "Off the Leash."

For the newest vocalist added to the Baha Men, Dyson Knight is excited to bring back the Bahamian junkanoo sound and feel-good lyrics to all international markets.

According to Knight, "We look at the industry trends and pretty much felt that there was a need for more feel-good music."

In a state of rebranding in a sense, the Baha Men tapped into Grammy award winning producer Troyton Rami to modernize and preserve the essence of their sound that allows them to celebrate their heritage and stand out.

"It was very important that we got Troyton Rami to understand that we love our Caribbean brothers and sisters, especially Jamaica and reggae music and dancehall music but we wanted to maintain the core structure of junkanoo music because it's different," he said. Knight is respected for his



The Baha Men have taken off their leash.
Baha Men

talent though he has not quite yet reached brother status amongst his band-mates.

"Being the newest member, they treat me like a son – not exactly like a little brother but more like a son, like 'we'll show you how it's done.' They'll say, 'your idea is good but we'll show you how it's done,'" he explained.

With their focus on taking over all international markets, Knight and the other members of the Baha Men believe now is the time to put the Bahamas on the map.

Dance for funds

Continued from page 49

charitable dance competition was created in an effort to provide underserved children with the opportunity to attend dance classes.

According to their website, "The Stars of New York Dance seeks to challenge and overcome the negative effects that plague children in need from underserved New York City neighborhoods."

This year, the participating stars include Deputy Borough President Diana Reyna, Rev. David Brawley, Ambassador Suzan Johnson Cook, Joseph C. Grant, Audrey Edwards, Horace Moore, Michelle McClymont, and Charles Cooper.

The distinguished leaders are paired with local dancers who head dance schools and programming — the funds received will gift instructors such as Karisma Jay of AbunDance Academy of the Arts and Kevin McEwen of Asase Yaa School of the Arts with the means to provide scholarships to students.

"Support for the arts is often



Karisma Jay.
AbunDance Academy

considered expendable, but we know the power of the arts to transform lives. By providing children from low-income communities with access to innovative arts programming and curriculum, they have access to a creative and constructive means of self-expression that builds character and are ensured a brighter future with boundless opportunities," the website states.

The event will be hosted by Errol Louis of NY1 and will also honor Brooklyn Borough President Eric Adams for his three decades of public service.

Weekend warriors

Continued from page 53

ians, news editors, etc...the unit — the 340th Public Affairs Detachment won Keith L. Ware awards — much like commercial TV stations garnered Emmys.

The fact, a majority of the members worked at record companies, newspapers and television stations the Queens-based station won some of the highest accolades for excellence in broadcast journalism.

In addition to perhaps enjoying one of the best jobs in the military, one weekend every month, the 20-plus cadre programmed Top-40 music, reported news and prepared for an annual two-week training.

Eighteen years and as many assignments ordered me to Wisconsin, Georgia, California, Texas, Colorado, Panama, Honduras, Korea, Germany and wherever there was an AFRTN station.

And because I was also a freelance journalist with a flexible schedule, I was privy to special assignment throughout the 50 states and in foreign countries — Outside the continental U.S. (OCONUS).

Perhaps, actor Robin Williams defined the task best in a movie titled "Good Morning Vietnam." It was our story.

"The Pryce Is Right" was mine.

During a four-hour air-shift, I played the discs, reported sports, news and offered pertinent information about military affairs. As the only Black soldier with an air-shift, during Black History Month, I was able to program public service announcements and create unique programming for airing.

"If it's news to the military, it's news to us," — coined a catchy slogan the unit popularized at Southern Command Network (SCN-Radio & TV) in Panama.

Armed Forces Day in May was special when the troops paraded up Fifth Ave.

The 340th annually provided live coverage as well as liased with civilian media.

When the U.S. Intrepid docked, the duty was transferred to Fleet Week celebrations of the troops.

Veterans Day offered even more significance. It was then that the pioneering efforts of Blacks in the military truly manifested history and tradition.

In 1770, Crispus Attucks, a Black man, became the first casualty of the American Revolution. He is credited as the first to shed his blood for these United States. As history notes, the avowed hero and patriot, was a fugitive slave who had escaped from his master and had worked for 20 years as a merchant seaman. When called upon with dock workers and seamen in the port of Boston to demonstrate against the British troops guarding the customs commissioners, he responded. He was willing to die for the struggle against British domination of the American colonies. The patriots were only armed with clubs, sticks and snowballs but they approached the British soldiers with might.

Attucks led the charge, first in line.

The British troops responded by shooting him dead.

Attucks is immortalized as "the first to defy, the first to die," and lauded as a true martyr, "the first to pour out his blood as a precious libation on the altar of a people's rights."

Blacks who flew bombers in Germany during WW II is indelibly inscribed and deservedly to the Tuskegee Airmen.

"But they were far from the only unit to show valor," reported a source from www.kathmanduk.wordpress.com.

"More than 19,000 Black Marines served, many braving Japanese fire on the Pacific beachheads."

In addition, "the role of Black women in World War II is one that has been consistently undervalued. More than 6,500 Black women volunteered in the WAC. Of vital importance was the 6888th Central Postal Battalion. Major Charity Adams commanded the only all-Black WAC unit to serve overseas. They were responsible for keeping mail flowing to the more than seven million servicemen and women in Europe."

Also noted was that 512 Black women in the Army Nurse Corps were confined to nursing either Black troops or German prisoners of war.

The dedication that many Black American women showed during WWII is exemplary.

That they fought two enemies — overseas and at home in America — is a true testament to their courage and bravery.

African American women have played a role in every war effort in U.S. history from the Revolutionary War (1775-1783) the War of 1812 to current times.

"They endured physical discomfort and personal criticism and many of their contributions were unrecognized and unrewarded. They placed themselves in danger's path — offering their abilities and strengths to preserve values and ensure freedom. Women stood side by side with fathers, husbands, and sons to nurse and comfort the suffering; they engaged in the danger of spying, chronicled the pain of war, and offered spiritual healing .In addition, Black women faced racial and gender discrimination as part of their military service."

"During the Revolutionary War, African-American women served as spies who kept colonial authorities informed about the activities of the British. With the promise of freedom from slavery, they found innovative ways to assist. According to Lucy Terry's written accounts of the war, Black women disguised themselves as men and fought side by side with them against the British. They took care of the white women's homes so that the white women could go near their husbands during engagements. Phyllis Wheatley expressed appreciation for General George Washington during the Revolutionary War through her writings. Later, he invited her to visit him at his headquarters in February of 1776."

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BOOK REVIEW

Buffalo Soldiers keep peace in the West

"Buffalo Soldiers: Heroes of the American West" by
Brynn Baker
c.2016, Capstone Press
\$26.65 / higher in Canada
32 pages



Book cover of "Buffalo Soldiers."

By Terri Schlichenmeyer

Your family is filled with people to whom you look up.

There's Grandpa, who served in the war. Grandma, who raised many children with little money. Your uncle, another veteran overseas; and both your parents, who keep you fed and safe. You look up to all of them but imagine how high you'd have to look if they were on horseback, and then read "Buffalo Soldiers: Heroes of the American West" by Brynn Baker.

At the beginning of the Civil War, many freedmen and recent-runaway slaves tried to enlist in the Army to fight for the North. There were laws against that kind of thing then, but after the Emancipation Proclamation in 1863, the Union Army was open to former slaves, who fought in segregated units.

Says Baker, "By the time the war ended in 1865, about 186,000 Black soldiers had joined the Union army." Twenty-five of them were awarded the Medal of Honor for bravery in battle and so, seeing that African Americans made fine soldiers, Congress "reorganized the army" to create six "all-black regiments" (later reduced to four) and sent them to patrol the Western territories on foot or by horse. They were called Buffalo Soldiers, although nobody knows exactly why.

Segregation was still the law of the land then, but being a Buffalo Soldier was a way to make a living while also gaining "the respect of white men." Riding on horseback, the Buffalo Soldiers kept the peace in a lawless Western frontier. Relations between settlers and Native Americans were shaky, and the Soldiers helped eliminate disputes. They were assigned to fix forts, help local sheriffs uphold the law, and guard mail carriers. While doing their jobs, they mapped the new territories and took note of the wildlife they often encountered.

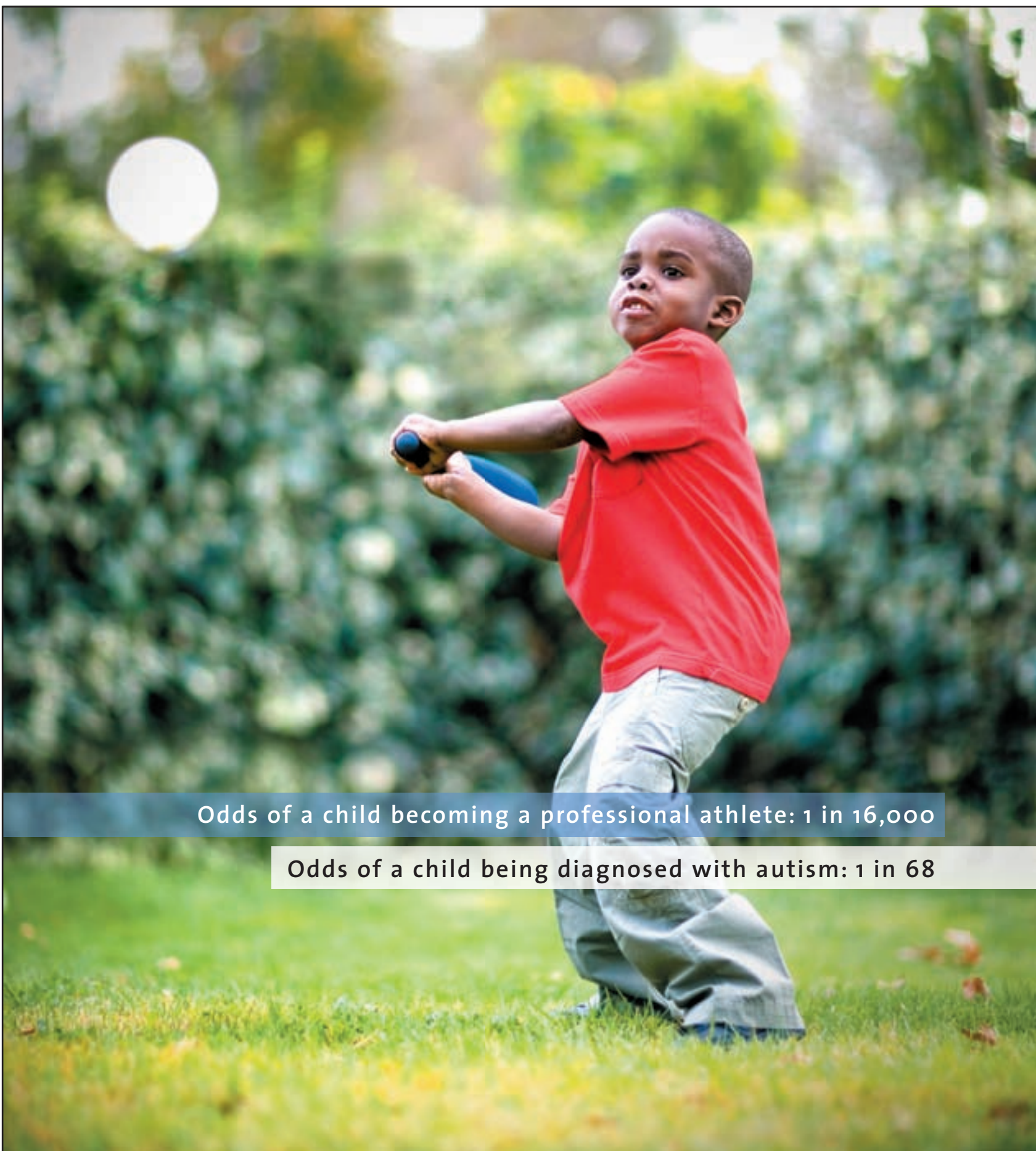
There was adventure, but the job was "challenging," too: housing was usually poor, food was sometimes lacking, while battle and disease also took its toll. Buffalo Soldiers often worked with second-rate equipment and broken-down horses. Still, they "took their jobs seriously and served with honor" and eight states can thank their existence, in part, to "the Buffalo Soldiers' service to their country."

Dates and names. Does your child think that history consists just of those two sometimes-boring things? Show him that there are lively stories behind those names and dates by giving him "Buffalo Soldiers."

With plenty of pictures and sidebars, author Brynn Baker puts history into perspective by explaining, in child-friendly terms, how Black men (and at least one woman!) helped settle the West at a time when African Americans sometimes struggled for the chance to own property themselves. Baker furthermore shows how Native American history is intertwined with that of the Soldiers, and it's told in an engaging, almost story-like way that I think kids will enjoy.

For nine-to-12-year-olds, this is a great introduction to a sometimes-overlooked facet of history and it might spur them to delve even further into the topic. History-minded children, especially, may want to read "Buffalo Soldiers" for pleasure, too, so go ahead – look it up.

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Grenada Prime Dr. Minister Keith Mitchell.

Associated Press / Andreas Solaro, Pool

Three-nation cricket tourney

By Azad Ali

The Caribbean will host two of the world's leading cricket teams — Australia and South Africa — in a three-nation One-Day International tournament in June next year.

This was revealed by the West Indies Cricket Board (WICB), who said host West Indies will square-off with reigning One-Day World champions Australia and current World No.3 South Africa

Continued on Page 58

Tottenville swamps Erasmus

By Brandon Mauk

The loss that ended Erasmus Hall's regular season is a microcosm for the team's struggles this year.

The Dutchmen lost 21-0 at home to unbeaten Tottenville in Public School Athletic League City conference football on Nov. 7. The team's offense looked absolutely lifeless — even with quarterback Aaron Grant off the injury list and taking all the snaps. The squad gave up touchdowns on offense, defense, and special teams — all resulting from Dutchmen errors. Tottenville kept Erasmus (7-3) on its side of the field for most of the game — forcing Erasmus to punt five times and returning one for

Continued on Page 58



Seattle Sounders FC defender Chad Marshall, right, clears a ball in front of FC Dallas forward Blas Perez, middle, during the second half of an MLS soccer western conference semifinal playoff match Sunday, Nov. 8, 2015, in Frisco, Texas. Dallas won 4-2 on penalty kicks. Seattle Sounders FC defender Zach Scott (20) is at left.

Associated Press / Brad Loper

MLS postseason delivers

By Patrick Horne

The MLS post-season is living up to its 'exciting' billing as the games are giving the fans much excitement. As it should, the level of play in the post-season has been tremendously accelerated with a dose of intensity as all

four games last Sunday produced lots of goals. There were sellout crowds in every playoff stadium last weekend and this bodes well for the 20-team league, which is eyeing substantial expansion in two years.

In the Seattle Sounders-Dallas FC

Western Conference semifinal series, won by Dallas last Sunday, the intensity in the second game was like none most had seen before in MLS; six goals were scored in the 90 minutes of regulation play and six more in

Continued on Page 58

Cricket tourney

Continued from page 57

in a 10-match tournament over a three-week period between June 6 - 26 next year.

"This tournament promises to be very exciting with two of the world's top teams coming to the Caribbean," said WICB Manager Cricket Operations Ronald Holder.

The tournament opens with round-robin matches to be contested at the Guyana National Stadium.

Teams will then travel to St. Kitts, for another series of matches at Warner Park before moving to Barbados for the final round of matches at Kensington Oval, culminating with the final.

"Australia won the ICC Cricket World Cup on home soil earlier this year and South Africa are highly-ranked in this format, but are also No.1 side in Tests," said Holder.

Meanwhile, Grenada's Prime Minister Dr. Keith Mitchell has requested an "urgent meeting" with the embattled West Indies Cricket Board (WICB) to discuss a Cricket Review Panel report which is strongly recommending dissolution of the WICB.

The Cricket Review Panel, which was appointed by the CARICOM sub-committee of Cricket Governance, is also recommending the appointment of an interim board to run the affairs of the sport in the region.

Dr. Mitchell, who is chairman of CARICOM's Cricket Governance Committee told a media conference in Grenada on Wednesday that contact has already been made with the WICB regarding the critical meeting that could ultimately determine the future of the board and the sport in the region.

He said the major recommendations arising from the report was the "immediate dissolution of the West Indies Cricket Board and the appointment of an interim board whose structure and composition will be radically different from the now proven, obsolete governance framework."



New York Red Bulls forward Bradley Wright-Phillips (99) prepares to score a goal against D.C. United goalkeeper Bill Hamid during the second half of an MLS playoff soccer match, Sunday, Nov. 8, 2015, in Harrison, N.J.

Associated Press / Julio Cortez

Red Bulls defeat DC United

Continued from page 57

the penalty shootout, but the way the slugfest unfolded was most dramatic.

Dallas, which won the regular season conference title, returned home for this second game of the home-and-away semifinal series leading 1-0; Seattle was desperate for a goal to tie the contest. As the game wound down to the final five minutes in regulation, the intensity level peaked and spurred the sellout crowd in Dallas's Pizza Hut Park stadium; the teams exchanged goals twice in those last five minutes and produced five goals in a high-scoring draw, 3-3, in regulation. After 30 scoreless minutes in overtime, Dallas advanced when it won, 4-2, on penalties and will take on Portland Timbers in the Western Conference final in another two-game series in two weeks.

The excitement didn't stop in Dallas; Portland, later that Sunday night, came

into Vancouver after a scoreless first leg at home and defeated the highly-favored Vancouver Whitecaps FC, 2-0, in another high-intensity contest in front another sellout crowd of close to 30,000 fans.

In the Eastern Conference, the New York Red Bulls, coming off a very successful season after winning the Supporters Shield with the best regular season record, defeated DC United in another exciting semifinal series, 2-0, on aggregate, in front a sellout crowd of over 25,000 fans at Red Bull Arena in Harrison (NJ). The Red Bulls won the first leg in DC, 1-0, and will play Columbus Crew SC, which defeated Montreal Impact in yet another frenzied series that produced seven goals. The series was tied, 3-3, on aggregate when Columbus Crew's Kei Kamara broke the deadlock with the seventh goal of the series to send the Crew into the conference finals, 4-3, on aggregate.

The first games of the Conference Championship series will be played on Sunday, Nov. 22, when Portland Timbers hosts FC Dallas in the West and the Columbus Crew hosts the Red Bulls in the East. The return legs are scheduled for Sunday, Nov. 29. The conference winners will contest the Audi 2015 MLS Cup on Sunday, Dec. 6, 4 pm at the home of the team with the best regular season record.

Vieira to NYCFC

Former Arsenal (England) legend and French international, Patrick Vieira, was appointed coach of New York City FC after the first-year team parted ways with head coach Jason Kreis. Vieira, worked for NYCFC parent club Manchester City of the English Premier League, where he was coach of the Manchester City Elite Development Squad.

Erasmus has another chance

Continued from page 57

a score. The team's coach couldn't put his finger on precisely what went wrong on Saturday, but said the team faces larger chemistry issues.

"I have to go to the film and check it out to see what we're doing wrong," Erasmus coach Danny Landberg said. "We've had a lot of injuries throughout the season. We're trying to get chemistry going, that hasn't happened right now."

Erasmus' first offensive play set the tone for the entire game — Grant threw an interception that Nijer Peters

returned for 24 yards and a touchdown.

The Dutchmen put up a huge red-zone stop early in the second quarter, holding Tottenville to the three-yard line on a fourth-down attempt and keeping the score 7-0. But the Dutchmen couldn't convert that stop into offensive momentum — before the half was out, the team gave up another touchdown when Tottenville's Jesse Bramble returned a 60-yard punt.

The team lacks communication and consistency, Landberg said.

"We've been off this season," he said.



Crushing defeat: Erasmus quarterback Aaron Grant was back from injury for Sunday's game against Tottenville, but it wasn't enough — Erasmus lost 21-0.

Photo by Arthur DeGatea

"We haven't had everything in sync. We've just got to do a better job."

Tottenville iced the game with a 33-yard run by Joshua Alvarez and a three-yard touchdown run by Bramble. The Pirates finished the regular season 10-0 and will be the first overall seed in the playoffs. Erasmus, which has lost two straight, will be the sixth seed and host No. 11 DeWitt Clinton at noon on Nov. 14 in the first round of the playoffs. The Dutchmen defeated DeWitt Clinton in their previous meeting this season on Oct. 10.

Even with the recent funk, the Dutchmen still have an opportunity to turn it around, but the coach isn't crowing prematurely.

"We'll find out this week," Landberg said. "We'll see what we've got."

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West Indies need three separate captains

The unsettled state of West Indies cricket dictates that multiple changes are necessary for their recovery. Apart from the problems within the West Indies Cricket Board (WICB) and the bad selection policy of its selectors, the West Indies players should have performed much better in Sri Lanka in the Test and One-Day International (ODI) games.

Jason Holder should have remained as the captain for Test match only. He has too much to deal with as captain of two categories of the game. His personal performances will suffer and too much is being asked of the young captain with a team in which players are failing repeatedly.

MARLON SAMUELS WOULD BE A SPLENDID ODI CAPTAIN

West Indies selectors should have overlooked Samuels' two-year ban that he has on record and appoint him the West Indies ODI captain. Chris Gayle is not participating in



Eyes on Cricket

By George H. Whyte

West Indies cricket and the team lacks knowledgeable and experienced players. Denesh Ramdin may soon be gone because his poor performances.

SRI LANKA DOMINATED FIRST 20 / 20

Sri Lanka players displayed some superb batting and bowling in the first Twenty20 as they defeated the West Indies by 30 runs. Sri Lanka batted first and scored 215 runs for 3 wickets off their 20 overs. Kusal Perera and Jilakaratne Dilshan swashbuckled an opening partnership of 91 runs from 9.4 overs. Perera scored 50 from 30 balls before falling first and then Dilshan 56 from 37 while Angelo Matthews scored 37 from 13, Dinesh Chandimal 40 from 19 and Shehan Jayasurya 36

from 22.

WEST INDIES BOWLED OUT FOR 185 IN 19.5 OVERS

Experienced Sri Lanka medium fast bowler Salith Malinga picked up a wicket with his second ball of the West Indies innings when he bowled Johnson Charles. Malinga finished with 2 wickets for 19 runs from 4 overs. Opener Andre Fletcher who scored 54 from 25 balls and Kieron Pollard 26 put up some resistance before the Sri Lankan bowlers penetrated into the West Indies batting.

Man of the Match, Sachithra Senanayake 4 for 46 took the honors.

Note: CARICOM heads of government has requested an urgent meeting with WICB President Dave Cameron.



Sri Lanka's Sachithra Senanayake reacts after taking the wicket of West Indies' Jermaine Blackwood during their second one day international cricket match in Colombo, Sri Lanka, Wednesday, Nov. 4, 2015.

Associated Press / Eranga Jayawardena

Prime Minister of Grenada Dr. Keith Mitchell who is chairman of CARICOM's Cricket Governance Committee has been instrumental in getting the systems in place to restore West Indies cricket to some

form of respect.

The primary purpose of the meeting is to have the cricket review panel report implemented swiftly and discuss the future of the board and West Indies cricket.

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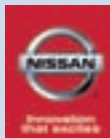
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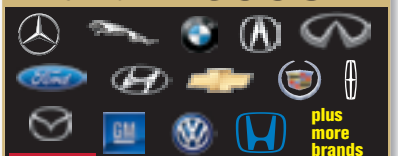
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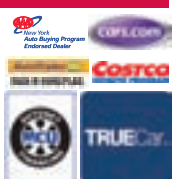
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ARIES: Mar 21/Apr 20

Aries, you may need to exercise a lot of patience this week. Practice some deep breaths, and find some relaxing music to keep you calm. Your patience will pay off.

TAURUS: Apr 21/May 21

Taurus, your efforts will be fueled by passion this week. You are likely to put your whole heart behind projects and your relationships. Others will respect you for it.

GEMINI: May 22/Jun 21

Gemini, in order to make real progress this week, you must evaluate your goals and your priorities. Health should be at the top of this list, so make an effort to be healthier.

CANCER: Jun 22/Jul 22

Cancer, no matter which big decision you need to make this week, run some ideas by trusted friends and family first. They may offer some words of wisdom.

LEO: Jul 23/Aug 23

Leo, others are getting the sense that you are restless. When you slow down and think about it, you will probably see they're correct. Find a new, challenging project.

VIRGO: Aug 24/Sept 22

Avoid any deep entanglements for the time being, Virgo. You need to keep things light until you are able to devote more time to your various relationships.

LIBRA: Sept 23/Oct 23

Libra, too many changes happening really fast could make you feel a bit off-kilter. Find something that makes you feel comfortable and embrace that task or place for now.

SCORPIO: Oct 24/Nov 22

Intense feelings could bubble to the surface this week, Scorpio. Try to maintain a level head and make the most of this sudden surge of energy.

SAGITTARIUS: Nov 23/Dec 21

Sagittarius, a personality clash can be a tricky situation, especially at work. Take the higher ground and you will come through unscathed and better for it.

CAPRICORN: Dec 22/Jan 20

This is a super week for new friendships, Capricorn. Join a new group or simply strike up a conversation with a coworker with whom you share an interest.

AQUARIUS: Jan 21/Feb 18

Take some time now to make home life a priority, Aquarius. You have been going hard at work lately, but now is a great time to make family a bigger priority.

PISCES: Feb 19/Mar 20

You must back up an argument with research and proof, Pisces. Get your facts straight before you forge ahead.

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bers in classifieds actually
hurt the people who rely on
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their hard-earned dollars.
"Most newspapers print a
disclaimer in their classified
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about numbers that are a
direct line to trouble. Any
number starting with 900,
540, 595 or 871 charges a
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some instances, ads initial-
ly advertise calls to a local
number, but then direct
callers to a second number
starting with one of the
paid exchanges. "Consum-
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legitimacy of vague
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too could be a scam. Be-
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Dennis Hawthorne

Committed to the communities his company serves

Dennis Hawthorne is a native of Jamaica, born in rural Grange Hill, Westmoreland. He migrated to Brooklyn in 1985; his first entrepreneurial and artistic endeavor was a successful photography business. However, he decided to focus his energies on the business of shipping.

In 1988, he started his home-based Dennis Shipping Company. Today, 27 years later, the company has transcended its simple beginnings emerging as one of the leaders among Caribbean-owned businesses in New York and Florida as well as Jamaica. The New York locations are on Utica Ave. in Brooklyn and White Plains Road in the Bronx.

And, guided by its "Committed to Excellence" motto, Dennis Shipping has earned a reputation in providing safe, reliable and quality shipping services to the Caribbean.

Furthermore, Hawthorne remains committed to the communities where

his company serves. "Success is not only the result of hard work, but the support from those communities," he says.

"It is this unwavering support that has preserved my business even in challenging economic times," said Hawthorne. Dennis Shipping is dedicated to giving back.

"I am dedicated to outreach programs that are local, national and international in scope," Dennis says. His company has supported programs such as the East Flatbush Friends Education, Caribbean American Outreach Association, Children Outreach of Jamaica, Kings Highway Development Project, many

local churches, senior, civic organizations, and schools.

His unwavering commitment to nation building is evidenced by many other various endeavors he supports that span the areas of education, health, sports, and the environment.

He has partnered with organizations such as the American Foundation of The University of the West Indies (A.F.U.W.I), Negril Education and Environmental Trust (N.E.E.ET) in providing scholarships and funding for their different initiatives.

In addition to Dennis Shipping's contribution to the growth and development of both the Caribbean Diaspora and the Caribbean region, the company has donated shipping services for natural disaster relief and medical and reconstruction equipment to Grenada, St. Lucia, Dominica, Antigua, Jamaica and Haiti.

Hawthorne is well known within his East Flatbush community. He firmly believes: It is not the amount of money or the level of education that makes



you successful, but rather the people that benefit, beyond your families and friends, as a result of your accomplishments.

Among the many awards recognizing Hawthorne's contributions to community, he has received 'The Consulate General of Jamaica Award for Outstanding Benevolent Services to Jamaica and Caribbean Communities' as well as 'The Congressional Record Award.'

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Lowell F. Hawthorne

President and CEO follows in his father's footsteps



Lowell F. Hawthorne is a son of the Jamaican soil who emigrated in 1981 and went on to become president and chief executive officer of Golden Krust Caribbean Bakery & Grill, the nation's largest Caribbean franchise chain.

After Hawthorne and his family migrated to the United States, he graduated Bronx Community College and found employment as an accountant with the New York Police Department.

Eight years later, with the help of his wife, siblings and their spouses, he opened a bakery on East Gun Hill Road, in the Bronx. He was following in the footsteps of his father who owned a bakery in Jamaica.

The bakery grew rapidly and soon expanded to several other locations in the New York metropolitan area. Today Golden Krust franchises over 100 stores in nine states employing over 1500 persons. With nine varieties of Jamaican-style patties, it is the com-

pany's hope to add the Jamaican patty to the list of popular American ethnic fast foods along with pizza, bagels, and Chinese noodles.

Of the many prestigious awards Hawthorne has received for entrepreneurial prowess, his native home Jamaica conferred him with the highest national honor, the Order of Distinction in 2005, and for his service to commerce and community development, in 2014 he received The Order of Distinction, Commander Rank.

Medgar Evers College and the University of West Indies bestowed him with honorary doctorates. And, in 2010, the Jamaica Observer named him Business Leader of the Year for

his outstanding contribution to the community.

Under his leadership, Golden Krust organization ranks in the Black Enterprise top 100 and the Entrepreneur Magazine's top 500.

Currently, Hawthorne is a director of the Caribbean American Chamber of Commerce and Industry (CACCI) and chairman of the Partnership Board of the American Foundation for the University of the West Indies (AFUWI).

One of his proudest most recent achievements is the completion of his autobiography entitled "The Baker's Son," which chronicles his journey from Jamaica to the United States and the development of a small Jamaican business into a highly successful American business empire.

His business acumen has also segued into philanthropy. Hawthorne's Mavis & Ephraim Hawthorne Golden Krust Foundation, named in honor of his late parents, has in the past 10 years awarded more than 300 scholar-

ships to students both in the United States and Jamaica.

Hawthorne's mantra is: A mind is a terrible thing to waste and a positive community is everybody's business.

He is married to Lorna and has four children.

Edgar Henry

Entrepreneur and master musician



Guyanese American entrepreneur Edgar Henry has lived in New York for more than 40 years. He had a 12-year association with a Greek shipping company Hellenic Lines Ltd., which served the Red Sea, Middle East, East Africa and Pakistan.

His business interests are varied. He operates successfully as a licensed real estate broker in New York and has also ventured into the optical industry, serving the Caribbean community at ENG Caribbean Vision Center on Flatbush Avenue in Brooklyn.

Additionally, Henry is very aware of the importance of communication systems to the cultural Caribbean-American community. He established Sterling Communications Network in 1993, broadcasting "Calling the Caribbean" on WJNR Radio, 1430 AM.

For five years he was a part owner of the former Caribbean Diaspora newspaper, "Caribbean Impact."

Additionally, Henry is involved in

community and philanthropic activities both in the United States and Guyana.

His involvement with the greater business community is long-standing as the past president of the Flatbush Avenue Business Improvement District

"I'm establishing a music, performing arts and dance school, launching at the end of this month."

(BID), a position he held for 25 years. The Flatbush BID was involved with many enhancements to the Flatbush

business community including adding security to help back the police, sponsoring a Thanksgiving dinner for those in need, having a float in the Caribbean Day parade, and helping support the Bedford Boys and Girls Center. "We ran training courses for business and sponsored a street fair," he adds of the rounded and wide expanse of activities in which the Flatbush BID is involved.

Edgar also has deep roots in the arts. In addition to his being an actor, he has written screenplays and is also assistant treasurer on the executive board of the Guyana Cultural Association (GCA) of N.Y. "We're about to celebrate our 15th year," he says of the organization that sponsors summer workshops, a "Literary Hang" where new writers present books, a symposium, a family fun day, and a "Kwe Kwe" — a traditional Guyanese celebratory event, the evening before getting married.

He is also the editor of the New York Guyana Folk Festival magazine on-line

that has a monthly print edition.

That's not all. Henry is also a music master — piano and organ — who teaches music at the annual summer GCA workshop series.

He proudly announces, "I'm establishing a music, performing arts and dance school, launching at the end of this month." It will be at St. Stephens Church auditorium space, in Brooklyn.

Annette M. Hurd-Runcie

An entrepreneur who feeds the hungry

Annette M. Hurd-Runcie was born in Kingston, Jamaica in a large family of seven, emigrating with her family at the age of 11.

She had an early successful career as a computer system analyst and later plant IT manager at Procter & Gamble, earned an MBA, has a family with two sons but it was not enough.

Hurd-Runcie felt the need and the urgency to fulfill her lifelong dream of becoming an entrepreneur. After research, she decided to become a part of the Golden Krust Caribbean Bakery and Grill franchise.

With the full support of her husband, in February 2005, she left Procter & Gamble to open her Golden Krust franchise in Queens Village, incorporating her business skills with her drive and her motivation for success.

Then, along with her husband, she opened Pa-Nash Restaurant & Lounge in November 2013, an upscale restaurant serving a unique fusion cuisine.

It was no easy task to open, taking three years due to various building department bureaucratic obstacles. Finally, Annette brought to Southeast Queens the style of Manhattan serving a mouth watering Mediterranean

"I still plan to get a PhD in business, so I can become a business professor and use my skills towards the betterment of my people and community."

and Moroccan cuisine with Caribbean and soul food influences that she calls "EuroSoul."

Her inspiration to open a restaurant dates way back, "Ever since I was a child it's been discussed at our dinner table about one day having a family restaurant," she said.

The restaurant has received many awards, including a "1st Place" for commercial design from the Queens Chamber of Commerce.

"My dad passed away last November but I am happy that I was able to fulfill the family legacy before his passing," she says, adding, "fulfilling this legacy while keeping my family unit together. It's tough balancing business, being a wife, and a mom."

Additionally, Hurd-Runcie reaches



the same primary school which she attended in Jamaica.

Also, Hurd-Runcie founded the Alexander Youth Etiquette Success (Y.E.S.) community organization, which will provide etiquette education and resources for youths in the community.

"I still plan to get a PhD in business, so I can become a business professor and use my skills toward the betterment of my people and community," she says.



COUNCIL MEMBER JUMAANE WILLIAMS
congratulates
PASTOR GILFORD MONROSE
on receiving the
Caribbean Life Impact Award 2015

Pastor Gilford Monrose is a dedicated and hard working individual.

KEEP UP THE GOOD WORK!

Karisma Jay

A passion for teaching the arts



Karisma Jay is the Artistic Director and Founder of the AbunDance Academy located in the heart of Brooklyn. For their first End of Year Dance Production, this past June, AbunDance Academy presented The Wiz – this version written, directed, and narrated by Karisma who added exciting new flavors to the classic.

“A Broadway worthy performance, it was our first big production!” she proudly proclaims. “We showcased 100 students, 20 senior citizen members and 20- 30 of our AbunDance staff. We attracted an audience of 400, and 50 volunteers from the Brooklyn community.”

Karisma Jay’s life is in dance and she has been dancing and performing since the age of two.

She studied at the Dance Theatre of Harlem, the Junior Division of Ailey School, High School of the Performing Arts and also studied Performing Arts and Pre-Med at NYU.

In addition to performing with a number of prestigious dance companies such as Brooklyn Ballet and Ronald K. Brown’s Evidence, Karisma performed with the national touring company of STOMP, the longest-running Off Broadway musical, during the 2013-2015 seasons.

Professionally, Karisma has also worked in television and has done voice overs for commercials.

Meanwhile, Karisma honed her skills working with children to develop the confidence of even the shyest and youngest of students. She has taught dance since the age of 11.

At AbunDance, students of all ethnicities, from ages three through adults, study many dance forms including ballet, African, tap and jazz, theatre arts, specialty performing arts and fitness.

“Our performance of The Wiz turned into a testimony to the power of AbunDance, experiencing the ‘Dance’ in abundance,” she said.

“Coming up are winter and spring dance company performances, acting workshops, our annual winter gala fundraiser and of our annual June dance concert,” she says.

Karisma is also competing in the 6th Annual Stars of New York Dance competition, partnering with Rev. David Brawley of St. Paul Community Church. “We’ll be raising scholarship funds for select AbunDance students,” she adds.

Karisma’s inspiration is her mom. “Everything that I am is because she invested in me and continues to do so. She supports my passion for the arts. She never allows me to limit myself

creatively, academically, or personally. She implanted in me all the life tools I need to draw upon in her stead.”

Karisma was born in the U.S. Her mom and family are from Panama with lineage from Barbados, Jamaica and England.

The Jewish Community Relations Council of NY and its Center for Community Leadership applauds Reverend Gifford Monroe, a leader who exemplifies caring and vision, on his receiving the Caribbean Life Impact Award 2015.



Ronald G. Weiner, President, JCRC-NY
Rabbi Michael Miller Executive Vice President and CEO, JCRC-NY
Rabbi Bob Kaplan, Director Center for Community Leadership at JCRC-NY



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The Caribbean Writer Magazine congratulates **Tiphannie Yanique** on receiving the Caribbean Life Impact Award. We are proud of you.

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Noreen Hurd congratulates

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**ON RECEIVING THE
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**You are an inspiration.
Well done!**

Terrence Theophilus LaPierre

Dedicated to community service

Terrence Theophilus LaPierre is a son of Trinidad and Tobago. He came to the United States in 1969, leaving the Trinidad and Tobago Police Force.

He is a licensed insurance broker, a public accountant (Brooklyn College and College of Insurance, degree in accounting), a New York notary and is the owner of Patriot Agency on Avenue D.

"My friend and ex-policeman Selby encouraged me to pursue the insurance business," he says. "But I wanted to do more, so I became a tax preparer / consultant. Then I became a 'one stop shop.' I wanted to offer everything to my community."

LaPierre's multi-service business services the New York, Florida and the Connecticut areas and offers Western Union, money orders and bill payments. His office prepares personal and business taxes, immigration services, and all types of insurances — commercial, homeowner, workers compensation and disability.

He takes particular satisfaction in his work. "I am proud of helping my community in their daily lives. I have had a successful business for the past 30 years where one and all can come in to get information and service on many needs

ness strip.

He is also second vice-president of Community Board 17. He says, "As Chair for CB17 Committee for Sanitation and DEP I am working on quality of life issues — particularly for a cleaner community such as garbage collection and snow removal."

Concerned about violence in the neighborhood, LaPierre is a member of the 67th Precinct Committee, attend-

"I am proud of helping my community in their daily lives. I have had a successful business for the past 30 years where one and all can come in to get information and service on many needs and concerns."

and concerns."

Additionally, LaPierre is very involved with his community. He is the president of the Avenue D Merchants Association. With the help of other business owners, the association illuminates Avenue D and Utica Avenue with Christmas lights creating a very festive Avenue D busi-

ness strip. ing meetings with the precinct, the borough president and district elected officials about the use of guns.

He explains, "The commissioner of police instituted a new program called 67 Precinct NCO. We meet with officers assigned to different community sectors bringing in residents and youth in order



to have a better relationship between the community and the police."

He has also been appointed to the Brooklyn District Attorney's Advisory and Research Committee, the Selective Service System Board of the U.S. and he has been on the Community Advisory Board to Kings County Hospital for three years.

The recipient of several community service awards, LaPierre also has received two awards from the Trinidad and Tobago Police Service in appreciation for distinguished service to the citizens of Trinidad and Tobago.

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Congratulates one of its own

NICOLE ROBINSON-ETIENNE,

Assistant Director, Government & Community Affairs

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2015 CARIBBEAN LIFE IMPACT AWARDS



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James Lovell

Garifuna cultural ambassador and educator



James Lovell is a cultural ambassador who preserves traditional Garifuna music, dance and language, sharing it with audiences around the world. He is a passionate educator, activist, a storyteller and a multi-instrumentalist — including percussion, guitars, voice, clarinet, sax and euphonium.

He grew up in Dangriga, Belize, deeply rooted in his Garifuna heritage.

The Garifuna are an indigenous group born of the mixing of Africans — who were never enslaved — with the native Carib and Arawak peoples of the Caribbean on the island of St. Vincent.

In 1795, they were condemned to perish on the island of Roatán, Honduras but rather than perish, they settled along the coastline of Central America — Honduras, then Belize, later Guatemala and Nicaragua. Their thriving culture is under threat as young Garifuna migrate primarily to major U.S. cities.

Inspired by Garifuna artist, “Pen” Cayetano, Lovell decided to pursue a music career, immigrating to the United

States where he earned a bachelor’s degree in African Studies with a minor in music. In 1994, he co-founded the performing arts company Illagulei (Roots), created to preserve and promote Garifuna culture. Since 1995, he has released four albums and experimented with combining African and Garifuna music resulting in a genre he coined as Afri-Garifuna Rhythms, which forms the foundation of his Afri-Garifuna Jazz Ensemble.

Lovell has also developed a method of teaching the Garifuna language, history, dance, and customs through songs. The program, which includes, history, drumming and music theory, was implemented under UNESCO and the

National Garifuna Council. In 2005 and 2008, he facilitated dance and music workshops in his hometown Dangriga.

Using his teaching methods in New York, Lovell directed the Afrigarifuna Youth Ensemble for children ages six-14.

In 2013, he was a featured artist at the Smithsonian Folklife Festival.

Lovell reintroduced the Garifuna culture back to its roots in St. Vincent and the Grenadines leading children and young adults in a cultural and retrieval program called Yugacure. He also teaches an annual Garifuna nursery rhyme workshop in Belize.

As part of his endeavors to highlight language preservation of endangered cultures worldwide, he is currently collaborating with the Breton people of France.

And most recently, this culture activist has worked on projects with the D.C.-based organization Sustainable Development and Climate Change (SUDECC) using his artistic skills and pedagogical endeavors to safeguard Garifuna music,

dance and language.

Lovell is employed by the New York Board of Education, where he works with severely emotionally challenged elementary and high school students.

Pastor Gilford T. Monroe

Committed to serving our youth



Gilford T. Monroe is a native of the U.S. Virgin Islands. He moved to New York to study theology and marry the “love of his life” Dianne Thomas.

It always had been a lifelong dream of his to serve the church, especially the youth. In part, he began by developing programs for young people as youth director, for the now historic Mt. Zion Church of God (Seventh Day) on E. 37th St. He is still there and calls it “a small church with a big heart.”

Pastor Monroe understands youth struggles and works tirelessly with youths to enhance their spiritual maturity. In 2005, he was ordained.

The four walls of a church do not contain Pastor Monroe’s extensive involvement. Serving locally and beyond, he creates and partners with many organizations.

In 2002, he established the Catch The Vision (CTV) Youth Conferences, which empowers young people, leaders, and marriages and attracts

youth and adults alike from around the world. At Kingsbrook Jewish Medical Center, he initiated the Unity Gospel Fest to bring together spiritual and physical wellness. Pastor Monroe helped develop and serves as Team

“We are a group of pastors responding to gangs and working to reduce crime and gun violence in Central Brooklyn, the heart of the Caribbean community.”

Leader for the East Flatbush Ready When the Time Comes Disaster Team, a disaster-relief American Red Cross training to volunteer teams from local community groups.

Beyond a physical church, he is a chaplain for the Metropolitan Transportation Authority, serves as director of the Faith Based and Clergy Initiative

at the Brooklyn Borough President’s Office, serves as a board member for the Flatbush YMCA, and he is on the Advisory Board for Boys Town.

He chairs the Community Leadership Council of the Kingsbrook Jewish Medical Center.

In the social justice and community world, he is an alumni chair for We Are All Brooklyn, which brings diverse leaders together to solve quality of life

issue. He has served on many CB #17 Advisory Boards.

As inspiration, Pastor Monroe says, “Rabbi Bob Kaplan, he is a mentor the greatest sense. He has shown me how to partner and collaborate with diverse groups, using our compassion and love for community renewal to move our community forward.”

Pastor Monroe’s most current project is the GodSquad. He is the founding president of the 67th Precinct Clergy Council—liaisons between police and the community. He elaborates, “We are a group of pastors responding to gangs and working to reduce crime and gun violence in Central Brooklyn, the heart of the Caribbean community.”

His Facebook/Twitter handle is @pastormonrose. He also has an immigration helpline.

Judy D. Newton

Community advocate and mentor

Judy D. Newton was born in an obscure village called Coach Hill, in Barbados, the fifth of eight children.

Her parents separated and as a single parent, her mother built a solid foundation by clothing and educating her eight children.

From an early age, Newton learned the importance of a good education, which continues to be a driving value. She excelled in school, was the valedictorian and the family moved to the U.S. so she could advance her education.

Newton's instinct to protect her community led to her joining the police force in 1984, where she found her core. She advanced through the ranks — patrol, special assignment, and finally detective with NYPD.

At John Jay she earned an Associate Degree in Political Science, a B.S. in Business Administration and a Masters Degree in Public Administration. She also earned a Masters Degree in Philosophy from Cardiff University in Wales and is pursuing a PhD in Lead-

ership and Supervision in Education at the American International College, Springfield, Massachusetts.

Newton serves as a mentor and instructor by assisting school age children with English, mathematics, global studies, life skills, and helps pro-

Newton serves as a mentor and instructor by assisting school age children with English, mathematics, global studies, life skills, and helps provide educational field experiences at a weekly program

vide educational field experiences at a weekly program operated by The Barbadian Ex-Police Association in Crown Heights, Brooklyn, N.Y.

In Barbados, she assists in coordinating a school mentoring, breakfast, summer and after-school program at St. Ambrose Anglican Church School.

Newton is also very involved with

Cape Town, South Africa. There, she is a big sister to and mentors three children providing for their tuition and future education as well as mentoring and financially assisting youth leaders from Monument Park High School. She also performed community service at a YMCA and Pollsmoor Prison.

For decades, she has volunteered at a Brooklyn soup kitchen and is the volunteer coordinator for annual local



With her husband, Richard Baxt, retired assistant commissioner with the New York City Department of Probation, she has established The Newton Foundation to expand their charitable work.

Newton has also embarked on a research proposal for a PhD in Educational Leadership and Supervision. Her developmental criminology study will examine elementary age children who have precursors to felonious behavior.

She hopes that the study will be incorporated into educational curriculum systems.

The Hyman, Alexander, Bakiriddin, Semple, Corte, Buckmire, Stewart, Hayes, Bremner, Grist, Woodland and Joseph families salute



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We salute
Dr. Roy Hastick and the other
Honorees of the 2015 Impact Awards

Juan Reyes

Strong work ethic inspired by parents

At a young age, Juan Reyes, migrated from the Dominican Republic and like most immigrant families, his parents left their homeland for a better future for their three offspring.

It is his parents, who worked so hard who serve as an inspiration for Reyes to do the same.

"Today as a father of four," he says, "I am passionate about my work and the communities I work with. I hope to show my children, that hard work and determination is the key to success."

Reyes started as a merchandiser in the beer and beverage industry at the age of 20. Very shortly after, he was promoted to sales representative, and soon after he became a supervisor for five years.

Now, and for the past 10 years he has been the sales director for Riviera Imports, working with many products — beer, wine and spirits from Europe, Latin America and the Caribbean.

Reyes explains that when Red Stripe moved its export business from Jamaica to the U.S., Riviera Imports went in to help create a beverage product for export, which became DG White Over-

"The Caribbean community is so hardworking. We come here with a goal and a dream to provide for our families."

proof Rum. This product is distributed in key Caribbean markets across the U.S.

"In this way we are contributing to the Jamaican economy and saved a number of jobs," he says. Riviera Imports also distributes Jamaican

export Dragon Stout.

For 10 years, Riviera Imports has been greatly involved in carnival in New York. Reyes says, "I am proud to be in a position to help sponsor festivities, which are so integral in the Caribbean tradition."

"It takes a lot of money to run the Caribbean Day parade. We help with product and help support some mas camps," he adds. "We also helped the Caribbean Association in Dade County, Florida, this year."

Next year Rivera Imports plans to help Caribbean Associations for their carnivals in Houston, Connecticut, Boston and Miami and Juan looks forward to making stronger linkages and sponsoring carnivals nationwide.

Support goes also to other community activities like events with Una Clark. Last August, Riviera Imports helped sponsor Charlie Records — the largest Calypso producer — at the Fulton Street Festival.

"The Caribbean community is so hardworking," Reyes says. "We come



here with a goal and a dream to provide for our families. Riviera Imports wants to help support other grassroots, social and civic activities. In all our endeavors, we want to help the residents of the community."

Nicole Robinson-Etienne

Loves connecting children to nature

"I was born and raised in Brooklyn but my family is from St. Vincent, W.I.," says Nicole Robinson-Etienne whose work is pleasantly unusual, particularly for someone with a B.A. in Political Science and Urban Studies and a law degree.

Robinson-Etienne is the assistant director of Government and Community Affairs at the Wildlife Conservation Society's (WCS) New York Aquarium and Prospect Park Zoo in Brooklyn. She liaises with state and city elected officials, government agencies, community boards, the amusement industry, and community stakeholders.

She also has been actively engaged with the newly formed Alliance for Coney Island and the ConeyRecovers campaign that mobilized efforts to assist local residents in the aftermath of Superstorm Sandy.

Previously, Robinson-Etienne was an immigration attorney in a small law practice working on asylum and family unification cases.

She later went on to work as special counsel to Assemblywoman Rhoda S. Jacobs, for more than eight years helping constituents expedite and resolve problems relating to the delivery of social services. She assisted clients with immigration related concerns, developed a summer resource guide for parents and managed special events including health fairs, job fairs, educational workshops, and an annual luncheon for senior citizens.

These skills came in handy when she transitioned to work in Coney Island where she engaged residents and stakeholders in dialogue around the issue of the Strategic Plan for Coney Island.

About her current work she says,

"I am proud of my efforts to connect children to nature by providing access to the New York Aquarium through our community access and education outreach programs."

"Growing up in the Caribbean, you are surrounded by water," she says, "and have a seamless connection to the natural world around you. New York City is a city of islands and also surrounded by water but our children don't have that same connection."

With delight she describes the first exhibit at the NY Aquarium: a replication of Glovers Reef, a coral reef system located in Belize, home to marine creatures — eels, Atlantic rays, French angels and Cuban hogfish.

She says, "It's that first moment of awe that you see in a child's eye when they visit the aquarium that inspires me to want children of all ages, but especially urban children of Caribbean descent to have that same experience."



Nicole also spends her free time mentoring young women and volunteers as a leader and coordinator of six Girl Scout troops at PS 276 in Canarsie, Brooklyn.

Dave Rodney

Major music promoter and writer

Multi-lingual, media-marketing consultant, TV host, author and freelance writer, Dave Rodney is co-president of Images LLC, a media marketing company based in New York.

Hailing from Jamaica, Rodney graduated from University of West Indies, with training at the Sorbonne and Caribbean Institute of Mass Communications; he regularly orchestrates network television promotional opportunities for Jamaica and the Caribbean.

Rodney has created brand awareness and increased sales for several high profile companies including Grace Foods, Western Union, Jamaica Tourist Board, Breezes Bahamas, Rhum Barbancourt in Haiti and NYC's summer concert Groovin' In The Park.

Additionally, his company has created publicity campaigns for an array of popular musicians and related entertainment companies.

Rodney has anchored many high-profile international media driven

events in Jamaica including The Motown Soul By The Sea, MTV Spring Break and the HBO Sinbad Soul Music Festival, one of the most profitable events of its kind ever held in Jamaica.

"I create opportunities by seeing and synergizing the possibilities, and having the persistence to act upon them."

In less than a week millions of dollars in foreign exchange were earned for Jamaica.

He created a one-hour French reggae program in Quebec that became syndicated in 11 markets. He is partly responsible for the development of key

radio links from New York to elsewhere in the Jamaican / Caribbean Diaspora.

His expertise in integrating multiple media platforms and the travel trade in high yielding target markets maximizes earnings for the Caribbean region. And, locally and internationally, he continues to be a major promotional engine for a wide range of media-driven events.

Among his other achievements, Rodney pioneered the first dancehall signing to a U.S. major labels through Atlantic Records as far back as 1988.

Author of a book on pop sensation Usher, Rodney has also pushed relentlessly for the promotion of overseas-based Jamaican authors. He has also written much of the JTB's promotional brochures on aspects of Jamaican culture and writes periodically for several publications. He has served on the board of the National Gallery of Art in Jamaica.

Rodney also has a passion for exploring South American rivers, jungles and



rain forests. He feels that his jungle survival skills course in Brazil helps him to execute guerilla-style / grass roots marketing campaigns.

Of his operational philosophy, he says, "I create opportunities by seeing and synergizing the possibilities, and having the persistence to act upon them. I map out plans, visualize overcoming obstacles and retain the ability to adapt to changing conditions in an ever-changing world."

Celestial Funeral Services congratulates
Pastor Gilford Monroe
on receiving the Caribbean Life Impact
Award 2015. Well deserved!



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*Zoran Vaz congratulates
Judy Newton
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**Congratulations to
Mr. Edgar Henry and the other honorees
of the 2015 Impact Awards**

Nina Rodriguez

Realtor with a dedication to charity

Ninoshka Rodriguez is one of Rapid Realty's brightest stars. She is a top performing franchisee, who has worked with the company since 2007.

Nina, as she prefers to be called, was still attending college — she obtained a business and finance degree — had a full-time job with Amerigroup, when she was enticed to explore real estate. She took a course at night. Once licensed, she began working part-time for Rapid Realty and began to focus on high-end rentals and commercial spaces.

Amerigroup was looking to open additional offices throughout New York City and Rapid Realty had commercial spaces everywhere. Rodriguez found a way to have both companies work in harmony with each other. She brokered several commercial deals that set commission records at the time. Once out of school, she put more time into real estate.

After gaining expertise in the industry, she helped open the Bedford office.

Soon after, she jumped at an opportunity to open up a Rapid Realty franchise in North Park Slope.

Rodriguez's ability to manage people and her competitive attitude make her a great asset to Rapid Realty. She inspires her agents as they look for an example of what hard work and dedication can lead to.

"My team.. They're young and ambitious. Their hard work makes me want to work harder so that I can help them reach their goals."

tion can lead to.

She is now a multi-unit franchisee, an advisory council member and one of Rapid's first area developers.

Nina has aspirations to bring the brand to markets outside of New York City. Nina volunteers to assist other franchisees.

In the "giving back realm," she coordinates charity events such as those for the American Cancer Society and Make-A-Wish Foundation.

Involved with relief for those affected by Hurricane Sandy, she and her team helped people clean up and gather their belongings. "We placed many of them in new homes without charge," she says.

"Also, my team and I often help provide clothing, electronics and school supplies for the children in shelters," she said.

Who inspired her? "My team," she says. "They're young and ambitious. Their hard work makes me want to work harder so that I can help them reach their goals."

With Thanksgiving coming, she and her team are collecting turkeys and canned good to deliver to people in need, mostly from the Caribbean and



Hispanic communities. They're also looking forward to a toy drive for Christmas.

Nina Rodriguez was born in New York and raised in Puerto Rico.

Carl Stuart

Serving communities here and abroad

One of eight siblings, Carl Stuart II grew up in Guyana. His parents instilled in him discipline, love for God and respect for all men.

Stuart began working in the aviation industry as a teenager — he was 15, working as an accountant. He went on to a career, spanning more than 25 years in airport operations and administration.

He has worked for three major Caribbean-based airlines in leadership roles — briefly for GAC, 15 years with BWIA, before transitioning to Caribbean Airlines. With Caribbean Airlines, he has worked as manager in Guyana, then interim general manager for St. Maarten and Jamaica. He returned to Guyana in 2010 to be airport manager for South America.

In the tri-state area since December, Stuart is now sales executive for Caribbean Airlines in New York and the North East USA.

During this brief time, he has aided

Caribbean Airline's transitional positioning as a strong brand across the Caribbean Diaspora and leisure segments of the market.

"I love serving communities," Stuart says of his work both in aviation and outside his profession. "When Caribbean Airlines has an opportunity to give back we do," he says of its tri-state outreach.

He elaborates, "We transported to Jamaica at no cost medical supplies and portable equipment for clinics." Caribbean Airlines also donates tickets for a myriad of Caribbean Diaspora fundraising events.

This airline executive looks to his mother as having a great influence on his life. "She reached out to persons disadvantaged," he says. "As a young boy, I got involved in commu-

nity work."

He is also an ordained minister, an elder, in the African Methodist Episcopal Church with a passion for working with those at risk and disadvantaged.

"I oversee a men's counseling program in New Jersey serving youth and adults," he says. "We deal with issues of gang violence, young men being

"I love serving communities. When Caribbean Airlines has an opportunity to give back we do."

bullied, and access to opportunities not easily obtained." He adds, "I mentor young men to move from hopelessness to hope, to look to a better tomorrow and that the past does not determine the future."

In Guyana for the last 10 years, he has also done community outreach work including a twice-weekly feeding program for youth at risk, a language



arts and book program for kids, and support for girl dropouts that includes working with the families.

In November 2014, the government of Guyana recognized Stuart for his outstanding work for more than two decades in aviation in Guyana.

Vaughan Toney

An advocate for children

Vaughan Toney has been a life long advocate for children. Born in St. Vincent and the Grenadines, he spent his formative years there.

He is president and chief executive officer of The Friends of Crown Heights Educational Centers, Inc., (FOCH), a community-based organization in the New York City. Since 2001, he has presided over the largest expansion of early childhood education services in the history of the 40-year-old organization.

There is now a network of 19 full-service centers in Brooklyn, Manhattan and Staten Island, one of the City's largest providers of childcare and early education, including universal pre-K and after-school programs.

In a relationship that spans 30 years, he has served in various capacities as a member and former chairman of the Board of Directors.

Toney has also enjoyed a robust career in public service including a combined 14 years in policy in the

state legislatures in Albany. He was particularly inspired by State Senator Leonard Stavisky with whom he worked as special assistant.

He says, "In addition to his 34 years of service as a state legislator, Stavisky was a former professor of history and

Stavisky... instilled in me at the earliest stages of my career a lifelong commitment to public service and advocacy.

government who brought that unique perspective and expertise to his position as chairman of the Senate Education Committee. And it was he who instilled in me at the earliest stages of my career a lifelong commitment to public service and advocacy."

Reflecting on life he continues, "It was he who taught me that public service is a sacred calling and the noblest of pursuits."

Toney left Albany to serve as chief-of-staff for Council Member Una Clarke and then 45th Council District Member Dr. Lloyd Henry.

He is also active in local institutions, churches and political organizations including a member of the board of the Day Care Council of New York and Chair of Tabernacle Day Care Center.

Toney's latest project is very exciting. With his colleagues and staff, he is spearheading "Bridging the Gap," an initiative he explains, "that seeks to drastically reduce the word deficit that poor children suffer in the earliest stages of life, relative to more affluent kids."

The project makes an abundance of children's books readily accessible for loan or to keep for the parents and children attending the educational centers. Hands-on training for par-



ents to better simulate their children's interest is also part of the project. "We want to maximize their exposure to the wonder and beauty of words," Toney says.

Dennis Rahiim Watson

Motivational speaker who combats gun violence

As a youngster in Bermuda, Dennis Rahiim Watson got kicked out of school 37 times for being insubordinate and disruptive. Those attributes are now channeled positively. As a motivational speaker, he shares his message about 25 times a month to audiences worldwide.

In the early 80s, his good friend Denzel Washington encouraged Dennis, a performer / poet, to write a one-man show. Entitled "The First Black President," Dennis performed it 500 times from 1981-2008.

"All along, I was working with youth," Dennis says. During that time, he founded the National Black Youth Leadership Council to inspire young folks to be winners, achievers, and successful.

The organization changed, now called the Center for Black Student Achievement. "In three decades, we've reached three million children," he says.

Much of his speaking is on college campuses. "I concentrate on the hip-

hop generation. I want them to be problem solvers and have academic success."

"All along, I was working with youth. In three decades, we've reached three million children."

"You can change people's perceptions," he tells them. "You can't talk like a thug. You should have suits in your closet, polished shoes, and know how to tie a tie."

He emphasizes how he wants to create a generation of role models, innovators, and mentors—global leaders,

looking to Barack and Michele Obama as excellent global examples.

Watson wants Black men to love, honor and respect each other and particularly to end gun violence.

"Gun violence is a plague in the Black community. We have to find a solution," he says. He speaks to gangs about consequences—injury, death or incarceration, "It's your mother that carries the burden for the rest of your life; she will be inconsolable."

Dennis volunteers 25 percent of his presentations and has spoken at 100 prisons. His message, "You've one life, why mess it up? Do you want murder to be your legacy?"

One of his talks, "Life Lessons from Big Mama: What I Learned from My Mother" is lively and emotional. With call and response, his presentations get the audience involved. "I see students cry," he says.

In addition to his mother, he particularly thanks his mentors Pan Africanist Dr. Roosevelt Brown and Queen Mother Moore, Harlem Prep's Dr. Edward Car-



penter, and African history teacher Dr. Josef Ben Jochannon as adults that believed in him. Watson acknowledges his loving teachers in Bermuda and others who acted like big brothers and role models for him. "I count 500 'investors' in me and I don't want to let them down."

Ruby Wood

A business owner who receives her blessings by giving



Ruby Wood (nee Small) hails from St. Vincent and the Grenadines. Forty years ago she migrated to the United States to join her husband, the late Egerton “Creech” Wood.

After several jobs, she says, “I accepted that my passion and profession was in the shipping business with my husband.”

Ruby and her late husband established Square Deal Shippers and Movers, Inc. then on Utica Ave. When they outgrew that location, they moved to their present home office and warehouse site on Church near Troy.

“There were numerous challenges,” she says. In addition to administrative tasks, she adds, “I maneuvered barrels, drove the pick-up and delivery trucks so shipments would depart and arrive to various destinations on their expected dates.”

With all of this, she also continued her education at college and had a family.

“My company has provided jobs for a number of persons,” Ruby Wood says, “giving them opportunities to be success-

ful professionals.”

Ruby’s life is also guided by the words of her mother: There are more blessings in giving than receiving.

To that end, she is involved in several Diaspora community activities. She and

less people.

She has acquired and distributed books, computers, medical equipment and supplies, and building materials for hospitals and churches.

Among the many, her most rewarding achievement she says, “I am most proud of shipping a refrigerated morgue to Union Island, a small island in St. Vincent and the Grenadines. It impacted the lives of many by allowing the locals to keep the dead a little longer, thus allow-

Wood is the recipient of numerous recognitions, citations and awards including a proclamation from City Council in 1999 and Woman of the Year Award in 2009 from Councilmember Dr. Kendall B. Stewart on behalf of the constituents of the 45th District.

her company have donated charitable gifts and donations to many organizations including the Salvation Army, Catholic Charities, the Red Cross, schools for children with special needs, sports and educational youth programs, and feeding programs for school children and home-

ing relatives traveling from abroad to see their loved ones before burial.”

“Right now, I’m working in conjunction with St. Mathias Charities to get medical supplies and equipment to St. Vincent and the Grenadines,” she adds.

For her acts of kindness, Wood is

the recipient of numerous recognitions, citations and awards including a proclamation from City Council in 1999 and Woman of the Year Award in 2009 from Councilmember Dr. Kendall B. Stewart on behalf of the constituents of the 45th District.

For her social involvement in St. Vincent and the Grenadines, nurses, teachers, sports, and religious associations have also paid tribute to her.

She is the mother of two daughters and a son and the grandmother of four boys.

Tiphannie Yanique

A Caribbean woman of letters



Tiphannie Yanique is a daughter of the Caribbean — St. Thomas to be exact — a woman of letters and an assistant professor of writing.

She is the author of the novel, “Land of Love and Drowning,” which won the 2014 Flaherty-Dunn First Novel Award from the Center for Fiction, the Phillis Wheatley Award for Pan-African Literature, and the American Academy of Arts and Letters Rosenthal Family Foundation Award. The book was listed by NPR as one of the Best Books of 2014, was a finalist for the Orion Award in Environmental Literature, and is currently a finalist for the Hurston-Wright Legacy Award.

Among many recognitions, Yanique has received a Pushcart Prize and a Fulbright Scholarship. She was honored in 2010 with “5 Under 35” by the National Book Foundation and in 2014 mentioned as one of “14 women to watch out for” for her collection of stories “How to Escape from a Leper Colony.”

Yanique cites her grandmother Beulah Smith Harrigan as her greatest inspiration. “She was the children’s librarian on the island and an avid reader of books and teller of stories. Her father was a ship captain, a rather famous one, who went down with his ship when she was just three years old. Her mother passed a way soon after.

My major artistic and activist project is to reveal to Virgin Islanders...that the Virgin Islands is a place where fully complex and intellectual and creative people live and thrive.

Her older brother, sister and godmother raised her in rotation.”

But she managed to get her master’s degree in Library Science at a time when an educated Black woman, especially a poor one, was a rarity.

Yanique is a writing professor in the MFA program at the New School in New York City, where she is the 2015 recipient of the Distinguished Teaching Award.

She says, “My major artistic and activist project is to reveal to Virgin Islanders, West Indians, and human beings at large, that though protectorates of the United States and Great Britain, though a tourist destination, though a cluster of very small islands, that the Virgin Islands is a place where fully complex and intellectual and cre-

ative people live and thrive, where there is a culture worth protecting, worth studying, worth experiencing and worth developing.”

Yanique helped form a cultural and artistic collective in the Virgin Islands

called Rock (the nickname for St. Thomas) Lounge. “Though I regretfully don’t live in St. Thomas full time anymore, Rock Lounge continues on without me,” she says.

Her collection of poems, “Wife,” will be published in November 2015.

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Michael Friel & Kathy Cole



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