

# Caribbean Life

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March 25-31, 2016

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## Rally for justice

A human rights supporter attends the rally for justice for Berta Cáceres, a 44-year-old environmental activist who was murdered in Honduras. See story on page 3.

Photo by Tequila Minsky

## 'The Campus' gets a financial boost

By Nelson A. King

Brooklyn Borough President Eric L. Adams on Friday made a surprise \$500,000 commitment to "the Campus," an initiative spearheaded by New York State Sen. Jesse Hamilton.

"The Campus" aims to build digital literacy and improve public health in Brownsville.

Joined by his colleagues, including Assembly Member Latrice Walker, Council Member Darlene Mealy, and more than 30 community partners,

Hamilton announced plans to launch "the Campus" in the Brownsville section of Brooklyn in fall 2016.

Speaking at a press conference at Howard Houses Community Center in Brownsville,

Continued on Page 6

# ANTIGUA LURES IRAQIS

## Iraqis can now buy Antigua citizenship for big bucks

By Bert Wilkinson

As terror reigned in Brussels, Belgium in the past week, authorities in the Caribbean Community member state of Antigua surprisingly lifted a ban on Iraqi nationals being allowed to pay big bucks for an Antiguan passport or citizenship under its controversial dollar for nationality scheme, causing consternation of the island and criticism from opposition circles.

The administration of Prime Minister Gaston Browne not only lifted all the restrictions on Iraqis buying into the scheme but appointed a special envoy to speed up the process

as it targets what officials say are hundreds of wealthy and peace loving Iraqis living in the international safe zone who want to leave and live outside of the war-torn country.

Iraqi national Ahmed Abbas Oleiwi Al-Hassani will act as the special envoy or ambassador for Antigua, organizing Iraqis to buy into the Citizenship By Investment Program (CIP) which Antigua, St. Kitts, Dominica, Grenada and St. Lucia have in place but which is increasingly being viewed as a soft security loophole area by the international community.

The scheme allows wealthy  
Continued on Page 6

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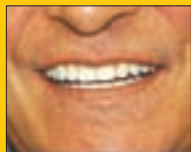
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# Guyana prez to headline Jubilee Week in NY

By Nelson A. King

Guyana's President David Granger will be the Grand Marshall of the 2016 Guyanese American Unity Parade and Mashramani in New York City on June 12, 2016, organizers say.

The Brooklyn-based Guyana's 50th Independence Anniversary Celebration Committee (New York) said on Friday that Granger will also address a Unity Rally, at the end of the parade, to conclude "Guyana Jubilee Week" in New York.

It will be Granger's first address to Guyanese nationals in New York since his election to the presidency in May 2015.

Several celebrities of Guyanese heritage; including actors, singers, professional basketball, soccer and football players will also march in the parade, the committee said.

The parade, the second annual Guyanese American parade in Brooklyn, will commemorate the historic 50 years of Independence of the Republic of Guyana. Guyana gained independence from Great Britain on May 26, 1966.

The Brooklyn-based Caribbean Guyana Institute for Democracy (CGID) and Guyana's 50th Independence Anniversary Celebration Committee (New York) are sponsors of the carnival-styled parade, called Mashramani, an Amerindian word for community celebration.

The parade will start on Church Avenue at Bedford, proceed east to Ralph Avenue, south on Ralph Avenue to Flatlands Avenue and West into South Shore High School Park, where Granger will address the Unity Rally.

The committee said it has collaborated with the Guyana New York Consulate and United Nations Mission in planning "a spectacular Golden Jubilee celebration for the New York metropolitan region, from June 4 - 12, 2016.



Guyana's President David Granger. Photo by Bert Wilkinson



Calling for justice for her slain mother and continuing to fight for indigenous rights is Berta's daughter Bertha Isabel Zúniga Cáceres, Lilian Esperanza López, Organization of Popular and Indigenous Organizations of Honduras (COPINH) holding a cut-out of Berta, and Garifuna leader Carla Garcia. Photo by Tequila Minsky

## Rally for justice for environmental activist

By Tequila Minsky

Hundreds of human rights defenders rallied outside the First Avenue Honduras Mission to the UN last week demanding justice for the murder of 44-year-old environmental activist Berta Cáceres, gunned down on March 3 while she was sleeping in her home in La Esperanza, Honduras.

Berta Cáceres was a Lenca indigenous leader — the largest indigenous group in Honduras — about 100,000. For years, she worked to preserve the community and their land.

In the weeks preceding this barbarous act, Berta and the Civic Council of Indigenous and Popular Organizations of Honduras (COPINH) — the organization she co-founded — had repeatedly received death threats for their opposition (over a decade) against the Agua Zarca hydroelectric dam on the Gualcarque River, a sacred river within Lenca indigenous territory.

Just two days before this rally, on March 15, fellow activist Nelson Garcia was shot and killed for helping a group of poor families resist a land grab in the small town of Rio Lindo. These recent acts of targeted violence highlight the need to end impunity and enact laws for human rights protection.

Last year, Berta was awarded the 2015 Goldman Environmental Prize for her

fearless work to defend the Gualcarque River and its surrounding environment and people from DESA's Agua Zarca Dam project. Goldman Environmental Foundation President John Goldman released a statement, "She understood the risks that came with her work, but continued to lead her community with amazing strength and conviction."

Demonstrators — New York-based activists and allies as well as international women attending the UN's Commission on the Status of Women (CSW) braved the rain, which stopped as the program began. And, filled with emotion, they continuously expressed their outrage and solidarity during the rally.

Speakers from the Cáceres family, from COPINH—Lilian Esperanza López, from the Honduran Women's Human Rights Defenders Network— Yessica Trinidad, and other social justice leaders were among those addressing the assembled rally.

Berta's 25-year-old daughter Bertha Isabel Zúniga Cáceres looked into a sea of chanting supporters, waving cut-out face masks of the slain activist. "We know that Berta was assassinated because she struggled for her people, and we also know that she struggled to protect nature," she said. "Berta would be delighted to see you here, sharing for rebellion and demand for justice."

Cáceres listed harborers of power that Berta continuously confronted — economic interests, political elites and military, security and police forces.

Demands read at the rally called for immediate and transparent investigation into this crime, protection for the crime's witness, fellow activist Gustavo Castro Soto, as well as urging the creation by the Honduran state of a safe and secure atmosphere for human rights defenders.

While Berta's courageous voice cannot be replaced, her fortitude and resolve motivates those struggling to continue her work. Her spirit as well as her many-multiplied image was amidst the crowd.

Global Witness issued a 2015 report detailing that Honduras is the most dangerous place in the world for environmental activists — 109 were killed there in the last five years.

Goldman Prize staff is working with Global Witness and other partners to demand a full investigation by the Honduran government into the killing, immediate measures to ensure the safety for the Cáceres family, and protection for Honduran activists.

Sixty-two members of Congress have called for an independent investigation.

### Caribbean

The Inter-American Bank (IDB) says Caribbean countries continue to be affected by the global economic downturn of 2008 and some have still not recorded pre-2008 growth rates.

The IDB, which held a two-day meeting recently in Washington DC, for its Caribbean regional governors, noted that throughout the Americas, the region's economies registered a mix of good and poor economic results, with some nations suffering sharp declines in commodity prices and others experiencing increases in tourism during 2015.

The IDB said the meeting provided the opportunity to exchange ideas, discuss regional economies and what role the IDB can play

It said the delegates also discussed responses to the effects of climate change, specific initiatives to diversify the region's matrix and promote sustainable development.

A statement issued by the bank said the meeting also gave senior IDB managers an opportunity to explain the impact of the recent reorganization of the various departments of the bank that work with private-sector operators.

According to data presented during the meeting, the ICB registered significant growth in its 2015 loans to its member countries, which include The Bahamas, Barbados, Guyana, Jamaica, Suriname and Trinidad and Tobago.

The IDB also approved US\$17 million in grant financing to its Caribbean member countries.

### Barbados

Barbados has announced a 12-month ban on the importation of remotely piloted aircraft systems (RPAS), also known as an unmanned aerial vehicles or drones, which will take effect from April 1, 2016.

The ban will allow authorities to complete a legal framework to govern the use of these devices and determine the number in operation in Barbados.

Customs officials say that during the past two years in particular there had been a significant increase in the number of RPAS for commercial and recreational use being allowed entry into the country.

This, one official said, has contributed to the unregulated growth of drones and the inability of the regulatory authorities to ascertain the numbers in operation.

Concerns has been raised in Barbados and internationally about the potential for their misuse and the risks



## St. Lucia's banana industry improves

Ausustin Changoo picks bananas on a farm owned by Ellis Rupert Gajadhar in the Cul de Sac valley just south of Castries, St. Lucia.

Associated Press / Lynne Sladky, File

posed to safety, security and privacy by their unregulated use.

### Bahamas

Bahamas Prime Minister Perry Christie has announced a \$16 million to CLICO policyholders- seven years after CLICO (Bahamas) Limited went into liquidation.

During his mid-term budget communication, Christie said the policyholders who are still current will begin to receive payouts by the end of the month.

He said the liquidator of CLICO has proposed and the government has agreed to a plan which involves the creation of a special purpose vehicle to assume the insurance operations of CLICO and to pay out the policyholders who have been unable to receive the full payout of their benefit, subject to the policy not lapsing during the period of liquidation.

The prime minister said under the plan, surrendered policies, death benefits, medical claims and staff pensions will be paid in full.

Over the years CLICO policyholders have held several demonstrators as they agitated for government action.

### Guyana

Oil exploration efforts have intensified following the discovery of com-

mercial quantities of oil in Guyana's Maritime Zone.

Esso Exploration and Production Guyana Ltd (EEPGL) recently commenced a meteorological and oceanographic survey in the Stabroek Block, which is scheduled to be completed by May 2018.

Seismic survey within the Canje block has started and will continue for a period of six months.

This was disclosed by Minister of Natural Resources Raphael Trotman who told the National Assembly recently that there is growing interest in Guyana's hydrocarbons and as such, Exxon Mobil will also undertake further exploratory drilling another well.

The Ministry of Natural Resources will be placing significant emphasis on capacity building in 2016, with the development of a framework for a Petroleum Agency and the conceptualization of an institute in collaboration with the Ministry of Education.

International Development partners have signaled a willingness to train young Guyanese to assume responsibility to lead the petroleum industry in the decades ahead.

### Grenada

BedyEasy-Sky, a merged tour operation and air transportation service between Bedy Travel in Grenada and

Easy Sky, an airline with 36 years of experience in Honduras plans to offer flights and tours to Cuba from a number of Caribbean countries from next month.

Easy Sky will be operating a fleet of 737-500 planes with a capacity of 120 passengers from Honduras to Cuba via Grenada and St. Lucia.

Bedy Travel director Diana Ross said objective of the plan is to connect the Caribbean to Cuba, delivered in a differentiated way from regular everyday regional flights, in that the service is tour-related for regional and international tourists that would be uniquely packaged as well as individual tickets that would be available to travel to Cuba, Honduras and other Caribbean destinations on the route to Cuba.

During April, flights will leave Grenada to Cuba at 7:30 am on Fridays and beginning in May, on Mondays and Thursdays. The route will consist of Grenada, St. Lucia, Honduras and Havana.

The flight would take approximately five hours to the final destination compared with 15 to 22 hours using other flights that have to go through Panama, Venezuela and other destinations.

### Jamaica

Jamaica has recorded four H1N1

Continued on Page 14





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# Buying Antiguan citizenship



Antigua and Barbuda Prime Minister Gaston Browne.

Associated Press / Diego Azubel, Pool

Continued from cover

foreign citizens to pay up to \$1.5M for a passport and citizenship, include children under age 25 to also qualify, invest in the real estate or other sectors and once they have the passport can enjoy visa free travel to dozens of countries around the world.

Prime Minister Browne gave no real reason for the change of policy but said that the appointment of the special envoy will help to accelerate the drive to attract wealthy people and to properly screen them at their home base as government itself lacked such capacity.

"We had taken a decision just over a year ago that we did not have the capacity to process applications in certain areas in the Middle East. Now that we have a physical presence, it will be easier for us to process those applications," he told parliament.

But the main opposition United Progressive Party (UPP) is having none of it and says it remains vehemently opposed to the ban on Iraqis being lifted.

"There can be no benefit to the people of Antigua & Barbuda; we have no cultural ties and we have no trade ties with Iraq. The government has to seri-

ously rethink this policy and to make the safety of the citizens a priority," said Opposition Leader Harold Lovell, contending that only negative problems can flow from the new association.

Lovell said nothing good can come from such association as the move exposes the island to untold danger and could internationally compromise the national passport and other travel documents.

"Perhaps it will benefit a few individuals financially, but it will not benefit the people of Antigua & Barbuda. We are calling on the Gaston Browne administration to reverse this decision," Lovell said.

# 'The Campus' receives aid

Continued from cover

Hamilton, who represents the 20th Senatorial District, said the project envisions creating co-working space for local tech startups and entrepreneurs; hosting coding and app development workshops; providing e-workforce development skills building; and including a wellness focus to help confront local public health challenges, to include overcoming stress and anxiety.

Hamilton said "the Campus" programs will be open to the community, with a particular focus on neighborhood youth, ages 12-18.

"I know firsthand some of the challenges these young people are facing, because I grew up in public housing in New York and will always be a champion for the residents of NYCHA (New York City Housing Authority)," he said.

"Their experience is my experience," he added, stating that his mom's focus on education helped him get where he is today – "the honor of representing more than 300,000 Central Brooklyn residents.

"It is incumbent upon me to pass that focus on education and wellness on to the children of all the neighborhoods I represent; give them the opportunities, resources, and support that every child in New York deserves," Hamilton continued. "As a commu-

nity we must take advantage of the remarkable talent our young people possess by investing in them and their future."

Hamilton said a clear message must be sent "that we believe in you, your ideas, your contributions and the great perspective you will add to our city and our state.

"With the Campus, we are sending that message of community determination and perseverance to Brownsville," he said. "Thanks to colleagues, advocates, community based organizations, and small businesses, all the remarkable partners committed to making the Campus a reality."

Adams said "the Campus" will "have the opportunity to become the developers of the next generation, building our borough's reputation as a destination for innovation.

"I share State Senator Hamilton's commitment to unlocking the potential of Brownsville, harnessing the energy from public and private partnerships to make this community a safer and more prosperous place to raise healthy children and families," he said.

Hamilton said the project's lead partners include both government agencies and community-based organizations, more than 30 partners altogether.

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# T&T PM fires housing minister

# CARICOM strengthens ties with Japan, Israel

By Azad Ali

With just six months into the new Trinidad and Tobago government Prime Minister Dr. Keith Rowley has fired his Housing and Urban Development Minister Marlene McDonald from his Cabinet.

McDonald is one of the ruling People's National Movement (PNM) three deputy political leaders — she will now shift from the front the government's front bench in Parliament to the back-bench.

Rowley moved against one of his very few senior ministers on Thursday following a report in a daily newspaper of an alleged breach of Parliamentary rules that the former minister had hired her husband Michael Carew and his brother Lennox among the 13 members of her Port of Spain South constituency office.

It was reported that Michael Carew worked at the office from June 2010 to Sept. 15 (until after the general election), earning the second highest salary of TT\$13,000 (US\$2,000) a month, while his brother has been working at the office since 2011 and received TT\$14,000 in salary.

But according to the Parliament rules for hiring staff for constituency office, MPs are restricted from employing relatives as employees in their con-



Former T&T Housing and Urban Development Minister Marlene McDonald.

stituency offices.

Rowley had asked President Anthony Carmona to revoke the appointment of McDonald as the Housing and Urban Development minister.

He also made some changes assigning Randall Mitchell from minister with responsibility for Public Administration to minister of Housing and Urban Development; reassign Maxi Cuffie with responsibility for Communication with responsibility for Public Administration and Communication. And he has assigned Stuart Young as minister in the Office of the Prime Minister. This is in addition to his cur-

rent portfolio as Minister in the Ministry of the Attorney General.

McDonald is also under Investigation by the Integrity Commission that she abused her office in 2008 when she was minister in the former Patrick Manning administration to facilitate a Housing Development Corporation (HDC) unit at Fidelis Heights, St. Augustine, a few miles from Port of Spain, to Carew.

This is one of three allegations that are being probed. She is also been accused of using her ministerial office to approve grants in the sums of TT\$375,000 and TT\$200,000 to the Calabar Foundation of which Carew is a director.

McDonald said she did not know that Carew was a director of the foundation.

The former minister has denied that she abused her office.

The prime minister also received a letter from acting Commissioner of Police Stephen Williams that the police had opened a criminal investigation into the Calabar Foundation, to which McDonald has been linked.

Opposition leader Kamla Persad-Bissessar had said the Opposition will move a motion of censure against McDonald calling for her removal should Rowley fail to fire her.

By Azad Ali

The 15-member Caribbean Community (CARICOM) grouping has strengthened its relations with Japan and Israel.

A CARICOM statement said since 1993, relations between CARICOM and Japan have been moving apace, evidenced by the summit of heads of government, four ministerial sessions and 17 consultations held among senior officials.

The Guyana-based CARICOM Secretariat said it has received the accreditation of Japan's new Ambassador Mitsuhiro Okada and that Ambassador Manorma Soeknandan, deputy CARICOM secretary-general, in accepting the letters of credence, restated the Community's "profound appreciation" to Japan for contributing to the construction of the CARICOM Secretariat building.

She also noted the first visit of a Japanese prime minister to the region in 2014 and the new level of political engagement it carried.

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**Q. I bought my house with my Spouse and i don't know if he is paying our mortgage on time?**

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Wherever I go in our city, people from all walks of life come up to me, literally grabbing me by the arm, all saying the same thing: "I've got to talk to you, because I don't know if I can afford to stay here. I don't know if I'm going to be priced out of my own city."

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before anyone could imagine the cost of housing being what it is today. Our new rules have cleared the way to build more senior affordable housing more quickly, because our elders deserve to live in dignity in the communities they helped to build.

These two leaps are critical as we undertake the largest and most ambitious affordable housing program in the history of this country.

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*Mayor Bill de Blasio*

# Fight to end mass incarceration of women

By Tamisha Walker

Black women today yield significant political power as the most reliable Democratic voters. Yet, despite growing political importance, they score at the very bottom when it comes to virtually every economic indicator from education to lifetime earnings to household wealth. Some past history that shapes black women's lives just aren't changing fast enough.

I grew up with no father and an addicted mother, I raised myself, became a mother at 15, dropped out of school, and struggled to support my child and siblings. It was a dark time. Living with poverty, surrounded by substance abuse and being neglected, I didn't think much about the future. But nothing was as dark as waking up in a jail cell without remembering how I got there.

More than 1 million women are behind bars in the United States. Two thirds are women of color, and more than a third of those incarcerated for drug offenses. Eighty-five percent have been victims of violence, rape, sexual assault, neglect and child abuse.

A recent report shows that

**The right intervention for addiction is treatment, not prison, but women of color disproportionately get punishment instead of treatment.**

over the past two decades, the percentage of girls growing up the way I did who get prison sentences jumped from 20 percent to 50 percent. The number of women in prison is now rising at nearly double the rate for men. Many of these women are mothers criminalized for being addicted while pregnant. Last year, Tennessee passed a law that made it a crime to be addicted while pregnant.

The right intervention for addiction is treatment, not prison, but women of color disproportionately get punishment instead of treatment. Girls of color who have lived with abuse are more likely to be labeled as offenders than white girls.

I was arrested 19 times before I turned 18. No adult ever asked what was wrong or what was leading me down this road of bad decisions and bad consequences. There was no intervention before going

to prison, while in prison, or even after — when it could have helped accelerate the healing of my family. Most incarcerated women have little or no access to drug treatment, even though nearly 75 percent of them were using drugs before their arrest. Nor is there much available treatment to help abused women recover.

There's also little counseling or parenting education for incarcerated women, even though most inside, like myself, are mothers. And there's scant legal or advocate support for women coming out of prison and seeking to regain custody of their children.

Like men, women coming home face employment challenges, but they often face more even barriers in getting assistance for themselves and their kids if they've been convicted of a drug offense.

In the six years since I came home from jail, I have earned my GED, obtained an associate's degree, and become an advocate for changing policies to better serve people returning home after incarceration. I've reunited with my sons and kept them close, assuring them they won't experience the life

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## Caribbean Life

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



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# Fast fix needed at Trinidad & Tobago Consulate

It would probably be difficult to find a group that was more relieved at the ouster of the regime led by former Trinidad and Tobago Prime Minister Kamla Persad-Bissessar than employees, past and current, at the Trinidad and Tobago Consulate in New York whose employment was, in some instances summarily terminated, in others, compromised to levels more befitting a 19th century workplace. As the former government ploughed on, the consulate workers' plight did not go unnoticed by outside elements, including media and various community-based organizations that weighed in on what seemed some high-handed action by then Consul General Nan Ramgoolam, or perhaps superiors whose bidding she did — Suruj Rambachan, the foreign affairs minister or Bissessar herself. But no amount of dramatizing the surreal turn of events the New York Consulate had undergone could move the needle.

One might read into actions by the Bissessar team soon after they took office, designs on the New York Consulate for swiftly

placing their own imprimatur on operations there. Literally within days of the administration coming on board in May, 2010, an attaché in New York (along with other staffers elsewhere) was informed of being terminated. And Minister Rambachan, whose unabashedly racist sentiments are no secret, made known in an early visit to the consulate his aim of having the staff include more Indo-Trinidadians.

A questionable examination Ramgoolam introduced to be used for determining the fitness of staff to work at the consulate became a huge bone of contention. It was criticized in many quarters (including the former head of Trinidad and Tobago's public service) as a flawed barometer for measuring who should and shouldn't be consulate employees. The upshot, nevertheless, was that a number of workers, including several long-serving ones, were let go.

Compounding matters was the draconian reconfiguration of the consulate environment with respect to conditions of employment. The new order

## Viewpoint

By Les Slater

was that employees — again including several with 10, 15 and even more years of service — had their former two-year contract arrangement now replaced by a six-month deal that was stripped bare of any benefits. The new terms called for a contract with no paid sick leave, no paid leave of any kind, with wage deductions made for late arrival at work for any reason. And with the crowning indignity of employees being forced to be off the job for one week without pay when the six-month term is winding down, in order to sign a new six-month deal! These were the conditions of employment for employees at the New York Consulate beginning in 2012 — conditions that endure to the present time.

Those shockingly regressive terms of service (we're tempted to say "servitude") are just as preposterous today as when

we first got wind of them a few years ago. It is altogether unconscionable that any employer, let alone a democratic government as employer, would think to impose employment guidelines that so flagrantly flout norms of decency and fair play in the modern workplace. Frankly, one wonders whether, notwithstanding this being a foreign government entity operating on American soil, there isn't some provision in U.S. or New York law to have compelled the former T&T government to conform to labor code stipulations in this city, in light of U.S. citizens and lawful residents being victimized.

But what perhaps most stretches credulity about what's happening with the consulate staff is that the conditions are unique to the New York Consulate. This abomination, now in its fourth year in New York, doesn't exist in any other T&T legation on U.S. soil or elsewhere. And the best that has been heard by way of explanation for some obvious blundering, was that the changes were intended for all offices, but somehow were instituted

only at New York Consulate. So there!

Now that Bissessar and her underlings have been sent packing, there is understandable angst among folks at the consulate who continue to slog through atrocious working conditions they've had to abide all this time. The current foreign affairs minister, Dennis Moses, as well as Prime Minister Keith Rowley are well aware of this protracted injustice.

Picking up after a government that was both corrupt and reckless, Rowley and company had their strained fiscal circumstances challenged further by the precipitous decline in world energy prices. A government's plea for tolerance from the public in the face of severe economic shock is to be expected. At the same time, though, it's clear that the T&T government cannot afford to further delay rectifying that shameful employee situation at the New York Consulate. It smears the country's good name, never mind who was responsible for creating what should be rightly called a national embarrassment.



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# Presenters named for Sparrow symposium

Four distinguished presenters will bring different perspectives on Mighty Sparrow's phenomenal career at the symposium focused on the legendary artist, that will take place Friday evening, April 8 at Medgar Evers College, presented by the Trinidad & Tobago Folk Arts Institute, in collaboration with the Medgar Evers College School of Professional & Community Development.

Scheduled to make presentations are: Prof. Lawrence Waldron, who teaches art at City College of CUNY; Martin Felix, an educator who is also co-editor of the BigDrumNation.com website, a Caribbean arts and letters journal; poet Mervyn Taylor, whose poetry continuously engages the Caribbean culture spectrum; and attorney Khalick Hewitt, whose avid interest and research in calypso and steel band dates back to his youthful days in Port of Spain, Trinidad.

Titled "Just Like That, Sparrow Turned 80," the symposium will examine various aspects of Sparrow's body of work since he captured the public's imagination when he stormed onto the calypso scene as a 20-year-old and swiftly zoomed to the top, becoming the calypso world's undisputed premier figure. His eight times winning Trinidad and Tobago's Calypso Monarch and Carnival road march titles is a rare, unrivaled feat. And the towering mass of recorded material he has to his credit far surpasses anyone else in the field. Sparrow celebrated his 80th birthday last July.

The symposium, which runs from 7 pm to 10 pm will be held in Medgar Evers College's Mary Pinkett Lecture Hall on the college campus, at 1637 Bedford Ave. (between Carroll & Crown streets) Brooklyn. Admission is free. For further information, call 718-252-6161 or 718-804-8815.

## Addressing female imprisonment

Continued from page 10

I knew at their ages. I'm a trained advocate, mediator, mentor and leader in the fight to end mass incarceration.

Had I known that in my state, California, 54 percent of drug-related prison sentences go to women of color, even though women of color are only 38 percent of the population, I wouldn't have been so surprised to end up in prison like growing numbers of other young women.

My story inspires others to work for change, too. But it's an uphill fight, especially for women. I've been there, and know it takes more than inspiration, vision and dreams to change Black history.

My work now focuses on redefining public safety by helping people being

released from jails and prison to become whole in our society. My goal is reduce recidivism by dealing with conditions that led to incarceration to begin with, and facilitating recovery from the pain and disenfranchisement of incarceration and the conditions that led to it.

A record number of women of color in prison is becoming part of our shared Black history, a by-product of systemic racism, sexism, and oppression that continues to persist. My story is evidence that history doesn't have to be our destiny; it's time to address the past so we can build a future worth celebrating for Black women.

*Walker is the lead community organizer working to end mass incarceration at The Safe Return Project in Richmond, California, and a formerly incarcerated mother of two boys. American Forum.*



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# Barbados government defers fingerprinting



BLP Member of Parliament Edmund Hinkson.

Photo by George Alleyne

## By George Alleyne

Facing mounting criticism of its plan to fingerprint Barbadians and visitors entering and leaving Barbados, a red-faced government late Friday issued a retraction of the measure, which was set for an April 1 start date.

But this is not good enough for the Opposition Barbados Labour Party, whose spokesman, Edmund Hinkson, said at

a weekend rally that the party is anyhow taking the Prime Minister Freundel Stuart administration to court, because the party believes that implementation of the Immigration (Biometrics) Regulations is unconstitutional.

Government Information Services Friday evening reported Acting Chief Immigration Officer, Wayne Marshall, saying that the decision to defer the

start of the biometrics screening programme was taken to allow the department more time to re-examine some of the issues raised publicly and to increase public awareness about the initiative.

But Hinkson, a BLP member of Parliament, on Saturday claimed partial victory for the people through the withdrawal, and said it is none-the-less still a matter for the law courts.

"We still going to court to get the regulations declared unconstitutional, because you can't prevent Barbadians from leaving Barbados or from coming back into Barbados when they have a right under the Constitution to do so."

The Immigration Biometrics Regulations require all persons passing through the island's ports be fingerprinted, but some Barbadians have objected to this procedure being applied to them in their own country.

Objectors included, prominent activist and lawyer, David Comission, the BLP, and the umbrella

organization for the island's lawyers, the Barbados Bar Association, which stated that it would join anyone, or any group, that is taking government to court on the matter.

"You imagine that you will get fingerprint when you have a right under the constitution to enter Barbados, as a Barbadian, the country of your birth where your navel-string bury," Hinkson told a BLP rally Saturday.

Opposition Leader, Mia Motley, had told parliament during last week's debate on the national estimates of revenue and expenditure, in which almost Bar\$3 million (Bar\$2 = US\$ .50) was proposed to support the fingerprinting, that she has a team of fellow lawyers ready to launch into battle with the Prime Minister Stuart administration over the issue.

Compulsory fingerprinting is the first measure that government said it plans implementing to keep it in line with international requirements for ports of entry and departure, and is to be

followed by full face scans later this year.

But while objections spread across the island to the fingerprinting of travelling Barbadians, Prime Minister Stuart said, also during the same debate on estimates last week, that Barbadians may be among the culprits who the regulations are intended to catch.

He cited a case of a Barbadian who was deported back to the island from Canada, but repeatedly manipulated the local system to obtain new identities and returned to Canada on multiple occasions.

Stuart told parliament, the deported man, "went and did a change of name; got a birth certificate to correspond to it; got an ID card to correspond to it; and went and got a passport and left Barbados again under a new name to go back to that country.

"Sent back again, he came back for another change of name, another birth certificate,

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**CARIBBEAN ROUNDUP**

Continued from page 4

(swine flu) deaths — the latest a woman pregnant with twins who died at the University Hospital on March 1, 2016.

In a news release the Ministry of Health said all four patients had severe complications, including heart and lung-related illness.

The first patient to die from the virus was an elderly woman and a medical doctor as previously reported.

Swine Flu also led to the death of a 49-year-old woman. According to Chief Medical Officer Dr. Winston De La Haye, the ministry recently received results confirming the death of the first patient.

Since January, there have been 28 confirmed cases of H1N1 across the island.

Meanwhile, as of last week, tests for the Zika virus will be conducted at the Virology Laboratory at the University of the West Indies (UWI), Mona Campus.

Dr. De La Haye said this is a big step for Jamaica and will result in a quick turnaround time for the results.

The Ministry of Health has been sending samples for tests to the Trinidad-based Caribbean Public Health Agency (CARPHA).

**St. Kitts**

The United Nations Economic Commission for Latin America and the Caribbean (ECLAC) Caribbean office will convene the fourth meeting of the Caribbean Development Roundtable (CDR), which will take place in Basseterre, St. Kitts and Nevis on April 1, 2016 to explore possible options for debt relief for heavily indebted countries in the sub-region.

Senior policymakers from governments of the Caribbean, officials of the United Nations system, representatives of regional civil society organizations, academia, regional development institutions and international partners will meet to address the Caribbean's debt obligations and consider practical solutions for current debt projection.

The CDR will be followed by the 26th session of the Caribbean Development and Cooperation Committee (CDCC) on April 22, 2016, where participants will



take stock of the outcomes of the CDR and review implementation of the work program for the ECLAC sub-regional headquarters for the Caribbean for the biennium 2018–2019.

The CDC was created as a permanent subsidiary body of ECLAC to promote the economic and social development of ECLAC member states and associate members. ECLAC Caribbean acts as the secretariat of the CDCC.

**St. Lucia**

St. Lucia's banana industry is recovering following several natural disasters over the past decade. Currently St. Lucia is the only Windward Islands country exporting bananas to the UK.

Apart from gale force winds and flooding, Black Sigatoka disease has affected St. Lucia's banana industry and the ministry of agriculture is aiming to bring Sigatoka under control and stabilize banana production.



Martin Satney, project coordinator of the Black Sigatoka Management Unit, announced that the first phase of the Black Sigotak project ended in 2013 and the second phase in 2015.

"We can now boast right now that within the Windward Islands, St. Lucia is the only country that is exporting bananas to the UK," he said. Satney said recovery mode for the banana industry is in full effect.

**Trinidad**

Multinational steel giant ArcelorMittal, which built an empire at the Point Lisa Industrial Estate, South Trinidad, has closed operations and fired more than 800 workers recently.

The closure has been blamed on more than TT\$1.4 billion in losses over the past few years.

The shutdown came days after the Industrial Court in Port of Spain ruled that the company was wrong in temporarily dismissing several workers last December without proper consultation with the union.



— compiled by Azad Ali

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# Prez Obama's 'supreme' choice not so civil

By Vinette K. Pryce

Complaints from several civil rights organization and advocates are adding to the booming Republican resistance to President Barack Obama's nomination to the Supreme Court. While the conservative party loyalists maintain they are united in aggressively blocking any nominee named by the current president, reasons were varied for the mostly Democratic groups, some of which stated that they were neither consulted nor informed about the president's choice.

Despite the White House oversight, members of the NAACP, the Leadership Council on Civil Rights, and the NAACP Legal Defense Fund claim they all are in support with the nomination of U.S. Appeals Court Judge Merrick Garland.

But not all Civil Rights groups are in agreement. The president was swiftly repudiated by more than a few for ignoring a more liberal candidate and

even more vociferous were the voices of dissent railing against his lack of consideration for a nominee that reflected the racial, gender and progressive diversity of America.

"It's unfortunate that President Obama felt it was necessary to appoint a nominee to the Supreme Court whose record on issues pertaining to women's rights is more or less a blank slate. Equally unfortunate is that we have to continue to wait for the first African American woman to be named," Terry O'Neill, president of the National Organization of Women said.

In a statement emphasizing the need for more gender diversity on the bench, O'Neill added that "the highest court in the nation was a cipher—a real nowhere man."

Currently, with only three women serving on the court — Justices Ruth Bader Ginsburg, and Obama nominees Sonia Sotomayor and Elena Kagan — O'Neill's poignant observation

resonated with like-minded racially-conscious feminists.

A Black Women's Roundtable group added to the conversation, saying: "We are disappointed and had hoped that an African American woman would be nominated."

Melanie Campbell, president of the National Coalition on Black Civic Participation (NCBCP) led the BWR and immediately issued a statement denouncing the president's choice.

The BWR, an organization that focuses on Black women's participation in politics expressed disappointment.

"I think having a Black woman on the Supreme Court is a necessity."

"We continue to believe it is time for African American women to be represented in all sectors of government — including the U. S. Supreme Court of the United States, which in its 227 year history has not had a Black woman nominated to serve on the



Leah Ward Sears receives the 2010 James Weldon Johnson medal during a ceremony at the Carter Center Monday, Nov. 8, 2010 in Atlanta. Associated Press / David Goldman, File

highest court in the land."

"We have and will continue to advocate for the next Supreme Court vacancy to be filled by an exceptional Black woman to bring about a balance that ensures the court is more representative of all Americans."

Reportedly they sent a statement to the president prior to his announcement listing the names of qualified Black women they said would appropriately fill the seat left vacant after the sudden passing last month of Justice Antonin Scalia.

Continued on Page 19

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Channing Dungey to head ABC Entertainment Group.

# ABC TV scores first in race to gain diversity

By Vinette K. Pryce

There is a new president in America. She is a woman, Black and was named last month to head a major broadcast network. The first of her race to ever helm ABC Entertainment Group, Channing Dungey was named to oversee all aspects of network production at the Disney-owned television network.

“Channing is a gifted leader and a proven magnet for top creative talent with an impressive record of developing compelling, breakthrough programming that resonates with viewers,” Ben Sherwood, Disney Media Networks and ABC Television Group chairman said.

Of her trailblazing accomplishment Dungey said: “I’m thrilled and humbled that Ben has entrusted me with this tremendous opportunity. I’ve had the great honor of working alongside the talented team at ABC for many years and look forward to starting this exciting new chapter with them.”

Dungey is the first Black person to lead a major broadcast network. She replaces outgoing president Paul Lee who has helmed ABC programming since 2010.

Lee has been credited with championing diversity at the network. “I am truly grateful to Paul for being a valued mentor and friend,” Dungey added.

She previously served as an executive vice president responsible for ABC’s drama development and helped launch many of the network’s most popular shows, some of which include “Scandal,” “How to Get Away with Murder,” “Once Upon a Time” and “Nashville.”

Dungey began her career as a development assistant for Davis Entertainment at 20th Century Fox.

She then became story editor at Steamroller Productions where she worked on the development and production of such films as “Under Siege” and “On Deadly Ground.”

# Six women honored in Shirley Chisholm’s name

By Nelson A. King

Brooklyn Council Member and Deputy Leader Jumaane D. Williams on Monday hosted the third annual Shirley Chisholm Women of Distinction Celebration.

Hundreds of Brooklynites joined the celebration to honor six prominent women from diverse fields, including activism, media, business and community development.

Council Member Laurie Cumbo co-hosted the celebration and Public Advocate Letitia James delivered a keynote speech.

Additionally, Council Member Darlene Mealy, Assembly Members Rodney Bichotte and Latrice Walker, and District Leader Olanike Alabi joined in celebrating the honorees and Women’s History Month.

“I’ve been surrounded by strong women my entire life - especially my mother and sister - and am well aware that, while it might be 2016, society still has a long way to go before we achieve real gender equality. Too often, women’s contributions are ignored simply because they were accomplished by women,” said Williams, who represents the 45th Council District in Brooklyn.

“In honor of women’s history month, I’m excited to celebrate six distinguished women who have made great contributions both in their respective fields and in our communities,” he added.

Monday’s celebration honored Lisa Evers, hosts of Fox 5’s “Good Day Street Talk” and Hot 97FM’s “Street Soldiers;” Opal Tometi, activist and co-founder of the Black Lives Matter Movement and executive director at Black Alliance for Just Immigration; Valeisha Butterfield Jones, chief executive officer of Women in Entertainment Empowerment Network and Head of Black Community Engagement at Google; Tamika Mallory, nationally recognized civil rights leader, anti-violence advocate and New York City co-chair for the Gun Violence Awareness Month Initiative; Robin Redmond, advocate and executive director



Council Member Jumaane D. Williams (right) and Council Member Laurie Cumbo (left) honor six inspiring women (from left): Chaka Pilgrim, Valeisha Butterfield Jones, Tamika Mallory, Robin Redmond, Lisa Evers and Opal Tometi.

of Flatbush Development Corporation; and Chaka Pilgrim, veteran music business executive and current president of Roc Nation Records.

“For nearly 30 years, Women’s History Month has been a national celebration of women - past and present - whose invaluable contributions have made a positive, lasting impact within our community,” Cumbo said.

“As chair of the Committee on Women’s Issues and co-Chair of Women’s Caucus, I am proud to co-host the Shirley Chisholm Women of Distinction Celebration with Council Member Jumaane D. Williams,” she added. “Through their exemplary leadership and unwavering commitment to community empowerment, each honoree has played a tremendous role in the growth and development of Brooklyn and the City of New York.

“As we pay tribute to our trailblazers, let us also work towards the continued

advancement of women within our society,” Cumbo continued.

The event is named for the late Shirley Chisholm, the first Black Congresswoman and first major-party black candidate for President, of Barbadian and Guyanese parentage.

Chisholm, who was born and raised in Brooklyn, broke barriers as a community advocate and legislator.

“It’s a privilege to celebrate the Shirley Chisholm Women of Distinction Awards, in honor of the woman who was famously ‘unbought and unbosser’ and an inspiration to generations of women and black leaders,” James said. “Today, her legacy continues through the strong women leading our communities, including this year’s honorees.”

The Women of Distinction Celebration featured performances by the Brooklyn United Marching Band Dancers and Alexis Marie with a “spoken word” poetry.

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# Leah ward

Continued from page 16  
ia.

They suggested Leah Ward Sears, the first Black woman nominated to state Supreme Court, Kamala Harris, the first African American attorney general in California and Deborah Batts, the first openly gay African American federal judge and Anita Hill, a law professor.

They also listed U.S. Attorney General Loretta Lynch.

Touted a favorite to win favor with both parties, she allegedly asked to be removed from consideration.

Another high profile Black spokesman also chimed in disapproval with the president's choice.

Ben Crump, president of the National Bar Association said: "We really wanted the unique perspective that a Black woman could have brought to the Supreme Court. We believe it is one of the few prospectives missing from the highest court in the land."

The National Bar Association (NBA) is the largest legal organization of African American attorneys in the U.S.

"We simply do not have the African American point of view on the bench and we need that," Rep. Hank Johnson (D-GA) said.

Pointing to the conservative positions often taken by the one Black on the bench, the southern legislator said the fact Justice Clarence Thomas is an African-American his viewpoint does not represent the diversity of his race.

As if that was not enough of a challenge to the nominee, Rep. Johnson added, "I am also disturbed about the packing of the court with Harvard-trained lawyers."

Another Democrat concurred saying: "We don't have anybody on the Supreme Court who has any understanding of our unique cultural issues."

Rep. Emanuel Cleaver of Missouri said "Everybody else is represented. I'm not mad. We have women, Latinos, white men — when do we get somebody?"

With issues concerning, immigration rights, abortion rights, affirmative action, global warming and access to birth control soon to be decided by the Supreme Court, President Obama's choice may face more than a few challenges from his own party before he leaves office at the end of his second term.

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## Fingerprinting

Continued from page 13

another ID card, another passport again."

Stuart said several Caribbean nationals deported from Barbados were also abusing their country's system to return to Barbados, but pointed out that implementation of the fingerprinting system is so far a foolproof security option against these scams.

"You can change your name as much as you like. You can't change your fingerprints though," he said.

Opposition Leader and a former attorney general, Mottley, however pointed out that the Immigration Biometrics Regulations were made under a section of the Immigration Act that empowers the relevant government minister to make regulations concerning the entry of suspicious people into the island.

But, she asked, "How could a Bajan be on suspicion of entering inappropriately to their own country?"

She further questioned what happens when a Barbadian refuses to be fingerprinted. "Where are you going to deport them to?" and added, "You can't deport your citizens. So if you can't deport them, you then criminalize your citizens."

She contended that the regulations will make criminals of many Barbadians who may be concerned about breach of privacy of their fingerprints.

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# Haiti lawmakers reject acting leader's prime minister choice

By David McFadden

PORT-AU-PRINCE, Haiti (AP) — A majority of lower house lawmakers rejected the interim president's pick for prime minister Sunday evening, leaving Haiti's provisional government in limbo.

The rejection of economist Fritz Jean as Haiti's No. 2 official was a significant setback for a month-old interim government that is supposed to be in power for only 120 days.

Not only does President Jocelerme Privert not have a prime minister running the government's day-to-day affairs, but he also hasn't been able to get an electoral council authorized to organize a twice-postponed presidential runoff vote now tentatively scheduled for April 24.

Jean was nominated and then sworn in at a ceremony at the National Palace in the hopes his experience and reputation as an economist and former governor of Haiti's central bank would overcome

objections from opposition lawmakers. In his inaugural speech as the designated premier last month, the U.S.-educated official said the interim government had a "short mission to get everyone together."

But various political figures, including outgoing Prime Minister Evans Paul, strongly denounced Jean's appointment and induction.

On Sunday, after weeks of reviewing Jean's credentials and background, 38 lawmakers in the Chamber of Deputies voted against Privert's choice for prime minister, while 36 voted in favor. One deputy abstained.

After the vote, Deputy Jean Rene Lochard said Jean was rejected by opposition lawmakers aligned with former President Michel Martelly's political faction because he "wasn't properly chosen by consensus."

Neither Privert nor Jean could be contacted for comment Sunday night.

A new nominee would have

to go through a similar process and win approval from both houses of Parliament. The process could take weeks, if not months.

Last week, Sandra Honore, the top U.N. envoy for Haiti, told the international body's Security Council that Haiti was at a "critical juncture" in consolidating its democracy and the next few weeks would be decisive.

She expressed concern at the uncertain political situation that puts at risk the roadmap set in a Feb. 5 political agreement that includes a postponed runoff election April 24, with a newly elected president to be installed May 14. She singled out delays in confirming a prime minister and in re-establishing an electoral council to oversee elections, coupled with uncertainty over verifying the 2015 electoral process.

The ambassadors of Brazil, Canada, France, Spain, United States and European Union and the representative



In this Feb. 26, 2016 file photo, Haiti's new interim Prime Minister Fritz Jean arrives for his induction ceremony at the National Palace in Port-au-Prince, Haiti.

Associated Press / Dieu Nalio Chery, File

of the Organization of American States also noted "with grave concern" the delays in implementing the February pact reached by Martelly and legislators.

Martelly departed office on schedule Feb. 7 with no elect-

ed successor to take his place. Violent opposition protests and deep suspicions of electoral fraud favoring his chosen successor, Jovenel Moise, derailed a scheduled runoff vote in January. It was postponed for the first time in December.



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# Steamfitter encourages workers to join union

By Alley Olivier

Working with the strength of a team will always have its benefits. For first generation Jamaican American, Jefferson Williams, this “team” comes in the form of the New York City Steamfitter Local 638.

A third-generation steamfitter, Williams is the first of his family to join the union. According to Williams, “It’s not so much the money but it’s the security, the pension, the medical coverage, and learning safety measures that are required when working on dangerous jobs.”

Like his father and grandfather, Williams gravitated towards the trade which is responsible for installing fire sprinklers, heating and cooling systems, and more into many buildings and high rises across the city. He has spent time working on the Barclay Center and since taking on the trade has remained a vocal member to those who are not unionized to join.

“Being that I was non-union, I know the exploitation that came with it. I was very

vocal on organizing because I’ve been there. Equality is a big thing when working in non-union jobs. Some workers actually lost their lives and being that they don’t have papers, people left them to die,” he said.

Understanding the effects of being without a union — Williams once suffered a broken arm injury on the job and after applying for unemployment was subsequently let go — and that stands as his motivation to continue advocating for steamfitters like himself.

“I got robbed for years working on prevailing wage jobs and never got the prevailing wage. It’s not fair. I just hate for someone else to go through what I went through or what my father went through or what my grandfather went through,” he said.

Now, Williams has a greater ability to create the change he would like to see as the newly elected president to the financial committee.

A major component on his list is to see that diversity in



Jefferson Williams on the job.

Photo by Jason Speakman

the Local 638 is always kept balanced.

“Our last graduation class

was made up of 60 percent minorities and with me being the first Caribbean American

elected to the finance committee I think it’s a step in the right direction,” he said.

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# Personalized service to honor your loved one at McManus Funeral Home

BY CAMILLE SPERRAZZA

There has long been some type of funeral rite to honor the recently deceased.

In fact, research tells us that Neanderthals used flowers and antlers to decorate the dead, sometime around 60,000 BC, indicating they understood a sense of their own immortality.

The art of embalming was developed by the Egyptians in 4000 BC, and this culture believed in burying its kings with worldly possessions to take to the afterlife. The early Christians buried their dead in underground catacombs. British monarchs and other distinguished people were buried in Westminster Abbey, London.

Today, we have our own traditions to remember loved ones who pass away, and McManus Funeral Home has been helping to carry out those dedications since 1888. Owner Joe Aievoli is a fourth-generation funeral director whose family has been in the business since 1900.

When you've been around



McManus Funeral Home on Avenue N. Photos by Georgine Benvenuto

longer than the average life span, you must be doing something right. It's McManus' dedication to detail, and the staff's compassion that makes the establishment stand out from so many others, says manager Jeffrey Holcomb, who has 32 years in the funeral business.

"We are devoted to serving families," he says, many of whom, understandably, find themselves overwhelmed with grief. "We make it as easy as possible for them," he says. "We don't want to add more stress. We want to help people through this difficult time."

Anthony Tenga one of the funeral directors at McManus says that over the years they have become a funeral that specializes in the shipping of deceased back home to the

islands. This is because we make a great effort to keep the prices of funerals as low as possible and encourage families to come in to our office to visit with us and ask questions. This personal attention is why so many families have been coming back to us.

Compassion is an important part of the business, but there are also many details that need to be handled.

"The body is prepared to make the lasting memory a good one," Holcomb says. The funeral home assists with paperwork such as making arrangements with the cemetery and sending obituaries to newspapers. The funeral director also makes sure the funeral begins on time.

Decisions have to be made by

families as well. For example, they need to decide the type of casket, and where the final resting place will be. They may also opt for cremation service, with or without a viewing. If shipping arrangements need to be arranged, McManus Funeral Home has the experience to handle it with dignity.

"We pride ourselves on meeting the needs of all the families we serve," says Aievoli. They can assist with special services required of the Caribbean community.

While McManus Funeral Home has been a Brooklyn staple for more than a century, the facility itself is a modern one. In 2002, McManus Funeral Home moved to its current location — around the block from where it had been

— creating three large viewing rooms, and comfortable seating for more than 250 people. There are two licensed directors, and six part-time attendants.

Pricing is affordable for both funerals and cremation services, says Aievoli. The newly decorated large chapels and lobby areas keep everyone comfortable.

Service is always personalized, says Holcomb.

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Protein is an important component in health and something women need to fuel healthy bodies.

# Protein is important to women's health

**P**rotein is used to build and repair muscle tissue and promote neurological function, but it also can encourage fat loss, deliver essential nutrients, and improve metabolic activity. Because protein can increase satiety better than some other foods, it also can be a good way to curb cravings and help cut out some extra calories.

Although protein is an important component of a nutritious diet, some women do not consume enough of it or even know what "enough protein" entails. According to a recent survey by Luna, 50 percent of women ages 18 to 50 do not know if they're getting enough protein.

## How much protein?

How much protein a woman needs isn't an exact science. The Institute of Med-

icine and the United States Department of Agriculture recommends that all men and women over the age of 19 consume .8 grams of protein per kilogram of body weight, but that number can be customized depending on how active a person is.

Because high-protein foods also may be high in saturated fats, it's best to choose protein sources that include essential amino acids and are relatively low in saturated fat. Such sources include fish, roasted chicken and soybeans.

## Muscle-building properties

Many people consume protein to build muscle. By consuming adequate amounts of protein, women can retain lean muscle mass and keep their bodies strong. Physically active women may need more

protein than women who are sedentary to help fuel the recovery of muscles after their workouts.

Muscles actually are built outside of the gym. During physical activity, muscle tissue is torn and broken down. Amino acids in protein will help repair muscle tissue to grow back stronger.

## Fends off hunger pangs

Protein takes longer to break down in the body and digest compared to carbohydrates, which usually produce quick punches of energy. A longer digestion window means you can feel fuller for a longer amount of time and steer clear of excess calories. Slower digestion may also help stabilize energy levels.

Continued on Page 32

# How to adjust to healthier diet

**C**hange 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

Adults, especially married men and women and parents, may find adjusting to a new diet especially difficult unless their spouses 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



An adjustment period is also common when people decide to adopt healthier diets.

prove an invaluable source of support as you make this big adjustment in your life.

## Embrace positive results

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.

# How to eat after age 50



Dietary recommendations change for people age 50 and older.

As people age, their dietary needs begin to change. Foods that were once staples of your diet as a youth may be restricted once you hit a certain age, while other foods you may have always avoided may now be necessary to fuel and support a healthy body.

Eating healthy foods and exercising may not be enough to sustain health, as hormonal changes and other health effects as a person reaches age 50 can have a profound impact on his or her nutritional requirements. The following are a few things men and women over 50 may want to consider as they look to eat a healthy diet for years to come.

## Vitamin D

Both men and women age 50 and up have a reduced ability to produce vitamin D through exposure to the sun. Extra vitamin D will be needed from foods and supplements. Everyone over the age of 50 should take a daily vitamin D supple-

ment of 400 IU (10 µg), according to Canada's Food Guide. Without adequate vitamin D, bone strength and health can deteriorate because vitamin D promotes calcium absorption. Vitamin D also has other roles, including helping neuromuscular and immune function and reducing inflammation.

## Friendly fats

People over age 50 should increase their intake of unsaturated fats and reduce consumption of saturated fats. Nutrient-rich unsaturated fats can guard against heart conditions, protect against stroke, keep skin supple, and even help men and women maintain good neurological health. Omega-3 fatty acids can be found in nuts, olives, seeds, and fatty fishes.

## Increase protein

According to Dr. Christine Gerbstadt, a spokesperson for the Academy of Nutrition and Dietetics, as they age, men and women need more protein in

their diets to maintain their muscle mass. The amount of protein needed at a younger age no longer may be adequate. Look for lean sources of protein from fish and poultry. Beans are also a low-fat source of protein that can help fulfill daily protein requirements.

## More fiber

Eating more fiber can help with digestive and intestinal problems, such as constipation. Constipation can occur when fiber intake is not enough, coupled with a more sedentary lifestyle. The best way to get fiber is through diet. Leave the skins on fruit and vegetables and choose whole fruits over juices. Whole-grain breads and cereals also are good sources of fiber. Dry beans and lentils can add a fiber boost. Always increase fiber slowly to determine your tolerance.

## Fewer calories

The National Institute on Aging says women over the

age of 50 need between 1,600 and 2,000 calories, depending on how physically active they are. Men need between 2,000 and 2,400 calories per day. With each passing year there is a decrease in the energy required to maintain body weight, so caloric intake should be adjusted accordingly.

## More water

As a person ages, his or

her body may not signal it is thirsty as well as it once did, so it's possible that you may not recognize when you are thirsty or dehydrated. The Mayo Clinic recommends around nine to 10 cups of beverages per day to remain hydrated.

Eating healthy and changing one's diet is important as a person ages, as dietary needs at age 50 may be quite different from what they were at age 30.

# Believe Me When I Say, Colonoscopies Are Critical

BY JOHN TRILLO, MD

March is Colorectal Cancer Awareness Month, a reminder to all New Yorkers that the risk of colon cancer can be greatly reduced by getting a colonoscopy. In New York City, according to the HYPERLINK "<http://c5nyc.org/>" New York Citywide Colon Cancer Control Coalition (C5), which includes the HYPERLINK "<http://www.nychealthandhospitals.org/hhc/html/home/home.shtml>" NYC Health + Hospitals, colorectal cancer is the second deadliest cancer, killing approximately 1,400 people each year. If caught early, ninety percent of colorectal cancers are curable.

As a gastroenterologist practicing at NYC Health + Hospitals/Coney Island, I've seen a promising trend in colon cancer awareness, diagnosis, and treatment – but we must push to do better. However, my experience

with colon cancer is not just from a medical perspective. I speak to you as a patient, as I recently had a colonoscopy myself. And unfortunately, I also speak to you as a person who lost a loved one to colon cancer. That is why I strongly urge all New Yorkers 50 and older to get a colonoscopy once every 10 years. Those with a family history of colorectal cancer, like myself, should discuss with their physician whether they should be screened younger than 50.

Here in Brooklyn we serve a diverse population of patients and I'm glad to say colon cancer awareness and the work of the C5 coalition in NYC has helped close the disparity in colon cancer screening rates that exists in most other parts of the country among blacks, whites, Asians and Hispanics. In New York City, the colonoscopy screening rate is now the same across ethnic groups. Pa-

tients in Brooklyn are more aware of colon cancer and the screenings available to prevent it. Just last year, Brooklyn hospitals in our health care system performed more than 7,500 colonoscopies!

Those with colon cancer often have no symptoms until the disease has reached advanced stages, and by the time symptoms present, treatment can be difficult or ineffective. Signs of colon cancer may include:

- A change in bowel habits, including diarrhea, constipation or a change in consistency of stool

- Rectal bleeding or blood in stool

- Persistent abdominal discomfort, such as cramps, gas or pain

- A feeling that the bowel does not completely empty after a bowel movement

- Weakness or fatigue
- Unexplained weight loss
- If you are at the recom-



John Trillo, MD, Director of Gastroenterology, NYC Health + Hospitals/Coney Island

mended age for a colonoscopy or have family history of colorectal cancer, I urge you to reduce your risk of colon cancer and schedule your colonoscopy. Affordable

colonoscopies are available at all 11 public hospitals. Visit [www.nychealthandhospitals.org](http://www.nychealthandhospitals.org) or call 311 to find a NYC Health + Hospitals location near you.

# **SPINAL DECOMPRESSION: The alternative to back pain**



**Back pain is one of the most common chronic pain conditions affecting Americans, and spinal decompression goes right to the root of the problem.**

Back pain is one of the most common chronic pain conditions affecting Americans, and spinal decompression goes right to the root of that problem.

Back pain is a significant health issue affecting more than 80 percent of Americans. Its symptoms reoccur and usually increase in severity with each episode.

The American Academy of Pain Medicine calls back pain the major cause of disability affecting Americans under 45 years of age. More than 26 million Americans between the ages of 20 to 64 experience frequent back pain. And according to the National Institute of Health Statistics, back pain is the most common type of pain reported by Americans.

Duke Medical Center notes that back-pain patients spend more than \$90 million each year on healthcare expenses.

HealthQuest is attempting to do their part in providing cost effective treatment with positive patient outcomes, utilizing non-invasive procedures.

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The procedure employs traction cycling through the different stages of relaxation and distraction while maintaining the right positioning of the disc. This creates a vacuum within the affected spinal disc as a result of the negative pressure. The herniated or protruded disc material gets pulled back inside the spinal column. Additionally it stimulates blood supply, which encour-

ages the healing process.

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HealthQuest is a multi-specialty healthcare center located at 3500 Nostrand Avenue, Brooklyn, NY 11229. You can contact the center at (718) 769-2521 or send an e-mail to [info@hqb.com](mailto:info@hqb.com).


HealthQuest accepts most major medical insurances and is open Monday through Fridays from 9am to 7pm and Saturdays from 9am to 2pm. This pain management facility is handicapped accessible and the parking lot is on the premises.

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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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# Fight cancer with food



The foods we choose to eat can play a significant role in reducing our risk of developing various cancers.

The foods we eat contribute directly to our overall health. From toddlers just getting used to solid foods to adults planning their diets, the foods we eat heavily influence how healthy or unhealthy we become.

Some foods can even reduce our risk for certain diseases, including cancer. According to the American Institute for Cancer Research, numerous studies have demonstrated that individual minerals, vitamins, and phytochemicals have certain anticancer properties that can protect men, women, and children from this potentially deadly disease. The following are a handful of foods the American Institute for Cancer Research says can fight cancer and help men and women improve their overall health.

### Apples

Apples are a great source of vitamin C, with one apple

providing at least 10 percent of the recommended daily amount of this valuable vitamin. Apples also are a great source of fiber, which can help men and women maintain a healthy weight.

That's important, as excess body fat increases a person's risk for seven different types of cancer. A major portion of apples' dietary fiber is pectin, a polysaccharide that bacteria in the stomach uses to produce compounds that protect colon cells.

### Cherries

Cherries are another great source of fiber and vitamin C, and sweet and tart cherries also contain potassium. Cherries get their dark color from anthocyanins, which are antioxidants that protect cells from damage. Studies have shown that anthocyanins inhibit the growth of cancer cells and even stimulate their self-destruction while having no negative effects on healthy cells.

Anthocyanins also have been shown to reduce signs of inflammation in adults who consumed two to three servings of cherries or cherry juice per day.

### Walnuts

Nuts are often cited when discussing foods with anticancer properties, but the American Institute for Cancer Research notes that walnuts, in particular, are the most heavily researched. Despite that research, the American Institute for Cancer Research remains hesitant to draw any conclusions with regard to walnuts and their potential link to lowering cancer risk.

However, several studies of mice found that consuming walnuts decreased the growth of breast and colon tumors among mice who ate walnuts as opposed to those who did not, while other studies in mice indicated that walnuts reduced

the growth of prostate cancer. Studies into the impact of the Mediterranean diet, which includes walnuts, have shown that such a diet can help people lose fat and lower their blood pressure

and triglycerides. But the American Institute for Cancer Research still notes the need for more research into walnuts before they can be considered foods that fight cancer.

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## PROTEIN

Continued from page 27

### Protein helps burn fat

According to BodyBuilding.com, protein has the highest thermic effect of food, which is the amount of calories it takes your body to process and utilize a nutrient. This can mean your body actually uses a quarter to 35 percent of the caloric energy from consumed protein just to digest it.

Those who eat more protein during the day may see faster weight loss. Furthermore, excess protein consumed will not cause women to bulk

up, as the body will excrete whatever it does not use as fuel.

### Protein supplements

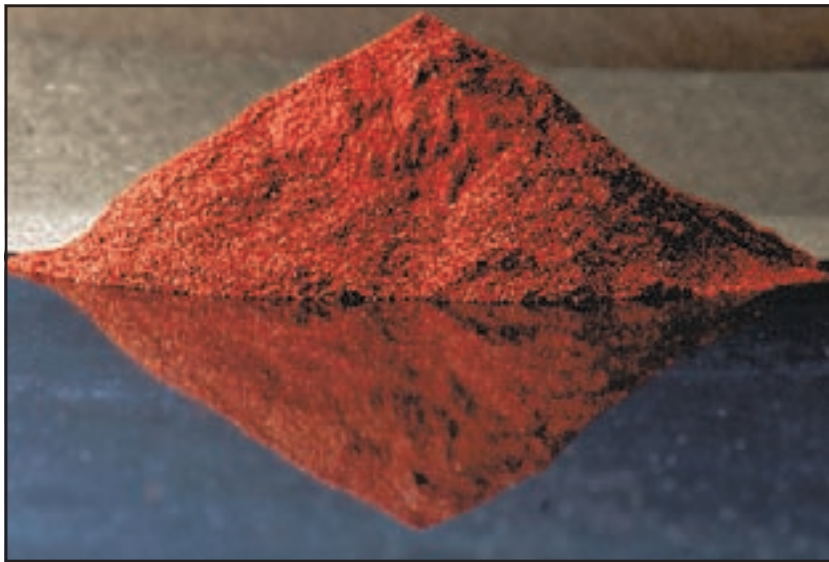
Much of the protein a healthy body needs can be gotten through food. However, some women like protein shakes to replace a meal or provide extra fuel after a workout. Two of the most readily available protein powders include whey concentrate, a fast-absorbing pre- and post-workout protein source, and casein, a protein that can be used as a meal or right before bed because it can take five to seven hours to fully breakdown in the body.

Protein can be the missing component in a healthy diet.

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

Ron Wingard Photography

# The benefits of dark chocolate

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

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

Researchers found that digestion in the stomach produces long molecules called polyphenolic polymers. These molecules are too large to cross the walls of the stomach to be used nutritionally. However, when the polyphenolic polymers meet lactic acid and microbes that inhabit the human co-

lon, the polymers ferment and can be broken down further. These smaller molecules are then used by the body. The resulting material is anti-inflammatory and can prevent certain conditions, including cardiovascular disease, from developing.

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

# Nuts that ain't nuts

Peanut butter is a nutritious food that can be served in sandwiches, as a dip, or as an ingredient for flavorful sauces. Peanut butter also can be enjoyed by the spoonful right out of the container.

Peanut plants are rather interesting. Unlike many plants, the peanut flowers form above ground, but the fruit — the peanuts — grow below the soil by the roots. Peanuts do not grow

on trees and really aren't nuts at all. They're actually legumes.

The National Peanut Board says that it takes about 540 peanuts to make a 12-ounce jar of peanut butter. The world's largest peanut butter factory can produce 25,000 jars each day. That means millions of peanuts must be harvested and transformed to create those delicious jars of creamy and crunchy peanut butter.



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# BRIGHTON EYE NUTRITION AND YOUR EYES



Millie R. Fell, MD, FACS

Clinical Assistant Professor of Ophthalmology NYU

In the last twenty years eye health research has linked diet and nutrition with a decreased incidence of AMD. AMD is a leading cause of blindness in the US and around the world. Now, there is hope and help for this condition. Knowing the symptoms and risks of this disease can help patients to get timely help and prevent vision loss. It is also the only condition that research has proven that taking vitamins and antioxidants can prevent progression of the disease. Adding certain nutrients to your diet helps decrease the progression of macular degeneration. Lutein and Zeaxanthin are important nutrients found in green leafy vegetables. Other important nutrients to eye health are Vitamin C, E, zinc and omega-3 fatty acids.

Eating a healthy diet helps your eyes, your brain and your general health.

It is said that "you are what you eat". Many of my patients, in an attempt to control their health, come into the office with a bag full of vitamins and nutrients. Where to begin? Do vitamins and other nutrients help stave off eye disease? Is there something to the adage, "too much of a good thing"?

What vitamins and nutrients delivered through food and supplements aid in the health of your eyes?

The only two major studies supported by the National Eye Institute (NEI) are the AREDS1 and AREDS2 studies. These studies essentially identified nutrients that are helpful in slowing down the

progression of macular degeneration, a retinal disease usually found in older individuals that destroys a person's ability to read or see small print. In order to stay healthy the retina needs carotenoids such as Lutein and Zeaxanthine. These are found in green leafy vegetables such as kale and spinach. The AREDS studies found that supplements which contain 500 mg Vitamin C, 400IU Vitamin E, and 80 mg Zinc, 1000 mg of omega3 fatty acids and 12 mg of the carotenoids reduced the progression of moderate and advanced macular degeneration by 25%. Although the results of the addition of omega 3s and carotenoids were inconclusive, many researchers believe that these are helpful in reducing advanced changes in macular degeneration.

Other supplements found helpful in maintaining good health are Vitamins A, E, B complex and omega 6 fatty acids. Ginkgo biloba has also been found effective for glaucoma. The omega3 and 6 fatty acids were found useful in treating dry eye syndrome. To date no vitamins have been found to prevent cataracts.

But, yes, do be careful. Too much of a good thing can be detrimental. Check your vitamins carefully as there may be some overlap between multivitamins.

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# Tricks to eating less



Using a smaller plate that is filled with food can trick the brain into thinking it ate a larger meal, helping diners to eat less as a result.

**E**xercise and healthy eating are the main components to shedding pounds and maintaining that weight loss over the long haul. Although bodies and dietary needs vary from person to person, medical professionals typically advise adults to consume a certain amount of calories per day to maintain long-term health.

The National Health Service advises the average adult male needs approximately 2,500 calories per day to keep his weight constant, while the average adult female needs 2,000. Reducing caloric intake slightly can serve as a catalyst to losing weight. A healthy weight can reduce the risk of certain diseases and conditions, such as diabetes, heart disease, and arthritis-related joint pain.

There are dozens of diets

designed to help people eat less, and some of these may be more manageable than others. There also are additional strategies people can take to curb unhealthy eating habits:

**Drink more water.** Dehydration symptoms can mimic the symptoms of hunger. Before reaching for a snack, try a tall glass of water. Also, consume water before a meal and you will be less likely to overeat.

**Use a smaller plate.** It's possible to trick the brain into thinking you're eating more than you really are by reducing the size of your plate. A full plate sends the signal that you're eating a lot.

**Eat slowly.** Rushing through a meal may cause you to overeat. Focus on the bites you take and savor each one. Slowing down also will help you recognize when you are

satisfied and can put down your fork.

**Dole out portions in advance.** When eating meals or snacking, pre-select portion sizes and keep the larger pot of food or bag of chips in the pantry. Out of sight, out of mind, and you probably won't miss the extra food.

**Start with a protein-fueled breakfast.** Breakfast is touted as the most important meal of the day, and there is evidence that selecting protein-laden foods for breakfast, rather than simple carbohydrates, may suppress appetite throughout the day. Choosing an omelet over a bagel might

make a real difference.

**Don't eat while distracted.** Eating while involved in an important conversation or while watching an engaging television program can divert attention away from how much you are eating, so stay focused on the amount of food you're eating.

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# Guyana Consulate extends outreach program



Deputy Consul General Jacquelyn Hamer (right) assist a citizen at the outreach in the Bronx. Photo by Tangerine Clarke

By Tangerine Clarke

Guyana's Ambassador to the United States, Bayney Karran praised the staff of the New York Consulate for its third successful outreach initiative during an observation visit in the Bronx, on March 19.

Thanks to Rick Chetram, proprietor of Kaieteur Restaurant on White Plains Road, expatriates were welcomed at the five-hour service center where more than 100 applicants applied for passports, birth certificates and other legal documents.

The diplomat, who travelled from Washington DC, assured nationals that the consulate was not only improving its services to meet their needs, but getting to know them, (nationals) on both a personal and professional level.

"The Guyanese community in New York is very extensive, and life in the United States is very demanding in terms of time and transit, so in order to access services, citizens would

encounter some kind of difficulty in getting to the location to receive the consular services they need," said Karran, adding that some may be incapacitated or physically unable to travel.

"This is an effort to bring out services to Guyanese communities on the basis of need.

"We can already see from the response and turnout of persons that were served today, that the service is needed, and appreciated by the community. It also demonstrates that the consulate is performing its functions and making its services as accessible as possible."

Karran added that the initiative raises the profile of the consulate and he hopes that the community is satisfied with the services that are being offered.

"It is also important that the consular staff interact with the community in a more engaging manner. It gives the consulate an opportunity to get a better feedback on what they

are doing right, and what can be improved, while they get to know the various areas in which Guyanese live. It is a win, all around," said Karran, who was recently named the new ambassador to China by the Coalition government.

Deputy Consul General Jacquelyn Hamer in turn said she was quite heartened by the response the outreach received and credits flyer distribution, newspaper advertisement and social media, that helped to reach citizens in the borough.

"We provided the services that we offer in our Manhattan office. We have also made our waiting area comfortable and created an integrated database system for efficiency," said Hamer.

A new and improved user friendly website will be up and running next month so Guyanese could determine the status of their documents. They will also be kept abreast with what is taking place at the diplomatic office, that host cultural events and educational

programs.

"We are making lots of improvement to ensure our Guyanese people are satisfied with the services that are being offered," said Hamer who has confirmed that members of the consulate will travel to Schenectady, New York, for its fourth outreach initiative, before traveling to New Jersey.

She is currently doing a survey to decide whether the consulate would travel to Tampa and Orlando, Florida, where

Guyanese there have called on the diplomatic office to provide them with the same service.

However, the diplomat said a survey would have to be made to see how feasible it is to provide the services in the sunshine state.

Meanwhile, she is urging persons to collect their unclaimed travel documents by the March 30 deadline. A \$35.00 fee will be incurred for every month a passport is stored at the consulate.

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# Times when losing isn't a bad thing

"The Quickest Kid in Clarksville" by Pat Zietlow Miller, illustrated by Frank Morrison  
c.2016, Chronicle Books  
\$16.99 / \$23.99 Canada  
40 pages



Author Pat Zietlow Miller.

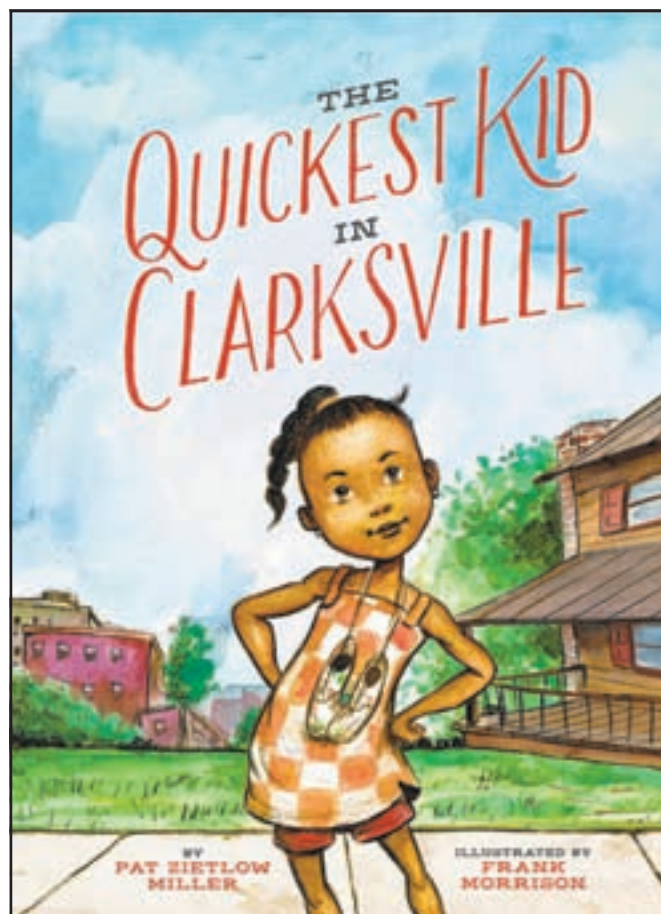
name was Charmaine and her shoes sparkled — they were just made for running. Alta's shoes had holes in them but shoes can't tell who'll win a race. Not even Wilma had the best things, at first.

Alta challenged Charmaine to a race — and won.

Charmaine challenged Alta to another race — and Charmaine won.

Alta was sure that was because Charmaine tripped her. Or because Alta's toe was poking out of the front of her shoe, which really made her sad because Mama said those shoes had to last...

On parade day, while Alta and her friends were finishing the banner, Charmaine came by, strutting "like she's queen of the block." Alta wasn't having any of that; she far preferred to remember that Wilma Rudolph, the fastest woman alive, was coming to town to be in a parade. Maybe she might even see the banner, and she might wave.



Author Pat Zietlow Miller.

As Alta started to run to the parade route with the banner, she suddenly realized that the banner was heavy and awkward. It wrapped itself up and caught the wind. It was long, too. There'd be no way she'd get to the parade in time.

By Terri Schlichenmeyer

You are the best kid... at something.

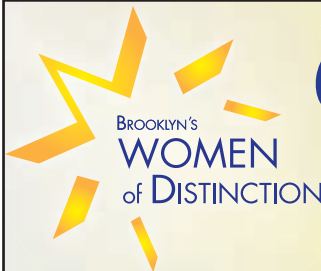
You can run the fastest. You can jump the highest. You're the best skipper, the best hoper, or the best dancer. But what if there was somebody better than you? See what might happen in "The Quickest Kid in Clarksville" by Pat Zietlow Miller, illustrated by Frank Morrison.

Alta was the fastest runner in Clarksville, Tennessee, and everybody knew it.

She wasn't as fast as Wilma Rudolph, but Alta was close and that made her dream. What, she wondered, would it be like to have three Olympic gold med-

als hanging around her neck? Would Wilma bring her medals to the parade she'd be riding in? The parade was tomorrow; Alta and her friends were even making a banner for it.

And then some girl Alta had never met before came "sashaying" over with the brand-spankingest, whitest shoes Alta had ever seen. She said her



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Our Honorees will be celebrated in a Keepsake Publication May 20, 2016

To congratulate and thank Brooklyn's Women of Distinction, please call Jennifer Stern at 718-260-8302 or email [jstern@cnglocal.com](mailto:jstern@cnglocal.com)

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**Caribbean Life**



# Democracy visits Caribbean's communist Cuba

More than ever, Cuba gets bragging rights as the Caribbean's choice destination for hosting high profile celebrities. Sunday when President Barack Obama, first lady Michelle, daughters Sasha and Malia and Marian Robinson, the leader's mother-in-law stepped out of Air Force One and onto the Havana tarmac of the Spanish Caribbean island, a beaming international spotlight focused on the communist nation.

It was the first day of spring and showers rained the seasonal change that annual signals hope, new growth and a budding and flowering future. From all accounts, crowds were jubilant and the downpour did not dampen the spirit of the occasion.

"This is a historic visit and historic opportunity," President Obama reportedly said after landing.

Eagle-eyed viewers watched to see how the one-party political system and its proponents would welcome their capitalist and biggest rival.

While some skeptics adversely opposed the trip,



## Inside Life

By Vinette K. Pryce

most Cubans seem to relish the visit with the first family and an entourage that included media correspondents, economic advisors and political insiders.

The visit by the two-term president who made history in 2008 when he was elected the first African-American voted to lead the United States marks another landmark breakthrough since he was elected but is also historically significant because he is the first sitting leader to visit the nation in 88 years.

Not since President Calvin Coolidge walked onto the Havana capital January 1928 to give a speech to the 6th International Conference of American States has any commander-in-chief while in office made a diplomatic visit to that country.

Not only will the unprec-

edented trip resonate with historic significance as a final remnant of the Cold War but the fact the president is ending his tenure in the White House this year, boldly inscribes a landmark foreign policy accomplishment for his administration.

More than any other president, President Obama has successfully mended relations between the two countries which have been at odds since a revolutionary government established communist rule resulting with a U.S. trade embargo that has continued for more than 50 years.

Ironically, during this election year, two Republican candidates of Cuban descent campaigned to win the nomination for president of the United States.

Throughout the raucous campaign, Texas Senator Ted



President Barack Obama, right, arrives with first lady Michelle Obama as they exit Air Force One at the airport in Havana, Cuba, Sunday, March 20, 2016. Obama's trip is a crowning moment in his and Cuban President Raul Castro's ambitious effort to restore normal relations between their countries.

Associated Press / Pablo Martinez Monsivais

Cruz and Florida's Marco Rubio consistently argued against establishing diplomatic relations with Cuba.

Should a Republican successor win the elections, President Obama's action will not be reversible.

While in Cuba for three

days, the president met with the country's leader Raul Castro, toured Old Havana, delivered an address from the Grand Theater and witnessed a baseball game between Cuba's national team and the Tampa Bay Royals.

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# ENTERTAINMENT

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Reggae singer Nesbeth.

## Nesbeth heads to New York

Reggae's newest musical sensation Nesbeth has a big date in New York on Memorial Monday, May 30, 2016. Three months after he shared the stage with Prime Minister Andrew Holness at the prime minister's swearing-in ceremony at Kings House in Jamaica, tri-state area music fans will get the opportunity to see Nesbeth perform live in concert for the first time at the third annual Oracabessa Festival at Roy Wilkins Park in Queens, NY.

Nesbeth, born Greg Nesbeth is living his dream with arguably the biggest reggae song globally right now. Released

Continued on Page 44

## Dance your way to fitness, Carib style

By Alley Olivier

A vision written down with a due date is no longer a dream; instead, it evolves into a goal. Just a year ago, Candace Thompson envisioned a dance collective to support and celebrate Caribbean American dancers in the Diaspora. Today, the Dance Caribbean Collective is still catapulting forward with new elements including fitness dance classes, bigger shows and more.

According to Thompson, "There are a lot of people using Caribbean culture to create these dance fitness classes that are more open to the general public; I just wanted to highlight all these different styles and cultures that are being taught and bring them to the light that we have a lot to share."

Continued on Page 44



# MISS NEW YORK WINS CROWN

Shawntay Henry of Brooklyn, Miss New York, is the winner of the 2016 Miss Caribbean United States Pageant.

## Shawntay Henry takes Miss Caribbean

Shawntay Henry of Brooklyn, Miss New York, is the winner of the 2016 Miss Caribbean United States Pageant held in New York on March 18 & 19. Miss Henry is originally from the United States Virgin Islands now lives in New York.

Miss Henry, who competed as Miss New York, is of U.S. Virgin Island heritage and the first Miss New York to win the national title. She graduated from High Point University in 2014 with a Bachelor of Arts degree in Communications — a major in

Electronic Media and a minor in Marketing.

This year is the first time Miss Caribbean United States Pageant has had a Miss Dominica, a Miss Belize and a Miss Grenada as title holders in competition. These countries were represented by: Leanne Morancie - Miss Dominica; Destiny Wagner - Miss Belize and Aria Collins - Miss Grenada.

Another notable first and delightful trend in the Miss Caribbean United States Pageant was the use of

natural hair on stage during competition - Miss Belize, Destiny Wagner in locks, Miss Trinidad and Tobago, Andrea Thomas-Coates with waist-length twists, and Miss Dominica, Leanne Morancie in full afro.

The pageant took place at the Jamaica Performing Arts Center and was hosted by Mariel King — the reigning Miss Black America New York, and the former Miss Tropical Paradise International, Guyana.

Contestants showcased their

Continued on Page 44

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# A trendy variation on 'The Big Chill'

"Burning Bodhi"  
Excellent (4 stars)  
Rated R for profanity,  
sexual references  
and drug use.  
Running time: 93  
minutes  
Distributor:  
Monterey Media



Landon Liboiron stars as Dylan in "Burning Bodhi."

rottentomatoes.com

## By Kam Williams

Bodhi was a popular guy back in high school several years ago. So, when he passed away unexpectedly from an aneurysm, it's no surprise that many of his friends might decide to return home to attend the funeral.

Among the pals descending on Albuquerque for the services is Miguel (Eli Vargas) who picks up a pregnant hitchhiker (Sasha Pieterse) en route from Chicago. Another is Miguel's roommate, Dylan (Landon Liboiron) whose mom (Virgin-

ia Madsen) hasn't seen her son since he went away to college.

Then there's Ember (Cody Horn), a promiscuous bimbo who admits to sleeping with Bodhi despite identifying herself as a lesbian. And Katy

(Kaley Cuoco), who has a child being raised by her grandmother, is out on probation after spending time behind bars for drug possession and for leading police on a high-speed car chase.

This motley crew of mourners and a few others reunite to reminisce, imbibe and asses the state of their lives in "Burning Bodhi," an alternately whimsical and sobering meditation on mortality. The movie marks

the outstanding writing and directorial debut of Matthew McDuffie who exhibits quite a knack for capturing the attitudes and angst of today's twenty-somethings.

His pithy dialogue is laced with lots of memorable lines like, "May the light at the end of the tunnel is just you coming out of another vagina." Executing the flip script is a very talented ensemble led by The Big Bang Theory's Kaley Cuoco who exhibits an impressive acting range in a role far afield from the person (Penny) she plays on that popular sitcom.

The plot thickens when Dylan's jealous girlfriend Lauren (Meghann Fahey) shows up in time to put the kibosh on any rekindling of romance between him and his ex, Katy. Meanwhile, Ember can hardly contain her crush on Katy, who was dumped by Dylan for sleeping with dearly departed Bodhi right after he left for the Windy City. And so forth.

## Independent & Foreign Films

Bleed (Unrated) Horror flick about a couple of newlyweds (Chelsey Crisp and Michael Steger) who come to regret inviting their friends to participate in a ghost hunt on the grounds of an abandoned prison that turns out to be really haunted. With Riley Smith, Elimu Nelson, David Yow and Lyndon Smith.

Born to Be Blue (Unrated) Chet Baker (Ethan Hawke) biopic reimagining the heroin-addicted, jazz trumpeter as mounting a comeback in the Sixties with the help of an attractive actress (Carmen Ejogo). Cast includes Callum Keith Rennie, Tony Nappo and Stephen McHattie.

Fastball (Unrated) Kevin Costner narrates this baseball documentary exploring the age-old battle between batters and pitchers while also examining the science behind throwing and hitting a ball traveling at speeds of up to 100 mph. Featuring commentary by Derek Jeter, Nolan Ryan, Matt Harvey and David Price.

Get a Job (R for sexuality, nudity, crude humor, profanity and drug use) Coming-of-age comedy revolving around a couple of recent college grads' (Miles Teller and Anna Kendrick) attempt to launch their careers with the help of family and friends. Supporting cast includes Bryan Cranston, Marcia Gay Harden, John Cho, John C. McGinley, Christopher Mintz-Plasse,



## Kam's Kapsules

By Kam Williams

Alison Brie and Brandon T. Jackson.

I Saw the Light (R for profanity, sexuality and brief nudity) Tom Hiddleston plays Hank Williams in this reverential biopic chronicling the legendary country singer/songwriter's rise to fame and untimely demise at the age of 29. With Elizabeth Olsen, David Krumholtz and Cherry Jones.

Identicals (R for profanity, sexuality, violence and drug use) Futuristic, sci-fi thriller about a young man (Nick Blood) who allows himself to be killed and reincarnated as a clone in order to search for the girlfriend (Nora-Jane Noone) abducted and forced to undergo the same procedure against her will. Co-starring Tony Way, Lachlan Nieboer and Robert Wilfort.

Killing Ed (Unrated) Education documentary exposing the corruption in the movement to privatize America's public schools.

Ron and Laura Take Back America (Unrated) Political mockumentary about a conservative suburban couple (Mel England and Janice Markham) that decides to launch their own reality TV show in response to constant cable news coverage they disagree with. Featuring Jim J. Bullock, Sally Kirkland and Irene Bedard.

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DIRECTED BY KIRK JONES  
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# TOP OF THE CHARTS

## TOP 10 SINGLES



- 1 **Love Yourself**  
Justin Bieber
- 2 **Stressed Out**  
twenty one pilots
- 3 **Work**  
Rihanna Feat. Drake
- 4 **My House**  
Flo Rida
- 5 **Sorry**  
Justin Bieber
- 6 **Me, Myself & I**  
G-Eazy x Bebe Rexha
- 7 **Cake By The Ocean**  
DNCE
- 8 **Hands to Myself**  
Selena Gomez
- 9 **Pillow talk**  
Zayn
- 10 **Stitches**  
Shawn Mendes

## TOP 10 ALBUMS

- 1 **Have It All: Live**  
Bethel Music
- 2 **untitled unmastered**  
Kendrick Lamar
- 3 **Incarnate**  
Killswith Engage
- 4 **3001: A Laced Odyssey**  
Flatbush Zombies
- 5 **Us And The Night**  
3 Doors Down
- 6 **Traveller**  
Chris Stapleton
- 7 **25**  
Adele
- 8 **Fired Up**  
Randy Houser
- 9 **Wide Awake**  
Parachute
- 10 **Pain Killers**  
Brian Fallon



# PAGEANT

Continued from page 41

rhythm in a number choreographed by Nisla A. Ellis and their flair and style in carnival costumes by Jewel Shannon Designs.

Panamanian artist Kali, performed with energy and panache during the opening number. There were also featured performances by Trinidadian artist Julius di Intelligent; nine-year old Kamarley and dancers of Triple Threat Talent owned by Miss Caribbean United States 2015, Nekia Amara Edwards.

As the 2016 Miss Caribbean United States, Miss Henry will represent USA at two international pageants - Miss Caraïbes Hibiscus in St. Maartin and The Jaycees Queen Show in Antigua. Miss Caribbean United States Pageant will also be sending Miss Dominican Republic, Genesis Fernandez, to Trinidad and Tobago to compete in the Miss Plus Caribbean Universe Pageant as a representative of USA. She was the highest placing full-figured competitor this year.

During the pageant preliminaries Shawntay Henry also won the talent competition and was crowned Caribbean United



From left, Rachele Legrand, Miss New Jersey; Tonille Watkins, Miss Connecticut; Shawntay Henry, Miss New York; Raynel Caroll, Miss Antigua and Barbuda and Isabella Sylvester, Miss U.S. Virgin Islands.  
Miss Caribbean United States Pageant

States Miss Talent. Miss Antigua and Barbuda, Raynel Caroll won the Top Model segment which featured an extraordinary display of gowns and cocktail dresses from Jewel Shannon Designs.

This year's Miss Caribbean United States Pageant was a highly competitive display of intelligent, talented, and beau-

tiful Caribbean women.

Rounding out the top five were: Tonille Watkins, Miss Connecticut, placed 1st Runner-up; Raynel Caroll, Miss Antigua and Barbuda placed 2nd Runner-up; Isabella Sylvester, Miss U.S. Virgin Islands, placed 3rd Runner up and Rachele Legrand, Miss New Jersey, placed 4th Runner up.

Miss Belize, Destiny Wagner, won two specialty awards - Miss Photogenic and the first ever Christopher L. Ricketts Friendship Award. The winner of People's Choice Award was Miss U.S. Virgin Islands, Isabella Sylvester with 1,260 votes. Miss Dominican Republic, Genesis Fernandez, received the Ambassador Award.

## Nesbeth

Continued from page 41

last October, "My Dream" zoomed to the top of the charts in Jamaica and the Diaspora. It was an anthem during the 2016 political campaign for both the Jamaica Labour Party (JLP) and the People's National Party (PNP). The Jamaica Football Federation (JFF) in an attempt to drum up support for the upcoming Jamaica vs Costa Rica World Cup qualifier match on March 25, recently selected the revered hit single as the theme song for the event.

"The song speaks to people" Nesbeth was quoted as saying.

On stage, Nesbeth is a crowd favorite. He showed his mettle at this year's Rebel Salute at Plantation Cove in St. Ann where he thrilled thousands of music fans who sang his hit song word for word. It was an outstanding performance that also excited Oracabessa Festival executives who booked him for his first outdoor New York gig.

"We are thrilled at Irie Jam radio and so is the entire tri-state area to have this crowd favorite perform live on stage at the Oracabessa Festival. 'My

Dream' is a fan favorite here on Irie Jam Radio and we are excited we landed him first" noted event organizer Bobby Clarke.

The Oracabessa Festival in three short years has built a reputation for showcasing the biggest and the best talents out of Jamaica. Two years ago festival organizers signed Tessanne Chin for her very first performance in the tri-state after she won The Voice season five and what a success story that was.

"Tessanne's performance attracted throngs of Jamaican/Caribbean nationals in the Diaspora eager to see the Voice winner in concert. Last year we presented hot new dancehall sensation Dexta Dapps, Freddy McGregor, Tarrus and his dad Jimmy Riley. Daps on his first big New York area outing, captivated area fans with a stellar performance that included songs such as 'Dreaming,' 'Pretty Nicky,' 'Morning Love,' 'Jealous Ova' and his dancehall anthem 'Televen.' We are expecting Nesbeth's eagerly anticipated performance will create the same type of excitement and fervor," Clarke noted.

## Fitness through dance

Continued from page 41

The Trinidadian native has remained busy teaching classes, performing, and planning the next steps for the collective.

This year, the organization has collaborated with Brooklyn Studios for Dance to create an enticing lineup of featured Caribbean fitness dance courses titled "DCC Diaspora Dance Series" including CaribFunk led by A'Keitha Carey, Afro-Island led by Jessica Phoenix, Bomba led by Miltieri Tucker, and more.

"There's a substantial Caribbean community there and people have been asking for Caribbean based dance classes," Thompson explained.

While Caribbean-style dance fitness classes have become a new trend, Thompson does see this particular series withstanding pass the fad phase as the dances are consistently evolving and remaining interesting.

"I can speak for the class that I teach which is soca, because the music evolves every year as carnival evolves there is always



Beatrice Capote - 'One Step Closer' - New Traditions 2015.

dancecaribbeancollective.com

something new to add, always something new to incorporate," she said. Aside from the new dance classes, Thompson is also gearing up for the second annual "New Traditions Festival" showcase, which she intends making bigger than their first year.

This year, Thompson is featuring five local artists, but to participate in the show artists must involve themselves in their communities through free workshops at schools, churches, or a local community center.

# SPORTS

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James Cordice. Photo by Nelson A. King

## Vincy sports uproar

By Nelson A. King

The Philadelphia-based advocate behind St. Vincent and the Grenadines' participation in the illustrious Penn Relays in Philadelphia, Pa has taken issue with an un-authored article that appeared in THE VINCENTIAN newspaper on Feb. 26, 2016, describing the matter as "real foolishness."

The article, captioned "Opportunities open for Vincentian athletes," states that "The quartet of Erasto Da Silva, Rogike Thorpe, Neilo Thomas and Consolo Adams have had part of their dreams realized," and that "last Monday, they embarked on new academic and sports lives at the Kingsborough Community College in New York, USA."

But James Cordice, former president  
Continued on Page 46

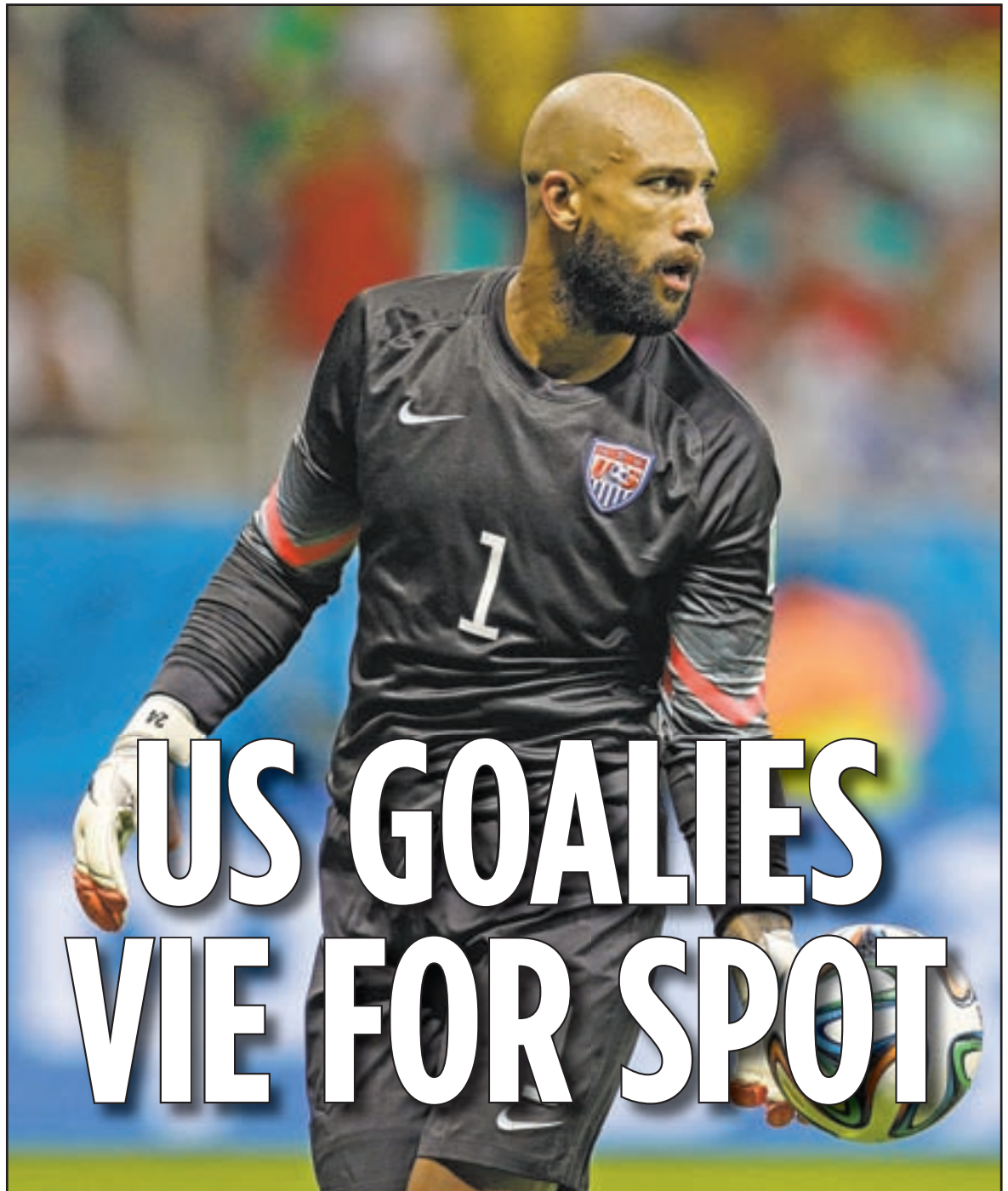
## Windies defeat England

By Azad Ali

Hard-hitting Chris Gayle smashed the third fastest 100 in Twenty20 Internationals as West Indies started their Twenty20 World Cup campaign with a decisive six-wicket win over England in India on Wednesday.

He hit the first century of the sixth World Twenty20 to underline his reputation as cricket's most destructive batsman.

Gayle smashed 11 sixes in the process to become the leading six-hitter  
Continued on Page 46



In this July 1, 2014, file photo, United States' goalkeeper Tim Howard gets ready to kick the ball during the World Cup round of 16 soccer match between Belgium and the USA at the Arena Fonte Nova in Salvador, Brazil.  
Associated Press / Natacha Pisarenko, File

## Tim Howard, Brad Guzan will know fate soon

By Walter Villa

MIAMI (AP) — Goalkeeper Tim Howard says his decision to leave the English Premier League had nothing to do with being benched at Everton.

It was the chance to play elsewhere — specifically, the Colorado

Rapids of Major League Soccer.

"It gives me a chance to be in the shop window for the next World Cup," he said Tuesday. "And the excitement of building something in Colorado. People don't care to hear that, but that was the most important thing."

Howard now faces another fight

for playing time — on the U.S. national team.

Coach Jurgen Klinsmann declined to say Tuesday whether he will go with Howard or Brad Guzan when the Americans play at Guatemala on Friday in a World Cup qualifier. The

Continued on Page 46

Continued from page 45

of the Philadelphia-based St. Vincent and the Grenadines Organization of Pennsylvania (SVGOP), told Caribbean Life, in an exclusive interview Sunday night, that some information in the story was inaccurate and that the article, as a whole, was misguided.

He said, first of all, that Neilo Thomas is not among the athletes who have “embarked on new academic sports lives.” In fact, Cordice said Thomas is still a student at the Thomas Saunders Secondary School (TSSS) and that Thomas, who competed in the Penn Relays last year, is getting ready to do so again this year.

Cordice said Kilon Kirby, who was among TSSS’ Penn Relays athletes last year, is instead identified among the other athletes, who recently trekked to New York supposedly to attend Kingsborough Community College.

“I feel this thing is real foolishness; some of the facts are inaccurate,” Cordice said. “Up to now, I don’t have a full synopsis. No one has taken the time to have a full conversation with me. I don’t feel our parents should pay to send their children to school [college in the United States] if they can run [demonstrate athletic prowess].”

The humanitarian and community advocate, who is a senior executive member of Team Bickle Jamaica, the group that provides meals for Caribbean athletes at the three-day Penn Relays at the University of Pennsylvania, said that the Vincentian Penn Relays effort, which he initiated almost singlehandedly in 2011, is aimed at being “a vehicle to enhance or obtain academic goals

“This is the purpose of us taking this journey,” he said. “I believe that, if we bring these children up to this level, then the school who wants them must be able to recruit them with a scholarship.

“Our community should not pay, the Diaspora should not pay and the Government of St. Vincent and the Grenadines should not be forced to pay, because the children [athletes] have a talent that is desirable of a scholarship,” Cordice added. “That’s their reward.

“Then, if they have to pay [athletes have to pay tuition], then what’s the purpose of bringing them to the Penn Relays?” he asked rhetorically.



U.S. soccer goalkeepers Tim Howard, left, and Brad Guzan, warm up at Barry University in Miami Shores, Fla., Monday March 21, 2016. The U.S. men’s soccer team is preparing for its pivotal home-and-home World Cup qualifiers against Guatemala.

Associated Press / Marta Lavandier

## HIGHEST PAID MLS GOAL KEEPER

Continued from page 45

return leg is March 29 in Columbus, Ohio, and the U.S. can clinch a berth in the final round of qualifying by winning both games.

Guzan, like Howard, plays in the Premier League — for Aston Villa. The 37-year-old Howard lost his job at Everton to Joel Robles and hasn’t played a league match since Jan. 24.

“Everything’s a factor,” Klinsmann, speaking from training camp at Barry University, said when asked about Howard’s two months of inactivity. “We follow every player, no matter if they are playing in Europe, Mexico or in the MLS. You want them all to do well. You want them all to make statements through their club performances.”

Klinsmann expressed confidence in both Guzan and Howard, who started

for the U.S. at the 2010 and 2014 World Cups.

“We have the highest respect for Tim and Brad,” he said. “Having a player like Tim back in our group is huge because of his experience. Is it more ideal if he (were starting for Everton)? Absolutely. ... He’s played I don’t know how many hundred games in the Premier League. He knows how to deal with (inactivity). He is calm. He is a top professional.”

Howard signed with Colorado on Sunday and is expected to join Colorado when Everton’s season concludes in July.

“I was excited to put pen to paper,” he said.

Howard said it would be wrong to conclude that he left Everton because of his reduced role.

“I don’t think it played much of a

factor,” he said. “That seems the easy reason on the outside. I had two years left at the club that I love, and I planned on playing those out. until this opportunity came up. It was an opportunity I couldn’t pass up.”

Howard signed with Colorado through the 2019 season and reportedly will earn \$2.5 million per season, making him, by far, the highest-paid MLS goalie.

Meanwhile, Klinsmann said he felt good about the chances of midfielder Fabian Johnson and forward Jozy Altidore being ready to play. Both are overcoming injuries.

“They are not 100 percent yet,” Klinsmann said. “Hopefully by Friday, they will be close to 100 percent.”

## Gayle scores century

Continued from page 45

in Twenty20 Internationals, going past New Zealand’s Brendon McCullum’s tally of 91 sixes. He now has 98 sixes in T20s International.

Gayle achieved the feat in just 46 games, compared to McCullum’s 70 matches.

He became the first player in Twenty20 Internationals to score two centu-

ries in the WorldT20. He smashed 117 in the 2007 World Cup against South Africa in Johannesburg.

The Jamaican superstar completed his half century off 27 balls, hitting three fours and five sixes.

The left-hander required only another 20 balls to complete his century and smashed six more sixes and two boundaries that included three straight successive sixes off off-spinner Moen Ali.

Earlier, West Indies won the toss and sent in England to bat.

The England innings were built around 48 from Joe Root, 30 from Jos Butler and an unbeaten 27 from skipper Eoin Morgan.

England made 182 for six wickets off their allotted 20 overs.

Chasing a formidable 183 for victory at the Wankhede Stadium, West Indies reached their target with 11 balls and four wickets remaining. Gayle was on 100 not out.



West Indies’ Chris Gayle bats against England during their ICC World Twenty20 2016 cricket match at the Wankhede stadium in Mumbai, India, Wednesday, March 16, 2016.

Associated Press / Rajanish Kakade

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Stk #JT813, Auto, 4 cyl, MSRP \$25,690. \$2995 down pymt + 1st mo. pymt + \$0 sec. dep. + \$0 bank fee = \$3124 due at signing + tax, tags & mv fees. Ttl pymts/residual: \$4644/\$14,386. Includes \$500 Northeast Bonus Cash & \$1000 lease conquest^, subj. to tax.

### NEW 2016 JEEP CHEROKEE LATITUDE 4X4



**\$159** \*  
Lease for per mo 36 mo  
\$3154 due at signing + tax, tags & mv fees

Stk #JT01439, Auto, V6, MSRP \$30,030. \$2995 down pymt+ 1st mo. pymt+\$0 sec dep. +\$0 bank fee = \$3154 due at signing + tax, tags & mv fees. Ttl pymts/Residual: \$5724/\$15,915. Includes \$500 Northeast Bonus Cash, \$1000 Northeast Lease Cash, \$500 returning lessee bonus cash, \$1000 Northeast Lease Pull-Ahead Bonus & \$500 2016 returning lessee^, subj. to tax.

### NEW 2015 JEEP GRAND CHEROKEE LTD 4WD



**\$270** \*  
Lease for per mo 36 mo  
\$3265 due at signing + tax, tags & mv fees

Stk #JT01429, Auto, V6, MSRP \$45,010. \$2995 down pymt+ 1st mo. pymt+\$0 sec dep. +\$0 bank fee = \$3265 due at signing + tax, tags & mv fees. Ttl pymts/Residual: \$9720/\$22,955. Includes \$2500 Northeast Lease Cash, \$1000 Northeast Lease Pull-Ahead Bonus & \$1000 2015 returning lessee^, subj. to tax.



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<p>2012 Jeep Liberty Sport 4WD <b>\$15,990</b></p> <p>Stk #T01818, V6, auto, cd, heated winds, power winds/brks, cd/mp3, 25k mi.</p>	<p>2015 Ford Fusion SE <b>\$17,900</b></p> <p>Stk #P01797, 4 cyl, auto, leather, sunroof, fully equipped, Bluetooth, 23k mi.</p>	<p>2015 Dodge Caravan SXT <b>\$18,890</b></p> <p>Stk #P01757, V6, auto, full equipped, clean Carfax, roof rack, cd/mp3, pwr liftgate, 34k mi.</p>
<p>2015 Dodge Charger SE <b>\$19,500</b></p> <p>Auto, 6 cyl, 18k mi., Stk #P01534, One Owner, Fully Equipped, Clean Car Fax</p>	<p>2013 Hyundai Santa Fe Sport <b>\$20,900</b></p> <p>Stk #T01836, 4 cyl, auto, loaded, sunroof, leather, navigation, clean Carfax, 16k mi.</p>	<p>2012 Jeep Wrangler Unlimited Sport <b>\$23,900</b></p> <p>Stk #P01712, V6, auto, cd/mp3, pwr steering, 4DR, 50k mi.</p>
<p>2011 Honda Pilot EX-L <b>\$24,700</b></p> <p>Stk #45196, 6 cyl, auto, one owner, clean Carfax, leather, navigation, sunroof, 51k mi.</p>	<p>2015 Jeep Wrangler Sport 4x4 <b>\$26,500</b></p> <p>Stk #P01812, V6, auto, hard top, cd/mp3, cloth int., 9k mi.</p>	<p>2013 Jeep Grand Cherokee Laredo <b>\$26,990</b></p> <p>Stk #P01639, 6 cyl, auto, leather, sunroof, navi, one owner, clean Carfax, 23k mi.</p>

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# Intelligent performers will decide T20 winners

England, New Zealand and the West Indies started off their World Cup Ventures in fine style with the combination of bowling and batting in fantastic style. Chris Gayle bombasted his way to an unbeaten century against England and Andre Fletcher swash-buckled 84 from 64 balls. New Zealand bowled out Australia for 79 runs after scoring 120 runs for 7 wickets.

Mitchell Santner, the left arm spinner ripped through the Aussies batting picking up 4 for 11 from 4 overs and Ish Sodhiz for 18 from 4 overs.

South Africa scored 229 for four against England and England returned and scored 230 for 8 with Joe Root scoring 83 from 44 balls and Jason Roy 43 from 16 steadied the England innings.

## AUSTRALIA LOSS AGAINST NEW ZEALAND WAS RECKLESS

The run out of opening batsman Usman Khawaga for 33 was uncalled for. The second run was not on and even if



## Eyes on Cricket

By George H. Whyte

it was on, it was too risky at that stage of the game because Australia was well placed with only two wickets down. Just after David Warner run out, Khawaga, Warner hit out too deep mid-wicket and was caught. This was super reckless of Warner. Shane Watson and Usman Khawaga put on 50 runs in 6 overs. Thus there was no need to do anything silly.

Glenn Maxwell's reverse sweep is no longer beneficial to the team. Maxwell's batting at number five is very essential to the Aussies because he is a superb hitter. Aaron Finch is not in the final 11 because Khawaga is in excellent form thus capturing his place in the squad.

Maxwell should not be bowling in these games unless absolutely necessary. Adam Zampa, the spinner should be the only recognized spinner

in the team. Ashton Agars should not be in the squad and should make way for the seamer Josh Hazlewood.

Aussies captain Steve Smith has an array of seam bowlers which he can utilize he has to use them appropriately. Adam Zampa is a spinner who shows good techniques and has the ability to take wickets. Aussies seamers must be put to work.

## DAVID WARNER SHOULD RETURN TO OPEN THE INNINGS

David Warner and Shane Watson should start for the Aussies and drop Khawaga to number four behind Captain Steve Smith, this would enable the team to create stability.

Note: Aussies chances are still great to win this Twenty20 World Cup.



West Indies' Andre Fletcher plays a shot during their ICC World Twenty20 2016 cricket match against Sri Lanka in Bangalore, India, Sunday, March 20, 2016.

Associated Press / Aijaz Rahi



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**ARIES: Mar 21/Apr 20**  
Aries, expect quite a few opportunities to have fun this week. Just do not disregard any work or other personal responsibilities in the process.

**TAURUS: Apr 21/May 21**  
Taurus, an energy is growing between you and another person who recently entered your life. Others will soon begin to notice the sparks are flying.

**GEMINI: May 22/Jun 21**  
You are in a good position to help a friend or coworker this week, Gemini. Although the offer may not be immediately accepted, after time this person will seek you out.

**CANCER: Jun 22/Jul 22**  
Cancer, while working on a big project, you may be frustrated by the pace others are working at. But exercise patience, as this is a task that requires considerable cooperation.

**LEO: Jul 23/Aug 23**  
Leo, make a good impression on everyone you meet this week by beginning your conversation with a smile. Remember, accepting others and being polite can help you make friends.

**VIRGO: Aug 24/Sept 22**  
Responsibilities at work leave you feeling more frazzled than before, Virgo. Remember to take a step away every so often so you can regroup and recharge.

**LIBRA: Sept 23/Oct 23**  
Libra, certain aspects of your life may prove a little topsy-turvy this week. This unpredictable period may change your perspective for the better.

**SCORPIO: Oct 24/Nov 22**  
Scorpio, embrace a new responsibility for the challenge it presents. This is a unique opportunity to illustrate your ability to adapt and handle something new.

**SAGITTARIUS: Nov 23/Dec 21**  
Sagittarius, don't expect to be surprised this week. You are locked in and can see whatever is coming long before it arrives. Use this to your advantage.

**CAPRICORN: Dec 22/Jan 20**  
Capricorn, take a step back if your approach to a problem is not leading to a solution. Some time away might provide the new perspective you need to find the answer after all.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, do not procrastinate when others request your feedback. Give a prompt answer and be definitive in your explanation so there is no chance for misinterpretation.

**PISCES: Feb 19/Mar 20**  
After coming up with a few dead ends this week, you soon realize you have to take another approach, Pisces. Gemini can guide you.

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**Notice is hereby given** that a license, license number pending has been applied for by Business Achievers Inc. to sell in a cafe on premises beer, liquor and wine under the Alcoholic Beverage Control Law at 1165 Bedford Ave. Brooklyn, NY 11216 for on premises consumption. Business Achievers Inc. d/b/a Inkwell Cafe.

**Notice is hereby given** that a restaurant wine license, #TBA has been applied for by Blessings Herbs & Coffee LLC to

## LEGAL

sell beer and wine at retail in an on premises establishment. For on premises consumption under the ABC law at 663 Flatbush Avenue Brooklyn, NY 11225.

## LEGAL

**PUBLIC NOTICE:** "Cellico Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) is proposing to install roof-top wireless telecommunications antennas on a building that reaches an overall

## LEGAL

height of 53 feet above ground level at 419 Marcus Garvey Boulevard, Brooklyn, Kings County, NY 11216. Public comments regarding potential effects from the site on historic properties may be submitted within 30 days from the date of this publication to: **Joseph Schuchman, E2PM, 87 Hibernia Avenue, Rockaway, NJ 07866**, by email to: [joseph.schuchman@e2pm.com](mailto:joseph.schuchman@e2pm.com), or phone: (973) 299-5200. Please refer to **E2PM Tracking Number P-16-02-10.**"

## LEGAL

**PUBLIC NOTICE:** "Cellico Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) is proposing to install roof-top wireless telecommunications antennas on a building that reaches an overall height of 45 feet above ground level at 829 Halsey Street, Brooklyn, Kings County, NY 11233. Public comments regarding potential effects from the site on historic properties may be submitted within 30 days from the date of this publication to: **Joseph**

## LEGAL

**Schuchman, E2PM, 87 Hibernia Avenue, Rockaway, NJ 07866**, by email to: [joseph.schuchman@e2pm.com](mailto:joseph.schuchman@e2pm.com), or phone: (973) 299-5200. Please refer to **E2PM Tracking Number P-16-02-11.**"

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**Anyone knowing the whereabouts of Gregory D. Lee.** Please contact D Michael Hayes at P.O. Box 953 Natchitoches LA, 71457


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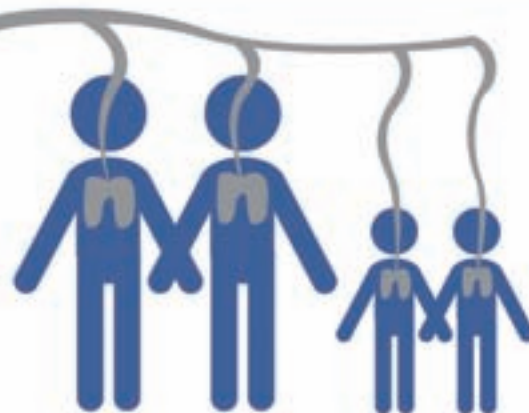
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