



A call for youth volunteers

Sister Claudette Muckett of Attributes of Christ Ministries plays the bass guitar. See story on page 18.

Photo by Nelson A. King

Remembering our fallen heroes

By Nelson A. King

Several Brooklyn politicians on Monday joined Americans all over in celebrating Memorial Day.

"It is a somber day in which we remember our fallen heroes — the men and women of our military who loved liberty so much that they made the ultimate sacrifice while defending it for the rest of us," said Brooklyn Borough President Eric Adams.

"It is important that we continue to enjoy our American pastimes, like baseball and barbecues on this holiday weekend, all while keeping sight of the fact that these

freedoms, which many around the world are denied beneath the yoke of tyrannical rule, have come at a human cost," he added. "Each casualty of our nation's wars represents a permanent hole in a grieving family's heart."

Adams noted that more than 11,000 Brooklynites of the "Greatest Generation" gave their lives during World War II.

With close to one quarter of a million veterans living throughout New York City, he said Brooklyn "reveres its heroes of the Armed Forces and honors their lasting legacy."

The borough president said his administration remains committed to all of the borough's veterans, as well as the spouses, children and family members "who survive our fallen heroes and she-ros, whose memories will eternally shine bright in the hearts of One Brooklyn."

Council Member Jumaane D. Williams (D-Brooklyn), deputy leader and chair of the Council's Housing and Buildings Committee, said "we owe our gratitude and respect" for the bravery and service of nation's fallen heroes.

"We also owe it to the fami-

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TOO YOUNG TO WED

Catholics, Hindus clash over child brides in Trinidad

By Bert Wilkinson

While authorities in Trinidad are battling to stabilize the petroleum-based economy from low world prices and security officials grapple with runaway gun violence, a new controversy is attracting the attention of the administration of Prime Minister Keith Rowley.

Surprisingly, it has much to do with a raging debate in the country as to what age a child or young girl should be allowed to marry legally.

Current colonial era laws allow a young, school aged child to wed an adult male as early as 12 but the Hindu community which has been in the forefront of the defense of the old laws, is making its presence felt on the issue by lashing out against advocates for change.

Sat Maharaj, the widely acknowledged leader of Trinidad Hindus, went on the attack this week after the Catholic Church joined a growing list of people and groups demanding that parliament moves with haste to repeal the older laws, which allow girls to marry even

before becoming teenagers.

Independent Senator Helen Drayton, for example, argues that the current legislation does not make any political, cultural or moral sense as no one in Trinidad & Tobago is allowed to adopt a child under age 25. Why therefore should a girl now leaving primary school be allowed to marry have kids and attempt to run a household?

"There are too many laws concerning children that are contradictory. We need to be consistent with who is and who is not a child. Every single bill I have seen there is a contradiction. There should be more acute attention paid to harmony across children's legislation.

Aware that the blazing row could become a major political issue and an unnecessary distraction at a time of economic troubles and high crime, Attorney General Faris Al Rawi says the time to intervene has come.

So he is calling in stake holders, including child rights advocate, the bar association, senators to a meeting this week

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Singer, composer and guitarist Irving Burgie performing at the Giando on The Water catering house. Photo by Nelson A. King

Songwriter Irving Burgie's huge footprints

By Les Slater

There's no doubt that his outstanding performance skills, as well as other natural gifts, propelled Harry Belafonte to the high-flying success he enjoyed as an entertainer decades ago. Equally is there no question about the immense credit to which singer-songwriter Irving Burgie is entitled for the major contribution he made toward Belafonte's path to super-stardom.

Burgie wrote more than 30 songs that Belafonte performed. Their collaboration got going, back in the 1950s, with the sort of bang most folks only dream about. Of the 11 tracks on the iconic 1956 RCA Belafonte album, *Calypso*, Burgie wrote eight of them. Songs like "Day-O," "Jamaica Farewell" and "Come Back Liza" performed by Belafonte on the album would be anchored as mainstays in the Belafonte repertoire for the remainder of his singing career. And *Calypso* would proceed to make history as the first album of any kind to sell a million copies. More of Burgie's songs followed in later Belafonte releases.

Although born in Brooklyn, New York, Burgie came by this affinity for Caribbean-oriented folk material more or less genetically. His mother was Barbadian, and linkage to his mother's cultural roots would manifest itself in work he subsequently produced. Burgie's innate love of music, burnished by his studies at New York's famed Juilliard School, pointed him toward entertaining professionally and, using the stage name Lord Burgess, he did the gig circuit between New York and Chicago as a folk singer. In 1954 he made his New York debut at the popular Village Vanguard, where Belafonte had already been part of the burgeoning community of folk music practitioners for whom Greenwich Village was a haven.

The first Black U.S. shipmaster, Vincentian-born Captain Hugh Mulzac

By Nelson A. King

When the United States entered World War II in December 1941, it faced a shortage of merchant mariners. With supplies in desperate needs overseas a massive sealift would require not only a huge fleet of cargo ships, but the seafarers to sail them.

"This opened the door a bit to black mariners for a range of shipboard jobs. One of the most dramatic stories of this era involved shipmaster," Vincentian-born Hugh Mulzac, according to the United States Maritime Administration (MARAD).

Born in the St. Vincent Grenadine island of Union on March 26, 1886, Mulzac went to sea after high school, sailing on British vessels.

Subsequently, he attended the Nautical School in Swansea, in the United Kingdom, earning a mate's license, said MARAD, adding that he sailed as a ship's officer in World War I, and came to the United States, becoming a citizen in 1918.

By 1920, Mulzac passed the examination as a U.S. shipmaster, but there were no shipboard berths available to a black captain.

Although he held a master's license, which qualified him to be a ship's captain, he worked for the next 20 years mostly in the steward's department of various shipping lines. This was the only shipboard work he could find, and he became an expert in food service management, according to MARAD.

With the outbreak of World War II, MARAD said Mulzac recognized an opportunity to use his license and command a vessel.

At 56, MARAD said he was named



Captain Hugh Nathaniel Mulzac.

Wikimedia Commons

master of the new Liberty ship Booker T. Washington, christened by legendary opera singer Marian Anderson.

Mulzac insisted on having an integrated crew, not the all-black crew that had been planned.

The U.S. Maritime Commission relented, according to MARAD, and the Booker T. Washington made 22 round-trip voyages with Mulzac at the helm.

With the war's end, MARAD said Mulzac found himself "on the beach," again the victim of discrimination.

Because of his involvement in the 1930s in the labor union movement, he also fell prey to the rampant McCarthyism of the early 1950s, according to MARAD.

It said that it was not until 1960,

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Dr. Ivelaw Griffith appointed 10th UG chancellor

By Tangerine Clarke

Excellence and the pursuit of success were engrained in Dr. Ivelaw Lloyd Griffith from a very early age while growing up in Georgetown, Guyana.

Professor Griffith, who will assume office on June 14, 2016 as the 10th vice chancellor of the University of Guyana, created history as the first person to graduate with Distinction in Political Science in 1980 from the same university.

Griffith's outstanding achievement as a scholar, academic leader and teacher is a testament to his long and brilliant academic career.

On June 21, 2013 the Board of Regents of the University System of Georgia, voted unanimously in naming Dr. Grif-



Dr. Ivelaw Griffith.

fith as the ninth president of Fort Valley State University. But despite his short stint, Griffith left an indelible mark on the landscape of the Valle campus.

Dr. Griffith, a New Yorker, served as professor of political science, provost and senior vice president of York College of The City University of New York, where he improved the faculty by 30 percent over four years, by reorganizing the academic division into three schools.

An intellectual whose magnificent career has changed the lives of thousands over the years, Griffith, the current executive-in-residence at the University at Albany, State University of New York, was selected to serve at

Continued on Page 9

Antigua

A recent Pan American Health organization (PAHO) report has shown that Antigua and Barbuda lags behind most countries in the Americas when it comes to banning smoking in public places and tobacco control.

This is contained in the 2016 Report on Tobacco Control for the Americas.

The report also indicates that having banned smoking in government buildings, the twin-island state is way ahead of other members of the Organization of Eastern Caribbean States (OECS).



The other OECS members- Dominica, Grenada, St. Lucia, St. Kitts and Nevis, as well as St Vincent and the Grenadines still allow residents to smoke anywhere.

The document provided the most up to date picture of the smoking epidemic in PAHO's 35 Member States' 10 years after the WHO Framework Convention on Tobacco Control took effect.

Barbados

The no-confidence motion against the Freundel Stuart government has failed.

The motion was brought recently by Opposition Leader Mia Mottley on behalf of the Barbados Labor Party (BLP).

It was defeated 16-12 after a marathon session, which was debated in the House of Assembly.

The 12 opposition members voted for the motion while 15 government MPs voted against.

Independent MP for Christ Church West Dr. Maria Agard also voted against the motion.

Dr. Agard was expelled from the BLP last year. Independent MP for St. Peter Owen Arthur was not present as his father died the previous night.



Mottley's motion was prompted by the present crisis facing the country, which she said was caused by poor governance.

The motion addressed high pub-



Guyana celebrates 50th Anniversary

Some of the performers at Guyana's 50th Anniversary of Independence. See story on page 20

Photo by Tangerine Clarke

lic sector debt; economic downturn; downgrades by international rating firms; declining investment; increase in unemployment; increases in taxes and increase in the cost of living.

It was the third no-confidence motion filed by the BLP against the DLP administration since it took office in 2008.

Dominica

Dominica has recognized 20 years of diplomatic relations with Cuba. The country's Education Minister Peter St. Jean emphasized the educational opportunities offered by Cuba to the young people of Dominica, above all in the training of doctors, and considers the communist country a true partner in his country's development.



He pointed out that the Cuban government provided Dominica with a series of programs such as Operation Milagro, an initiative created by the Cuban and Venezuelan leaders Fidel Castro and Hugo Chavez to offer free surgery to millions of Latin American and Caribbean people suffering eye ailments, changing the lives of the poor in the region.

He made the statement during an event marking the 20th anniversary of diplomatic relations between the two countries.

The minister also spoke about the annual scholarships for students in Dominica to study in Cuban education institutions in the fields of medicine, architecture and engineering.

This plan, he said, began in 1979 as part of the Cuban assistance to Dominica after Hurricane David destroyed

much of the Caribbean island,

Hundreds of students from the small island, among them Health Minister Kenneth Carroux, have benefited from the initiative of the Cuban government.

Guyana

Guyana is moving to improve aviation standards as the government plans to implement an Aircraft Accident and Incident Investigation Act.

Guyana's Minister of Public Infrastructure David Patterson said that a draft of the act is currently with stakeholders for their input and recommendations.



The minister said Guyana is currently signed on to the effective implementation of the stand-

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STAY SAFE WHEN DRIVING IN WET WEATHER

Drivers must modify their driving habits when weather compromises their visibility and makes road conditions unsafe. Rain can fall any time of year, but tends to be most problematic in spring.

According to the Federal Highway Administration, wet roadways, and rain in particular, are the main cause of weather-related vehicle crashes. The National Highway Traffic Safety Administration notes that, between 2004 and 2013, rain caused 573,784 crashes.

To drive safely in the rain and avoid accidents, drivers should follow certain precautions.

- Maintain windshield wipers. Inspect and, if necessary change windshield wipers regularly to ensure they are working optimally. Always test wipers before driving in rainy weather.

- Turn on lights with wipers. Reduced visibility is a major contributor to wet-weather accidents. Drivers' views may be hampered by falling precipitation and glare from wet roadways. Cloudy conditions and fog also compromise visibility. When using windshield wipers, turn on your headlights as well. This makes your vehicle more visible to other motorists and improves your own ability to see the road and

pedestrians.

- Recognize changing road conditions. Roadways accumulate oil and engine fluids that can float in rainwater, creating slippery road surfaces. This is usually a problem during the first few hours of a rainstorm or in areas that receive little precipitation and then are subjected to downpours. These fluids make rain-soaked roads even more slippery. Slow down, leave more room between vehicles and try driving in the tracks left by vehicles ahead.

- Reduce speed. The automotive group AAA says hydroplaning, when the tires rise up on a film of water, can occur with as little as 1/12 inch of wa-

ter on the road. The group goes on to say that tires have to displace a gallon of water per second to keep the rubber meeting the road. Drivers should reduce their speeds to correspond to the amount of water on the roadway. New tires can still lose some contact with the roadway, even at a speed as low as 35 mph. Therefore, reducing speed and avoiding hard braking and turning sharply can help keep the rubber of the tire meeting the road.

- Rely on the defogger. Use the car's windshield defogger/defogger to improve visibility. Turn it on early and keep it on until the rain has stopped and visibility has improved.

- Recover from a skid. Skids can be frightening, but when skidding, resist any temptation to slam on the breaks. Instead, continue to look and drive in the direction you want to go and slowly ease up on the accelerator.

- Skip the cruise control. It's important to maintain control over the vehicle in rainy conditions, so avoid using cruise control.

- Maintain tires. Proper inflation and tire tread levels can improve traction. AAA recommends checking tread depth by inserting a quarter upside down into the tire groove. If you can see above Washington's head, start

shopping for new tires. Check tire pressure on all tires at least once a month. Get an accurate reading when tires are cold and adjust air pressure accordingly.

- Avoid other distractions. Distracted driving can be hazardous during good road conditions and even more dangerous when visibility and other factors are compromised. Switch phones and other devices off so you can fully focus on the road and other drivers.

Rainy weather can contribute to poor driving conditions. Drivers should make changes to speed and other factors to make wet weather driving as safe as possible.

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Gil Noble, proud to tell our story

By Les Slater

In a sterling example of enterprising utilization of establishment resources to forge a path that would enduringly impact people of color, Gil Noble transitioned from merely another African American given an opportunity to “break into” white-dominated mainstream media in the turbulent 1960s, to a respected black-consciousness advocate. The former long-serving host of “Like It Is” on WABC-TV in New York City changed what had been a relatively tame public affairs program into what The New York Times called “a veritable archive of contemporary black history in America.”

After starting his career in media at radio station WLIB in 1962, Noble had gotten his opportunity at WABC-TV in 1967, working in the news department, including anchoring weekend newscasts. When the station launched the “Like It Is” program in 1968, he initially served as an occasional correspondent. By 1975

he became the program’s solo host and proceeded to give the program the new feel that would be its lasting imprimatur. He won an impressive seven Emmy Awards for his work on “Like It Is.”

Noble was born in Harlem in 1932, both his parents having been immigrants from Jamaica. Prior to getting into broadcast media, his work experience included a stint as a model. But it soon became clear that television was where he had found his niche. And his piloting of “Like It Is” for 36 years reaffirmed the program’s status as one of the titans of TV programming in the New York metropolitan area.

The roster of guests Noble interviewed ran the gamut: from local community activists to heads of state from abroad; from entertainers or athletes to scholars. Primarily, guests might come from the African American community in the U.S. and African diaspora countries glo-



This undated photo provided by WABC-TV in New York shows news broadcaster Gil Noble, who died Thursday, April 5, 2012 at the age of 80. Associated Press / WABC-TV

as Stokely Carmichael, Louis Farrakhan, Zimbabwe’s Robert Mugabe and onetime City College black studies chair Prof. Leonard Jeffries, among others, have all done turns on the show.

On two occasions there was pushback against the program’s content that seemed to put Noble at risk of being disciplined by the TV station. In 1982, a panel discussion focused on the Israeli invasion of Lebanon drew strong criticism from the Anti-Defamation League about the program’s alleged bias. Supporters of “Like It Is” and Noble protested outside of WABC-TV and there was ultimately no action taken against Noble by station management. Similarly in 1991 when advance word of Prof. Jeffries’ appearance on the program was made known, reaction both pro and con ensued and the Jeffries segment was shelved, although it was aired subsequently.

Of the backlash that fre-

quently came after certain programs were broadcast, Noble was quoted in the Times saying: “My response to those who complained that I didn’t present the other side of the story was that this show was the other side of the story.” Noble was also quoted as referring to “Like It Is” as “the antidote to the 6 and 11 o’clock news.”

Noble died in 2012 at age 80, following a stroke he suffered the year before that had brought an end to his long tenure at the program’s helm.

Whether or not he had such ambitions, what Noble proceeded to do when he assumed primary responsibility for charting the course of “Like It Is” in 1975, was create a New York institution. And not incidentally, an institution much beloved primarily, but surely not exclusively, by people of color. There can never be too many of those. For the incalculably valuable resource he has left, Noble has earned the people’s undying gratitude.



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Captain Mulzac makes history

Continued from page 3

at 74, that Mulzac could obtain another maritime officer job, as a night mate.

According to Blackpast.org, in 1920, Mulzac joined Marcus Garvey's Universal Negro Improvement Association (UNIA). Because of his history with seafaring vessels, he was named a chief officer on the SS Yarmouth, one of the UNIA's Black Star Line vessels.

Mulzac resigned from his position in 1921, because of disagreements with the Garvey organization, Blackpast.org said.

For the next 20 years,

racial discrimination in the shipping industry forced Mulzac to work as a steward, despite his previous experience, Blackpast.org said.

When his last assignment on a Liberty ship ended in 1947, now 61-year-old Mulzac was still denied the opportunity to command privately-owned commercial vessels, Blackpast.org said.

It said he retired from seafaring and turned to radical politics. In 1950, Mulzac ran on the American Labor Party (ALP) ticket for Queens Borough president. Blackpast.org said he received

only 15,000 votes in his losing bid.

With the U.S. in the midst of the Cold War, Mulzac in 1951 was black-listed by shipping companies because of his affiliation with the controversial ALP, which many considered a Communist organization, according to Blackpast.org. It said the U.S. government also revoked his seaman's papers and license.

In 1960, Blackpast.org said a federal judge reinstated Mulzac's seaman's documents and license. Soon afterwards, at 75, Mulzac found work again as a seaman.

University of Guyana chancellor

Continued from page 3

UG, after an extensive national, regional and international search, and based on a series of lectures, credentials, and an interview by the Search Committee appointed by Council.

Professor Griffith views his appointment as, "returning to the place where his academic journey began" and as an opportunity to make a significant contribution to his homeland."

He added, "Guyana's sole national institution of higher learning is a long-neglected educational enterprise that must be transformed into

a meaningful facilitator of educational and economic development — for citizens and society."

"It must foster dreaming and doing about changing personal and societal realities, and enable discovery in all relevant fields." Professor Griffith considers the university "a pillar of the nation's economic and social development" and he looks forward to working with governmental, alumni, business, civic, and other stakeholders to enable it to provide a platform to explore myriad opportunities and be a stimulus for innovation."

Professor Griffith, a consultant to Canada's

Ministry of Foreign Affairs and International Trade, USAID, and other agencies, has testified before the United States Congress on Caribbean security issues. He has also served as a consultant to the Commonwealth Secretariat.

He is the past president of the Caribbean Studies Association, and has been a visiting scholar at the William Perry Center for Hemispheric Defense studies in Washington DC, the Royal Military College of Canada, and the George Marshall European Center for Security studies in Germany.

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Doing the people's work in New York

By Dr. Una Clarke

The commitment of assuming office is a commitment to serving New Yorkers with the utmost integrity.

I feel compelled to say this because over the past several weeks, there have been some media reports questioning Mayor de Blasio's conduct. This isn't surprising. After all, when you confront the status quo, powerful people are likely to be upset. And when you do more than any other mayor has for New Yorkers who live in the forgotten of the Two Cities, people are going to take notice.

Legal scrutiny of the Mayor's office has existed since the birth of our city. Mayors before this one faced such reviews, and mayors after Mayor de Blasio will too.

I've worked with Mayor de Blasio for a long time and I know he has always held himself and his team to the highest standards of ethics and integrity. He deserves the same benefit of the doubt that you yourself would expect to receive under these circumstances.

It is up to us progressives not to let the shrieking headlines distract from the real work we've all been doing — the work to create a safer, fairer, and stronger city.

It's work that's been happening in our community and all over the city.

Since the start of Mayor de Blasio's term, the City has become safer than ever while stop-and-frisks have gone down more than 90 percent.

We're now home to the most ambitious affordable housing plan in the country — a blueprint that demands that developers build affordable if they build in our communities at all. All of this has led to a record pace for building and preserving affordable apartments.

More than 68,000 four-year olds are in free, full-day pre-K. That's not just life-changing for children — it's transformative for thousands of caregivers who work.

In 2014, the City Council worked with the Mayor to provide paid sick days to ALL private-sector workers. The Mayor has also instituted paid parental leave, raised the minimum wage for City employees and contracted workers to \$15 dollars an hour, and is working to help every employee access a retirement plan.

This is what matters — the real change that actually makes people's lives better and easier, like the ability to pick your child up from school or open a bank account using an IDNYC.

All of this shows the honorable action of someone who is fulfilling the mandate we gave him two-and-a-half years ago.

We need to protect this progress — and keep working to make more to address what Mayor de Blasio has called the Tale of Two Cities — one for those with opportunity, and one for the rest of us. That's the only way we're going to stay the greatest city in the world. It's the only way we can make Two Cities, one.

Least Developed Countries still face significant challenges

By Gyan Chandra Acharya

UNITED NATIONS, May 25 2016 (IPS) - Since the establishment of the Least Developed Countries (LDCs) category in 1971, the international community has worked hand in hand to support its most vulnerable members.

Despite three successive Programmes of Action and notwithstanding the positive developments recorded by LDCs over the years, most of these countries have higher proportions of poor people who continue to face significant development challenges.

In 2011, the international community met in Istanbul, Turkey, for the Fourth United Nations Conference on the Least Developed Countries (LDC-IV) and adopted the 10-year Istanbul Programme of Action (IPoA) which articulated a set of commitments by LDCs and their development partners to overcome the structural challenges faced by the LDCs, achieve structural transformation of their economies, eradicate poverty, and enable half of the LDCs to reach graduation status by 2020. The LDC population consists of over 900 million people, in Africa, Asia Pacific and Haiti in the Western hemisphere. Where ever they may be they face lower human development, income and structural economic challenges plus a high degree of vulnerability to shocks and natural disasters.

I am often asked how these countries have progressed in the first five years of the IPoA? Given the vulnerabilities and significant challenges they continue to face, there have been

“The mayor is being lambasted evidently because of an overarching progressive agenda, about which, to his credit, he has been very up-front both prior to and since assuming office.”

encouraging albeit mixed results. For instance, economic growth has been strong, even though its pace has been more volatile and below the average of the last decade. GDP for the group has grown from 4.3 percent in 2012 to 5.3 percent in 2014. We have also seen 12 LDCs reaching growth rates of 7% or more in 2014. Duty-free quota-free market access for LDCs in developed economies increased slightly, while at least 18 developing countries are providing preferential market access to LDCs.

“It is particularly pertinent that despite a combined population of over 900 million, the LDCs' share of world exports remains stagnant at around one percent.”

The LDCs are also making progress in human development and reducing poverty. There is increasing access to the internet and mobile telephone networks; the number of internet users per 100 people almost doubled, from 4.4 percent in 2010 to 8.6 percent in 2014, and this progress is being seen in almost all LDCs. We are also seeing expanding transport infrastructure, improvements in the regulatory environment

for the private sector, reductions in child mortality and improving gender parity in primary education and the representation of women in parliament.

While graduation is a means to an end, a good reflection of progress is the increase in the number of countries that meet the graduation criteria. Until 2011, only three countries — Botswana, Cabo Verde and Maldives — graduated from the LDC category. Almost five years after the adoption of the Istanbul Programme of Action, 10 additional LDCs had reached the graduation thresholds and are currently at different stages of the graduation process. Furthermore, an encouraging number of LDCs have announced their ambition to graduate around 2020.

While graduation represents an important milestone in the development of LDCs, it comes both with advantages and challenges. Targeted and effective support measures to aspiring-to-graduate and graduating LDCs are therefore critical in ensuring a smooth transition.

While there have been positive trends, major challenges remain. Poverty runs deep and is multidimensional. Economic activities are still limited with high unemployment and volatility. Dependence on external support is critical yet aid to LDCs dropped sharply in 2014, with a 4 percent uptick in 2015. International support is vital for capacity enhancement, financial resources and economiccooperation.

In 2014, the total external debt of the LDCs bal-

Continued on Page 12

Caribbean Life

Founded 1990 • Published by Community News Group
Corporate Headquarters: One MetroTech Center North, Suite 1001, Brooklyn, NY 11201

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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 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.

Targeted hammer blows for hizzoner

How will it look? Nuts-and-bolts logical as such inquiry is, when occasion demands it, it fails oftentimes to receive the due consideration it should. We're all too familiar with scant attention being paid to the appearance of things when folks are hell-bent on a single-minded objective, so much so that, as particular action is undertaken, what public reaction might ensue gets tossed aside recklessly or contemptuously as a non-factor. So it is with the players involved in what has every appearance of a takedown effort now underway in this city. You would be hard-pressed to come up with an example more befitting "the quintessence of brazen" than big kahunas of real estate in New York City crying foul against Mayor Bill De Blasio, because his policies are compromising their revenue intake and affecting their ability to plough funds into building-stock upkeep and / or improvements.

It probably bears noting again that we're talking about New York City. The very one

we hear being cited ad nauseam for its unflattering place at the top of the rankings of cities where real estate prices and rents have gone through the roof. In this city, at this time, real estate interests have had a media ad campaign going, slamming the mayor for having made victims of them. Clearly, not a case where much attention was paid to the "how would it look" factor.

As is frequently the case, the aphrodisiac that is power probably holds the key to why real estate chieftains around here obviously thought it eminently saleable, this laying on New Yorkers a tale about the weakened state of their finances, thanks to the current real estate climate brought about by De Blasio. You've got to really think of yourself as possessing marketing skills unmatched anywhere to ooze confidence about making that case.

The real estate people aren't alone in the organized whacking of the mayor for public consumption. Supposedly a union representing city cops,

Viewpoint

By Les Slater

"The mayor is being lambasted evidently because of an overarching progressive agenda, about which, to his credit, he has been very up-front both prior to and since assuming office."

or someone or some entity doing its bidding, has also had a media ad campaign going, slamming De Blasio, because of the city having allegedly become unaffordable. Cunningly, this spot, featuring a non-white immigrant (either actual or role-playing) wife of a cop, goes for a variation on the stock image of a member of New York's finest. And

unwittingly, to be sure, the ad pokes holes in the claim being made by the real estate guys, that the money flow for them is not as it should be.

What the ads have in common, of course, is their "Get De Blasio" intent. Which, albeit fair game in the political arena, nevertheless has about it a bit of an odd feel, given that, particularly with respect to that real estate ad, the mayor is being lambasted evidently because of an overarching progressive agenda, about which, to his credit, he has been very up-front both prior to and since assuming office. Most concerning, perhaps, is the very notion of serious pushback against progressive policies in New York City. For some slice of the city's demography, that may be cool. For the lot of us, it doesn't fit. Are we being delusional in thinking that serious opposition to any progressive aspects of a social agenda in this city is really aberrational? Or should we have placed greater stock in what some have called a deliberate attempt that's been

underway to transform the city — those murmurs and those actions that gave us pause (like a glut of bike lanes that moved the needle on parking woes in the city from "acute" to "impossible")?

"They are white and rich," was how one source connected to city government characterized the nature of the opposition to Mayor De Blasio's progressive agenda. Blacks and Hispanics, he said, don't share the view that progressive policies are anathema here. Indeed, why wouldn't people of color, and whites as well, who aren't in the middle and higher income strata, not favor policies that provide, for example, that a certain portion of new housing stock in the city be earmarked for persons of lesser income? We continue to believe that this, much more than the obvious chicanery of some real estate high rollers, defines what true New York values are all about. Good for the mayor, if he's all for reflecting that Big Apple image.

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OP-EDS

Vicious cycle of poverty

Continued from page 10

looned with an increase of 8.8 percent. It is particularly pertinent that despite a combined population of over 900 million, the LDCs' share of world exports remains stagnant at around one percent and are predominantly comprised of primary commodities, which is a major source of the vulnerability of these countries to price fluctuations in global commodity markets.

Despite hard-won gains, LDCs continue to face significant challenges. We often hear the analogy that when larger developed nations sneeze, the less developed catch a cold. Building and maintaining the resilience of LDCs to external shocks continues to be a high priority. In a rapidly changing geopolitical, economic and natural environment – with the gamut of challenges from high debt levels, changing migration patterns and projected slowdown in the global economy – LDCs need support to be able to assess and mitigate the risks and alter their strategies accordingly.

It is a sad reality that while the world's most vulnerable countries have contributed the least to climate change, they are most at risk from its negative effects and the least equipped to withstand and adapt to it. For LDCs, climate change is spoken in the language of severe droughts, melting glaciers, land degradation, rising sea levels, coastal erosion and salinization and depletion of aquifers which has a significant impact on large segments of the population. As we have witnessed all too often, for those LDCs which are small island developing States, a single extreme weather event can wipe away years of development gains in a matter of hours.

The task ahead is to ensure ambitious mitigation programs across the world, and likewise guarantee effective adaptation support to LDCs. The Green Climate Fund's commitments to allocating 50 percent of its adaptation financing to vulnerable countries is crucial and likewise, the World Bank's efforts, to increase its climate financing portfolio to 28 percent by 2020 are a critical step forward as is the Paris Climate Change Agreement.

We are now mid-way through the implementation of the IPoA and the moment is upon us to take stock of successes, challenges and lessons learned. It is also an opportunity to capitalise on the shared will of the international community to redouble efforts in enhancing support for the LDCs. The Midterm Review conference – in Antalya, Turkey from 27 to 29 May, 2016 – takes place on the heels of an unprecedented

and ambitious agenda for the United Nations where in 2015, the Sendai Framework for Disaster Risk Reduction, the Addis Ababa Agenda for Action, the 2030 Agenda for Sustainable Development and the Paris Climate Agreement were adopted. The Midterm review therefore presents a timely opportunity to foster greater synergies between the implementation of the IPoA and the 2030 Agenda for Sustainable Development. We are now in a unique position to make great strides towards ensuring the next five years will produce tangible and effective results for this group of countries. Meaningful progress in the implementation of the Istanbul Programme of Action will provide a launching pad towards fulfilling the development aspirations set in the 2030 Agenda and other newly adopted global frameworks. Eradication of poverty and leaving no one behind demands that LDCs are kept at the forefront of global support and solidarity.

In addition, the conference also presents an important opportunity to foster transformative multi-stakeholder partnerships among all stakeholders including governments, private sector, academia, civil society and the United Nation to strengthen the enabling environment for sustainable development in LDCs.

The Midterm Review is held back-to-back with the World Humanitarian Summit taking place in Istanbul – from May 23-24, 2016 – the outcomes for which have great relevance for LDCs as they face disproportionate impacts of man-made and natural disasters and humanitarian crises.

In this day and age of unprecedented global prosperity, rapid advances in science, technology and globalization, the citizens of LDCs should not remain entrapped in a vicious cycle of poverty, deprivation and inequity. It is not only a moral imperative, it is in the enlightened interest of the international community to help bring about structural transformation in these countries and help them eradicate poverty and marginalization. The LDCs represent an enormous human and natural resource potential for world economic growth, welfare and prosperity. Therefore, a strengthened global partnership that effectively addresses the special needs of the LDCs will also contribute to peace, prosperity and sustainable development for all.

Gyan Chandra Acharya is UN Under-Secretary-General for Least Developed Countries (LDCs), Landlocked Developing Countries and Small Island Developing States.



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New law to protect children being drafted



Prime Minister of Trinidad & Tobago Keith Rowley.

Continued from cover

to solve the issue as authorities prepare to take a draft new law to court.

As it stands now, only sections of the Hindu community appear to be lobbying for the status quo to remain intact as most other sections are lined up against it and are preparing for change.

On the side of change are some very influential people including Camille McMillan-Rambharat, the wife of Agriculture Minister Clarence Rambharat.

She argues that the law needs updating and under aged children are unable to properly process decisions in such a key area of life.

“My own view is that marriage is regarded as a contract. Both parties must therefore be of an age that allows them to give informed consent. Also the laws relating to minors must be consistent in its description of minors,” she said.

Meanwhile, attempts to keep the issue on the front burner while officials deal with other pressing problems received a welcome boost this week when Maharaj attacked the Catholic community in a most vicious way.

He is willing to argue that the law should remain intact because it is “Hindu business” and is prepared to fight off any other view.

He said he doubts there is any record of a child under 18 actually being married in recent years but Hindus want it to remain on the books until they decide the time has come for change.

“Mind your damn business, archbishop, mind your own damn business. This is the business of the Hindu community and the state.”

The attorney general has promised to make the views of cabinet known on this issue as early as this week but in the meantime, proverbial weapons are being pointed at one group to another as debate rages.

Remember our fallen soldiers

Continued from cover

lies of those we have lost, as well as to our veterans who we are blessed to have with us - many physically and mentally scarred — to show our continued appreciation and provide them with the assistance they need and were assured they would be given,” said the representative for the 45th Council District in Brooklyn.

“As a nation, we should make every effort to offer support to service members and their families,” he added. “Our nation has made many promises to assist veterans with housing, employment and more; so I call on our city, state and federal governments to find ways to meet those commitments.

“Whether or not one agrees with these conflicts, we should all unite around the idea that these men and women deserve much more,” Williams continued.

Brooklyn Assembly Member Rodneyse Bichotte said “as we travel through life’s highs and lows, it’s easy to take fundamental American opportunities for granted.

“But it’s important to remember that our liberty and national identity were hard-won by soldiers who sacrificed so much and even gave their lives to secure the principles that form our country’s foundation,” said Bichotte, who represents the 42nd Assembly

District in Brooklyn. “We are always thankful for the men and women who have served our nation in the military, but especially on Memorial Day — a time when we all stand together.”

She noted that New York was the first state to enact Memorial Day as an official holiday, in 1873, adding that the tradition of decorating soldiers’ graves in spring began even earlier.

“We continue that spirit today, especially because our state is home to nearly 900,000 members of the military who served as far back as World War II.”

She said Waterloo, New York, residents hosted one of the first observances in 1866.

“We continue that spirit today, especially because our state is home to nearly 900,000 members of the military who served as far back as World War II,” Bichotte said.

“Here in our community, it’s important to remember our fallen soldiers who gave their lives in battle to protect and serve our country,” she added. “These courageous men and women must be recognized for their sacrifices, alongside the loved ones they left behind.”

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*Past Results Do Not Guarantee Future Outcomes

Continued from page 4

ards and recommended practices established by the International Civil Aviation Organization (ICAO) for the safe and orderly development of the civil aviation sector and the act is government's effort to improve the country's rate of compliance with ICAO.

The ICAO recommendations state that air accidents must be a standalone unit and the Ministry of Public Infrastructure is seeking to move the country forward.

Grenada

The International Monetary Fund (IMF) has approved US\$2.8 million credit facility for Grenada after the fourth review of the country's performance under a program supported by a three-year arrangement under the extended credit facility (EFC).

The executive of the IMF board recently concluded the Article IV consultation with Grenada and at the completion of the review, the disbursement of \$2.8 was approved.

The Grenadian authorities continue to deliver a strong track record of program implementation and results. All performance criteria for end-December 2015 were met and most structural benchmarks for the fourth review were met on time.

The fiscal performance turned Grenada's primary balance from deficit to surplus for the first time in a decade and together with debt restructuring agreements reached with both external and domestic creditors, Grenada is making progress on fiscal and debt sustainability. The debt-to-GDP ratio declined from 107 percent in 2013 to 94 percent in 2015 and is projected to continue its downward path going forward.

The 2016 budget aims to complete the programed fiscal adjustment in support of meeting medium term debt targets, while focusing on structural reforms to promote economic growth and lower unemployment.

Jamaica

Hours after Jamaica's Finance Minister Audley Shaw announced an increase in the special consumption tax on petrol, some operators of public passenger vehicles (PPV) increased their fares without approval from the Transport Authority.

The Transport Authority warned offending PPV operators to desist from increasing their fares as it is illegal.

The Transport Authority said it has received reports that some operators have increased their fares in response to the government's increase in the special consumption tax on petrol.

The price of gasoline has moved up to J\$101.28 and \$102.94 per liter, up by J\$7.70 each. Automotive diesel fuel will be sold for \$93.00 per liter following an

increase of \$7.70 per liter.

Suriname

The Caribbean Development Bank (CDB) has approved US\$50 million to address the country's fiscal imbalances, through support for energy sector reforms.

Suriname has already begun implementing a series of institutional, policy and legislative reforms to stabilize the economy, primarily to address the challenge of a weak operational policy and regulatory environment in the energy sector.

The CDB Police-Based Loan will assist the government of Suriname with its adjustment program.

Director of Economics at the CDB Justin Ram said, "the CDB recognizes the urgent need for significant reform within Suriname's energy sector which has tremendous potential to transform the economy."

The CDB's support complements the Inter-American Development Bank's (IADB) ongoing contribution to the institutional and operational strengthening of Suriname's energy sector.

The loan is being provided to Suriname on the basis of a shared policy matrix with IADB under the existing program between government of Suriname and the IADB.

The reduction in global commodity prices caused a reduction in Suriname's economic growth, which is highly dependent on the sector. By the end of 2015, the country's international reserves had declined to crisis level- less than two months of import cover.

St. Kitts

A United States government program in St. Kitts and Nevis has assisted the country in strengthening its juvenile sector.

U.S. Deputy Chief of Mission to Barbados, the Eastern Caribbean and the Organization of Eastern Caribbean States (OECS), Laura Griesmer, praised the United States Agency for International Development (USAID)-funded Juvenile Justice Reform Program (JJRP) in the OECS during a close-out ceremony for the St. Kitts segment of the program.

Under the US\$5.8 million regional project, St. Kitts and Nevis received US\$900,000 to support reform efforts, including the provision of training, capacity building and technical assistance to the New Horizons Rehabilitation Center, the Magistrate's Court and the Department of Probation and Child Services.

More than 150 juvenile justice officials and media personnel were also exposed to child-centered techniques, tools and modern approaches to improve the care, treatment and advocacy for vulnerable youth.

— compiled by Azad Ali

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Public Health Solutions

An appeal for younger members

By Nelson A. King

Stating that younger souls are needed to work in the vineyard, a Brooklyn-based Vincentian organization is making a fervent appeal for the youth to join the group.

"It's difficult to get young people to get involved," said Olson A. Thomas, president of the St. Vincent and the Grenadines Humanitarian Organization in addressing the group's annual fund-raising Prayer Brunch on Saturday at the Friends of Crown Heights Educational Center in Brooklyn.

"I'm making an appeal for young people to take part in this organization," added the retired school teacher in Brooklyn. "Our membership has declined due to illness, retirement and deaths. It has become very hard to recruit new members who are willing to devote time and energy to humanitarian work.

"We are looking in the direction of our young people," he continued. "They are our future. Call or speak to us if you like what we are doing and want to become a member."

Thomas paid tribute to two members of his group — his widow Cecelia Thomas and Julie Peters — who went to the Great Beyond in 2011 and 2012, respectively, saying: "We miss them dearly. May they rest in peace."

Later, Thomas, who was principal of the Union Methodist School in New Grounds, South Central Windward in St. Vincent and the Grenadines, before migrating to New York in 1971, told Caribbean Life that his appeal was not just confined to his group, stating that there's a dearth of young people playing active roles in Vincentian organizations in New York.

"If you notice with the other organizations, the members are [generally] 40-plus, 50-plus [years old]," said Thomas, a former New York City "Math specialist," who taught public and private



The Jamaican group "Three Generations" — mother Juliet Lindsay (right), daughter Kathy Crawford (left), and Kathy's daughter Kerry Crawford — perform.

Photo by Nelson A. King

schools in Brooklyn for 26 years before retiring.

At the same time, Thomas urged Vincentian groups in New York to tailor their programs to attract more youth.

He said he had raised the issue at a fact-finding meeting in March of the Brooklyn-based Vincentian umbrella group in the United States, the Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO), adding that it was well received.

With the goal of providing aid to poor, sick and needy Vincentians, particularly those in the Georgetown area, the nation's second largest town, where most members were born, Thomas said the St. Vincent and the Grenadines Humanitarian Organization was founded in 1998.

Over the years, he said the group's

activities primarily surrounded raising funds to send barrels of supplies — including food, clothing, hospital and school — to needy nationals, especially at Christmas.

Recently, the St. Vincent and the Grenadines Humanitarian Organization has dispatched cash gifts to needy nationals, and provided financial assistance for the purchase of books and other school supplies to students, said Thomas, adding that students have also been provided with a stipend. Photos of some of the group's beneficiaries were displayed in the Prayer Brunch's program.

Thomas said his group plans to broaden its aid — to include the Milton Cato Memorial Hospital in capital city Kingstown and the Lewis Punnett Home in Glen, adjacent to the town of Calliaqua.

Caribbean Maritime students get foundation support

The New York offices of the international law firm, Milbank, hosted the inaugural board meeting of the American Caribbean Maritime Foundation (ACMF) on May 19, 2016. The ACMF's mission is to improve and increase opportunities for Caribbean students to study and work in the maritime and logistics fields.

"We are indebted to Milbank for its pro bono counsel and board member recommendations," says founder and president, Dr. Geneive Brown Metzger, former Consul General of Jamaica in New York. Dr. Brown Metzger is also the international chair of the Caribbean Maritime Institute, which is expected to be ratified as a university before the end of the year. She previously served as co-chair of the University of Technology in Jamaica, which conferred on her an Honorary Doctorate of Laws for her

exemplary service to the University and as a public servant.

Board member, Jim Luce, who is also president of the Jim Luce Foundation, is excited about serving although he has never been to Jamaica. He has a long family history with the maritime industry and tertiary education, including family members who founded the U.S. Naval War College, and Harvard University. Serving as adviser to the foundation is the former chair of the State University of New York Global Business and Transportation Department and current lecturer in the department. Other board members are Fern Khan, Dean Emerita; Bank Street, Rhona Ramsay, Esq., managing director and associate general counsel, Mitsubishi UFG Bank; Ambassador Godfrey Eneas, president of Bahamas Agricultural and Marine

Science Institute; Deniece Aiken, Esq., general counsel for the Caribbean Maritime Institute; and Dr. Errol Morrison, director general and adviser of Jamaica's National Commission on Science and Technology.

"The maritime and logistics industries are the next frontiers with the potential to offer massive economic development opportunities in the Caribbean over the next several decades," said Dr. Fritz Pinnock, executive director of the Caribbean Maritime Institute. "The expansion of the Panama Canal and the Caribbean geographic location between the East and West, create a unique opportunity for the Caribbean to position itself as the world's fourth logistics point and to benefit economically from the expected level of transshipment traffic," said Dr. Pinnock.



Thumbs Up: Janelle Walker gives two thumbs up in front of Medgar Evers college. She was accepted into an exclusive Harvard summer program for Biostatistics and Computational Biology.

Photo by Jordan Rathkopf

JAMAICA TO HARVARD Math major accepted into Harvard program

By Alexandra Simon

She came to the United States from Jamaica at 17 years-old for school, and knew her stellar grades is what makes her the standout candidate, which is why she is going to Harvard to study in an exclusive program this summer.

"They saw my Caribbean credentials," said Janelle Walker, the now 21 year-old Mathematics major at Medgar Evers College in Brooklyn. Walker is referring to her results from taking the Caribbean Secondary Education Certificate exam and the Caribbean Advanced Proficiency Exam — two regional exams administered by the Caribbean Examinations Council. The highest attainable grade for both exams is a one, based on a scale of one through five. Walker got the highest grade in all.

"I was the first student at my school in Jamaica to get all ones in biology, math, and sciences," said Walker, who graduated from Camperdown high school in Kingston, Jamaica.

So when Walker was accepted into an exclusive summer program at Harvard she was more than excited. The six-week summer program for Biostatistics and Computational Biology at Harvard T. H. Chan School of Public Health, allows students to study the sciences and math, and that is why Walker was drawn to applying. The mathematics major and environmental sciences minor seeks a program that will cater to both subjects.

"I wanted something that would combine my major and minor in a unique way," said Walker.

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Guyana's Flag hoisted at historic ceremony

By Tangerine Clarke

More than 30,000 Guyanese packed the stands and parts of the grounds of the newly constructed D'Urban Park in Georgetown before midnight on May 25, to witness the historic hoisting of Guyana's Golden Arrowhead flag, 50 years after the British Union Jack flag was lowered on May 26, 1966, to make Guyana an independent nation.

The crowd roared as nationals captured the moment the giant flag unfurled against the night's breeze, and the backdrop of national pride and achievement. The celebration began with musical tributes by the National Orchestra, the National Woodside, the Bishops High Choirs, and New York songwriter, Courtney Noel, who performed his tribute to Guyana's flag — Golden Arrowhead.

President David Granger and First Lady Sandra Granger, along with First Vice President Moses Nagamootoo and



Guyana President David Granger arrives at the D'Urban Park in Georgetown for the 50th Independence Anniversary.

wife Sita Nagamootoo, who arrived against the backdrop of loud applause, enjoyed the

momentous occasion which was attended by scores of diplomats, as well as, TV star of the hugely popular show CSI, Guyanese-born, CCH Pounder.

Retired Guyana Defense Force Brigadier Desmond Roberts, who raised the flag on May 26, 1966, was also present at the ceremony.

Several students dressed in colorful costumes, celebrated Guyana's beauty and culture with dance performances, while the joint services were applauded for their outstanding precision ceremonial march.

During the evening's proceedings, Guyana's National Awardees were announced. Prime Minister of Barbados, Freundel Jerome Stuart, Senior Counsel Rex McKay and Speaker of the National Assembly Dr. Barton Scotland received the country's second highest award — The Order of Roraima. Dr. Vibert Cambridge, a professor at Ohio University was honored with the Golden Arrowhead of Achievement Award.



Guyana's Golden Arrowhead flag being hoisted to mark the 50th Independence Anniversary of the nation.

Photo by Tangerine Clarke

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SEX

– OVER –

AGE 50

New responsibilities for an older, healthier population

BY JOANNA R. LEEFER

Most people believe that HIV-AIDS is a condition of gay and bisexual men, women of color, and drug users. The latest statistics reveal that trend has shifted to a totally unexpected population segment: the over 50s age group. According to statistics published for 2013 by the Center for Disease Control, people aged 50 and older accounted for 18 percent of all people diagnosed with HIV, and that number is increasing.

There are many reasons for this shift. Many widowed and divorced seniors are dating again and are sexually active. The increasing numbers of dating websites attest to this fact. And a proliferation of articles on how to enjoy sex at any age encourages this trend.

However, this new freedom has some unforeseen and unrecognized consequences of unprotected sex. Here are four basic reasons for this trend:

- This population initially became sexually active in the 1960s before the advent of HIV-AIDS became a cause for concern. As a result, they are less likely to consider themselves

at risk for sexually transmitted diseases and do not take necessary precautions.

- Older women are no longer concerned with pregnancy and do not feel the need for birth control. They still equate condoms with birth control rather than using them as preventative measure against sexually transmitted diseases.

- With the introduction of such drugs as Viagra, and other drugs that assist with erectile dysfunction, older men are free to be less inhibited about having sex with one or more partners.

- Much of our society, including doctors, fail to recognize that older people might be sexually active. As a consequence, physicians often do not screen their older patients for sexually transmitted diseases or they misdiagnose those who exhibit early symptoms of HIV-AIDS. Only in the later stage of the disease is the real cause identified, which in turn makes it harder to treat.

Tosia McCormick, co-founder of JT&M Health, an organization that promotes

Continued on page 28

Tips for those caring for elders from afar

Long-distance caregiving may not be ideal for the patient or the caregiver, but it's sometimes the only option. Long-distance caregivers can expect their out-of-pocket expenses to be higher, as the cost of travel alone is likely to be considerable. Long-distance caregiving may not be ideal, but here are some tips to help those entrusted with caring for an elderly friend or family member from afar:

Make sure your loved one is home safe

When you get the chance to visit your loved one's home, make the most of that visit and ensure his home is safe. If he has trouble doing things around the house, address any of these issues before you return home. It can help to install some grab bars in the bathroom or purchase a shower seat to reduce the risk of falling in the shower.

In addition, make sure handrails inside and outside the home are secure. If they're loose, tighten them so they provide adequate support.

Clean up around the house

Your loved one may not be able to keep up with his chores around the house. A dirty home can be depressing, so clean up around the house to brighten the home and reduce the risk of an insect or rodent infestation.

Be ready for a crisis

No one wants to imagine a situation in which her loved one has an emergency, but caregivers need to do just that. Have someone you can count on nearby to check on your friend or family member if you suddenly cannot reach him.

Introduce yourself to your loved one's next-door neighbor or meet a close friend who lives nearby that you can contact should your friend or family member prove difficult to reach.

Make a list of medications

Seniors often take certain medications, and caregivers should make a list of these medications, periodically updating the list if anything changes.

Make sure he has a cellphone

Though it might seem hard to believe, some people, especially the elderly, still do not have cellphones. When serving as a long-distance caregiver, it's imperative that you can easily and routinely reach your friend or relative. Age might make it hard for him to get to a land line, so be sure he has a cellphone that he can carry with him at all times.

Program important numbers, including your own number, as well as his physician's, and a neighbor's or nearby relative's number, into the phone.

Stay in touch with the doctor

A physician might not be able to share all the details of your loved one's condition, you can keep in touch with him to stay abreast of how your loved one is doing.

The basics on long-term care insurance

Various insurance plans protect individuals from financial calamity. Insurance works by requiring policy holders to pay a premium. In the event of an accident or incident, a claim can be filed and the insurance company will reimburse the person for expenses, minus the deductible.

Health insurance is one type of insurance that people have to manage their health and well-being. There's also another, perhaps lesser-known insurance that can prove invaluable. It is called long-term care insurance.

Long-term care insurance is an insurance product that is found primarily in the United States, Canada, and the United Kingdom. It generally covers assisted living needs, home care, hospice care, adult daycare, and other requirements of senior living or health management. People who invest in this are planning ahead for the times when they may no longer be able to care for themselves with-

Long-term care insurance is an insurance product that covers assisted living needs, home care, hospice care, adult daycare, and other requirements of senior living or health management.

out assistance. It will help offset the ever-rising costs associated with specialized senior housing and nursing facilities.

Traditional healthcare insurance and government-sponsored plans (i.e., Medicare in the United States) will not pay for daily, extended care services. The AARP notes that these other plans may only cover a short stay in a sub-acute rehabilitation center or nursing home, or pay for a limited amount of at-home care. Long-term care insurance can help

families finance the cost of medical care when all other options will not.

Long-term care insurance should be looked into early in life, as policies often cost less if purchased when one is younger and in good health. People in poor health or already receiving long-term care services may not qualify for it outright. But there are some workarounds, including buying a limited amount of coverage or coverage at a higher "non-standard" rate. Some policies do not require medical underwriting, and these may be advantageous to people with preexisting health conditions.

When shopping for policies, look into how long the insurance will pay. Some policies include limits on how long or how much providers will pay for care, with some plans maxing out at two to five years. Other policies may not implement a term limit.



How elder care attorneys make great assets

Few people want to imagine growing old, but a time comes in every person's life when he or she must begin planning for their golden years, including making arrangements regarding their healthcare and housing. Elder planning can be confusing, but having an experienced, knowledgeable person on your side can make all the difference.

Elder care attorneys can offer expertise in areas of managed care and government plans that can help individuals retain more of their personal assets, even when their ability to control those assets is compromised. Any lawyer can create a will and draw up an estate plan. Elder lawyers are well versed in programs such as Medicare and Medicaid and can help clients navigate their way through other potentially complex issues and programs as well.

Elder care attorneys and those who specialize in estate planning may have specific knowledge of any or all of the following areas:

- Social Security and disability claims and appeals
- preservation of assets
- tax planning
- conservatorships and guardianships

- elder abuse and fraud recovery
- housing issues and nursing home placement
- estate administration
- managed care

According to the National Academy of Elder Law Attorneys, Inc., finding an elder care or special needs attorney can take a little research. Specialized senior groups like AARP or groups advocating for certain diseases, may be able to offer information regarding local elder care attorneys. You also can consult with an attorney you trust and ask for a recommendation. You may want to choose a NAELA Member Attorney so you can rest easy knowing the attorney is meeting national standards. You may also seek referrals from friends or family members.

If finances are a concern, address these concerns with the attorney. Some will charge hourly or offer a flat fee. Rates may be negotiable, and keep in mind that the money spent on retaining an attorney may pale in comparison to finances that could be wasted by going through the legal process alone.

Elder care attorneys can help seniors and their heirs navigate the confusing waters of estate planning and managed care.

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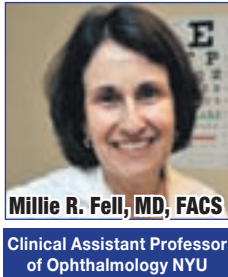

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Caregivers of aging relatives risk burnout

Caring for an aging or sick relative is not always so easy. In addition to the physical demands of caring for such loved ones, tending to sick people can take a mental toll, potentially contributing to a condition referred to as caregiver stress.

Women are more likely than men to serve as caregivers to elderly or disabled adults. That increases their risk for caregiver stress, says the Office on Women's Health, a division of the U.S. Department of Health and Human Services.

The Mayo Clinic notes that caring for a loved one can strain even the most resilient person. It can be quite difficult to be a person's sole caregiver and witness a loved one's health deteriorate due to a debilitating illness. As the population ages, nearly 80 percent of the long-term care that takes place in the United States is overseen by people who are not healthcare professionals, including daughters, granddaughters, sisters, and aunts.

Caregiver stress can manifest itself in many different ways, including physical and emotional problems. The following are some ways to handle the stress of caring for a sick or elderly relative:

Investigate available resources. Explore all of the opportunities in your area that may relieve some of the burden of caring for your loved one. These may include in-home visiting care services, meal delivery, adult activity programs, and more.

Ask for help. Find out if responsibilities can be split among other family members, giving each person a chance to rest and recuperate.

Get physical. Physical activity in any form can help reduce stress and improve feelings of well-being, offers the Alzheimer's Association. Go for a walk, take an exercise class, or ride a bicycle. Expect to feel more relaxed and less stressed after physical activity.

Speak with a therapist. Discuss your feelings with someone not directly related to your family or circle of friends. Caregivers may have feelings of anger, depression, and anxiety, and may even be in denial about how much care this person really needs. Talking about your feelings with a professional can put them into perspective.

Focus on things you can control. You may not be able to cure the illness or disability, but there are things in your control. Rather than dwelling on things beyond your control, try to improve the things you can control.

Try to have fun. It's easy to make caregiving the only part of your life. However, you have to leave room for letting off steam. Don't feel guilty about going out with friends or a spouse. Make time for yourself.

Caregiver stress is a very real thing that negatively affects the health and well-being of caregivers. Some simple coping methods can relieve some of that stress.



AARP gives you the information to help care for your loved ones, just like they did with you once. You don't have to do it alone and it's okay to ask for help. Visit our website or call now to get practical health and wellness tips to provide even better care for those who once took care of you. We provide you information to give care and give back.



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Exploring Alzheimer's disease

The family has gathered for Dad's 75th birthday celebration. Mom says, "Be a dear and get us some more ice." So, you head to the kitchen, open the freezer, and there, you find a pair of your father's shoes.

You're on your way home from work when your wife calls and asks you to stop at the local grocery store to pick up some milk. The owner, who's known you for years, looks puzzled. He confides that your wife has been in the store five times today — for milk.

As the President and CEO of CaringKind, New York City's leading experts in Alzheimer's and dementia care, I am proud to introduce you to my new column: Care Chronicle. Every month, we will explore issues — like the two above — confronted by people living with dementia and those who care for them.

Because of my personal experience, caring for my mom and dad, both of whom had dementia, I'll deal with the disease head on.

Let's get started with the basics.

Alzheimer's disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate, and carry out daily activities like eating, bathing, and driving. It is not a normal part of aging.

Often thought of as an old person's disease, 10 percent of people with Al-



Care Chronicle

by Lou-Ellen Barkan

zheimer's are under the age of 60.

How do you know if you someone is just being forgetful, or if the problem is more serious? In the early stage of the disease, routine tasks become difficult.

For instance, after a lifetime of cooking, your dad may forget how to use the oven. Language problems can develop. People with Alzheimer's may forget a word and substitute it with something else, like calling the toaster a "bread cooker." Speech or writing may also become vague or disjointed.

Behaviors change. For instance,

my father would write checks to charities we'd never heard of — charities that, under other circumstances, he wouldn't support. Sometimes, a person with Alzheimer's will get lost walking home from church, or dress inappropriately — wearing a down parka on a warm summer day.

As the disease progresses, motor functioning might change. Your family member or friend may start to repeat herself. Sometimes people in this middle stage experience a loss of impulse control — they become sloppy, have trouble dressing, or refuse to bathe.

They may become paranoid, irritable, weepy, silly, restless, or see or hear things that aren't there.

An increase in memory loss, confusion, and problems recognizing loved ones may also occur. In the mid-stage of her dementia, my mom, a suburban Jewish housewife, re-introduced herself to me as a retired Protestant attorney with a professional career as a big band vocalist. Of course, she was neither.

The late stage is the most difficult when people with dementia cannot care for themselves. T

The late stage is the most difficult when people with dementia cannot care for themselves. This fatal disease will steal a person's speech, the ability to eat, to recognize himself and others, and eventually his life.

his fatal disease will steal a person's speech, the ability to eat, to recognize himself and others, and eventually his life.

CaringKind provides an unprecedented platform of free programs for New York's entire Alzheimer's community. From that first call to our 24-hour helpline, our trained professionals offer the guidance you need, when you need it. Call us any time.

I hope you'll join me next month on the next leg of our Alzheimer's and caregiving journey.

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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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SEX

Continued from page 21

better health through education at any stage of life, became aware of this growing trend in the late 1990s. She was working at the Staten Island AIDS Task Force and noted a shift in the population profile. Although many of her clients were gay men and former injection drug users, she noticed that more men and women in their 50s and 60s began coming to the clinic.

"Some of them were distinguished church-going ladies who were suddenly faced with the stigma of being HIV positive," she says.

Her observations reflect medical statistics. During the last decade, AIDS cases among the over-50 crowd have soared from 16,000 in 1995 to 90,000 in 2003, a 500 percent increase. Yet this trend is not acknowledged by a society that refuses to admit that older people are sexually active.

"You see ad campaigns alerting people to the dangers of heart disease, diabetes, and lung cancer, but nothing that indicates older people are prone to contracting HIV or other sexually transmitted infections," says McCormick. "Even the ads that warn against AIDS prevention never show the face of an older person."

She, along with other professionals, hopes to develop more awareness of this trend through education of the medi-

cal community and the general public. She is also hoping to attract more media coverage through JT&M.

Medical advances promise older people longer, more productive lives, and many healthy adults in their 50s through 80s hope to include intimacy in their later years. Yet, with this new trend there come new responsibilities. The medical community must change its attitude towards older people and question them about their sexual activity. Media campaigns that warn of the dangers of HIV-AIDS and other sexually transmitted diseases must begin to include older people in their coverage. Finally, older people must begin to recognize the dangers of unprotected sex. It is important that this growing healthier population accept the responsibilities that come with longer and healthier lives. Older people must become more accountable for their actions and take precautions to protect themselves and their partners.

Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCareGiving, a service that helps families make difficult care decision for aging loved ones when family care is no longer enough. She works to determine their best care option, helps them make the transition, and monitors their care through regular visits. She teaches advocacy skills to caregivers who wish to insure their loved ones get the best care. For more information visit her website www.joannaleefer.com.

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Turn your power on at Live Holistic

BY CAMILLE SPERRAZZA

Dr. Vincent Adamo of Live Holistic in Bay Ridge has been named "Top Chiropractor" by The International Association of Health-Care Professionals.

He was welcomed into this prestigious organization for his published work on holistic health care. It was noted that the doctor educates patients on how to live healthy lifestyles that include natural remedies and chiropractic care.

Dr. Adamo transforms lives, helping people who suffer with illness and pain. He says his studies have proven that the body has the power to heal itself — without drugs or surgery.

The doctor has observed this locally, and also around the globe. When he graduated from Chiropractic school, Dr. Adamo traveled the world for five years for the purpose of exploring healing techniques. He says he has worked with patients who have had all kinds of illness — autism, scoliosis, and



terrible pain in the musculoskeletal system — and his methods have allowed these patients to enjoy their lives again.

How is this possible? The doctor explains that

our nerves supply life to all cells, organs, and systems in the body; therefore, they are also responsible for healing it. He uses the brain as an example.

"It's your brain, which

sends messages throughout your body," he says. "But what happens when your spinal cord is injured? You are paralyzed."

When the spine is not aligned properly, this paralysis shows up in other areas of our lives. There's pressure on the spine's nerves, and it causes us to feel pain or become ill. To get healthy again, the spinal cord needs to be realigned, and that's what Live Holistic does.

To keep bodies healthy, it is imperative to be in "an alkaline state," says Dr. Adamo. How do you get there? A good diet helps. So does getting a decent night's sleep and drinking lots of water, too.

But, unfortunately, the majority of us don't practice these healthy habits, bringing our bodies into an "acidic state." As a result, the body breaks down, creating an environment to which diseases cling. A diet of acidic sugar-filled foods is often the cause. Ditch the soda and doughnuts.

"Stay away from acidic foods," the doctor warns. "The body can't heal in an acidic state."

When clients come in for an appointment, they learn more about the nutrients the body needs to heal. Everyone is welcome to become educated, including children.

"We teach people how to stay well, and it is making an impact on the community's health," says Dr. Adamo.

Live Holistic accepts most health insurance, and the practice is committed to working with everyone to make health care affordable.

"We don't turn anyone away," he says.

Learn more by viewing some of the doctor's videos on YouTube.

Live Holistic [446 Bay Ridge Pkwy. between Fourth and Fifth avenues in Bay Ridge, (718) 921-5483, www.LiveHolistic.net]. Open Mondays and Wednesdays, 9 am-noon and 3-6:30 pm; Thursdays, 1-6:30 pm; and Saturdays, 9 am-noon.

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.

Spinal decompression is an FDA-approved, non-surgical procedure that can treat lower back pain and neck pain caused by spinal issues. HealthQuest, a multi-specialty pain management center provides this treatment to relieve back pain. The treatment involves relaxing the pressure on the pinched nerves of the spinal column. The built up pressure causes pain, and relieving the pressure thereby reduces it.

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.

The treatment is carried out with specialized equipment by the highly trained medical staff at HealthQuest. Each of these treatment sessions lasts for only 20 to 25 minutes. The results are amazing, with individuals experiencing a kind of relief and freedom they never thought was possible.

This advanced treatment is combined with HealthQuest's whole body and scientifically innovative approach.

You don't need to live with back pain. You don't need to be one of the many Americans whose quality of life and work are compromised by this condition. Spinal decompression is an innovative and highly effective treatment, which is provided in a pleasant, friendly office based setting.

Contact information

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@hqbk.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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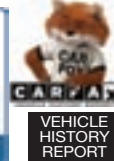
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Adams begins 2016 school lunchtime concert series

By Nelson A. King

Brooklyn Borough President Eric L. Adams on Wednesday kicked off his 2016 School Lunchtime Concert Series, with performances by students from the drumline, majorettes and step team at PS 184 Newport in Brownsville.

The third annual run of shows is sponsored by Investors Bank, One Brooklyn Fund, Inc., and Subway.

Adams congratulated all of the participating students and spoke about how he wants the series to continue demonstrating the value of arts and music programs in public schools.

“Just as with solving a difficult math problem or completing a science experiment, performing songs and creating art develops confidence in young men and women,” Adams said.

“Students who participate in music and arts programs perform better in all of their classes, and complete high school and college at higher rates,” he added. “As performers on the ‘stage’ of Downtown Brooklyn, these students will have an opportunity to build confidence in their abilities and delight audiences who come by to listen to their excellent performances.”

Ana Oliveira, senior vice president and regional manager for Investors Bank, said her bank was “proud to support the School Lunchtime Concert Series.

“The arts play an important role in a well-rounded education, so we are grateful for the opportunity to partner with Borough President Adams on this initiative,” she said. “We

wish the best of luck to all the performers and hope everyone has a great time at the shows.”

“We thank Borough President Adams for including Subway in the School Lunchtime Concert Series,” said Daryl Meyers, development agent for Subway. “We are always so happy and proud to work with the Borough President Adams’ office on such events. I had an opportunity to watch the kids for a few moments while I was there yesterday and it sure looked like they were having a great time. I hope they enjoyed the boxed lunches we provided.”

For the next three Wednesdays, the free concerts will be held in front of Brooklyn Borough Hall in downtown Brooklyn starting at noon.

On Wednesday, June 1, stu-



Brooklyn Borough President Eric L. Adams kicked off his 2016 School Lunchtime Concert Series at Brooklyn Borough Hall with performances by students from the drumline, majorettes, and step team at PS 184 Newport in Brownsville.

Brooklyn BP's Office / Erica Sherman

dents from IS 384 Frances E. Carter in Bushwick, MS 266 Park Place Community Middle School in Bedford-Stuyvesant, PS 149 Danny Kaye in East New York, and PS 84 José De Diego in Williamsburg will perform.

Students from IS 303 Herbert S. Eisenberg in Coney Island, IS 392 School for the Gifted and Talented in Brownsville,

PS 38 The Pacific in Boerum Hill, and IS 98 Bay Academy in Sheepshead Bay will play on Wednesday, June 8.

The series end when students from MS 113 Ronald Edmonds Learning Center in Fort Greene, and MS 51 William Alexander Middle School in Park Slope perform on Wednesday, June 15, Adams said.



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Rihanna's Global Scholarship and grant opportunities for NYC youth, seniors

By Laura Andrews

Rihanna, the Barbados-born singer has established an international scholarship. Applicants must be accepted in a four-year college. Additionally, the applicant must be a native of: Barbados, Brazil, Cuba, Haiti, Grenada, Guyana or Jamaica.

The scholarship amount ranges from \$5,000 to \$50,000. The deadline is in June. For additional information, visit, www.scholarships.org/2016/05/rihanna-clara-lionel-foundation-global-scholarship-program.HTML.

Children in Queens continue to plan for the future. Sometimes with dreams of landing a spot in the prestigious Alvin Ailey American Dance Company. Or, placing a film in the Queens-based Queens World Film Festival — in one of the youth-oriented educational

initiatives — with a screening of an estimated 144 films. With a history of producing major hip-hop, Queens artists are documenting not only jazz but also their hip-hop stories in Queens, New York.

Whether launching a career in dance, singing, film making or other educational or artistic endeavors, funding is one of the major barriers presented.

These days dreams laced with achievement can bypass deferment. The Center for Community Leadership at JCRC-NY is making available grants for New York City organizations. Teens 13 to 18 years of age can apply for non-traditional educational opportunities in writings, reading, STEAM (science, technology, engineering, art, mathematics and educational programming).

Grants for a growing population of elders in Queens are

also available. These funds are for “empowering seniors or women through economic independence, health and wellness, civil engagement or social opportunities.” For information, contact Ben Eichberg at thequeensfellowship@gmail.com or call, 212-983-4800 x155.

Indo-Caribbean Alliance, Inc. brush mural empty mural was a recipient of the One Queens Grant. The Indo-Caribbean Alliance’s Empowering & Envisioning with a Paintbrush mural project was allotted a 2014 One Queens Grant for its mural project empowering and exploring youth identity conflict and experience. The purpose of the initiative was to start and develop community leadership and it offered an “opportunity to bring the community together to create an art piece that reflects the



Queens Library patron Tristian Allen Mickens is a prior winner of One Queens Grant. Photo by Laura Andrews

heritage and cultural of the community.”

Other winners that year were: Corona Youth Music

Project, Rockaway Waterfront Alliance, The Rockaway Youth Task Force and V.E.T.S. Incorporated.

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“The South Side: A Portrait of Chicago and American Segregation” by Natalie Y. Moore c.2016, St. Martin’s Press \$27.99 / \$32.50 Canada 250 pages



South Side author Natalie Y. Moore.

(post-World War II) brought “more than 1 million” new black faces to the Windy City by the 1970s.

Almost from the start, those black Chicagoans were barred, via covenants and rules, from living in neighborhoods that were mostly white or perceived as desirable. Red-lined maps denoted areas where blacks could live, mostly on Chicago’s south side. Moore says that new residents didn’t see overt “whites only” signs in their new hometown, but “the city designed a way for blacks not to fully participate in the freedoms of the North.”

Moore’s own grandparents were part of the Great Migration, and settled in areas they grew to love. After Moore’s parents were married, they bought a small house in a neighborhood full of middle-class black families, put their children in integrated schools, and shopped at local,



South Side author Natalie Y. Moore.

black-owned businesses.

Still, then as now, “the black middle-class is not the same as white middle class.” In this book, Moore cites examples: 70 percent of Chicago’s “food

desert” population is black; retailers seem reluctant to open stores in mostly-black neighborhoods; there’s an often-unfair perception of high crime on the South Side.

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June's in bloom with graduates, Caribbean activities



Inside Life

By Vinette K. Pryce

If you discounted Spring's mantra of 'April showers May flowers' better get ready for June's blooming calendar of activities. The 30-day period packs a hefty load of significant activities to celebrate, commemorate and at the very least participate.

This month, brides and grooms are in vogue with wedding planners scurrying to stage the most picture-perfect, memorable event.

Students of varying ages who have accomplished the required curriculum to graduate are also praising the month's arrival while basking in optimism of the future.

Most endearing to immigrants from the Caribbean diaspora — a weeklong calendar of events designed to engage dialogue and participation with the Caribbean Tourism Organization began June 1 and will end five days later. While most discussions and forum are headquartered at the Marriott Marquis Hotel in midtown, numerous activities are slated throughout Manhattan. Caribbean Rocks conclude the nighttime fetes with an

anniversary concert marking Tempo TVs 10th anniversary. BB Kings Restaurant in Times Square will host that event. However, some countries will specialize by focusing on events destined to lure visitors to particular islands.

Jamaica will host food and fitness events. According to representatives from the island's tourist board "whether you are a fitness buff, music lover or foodie, Jamaica has a variety of events, from reggae-themed spin classes to celebrity chef cooking demonstrations from Jamaica's two-time 'Chopped' champion, Chef Andre Fowles."

On day one, a dancehall/reggae-themed spin class kicked off a program at Revolve, 52 East 13th St. The intent is to help fitness fans kick-start their summer beach bodies with a special reggae / dancehall-themed indoor cycling class at Revolve studio in Union

Square. The event will again be presented on Friday, June 3.

Riders will receive special Jamaica-branded merchandise.

On that same day, Chef Demo with Jamaican 'Chopped' Champion Chef Andre Fowles offers two hours of free cooking tips at Bloomingdale's Department store at 59th Street.

Joined by renowned chefs from the Caribbean, he will present tips on how to prepare authentic Jamaican dishes for foodies to taste and learn how to cook.

Later in the month on June 18 from noon to 7 pm, "Rum & Rhythm Benefit and Auction — The Ultimate Caribbean Epicurean Experience" repeats the Caribbean Week event slated for Capital at 130 Bowery.

"Consumers can embark on a culinary journey through the Caribbean as they experience the culinary and spirits offerings from top Caribbean celeb-



Chef Andre Fowles at a recent Jamaican Tourism reception in New York City. Photo by Tangerine Clarke

city chefs, including two-time Jamaican 'Chopped' Champion Chef Andre of Miss Lily's restaurant in NYC who will prepare authentic Jamaican dishes and cocktails, while enjoying live entertainment and the spirits of Caribbean destinations."

The island also sponsored an awards luncheon on June

2. "Honoring Industry Leaders and Top Caribbean Stories" focuses on paying tribute to individuals whose routine function has enhanced the region's tourism industry. There a Lifetime achievement Award will be presented to an industry contributor.

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In this May 28, 2016 photo, art student Rubens Corneille, right, prepares his work during the Mixed Media class with Tessa Mars at the resurrected Centre d'Art or Art Center, in Port-au-Prince, Haiti.

Associated Press / Dieu Nalio Chery

Haiti re-invents its rich visual heritage

By David McFadden

PORT-AU-PRINCE, Haiti (AP) — Youvensky Despeignes used to spend hours a day at home drawing pencil-and-ink abstractions on cheap notebook paper, his aspirations as a painter frustrated by a lack of opportunities in Haiti where a rich artistic heritage has suffered decades of decline.

But the 22-year-old is now a scholarship student at the Centre d'Art in

Continued on Page 42

Garvey's 'Up! Up, You Mighty Race' Art Exhibit

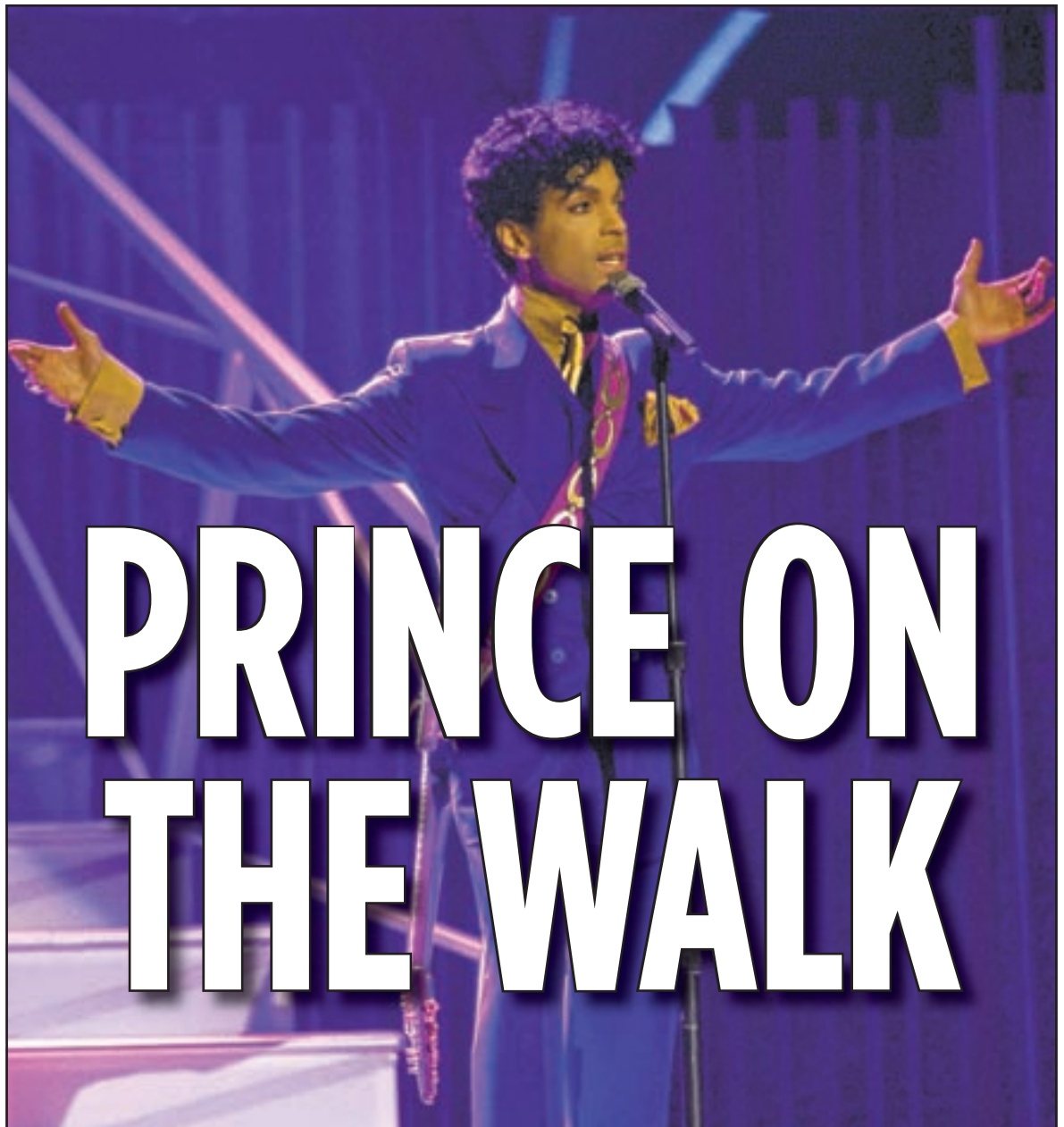
By Vinette K. Pryce

Mira Gandy, a visual artist who lives in Harlem has physically elevated the words of Jamaican immigrant Marcus Mosiah Garvey by displaying a colorful weave of his "Up You Mighty Race," speech high above the heads of ordinary citizens — on a lamp pole for all to admire and ponder.

Prominently placed high off the ground during the 100-year anniversary of Garvey's arrival to America, the artistic display hails the diversity and mosaic of his message using 1,1916 colorfully, braided plaits of hair.

Installed on a light post on the bas-

Continued on Page 42



Apollo Theatre in Harlem will pay tribute to the late superstar Prince.

Associated Press

Singer to be inducted to Apollo Walk Of Fame

By Vinette K. Pryce

If ever there is a stand-out month to honor superstar Prince, June is it. The super-achiever will be indelibly hailed in Harlem with induction to the Apollo Theater's Walk Of Fame on June 13. Following his untimely death on April 21, Prince will join the likes of legendary musicians, artists, and entertainers whose paths to fame included the Apollo. They include: Chaka Khan, Stevie Wonder, Michael Jackson, Aretha Franklin, Quincy Jones, Patti LaBelle, Smokey Robinson, James Brown, Gla-

dys Knight and the Pips, Little Richard and Ella Fitzgerald. Inductees are honored with a plaque on the Apollo Walk of Fame which is installed under the theater's iconic marquee on 125th Street.

"The Apollo family was of course, devastated to hear about the loss of Prince. He is, hands down, one of the greatest artists of all time - an absolute genius - and his relationship with the Apollo dates back to 1993," Jonelle Procope, president & CEO of the Apollo said. "Over the years, we've been hon-

ored to host him, whether for a seminal New York performance or as a guest in our audience, so we are beyond thrilled to kick off this year's Spring Gala by inducting him into the Apollo Walk of Fame."

The special ceremony to induct the legendary recording artist will be held in the afternoon, and continues with red carpet arrivals followed by an award ceremony and a concert with Ray Chew, musical director for "Dancing with the Stars" at the helm.

Continued on Page 42

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Caribbean Life



Sci-Fi flicks explores issue of race in America

"Destination Planet Negro"
Excellent (4 stars)
Unrated
Running time:
98 minutes
Distributor: Candy
Factory Films



A scene from the movie "Destination Planet Negro."

By Kam Williams

It is 1939, and we find a committee of African-American leaders seeking a solution for the "Negro problem." The group agrees that blacks seem permanently relegated to second-class status because of lynchings, Jim Crow segregation and racial discrimination.

After dismissing such solutions as emigrating to Europe or going back to Africa, they are pitched on a plan by Dr. Warrington Avery (Kevin Willmott). He suggests that African-Americans attempt to colonize Mars, and turn the

red planet into a virtual utopia where they will be entirely free from white oppression.

And wouldn't you know, a spaceship has already been built and George Washington

Carver (George Forbes) has developed an atomic rocket fuel made from peanuts and sweet potatoes. The crew volunteering for the maiden voyage consists of Dr. Avery, his daughter

Beneatha (Danielle Cooper) and their pilot, Captain Race Johnson (Tosin Morohunfola).

The three astronauts blast-off, travel through space and eventually crash on the surface

of what they believe to be a distant star. However, only after christening it "Planet Negro," do they gradually come to realize that they've time-traveled to the future and landed back on Earth in present-day Kansas City.

There, the trio is in for quite an awakening, between discovering that the United States has an African-American president and that blacks now use the "N-word" as a term of endearment. "Where we come from, that's what they call you right before they kill you," Dr. Avery explains to B-12 (Trai Byers), a rapper ostensibly oblivious of the slur's ugly legacy.

Written and directed by and starring Kevin Willmott, "Destination Planet Negro" is a goofy spoof of the B-movie genre that's basically played for laughs. Yet, it simultaneously serves as a sophisticated satire that makes some thought-provoking observations about American culture along the way.

Independent & Foreign Films

Approaching the Unknown (R for profanity) Sci-fi thriller about an American astronaut (Mark Strong) on a one-way mission to Mars. With Luke Wilson, Sanaa Lathan and Charles Baker.

Art Bastard (Unrated) Reverential biopic about maverick artist Robert Cenedella, an inveterate iconoclast who has managed to enjoy an enduring career without compromising his rebellious spirit.

The Final Master (Unrated) Martial arts adventure, set in China before World War II, about an ambitious Wing Chun practitioner (FanLiao) who must defeat eight dojos in order to open his own karate school. With Jia Song, Wenli Jiang and Shih-Chieh Chin. (In Mandarin and English with subtitles)

The Fits (Unrated) Coming-of-age drama, set in Cincinnati, chronicling an 11-year-old tomboy's (Royalty Hightower) attempt to find acceptance by joining a tight-knit dance team at the local rec center. With Alexis Neblett, Inayah Rodgers and Makyla Burnam.

The God Cells (Unrated) Healthcare documentary exploring the viability of fetal stem cell injection therapy for a variety of neurological and immunological ailments.

It's So Easy and Other Lies (Unrated) Warts-and-all biopic about Guns N' Roses' bass player Duff McKagan, chronicling his fame and fortune as



Kam's Kapsules

By Kam Williams

well as his near-fatal struggle with alcohol and drugs, featuring commentary by Slash, Nikki Sixx and Benny Urquidez.

Time to Choose (Unrated) Eco-documentary, directed by Oscar-winner Charles Ferguson (Inside Job) and narrated by Oscar Isaac, exploring solutions for the climate change crisis.

Urge (R for disturbing violence and sexual behavior, drug use and pervasive profanity) Suspense thriller about a mysterious nightclub owner (Pierce Brosnan) who introduces some revelers to a new designer drug which strips them of their inhibitions. With Ashley Greene, Alexis Knapp and Danny Masterson.

BIG BUDGET FILMS

Me Before You (PG-13 for suggestive material and mature themes) Adaptation of Jojo Moyes' romance novel about the love which blossoms between a small town nurse (Emilia Clarke) and a wealthy gentleman (Sam Claflin) left paralyzed and depressed by a recent motorcycle accident. Supporting cast includes Vanessa Kirby, Charles Dance and Jenna Coleman.

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TOP OF THE CHARTS

APOLLO

Continued from page 39

TOP 10 SINGLES

- 1 **One Dance**
Drake Feat. Wiz Kid...
- 2 **Can't Stop The Feeling!**
Justin Timberlake
- 3 **7 Years**
Lukas Graham
- 4 **Work From Home**
Fifth Harmony ...
- 5 **I Took A Pill in Ibiza**
Mike Posner
- 6 **Don't Let Me Down**
The Chainsmokers Feat. Daya
- 7 **Love Yourself**
Justin Bieber
- 8 **Pillowtalk**
Zayn
- 9 **Cake By The Ocean**
DNCE
- 10 **Stressed Out**
twenty one pilots

TOP 10 ALBUMS

- 1 **Dangerous Woman**
Ariana Grande
- 2 **If I'm Honest**
Blake Shelton
- 3 **Lemonade**
Beyonce
- 4 **Views**
Drake
- 5 **I Still Do**
Eric Clapton
- 6 **A Moon Shaped Pool**
Radiohead
- 7 **Headspace**
Issues
- 8 **25**
Adele
- 9 **Traveller**
Chris Stapleton
- 10 **Along The Shadow**
Saosin



Ray Chew attends the "Apollo Spring Gala Honoring Stevie Wonder" at the Apollo theater in New York on Monday June 13, 2011. Associated Press/ Donald Traill, File

Garvey

Continued from page 39

ketball court at Madison Avenue and 121st Street, strands of braided, synthetic hair bolsters the pole that provides light to the community Garvey first resided in 1916.

According to the artist, "I was inspired by the many African braiders in my community. I bought every color hair I could find. At all hours of the morning, while on the subway, listening to music or just meditating quietly while I had a moment of free time, I braided... and braided...and braided."

Eventually, what came to me was a collage of colors representing all races, all colors and the visual interpretation of Garvey's message."

In fact, Marcus Mosiah Garvey personifies the excellence of African people. He was a leader, propagandist, organizer and activist, and ranked among the greatest of the great.

Regarded as a visionary, Garvey's motto motivated African-Americans to be limitless.



Visual artist Mira Gandy displays her spiraling hair braids on a Harlem lamp post. Irene Gandy

"Up! You mighty race. You can accomplish what you will" are words that continue to resonate with achievers and ambitious people he influenced.

Gandy's tribute to the Jamaican, visually punctuates his exhortation to African people residing throughout the world and became his signature motto as a call to rise up in the 1920s.

Haiti

Continued from page 39

Port-au-Prince, learning to paint from one of Haiti's most renowned visual artists. He is the beneficiary of efforts to resurrect the storied cultural center following the destruction of its gingerbread building of ornate latticework in a 2010 earthquake and the death of its longtime director a few months later at age 92.

While some thought the twin blows marked the end of the longtime cradle of Haitian artists, a young, energetic team is reviving the center and with it a remarkable heritage of vividly colored paintings, sculptures and other works that earned Haiti an international reputation for raw, imaginative art.

"I feel like there's a path opening for me to become a true artist," Despeignes said in a gazebo-like workshop behind the center's concrete walls. "This place is inspiring."

While the reinvented Centre d'Art faces many challenges, its new classes and workshops are attracting dozens of

students with a rotating cast of Haitian and foreign teachers. Small buildings for classes have been constructed. Ambitious work is underway to catalog archives and document its historically important collection of roughly 5,000 artworks.

"It feels like the right energies are gathering here," said Tessa Mars, a 30-year-old Haitian painter who is one of the instructors.

The work of resurrecting the center is being led by executive director Louise Perrichon, a Frenchwoman who fell in love with Haiti when she arrived in 2007, and Pascale Monnin, a Swiss-Haitian painter and sculptor who is the artistic leader. The Haitian nonprofit Knowledge & Freedom Foundation and a French family foundation are the main providers of institutional support.

Monnin, whose family owns a prominent Haitian art gallery, said a resurgence of the center is part of an effort to reclaim the country's artistic legacy, which contrasts dramatically with its economic impoverishment and recurrent political disorder.





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Nuriyyih Gerrard crowned Miss World Guyana 2016



Second runner-up Najuma Nelson, left, and first runner-up Treasure James, right, flank Miss World Guyana 2016, Nuriyyih Gerrard. Princesses from far left are Divya Yabindranauth, Ariella Basdeo, Marva Langevine, and Ashanti Ramnaugh.

By Tangerine Clarke

Twenty-four year old Psychology student, Nuriyyih Gerrard, Ambassador of Region 8, Patoro-Siparuni, captured the hearts of the judges to become Miss World Guyana 2016 during a dazzling evening coronation at the Parc Ranye Center on Guyana's East Bank, on May 27.

Wearing a gold topless firm-fitting gown, complete with a white fishtail design, the young woman, who was a crowd favorite all the way, sang a beautiful ballad, to win the talent competition.

The popular beauty, a morning radio host, became overwhelmed with emotion while being crowned by Miss World Guyana 2015, Lisa Punch, and later stated she cried because she was happy to win the title.

"You must step out and do the things you have never done before," she said.

"Sometimes growth happens when you step out of your comfort zone. You must know

what it is that drives you. If you haven't figure out what your purpose is in life, know what your passion is, because that would inevitably lead you to your purpose," were the inspiring words of the winner.

"You must never allow fear to hold you in your tracks," added the Caribbean secondary education graduate.

Gerrard, a broadcaster, plans to light up the international stage at the Miss World Pageant later this year with a bold and positive attitude.

Her beauty with a purpose platform will address mental health in Guyana. "I feel prevention is better that cure, and I want to bring about awareness to help the high number of persons suffering with some form of mental illness that requires some form of treatment," added the articulate young woman.

"We can start by educating young people how to take care of their mental health issues so that we can create a stronger

generation," said the humanitarian.

Twenty-two-year-old Treasure James, Ambassador Region 7, Cuyuni-Mazaruni, was named second-runner-up.

She wore a fabulous gown, cut from gold lame fabric and designed with an asymmetric style bodice. A skirt attached to the hobble dress, opened to reveal black spots that represent Guyana's endangered Jaguar- the themed mascot of the Golden Jubilee.

James who won the Best Evening Gown competition is now enrolled at Texila American University to study medicine. She used her beauty with a purpose platform to combat human trafficking, and in so doing, launched a campaign to fight the scourge under the theme "Fight for freedom – breaking the silence."

Equipped with a BSc in Chemistry from the University of Guyana, Najuma Nelson, Ambassador Region 2 Pomoroon-Supernaam, wants

to improve access to quality education for children in remote communities, especially in her Region 2 community.

The princess, who also won the Best Interview segment, stunned the Judges when she stepped on stage in a Cinderella-style gown designed with cap sleeves, and trimmed with sequins on the front of the bodice. She won the third-runner-up spot.

Judges had the arduous task of scoring the equally talented and beautiful princesses, who are all winners. The young

woman were presented with therapies, and crowns, and congratulated by Franchise Holder, Natasha Martindale.

Winners in other categories include: Marva Langevine Ambassador, Region 3, Beauty With A Purpose, Ariella Basdeo — Ambassador, Region 4, Sports and Fitness, Ashmini Ramnauth Ambassador, Region 5, Top Model.

Divya Yabindranauth Ambassador, Region 1, won the Multimedia Award, as well as The People's Choice, and the Miss Photogenic Awards.

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West Indies' captain and bowler Jason Holder. Associated Press/ Arnulfo Franco

West Indies selectors omit four seniors

The West Indies Cricket Board (WICB) selectors have excluded four senior players in the 14-member squad for this month's Tri-Nation One-day International (ODI) Series in the Caribbean.

Those left out of the squad are hard-hitting batsman Chris Gayle, all-rounders Andre Russell, Dwayne Bravo and Darren Sammy, all of whom were members of the successful Twenty20 World

Continued on Page 48

Sir Vivian backs Sir Curtly Ambrose

By Azad Ali

Outspoken former West Indies captain Sir Vivian Richards has come out "batting" for Sir Curtly Ambrose, who was axed as a bowling consultant for the upcoming Tri-nation series against the West Indies starting next week in the Caribbean.

Sir Viv slammed the reason given for the legendary former pacer's dismissal by the West Indies selectors.

Sir Curtly, who took 405 wickets in his 98 Test career, was recently replaced by former Barbados and West Indies medium pace bowler, Roddy Estwick,

Continued on Page 48



REAL MADRID WINS AGAIN

Real Madrid's Sergio Ramos, center, scores his side's first goal during the Champions League final soccer match between Real Madrid and Atletico Madrid at the San Siro stadium in Milan, Italy, Saturday, May 28, 2016.

Associated Press / Andrew Medichini

Ronaldo seals Champions League victory

By Graham Dunbar

MILAN (AP) — Cristiano Ronaldo did it again for Real Madrid, stepping forward to score a penalty and inflict another devastating loss in a Champions League final on rival Atletico Madrid.

For the second time in three

finals, the biggest game in club soccer ended with Ronaldo sealing victory, then ripping off his shirt to show off his muscled torso to adoring fans.

Ronaldo's decisive spot kick in the shootout gave Real Madrid a 5-3 victory on penalties, following a 1-1

draw after extra time in Saturday's final.

Two years ago, the Portuguese superstar's penalty had sealed a 4-1 extra-time win over Atletico and prompted the first of his provocative celebrations.

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Continued from page 47

Cup squad in India last month.

Trinidadian Kieron Pollard has returned to the team after a two-year exile from the regional squad.

In a release, the WICB selectors also announced the inclusion of off-spinner Sunil Narine for the first international tournament since he was banned last November by the International Cricket Council (ICC) for an illegal bowling action.

Off-spinner Ashley Nurse who has not played in a One-Day International has been called up along with fast bowler Shannon Gabriel who has also never played an One-Day International.

The WICB eligibility rule requires players to make themselves available for the Regional Super 50 series last January, if they are to qualify for selection to the One-Day International squad.

As expected, Jason Holder will lead the side for the series which runs from June 3-26 in Guyana, St. Kitts and Nevis, and Barbados and involved World champions Australia and South Africa.

The squad: Jason Holder (captain) Kieron Pollard, Shannon Gabriel, Darren Bravo, Johnson Charles, Carlos Braithwaite, Sulieman Benn, Jonathan Carter, Sunil Narine, Ashley Nurse, Denish Ramdin, Marlon Samuels and Jerome Taylor.



Atletico's Yannick Carrasco scores his side's first goal during the Champions League final soccer match between Real Madrid and Atletico Madrid at the San Siro stadium in Milan, Italy, Saturday, May 28, 2016.

Associated Press/ Andrew Medichini

REAL MADRID SETS A RECORD

Continued from page 47

"I knew I was going to score the winning penalty. I was confident," said Ronaldo, who won his third Champions League title. "I asked (coach Zinedine) Zidane to let me take the last penalty."

Rising to the dramatic moment after a quiet game for him, Ronaldo sent goalkeeper Jan Oblak the wrong way seconds after Atletico defender Juanfran had struck a post with his team's fourth kick.

Real Madrid got its record-extending 11th European title and left Atletico with a bitter third loss in the continent's biggest game. In its two previous finals, Atletico gave up last-minute equalizing goals.

"I don't believe in injustices," Atletico coach Diego Simeone said in Spanish. "In football, the team that wins deserves to win. They were better during the shootout."

Simeone said he will consider his future at Atletico, where the combative Argentine has coached for five years.

Zidane has coached for less than five months, yet is already just the seventh man to both coach and play for champion teams in the competition's 61-year history. The France great, who scored the winning goal for Madrid in the 2002 final, joins an elite group that includes Johan Cruyff and Pep Guardiola.

"It's the team of my life. It's the club that has made me the biggest in every-

thing," Zidane said in Spanish. He lost two finals playing for Juventus, including in 1998 against Madrid.

Just like the 2014 final, a Madrid derby finished 1-1 after 90 minutes. This time, it was Real Madrid instead of Atletico that conceded a late equalizer.

Real Madrid captain Sergio Ramos, who struck in stoppage time two years ago, showed a forward's hunger to score in the 15th minute by forcing the ball past Oblak from close range.

Atletico substitute Yannick Carrasco showed the same desire when he leveled in the 79th, outmuscling Lucas Vazquez to shoot Juanfran's pass high into the net.

Atletico had missed a penalty in the 48th, given for Pepe's clumsy tackle through Fernando Torres.

Antoine Griezmann's kick struck the crossbar, repeating his failure to beat goalkeeper Keylor Navas from the spot in a league match this season. The France forward later scored in the shootout.

Atletico raised its game after Griezmann's miss but the clearest shooting chance fell to defender Stefan Savic who also failed to force a save from Navas.

Ramos showed how a defender, tough and often cynical, should finish. As noted for his red cards as goals, he has now scored in two Champions League finals to stand with Ronaldo in the competition's history.

Atletico's defense was warned of Real

Madrid's threat, and its own weakness on the night, from free kicks as early as the sixth minute.

Gareth Bale was fouled deep in Atletico territory, then fired a dipping cross. Attackers again got in front of defenders and both Karim Benzema and Casemiro seemed to deflect the ball toward Oblak staying on his goal-line. This time, the Slovenia goalkeeper blocked with his left leg.

When Madrid did score nine minutes later, Benzema was again free but failed to connect on Bale's flick before Ramos pounced.

Benzema could have likely sealed the win in the 70th when sent clear but Oblak blocked the Frenchman's shot with his chest.

Atletico was soon level when Carrasco exploited substitute Vazquez, a midfielder who had just come on for Benzema.

Early in extra time, Ronaldo wasted a good chance when his downward header struck defender Filipe Luis and looped into Oblak's hands.

Real Madrid was crowned the best in Europe — watched by Spain's King Felipe VI in San Siro stadium — to cap a season when it had not even been best at home.

Fierce rival Barcelona won four major trophies, including the Spanish league and cup double. Just not the one that matters most in Madrid.

Sir Vivian

Continued from page 47

after three years in the post.

The Antiguan said he was told by head coach Phil Simmons that while he had done a good job, a more technical approach was required, but Sir Viv disagreed with this view saying "that's for the academies, in my opinion, Curtly was right when he said that if you are going to need all this technical help later on when you are part of the senior team, it means that something is wrong and it's quite mind-boggling."

Sir Viv, who never lost a series as captain, further contended that the quality of Sir Curtly's resume was what was required at the highest level, to enable players to perform at the best.

He played 121 Tests, striking 8540 runs at an average of 50, and is widely considered to be the finest batsman of his era.



Sir Vivian Richards.

Associated Press

Sunrisers Hyderabad wins IPL 2016

Some great captaincy from David Warner leading from the front from almost all the IPL games for Sunrisers Hyderabad came down to the final against Royal Challengers Bangalore.

Sunrisers Hyderabad batted first and after an electrifying start from Captain David Warner and Shikhar Dhawan with a partnership of 63 this gave the boost for a good score.

Yuvraj Singh 38, Shikhar Dhawan 28 from 25 and the Australian Ben Cutting 39 from 15 balls with four sixes and three fours. Sunrisers scored 208 for 7 in their 20 overs.

A flying start for Royal Challengers Bangalore in 114 runs in 11 overs.

Captain Virat Kohli and Chris Gayle gave their team a great boost chasing 209 for victory, but after Kohli fell for 54 off 35 balls and Gayle for a swash-buckling 76 off 38 no other batsman took up the challenge after Abde Villers failed.

Some spectacular performances from Sunrisers bowlers did the job.

Ben Cutting after scoring 39 from 15 balls came back



Eyes on Cricket

By George H. Whyte

with the ball and picked up 2 for 35 from 4 overs. Mustafizur Rahman, the Bangladesh left hand pacer, picked up 16 wickets from 15 games and Bhuvneshwar Kumar 23 from 16 games.

Royal Challengers Bangalore ended at 200 runs for 7 wickets after 20 overs in front of their home crowd. Ben Cutting was named man of the match.

SUNRISERS HYDERBAD VICTORIOUS TEAM:

David Warner [Captain] Australia

Yuvrat Singh, India
Moises Henriques, Australia
Deepak Hooda, India
Naman Ojha, India
Bipul Sharma, India
Bhuvneshwar Kumar, India
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Shikhar Dhawan, India
Mustafizur Rahman, Bang-

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Sunrisers Hyderabad [Won Once]

Australia's David Warner turns the ball down leg against New Zealand in the third and deciding one-day international cricket match at Seddon Park in Hamilton, New Zealand, Monday, Feb. 8, 2016.

Associated Press / SNPA / Ross Setford, File



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ARIES: Mar 21/Apr 20
Aries, you may desire to be somewhere else this week, but responsibilities keep you close to home. You can still have a good time and make lasting memories.

TAURUS: Apr 21/May 21
Taurus, you initially felt good about choices you just made a few days ago, but now you're not so sure. Ask around for advice before making any final decision.

GEMINI: May 22/Jun 21
Lately you are more willing to take risks, Gemini. It's fine to want to try new things, but always let reason guide you. You do not want to bite off more than you can chew.

CANCER: Jun 22/Jul 22
Cancer, the solution to a lingering problem is on the horizon, and you will get some closure. This week you will push past it all and finally move on.

LEO: Jul 23/Aug 23
Leo, realizing your dreams is fully within your capabilities. Make a commitment now and stick with it. You have to work hard to get what you desire, but it's within your reach.

VIRGO: Aug 24/Sept 22
Virgo, after running the show, it's now time to hand over the reins to someone else. Surrender some control and enjoy this respite from being the go-to guy or gal.

LIBRA: Sept 23/Oct 23
Libra, your energy is focused on too many things at the moment. Focus your attention on just one thing for the time being, and your main goal will be realized.

SCORPIO: Oct 24/Nov 22
Scorpio, you may not be up to too many trivial tasks right now, so immerse yourself in a creative project that's more about the big picture than the small details.

SAGITTARIUS: Nov 23/Dec 21
Sagittarius, you may have reached a turning point in a romantic relationship. Now is the time to fan those flames so that the relationship can grow into something special.

CAPRICORN: Dec 22/Jan 20
Keep riding this creative wave you seem to be on, Capricorn. It will take you far and in many different directions. Trust in your dreams and put a plan to realize them into action.

AQUARIUS: Jan 21/Feb 18
Aquarius, assert yourself a little more at work so that you get the respect and the recognition you deserve. When you state your case, others will see your perspective.

PISCES: Feb 19/Mar 20
Pisces, you tend to see the best in everyone and that is why you are such a good friend to so many people. Maintain your positive outlook.

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Letitia James Warns Consumers About Classified Ads

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Classified ads are intended to help people by facilitating communication and advertising available services; however, some of the hotlines & service numbers in classifieds actually hurt the people who rely on them by cheating them of their hard-earned dollars. "Most newspapers print a disclaimer in their classified ad section to warn readers about numbers that are a direct line to trouble. Any number starting with 900, 540, 595 or 871 charges a fee beyond a local call. In some instances, ads initially advertise calls to a local number, but then direct callers to a second number starting with one of the paid exchanges. "Consumers must also question the legitimacy of vague classifieds because they too could be a scam. Before responding to an ad, consumers should verify the source of all information & always be wary about sending money or signing a contract with an unknown party."

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► LEGAL

11201 on June 16, 2016 at 2:30PM, premises known as 1735 Albany Avenue, Brooklyn, NY 11210. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough of Brooklyn, County of Kings, City and State of NY, Block 7745 Lot 20. Approximate amount of judgment \$585,204.00 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 506326/2013, Ryan Scott Karben, Esq.,

► LEGAL

Referee Shapiro, DiCaro & Barak, LLC Attorney(s) for the Plaintiff 175 Mile Crossing Boulevard Rochester, New York 14624 (877) 759-1835 Dated: May 3, 2016

► LEGAL

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ground level at 1529 Dean Street, Brooklyn, Kings County, New York 11213.
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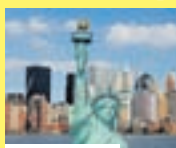
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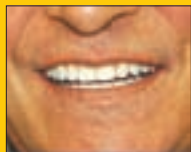
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