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BROOKLYN/STATEN ISLAND EDITION

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FREE



Festival of Lights

Pretty performance at the Diwali Cultural show. See story on page 41.
Photo by Tangerine Clarke

CARIB COURT OR NOT

CARICOM countries struggle to include Caribbean Court of Justice

By Bert Wilkinson

Two countries in the Eastern Caribbean are preparing to hold referendums to determine whether to ditch the British Privy Council as their final courts of appeal but indications are that both governments may struggle to persuade citizens to do so in sufficient numbers.

Citizens in both Antigua and Grenada should have voted in the plebiscites this week but both governments have been forced to drop these dates largely because of lukewarm citizen reaction to the moves

and because they were dissatisfied with voter education programs on the issues.

At issue is the arguments by governments and elements in the 15-nation Caribbean Community that member states would not have completed the full process of independence from Britain unless and in fact they have ceased allowing white, bewigged mostly male law lords in far away London, to continue ruling on criminal and civil appeals from the Caribbean.

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Immigration fees set to increase

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke is urging individuals who want to file immigration applications and petitions to submit them before Dec. 23, 2016, when several fees will increase.

“Citizenship confers enormous benefits, such as the right to vote, that allow people an opportunity to enjoy the full blessings of American life,” said Clarke who represents the 9th Congressional District in Brooklyn.

“It relieves and protects those lacking citizenship status, resident foreign nationals, from the fear that any interaction with the law enforcement officials or the court system could result in deportation

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Vincentians attend an Ecumenical Service of Thanksgiving.

Photo by Nelson King

Williams introduces credit bill



Brooklyn Council Member Jumaane D. Williams. Associated Press

Vincentians begin independence celebrations

By Nelson A. King

Hundreds of Vincentians on Sunday crammed the pews of The Church of St. Mark, Episcopal (Anglican) in the Crown Heights section of Brooklyn for an Ecumenical Service of Thanksgiving, as St. Vincent and the Grenadines celebrates its 37th Anniversary of Independence.

The near three-hour-long service – at the church on Union Street, organized by the Brooklyn-based Vincentian umbrella group in the United States, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO), in collaboration with the New York Consulate General – drew nationals from throughout the New York metropolitan area.

The nation obtained political independence from Great Britain on Oct. 27, 1979.

The church service marked the beginning of week-long independence activities in the Big Apple, organized by COSAGO, culminating on Sunday, Oct. 30, with a gala Luncheon and Awards Ceremony at Grand Prospect Hall in Brooklyn.

Several Vincentian clergy officiated and participated in the Service of Thanksgiving, reading the Scriptures and offering myriad prayers, among other things.

The Rev. Claudius Davis prayed for the adopted country, the United States; Fr. Carver Israel prayed for the government and people of St. Vincent and the Grenadines; Rev. Myron Ashton prayed for the youth; Bishop Robert Yearwood prayed for peace; Deacon Wilmoth Seaton prayed for the clergy; and the Rev. Simeon King prayed for thanksgiving. Rev. Dorage Stephens introduced the participating clergy.



St. Vincent and the Grenadines Consul General in New York Howie Prince addresses church service.

Photo by Nelson King

The Scriptures were read by the Revs. Pester O'Garro, Dr. Roxie Irish and Derwin Grant. Bishop Kenroy Cuffy served as liturgist for most of the service, succeeded by Crispin Friday, elder brother of the Rt. Venerable Leopold Friday, Archbishop of the Windward Islands. Crispin Friday is chairman of the Independence Church Service Committee.

The Service was graced by the presence of United States Congresswoman Yvette D. Clarke, the daughter of Jamaican immigrants, who represents the 9th Congressional District in Brooklyn.

United Nations Ambassador I. Rhonda King, New York Consul General Howie Prince and COSAGO president Laverne McDowald-Thompson delivered brief independence remarks were delivered by. O'Brien Simmons, COSAGO's treasurer, appealed to congregants to

assist the organization's disaster relief fund.

In his sermon, the Rev. Hoskins Prescott, the retired pastor at St. Leonard's Church in Bedford-Stuyvesant, Brooklyn and member of the Independence Church Service Committee, appealed to nationals to "reach out to somebody, to help somebody, so your living will not be in vain."

Preaching on the topic, "Call for Another Day of Service," Rev. Prescott, said: "As a people called to a life of service, let us build bridges. No one [by him or herself] can build a city."

Earlier in his message, Rev. Prescott noted that, in one's Christian journey, "it has not been easy," adding, however, that "when you have overcome the rough sides of mountain," one should "help someone."

"We need to obey the words of Christ," he exhorted, referring to the story of the Gospel of Luke that "teaches us: 'We need to be good stewards of Jesus."

"As we celebrate the 37th year of independence, there is still some work to be done," he added. "[The Book of] Galatians tell us [that] we need to bear each other's burdens. Jesus, in his teachings and preaching left us a legacy of love.

"Our duty as Christians is clear," Rev. Prescott continued. "Somewhere along the way, somebody cares about you, and his name is Jesus. And so, as we celebrate this day, I implore you to follow the path of Jesus Christ. Let love and togetherness be your motto."

In his maiden Independence Church Service address in New York, Prince, the former head of the National Emergency Management Organization (NEMO), said, while he was yet to receive Prime Minister Dr. Ralph E. Gonsalves' Independence Message, the Vincentian leader had asked him to convey that St. Vincent and the Grenadines is still beautiful.

By Nelson A. King

Brooklyn Council Member Jumaane D. Williams, deputy leader of the City Council, has introduced the Credit Nondiscrimination Act, which would outlaw the practice of creditors discriminating in the issuance of credit on the basis of race, gender, sexual orientation, or any of the protected classes.

"This bill can help hundreds of thousands of people applying for mortgages, small business loans, and other types of credit," said Williams, who represents the 45th Council District in Brooklyn. "Having in place a law that mandates how a person's interest rate is calculated will protect groups of people in this City that face discrimination and unfair treatment at higher rates than other groups."

Williams said Intro. 1306 expands on federal and state legislation by amending the City's Human Rights Law to prohibit discrimination based on an individual's membership in a protected class in the issuance of credit.

The ACT would require the New York City Commission on Human Rights to conduct outreach, and to perform a credit discrimination investigation for a period of one year.

Creditors would also have to disclose to applicants, regardless of their background, how their interest rate is calculated, Williams said.

He said this builds on existing law that already requires a disclosure of why an acceptance or denial of credit is given.

"New Economy Project applauds Council Member Williams for shining a light on credit discrimination," said Andy Morrison, New Economy Project's campaigns coordinator. "Lending discrimination is a persistent abomination that denies New Yorkers economic opportunities and serves to perpetuate racial inequality and segregation in our city."

Barbados

Head of the Barbados-based Caribbean Development Bank (CDB) is warning the Barbados government that it needs to deal urgently with the island's worsening debt situation.

In an interview recently with the online publication, Barbados Today, Dr. Warren Smith is suggesting that "front-end adjustments" were needed to correct the economic slide.

He described the island's overall fiscal position as "unsustainable" and cautioned that, if left unchecked, it would do untold damage to the local currency.



Smith, a Jamaica-born economist said Barbados should consider privatizing several state entities, including Grantley Adams International Airport and the Bridgetown Port.

He said divestment was urgent since it places the island's fixed exchange rate under threat.

The CDB head also suggested that the Freundel government could do away with state-owned Caribbean Broadcasting Corporation (CBC), saying it could find other mechanisms for getting its message out.

Dominica

Construction of a new US\$40 million national hospital funded by the Chinese government is expected to start at the end of this month in Dominica.

This was revealed by Health Minister Dr. Kenneth Darroux while addressing the 13th Meeting of the Organization of Eastern Caribbean States (OECS) / Pooled Procurement Services (PPS) Policy Board and the Third Meeting of the Council of Health Ministers of Member States at the Fort Young Hotel recently.



The minister said the hospital is a "gift" from the People's Republic of China.

The contract for the hospital was signed between the government and Human Construction Engineering Group Corporation in December 2015 and the sod turning ceremony was in August this year.

It is one of the four projects contained in a memorandum of understanding signed between Dominica and the People's Republic of China in 2004.

Grenada

Representatives from 11 Caribbean countries recently met in Grenada to discuss strategies to prepare for the impact of climate change.

Speaking at the two-day regional workshop, Grenada senator Simon Steill, minister of state with the respon-



Help For Haiti's Children

Doctor Lise Jean Philippe evaluates Lecansi Moise, 12, as his mother Dieulane looks on, during a visit by a Save the Children medical team to the town of Camp-Perrin, Haiti, Sunday, Oct. 16, 2016. With many health clinics damaged and sanitation and living conditions suffering after the devastation wrought by Hurricane Matthew, medical services are in demand in small towns and rural communities.

Associated Press / Rebecca Blackwell

sibility for the environment said, "here in Grenada, we don't have to look far to see the impacts of climate change. We experience them every day."

Grenada is now in the final phase of a project aimed at developing a National Climate Change Adaptation Plan (NAP).

The NAP process was created by the United Nations as an opportunity for countries to plan for robust, sustainable development in the face of climate stress.

Steill said as a small developing state, "we will be severely affected by negative climate change impacts, such as flooding, sea-level rise or droughts. To prepare, our government aims to mobilize further climate finance and the NAP is critical for that."

The authorities said that climate change impacts can disrupt and are already disrupting Grenada's critical economic sectors such as agriculture and tourism.



A review of the government budget in 2016 showed that almost half (48.6 percent) of the capital budget 2016 is at risk of being compromised by the negative impacts of climate change.

Guyana

Guyana has ordered suppliers of the Samsung Galaxy Note 7 phones to immediately stop the sales of the device

after the manufacturers confirmed several cases of the phones exploding.

The Competition and Consumer Affairs Commission said it was advising all consumers with either an original Samsung Galaxy Note 7 or the replacement to power down and stop using the device immediately.



It warned suppliers found selling the device will be in contravention of the Consumer Affairs Act and likely to be prosecuted.

The Consumers Affairs Commission said suppliers must accept all returned Samsung Galaxy Note 7 devices and a full refund must be issued to the consumer. Suppliers are also asked to halt sales of the Samsung Galaxy Note 7 phones exploding.

A release from the Commission said that Samsung recently asked all of its global partners to stop sales and exchanges of the Galaxy Note 7 after having found several cases of Note 7 phones exploding.

Haiti

The United Nations health agency has deployed field teams in Haiti to respond to the health situation and to prevent cholera from reaching epidemic proportions in the wake of the devastation caused by Hurricane Matthew recently.

According to a news release by the

UN World Health Organization (WHO), WHO and Pan American Health organization (PAHO) disaster, health and logistic experts have been deployed to support the government's efforts against cholera outbreaks from the agencies' offices in Washington D.C, Haiti and several other locations.



According to PAHO, more than 1.3 million Haitians have been affected by the hurricane and it is estimated that 80 percent of houses have lost their roofs and most of the country's hospitals have suffered major damages — about 100 health facilities are no longer functioning.

PAHO is also working with the Ministry of Health to increase the availability of medicines and medical supplies and cooperating in the organization and planning of the health response to possible outbreaks.

Jamaica

Jamaica could have a new agreement with the International Monetary Fund (IMF) by November.

This is according to a release from the Office of the Prime Minister, which said Jamaica has reached a new staff-level with the fund for a three-year precautionary stand-by arrangement.



Continued on Page 24



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Grenadians to vote on regional court



Prime Minister Keith Mitchell, of Grenada, addresses the 2015 Sustainable Development Summit, Sunday, Sept. 27, 2015, at United Nations headquarters.

Associated Press / Bryan R. Smith

Continued from page 1

Why not vote in the referendums to join Guyana, Barbados, Dominica and Belize in allowing darker skinned judges of the Trinidad-based Caribbean Court of Justice (CCJ) to rule on cases involving regional litigants they often ask?

But both prime ministers Gaston Browne of Antigua and Keith Mitchell of Grenada have opted to listen to public sentiments and give voters enough time to properly digest the seriousness and finality of the move to switch to the CCJ and dump the British court.

Fearful of losing the vote, Browne has said that he is willing to push back the voting date to as far as March next year to give the public enough time to educate themselves on the issue at hand. Recent polls done on the referendum have indicated that government may not get the required 67 percent vote to cross the line and switch to the CCJ.

Grenadians on the other hand will go to the polls in late November. Their ballot paper will simply ask them whether the island should join the CCJ or not. Several other issues are on the ballot sheet but the most important and celebrated is the CCJ.

On most other issues, Keith Mitchell

would get his way. After all, his administration holds all the seats in parliament and he remains popular as ever. This is the second time that he is basically running the country without an elected opposition but critics say this has nothing to do with an issue as critical as the CCJ.

The CCJ was established in April 2005 by member nations with headquarters in Guyana. It has two tiers — a category dealing with trade matters in the single trading bloc and the appellate section. Membership in the trade section is mandatory but the other is optional and so only four countries are signatories.

Immigrants face fee increases

Continued from page 1

proceedings and a forced separation from loved ones.

“Citizenship makes it possible to fully enjoy the fruits of one’s labor,” Clarke added. “As the daughter of parents who came to the United States from the nation of Jamaica and the representative of a community that includes immigrants from around the world, I am hopeful that individuals who are eligible to apply for citizenship will complete the required paperwork and submit their forms before fees increase on Dec. 23.

“The staff at my District Office in Brooklyn stand ready to assist interested individuals by inquiring about the status of pending applications as well as provide references to local organizations that assist in completing the application process and paperwork. Now is the Time,” Clarke continued.

The US Citizenship and Immigration Services (USCIS) announced on Oct. 24 a final rule, published in the Federal Register adjusting the fees required for most immigration applications and petitions. The new fees will be effective Dec. 23.

USCIS said it is almost entirely funded by the fees paid by applicants and petitioners for immigration benefits.

USCIS said the law requires it to conduct fee reviews every two years to determine the funding levels necessary to administer the nation’s immigration laws, process benefit requests and pro-

vide the infrastructure needed to support those activities.

Fees will increase for the first time in six years, by a weighted average of 21 percent for most applications and petitions, USCIS said.

This increase is necessary to recover the full cost of services provided by USCIS.

USCIS said these include the costs associated with fraud detection and national security, customer service and case processing, and providing services without charge to refugee and asylum applicants and to other customers eligible for fee waivers or exemptions.

The final rule contains a table summarizing current and new fees. The new fees will also be listed on the USCIS page on its website. USCIS said Form G-1055 will not reflect the new fees until the effective date.

Applications and petitions postmarked or filed on or after Dec. 23 must include the new fees, or USCIS will not be able to accept them.

“This is our first fee increase since November 2010, and we sincerely appreciate the valuable public input we received as we prepared this final rule,” said USCIS Director León Rodríguez. “We are mindful of the effect fee increases have on many of the customers we serve. That’s why we decided against raising fees as recommended after the fiscal year 2012 and 2014 fee reviews.

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Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.*

In this article, we seek advice from award winning doctors at Prostate Center of Accord Physicians, general urologist Dr. Llewellyn Hyacinthe and two urological surgeons, Dr. Vitaly Raykhan and Dr. Yuly Chalik. These two are recipients of the prestigious Patient’s Choice Award were also named America’s Top Urologists since 2009.

They will tell us how to detect prostate cancer in its earliest stage and successfully fight it.

Doctors, what are the symptoms of prostate cancer? Can a man diagnose himself for this disease?

Unfortunately, prostate cancer will usually not exhibit outward symptoms in its early stages, so the patient is often

not aware of the presence of a tumor. Because it is important to diagnose this disease before any symptoms occur, men over age 45 are strongly encouraged to undergo an elective urological examination at least once a year.

How do you diagnose prostate cancer?

The first step in diagnosing prostate cancer is analyzing PSA (prostate-specific antigen) in blood. If cancer is suspected, a biopsy will be advisable, since it is the only test that can fully confirm the diagnosis of prostate cancer. At Prostate Center of Accord Physicians, doctors can perform a biopsy under anesthesia directly on premises.

The Prostate Center of Accord Physicians’s in-house specialized laboratory enables our certified, astute pathologist to quickly and accurately study prostate cells, shortening your diagnosis and treatment time.

Given the complexity of the diagnosis and of prostate cancer in general, we urge readers to be tested only using modern equipment at the most up-to-date clinics, such as Prostate Center of Accord Physicians.

What is the most effective method of treatment offered at the Prostate Center?

When choosing a method of treatment, we take into account the stage of the cancer, the patient’s age, risk of complications, as well as the wishes of the patient. There are a number of

proven treatment options available, including radiation therapy, hormone therapy, and surgical treatment.

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What would you say to men suffering from prostate cancer?

Being diagnosed with prostate cancer doesn’t mean you should give up and stop fighting. Prostate Center of Accord Physicians can successfully treat this type of cancer if it is diagnosed in its early stages. Our treatment can prolong the lives of prostate cancer patients for many years.

We recommend that all men be more attentive to their health and to seek professional medical help when symptoms first develop.

*Information via the American Cancer Society, www.cancer.org.



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Venezuela's congress opens political trial against Maduro



In this July 21, 2016 photo, Venezuela's President Nicolas Maduro stands with Spain's former Prime Minister Jose Luis Rodriguez Zapatero, left, and former Dominican Republic President Leonel Fernandez, during a photo opportunity after a meeting at Miraflores presidential palace in Caracas, Venezuela. Venezuela's government says Pope Francis met with Maduro at the Vatican on Monday, Oct. 24, 2016.

Associated Press / Fernando Llano, File

By Joshua Goodman and Jorge Rueda

CARACAS, Venezuela (AP) — Venezuela's opposition-controlled congress has opened a political trial against President Nicolas Maduro for breaking the constitutional order, deepening a standoff triggered by the authorities' suspension of a recall referendum against the embattled socialist leader.

The move, in a special legislative session Tuesday, had been expected ever since opposition leaders declared themselves in open rebellion and called for mass street demonstrations to force Maduro from office. But it's unlikely to have any legal effect as Maduro still controls other branches of government, including the Supreme Court, which has already declared the National Assembly illegitimate.

In Tuesday's vote, in which the opposition argued Maduro had stopped doing his job and effectively abandoned the presidency, several lawmakers also questioned whether he was a

dual Colombian national and therefore constitutionally ineligible to hold Venezuela's highest office. It's an old, unproven claim widely seen as a stretch but one that analysts say is a natural reaction to the government's own trampling of the constitution in scrapping the recall that offered the best hope of peacefully resolving Venezuela's political and economic crisis.

"If Maduro has dual nationality, he has no constitutional right to govern Venezuela," said Juan Miguel Matheus, an opposition lawmaker. "He'll go down as one of the biggest liars in history and the constitutional mechanisms to remove him from power and call new elections should be activated."

Unlike other countries in Latin America such as Brazil, where Dilma Rousseff was removed from the presidency in August, Venezuela's National Assembly can't impeach the president. That decision lies squarely with the government-

stacked Supreme Court, which has never voted against Maduro and has invalidated all legislation emerging from National Assembly until it remove three lawmakers linked to vote-buying claims.

Maduro, speaking at a rally Tuesday, accused opposition lawmakers of behaving as if in a "circus" and trying to carry out a "parliamentary coup."

"Congress is useless for our people's interests," he told thousands of mostly state workers outside the presidential palace. "It has a single goal: to damage Venezuela."

He also lashed out at President Barack Obama.

"Obama is going and before he leaves he wants to cause Venezuela damage," he said. "This is Obama swiping his tail before he leaves."


Even as tempers flared, with Maduro's opponents gearing up for a mass demonstration Wednesday, promoters are calling the "Taking of Venezuela," the government and opposition

have agreed to embark on an attempt at dialogue to defuse the crisis.

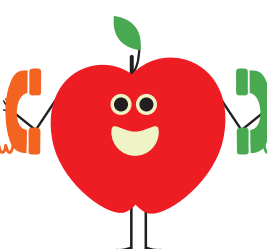
The talks, being sponsored

by the Vatican and other South American governments, are set to begin Oct. 30 in the Caribbean island of Margarita.

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Nat Turner's mental and military motivations

By Ezra Aharon

Nate Parker's movie "The Birth of a Nation" has revived the question: What caused Nat Turner's 1831 uprising? Turner, first of all, was not a deranged misfit who acted outside of a historical context of previous African freedom fighters. Throughout slavery's duration, resistance was not only constant and fatal, but twofold... Africans equally resisted both slavery and Americanization.

Contrary to popular "feel good" versions of history, the "fight against slavery" should not be presumed as a "fight to become American." For enslaved Africans like Turner, Americanization was the obstacle — not the vehicle — to the freedom they sought.

A largely overlooked factor that forged Africans into Americans was their inability to muster enough weapons to militarily free themselves from Americanization. Along with the Second Amendment which allowed Whites to bear arms, slavery was also backed by America's military, which is why 800 soldiers deployed against Turner. Within this context of warfare (which fomented at least 313 recorded armed uprisings), there is provable evidence that Africans became Americans — not by virtue of winning the Civil War — but by virtue of prior military defeats.

CNN Town Halls won't dis-

cuss this, but numerous captives were already soldiers in Africa beforehand, who like Turner, held deep monotheistic beliefs. Once in America these battle-tested troops launched guerilla forms of warfare whenever possible, using whatever weapons possible, with clear theological convictions that fused spirituality with revolution. Naturally, after being forcibly uprooted 5,000 miles from long-lived kingdoms and cultures, they deemed Euro-Americans as new adversaries, and Americanization was certainly not their goal.

This explains why tens of thousands of Africans militarily fought with the British against America during the Revolutionary War and the War of 1812. Plus, another 100,000 fled or died fleeing to join British forces. Conclusive stats are unknown, but from a sheer combat perspective, the Revolutionary War could be framed as the largest uprising of Africans who ever unified to militarily free themselves from Americanization ... including Africans reportedly owned by George Washington and Thomas Jefferson.

Despite being defeated, it is still necessary to credit legitimacy to such Africans, beyond distorted narratives that label Turner an "African American" even though men like him sought America's military

Continued on Page 12

Privatization the problem, rarely the solution

By Jomo Kwame Sundaram

Jomo Kwame Sundaram was United Nations Assistant Secretary-General for Economic Development, and received the Wassily Leontief Prize for Advancing the Frontiers of Economic Thought in 2007.

KUALA LUMPUR, Malaysia, Oct. 20, 2016 (IPS) - Privatization has been one of the pillars of the counter-revolution against development economics and government activism from the 1980s. Many developing countries were forced to accept privatization as a condition for support from the World Bank while many other countries have embraced privatization, often on the pretext of fiscal and debt constraints.

Privatization generally refers to changing the status of a business, service or industry from state, government or public ownership to private control. It sometimes also refers to the use of private contractors to provide services previously delivered by the public sector.

Privatization can be strictly defined to include only cases of the sale of 100%, or at least a majority share of a public or state-owned enterprise (SOE), or its assets, to private shareholders. The definition of privatization in some contexts is so broad that it includes cases where private enterprises are awarded licences to participate in activities previously the exclusive preserve of the public sector.

Why the turn to

Private interests are only interested in profitable or potentially profitable activities and enterprises.

privatization?

The balance of payments problems arising from oil shocks in the 1970s and the US Fed's increase of the interest rate to well over 20% precipitated sovereign debt crises in Latin America and elsewhere from the early 1980s, forcing many developing countries to seek credit support from the International Monetary Fund (IMF) and the World Bank.

The World Bank and IMF's 'neo-liberal' policy prescriptions involved liberalization, deregulation and privatization. Collectively, they later came to be known as the Washington Consensus to refer to the common position of three Washington DC based institutions — the US Treasury, the IMF and the World Bank.

Main arguments for privatization

Privatization was advocated as an easy means to:

- 1) reduce the 'financial and administrative burden of the government', particularly in undertaking and maintaining services and infrastructure;
- 2) 'promote competition, improve efficiency and increase productivity' in the delivery of public services;
- 3) 'stimulate private entrepreneurship and investment', and thus accelerate economic growth;

4) help reduce 'the presence and size of the public sector, with its monopolistic tendencies and bureaucratic support'.

Public or consumer welfare

Since a significant portion of state-run activities are public monopolies, privatization will hand over such monopoly powers to private interests likely to use them to maximize profits. The privatization of public services tends to burden the public, especially if charges are raised for privatized services which may not improve with privatization.

Private interests are only interested in profitable or potentially profitable activities and enterprises. Thus, the government will be saddled with unprofitable and less profitable activities, reinforcing the impression of SOE inefficiencies. Consequently, privatization may worsen overall enterprise performance. 'Value for money' may go down, despite improvements used to justify higher user charges.

Privatization in many developing and transition economies has primarily enriched a few with strong political connections who 'captured' lucrative opportunities associated with privatization, while the public interest has been increasingly sacrificed to such powerful private business interests. This has, in turn, exacerbated problems of corruption, patronage and other related problems.

Continued on Page 12

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OP-EDS

Tyranny: A subjective creature

Continued from page 10

downfall. Olaudah Equiano (an Ibo, captured at age 11, who published the first surviving "slave account" in 1789: The Interesting Narrative of the Life of Olaudah Equiano) wrote, "When you make men slaves, you compel them to live with you in a State of War." Once freed in 1792, he bolted like lightning to England.

Haiti's independence (1804) ignited further military motivations. On July 4, 1804, instead of recognizing US independence, hundreds of Blacks in Philadelphia stormed Independence Hall to live Haitian independence vicariously. Flanked in military formations, they carried swords and attacked Whites for two days, chanting "we will show them [Whites] St. Domingo [bloodshed like Haiti]."

So, by the dawn of his 1831 uprising, Turner was just one cog in a long continuum of such idealists. Other notable military operations involved: Fort Mose in Florida (1738-1763); the Stono Uprising in South Carolina (1739); the German Coast Uprising in Louisiana (1811); Negro Fort in Florida (1815); and David Walker's Appeal (1828) advocated revolution and religion (even though Walker was more an assimilationist than sovereignist).

Men like Turner also equated themselves to other hemispheric freedom fighters (in nations like Argentina, Chile, Bolivia, Columbia) who gained independence... including Euro-Americans. For example, before being hanged for their 1800 planned uprising, one of Gabriel Prosser's soldiers retorted, "I have nothing more to offer than what

General [George] Washington would have had to offer, had he been taken by the British and put to trial. I have adventured my life in endeavouring to obtain the liberty of my countrymen, and am a willing sacrifice in their cause." Translation, he meant, "Bring It: I stand upon universal principles of freedom that — just like you — I will never compromise."

Interestingly, in a 60 Minutes interview, Nate Parker paralleled Nat Turner to George Washington in terms of their shared idealisms to "Birth a Nation." From this perspective, whether you agree or disagree with Turner's guerilla tactics, his comparative cause to end tyranny was no less honorable than America's founders.

Tyranny however can be a very peculiar and subjective creature, since "one man's tyranny can be another man's liberty." Hence, George Washington, who enslaved and tyrannized over 300 Africans is deified on Mt. Rushmore as a hero, while conversely, Nat Turner who fought against slavery's tyranny is demonized as a savage. To this contradiction, James Baldwin once quipped, "In the US, violence and heroism have been made synonymous... except when it comes to Blacks."

This article was culled in part from The Sovereign Psyche: Systems of Chattel Freedom vs. Self-Authentic Freedom by Ezra Aharon who is an adjunct associate professor of political science at Delaware State University. He is also a political and business consultant on African affairs, as well as the author of Sovereign Evolution and Pawned Sovereignty. He can be reached at www.EzrahSpeaks.com.

Privatization

Continued from page 10

Adverse consequences

Some other adverse consequences of privatization include:

– The social and political implications of two types of services, i.e. one for those who can afford more costly, private – including privatized – services, and the other for those who cannot, and hence have to continue to rely on subsidized public services, e.g. medical services and education.

– The effects of minimal long-term investments by private owners narrowly focused on maximizing short-term profits.

– Increased living costs as well as poorer services and utilities – especially in remote and rural areas – due to 'economic costing' of services, e.g. telecommunications, water supply and electricity.

– Reduced jobs, overtime work and real wages for employees of privatized concerns.

Flawed arguments

Arguments for privatization can be refuted on the following grounds:

• The public sector can be more efficiently run, as demonstrated in Singapore, Taiwan and South Korea.

• Greater public accountability and a more transparent public sector can ensure greater efficiency in achieving the public and national interest while limiting public-sector waste and borrowing.

• Privatization may postpone a fiscal crisis by temporarily reducing fiscal deficits, but the public sector would lose income from profitable public sector activities, and be stuck with financing and subsidizing unprofitable ones. As experience shows, the fiscal crisis may even deepen if the new owners of profitable SOEs avoid paying taxes with creative accounting or due to the typically generous terms of privatization.

• Privatization gives priority to profit maximization, typically at the expense of social welfare, equity and the public interest. It tends to adversely affect the interests of public-sector employees and the public, especially poorer consumers.

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Exclusive interview with Dr. Golio, Director of Craniofacial Surgery

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Dr. Dominick I. Golio says, "A growing number of people flock annually to be examined due to these symptoms. There are many different causes for these problems. Age, Arthritis, the use of certain drugs to lower blood pressure, meds to treat allergies, parkinsons & nerves may increase the chances of dry eyes exposing them to recurring infections & other serious conditions."

Not everyone can reduce or stop using meds or drops of artificial tears and antibiotics are not enough for many. Dr. Golio explains, "A test that all patients with these symptoms should take in front a mirror, lower the lower eyelid with the index finger and hold it in this position for five seconds. It is important not to blink for this test. Typically, the lid returns to its normal position in a second. We often see patients with such sagging eyelids that after taking this test their eyelids do not return to their position within 7 to 10 seconds."

A simple procedure that does not require hospitalization, removes a small amount of skin from the edge of the eyelid restoring the position thereof. "It's like

pulling the rope of a hammock that has withered with time," says Dr. Golio.

If this situation is not corrected, eyes that are exposed outdoors for longer periods of time may have increased symptoms and incidences of infections. Flabby eyelids occasionally veer inward and the lashes touching the eye causing even more irritation.

This procedure that corrects a sagging lower lid is done under local anesthesia by removing excess skin, aligning the eyelid to the outer eye while removing excess fat by pulling the eyelid down. There is no pain or patches needed, you return home the same day and the stitches fall out on their own within one or two weeks.

The same day of the surgery you can watch television, read a book, warm up your own food as well as wash your face permitting the stitches to get wet.

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Get your green card through marriage to a United States citizen

By Gertrude Onuoha, P.C.

A foreign national who is married to a United States citizen is eligible to apply immediately for permanent residency (Green Card). The processing time is reasonably fast because the application is processed under the immediate relative category and visas are immediately available.

The marriage must be a "good faith"(genuine) marriage. The marriage must not be entered into by the parties solely for the purpose of falsely acquiring immigration benefits. It is the responsibility of the petitioner and beneficiary to prove that their marriage is a good faith marriage. This is where many petitioners make mistake. They wrongly assume that because their marriage is a genuine marriage, they do not need to show proof.

The immigration officer (although well trained to detect "sham marriages") has no crystal ball that shows them good or bad faith marriage. They adjudicate based on the evidence provided at the time the petition is submitted and at the interview.

Unfortunately, some applications based on genuine marriages have been denied because the evidence was not properly put together.

The following documents will be needed to show proof of a good faith marriage:

Photographs of the couple together and with friends and family at various occasions and events; Evidence that both spouses have named the other as beneficiary in any life insurance policies; evidence of joint health or vehicle insurance; Evidence that the couple co-mingles their assets, such as joint bank account statements, joint credit card bills; copies of mail

addressed to the couple at the marital residence.

Any previous criminal or immigration violations by the foreign national may be problematic; but the foreign national may be able to apply for waiver(s) to waive those grounds of inadmissibility.

If there are criminal issues, I would recommend that you see an immigration attorney prior to filing. If the foreign national is in the United States, they can file for adjustment of status concurrently and also request work authorization while the application is being processed. If the application is approved, the foreign national will be issued the Permanent Resident card.

You will become eligible to file for citizenship after three years of having the Green Card and being married to a United States citizen.

The content of this article is intended for general information purposes only, and is not legal advice.

Those seeking specific legal advice should contact Gertrude Onuoha Esq. at 575 Lexington Ave, 4th Fl. NY NY 10022 (PHONE) 212-971-9704 or 7326425605)

Gertrude Onuoha Esq. is the founder of the law offices of Gertrude Onuoha, P.C. She has practiced law for over 17 years. She has great depth of experience and a successful track record in handling immigration.

She is admitted to practice law in the state of New York and has a Master of Laws (LL.M) degree from Benjamin Cardozo School of Law in New York. She is a member of the American Immigration Lawyers Association and the New York Bar Association.

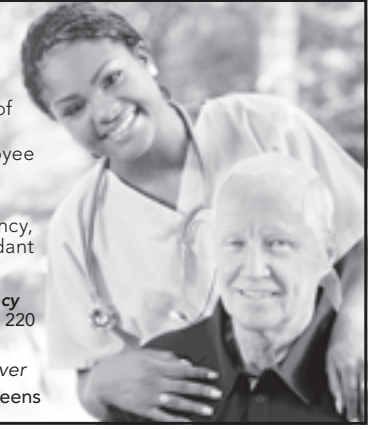
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T&T's United National Congress loses general election appeal

By Azad Ali

The Appeal Court in Trinidad and Tobago has dismissed an appeal by the Opposition United National Congress (UNC) to declare five seats in the marginal constituencies in the Sept. 7, 2015 General Election null and void based on the one-hour extension given by the Election and Boundaries Commission (EBC).

The three judges, including Chief Justice Ivor Archie dashed the hopes of the UNC-led by former Prime Minister Kamla Persad-Bissessar of going back to the polls to have a by-election in the five constituencies as they ruled that the polls had been conducted "in a fair and free manner consistent with the constitutional requirements for democracy."

However, the court ruled that the EBC overstepped its remit when it decided to extend the polls by one hour due to heavy rainfall.

The Court of Appeal's decision on the issue is final as the UNC cannot appeal to the British Privy Council.

In delivering the judgement justice Archie said "the result was clear to us and we thought that we should not keep the population waiting."



Former Trinidad and Tobago's Prime Minister Kamla Persad-Bissessar delivers her speech during the CEO Summit of the Americas in Panama City, Friday, April 10, 2015. Associated Press / Moises Castillo

High Court Judge Mira Dean-Armorer's in August had dismissed the UNC's petition to render the result null and void in the five marginal constituencies.

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Stylist remembers shooting at salon six years

By Alexandra Simon

Coming face to face with death six years ago when a crook tried to rob her hair salon, Haitian-American hair stylist Sabine Bellevue, did not think she would be celebrating the 10-year anniversary of her natural hair salon, Sabine's Hallway.

Now thriving at a new location in Bedford-Stuyvesant, she recalls the incident that changed her life.

"I didn't want anyone to get hurt — I was really thinking of everyone else's safety and that's why I put myself out there," said Sabine Bellevue, hair stylist and founder of Sabine's Hallway. "I didn't want to tell their families something happened."

In October 2010 a teen gunman entered her small salon — then located in Clinton Hill — with the intention to rob her. With luck on her side, one of her clients getting her hair done that night was off-duty veteran cop Feris Jones. The cop exchanged gunfire with the 19-year-old suspect, successfully disarming him and foiling the robbery. The suspect fled but was caught and was given a 20-year sentence. The cop was promoted to detective a few days later and continued to get her hair done at the salon, said Bellevue.

"We're still very good friends," she said. "Nothing had changed since that experience and she still came back to



Up and growing: Bellevue started her salon with just herself and another stylist. Now she has more staff and a bigger location in Bedford-Stuyvesant. Mike Young

do her hair and continued to be a loyal client."

Detective Feris Jones has since retired to her native Barbados. But despite the loyalty of the cop who saved her life, Bellevue said she had a hard time adjusting when police investigations forced her shop to close for two months, and when she returned to work felt that the news stories had given her bad press and affected the possibility of attracting new clients.

"I would cry and have thoughts in my mind like 'why was I still here?'" she said. "It was very surreal when I stepped into the places where bullet holes were shot."



Hair stylist Sabine Bellevue, owner of Sabine's Hallway hair salon, styling a clients hair. Mike Young

Since the incident, Bellevue made it a mission to be more involved in her community, reaching out to non-profit organizations to teach free

classes, and providing opportunities to the youth with her internship program. She felt this can prevent young teens from falling on the wrong track.

"The young man didn't know me, but he lived a few blocks away," said Bellevue. "Maybe if he had known who I was, then he wouldn't have tried to rob me. So I want to support my community, because maybe he needed a job."

But aside from the rough start, she was able to find gratitude in new clients.

"At the beginning, business was slow but I had my loyal clients that stuck with me

through my transitions. But it hurt me a bit — I have one lady who didn't come back and others left but didn't tell me the reason why," said Bellevue. "But a lot of times people find us through the internet and the pictures that come up is the robbery. I have clients from all over — people still come to me and tell me they saw the story online."

Sabine's Hallway was founded in 2006 when Bellevue took her styling creativity to a permanent space. Even after the close call with death, she spent two more years at the location of the incident before moving her shop to Nostrand Avenue in Bedford-Stuyvesant. Opening a natural hair salon catering to locs, braids, and textured hair during a time it was not common was a risk, but even now in a rapidly gentrifying neighborhood, Bellevue says her business has never been better.

"It's been good — I made it to 10 years," she said. "I'm pushing through and going for another 10 years. As long as I can be here I'd like to provide for my clients and be there for them."

As her salon continues to grow in staff, Bellevue hopes to open more locations and be a focal figure in her community, as she studies to become a personal health coach. Bellevue hopes to make a trip to Haiti next year to style hair for rural women.

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Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

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

2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

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

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

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This section of Your Money New York is designed to help small business owners — and New Yorkers interested in starting a small business.

Small Business Resources - The Business Council of New York

www.bcnys.org/inside/smallbusiness.
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Kerekes/BakeDeco now offering cooking classes

BY CAMILLE SPERRAZZA

Dig out those garnishing tools from the back of the kitchen drawer, and learn to create food art.

Put those cake pans, sifters, and chocolate molds to some use. "America's Top Chef" may have nothing on you.

That's because Kerekes/BakeDeco, the place where professional chefs and home-based cooks have shopped for more than 50 years, is offering cooking classes. Now you can do more than buy these items — you can learn how to use them from master chefs who are ready and willing to share their expertise.

Classes are held inside the facility's new, all-modern kitchen, and will target professionals in the industry as well as those looking to learn a new skill. It just may be easier than you think to impress the family with a spruced-up meal. Discover what it takes to pre-



Lena Tam, Chef Jeff, and Charlotte Mizrahi teach a cooking class at Kerekes/BakeDeco. Photo by Jordan Rathkopf

pare fine pastries. Or, perhaps become a dessert diva, and uncover the secrets to making decadent eclairs.

Classes will focus on a variety of topics, and will meet at different times, so that a range of schedules can be accommodated. Interested parties should phone or e-mail Kerekes/BakeDeco to

learn the start dates, times, and offerings.

Meantime, see what's cookin' at the new, expanded showroom. Visit the cake decorating center, and become inspired. Anything is possible when the right tools are at your fingertips. For sure, Kerekes/BakeDeco has them, as the

company has long been the one-stop shop for commercial and gourmet kitchens. It carries a full line of top-quality, durable kitchen, bakeware, holiday-themed molds, and like-minded tools.

When they say they carry it all, they mean it literally. There are pizza wheel cutters, cookbooks, lollipop sticks, chef's apparel, tableware, watermelon knives, chocolate forks (who knew?), and even white cotton gloves for waiters.

It services every type of food service establishment — schools, restaurants, hotels, bakeries, and cooking institutions. It is affiliated with the Institute of Culinary Education. Pastry chefs, executive chefs, and gourmet home cooks are all steady customers. And they aren't just buying utensils. They are purchasing equipment that includes refrigerators, ovens, sinks, tables, mixers, machinery, racks,

and more. The company sells everything a commercial kitchen needs, including janitorial supplies.

In addition to all of this, it has the largest selection of refurbished bakery and restaurant equipment in New York. It will also buy your used equipment, too.

The business started in a small garage, and now boasts a 20,000 square-foot showroom with free parking in an adjacent lot. See it for yourself, or browse the in-depth website to view every type of product you are looking for, and some you didn't even know existed.

Kerekes/BakeDeco ships world-wide, and most orders are sent within 24 hours.

Kerekes/BakeDeco [6103 15th Ave. between 61st and 62nd streets in Borough Park, (800) 525-5556, www.BakeDeco.com]. Call Mondays through Thurs., 9 am-5 pm, and Fri., 9 am-1 pm. E-mail: classes@BakeDeco.com. Free parking.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make *natural* synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at *NY Pain MD* use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why *NY Pain MD* takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at *NY Pain MD* use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at *NY Pain MD* have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why *NY Pain MD* is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Suffers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as “genicular nerves.”

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to “block” the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic “G Block” procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first “test” procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average “achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. “RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases.”

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

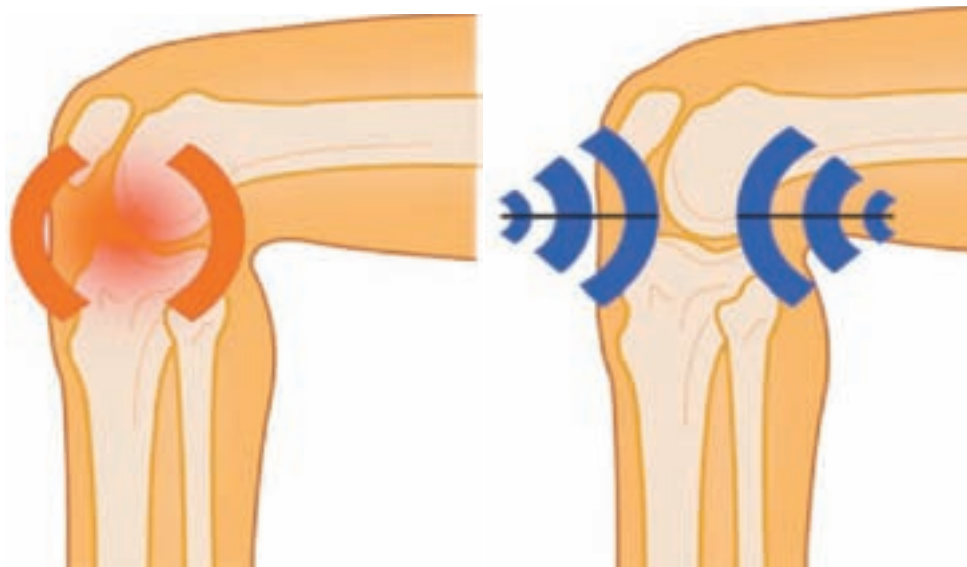
The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the “X” factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

Advanced Treatment Uses Medical Radio Frequency Waves To Relieve Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this “X” factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**

If you would like a complimentary screening, just call **855-94-RELIEF** and tell the scheduling coordinator “I would like a complimentary knee arthritis screening.” The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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CARIBBEAN ROUNDUP

Continued from page 4

If approved by the IMF board in November, the proposed precautionary arrangement would replace the current special extended facility originally scheduled to end in March next year.

An IMF team led by Uma Ramakrishnan visited Kingston from Sept. 21-30 to conduct discussions on the new successor IMF-supported economic program.

In a joint statement, Prime Minister Andrew Holness and director of the IMF's western hemisphere department, Alejandro Werner, said if approved by the IMF's Executive Board about US\$430 million would immediately be made available to Jamaica.

The total available amount under the proposed 36-month Stand-By arrangement would be about US\$1.7 billion.

St. Lucia

The St. Lucia government plans to introduce tougher requirements for work permit applications, to provide maximum opportunity for jobs to be filled from within the island.

This was revealed by Labor Minister Stephenson King who said that there were many foreign nationals who continue to apply for unskilled and sometimes semi-skilled jobs that could be performed by locals.

He said in many cases locals are being denied the opportunity to gain employment.

The minister noted that in some instances there are St. Lucians who are applying for work permits for Jamaicans and Guyanese to work for them as domestic workers.

cans and Guyanese to work for them as domestic workers.

While the staff at the Department of Labor main duties are to process work permit applications, King highlighted the need for persons to do further checks and balances, to ensure that these permits are granted under proper circumstances and there is no exploitation.

King said given this loophole, he would recommend a more thorough review of the application process for work permits, where applicants will have to appear before a panel at the Ministry of Labor, who will then scrutinize the application and determine whether the permit should be granted.

Trinidad

The new taxes on alcohol, cigarettes and online shopping went into effect in Trinidad and Tobago from Oct. 20, 2016.

Finance Minister Colm Imbert announced in the 2016 / 2017 budget that the tax on alcohol will be 20 percent, and cigarettes will be 15 percent, which will bring in an additional \$120 million, while there would be a seven percent on online shopping.

In making the announcement on the increase prices in alcohol and cigarettes, Imbert said it was based on concern for the health and well-being of citizens.

The seven percent tax on online shopping is expected to raise an additional \$70 million.

— compiled by Azad Ali



Jamaican firm wins business award

By Nelson A. King

The Inter-American Development Bank (IDB) says a Jamaican firm is among three institutions from Latin American and the Caribbean to win the Inter-American Awards in Financial and Entrepreneurial Innovation.

The IDB said on Monday that the "Local Innovator Award" will be presented in Montego Bay, Jamaica to Bio-Tech Research and Development Institute during the 2016 Foromic Conference, the IDB's leading event focused on financial inclusion and enterprise development in Latin America and the Caribbean. Foromic opened on Monday.

Bio-Tech Research and Development Institute is a Jamaican firm specializing in developing pharmaceutical and nutraceutical products derived from indigenous Jamaican plants, the IDB said.

The Washington-based financial institution said institutions from Chile and Peru will also receive IDB awards in Financial and Entrepreneurial Innovation.

Banco Estado Chile will receive the "Lifetime Achievement in Innovation" award for its innovations in inclusive financial products and services, such as its low-cost RUT account used by more than eight million Chileans for more than 76 million transactions every month, the IDB said.

It said Edpyme Acceso Crediticio, a Peruvian microfinance institution, will receive the "Achievement in Emerging Innovation" award for offering innovative products and services to its microentrepreneur clients in the transport sector (taxi and truck drivers), such as loan products designed for converting vehicles to use cleaner natural gas.

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An ocean of hope in these tumultuous times

“We Gon’ Be Alright” by Jeff Chang
c.2016, Picador
\$16.00 / \$22.99 Canada
193 pages

By Terri Schlichenmeyer

You had hope that things might be better.

We elected a Black man as president, and there was a minute where you could almost see a bit of racial optimism. And then: Trayvon Martin, Michael Brown, #BlackLivesMatter, and are we back to where we started? Did we ever really make any progress at all? In the new book “We Gon’ Be Alright” by Jeff Chang, the answer is maybe — and it’s fixable.

The last four years have been rough.

Every time you turn on the TV or grab a newspaper, it seems as though another Black life has been lost and “the list never seems to cease,” says Chang. It’s a trend that’s escalated to the point that it’s now “blown into white America



“We Gon’ Be Alright” author Jeff Chang. Jeremy Keith Villaluz

as well,” which should coalesce us but which actually seems to divide us all the more. We seem, as Chang says, to have “slid back toward segregation.”

The current political climate isn’t helping.

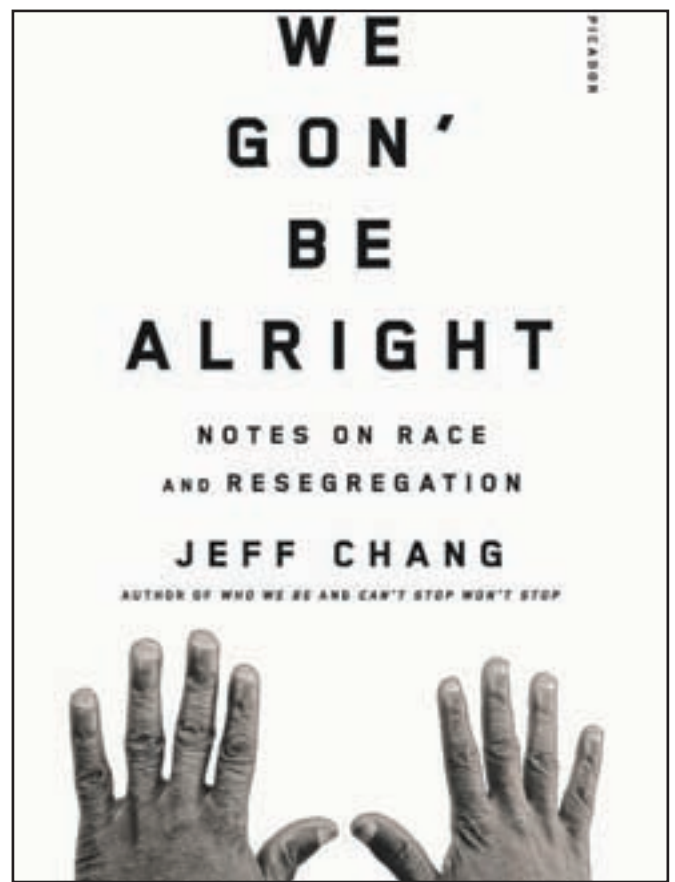
Over the past 12 months, Whites who felt “undone” by wage gaps and who had “fears of falling” flocked to a candi-

date who understood how to gain their support by pointing accusing fingers at Mexicans, the Chinese, and Muslims. When demonstrations were held to protest this, violence broke out, which only fueled the fires.

Diversity, says Chang, has become a “buzzword.” Schools strive for it but often do it wrong. Hollywood is still “overwhelmingly white,” as are the C-Suites of most major corporations. Colleges struggle with issues of Affirmative Action, while Black students make the same demands of their administrations that they’ve been making “for three decades now.”

And then there’s housing.

Chang uses San Francisco as an example: as the tech industry grows, formerly-Black neighborhoods with affordable rents have been taken over by new, elite, mostly-White residents. Overall, “cities are becoming wealthier and whiter,” they’re



Book cover of “We Gon’ Be Alright.”

becoming divided largely by income, and housing projects are being torn down, bringing us full-circle back to resegregation.

“The revolution is never complete,” Chang says. “But redemption is out there for us if we are always in the process of finding love and grace.”

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Uncovering Guillain-Barré Syndrome in the Caribbean

By Gerard Best

The Caribbean has moved one step closer to uncovering the link between the Zika virus disease and a rare neurological illness.

Once an obscure pathogen, the mosquito-borne Zika virus quickly spread to more than 40 countries in the Americas after an outbreak in northeast Brazil in early 2015. The outbreak could pose an economic burden of \$3.5 billion on Latin America and the Caribbean alone, according to a World Bank estimate.

Zika is now widely feared for causing microcephaly—a birth defect in which children have malformed heads and severely stunted brain development. The virus is also linked with an uncommon neurological disorder called Guillain-Barré syndrome, which involves extreme muscle weakness and eventual paralysis.

Much is yet to be understood about the syndrome and its link to Zika, in part because it is so

rare. A study published in *The Lancet* in April found “evidence for Zika virus infection causing Guillain-Barré syndrome.” The Centers for Disease Control and Prevention has said that the Zika virus is “strongly associated” with the syndrome, but has stopped short of declaring it a cause of the condition.

Another study published in *The New England Journal of Medicine* in August suggests that even asymptomatic Zika infections could bring on Guillain-Barré syndrome. In seven countries that experienced Zika outbreaks, there were also sharp increases in the numbers of people suffering from a form of temporary paralysis. From April 1, 2015, to March 31, 2016, a total of 164,237 confirmed and suspected cases of Zika and 1474 cases of the Guillain-Barré syndrome were reported in Brazil, Colombia, the Dominican Republic, El Salvador, Honduras, Suriname and Venezuela.

A new Caribbean-based

initiative, launched by The University of the West Indies (UWI) in partnership with the Erasmus Medical Centre in Holland, aims to shed even more light on the relationship between Zika and Guillain-Barré syndrome. Researchers from both institutions are working together to collect data on confirmed Guillain-Barré syndrome patients who are also confirmed Zika patients. The data can be used to generate meaningful insights into how the two illnesses are linked.

“What are the chances that if you have the Zika virus, you will develop Guillain-Barré syndrome? That’s something that we want to know,” said Thomas Langerak, a PhD student in Virology at the Erasmus Medical Centre who is researching the neurological complications of the Zika virus.

In October, Langerak visited the UWI Faculty of Medical Sciences in Mount Hope, Trinidad to meet with neurologists, medical researchers and labo-



Thomas Langerak, PhD student at Erasmus Medical Centre, Holland, second from right, demonstrates the use of the new Caribbean database for Guillain-Barré syndrome to (L-R) Dr. Azad Esack, consultant, neurologist, Eric Williams Medical Sciences Centre, Mount Hope (EWMSC); Dr. Sherry Sandy, lecturer in Adult Clinical Medicine at The University of the West Indies, St. Augustine (UWI); and Dr. Avidesh Panday, consultant, neurologist, EWMSC, Mount Hope. The meeting took place at the Adult Medicine Unit, Department of Clinical Medical Sciences, Faculty of Medical Sciences, UWI, September 29, 2016.

ratory technicians interested in collecting data for the international research project.

“We are collecting the data through an online, secure database. Only investigators will be given access to upload and view data. All the data is private and anonymous, and everything is done with the full consent of the patients,” Langerak said.



Our Perspective

Like Unions, BLM Movement is a Fight for Justice

By Stuart Appelbaum, President, Retail, Wholesale and Department Store Union, RWDSU, UFCW

Black Lives Matter is one of the most important civil rights movements in recent years. And it is one we in organized labor must embrace, not only because it is morally right, but because fighting for justice is what unions do.

Created four years ago after the acquittal of the man who killed Trayvon Martin in Florida, Black Lives Matter became a rallying cry when subsequent police shootings across the country claimed the lives of Black men including Michael Brown in Ferguson, Missouri, Philando Castile in Minnesota and Eric Garner and Akai Gurley in New York.

It is a movement that demands the end of police brutality and mass incarceration, and is dedicated to improving the lives of all Black men, women, and families regardless of economic status, religious beliefs, immigration status and sexual or gender identity.

What it is not is a movement that is anti-police, or anti-white — yet it has been unjustly portrayed as both. It also has been the target of racist hatred: In recent weeks, a BLM float was vandalized at a college homecoming celebration in Idaho, a Virginia college professor compared it to the KKK, and some police groups across the country have vilified it.

Critics have responded to the phrase “Black Lives Matter” by saying things like “All Lives Matter,” or “Blue Lives Matter.” That misses the point. Of course, all lives matter, but the tragic, historical truth of our country is that for more than 400 years black lives have not mattered as much as white lives or even other groups of color.

Black people have been enslaved, lynched, segregated, disproportionately jailed, and routinely subjected to a different standard of justice than whites. Time after

time, police officers involved in the shooting deaths of black people — many of whom were unarmed — have either not been charged or were acquitted.

While it is a movement created by and for Black communities, all of us, regardless of skin color, must come to understand and respect it and to stand shoulder to shoulder with men and women demanding equal justice and equal treatment under the law.

That is something we are deeply committed to at the RWDSU, where many of our members are people of color who work largely in relatively low-paying jobs. We must continue to organize in communities of color to help the workers who need it most. And, we must attack racism in all of its forms.

As the union pioneer A. Philip Randolph once said: “Freedom is never given; it is won.”

That is the aim of the Black Lives Matter movement — and it is why we in the labor movement, and society at large, must embrace it and fight for its ideals.



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President of HEROC, Lorna Welshman-Neblett, sixth from left, joins survivors, family, and friends at the Making Strides Against Breast Cancer Walk in Prospect Park on Oct. 16, to "Give Cancer the Boot." HEROC

HEROC to stage Cancer Awareness Walk in Guyana

By Tangerine Clarke

President of the New York-based, Health and Education Relief Organization for Cancer, HEROC - Lorna Welshman-Neblett, said after three years of legal formation, building, and fund raising, the organization will embark on its inaugural mission to Guyana for a week of planned events, that will include a Cancer Awareness Walk in the capital.

Fresh from its Making "Strides against Breast Cancer" walk, in Prospect Park in Brooklyn on Sunday, Oct. 16, the group left the United States, to join Giving Hope Foundation in Georgetown, to begin its mission with a Look Good / Feel Better session for 25 cancer patients, at the Oncology Department of the Georgetown Public Hospital Corporation.

The cancer patients, selected by the chief oncologist at the GPHC, will receive gift bags of specialized products at the end of a day-long session. In addition, a donation of medical supplies will also be presented to the hospital, said Welshman-Neblett.

Along with President Welshman-Neblett are team members Harold Lutchman, vice president, Marion Theresa Nadir, recording secretary, Shirley Collins, assistant secretary, Bar-

bara Chase, events / seminar liaison coordinator, and Robert Fraser, medical liaison. They will host a special reception during the week of activities to announce HEROC's alliance with the Giving Hope Foundation in Guyana.

In addition to a candlelight vigil, outside the Parliament Building in Georgetown, by families, friends and the general public and HEROC to honor those who were lost to cancer, and those who are currently battling the disease, the group will host the signature - Strides for Breast Cancer Walk on Saturday, Oct. 29.

The 501©(3) organization, which supports cancer awareness in collaboration with the American Cancer Society, is an arm of Health Education Relief Organization (HERO) whose "Team Work Makes Dream Work" motivational motto inspires volunteerism.

Scores of citizens have benefited from prosthesis brassieres, wigs, treatment, and counseling, during medical missions. Seminars and workshops also help patients and their families better understand how to identify, and survive the various types of cancer.

To learn more, or make a donation, go the - HEROC/facebook.

Go to www.Caribbeanlifeneews.com for the latest in Caribbean news, entertainment, sports, business, viewpoints and more.

Schumer ready for leadership debate

With completion of both the presidential and vice presidential debates, voters might now be decided about which of the two presidential candidates might pose a clear and present danger to their future after the Nov. 8 election.

In addition to voting a national leader, on that date, New Yorkers will also have to select the best candidate to represent the state in the Senate.

Four candidates seek the job – Libertarian Party's Alex Merced, Green Party candidate Robin Laverne Wilson, Republican Wendy Long and incumbent Democratic Sen. Chuck Schumer.

As with the previous national debates, only the Republican and Democratic candidates will be allowed to present their platform during a public, live debate slated for Oct. 30.

Viewers will be able to see and hear the discourse on television station NY1 during a live, hour-long forum from Union College in Schenectady. The last of the political campaign face-off before a live audience will reportedly seat an audience of approximately



Inside Life

By Vinette K. Pryce

250 potential voters.

Although less publicized than the acid contests between businessman Republican Donald Trump and Democrat and former Secretary of State Hillary Clinton, the stakes are high for New Yorkers desirous of having a reliable spokesperson when the national conversation begins in Washington D.C.

Long has been a consistent contender, she has campaigned and persistently fought for this seat. She is a fierce supporter of her party's presidential choice. She has reportedly defended many of Trump's proposals and is alleged to be as determined on issues related to immigration, taxes and gun control.

And while her election would shore up a Republican majority in the senate, a defeat would add glory to New York's senior representative.

Sen. Schumer has never lost

an election.

He was victorious in 1974 on his first outing running for the New York State Assembly. At that time, at age 23 he emerged the youngest member of that body since Theodore Roosevelt.

In 1980, at age 29, he ran for and won a seat in the House of Representatives, representing Brooklyn and Queens in N.Y.'s 9th Congressional District.

He spent 18 years in the House before winning election to the Senate in 1998 and then two subsequent elections in 2004 and 2010.

Sen. Schumer is pro choice and sponsored legislation to make the blockading of family planning clinics a federal crime.

If re-elected, Sen. Schumer would be the first senator from New York to hold the top spot of either majority or minority leader.



Sen. Chuck Schumer, D-NY., speaks during the second day of the Democratic National Convention in Philadelphia, Tuesday, July 26, 2016. Associated Press / J. Scott Applewhite, File

Regardless of which political party wins, Sen. Schumer will rise to the top.

His hope is that Clinton returns to the White House as the first spouse of a president to ever win leadership, and that he will definitely lead the charge for his party's agenda on Capitol Hill. As majority leader, Sen. Schumer would have nearly total control of what legislation moves to the Senate floor.

Continued on Page 40

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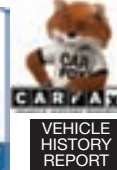
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The Power of Pink

On Wednesday, Oct. 19, The Salem Missionary Baptist Church hosted an important annual health event for the community. The Power of Pink and Prayer brought together cancer survivors, family members, and members of the community along with health experts to educate communities about breast cancer and encourage faith and prayers as tools of healing.

Approximately 120 community members of all ages, largely from the East Flatbush neighborhood and nearby areas, listened to testimonials from survivors of breast cancer. They felt the joy of those who were eager to share their story; shared the pain of those who lost loved ones; and prayed together with clergy from a diversity of faiths. And they left with valuable information about cancer, including vital information about the best form of treatment — early detection.

The American Cancer Society has been sponsoring this event for the past three years to educate communities about breast cancer. Breast cancer is the most common cancer among women in New York. The Healthcare Education Project — an initiative of 1199SEIU and the Greater New York Hospital Association — provided valuable information about the new legislation passed by Gov. Cuomo, making preventive screenings free for women and extending screening hours during mornings, evenings and weekends, to make it possible for women to make their appointments. The hotline for these free screenings is 1-866-442-2262, and the website is NYBREAST-CANCERHELP.COM. Or one can simply text GET SCREENED TO 81336.



Participants at the Power of Pink and Prayer event held at the Salem Missionary Baptist Church.

Participants at the Power of Pink and Prayer event held at the Salem Missionary Baptist Church.

Confused about Breast Cancer Screenings?

Breast Cancer Awareness Month serves as an annual reminder of the importance of living a healthy lifestyle to reduce the risk of getting breast cancer. This year the U.S. Preventive Services Task Force released updated guidelines for breast cancer screening that are being implemented across NYC Health + Hospitals. To address some of the questions our readers have had about breast cancer screening and the new guidelines, we interviewed Dr. Dave Chokshi, chief population health officer of OneCity Health, a subsidiary of NYC Health + Hospitals.

What are the updated recommendations regarding screening for breast cancer?

The U.S. Preventive Services Task Force, which includes physicians and other experts, recently updated its recommendations to say that women who are 50 to 74 years old should have a mammogram every two years. Women who are 40 to 49 years old and those 75 and older should talk to their doctor about whether to have a mammogram.

Women in their 40's have expressed concerns about conflicting information. For those who don't have a family history of breast cancer, do they need a mammogram?

The updated guidelines suggest that women who are 40 to 49 years old should talk to their doctor about whether

or not a mammogram is right for them. This conversation should take into account family history, other risk factors, and the individual's preferences. Based on this conversation, a patient and their provider can come to a joint decision about screening.

Are self-exams still recommended?

Regular breast self-exams are no longer recommended by most experts because research has not shown that they are effective. However, if a woman notices breast changes such as dimpling, redness, or a change in symmetry, she should speak to her health care provider.

Can women reduce the risk of getting breast cancer?

Living a healthy lifestyle has been shown to help reduce the risk of breast cancer. Start by quitting smoking, limit alcoholic drinks to one per day, keep a healthy weight, and exercise regularly.

What would you tell a woman who is afraid of having her first mammogram?

Most women describe the mammogram experience as uncomfortable, but not painful. During a mammogram the breasts are compressed between two firm surfaces so that x-rays can be taken. It's a very safe procedure.

NYC Health + Hospitals offers mammograms in all five boroughs. To find a mammography location near you, please visit www.nychealthandhospitals.org/breasthealth

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They match the walls of marble and granite in the ballroom — which itself sports one of the largest chandeliers in all of Brooklyn — giving you just a brief inkling into what they have in store for you and your guests. Come and see the grandeur for yourself.

But this is only one reason to choose Paradise. Here, they accept only a single function at any one time. There's no splitting of the resources between two or three or even more affairs. When you book Paradise, you get the skills and expertise of every person there, on scene and behind the scenes to assure that your event runs flawlessly.

This sort of ultimate personalized attention starts the very minute you discover Paradise. At this facility, you don't deal with some salesman. You deal directly with one of the owners, Hercules, or his son, Mike. And why is this so essential?

Quite simply, they have a vested interest in making you happy, not just in making a sale. They know their business depends on word-of-mouth recommendations and on the special days yet to come in your life and the lives of your family. Thus, they will do everything in their power to be certain that the affair you have imagined is transformed into reality under the skilled hands of themselves and their staff. That's the secret of their longevity and of their success.

The lavish party room, which can be made intimate enough for parties of 100, or grand enough to host a spectacular of up to 400, is marked by a central chandelier that will take your breath away. It is the focal point for a magnificent space done up in sophisticated pinks and reds, with mirrored accents that lend a touch of infinity to the already expansive area.

The re-done, picture perfect bridal room is large, romantic and very feminine, accommodating up to 15 in easy comfort, with wall-to-wall mirrors.

Ideal photographic locales are assured in this world of environments, which also includes an intimate private garden area, a uniquely designed water fountain, as well as a host of fine, white wrought-iron work.

Can even Paradise become better? Of course it can. And they proved that when they totally renovated the large lobby area, adding a regal touch to this space, as well.

Whether it be the wedding, engagement party or any other affair, plan it at Paradise and the bottom line will put a very big smile on your face.

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And when it comes to the food, the chefs are world class. Whatever you can find in the cookbooks, they can serve at the table. They offer an added expertise in all manner of ethnic cooking. Add to that everything is cooked from scratch right on the premises to assure the highest in quality control.

Don't you want to celebrate those once-in-a-lifetime days in Paradise?

The catering office is open Tuesday through Sunday, 1 – 9 p.m. Note that the facilities are also available during the weekdays for all types of social meetings and functions.

For the further convenience of your guests, Paradise also can provide free valet parking.

800,000 Haitians in dire need of immediate food assistance



A man works to clear downed trees from his property near the western town of Leoganne, after Hurricane Matthew made landfall in Haiti. He lost his crops and livestock.

United Nations

By Nelson A. King

An assessment conducted by the United Nations Food and Agriculture Organization (FAO) and the World Food Program (WFP), together with the Haitian government and its National Coordination for Food Security (CNSA), has determined that in the wake of Hurricane Matthew some 1.4 million people are in need of food assistance, 800,000 of whom are in a dire situation.

The United Nations said on Monday that the emergency survey was conducted one week after the Category 4 storm, which devastated supplies and crops across the French-speaking Caribbean country.

Fifty percent of livestock was lost, and agriculture has been virtually wiped out in the Department of Grande-Anse, a department in the southwest, according to the assessment.

It said that, along the southern coast, fishing has been rendered impossible, as flooding has washed away nets, traps,

boats and engines.

Without fishing income, families have no money to buy food, the assessment said.

Moreover, it said that, in the Department of Sud, just south of Grande-Anse, subsistence crops are gone, with 90 percent of the forest and fruit trees in the department severely damaged, and the remaining 10 percent unlikely to be productive in the coming season.

"Local products on the markets will soon be depleted, and we need more funding in order to continue food distributions to help 800,000 people in need of food aid, which is more than urgent," said Miguel Barreto, regional director in Latin America and the Caribbean for WFP.

With the winter crop season approaching, the United Nations said the situation for agricultural producers who have lost everything is desperate.

"If we don't act now to provide them with seed, fer-

tilizer, and other materials they need, they will not be able to plant and will be faced with persisting food insecurity," said FAO's Representative in Haiti, Nathanaël Hishamunda.

Hishamunda said the FAO is committed to working with Haiti's Ministry of Agriculture in order to implement the emergency response plan, which will focus on helping people resume agricultural activities and improving food security in rural areas.

While the southern part of Haiti has seen some of the worst devastation, elsewhere between 60 and 90 percent of crops have been destroyed, the United Nations said.

In the Department of Artibonite, it said 60 to 80 percent of livestock were wiped out, with a 40 percent trade loss for fishing communities in the Department of Sud-Est.

In order to meet the food assistance needs in Haiti, the

United Nations said the humanitarian community requires an additional US\$56 million over the next three months.



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Diabetics must learn how to enjoy their favorite holiday foods without compromising their overall health.

A diabetic's guide to holiday treats

Amid a season of sweets and special foods, it sometimes can be challenging for diabetics to maintain their dietary discipline. But eating certain foods in moderation can help people with diabetes enjoy the flavors of the holidays without compromising their health.

The Centers for Disease Control and Prevention says more than 29 million people in the United States have diabetes, while another 86 million adults have prediabetes. One in four people with diabetes do not know they have the disease.

Managing diabetes is more than just avoiding candy and cookies. Foods with a lot of fat or those that are high in carbohydrates also can be problematic. Such foods may not be so easy to avoid come the holiday season, but the following are a few tips to help men and women with diabetes maintain their health through the holidays:

Anticipate foods. Certain foods are staples of the holi-

day season. If you anticipate potentially problematic foods, then you can develop a plan to avoid them or eat them in moderation in advance of arriving at a family gathering or holiday party.

Eat a healthy snack. Prior to going to a holiday party, eat something that will satisfy your hunger to avoid overeating once you are there.

Ask about foods. Don't be shy to ask the host or hostesses about what will be served. This will help you develop a strategy that will fit your meal plan.

Limit alcohol consumption. Only drink in moderation and eat something beforehand to prevent low blood glucose levels later. Avoid drinks with high calorie mixers or ones packed with extra sugar.

Bring a dish. Make something that is diabetic-friendly and bring it to the party. Chances are someone else attending the party is diabetic and will appreciate having a healthy choice as well.

Opt for fruit. Choose fruit over sweets at the dessert table. If you bring a baked good, consider recipes with reduced sugar or ones that use a sugar substitute.

Control your portions. Fill up your dish with healthy foods, leaving only a small spot for something indulgent.

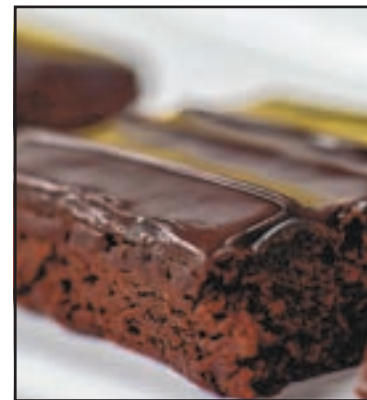
Test diligently. Now is the time to monitor your blood-sugar levels like a hawk. Monitor your levels more closely so you can see how holiday foods are affecting your levels and so you know if you need to make any adjustments.

Rebound quickly. Experts advise that if you go overboard on a particular day, get back on your feet the next. Exercise, revisit meal plans, and cut portion sizes.

Diabetics cannot stop monitoring their diets just because the holidays have arrived. With planning and diligence, it's possible to enjoy the foods and flavors of the holidays without compromising your health.

How to bake healthier treats

Baking can be a relaxing and rewarding pastime that parents can share with their children. Baking promotes a variety of skills, including the ability to follow instructions and make measurements. Baking also employs mathematics, making baking a rather delicious science experiment. Perhaps one of the few pitfalls of baking is indulging in too many sweet treats when taste testing and then enjoying the fruits of your labors.



Cut calories, fat and sugar from baked goods with some simple and healthy substitutions.

But bakers concerned about their health can substitute healthy ingredients when recipes call for foods bakers would prefer to avoid. The following ingredients can make healthy additions to baked-good recipes without sacrificing flavor:

Whole-wheat flour: Refined white flour may not be the healthiest ingredient, so try whole-wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole-wheat flour for regular flour as a swap if a recipe calls for one cup of flour.

Fruit puree: When a recipe calls for oil, margarine, butter, or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Applesauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well.

Greek yogurt: Greek yogurt is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk, or even cream cheese.

Applesauce: Believe it or not, unsweetened applesauce also can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap,

reduce the amount of liquid in the recipe by 1/4 cup.

Marshmallow or meringue: Ever check the nutritional information for many store-bought cake frostings? They pack a considerable amount of calories, sugar, and fat. Some also are made with hydrogenated oils. Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cookies.

Stevia: Stevia is an herbal plant that grows primarily in South America. Stevia has a long history as a sweetener in that area, and now has become a popular sugar substitute elsewhere. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The Food and Drug Administration approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

Egg whites: Replace a whole egg in a recipe with two egg whites or 1/4 cup of egg substitute.

Chocolate nibs: Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.

Baking brings family together, and the treats prepared can make an enjoyable finale to a great meal. With healthy substitutions, any recipe can be altered for the better.

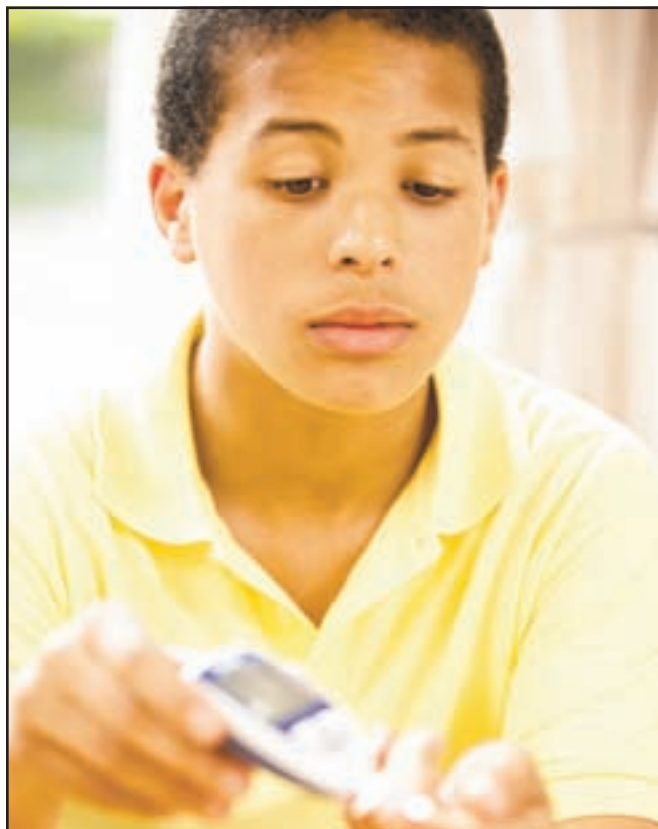
Lower blood-sugar levels without meds

Diabetes is a disorder in which the body cannot properly store and use the energy found in food. To be more specific, diabetes compromises the body's ability to use glucose.

According to MediLexicon International, type 1 diabetes is an autoimmune disease in which the body wrongly identifies and then attacks pancreatic cells, which causes little to no insulin production. Those with type 1 diabetes usually must rely on insulin shots to remain healthy.

Type 2 diabetes involves insulin resistance or insufficient insulin production and is the more common form of diabetes. The pancreas may still produce insulin, but not enough to meet the demands of the body. Insulin resistance occurs in some cases because a consistent high blood-glucose level causes cells to be overexposed to insulin and then makes cells less responsive or immune to its effects.

Diabetes treatment can include a combination of strate-



Diabetics can try a number of home remedies to lower their blood-sugar level.

gies, including the following nondrug remedies:

Diet

Diabetics can work with their doctors and nutritionists to come up with a diet that will be most effective. Some advocate for eating foods that are low in carbohydrates or ones with a low glycemic index. Others say that it is more important to restrict caloric intake rather than sugar intake.

Work with a professional to create a healthy diet and follow it as closely as possible. Eat meals at the same time each day so you can better regulate blood-sugar spikes and lulls. Skipping meals may cause you to overeat later in the day, which can throw glucose levels off-kilter.

Exercise

Many people with type 2 diabetes are carrying around extra weight. Exercise can help them shed pounds and maintain healthier weights.

But exercise does more than just help you lose weight.

The Joslin Diabetes Center says strength training exercises are an important component of workouts. By maintaining lean muscle mass, you can get rid of a larger amount of glucose in the bloodstream, thus helping manage diabetes in the process. Get at least 20 to 30 minutes of moderate activity several days per week.

Supplementation

Some people find that certain natural ingredients can help regulate blood-sugar levels. For example, pure, organic apple cider vinegar taken over time can help people with diabetes manage their blood-sugar levels more effectively.

A small amount of cinnamon per day may be able to reduce fasting glucose levels by anywhere from 18 to 29 percent, according to a study in the *Journal of Agricultural and Food Chemistry*.

Always speak with a doctor before trying any home remedies to treat diabetes or exploring any alternatives to traditional diabetes treatments.

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You may not realize this fact but every time you look down to text or check your phone (most commonly at 60 degree angle), this is essentially the equivalent of **adding 60 lbs. or over four bowling balls** worth of stress to the back of your neck. Statistics currently state that the average adult spends approximately 3.6 hours daily (that’s 1300 hours per year) on their mobile devices. That number grows to **over 5000 hours** yearly if you’re a high school student.

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Reduce your risk for diabetes

Millions of people across the globe suffer from diabetes, a term used to describe a group of metabolic diseases in which a person has high blood pressure resulting from the body's cells not responding properly to insulin or inadequate insulin production. According to researchers at Australia's Baker IDI Heart and Diabetes Institute, if the spread of type 2 diabetes continues at its current rate, there will be roughly 439 million adults with diabetes across the globe in the year 2030. Though some cases of diabetes cannot be prevented, a healthy lifestyle can prevent or delay the onset of type 2 diabetes.

Type 2 diabetes is the most common form of diabetes, occurring because the body does not use insulin properly. Initially, the pancreas will make extra insulin to account for the body's resistance to insulin, but over time the pancreas cannot produce enough insulin to maintain normal blood glucose levels. The risk of developing type 2 diabetes increases as people age, and while there is no way to halt

the aging process, there are many other ways for men, women, and children to reduce their risks of developing type 2 diabetes.

Lose extra weight

Being overweight increases your risk for a host of ailments, including type 2 diabetes, heart disease, and stroke. According to the American Diabetes Association, losing as little as 10 to 15 pounds can make a significant difference for people looking to reduce their risks of developing type 2 diabetes.

When attempting to lose weight, recognize that making lifestyle changes is a more effective way to shed pounds and keep weight off than fad diets that may promise quick weight loss but tend to be less effective at keeping that weight off over the long haul. Successful weight loss typically involves a combination of physical activity and a healthy diet.

Include physical activity as part of your daily routine several days per week, taking it slow at first if you have not exercised regularly in quite



Though aging increases a person's risk for type 2 diabetes, a healthy lifestyle that includes routine exercise and a healthy diet can help men and women reduce that risk significantly.

some time. As your body begins to adapt to exercise, you can gradually increase the intensity of your workout routines.

Adopting a healthy diet is another way to lose weight and maintain that weight loss. A diet low in calories and fat is a good start. Men and women who need to lose a significant amount of weight may want to work with a dietician or nutritionist to create a meal plan that is likely to produce the best results and address any vitamin or nutrient deficiencies they might have.

Focus on fiber

Adding more fiber to your

diet is another way to prevent or delay the onset of type 2 diabetes. Foods that are high in fiber tend to make people feel fuller, reducing the likelihood that you will overeat. Fiber also helps the body control its blood sugar levels, and fiber can lower a person's risk of heart disease.

Many foods include fiber, but some high-fiber foods include beans, fruits, nuts, and vegetables.

Avoid refined carbohydrates

Studies have shown that diets rich in refined carbohydrates increase a person's risk of developing diabe-

tes, while additional studies have shown that diets rich in whole grains protect the body against diabetes. Researchers examining the results of several studies that explored the relationship between whole grains and diabetes found that eating an extra two servings of whole grains each day can reduce a person's risk of type 2 diabetes by as much as 21 percent.

Refined carbohydrates, which can be found in white bread, white rice, mashed potatoes and many cereals, cause sustained spikes in blood sugar and insulin levels, which can increase a person's risk of diabetes.



Eating only when hungry is one way adults can lose weight and keep pounds off.

Safe and healthy ways to shed pounds

Maintaining a healthy weight is a great way to avoid sickness and disease. According to the Obesity Education Initiative, sponsored by the National Institutes of Health, as people become overweight and obese, their risk for developing a host of ailments, including coronary heart disease, type 2 diabetes, certain cancers, and hypertension, increases.

But the consequences of being overweight or obese are not only physical. Psychological side effects like anxiety and low self-esteem have been linked to overweight and obesity as well. With such serious consequences linked to being overweight, it's no wonder so many men and women are looking to shed pounds.

As adults embark on their weight-loss journeys, they can expect to encounter a host of "miracle" solutions to weight loss that will promise skinnier waistlines seemingly overnight. But the best way to lose weight is to do so safely and nutritiously.

Avoid short-term diets.

When attempting to lose weight, men and women should want to shed pounds and keep those pounds off. Short-term diets may require dieters to make unreasonable sacrifices to produce rapid weight loss. But such sacrifices can rarely be made over the long-haul, and doing so might even be unhealthy. Approach your diet as a long-term commitment that requires a lifestyle change.

Eat only when you're hungry. Eating only when you're hungry may sound obvious, but many people eat as an emotional response to difficult situations, while others may eat as a way of dealing with boredom. If you routinely respond to stress by eating, find a healthier way of coping, whether it's going to the gym for a workout or taking the dog for a walk.

Eat at home. Even though many restaurants now provide calorie information on their menus, dining out does not afford adults the opportunity to control their diets as much as eating at home does, as dieters can control each and every ingredient that goes into their meals when eating at home.

Don't forget to exercise. A healthy, low-calorie diet is only half the formula to healthy and sustainable weight loss. Adults looking to shed weight also must commit to routine exercise if they want their weight loss to be both healthy and lasting. Men and women, especially those people who are considerably overweight, should take things slowly at first, gradually committing to more vigorous exercise as they lose weight and their body grows more acclimated to daily exercise.

Losing weight can be difficult, but adults who commit to healthy and nutritious weight loss are more likely to lose weight and keep the weight off than those who look for quick fixes.

Diabetic vision changes

Diabetes affects 23.6 million people in the United States and close to three million people in Canada. While diabetes can be accompanied by many different symptoms, some people are surprised to learn that diabetes can affect the eyes and vision.

Changes in vision are sometimes the earliest warning signs of the presence of diabetes or prediabetes. Diabetic eye disease is its own stand-alone condition, and the National Eye Institute points out that diabetic eye disease comprises a group of eye conditions that affect people with diabetes. These may include retinopathy, macular edema, cataracts, and glaucoma. All forms of eye disease can potentially cause severe vision loss or blindness.

Those with diabetes also can experience xanthelasma, or yellowish collections of cholesterol around the eye area. What's more, diabetes can put individuals at risk of developing conjunctival bacterial infections (pink eye), as well as corneal erosions, corneal defects, and subsequent dry eyes.

According to the American Diabetes Association, people with diabetes are at a 40-percent greater risk of suffering from glaucoma than people without diabetes. The longer someone

has had diabetes, the more common glaucoma is. Diabetics also are 60 percent more likely to develop cataracts. Vision checkups and care are an important part of living with diabetes.

Routine eye examinations can head off potential vision problems and have been known to alert doctors to the presence of diabetes before patients know they have it. During a comprehensive dilated eye exam, eye doctors will examine all areas of the eye to check for illness. Pressure on the eye will be tested, as glaucoma can cause elevated pressure. The doctor also will check for any clouding of the eye lens.

When an eye is dilated, doctors can examine the retina at the rear of the eye. Points that will be checked include:

- Changes to blood vessels, including any leaking blood vessels or fatty deposits
- Swelling of the macula
- Damage to nerve tissue
- Health of the retina, and whether there are any tears or detachments

While many of the vision loss problems associated with diabetes are irreversible, early detection and treatment can reduce the risk of blindness by 95 percent, advises the National Eye Institute.



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FACTS:

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

WHAT CAN YOU DO ABOUT IT:

Every Diabetic patient should have an annual

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

DIABETIC PATIENTS MUST WATCH:

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

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Millie R. Fell, MD, FACS

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Diabetic retinopathy is often a silent disease without any symptoms. Only a dilated exam and specialized testing can sometimes predict the risk of visual problems.

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

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Caribbean economy to contract

By Nelson A. King

The Economic Commission for Latin America and the Caribbean (ECLAC) has revised its economic growth projections for the region for 2016, predicting an average contraction of -0.9 percent for the year.

But ECLAC said economic activity is expected to pick up in 2017, with average growth of 1.5 percent.

ECLAC said the projections for 2017 reflect expectations of more auspicious global conditions than in 2015 and 2016.

It said prices for commodities in 2017 will show gains over average-2016 levels, with growth expected to be stronger in the economies of the region's trading partners.

As in 2016, ECLAC said growth in 2017 will show "marked differences" between countries and sub-regions.

ECLAC said the economies of South America, which specialize in primary goods — particularly oil, minerals and foods — will post average growth of 1.1 percent in 2017, contrasting with a contraction estimated at -2.2 percent in 2016.

The economies of Central America are expected to register growth of 4.0 percent in 2017, above the 3.7 percent projected for 2016.

For Central America plus Mexico, the projections are 2.5 percent for 2016 and 2.6 percent for 2017, ECLAC said.

In the English- and Dutch-speaking Caribbean, ECLAC said average growth is estimated at 1.4 percent for 2017, contrasting positively with the contraction of -0.3 percent expected for 2016.

According to ECLAC, stronger investment and better productivity are needed in order to maintain a sustained growth path and support the higher growth rates projected for 2017.

"Here, investment in infrastructure and technological innovation must play a key role," ECLAC said.

At the same time, in order to safeguard the progress made in recent years on the social front, ECLAC calls for policies to maintain social and production investment in "a framework of smart fiscal adjustments.

"Efforts are needed to ensure the sustainability of the region's public finances, with policies that consider both the impact on long-term growth capacity and the social conditions of the region's population," ECLAC said.

Trinidadian songwriter fights Zika in song

By Nelson A. King

The Pan American Health Organization (PAHO) says Trinidadian singer-songwriter Darryl Gervais has recorded a new song for to raise awareness in the Caribbean about the need to fight *Aedes aegypti*, the mosquito that carries Zika, chikungunya, dengue, and other arboviruses.

PAHO said on Tuesday that the song, "Do Your Part," serves as a musical public service announcement (PSA) set to an electro-Caribbean melody.

The song warns listeners that "there's a danger in our region causing problems that can affect us all," adding that "We've got to come together as one" to eradicate *Aedes aegypti*.

Some "good things to do" to fight the mosquito are to safely discard containers that can collect water, make sure drains are free flowing, and use bed nets at night, as well as in the daytime, the song says.

"We're urging everyone to do their part today, because together we can make it better," Gervais sings.

PAHO said the song will be broadcast by 112 media outlets in 24 Caribbean countries as part of LIVE UP: The Caribbean Media Alliance, a multiplatform public service campaign that seeks to inspire audiences—especially young people—to make healthy life choices and to play an active role in stemming the spread of HIV, reducing stigma and discrimination, and promoting love, respect and protection in their communities.

Arboviruses, especially Zika and chikungunya, have been a major public health problem in the Caribbean in recent years, PAHO said.

It said the main vector for these viruses has been the *Aedes aegypti*



Song writer Darryl Gervais.

Pan American Health Organization

mosquito, "which is widely distributed in both the Caribbean and Latin America."

PAHO said *Aedes* mosquitoes bite primarily in the morning and at dusk, but also at other times of the day.

"The mosquito is well adapted to human settlements and prefers to breed in water in manmade containers, such as discarded cans and tires," PAHO said. "Effectively controlling the mosquito

requires action on the part of individuals, families and communities to eliminate breeding sites."

PAHO said Gervais is a seven-time Caribbean Marlin Awards nominee, renowned for his "positive music" that seeks to, in his own words, "uplift, inspire, encourage and bring hope."

Gervais' previous songs include "Never Give Up," "Unconditional Love" and "Feel Good Anthem."

Inside Life

Continued from page 29

Democrats need to gain four Senate seats in order to get to 50-50 (a Democratic vice president would be the tie breaker tie) or a better scenario would be a winning five seats for outright control.

Right now, Republicans in the Senate command a 54-44 majority. With two independents caucusing with the Democrats, the actual majority is 54-46.

When asked recently about why he is not actively campaigning to keep his seat, the incumbent and likely shoo-in responded:

"I always find the best thing, the best way to get re-elected is just do your job," Sen. Schumer said. "That's what I'm doing now. I'm not overtly campaigning."

He added that: "My colleagues have already committed to making me the Democratic leader. I'm very flattered and honored by that," Sen. Schumer said. "Whether I'll be majority leader or minority leader depends on what happens in the elections, how many seats the Democrats pick up.

Supporters are rallying to return Sen. Schumer to the senate because he has been vocal about gun control. He steered through passage of both the Assault Weapons Ban, which expired in September 2004 and the Brady Handgun Violence Prevention Act. He was one of 16 senators to vote against the Vitter Amendment prohibiting confiscation of legally owned firearms during a disaster.

The 65-year-old, Brooklyn born politician has a few more things going for him, he is the author of the book, "Positively American: Winning Back The

Middle-Class Majority One family at a Time."

He was re-elected eight times from the Brooklyn and Queens-based district, which changed numbers twice in his tenure (it was numbered the 16th from 1981 to 1983, the 10th from 1983 to 1993 and the 9th from 1993).

He still uses a flip phone. And he rarely uses email. That he is the cousin of comedian and actress Amy Schumer might not hurt his chances.

Whether in the majority or the minority, Sen. Schumer will be the first senator from New York to hold a top party leadership position since senators started designating them in the early 1920s. The pre-Halloween, Sunday debate begins at 8 pm.

Catch You On The Inside!

ENTERTAINMENT

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Seven-year-old Alexandria Sookwah dressed in jeweled sari. Tangerine Clarke

Diwali lights up Queens

By Tangerine Clarke

In spite of the cold temperatures and persistent rainfall, Richmond Hill, Queens, lit up on Oct. 22, with dazzling lights to celebrate Diwali, the Festival of Lights on the Hindu calendar.

The Annual Diwali Motorcade, organized by Lakshmee Singh of the Divya Jyoti Association, in collaboration with the Arya Spiritual Center, began at sunset, and attracted hundreds of patrons who lined the streets as the rhythmic

Continued on Page 42

Radics releases self-empowerment

By Alexandra Simon

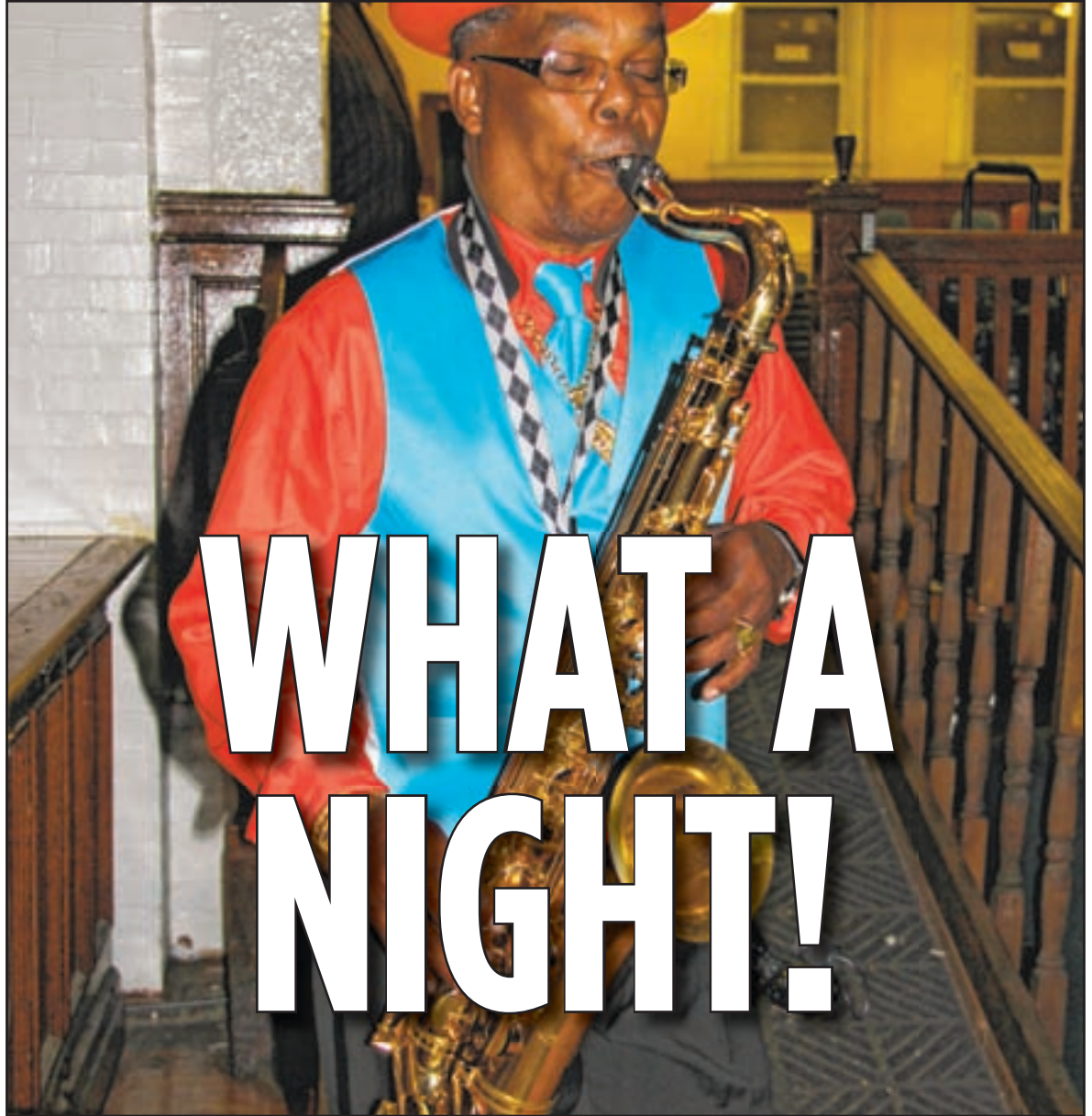
Legendary Jamaican artist Jack Radics is releasing a new album with a much more personal spin.

“The Watershed” is Radics’ 17th studio album, which he masterminded by himself through his own creative vision. Having the full control over his album, he said was his best work yet.

“It’s my output totally,” said Radics. “I wrote the songs, composed the arrangements, and for the first time I’m bringing my musicality to the fort.”

The 14-track album named for his affinity to water has just vocals of Radics singing over various styles of music — something he has always wanted to do, he says. But this project is also a reflection of him taking on a rapidly changing music industry. “The Watershed” was created entirely on a tablet,

Continued on Page 42



Erwin “Flantis” Edwards captivates patrons on the saxophone.

Photo by Nelson A. King

Transition Lions hold inaugural Jazz Show

By Nelson A. King

Organizers of the Brooklyn Transition Lions Club’s inaugural Jazz Show have described as very successful the event that was held Sunday evening, at St. Stephen’s Lutheran Church Hall, at 2806 Newkirk Ave. in East Flatbush, Brooklyn.

“It was very good,” said Gloria Rennie-Murray, the Grenadian-born chairperson of the club’s Jazz Show Committee and co-chair of the Fundraising Committee.

“We worked very hard to put it

together – to decorate the hall in black and white,” added the club’s immediate past president. “We had good entertainment.

“We were pleased with the turnout,” Rennie-Murray continued. “It was a good turnout, and it ended with a party, with dancing.”

Rose Davson, the Guyanese-born chairperson of the Fundraising Committee and a past club president, said the show was “wonderful.

“We had a fair crowd, and everybody had a wonderful time,” she said.

“I’ve had lots of calls.”

The Jazz Show featured, among others, selections from Guyanese saxophonist Erwin “Flantis” Edwards of Ninja Entertainment; and songs from Xiomara Campbell and Jazz great Ronda Denet.

Denet enraptured patrons with “Stormy Weather,” “Sunny” and “What a Wonderful World,” among others.

Edwards captivated with “Do it all Again,” “Love Song,” “Sentimental

Continued on Page 42

TOP OF THE CHARTS



TOP 10 SINGLES

- 1 **Closer**
The Chainsmokers Feat. Halsey
- 2 **Heathens**
Twenty one pilots
- 3 **Cheap Thrills**
Sia Feat. Sean Paul
- 4 **Treat You Better**
Shawn Mendes
- 5 **Let Me Love You**
DJ Snake Featuring Justin Bieber
- 6 **Cold Water**
Major Lazor
- 7 **Starboy**
TheWeekend Faturing Daft...
- 8 **Send My Love**
Adele
- 9 **This is What You Came For**
Calvin Harris feat. Rihanna
- 10 **Gold**
Kiiara

TOP 10 ALBUMS



- 1 **Revolution Radio**
Green Day
- 2 **Oh My My**
One Republic
- 3 **Day Breaks**
Norah Jones
- 4 **Three**
Phantogram
- 5 **A Seat at the Table**
Solange
- 6 **The Last Hero**
Alter Bridge
- 7 **Wings**
BTS
- 8 **Big Boat**
Phish
- 9 **Mothership**
Dance Gavin Dance
- 10 **Upside Down**
Set it Off



Radics releases self-empowerment album



Radics during a live performance in Woodbridge, Virginia on Oct. 23.

Patricia McDougall

Continued from page 41

said Radics.

“This is me embracing technology for first time,” he said. “Because prior to

discovering this app on my iPad I was anti-cyber.”

With the newfound independence, Radics explored and dabbled in areas he

would not have if he was working with producers, he said.

“I’ve always collaborated with producers, but now I can indulge my artistry to the maximum and I like the end result,” said Radics.

After a break from music, Radics said some encouragement from long-time friends about mainstream music pushed him back into the studio.

“I was moved by that because I’ve been out of the loop for a while, and I don’t listen to music of today because it doesn’t inspire me,” he said.

Radics recorded the album in 15 months, recording songs about inti-

macy, childhood, awareness, and the knowledge of self. “The Watershed” is an empowerment album that guides listeners through a journey, he said.

“You will be motivated and inspired — that way you can register growth within yourself,” he said. “Let Go’ is a song about how to let go of the childhood memories — we got let it go and come to new place, come to the watershed,” he said. “You can’t move forward until you let go.”

Radics is currently on tour, which kicked off in Woodbridge, Virginia on Sunday, and “The Watershed” will be released on Nov. 4.

Diwali lights up Queens

Continued from page 41

Tassa drums led the parade along a short route due the inclement weather to commemorate the festival which promotes good over evil.

The decorated floats carrying youth dressed in Indian regalia, designed with sparkling jewels, showcased the rich heritage that convey happiness, and the lighting of earthen ‘diyas’ (lamps) to decorate homes, while sharing gifts and feasting on festive fare.

Officials Pandit Manoj Jadubaj, Imran Ahmad, Soca Raja, Shanaz Hussein, and Lisa Etwaroo, had the arduous task of judging the stunning procession of cars, trailers and vans, designed with glitter, streamers and colorful flowers.

Participants, judged on illumination, creativity, innovation, craftsmanship, and overall dress appearance and music, competed for prize money, gifts and trophies.

Melissa Bihhan, president of Dream Catchers, a youth

volunteer organization that donates medical supplies to countries around the world, said Diwali represents good over evil and is a universal festival, that is celebrated by everyone regardless of race or religion. “We encourage everyone to celebrate, Happy Diwali,” she expressed in a warm greeting.

Other participants included the Durga Shiva Mandir of the Bronx, GuyanaChunes.com, Sri Durga Mandir, and Shyama Shyam, to name a few.

Later, the parade wound its way into the Arya Spiritual Center grounds on 130 Avenue to pay tribute to spiritual God Lakshmi Hawan during a cultural presentation of music, dance and festive Indian food.

The Queens College Alumni Association New York, Guyanese Girls Rock, the Caribbean Equality Project, the East Indian Music Academy Inc., Christine Latchana and the Image Nation Foundation, and Sarah Bacchus 34-24-36.com Designs, also participated in the event.

JAZZ

Continued from page 41

Journey” and “We’re all in this Love Together.”

“The hospitality was warm,” Edwards told CaribbeanLife immediately after his performance. “The people enjoyed themselves. They wanted me to play more.”

Rennie-Murray said Campbell and Denet also provided “good entertainment.”

Lions from Crown Heights Lions Club, Winthrop Lions Club and Metropolis Lions Club were among patrons.



Jazz legend Ronda Denet mesmerizes patrons.

Photo by Nelson A. King

Tyler Perry back in drag for another adventure

“Boo! A Madea Halloween:
Good (2 stars)
Rated PG-13 for drug use, suggestive content, profanity, ethnic slurs, scary images and mature themes
Running time: 103 minutes
Distributor: Lionsgate Films

By Kam Williams

No one has ever accused Tyler Perry of being short on ideas. After all, the prolific writer / director has been the brains behind a profusion of plays, movies and television shows. But he would be the first to admit that he was not the source of inspiration for “Boo! A Madea Halloween,” the ninth in the Madea series revolving around the sassy, sermonizing granny.

Rather, the idea originated with Chris Rock, who featured a fake poster for a film with the identical title in his 2014 comedy *Top Five*. Because the joke went viral, Tyler decided why not get back in drag and make a movie to meet the demand generated by the buzz.



Madea (Tyler Perry, left) and Horse (Brock O'Hurn, right) in “Boo! A Madea Halloween.”

Eli Joshua

But *Boo!* definitely has a different feel from the previous Madea movies in that it is less your typical Tyler Perry morality play than a rudderless, kitchen sink comedy seizing on any excuse for a laugh. For, the Madea found here is no longer that Bible-thumping role model reliably interfering on behalf of an underdog in distress. Yes, one minute, she's might be promoting old-fashioned values. However, there

she is in the next scene exposing her breasts to lecherous frat boys.

The film does feature a rudimentary plot revolving around Madea's 17-year-old grand-niece, Tiffany (Diamond White). Note that the premise is established at the point of departure and promptly abandoned. It's Halloween, and the headstrong high schooler and her girlfriends hope to attend an “epic” party being thrown at

Upsilon Theta frat house.

Since her divorced father (also played by Perry) will be otherwise occupied, it falls to Madea to babysit Tiffany, to make sure the rebellious teen never leaves the house. Madea arrives with an entourage of amusing misfits, including marijuana-addicted Aunt Bam (Cassi Davis), marble-mouthed Hattie (Patrice Lovely), and old fool Uncle Joe (also played by Perry).

Soon, silly Halloween-themed

one-liners, non sequiturs, slapstick and sight gags start flowing at a fast and furious rate that will undoubtedly be appreciated by the target, African-American audience. Yet, many of the punchlines are just as likely to be lost on those unable to decipher the often-inscrutable ebony-laden exchanges.

Brace yourself for the specter of self-righteous Madea serving up street justice to clowns, colleagues, ghosts and goblins!

Independent & Foreign Films

By Sidney Lumet

(Unrated) The legendary director reflects upon his life and career in this revealing biopic based on an intimate interview conducted a few years before his death in 2011.

Gimme Danger (R for profanity and drug use) Reverential rockumentary, directed by Jim Jarmusch, taking a fond look back at the groundbreaking punk band Iggy and The Stooges.

New Life (PG for mature themes) Bittersweet romance drama about a couple of childhood sweethearts/lifelong lovers (Jonathan Patrick Moore and Erin Bethea) whose marital bliss is irreversibly altered by an unfortunate tragedy. With James Marsters, Barry Corbin and Terry O'Quinn.

Portrait of a Garden (Unrated) Horticultural documentary, set in Holland, highlighting the enduring friendship of green-thumbed, 85 year-old Jan Freriks and his devoted, longtime protege, Daan van der Have, as they prune the orchards, arbors and espaliers of his sprawling, verdant estate. (In Dutch with subtitles)



Kam's Kapsules

By Kam Williams

The Unspoken (Unrated) Harrowing horror flick revolving around a close-knit family which disappeared from their home without a trace 17 years ago only to resurface now. Co-starring Jodelle Ferland, Sunny Suljic, Matt Bellefleur and Trevor Carroll.

The Windmill (Unrated) High body-count horror flick revolving around a group of tourists who begin disappearing one-by-one after their bus breaks down in Amsterdam near the spot where, according to ancient legend, a demented miller once grounded human bones instead of grain. Cast includes Noah Taylor, Charlotte Beaumont and Ben Batt.

BIG BUDGET FILMS

Inferno (PG-13 for action, violence, profanity, disturbing images, mature themes and brief sensuality)



The punk band Iggy and The Stooges in “Gimme Danger.”

www.rottentomatoes.com

Third installment of *The Da Vinci Code* franchise finds symbologist Robert Langdon (Tom Hanks) suffering from amnesia and on the run with his physician (Felicity Jones)

from a billionaire geneticist (Ben Foster) with a diabolical plan to depopulate the planet. With Omar Sy, Irfan Khan, Ana Ularu and Sidse Babett Knudsen.

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SPORTS

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West Indies' Kieron Pollard bats as his teammate Dwayne Bravo looks on during a practice session in Kingstown, St. Vincent.

Associated Press / Andres Leighton, File

Pollard and Ramdin out

By Azad Ali

West Indies all-rounder Kieron Pollard and wicket-keeper Denesh Ramdin have been dropped from the One-Day International Squad for next month's Tri-Nation Series in Zimbabwe.

Neither Trinidadian was named in the 15-man squad announced by the West Indies Cricket Board (WICB) selectors for the tour, which runs from Nov. 12-27 and also features Sri Lanka.

Both players have paid the price for their poor showing during the 3-0 whitewash by Pakistan in the recent three-match One-Day International

Continued on Page 46

Bolt to retire next year

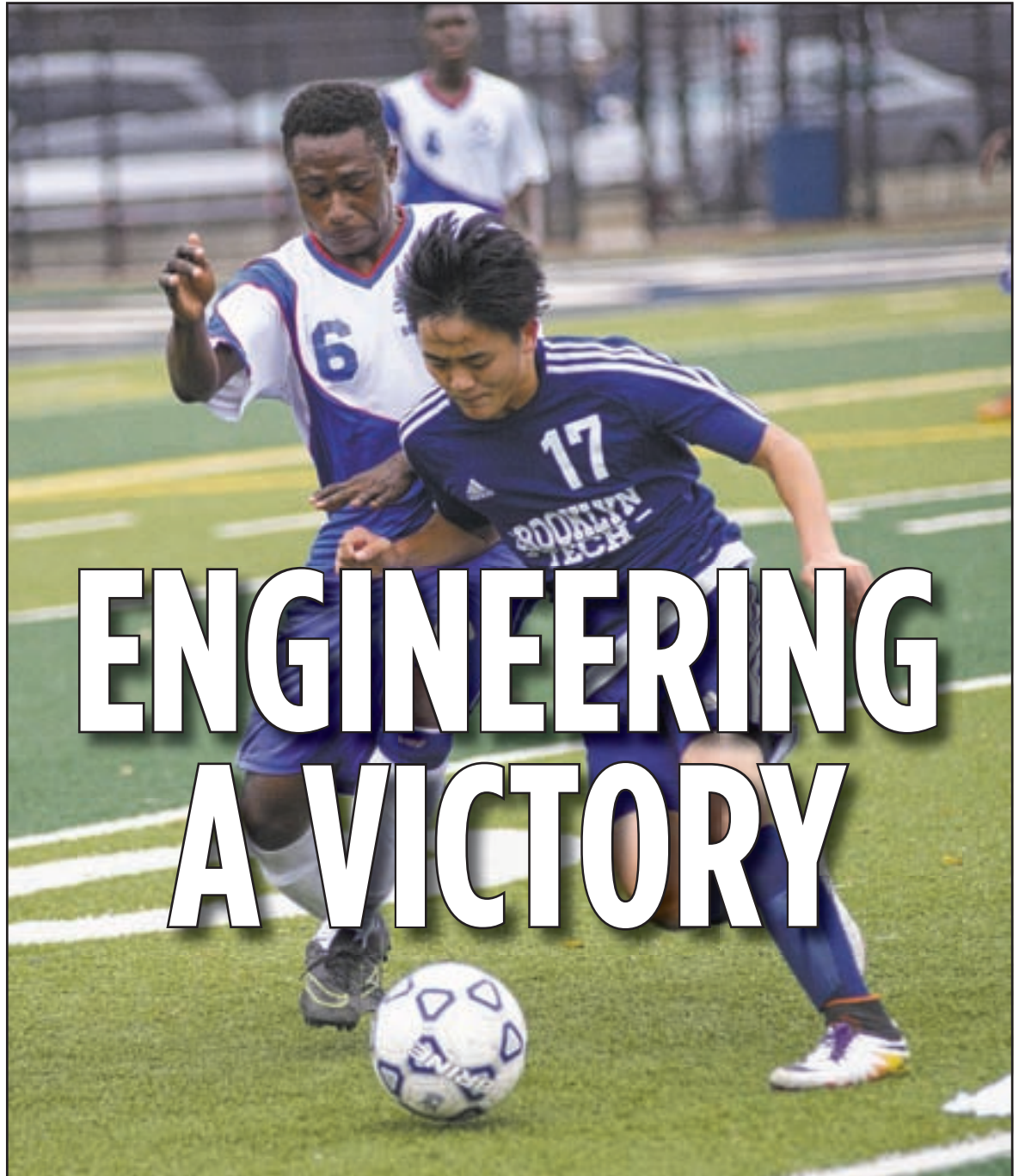
By Azad Ali

Jamaica's Olympic sprint champion Usain Bolt has announced that he will run his last race on home soil at the Racers Grand Prix in June next year before retiring from competition two months later.

Bolt, 30, who won the 100 meters at this year's Racers Grand Prix, has already said he plans to retire from the sport after the Aug. 5-13 World Championships in London having won nine Olympic gold medals.

He said the Racers Grand Prix will be his last race in Jamaica, while appearing on Television Jamaica's "Smile Jamaica" morning magazine program.

Continued on Page 46



ENGINEERING A VICTORY

Fancy footwork: Brooklyn Tech sophomore Jae Bratskeir got the Engineers off to a fast start — netting his sixth goal of the season in the early minutes of the first half.

Photo by Jordan Rathkopf

Brooklyn Tech playoff-bound after win over Erasmus

By Benjamin Leibowitz

Win and you're in.

Brooklyn Tech's boys soccer team notched a 2-1 victory over Erasmus Hall on Oct. 20, securing a berth to the Public Schools Athletic League postseason and setting the tone for, what the squad hopes, will be a deep

playoff run.

It was another close game for the Engineers, but unlike earlier this season, the team managed to hold on down the stretch.

"This is basically the start of our playoffs," said Brooklyn Tech coach Anthony Cicolini. "Throughout

the season, we've had a lot of close games, including a few that went into overtime. Those games have shown our guys what they need to do to execute in high-pressure moments like this one."

The two teams came into the

Continued on Page 46

West Indies

Continued from page 45

series in the United Arab Emirates. Pollard was only able to manage just 42 runs from three innings at an average of 14 and also failed with the ball.

He was only recalled to the West Indies One-Day International squad for last June's Tri-Nation Series in the Caribbean involving Australia and South Africa, following a two-year exile.

The cricket career of Ramdin, 31, appears to be coming to an end as he has only scored 37 and 34 in the last two One-Day Internationals against Pakistan.

Barbadian Shai Hope, who has played six Tests with little success, will do duty behind the stumps in the One-Day International.

All-rounder Rovman Powell, who failed to get a game in the recent Twenty20 series against Pakistan will replace Pollard.

Hope and Powell are the only two changes in the squad, which will be captained by Jason Holder.



In control: Brooklyn Tech's Francois Savignac kicks in the ball.

Photo by Jordan Rathkopf

A GAME PLAN FOR VICTORY

game tied in the Brooklyn A Central
Continued from page 45

standings, but Brooklyn Tech (8-3) found an extra spark in its collective step, controlling the tempo early and maintaining possession throughout the first half.

It was a game plan the Engineers have been working on all season — determined to find an identity for a team chock-full of youth and multi-year varsity players.

"I've never taken as many freshman as I took this year," Cicolini said. "And they've responded to any situation I put them in. This roster has become a very good balance of youth and experience"

Sophomore Jae Brateskeir got the Engineers off to a fast start — netting his sixth goal of the season in the early

minutes of the first half. It set the tone of the matchup and settled some of Brooklyn Tech's big-game nerves.

"All year, our goal has been to score first," Brateskeir said. "It really got us going. Scoring first gave us confidence for the rest of the game, and we were able to execute and get the win."

Aaron Kraus padded the Brooklyn Tech lead midway through the second half. The goal — the senior's ninth of the season — was a much-needed offensive breakthrough after the Engineers failed to connect on a handful of prime chances. It also gave the team a bit of offensive breathing room down the stretch.

"We had a lot of chances to score, but we weren't burying them," Kraus said. "When we finally got the second goal and took the lead, it felt like we could

play much more comfortably. It wasn't perfect, but we got it done."

Brooklyn Tech — which beat the Dutchmen 7-1 earlier in the season — gave up one goal, but freshman goalie Elliot Leinweber was still dominant in net. He racked up nine saves and broke up several Erasmus Hall scoring chances, coming off his line and directing the Engineers' defense until the final whistle.

Brooklyn Tech knows its work isn't done yet — there's still a postseason to prepare for — but the season-finale victory was a chance to show that the team has found a rhythm with its roster. It's a trend the Engineers hope to continue throughout the playoffs.

"All the credit goes to coach," Brateskeir said. "[He's given] me and this team the opportunity and learn."

Bolt plans his exit



Jamaica's Usain Bolt reacts after winning gold in the men's 4x100-meter relay final at the World Athletics Championships in the Luzhniki stadium in Moscow, Russia, Sunday, Aug. 18, 2013.

Associated Press / Anja Niedringhaus, File

Continued from page 45

The Racers Grand Prix will be held on June 10 next year.

The Jamaican, who pulled down the curtain on his Olympic career in August by making a clean sweep of the sprint titles for a third successive games, said he will resume training next month.

"I am definitely going to retire after the World Championships in London, that will be my last one," Bolt said.

Pakistan defeats West Indies in Tests series

By Azad Ali

Despite a defiant knock of 116 runs by middle order batsman Darren Bravo, West Indies went under to Pakistan by 56 runs in the opening match of the Haier Cup Test series at the Dubai International Cricket Stadium in the United Arab Emirates on Monday, Oct. 17.

There was some hope that West Indies could manage a victory when Bravo was out as 87 was required to get to the winning mark of 346 runs — the second highest chase. Captain Jason Holder tried to

hold things together, but the Windies folded for 289 making it seven straight losses across all formats (Twenty20 and One-Day Internationals) against Pakistan on this tour.

Holder was left unbeaten on 40 as the regional team lost their last two wickets via the run out route in the day / night encounter.

Pakistan had piled up a mammoth 579 runs for 3 declared in their first innings with Azhar Ali hitting 302 not out — the fourth Pakistan player to score a Test triple hundred.

West Indies replied with 357 giving Pakistan a lead of 222.

In Pakistan second innings, leg-spinner Devendra Bishoo ripped through their batting, taking 8 wickets for 49 runs to give his side a slim chance of winning the match.

Bishoo's figures were the best by a foreign bowler in Asia, better than South African Lance Klusener's 8 for 64 at Eden Garden against India in 1996 / 97.

They are also his best figures in Test, beating his 6 for 80 against Australia in 2015.

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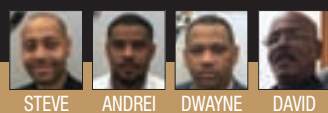
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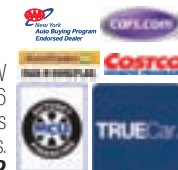
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Terriers boast core of city stars this season

By Laura Amato

There's no place like home.

St. Francis men's basketball coach Glenn Braica knows that better than anyone, and he's used the famous line to influence his recruiting philosophy — New York City first, everywhere else second. The Terriers coach knows there is plenty of basketball talent in his own backyard and Braica has made it a priority to keep that talent in Brooklyn since taking over the program in 2010.

"We're not big on getting guys from other parts of the country," Braica said. "We do have a few, but we always feel that the foundation of our team should be New York City kids."

This season, Braica and the Terriers boast six New York City players — including three with Brooklyn roots — and the squad is hoping that Gotham grit helps spark things from the get-go.

And it won't be an easy start for St. Francis. The Terriers open the season with road games against North Carolina State, the University of Virginia, and Providence. It's a big test for St. Francis, particularly when the team's frontcourt

has just 75 collective minutes of Division-I experience to its name.

"Our weakness is our frontcourt, because we don't have much of one," Braica said. "But I think they're talented, so when they figure out how hard they've got to play and they pick up some stuff, we've got a chance to be very good."

St. Francis isn't going into the season assuming it will start 0-3, but the Terriers know there aren't many people outside the team's locker room who expect much from the squad.

That is where the group's New York attitude comes into play. St. Francis has a bit of a chip on its collective shoulder, and the Terriers squad is ready to prove a few people wrong.

"Guys talk about it being mid-major, but we compete just as hard and play just as hard," said senior guard Yunus Hopkinson. "Guys are trying to get after each other, and I really think it's just basketball. It's guys trying to win games, same as anywhere."

Hopkinson — who grew up in the city before attending Lee Academy in Maine — is expect-



Netting New York: St. Francis senior guard Yunus Hopkinson is one of six local players on this year's Terriers roster, and the group is determined to represent the city well on the hardwood.

St. Francis Athletics

ed to be one of the Terriers' leaders on the court, part of a strong core of guards. He'll be joined in the backcourt by Jefferson alum Rasheem Dunn and former Boys & Girls standout Gianni Ford, both of whom will see substantial minutes as freshmen.

"We may actually play four

[guards] at times," Braica said. "I think that's a strength. Our perimeter is a strength."

It's going to take a few games for St. Francis to hit its stride, and Braica is the first to admit the early-season bumps in the road have been a bit frustrating, but the coach knows what his squad is capable of. This team

wants to represent New York, and Braica is confident anything can happen this season.

"Two years ago, we won 23 games and the regular-season title, and we started 3-8," he said. "That's just the reality at this level, but this team has upsides. It's just going to take some time."

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ARIES: Mar 21/Apr 20
 Things are rushing by at breakneck speed. Aries. There's nothing you can do to slow down the pace, and you may be carried along for a while. Just hold on and enjoy the ride.

TAURUS: Apr 21/May 21
 Taurus, when you relax and let people in, they can get a better assessment of the real you. Put yourself out there and let others get to know you for the great person you are.

GEMINI: May 22/Jun 21
 Gemini, you're capable of coming up with brilliant strategies on a moment's notice. When a new situation presents itself, give yourself some extra time to come up with a course of action.

CANCER: Jun 22/Jul 22
 Cancer, you may be ready to take an emotional risk this week, but you are not sure where to devote your efforts. Put your heart out there, and it won't let you down.

LEO: Jul 23/Aug 23
 Leo, put yourself in another person's shoes for a bit. Doing so may help you see things from that person's perspective, and that will only serve to benefit your relationship.

VIRGO: Aug 24/Sept 22
 Virgo, some big news could be on the horizon, but you'll have to be patient and wait for the news to be delivered. Try to find ways to fill the downtime.

LIBRA: Sept 23/Oct 23
 Libra, a loved one knows which buttons to push to motivate you. Accept this indirect form of help and employ your newfound sense of motivation to get the job done.

SCORPIO: Oct 24/Nov 22
 Scorpio, someone may have the upper hand in a certain situation. Listen to what this person has to say and look for a way to compromise so all involved can benefit.

SAGITTARIUS: Nov 23/Dec 21
 Sagittarius, teamwork is the best way to tackle a project at work. Encourage your team to pull together and you will all be rewarded for your successful efforts.

CAPRICORN: Dec 22/Jan 20
 Patience is one of your strongest attributes, Capricorn. When faced with someone who is ready to forge ahead, emphasize the importance of taking things slowly.

AQUARIUS: Jan 21/Feb 18
 Aquarius, exercise caution when discussing delicate matters this week. Allow others involved in the discussion to share their points of view just like you want to share your own.

PISCES: Feb 19/Mar 20
 Think twice before acting, Pisces. A careful approach to a task at hand will prove especially helpful in the days ahead.

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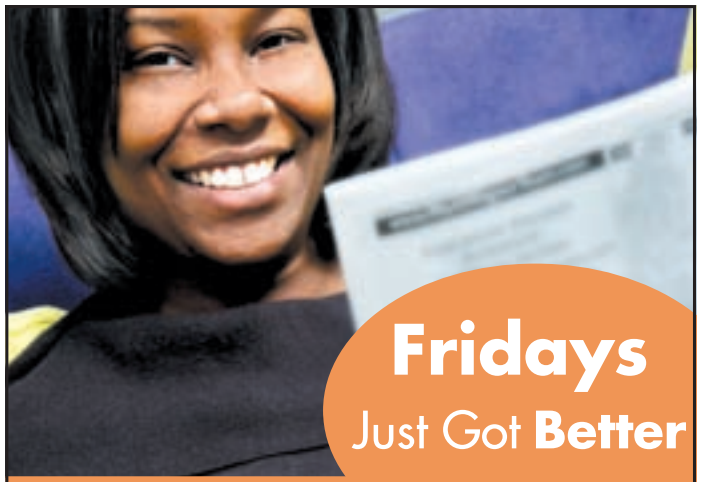
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160 North 12th Street Brooklyn NY 11211.

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NOTICE OF SALE
SUPREME COURT
COUNTY OF KINGS,
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LOAN TRUST MORTGAGE
BACKED NOTES, SERIES
2012-1, BY U.S. BANK

LEGAL

N A T I O N A L ASSOCIATION, AS INDENTURE TRUSTEE, Plaintiff, vs. PACIANO PINEDA, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on July 07, 2014 and the Order Ratifying Judgment of Foreclosure and Sale

LEGAL

duly filed on December 9, 2015, I, the undersigned Referee will sell at public auction at the Kings County Supreme Court, Room 224, 360 Adams Street, Brooklyn, NY on November 17, 2016 at 2:30 p.m., premises known as 9 Fanchon Place, Brooklyn, NY. All

LEGAL

that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Brooklyn, County of Kings, City and State of New York, Block 3483 and Lot 17. Approximate amount of judgment is \$704,202.08 plus

LEGAL

interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 2030/07. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse

LEGAL

against the Mortgagor, the Mortgagee, the Referee. Marc Held, Esq., Referee Peter T. Roach & Associates, P.C., 6901 Jericho Turnpike, Suite 240, Syosset, New York 11791, Attorneys for Plaintiff

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			2 people	\$38,503 - \$48,960	3 people	\$38,503 - \$54,360
2 bedroom	\$1,082	19	3 people	\$38,503 - \$48,960	4 people	\$38,503 - \$54,360
			4 people	\$38,503 - \$54,360		

How Do You Apply?
Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?
Applications must be postmarked or submitted online no later than **December 15, 2016**. Late applications will not be considered.

What Happens After You Submit an Application?
After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español
Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: IMPACTC BROOKLYN, ATENCIÓN: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. En el reverso del sobre, escriba en inglés la palabra "SPANISH". Las solicitudes se deben enviar en línea o con este postal antes de las 15 de diciembre de 2016.

簡體中文
访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的中文字版，请将您的回邮信封寄送至：IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. 信封背面请用英语注明“CHINESE”。空回信封在收到中文申请表时一并寄回。

Русский
Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. На обратной стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 15 декабря 2016.

한국어
nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고를과 신청서에 대한 한국어 번역본을 받아보시려면 발송할 봉투를 IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216 으로 보내주세요. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주세요. 2016년 12월 15일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen
Apilke sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anviwop ki gen adrès pou retounen li nan: IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. Nan deyò anviwop la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remet aplikasyon yo sou entènèt oswa ou dwe fonnè yo 15, 2016.

العربية
تقديم طلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect للحصول على ترجمة باللغة العربية لهذا الإعلان والتعبئة والتغليف الورقية، أرسل مظروف يحمل اسمك وعنوانك إلى: IMPACTC BROOKLYN, ATTENTION: Hub, 1224 Bedford Avenue, Brooklyn, New York 11216. يجب إرسال مظروفك على طريقة البريد في 15 ديسمبر 2016. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC".

Mayor Bill de Blasio • HPD Commissioner Vicki Been

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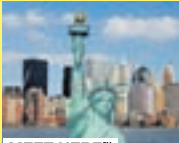
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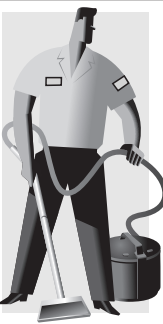
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Early Detection of Breast Cancer at BRMI

BY DR. JOSEPH ABRAMS

October is National Breast Cancer Awareness Month. One of every eight women will be diagnosed with breast cancer in her lifetime, making breast cancer the most commonly diagnosed cancer in women, and the second leading cause of death among women. The aim of Breast Cancer Awareness Month is to promote screening as the most effective weapon in the fight against breast cancer.

Too many people wait until they experience symptoms, like a palpable lump or nipple discharge, before they get a mammogram. By then, the cancer may be more difficult to treat and cure. That's why it is so important to have a screening mammogram once a year. When breast cancer is detected through annual screening, the vast majority of women are cured.

Mammography is the primary modality used to detect breast cancer. The American Cancer Society and the American College of



Radiology recommend yearly mammography screening after the age of 40. Additionally, screening may include breast ultrasound in women with dense breasts, and breast MRI in women at increased risk for breast cancer (e.g., family history, genetic predisposition, past breast cancer).

Bay Ridge Medical Imaging (BRMI) is proud to offer 3D mam-

mography, a breakthrough technology in the diagnosis of breast cancer. This revolutionary procedure, also known as "tomosynthesis", enables BRMI radiologists to view the inside of the breast layer-by-layer using very low dose images. With the addition of 3D tomosynthesis to the traditional mammogram, BRMI improves breast cancer detection while de-

creasing the number of patients called back for additional testing.

When a suspicious abnormality is detected, BRMI performs breast biopsies to diagnose the abnormality as benign or malignant. Biopsies can be performed under ultrasound, mammogram, or MRI guidance. Often biopsies are performed

on the same day as imaging. In patients with biopsy-proven breast cancer, BRMI offers breast MRI and PET/CT for staging.

For your convenience we are open 7 days a week Mon.-Fri. 6am-11pm. We are open Sat. 8-5pm X-Rays only. Sat. 8-11pm at 14th Ave. office. Sunday we are open 8-11pm.



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