

# SWEET TROUBLE

## Caribbean sugar faces new challenges from Europe



A sugar cane plantation.

Kike Calvo via Associated Press

**By Bert Wilkinson**

Caribbean sugar producers are once again scrambling to adapt to new measures taken by their main buyers in Europe largely because the decades-old system of fixed quantity quotas for raw cane sugar exports from the region will come to a crashing end in September.

The move means that a door, which was once half-closed to European beet farmers and others around the world, will now be thrown wide open so there is the strong possibility that demand for brown sugar from the Caribbean will decrease while beet demand is very likely to increase. Prices are also expected to decline.

The head of the umbrella Sugar Association of the Caribbean (SAC) Jamaican Karl James, said: "So what we have to do, what we decided at the meeting in Jamaica last week, is that we must get into the market for refined sugar as well. All of our refined sugar in the region is imported from outside, so the way forward is for us to add refined sugar to brown sugar that is available."

The SAC met in emergency session in Jamaica, with agricultural ministers from the four sugar-producing countries attending — an indication of how important this meeting was for Guyana, Jamaica, Belize and Barbados.

They are the only four in the regional single trading bloc still producing raw cane sugar, mostly for export to the European Union and the American markets.

Back in the mid-70s in Guyana, regional officials along with the EU and counterparts

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## Community mourns death of Collin Cox



Collin Cox.

Photo by Nelson A. King

**By Nelson A. King**

Nationals from St. Vincent and the Grenadines, Guyana, Grenada, Trinidad and Tobago, and Jamaica, as well as the United States, were among mourners at a funeral in Brooklyn on Saturday, March 11 for Vincentian native Collin Cox.

Cox died Feb. 25 at Winter Garden Towers, a hospice facility in Orlando, Fl., his widow Sandra Bain-Cox, told Caribbean Life. He was 79.

Mrs. Bain-Cox, who was born in Trinidad and Tobago to Grenadian parents, said her husband was afflicted with heart disease for 16 of the 17 years they were married.

She told mourners, at Caribe Funeral

Home on Utica Avenue and Avenue K in Brooklyn, that Mr. Cox had open heart surgery just a year into their marriage.

Ten years later, she said he had another heart surgery, with an implant, and that doctors had given him two years to live.

"God gave him six years," Mrs. Bain-Cox said tearfully, using a tissue to dry her eyes. "Again, I was the caregiver.

"The thing about my husband [was that], he never complained. I had to see something is [was] wrong," she added.

"Seven months ago, the doctors said he wanted to be tube-fed, and I said 'no,'" Mrs. Bain-Cox continued. "And he survived.

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Construction worker Nicholas Parboosingh, working with tools at a job in Manhattan. He supports legislation to mandate safety training in construction having had the experience of being exposed to unregulated and harmful work areas.

Steamfitters Local 638

## Workers rally for safer construction conditions

By Alexandra Simon

A new bill mandating that construction workers undergo safety training is picking up steam from laborers in a local union group.

Members of Steamfitters Local 638 are in support of the Construction Safety bill, a proposed law introduced in the city council in January, to ensure that construction workers are trained to meet proper regulations during work. The bill calls for amending current building codes requiring workers demolishing or constructing buildings in the city satisfy the requirements. The risks that come in addition to the job pose a great danger to construction workers across the city, and that is why many are championing the bill, said one Bronx construction worker.

“When I heard about the bill and what it supported, I had to follow it because it’s important — especially for those working smaller companies that are not city property,” said Nicholas Parboosingh, who works installing pipes in various buildings in the city. “It’s really needed out there, you’re not even protected provided you go out.”

Having worked in the construction industry for nine years now since migrating to the states, Parboosingh has been a member of the union for almost a month. Since then, he has immediately noticed the disparity between safety provisions his union seeks to maintain compared to his previous job, he said.

“Because of what I’ve experienced where I was before, I see that safety wasn’t the first thing on their mind,” said Parboosingh. “It was not safe and to go out there and work it’s a lot of risk, but with 638 there’s a huge difference — they do intensive enforcement and every day, we go over safety protocol.”

# Guyana leader’s coming visit part of ‘important tradition’ at MEC

By Nelson A. King

Medgar Evers College president Dr. Rudolph Crew says Guyana president David A. Granger’s upcoming visit to the Brooklyn college “continues an important tradition” at the predominantly black school.

“We are pleased to welcome the Hon. David A. Granger, the president of the Republic of Guyana, as the keynote speaker at our Second Annual International Education Awards Ceremony on April 27, 2017,” Dr. Crew told Caribbean Life. “Following the successful visit last year of the Hon. Dr. Keith Rowley, the Prime Minister of Trinidad and Tobago, for our inaugural awards ceremony, this upcoming awards ceremony continues an important tradition.

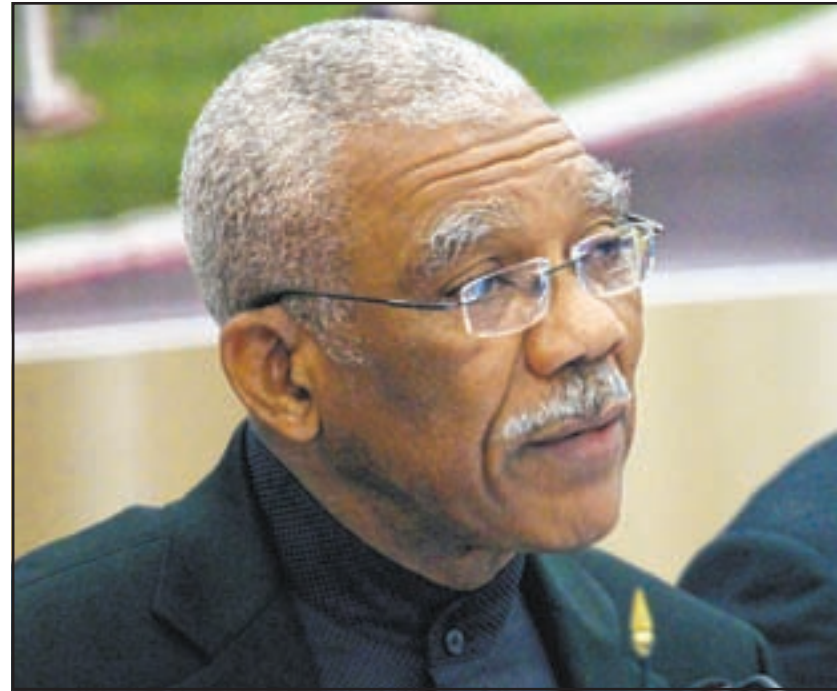
Crew said Medgar Evers College [MEC] “represents the new global reality and embraces it,” pointing to recent enrollment figures that show that over 11 percent of college’s students are from Trinidad and Tobago, and almost half come from Jamaica, Haiti or Guyana.

“We are our own Diaspora here in Brooklyn, which, in turn, is an increasingly energized cultural hub for people from all over the world,” said Crew, adding that Global Intelligence is key to the college’s strategic plan for the 21st century.

“We are steadily increasing our support for study abroad by seeking scholarships and other sources of funding,” the college president said.

“We are also establishing partnerships with important international institutions with a goal of student and faculty exchange and joint international programs.”

The study abroad program, offered



Guyana’s President David Granger.

CARICOM Community

through Medgar Evers College’s International Education Program, sends students to destinations that include Australia, China, Costa Rica, Ethiopia, France, Grenada, Italy, Jamaica, Japan, Panama, Spain, and Trinidad and Tobago.

Eugene Pursoo, director of the International Education Program, is the former United Nations Ambassador for Grenada.

He told Caribbean Life that the presence of President Granger “underscores the importance of international education in today’s interconnected world.

“MEC is determined to position its students to be among the frontrunners of global education, because it is crucial for their preparedness to negotiate the challenges and opportunities in today’s globalized world,” he said.

“This Annual International Education Award Ceremony is to recognize the noble efforts of the many faculty, staff, students, alumni, community and corporate contributors that are enabling the internationalization of our campus,” Pursoo added. “It is the college’s way of saying ‘thank you’ every year.”

## Bichotte endorses Mayor de Blasio for re-election

By Nelson A. King

Brooklyn Assembly Member Rodneyse Bichotte endorsed Mayor Bill de Blasio for re-election on March 26, citing his strong record of improving public schools, creating affordable housing for working families and improving relations between the city’s police and the communities they serve.

“Mayor Bill de Blasio has stood strong on a lot of key issues facing New Yorkers and has delivered on many of the things that he assured us that he would address when he first took office,” said Bichotte, the daughter of Haitian immigrants, who represents the 42nd Assembly District in Brooklyn. “The mayor has been strong on housing by keeping it affordable through his smart housing plan, which includes supportive housing, and zero percent rent increases.

“He has followed through on promises that previous mayors have not, such as Universal pre-K for All, and has placed a great focus on MWBEs and small businesses by creating more access and opportunities,” added Bichotte, a Democrat who chairs the Assembly’s subcommittee on Oversight of Minority and Women-Owned Business Enterprises (MWBEs).

In addition, Bichotte said, de Blasio has addressed poverty by prioritizing a living wage, and by delivering on “great contracts for our very deserving labor unions, especially those who have been operating without a contract for years.”

She noted that crime is at an all-time low, stating that de Blasio is working with the New York Police Department (NYPD) to create a community-policing model throughout the city.

Bichotte said de Blasio continues to keep the diverse city safe against “unlawful immigration bans and supporting their equal protection under the law.”

He has also been a friend to the immigrant community, including the city’s Haitian residents, through the implementation of IDNYC, and by making Haitian-Creole one of the official languages used by the city in its materials, Bichotte said.

“That is why I am proudly endorsing our Mayor, Bill de Blasio, for mayor once again in 2017, and will continue to support him on all matters that will enhance the quality of life for all New Yorkers,” she said.

The mayor, in turn, said Bichotte is “one of the hardest working legislators our city is lucky to have.”

## Barbados

Barbados Prime Minister Freundel Stuart was recently made an Honorary Fellow of Keble College, Oxford University, England.

A government statement said that Stuart has accepted the conferment of the fellowship, describing it as “an honor for Barbados and Barbadians.”

Keble College is one of the more than 30 constituent colleges of Oxford University, founded in 1870 in memory of the late John Keble, a leading member of the theological “Oxford Movement”.



The Governing Body of the College is empowered to elect “distinguished persons” to Honorary Fellowships.

The conferral of an Honorary Fellowship is deemed foremost to be an honor and a privilege, for Honorary Fellows cannot vote at meetings of the governing body and receive no financial consideration.

Honorary Fellows have traditionally included former students and wardens, as well as others with no prior academic connection to the college.

## Cuba

Cuba has agreed to an extension of the agreement on trade and economic cooperation which facilitates access to the Cuban market for hundreds of CARICOM products.

An official statement said that the issue was discussed at the fifth CARICOM-Cuba Ministerial meeting which was held in Havana recently.

According to the statement, the agreement provides for trade between the parties.

Last month, the Guyana-based CARICOM Secretariat said the 15-member regional integration movement had reached an agreement with Cuba on the expansion of preferential access to each other's markets.



In a brief statement, the secretariat said that the agreement was reached during the 10th meeting of the Joint Commission established under the Trade and Economic Cooperation Agreement between CARICOM and Cuba held in Guyana last month.

He said a significant number of items from the Community, including beef, fish, and other agricultural products and manufactured goods, have been approved for entry in the Cuban market duty free once both sides formalized the agreement.

CARICOM member states have agreed to grant duty-free access to Cuban goods, including pharmaceuticals.



## Oil is well

In this Feb. 6, 2017 photo, Venezuela's Foreign Minister Delcy Rodríguez attends a news conference in Moscow, Russia. She recently provided an update to St. Kitts and Nevis Prime Minister Dr. Timothy Harris, on the donation of 50 petrocasas (oil houses).

Associated Press / Pavel Golovkin, File

## Guyana

Guyana plans to export duty-free an estimated 150,000 tons of rice and paddy to Mexico by the end of the year.

The Ministry of Agriculture said that on March 1, 2017, the Mexican government authorized the importation of the rice and paddy from Guyana before the end of December.



Since 2015, Guyana has been trying to enter the Mexican market, following the collapse of the Venezuelan market.

Extension manager at the Guyana Rice Development Board Kuldeep Ragnauth, said that rice paddy production will be higher this year.

He said the company has recorded 225,000 acres, as opposed to 180,000 acres for the same period compared to last year.

## Haiti

Thousands of Haitians from around the country recently gathered at City Park to pay their respects at former President Rene Preval's state funeral, ending six days of mourning for the man who led the country during the devastating January 2010 earthquake.

Mourners marched under the hot sun and chanted “long live Preval” as the roving traditional rara bands performed festival music at the Champ

de Mars plaza in downtown Port-au-Prince, where Preval's flag-draped casket was displayed.

Three former Haitian presidents — Michel Martely, Jocelerme Privert and Boniface Alexandre — attended the funeral along with foreign diplomats and representatives of international organizations.



Preval was the only democratically-elected president to win and complete two terms in Haiti.

## Jamaica

The Inter-American Development Bank (IDB) is providing a US\$5.75 loan to the JM Bank to finance housing projects in Jamaica.

The loan agreement was recently signed by the JN Bank, the IDB and the JN Foundation which will be provided to housing developers at single digit mortgage rates.



The loan is predicated to promote climate change resilience at the housing sector, by reducing water demand and improving water reliability. The financing is the first of its kind for the IDB.

## St. Kitts

Venezuela is donating 50 “petroca-

sas” houses to St. Kitts and Nevis by President Nicholas Maduro's government.

The “petrocasas” are constructed from by-products of Venezuela's oil refining industry. PVC panels are fitted together in a concrete base then filled with concrete, steel and iron girders to make the petrocasas.



The houses have three bedrooms, two bathrooms, living and dining room, a kitchen and a metallic tile roof.

The petrocasas can be assembled in about a week and cost close to 50 percent less than conventional homes.

Venezuela Foreign Minister Delcy Rodríguez, recently provided St. Kitts and Nevis Prime Minister Dr. Timothy Harris, with an update on the donation of the petrocasas.

Raul Li Causi, Venezuela's vice minister for the Caribbean, supported the foreign minister in the bilateral talks.

Last month, Harris said that the final element of his government's housing development strategy will involve the installation of infrastructure (electricity, roads and water) at 69 already existing housing developments which cost around \$70 million.

## Trinidad

Continued on Page 16

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# Guyanese in NY to celebrate Independence anniversary

By Nelson A. King

Guyana's Independence Anniversary Celebration Committee (New York) has announced big plans to celebrate Guyana's 51st Anniversary of Independence in New York, commencing with a flag-raising ceremony at New York City Hall on Independence Day, May 26.

Guyana gained independence from Great Britain on May 26, 1966.

A cocktail reception and award ceremony in Queens will follow the flag-raising ceremony on Independence Day, the committee said on Sunday.

An Independence Anniversary Church Service will take place on Sunday, May 28 in Brooklyn, followed by a cricket competition on Sunday, June 4 in Queens.

The annual soccer tournament will again be hosted at the South Shore High School Park, Brooklyn, on Saturday, June 10.

The commemoration will conclude with the annual Guyanese-American Independence Parade on Sunday, June 11, commencing on Church Avenue in Brooklyn, followed immediately by the annual Guyanese-American Unity Concert at last year's venue, the South Shore High School Park in Brooklyn.

The committee said several Guyana government officials, including President David Granger, have been invited to attend some of the activities.

To commemorate Guyana's 50th



Part of the massive crowd at last year's Golden Jubilee Unity Concert in Brooklyn.

Guyana Independence Anniversary Committee (New York)

Anniversary of Independence, the committee last year showcased Guyana's rich history and cultural heritage, with an unprecedented week-long Golden Jubilee celebration.

It included an inter-faith anniversary service; symposium on the history

and development of Guyana; volunteer day, with free medical and legal clinics; flag-raising ceremony; business and investment conference; cricket competition, soccer tournament and kids fun-day; State dinner at which President Granger was the keynote speaker

and guest of honor; and Mashramani parade and unity concert.

The committee said it will announce additional details for its 2017 Independence celebration upon finalization of arrangements with New York City officials.

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# Criminal deportees, a matter of international concern

By Azad Ali

St. Lucia's Prime Minister Allan Chastanet is making another call for an international agreement to deal with the issue of criminal deportees, saying the matter should be discussed at the level of the United Nations.

He told reporters recently that he would do as much lobbying as he can on the matter and has accused the United States of using the International Civil Organization (ICAO) agreement to deport people to their country of origin.

"I am sure that when we signed the ICAO agreement it was not with that in mind," he said, adding that the intent was that if someone visited another country with incorrect documentation, the country of origin would be obligated to receive the person back. "But (not) the fact that somebody would go and spend in excess of 30 years in a country, make it a home, pay taxes, become legal in some cases and then all of a sudden simply because you were born in St. Lucia, all of a sudden you would expatriate them," the prime minister said.

Chastanet said there was a need to push collectively at the United Nations to get special international agreement



Prime Minister Allan Chastanet.  
Today.caricom.org

to deal with deportees.

Earlier this year, Chastanet had accused Washington of threatening St. Lucia into accept nationals deported from the United States.

He said Castries was told that if did not accept the deportees, travel for locals would be "pulled."

The prime minister said while he indicated to the American authorities that he is not pleased with the threat, he would honor the current system.

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## Erectile Dysfunction — more than a quality of life problem!

BY JACK RYAN

The benefits of seeking professional treatment for erectile dysfunction may seem obvious to both the patient and his partner. But what many men don't realize is that a thorough evaluation of this condition can uncover serious threats to their health.

Dr. Vitaly Raykhman, Director of the Accord Physicians Prostate Center in Sheepshead Bay along with Dr. Llewellyn Hyacinthe and Dr. Yuly Chalik, says that millions of men in the United States suffer from erectile dysfunction. Typically, he said, the man can't perform at all or is not satisfied with his sexual performance. The dysfunction can surface at any age, but it is more common in men 50 years old or older.

The problem can be psychological or the impotence may be caused by physiological abnormalities. In such cases, he said, the dys-

function may be related to diabetes or an indication of even more serious conditions. A series of clinical tests done at the Urologic Institute can help doctors determine the reason of impotence.

"It is important that men who are experiencing this problem be promptly and properly evaluated by a urologist."

Erectile dysfunction, he stressed, can be an early indicator of "metabolic syndrome," a name given to a group of factors that raise the risk for heart disease and other health threats, including heart attack and stroke.

"The fact that they are bringing this problem into their consciousness can give a physician several years of lead time in heading off these far more serious medical problems," said Dr. Raykhman. "Could a visit to a urologist indirectly save a patient's life?

Absolutely."

A skilled urologist can slow the progress of the dysfunction and with the proper treatment most patients can regain a more satisfying sexual experience.

Although surgery is sometimes necessary, "it's the last resort." Changes in lifestyle can often reverse the effects of erectile dysfunction. These include exercise, improvements in diet, and a reduction in smoking and alcohol intake. Erectile dysfunction can often be treated with medications such as Cialis, Viagra, Levitra or hormone therapy.

Dr. Raykhman stressed that because an erection is a vascular event, erectile dysfunction needs to be taken seriously.

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# Together we are stronger against police violence



Shackelia Jackson's brother Nakeia was murdered by police in Jamaica. Amnesty International

**By Shackelia Jackson**

*Shackelia Jackson is the sister of Nakeia who was killed by the Jamaican police in 2014.*

KINGSTON, Jamaica, March 22, 2017 (IPS) - As a relative of a young man killed by the police in Kingston, Jamaica, many people have asked me how my family copes with the pain, with having lost a part of us, with the immense frustration of not having found justice for Nakeia.

The answer is not easy. Some days, the strength to continue fighting for justice comes from within; others, from the support we have received from so many people from around the world.

Some days we feel lonely, as if we were the only ones going through this pain.

But a recent visit to Brazil with Amnesty International showed me that we are not alone. We are not alone in our pain, nor in the seemingly endless struggle for justice.

Unlawful police killings and impunity is a tragic phenomenon that crosses borders across this continent. From the U.S.A. to Brazil, hundreds of young men – most of them black, most of them poor – are killed by the police. Hardly any officers are taken to justice to respond for their actions, for the immeasurable suffering they cause to families like mine.

Unlawful police killings and impunity is a tragic phenomenon that crosses borders across this continent.

I had never been to Brazil  
Continued on Page 12

# Ending gender-based violence is the key to health and well-being

**By Natalia Linou**

UNITED NATIONS, March 24, 2017 (IPS) - Physical injuries are some of the more visible, and at times most deadly, consequences of gender-based violence (GBV). But the long-term mental health consequences are often invisible and left untreated. Similarly, the reproductive and sexual health needs of survivors from rape and sexual violence — to reduce the risk of HIV and STIs, unwanted pregnancies and unsafe terminations, and long-term reproductive complications — are often unmet, stigmatized and under-reported.

But it is not only health needs which must be met. GBV is a consequence and reflection of structural inequalities that threaten sustainable development, undermine democratic governance, deepen social fragmentation and threaten peace and security. This week, UNDP and the Republic of Korea hosted an event at the 61st session of the Commission on the Status of Women on “Gender-based violence, health and well-being: Addressing the needs of women and girls living in crisis affected context” bringing together government officials, practitioners, and academics.

A common message emerged: survivors need dignity for themselves and their families, they need immediate health services and legal services, livelihood support and economic

**“Survivors of violence are often deterred from seeking help or reporting incidents due to stigma.”  
-Ambassador Oh Youngju**

empowerment. Multi-sectoral approaches which can meet these distinct, but inter-connected, needs are often the most effective. Research has demonstrated co-benefits of combining economic and health interventions, including for the reduction of intimate partner violence. However, even where services are available, serious barriers to accessing them exist. As Ambassador Oh Youngju of Korea stressed: “survivors of violence are often deterred from seeking help or reporting the incidents due to stigma and a lack of accessible services or ways to report safely, receive help and be treated with dignity.”

And the data can be daunting. Deputy Minister Wardak of Afghanistan shared some sobering statistics from her country: almost one in two women age 15-49 reporting physical violence in the last 12 months, with the majority who have experienced physical or sexual violence (61%) not seeking help or telling anyone about the violence.

So is there any room for optimism?

Kelly, director of the Women and War program of Harvard’s Humanitarian Initiative, stressed that while conflict is a time of trauma, it is also a time of potential transformation. Changing social norms which perpetuate violence can be linked to peace and recovery processes. And successful initiatives can be scaled up. UNDP’s Dhaliwal, shared some good practices. In South Sudan, UNDP is working in partnership with the government, the Global Fund and the International Organization for Migration to address gender-based violence as part of mental health and psychosocial support programmes. In the Democratic Republic of Congo, UNDP supported the establishment of multipurpose community centres, where survivors of GBV are provided with legal assistance and offered livelihoods training, after medical and psychosocial treatment is given by other partners. And in Afghanistan, efforts to increase the number of female health-care workers, while not directly focused on survivors of violence, can offer culturally appropriate services and safe-spaces.

Tatsi, executive director in the Office for the Development of Women in Papua New Guinea shared both successes — strong alignment across civil society and government in bringing

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## Caribbean Life

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# Two statues are on track for Jamaica's 55th

On the 55th anniversary celebration of Jamaica's independence, the images of two multiple Olympic gold medal winners will be immortalized with the unveiling of statues at the National Stadium Statue Park in Kingston.

In acknowledgement of their outstanding contributions to the development of the island's track and field sports industry, imposing 8-foot sculptures of Usain Bolt and Shelly-Ann Fraser-Pryce will be unveiled to represent the glory of the two athletes who triumphed during the same Olympic contests to emerge "the fastest man" and "fastest woman" on earth.

The world will not soon forget Jamaica's Jubilee year celebration of independence from British rule. It was 2012, an Olympic year that athletes competed in London, England. The milestone accomplishment also coincided with optimism and anticipation of track and field triumphs by two sprinters dubbed "Pocket Rocket" and "Lightning Bolt."

The female "Rocket" shot from her starter's block four years earlier to become the first



## Inside Life

By Vinette K. Pryce

Caribbean woman to claim the Olympic 100 meters title.

Undoubtedly the fastest woman on earth mined gold in Beijing, China in 2008 and reclaimed the title four years later in London to deliver a cache when her island marked 50 years of independence.

She matched her male counterpart's feats, carting three gold treasures back to the Caribbean island.

She married Jason Pryce in 2011 and is now pregnant.

Usain St. Leo Bolt had been gaining currency earlier at home and blazed a trail here at Randall's Island, clocking 9.72 in the 100 metres race at the Reebok Grand Prix.

Sports enthusiasts living in the tri-state area got their first glimpse of the record-breaking athlete then, and by the time he competed in Beijing, China the moniker "Lightning" had become a recurring adjective to

his introductions with the title "super-star."

In Asia, Bolt's prowess spiralled when he easily aced the 200 meters run in Beijing competitions.

Since then his dominance has prevailed and in 2017 he is a legend.

"The Government of Jamaica has been recognizing and saluting Bolt's achievements throughout his career, and even as we speak we are completing a lasting tribute to this great son of Jamaica — an eight-foot statue that will be mounted at the Independence Park Complex," said Olivia "Babsy" Grange, the island's culture, gender and sports minister.

"We are on schedule to complete this statue by Independence Day (Aug. 6) and to have the mounting coincide with Bolt's final race at the World Championships in London."

"Our athletes represent



Jamaican sprinter Usain Bolt, right, and Jamaican track and field sprinter Shelly Ann Fraser Pryce hold their International Athletic Foundation "2013 Athlete of the Year Awards" after a press conference, Saturday, Nov. 16, 2013, in Monaco. The IAAF 2013 World Athletics Gala will take place tonight in Monaco.

Associated Press / Lionel Cironneau, File

the best of what is right with Jamaica," Edmund Bartlett, Jamaica's Minister of Tourism said while promoting sports tourism on the island.

"Everywhere we go in the marketplace, they are the ones

that have been generating most of the interest. It is very easy for us to take for granted that we have the fastest man and the top woman in the world, but believe me, the rest of the world has been taking notice."

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# Fight for justice continues

Continued from page 10

before. I had never expected to feel so close to home.

While in Rio de Janeiro, a city where police officers killed two people every day in the run up to the 2016 Olympic Games, I met with some of the many relatives with whom I share the same struggle for justice.

Zé Luis is one of them. He lost his son Maicon, after police shot him dead in 1996. Police said it was in self-defense. Maicon was 2 years old. No one was ever held responsible for this killing. In 2016 the statute of limitation expired which means the case will now never be brought to a national court.

My heart broke with the families I met in Brazil.

But these stories, and my story, although immeasurably tragic are the catalysts augmenting my drive to never stop. To not only engage the Jamaican authorities in a conversation but to ensure that we work towards prevent-

ing what happened to my brother from happening to others. The only way for impunity to flourish, is for good people to be silent and to fight alone.

Our strength comes from working together.

I fight for me, for my brother and for all those around me, in Jamaica and beyond.

So their fight becomes my fight. Their world becomes mine. We become stronger together and the memories of their love ones and desire to save those who remain are our collective impetus.

And this fight is also yours because Nakiea was my brother but tomorrow this tragedy could happen to you, to your brother, to your father, to your friend. And as long as justice is not done, we are all in danger.

But together, we are stronger.

I fight because I have no other choice, to stop would mean I am giving another police officer permission to kill another of my brothers.



Survivors of gender-based violence need dignity for themselves and their families. Inter Press Service / Rebecca Murray

## End violence against women

Continued from page 10

ing about a coherent strategy to end GBV, and challenges — the need for additional financial and technical support and called on donors to work with government for long-term, sustainable, and transformational change. And Devi of UNFPA stressed how a “continuum approach” is necessary across prevention and response efforts, as well as across the humanitarian-development nexus.

Ending GBV, and particularly vio-

lence against women and girls is an important end itself. It is also critical for the achievement of all the Sustainable Development Goals, particularly SDG 3 -Ensure healthy lives and promote well-being for all at all ages, and the commitment to ‘leave no one behind.’ While more evidence on preventing violence and supporting survivors is needed, the time for action is now.

*Natalia Linou is policy specialist Gender, Health and HIV at the UN Development Program*

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## Simple Procedure Improves Dry Eyes & Sagging Eyelids

Exclusive interview with Dr. Golio, Director of Craniofacial Surgery

If you have recurring infections on your eyelashes, dry eyes, feeling of dirt, debris, sand, odd bodies or watery eyes, you are not alone. A simple procedure performed under local anesthesia can help.

Dr. Dominck 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.

In short, you will be able to fend for self the same day of procedure.

Private insurances and Medicare will cover the procedure when it’s done to correct the excess flab, symptoms of tearing, recurrent infections or inversion of the eyelashes. This procedure should not be confused with under-eye bags that are considered a cosmetic concern and therefore is not covered by any insurance.

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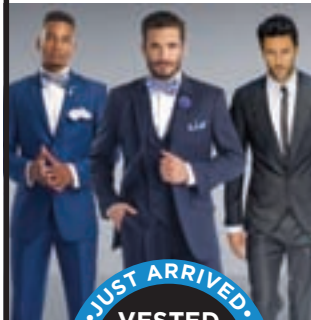


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# Senior Resource Fair held for Fort Greene residents

By Alexandra Simon

The second annual Senior Resource Fair, a four-hour exposition that showcases helpful resources for seniors, returns to Clinton Hill on March 29. The fair organized by the Senior Council of the Myrtle Avenue Revitalization Project was in high demand from neighborhood seniors, said an organizer for the fair.

"It's something they asked for," said Meredith Phillips Almeida, executive director of the organization. "We created the task of asking seniors what they want from the community they are living in, what they want to see happen or change, and how can we help to improve their experience in the community and one thing they seem to like was the fair."

She said the fair was one of the long-term missions the organization was working to implement for the community.

"This is something we did as part of our work to become an age-friendly neighborhood," said Almeida.

Seniors can learn about the opportunities that service them directly from the representatives who will be in attendance at the fair, said Almeida. About 30 or more exhibitors from organizations

such as Access-A-Ride, Good Neighbors, the Metropolitan Transportation Authority (MTA), and the Department of the Aging will be there.

Last year was the first time the organization held the fair and it was a successful hit with area residents, said Almeida.

"It was great and a packed house and it was wonderful because it was first time we held it and we were thrilled at the turnout from seniors and exhibitors willing to come and share information with seniors," she said.

The fair caters to the senior community of Fort Greene and Clinton Hill, which are often not thought of, said Almeida.

"One of the reasons why we do many programs with seniors is because a lot of people don't realize how many are living in our community" she said Almeida. "They're not visible but they are an important part the community and many have lived there for a long time."

She also said that aside from the beneficial information they will learn from the fair, it also has a great social aspect to it.

"It's a great opportunity to meet more of your neighbors that have the



At the fair, seniors can talk to representatives from organizations and groups that provide helpful services to them. Myrtle Avenue Revitalization Project

same challenges and same interests as you," said Almeida.

"Senior Resource Fair" at Mercy Home [273 Willoughby Ave. between Classon Avenue and Taffee Place in Clinton Hill, [www.myrtleavenue.org](http://www.myrtleavenue.org) (718) 230-1689]. March 29, 11 am — 2 pm.



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Continued from page 4

The Trinidad and Tobago revenue for the first quarter of this fiscal year has plunged by about 29 percent to TT\$7.98 billion compared with \$11.222 billion for the same period in the previous fiscal year.



This is according to data from the Central Bank's March Economic Bulletin.

The bank indicated that the sharp drop in government revenues for the October to December 2016 period was due to a decline in both energy revenues

and non-energy receipts.

Non-energy fell by 29.1 percent to \$6.3 billion from \$8.3 billion "largely on account of a significant fall off in no-tax revenue."

T&T's energy revenues declined by TT\$283. 4 million, "primarily on account of lower domestic energy sector output, "according to the Economic Bulletin.

The Central Bank noted that the sharp declines in the sub-sectors of the local energy sector, with the weakness reflected in contractions in crude oil, natural gas, LNG (Liquefied Natural Gas) and petrochemical production.

— compiled by Azad Ali

## Our Perspective



### Car Wash Workers Deserve Fair Wages

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

**T**he boss claims that we make more tips than what we actually do. He has threatened to fire us if we don't sign papers misstating what we earn. We need to stop all of the abuse and exploitation."

Those words, from a car wash worker at Las Vegas car wash in Brooklyn, New York, before he and his co-workers joined the RWDSU and won a union contract, summarize the experiences of far too many employees of New York's car washes. Despite the progress hundreds of workers have made by winning a union contract, workers throughout the industry continue to be victims of wage theft. Numerous times over the past decade, industry leaders have paid hefty settlements to their workers in cases involving wage theft, even as recently as this year.

One of the contributing factors of this wage theft in New York is the so-called "tip credit." The tip credit is a part of New York State minimum wage law that allows industry operators to pay car wash workers a different, lower minimum wage. In theory, workers' tips are supposed to make up the difference, and possibly more. And, if workers' tips don't raise the level of pay to at least the minimum wage, car wash employers are supposed to make up the difference in additional hourly wages.

But tip credit does not work in the car wash environment. It's a vehicle for wage theft and contributes to systemic underpayment of car wash workers – exactly what the car wash unionizing campaign and car wash workers have been fighting against. Investigations have shown that employers don't always make up the extra pay for workers when tips are short, and car wash workers don't always receive the tips customers presume are going into their pockets. We shouldn't be giving unscrupulous employers additional incentives to underpay their workers, and that's exactly what tip credit does in the car wash industry.

The solution: passage of legislation currently before the New York State Senate and Assembly that would require car wash workers be paid the full minimum wage. They could still receive tips, but they would also be guaranteed the state minimum wage. This would help prevent wage theft, and it would help car wash workers better predict their weekly pay.

In the current environment, immigrant workers are under increased stress. The last thing they need are the additional worries of having their wages stolen and being underpaid for their hard work. We are calling on the state legislature to protect them by doing away with the tip credit in the car wash industry, and sending a signal to car wash employees that their work is valuable, and to the industry that the state is serious about ending wage theft at the state's car washes.



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NUPW President, Akanni McDowall.

Photo by George Alleyne

## Grouchy unions spell trouble for Barbados government

By George Alleyne

Some of Barbados' trade unions are again becoming cranky in a manner that foretells trouble for government as these workers' representatives are not ruling out the possibility of industrial action to press their cases.

Since the government presented its Estimates of Income and Expenditure for the 2017-2018 financial year on Monday, March 13, National Union of Public Workers officials made their unhappiness known because the document that forecasts Bar\$4.5 (Barbados \$1 = 50 cents US) in spending did not include a raise of salary for public workers, for whose overdue pay packets increases the union is prepared to take action.

Exactly one week later, on Monday March 20, the Barbados Secondary Teachers Union also threatened unspecified action as it brought to the fore again a simmering matter of teachers being asked to mark the Caribbean Examinations Council's School-Based Assessment (SBA) papers of students, with no added pay for this increased work.

"Government's disrespect for the workers and the union will no longer be tolerated," NUPW President Akanni McDowall was reported saying after Finance Minister Chris Sinckler disclosed the figures in the estimates.

"What we are asking is for government to meet with us to continue negotiations. We have been trying to meet with government since October last year and government has quite frankly refused to meet," said McDowall, who revealed that

his union's executive council had met on the matter.

He said that council members at that last week meeting had "decided to take industrial action in order to get government back to the [negotiation] table."



BSTU President, Mary Redman.

Photo by George Alleyne

That decision apparently forced government on Wednesday to agree to return to talks which have been scheduled for April 4.

Judging from the mood of the union, the administration's agreement to talks may only temporarily stave off industrial action if there is no agreement on a pay hike.

Public workers have not had a salary increase since 2009, but Sinckler had assured in his Estimates presentation that there will

be a total of Bar\$58 million in increments for them in this financial year.

While the increment seems certain, an actual increase in the substantive salaries for civil servants appears far from decided.

"We haven't come to a conclusion on salary increases in Barbados for public servants," Sinckler said.

For more than 10 years the secondary school teachers' union had been complaining that marking the SBAs is not within their job description, and had been regularly making militant noises about this work with no pay.

But on March 20 teachers came together for a mass meeting in reaction to a Ministry of Education letter earlier this month warning of 'misconduct of a serious nature' if they refused to mark the SBAs.

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ADDING ENOUGH FLOUR TO MAKE A SOFT DOUGH THAT IS SMOOTH AND ELASTIC. PLACE DOUGH IN OILED BOWL; COVER AND SET IN A WARM PLACE TO RISE. LET RISE UNTIL ALMOST DOUBLE IN SIZE. PUNCH DOWN AND LET REST 15 MINUTES. SHAPE INTO 1 LARGE OR 2 SMALL LOAVES. PLACE IN NON-STICK OR PREPARED BREAD PAN. LET RISE UNTIL ALMOST DOUBLE. BAKE AT 375 DEGREES FOR 10 MINUTES THEN AT 350 DEGREES FOR 35 MINUTES OR UNTIL GOLDEN BROWN AND TESTS HOLLOW WHEN TAPPED ON THE BOTTOM. REMOVE FROM PAN. FOR SOFT CRUST, LIGHTLY BRUSH TOP WITH OIL. COOL THOROUGHLY; BEST EATEN NEXT DAY. ENJOY. (RECIPE TAKEN FROM THE COOKBOOK, "TEN TALENTS" - AVAILABLE AT NORTHEASTERN ABC)

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#### What does the Settlement provide?

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  - You are entitled to recover for each summons that you received on different dates and/or times. This means that if you received multiple summonses at the same time, you are only entitled to recover once.
- The amount Class Members receive depends on how many people file valid Claim Forms, however, in no instance will any Class Member be compensated in an amount greater than \$150 per summons.

#### How do I get money from the Settlement?

- You must fill out and mail a completed Claim Form by September 6, 2017 to be eligible for any payment.
- To get a Claim Form, go to [www.nypdsummons.com](http://www.nypdsummons.com) or contact the administrator at the address or number below. Include your name, date of birth, address, social security number or I-TIN (if any), Medicare Number, and phone (if any) on all requests to the Administrator.

#### What are my rights and options in this Settlement?

**Submit a Claim Form.** This is the only way to get a payment. By submitting a Claim Form, postmarked by September 6, 2017, you give up your legal right to bring further claims against the Defendants about the summonses issued to you for which you are claiming payment.

**Exclude Yourself From The Settlement.** Get no payment from the Settlement. This is the only option that allows you to ever be part of any other lawsuit against the Defendant(s) about the summons(es) in this case. To ask to be excluded from the Settlement, go to [www.nypdsummons.com](http://www.nypdsummons.com) and follow the exclusion procedures in the FAQ section or page 5, Section VI of the Long Form Notice.

**Object to the Settlement.** Remain a Class Member but write to the Court about why you don't like the Settlement. Submitted Objections must be postmarked by April 24, 2017. You must still submit a Claim Form if you wish to object.

**Go to the Fairness Hearing.** You or your own lawyer may appear and speak at the hearing at your own expense. The Fairness hearing is on May 24, 2017 at 12:00 p.m. at the United States District Court for the Southern District of New York, 500 Pearl Street, New York, New York, Courtroom 18C.

**Do Nothing.** Get no payment and give up all rights to sue the Defendants on these claims.

This is only a Summary of the proposed Settlement. For more information and a claim form visit [www.nypdsummons.com](http://www.nypdsummons.com), or call 1-877-552-1290, or write to: Stinson v. City of New York, PO Box 2574, Faribault, MN 55021-9574. Claims will be handled by an independent administrator. Do not contact the Court or Defendants.

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# Commemorating the enduring legacy of the transatlantic slave trade

By Nelson A. King

As the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade was celebrated on Saturday, the United Nations says the legacy of the transatlantic slave trade endures.

"The transatlantic slave trade was the largest forced migration in history and undeniably one of the most inhumane," said the UN, adding that, over a 400-year period, "the forcible extraction of Africans from their motherland was unprecedented in the annals of recorded human history."

In 2007, the UN General Assembly declared March 25 as the International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade, to be



The Ark of Return, the permanent memorial to honor the victims of slavery and the Transatlantic Slave Trade, located at the Visitors' Plaza of UN Headquarters in New York. United Nations

observed annually.

The UN said the Day offered "an opportunity to honor those who suffered at the hands of the brutal slavery system."

The Day also aimed to raise awareness about the dangers of racism and prejudice today, the UN said.

This year, the theme "Remember Slavery: Recognizing the Legacy and

Contributions of People of African Descent" recognizes the horrors of the slave trade, while acknowledging that it led to an unprecedented transfer of knowledge and culture from Africa to the Americas, including the Caribbean, Europe and elsewhere.

The UN said enslaved Africans brought with them advanced tech-

niques of farming; working metals, such as gold and iron; and boat building; among others.

"Those skills need to be remembered and celebrated," the UN said

"This is a story that has shaped almost every culture of the world," Dr. Lonnie G. Bunch III, Director of the National Museum of African American History and Culture told the UN.

The commemoration also acknowledged the enduring contributions of the vibrant African Diaspora, "which continue to enrich cultures across the globe," the UN said.

"Through music, dance, spirituality, sport, literature, art and cuisine, the Diaspora has enabled societies to advance in science, technology, business, politics, law, social justice and international

diplomacy, to name just a few," the UN said.

Stressing the importance of remembering slavery and slave trade in human history, the legacy of which "resounds down the ages," UN Secretary-General António Guterres underscored the contributions that people of African descent in the Caribbean, among other places, have made and are continuing to make to their communities and to the world.

"We must never forget this dark chapter of human history," Guterres told a General Assembly meeting to commemorate the Day.

The UN said the descendants of slaves have made their mark as inventors, economists and jurists; as authors and scholars; as artists and athletes; as politicians and

civil rights leaders.

The UN noted that Mae Jemison was the first African-American woman to enter outer space; Ralph Bunche, the first African-American won a Nobel Prize and was one of the most respected and celebrated international civil servants in the history of the United Nations; and Derek Walcott, the poet and Nobel laureate from St. Lucia who died last week, "confronted the brutality of slavery and the legacy of colonialism through his poetry and writings."

"The United Nations and I personally attach the greatest importance to the challenge of slavery, past and present," said Guterres said, urging all to unite against hatred at this time of rising divisiveness and build a world of freedom and dignity for all.

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# COLLIN COX

Continued from page 1

“Between July [last year] and the time he passed away, he had seven [hospital] admissions,” she said before reading 1 Timothy 4:6-8. “Today, I say, ‘my conscience is clear; I have no guilt.’ I stand here, and I say, ‘I have no guilt.’”

Richard Cox, one of Mr. Cox’s elder sons, who was born in Trinidad and Tobago, said his doting father bestowed unadulterated love on his children from a previous marriage. Richard’s mother, the late Patricia Cox, Mr. Cox’s first wife, was also a Trinidad and Tobago native.

“[I] Just want to thank my father,” said Richard, who resides in Queens, New York, before reading the obituary. “We lost a great man.”

A mourner, who gave her name only as Tammie, said “Uncle Coll [for Collin] was in ‘our hearts,’” adding, too, that he was “a great man.”

Mr. Cox’s last daughter, Tricia, said: “One thing I’ve learned from this is life is short.”

Brooklyn resident Floyd Cox — who was born in Guyana to Mr. Cox’s eldest brother, Alick Cox, who had migrated to Guyana before eventually settling in Washington, D.C. — said his uncle was “a special person to me — never showed anger.

“He was a gentle, loving person,” Floyd Cox said. “I loved the man, and I’m saddened by his passing.”

Two other nephews — John Cox [born in Guyana, also to Alick Cox] and Daniel Cox [born in Trinidad and Tobago to Mr. Cox’s deceased brother Monroe Cox] — paid tribute to their uncle in song and on keyboard, respectively.

Using a cricket analogy, Bishop Ingham Hodge — pastor of the Lotus Unity Sabbath Church on Fenimore Street in Brooklyn, who officiated at the funeral said: “Life is like a cricket game; when you’re out, you’re like a spectator.

“And you sit down, and you can’t interfere,” Pastor Hodge said. “Collin loved his family, and that’s what it’s all about.”

Collin Oswald Cox was born on Oct. 8, 1937 to the late John and Muriel Cox, née Dennie, in Troumaca, a village



Mrs. Sandra Bain-Cox eulogizes her husband Collin COX. Photo by Nelson A. King

along mainland St. Vincent’s western coast.

Mr. Cox attended the Troumaca Government School before migrating to Trinidad and Tobago at a young age.

He represented “The Land of the Hummingbird” in cycling, and was renowned as a steel pannist.

Later on, he migrated to Brooklyn and worked at Kilroy Metal Products, Inc. until retirement.

But when one of his nephews, Keith Cox, opened the now-defunct Cox Nissan car dealership in the Bronx, Mr. Cox came out of retirement and worked for him. He also worked alongside his sons, Richard and Curtis Cox, at the dealership.

Besides his parents, first wife and brother, Monroe, Mr. Cox was predeceased by his eldest sister Elma Cox and his sons, Joey and Neil Cox.

Mr. Cox is survived by second wife Sandra; children Gail, Sherwin, Richard, Curtis, Wayne, Kent, Tricia and Ricky; 30 grand-children; two great-grand-children; brothers Alick, Vyron and Douglas; and sisters Mavis, Joan, Cordelia (“Cordie”) and Dofflyn.

His body was cremated immediately after the funeral service at a crematorium in Brooklyn. Mrs. Bain-Cox, returned to Kissimmee, FL, where she and Mr. Cox had moved from White Plains in Westchester County.

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# SWEET TROUBLE WITH SUGAR THANKS TO EUROPE

Continued from page 1

from Africa and the Pacific — the so called (ACP) Group of Nations — had negotiated a brilliant protocol governing sugar exports from dozens of nations with clauses that had included fixed prices, indefinite duration and fixed or guaranteed quantity quotas.

But how times have changed in recent decades. Back in 2005, the EU ignored strident protests from the ACP and slashed import prices by a whopping 36 percent, immediately making companies which were already not near profitable even more so.

The result was that authorities in Trinidad and St. Kitts decided that time had run out on sugar production dating back to the transatlantic slave trade. Factories in the two island nations ground to a halt, leaving only the four still in production and acres of standing cane plants with no factories to grind them.

James said that the meeting also decided that the four must also focus on an available market in the domestic Caribbean of up to 500,000 metric tons as a cushion for continuing changes in

the EU market. Guyana and Jamaica are the largest sellers to the EU with a combined fixed quota of about 350,000 tons, or about 80 percent of their annual production in a good year.

“With our exports still focused on EU markets, the Caribbean sugar industry faces a period of instability and change, and must urgently adapt in order to meet the challenge of competing with other sugar-producing nations worldwide which have lower production costs in a global market heavily distorted by trade barriers and government support”.

James and Komal Chand, head of the Guyana Agricultural and General Workers Union, both say Britain’s decision to leave the EU will also complicate matters and no one knows exactly what the implications of the divorce would be. The union is the largest in the region. After all, the sugar sale arrangement is with the EU and not the UK individually.

But the bugbear remains high production costs, as is the case in Guyana where a pound of sugar is produced at almost 35 American cents, double the price of sugar on the market.



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# Cuomo announces initiative to transform Brooklyn's healthcare

## Kingsbrook Jewish Medical Center—

Gov. Cuomo announced the \$1.4 billion Vital Brooklyn initiative that will transform the Central Brooklyn region. The groundbreaking proposal will target and invest in eight integrated areas, establishing a national paradigm for addressing chronic disparities, like systemic violence and entrenched poverty in high-need communities.

The comprehensive plan will focus on increasing access to open spaces and healthy food, while transforming the healthcare system by increasing access and quality of health care services and preventive care. Vital Brooklyn will also create a stronger, more sustainable Central Brooklyn by prioritizing strategic investments in resiliency and affordable housing, as well as job creation, youth development, and community violence prevention.

In response, Dr. Linda Brady, president and CEO of Kingsbrook Health Care System, shared her sentiments.

“Gov. Cuomo’s innovative multidimensional and integrated wellness initiative for Central Brooklyn is not only a model for New York State, it places him among the few forward thinking elected officials nationally,” she said. “Over 70 percent of the factors that lead to better health and wellness are related to the social determinants of health, such as safe affordable housing and environments, access to healthy and affordable foods, education that leads to good-paying careers and jobs, safe and open spaces in which people can be physically active. He is addressing the root causes of the health disparities that plague our communities. Kingsbrook looks forward to working with the Governor’s office and our community to create a Medical Village on our campus and provide vital components of this wellness initiative. We appreciate and applaud Gov. Cuomo’s vision and commitment to Central Brooklyn.”

Kingsbrook Jewish Medical Center is a 769-bed teaching medical located



in Central Brooklyn. Centers of Excellence include the Neurosciences Institutes, providing care in general neurology, rehab and stroke care; Kingsbrook Rehabilitation Institute, offering physical and rehabilitative medicine, including Brooklyn’s only New York State-approved Traumatic Brain Injury

and Coma Recovery Unit; the Comprehensive Behavioral Health Center, comprised of inpatient psychiatry, geriatric psychiatry and outpatient psychiatry; and the Bone and Joint Center, providing care in joint replacement and sports medicine. For more information, please visit [www.kingsbrook.org](http://www.kingsbrook.org).

# Beyond Milk: A Balanced Diet for Bone Health

It is commonly understood that the best way to maintain bone strength is by drinking milk. Milk contains calcium and is usually fortified with vitamin D. These two nutrients are vital for bone health by reducing the risk for osteoporosis, a condition in which bones become brittle and easily break. However, these nutrients are not the only ones required for skeletal health. A truly bone healthy diet requires fruits, vegetables and lean protein in addition to dairy.

“In addition to calcium and Vitamin D, magnesium, potassium, and vitamins C and K are all important nutrients for promoting bone health,” said Edmund Giegerich, M.D., chief of endocrinology at NewYork-Presbyterian Brooklyn Methodist Hospital. “Consuming these nutrients on a regular basis is key to preventing osteoporosis, and fortunately, they are available in a variety of foods.”

To foster bone health, consider eating foods such as:

- **Fish.** In addition to calcium and vitamin D, fatty



fish such as salmon, sardine, tuna and mackerel contain omega-3 fatty acid, which helps the body preserve bone density.

- **Dark leafy greens.** Spinach, kale and mustard greens are also excellent sources of calcium, and are loaded with vitamin K, a nutrient associated with lower rates of hip

fracture. Vitamin K is also necessary for the body’s processing of osteocalcin, a calcium-binding protein that promotes bone density.

- **Cruciferous vegetables.** Cabbage and broccoli contain high levels of magnesium, which helps the body metabolize calcium and vitamin D.
- **Citrus fruits and pep-**

**pers.** Bell peppers and citrus fruits such as oranges, grapefruits and lemons are chock-full of vitamin C. Vitamin C is needed for the body to produce collagen, a protein that makes up the primary tissue in bone.

- **Bananas.** Bananas contain magnesium and potassium, a nutrient that can counteract calcium loss resulting from a diet high in sodium.

However, eating the right foods is not all that is required for strong bones. “In addition to consuming foods that boost bone density, it is important to limit the intake of foods that can result in calcium loss,” said Karen Kupinski, M.P.H., R.D., director of clinical nutrition at NewYork-Presbyterian Brooklyn Methodist Hospital. “Excessive sodium consumption can prevent the body from absorbing calcium, leading to an increased risk for developing osteoporosis.”

Sodium is a mineral necessary for controlling the body’s fluid balance, and is usually consumed through salt. It also

helps send nerve impulses and affects muscle function. The U.S. Food and Drug Administration recommends consuming no more than 2,300 milligrams of sodium per day, but the average American’s daily sodium intake is 3,400 milligrams. Sodium intake can be reduced by avoiding packaged salty snacks like potato chips and by eating fresh cuts of meat rather than processed meats like bacon or ham. When cooking, use ingredients such as garlic, rosemary, curry powder and sage rather than relying solely on salt for flavor.

Eating for bone health is a life-long process. Smart choices made at a younger age can help promote a better quality of life later on and keep bones strong for decades to come

*To schedule an appointment with an endocrinologist affiliated with NewYork-Presbyterian Brooklyn Methodist Hospital, call (866) 445-2632 or go to the Find a Doctor tab at [nyp.org/Brooklyn](http://nyp.org/Brooklyn).*

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## FOCUS ON *Health*

# Ingredients that help fight inflammation

Those outside of the medical profession may consider inflammation a negative thing.

However, inflammation is an attempt by the human body to heal itself. Inflammation that does not overstay its welcome can help protect the body from bacterial and viral infections.

Inflammation can be poor for health when it is a constant occurrence. Autoimmune diseases often trigger inflammatory responses even when there is no threat of infection, and that can cause the immune system to damage its own tissues.

The right diet can help reduce instances of inflammation, and the following are some ingredients to consider eating more of to fight symptoms of inflammation:

**Ginger:** Researchers at the University of Michigan Medical School found that ginger supplements reduced markers of colon inflammation in a select group of patients.

In the study, conducted during a period of 28 days, 30 patients were randomly assigned either two grams of ginger root supplements per day or a placebo. After 28 days, patients who had taken the ginger supplements had significant reductions in inflammation.

That's a considerable finding, as colon inflammation has been linked to a higher risk of colon cancer.

**Turmeric:** Used primarily for flavoring, turmeric is a spice closely related to ginger and



Certain dietary changes can counter inflammation problems.

contains polyphenolic compounds known to help in the fight against inflammation.

Turmeric can be added to stews and sauces, and some studies have indicated that it can alleviate the pain caused by osteoarthritis, a potentially painful condition that occurs when the joints' natural shock absorbers break down.

**Extra-virgin olive oil:** Extra-virgin olive oil is a staple of the Mediterranean diet, an approach to eating that emphasizes fish, fruits, vegetables, beans, and whole grains. The Mediterranean diet can reduce inflammation, and it also has been linked to a lower risk of heart attack and heart disease. It may even help prevent stroke and Alzheimer's disease.

**Vegetables:** Men and women who eat lots of different vegetables may be less likely to develop inflammation. According to a study by the American Gut Project, people who eat more than 25 species of plants

per week have a greater assortment of bacteria in their stomachs than those who eat fewer than 10 per week. That's because the greater variety of produce and legumes helps to increase the amount of healthy bacteria lining human stomachs, and that healthy bacteria helps to reduce instances of inflammation.

**Omega-3 fatty acids:** Omega-3 fatty acids, commonly found in certain types of fish, help suppress cytokines and other inflammatory chemicals. Salmon, herring, sardines, and anchovies are loaded with omega-3 fatty acids, and eating fish twice a week can not only reduce inflammation but also decrease levels of LDL cholesterol, often referred to as "bad" cholesterol.

A certain amount of inflammation is a good thing.

But men and women who find themselves routinely battling inflammation may want to make certain dietary changes to counter their inflammation problems.

# NYC ELDER CARE



Senior Health & Planning 2017



# Hundreds experience NYC Elder Care Expo

First-ever gathering of services for the elderly a rousing success

**COMMUNITY NEWS GROUP**

It's the benefits of getting older!

More than 800 residents from Brooklyn and beyond eager to learn about the many ins and outs of caring for the elderly headed to the Kingsway Ballroom in Marine Park on Sunday, March 19 and came away with the knowledge they needed to plan for the future, thanks to the Elder Care Expo sponsored by your friends at Courier Life, Community News Group, and the JCC of Marine Park.

"You get a lot of good information about senior care and health care," said attendee Bonnie Katz. "They should do this again, every year."

It looks like she might get her wish, as one of the organizers of the event said it was even more successful than anticipated.

"The people kept coming and coming," said Courier Life publisher Cliff Luster. "And they seemed to go away happy."

The event featured more than 60 vendors in health care, home care, insurance, and all your medical needs, alongside seminars addressing topics such as managed long-term care, Medicare and Medicaid planning, wills, trusts and estate planning, and how to navigate home care.

"Our goal was to bring together the leaders in

health care and elder services to provide the public with full access to them," said Luster. "We know this process can be daunting and are confident the Elder Care Expo answered many of the questions our guests had."

It also featured nine seminars to educate seniors, caregivers, and families on how to learn about a wide variety of resources and services available for the elderly, while offering helpful advice.

They included:

- Debunking popular myths about elder care
- Safety concerns of your senior: Fraud, fear, and facts
- What you need to know about vascular health: Important concepts and misconceptions
- Urology in the elderly
- Navigating home care
- Medicare and medicaid planning
- Wills, trusts, beneficiary designations, and estate planning
- Understanding managed long term care
- The benefits and pitfalls of probate

"We're looking forward to providing this valuable community resource again in Brooklyn," Luster said.



**RAVE REVIEWS:** Attendees Bonnie and Henry Katz told our roving shutterbug, "We're having a fantastic time walking around. You get a lot of good information about senior care and health care. And there are a lot of goodies and free food. They should do this again, every year!"

Photo by Jordan Rathkopf



**READY TO HELP:** Aetna representatives Rosa Nagovich and Angiolino Campodonico.

Photo by Jordan Rathkopf



**SENIORS IN MIND:** (Above) Senior Whole Health's Ximena Restrepo helps seniors find affordable healthcare. (Left) Ralph D'Onofrio, Community News Group vice president of advertising, and Courier Life publisher Cliff Luster welcome attendees to the Elder Care Expo.

Photos by Jordan Rathkopf



**SOMETHING FOR EVERYONE:** (Left) Andrea Misir from Centers Health Care brought dessert. (Right) Attendee Barbara Macnamara gets diagnostics from Advanced Cardio Diagnostics nurse Alicia Ellington.

Photos by Jordan Rathkopf

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# Trusting trusts

Seminar's focus: Avoid financial ruin

**COMMUNITY NEWS GROUP**

Many residents are in the dark about the type of financial crisis that could come if they or a member of their family needs long-term care for any reason.

According to David Cutner, whose seminar titled "Wills, Trusts, Beneficiary Designation, and Estate Planning" enlightened many at the Community News Group's Elder Care Expo, two out of every three people above the age of 65 will need some kind of long-term care at some point in the future.

Many times, that care can be paid for by the government — but only if the person needing it has played his or her cards right.

In his breakdown of how to be prepared for the worst, Cutner explained that knowledgeable Elder Law attorneys can provide solutions to minimize risks, and pointed out how cost-effective strategies can protect assets and income, providing both financial and emotional relief.



**CENTER STAGE:** Lamson and Cutner's founding partner David Cutner speaks about Elder Law and estate planning.

Photo by Jordan Rathkopf

**INFO TO SHARE:** (Top) Tom Fagan of Lamson and Cutner talks trusts with an attendee. (Above) A full house listens to what David Cutner has to say. Photos by Jordan Rathkopf

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Continued on page 34



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**ARMED AND READY:** Alfred Colon of Renaissance came bearing plenty of pamphlets.

Photo by Jordan Rathkopf

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**AT YOUR SERVICE:** Alan Toporovsky, the Homeward Bound Dentist, serves homebound patients, coming directly to them for their dental needs. Photo by Jordan Rathkopf



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**BRINGING EVERYONE TOGETHER:** From left, Yitzky Weinberg, assistant executive director of the Jewish Community Center of Marine Park, and Shea Rubenstein, executive vice president of the center, take a minute to chat with Councilman Alan Maisel. Photo by Jordan Rathkopf

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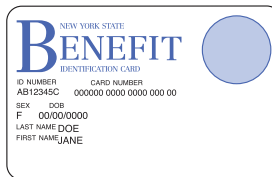
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## Are you or a loved one turning 65?

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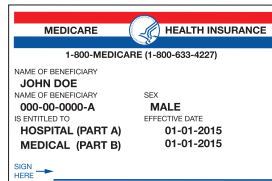


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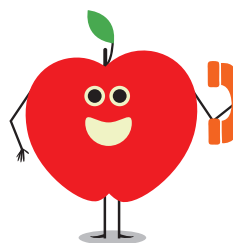
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# Dr. Alan P. Goldman: Treating And Relieving Arthritis Pain

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

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

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

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

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

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

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

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

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

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

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

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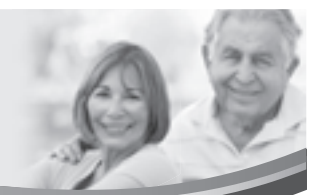
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# Helping a parent after the loss of a spouse

Few children, even adult children, are ever prepared enough to help a parent deal with the loss of a spouse. In addition to coping with their own loss of a parent, many adults must find a way to help a parent who just lost the love of his or her life.

While it is never easy helping a parent in such a situation, there are ways to help a parent cope with such a significant loss.

**Be mindful of your parent's health.** Sadly, a common side effect of losing a spouse is showing less interest in one's own health. Kids must make sure their parents continue to eat regularly. Invite your parent over for dinner a couple of nights a week, and go over to your parent's home for dinner a couple of additional nights. If you have siblings, share this responsibility. Also, you can cook for your parent just like he or she used to cook for you.

While physical health is important, be sure your parent maintains his or her mental health as well. Depression

is common among those who have lost a loved one, so ask your parent about her feelings, and if she is getting enough sleep. If you have your own kids, bring them over whenever possible. Nothing puts a bigger smile on a grandparent's face than the sight of his or her grandchildren.

**Allow them some space to be themselves.** While you might want to stay as close as possible to your parent, you also need to give her some space to be herself. Your parent just lost her spouse, and it's perfectly natural for her to want some time alone. Afford her this opportunity, but be mindful to check in with her regularly and not allow her to spend too much time alone.

**Engage your parent as much as possible.** When both your parents were still alive, you might not have invited them along to the movies or when taking your own kids to a sporting event. However, it's important to engage your parent in such activities now, as she might not get a chance to do such things otherwise.

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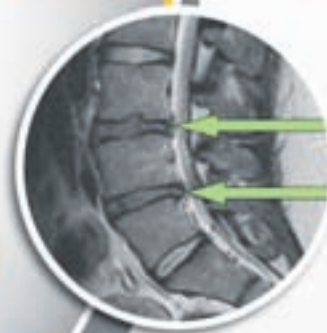
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# Early Detection of Heart Disease at BRMI

BY DR. JOSEPH ABRAMS

Now is a great time to get a heart checkup and commit to a healthy lifestyle that will lead to a lifetime of heart health. One of every four deaths are caused by heart disease, making heart disease the leading cause of death for men and women in the United States and worldwide. The aim of American Heart Awareness is to reduce the risk of heart disease through early detection and healthy lifestyle. With early detection, heart disease can be managed and treated before it results in heart attack or death. Detecting a ticking time bomb before it's too late leads to a longer healthier life.

Doctors are now able to view the heart and its arteries with a CT scan. A CT scan of the heart, also known as a cardiac CT or coronary CT angiogram, has been shown to be a very reliable way to non-invasively check for blockages and areas of narrowing in the heart's arteries (coronary artery disease). This simple test determines a patient's future risk of adverse cardiovascular events, and identifies specific areas of disease within the coronary arteries. In the past, this information could only be reliably obtained from an invasive test known as a cardiac catheterization which involves inserting a catheter into the arteries themselves.

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ing (BRMI) is proud to offer the next generation of cardiac CT, providing even greater degrees of resolution, clarity, and definition. The new Revolution EVO delivers twice the spatial resolution of other CT scanners to show details as small as 0.28 mm, and provides a 135% improvement in detectability to potentially improve treatment paths. This

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# New revolving loan funds for minorities

By Dawn Plummer

In collaborative efforts between New York City Mayor Bill de Blasio's office and the City's Department of Small Business Services, applications are now open for minorities and women in small business to access more loans to expand their businesses.

New York City's First Lady Chirlane McCray and Deputy Mayor for Strategic Policy Initiatives Richard Buery made this announcement at the Brooklyn Historical Society on Thursday, March 23.

McCray in her opening remarks focused on the importance of having women in New York City participating in entrepreneurship and maximizing the opportunities available to them. The First Lady said, "through the office of Minority and Women-Owned Business Enterprises, we are unleashing one of the city's greatest resources — the talents of thousands of women."

She also used the opportunity to welcome and acknowledge all women business owners for their fierceness to foster growth, "Women Empowerment New York City honors you today during this observation of Women's History Month," McCray noted.

The new loan program aims to help its participants become more independent in their business operations. "This takes them from getting by to becoming business owners on their own terms," First Lady Chirlane said.



First Lady Chirlane McCray delivers remarks at the Women Entrepreneurs NYC event with Deputy Mayor for Strategic Policy Initiative, Richard Buery, at Saint Ann's School in Brooklyn on Thursday, March 23, 2017. Credit: Joanna Graham/Mayoral Photography Office

Joanna Graham

The program is directly managed by the Department of Small Business Services. First Lady Chirlane explained that through the (M/WBE), business owners are allowed to borrow up to \$500,000.00 capped at a three percent interest rate. One key aspect of launching the low rate program, the first lady noted, was to provide a path for more minorities and women business enterprises to win and successfully perform on City Contracts. Eligible borrowers are minorities and women business enterprises certification holders as well as recently certified small business owners. The program

is already operational and eligibility depends on how viable your business is to make repayments.

Deputy Mayor Buery in his comments said the Minority and Women-Owned Business Enterprises was established to assist minorities and women in business play a vital role in the city's economy. He said the \$500,000 loan program is "a direct step to stop inequality... loans are now open for business, you can apply today." The deputy mayor requested that women and minorities participate in the low interest loan program, as this increases their opportunity

when seeking to do business with New York City.

Commenting also on the need for minorities and women to take advantage of the contract financing loan fund was Senior Advisor and Director of Minority and Women-Owned Business Enterprises program in Mayor Bill de Blasio's office Jonnel Doris. He said that the Minority and Women-Owned Business Enterprises sees the program as an opportunity to work with the participants and asked that more eligible small businesses participate. According to Doris, "...this fund will help make your business sur-

vive, small business owners face tough issues, this is upfront capital." "There are opportunities for you to sustain and expand your business," Doris added. The new user-friendly applications are simple and the completion process can be expedited quickly, Doris commented.

There is an all time high of some 4,500 Minority and Women-Owned Business Enterprises small businesses currently certified with the New York City, and according to reports announced at this meeting, this is a number Mayor Bill de Blasio hopes to double by 2019.

## SMALL BUSINESS RESOURCES

### Small Business Energy | SmallBusinessEnergy.com

[www.smallbusinessenergy.com/NewYork](http://www.smallbusinessenergy.com/NewYork)

Save on Small Business Energy Bills and Compare Rates. Get a Quote Now!

### NYC Small Business Resource Center | The New York Public Library

[smallbiz.nypl.org](http://smallbiz.nypl.org)

### Small Business Services - Empire State Development New York

[www.esd.ny.gov/smallbusiness.html](http://www.esd.ny.gov/smallbusiness.html)

### Small Business - Business First - New York State

[www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html](http://www.nyfirst.ny.gov/ResourceCenter/SmallBizMenu.html)

### 2013 New York, NY Small Business Resource

[www.sba.gov/sites/default/files/files/resourceguide\\_3135.pdf](http://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](http://www.nysl.nysed.gov/reference/busref.htm)

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

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

[manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm](http://manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm)

Find resources and advice on starting a business in New York City. Get information on New York business licenses and incorporation, free NYC resources for starting a business.

### Your Money New York - Help and Resources for Small Businesses

[www.yourmoneyny.com/help-resource/smallbusiness/index.php](http://www.yourmoneyny.com/help-resource/smallbusiness/index.php)  
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.htm](http://www.bcnys.org/inside/smallbusiness.htm)

Capital Business Blog - Read about the issues.

Visit [www.nyfirst.ny.gov](http://www.nyfirst.ny.gov) to learn what New York State can do for businesses.

### Resources for Businesses in New York City - bfindapc.com

[www.bfindapc.com/...business-resource.../resources-for-businesses-i](http://www.bfindapc.com/...business-resource.../resources-for-businesses-i)  
If you operate a business in New York City, you are especially fortunate. The city has pulled together a wealth of resources for small business owners.

### Small Business Resource Guide - New York - HUD

[www.hud.gov/offices/osdbu/resource/guide/local/newyork.cfm](http://www.hud.gov/offices/osdbu/resource/guide/local/newyork.cfm)  
100+ items – to assist the small business community in the State of New York.

# HEROC to host tea party and hat parade for charity

By Tangerine Clarke

Fresh from a successful medical mission to Guyana that included a Cancer Awareness walk, in collaboration with the Giving Hope Foundation, members and friends of the Health Education and Relief Organization For Cancer Inc. (HEROC) will dress to impress on Sunday, April 23, at its Annual Tea Party and Hat Parade, to raise funds to continue its urgent work.

The five-hour, 3 pm to 8 pm event, will be held at St. Gabriel's Golden Banquet Hall, 331 Hawthorne St., Brooklyn said President of HEROC, Lorna Welshman-Neblett, who praised the organization for its commitment to give prostheses, prosthetic bras, regular bras, medical supplies and other equipment to meet the medical needs of cancer patients.

Welshman-Neblett is calling on patrons to book tables as soon as possible for the Easter affair, since this year's presentation will be an evening of beauty, competition and enjoyment.

Patrons are invited to wear their best Easter bonnets and spring-fling outfits to made an impression at the fanciful event, that the organization has worked diligently to plan.

The Tea Party will

host 25 tables with seating of 10 persons at each table, decorated with eye-catching centerpieces, and judged by a team of professional, who will present winning prizes.

The categories include, best dress male and female Tea party outfit, Best Easter Hat, and Best Decorated Table.

In addition to surprise give-aways during the planned evening of elegance, patrons will be treated to a lavish program at the themed Easter celebration, while making donations to help cancer survivors and patients in critical need of help.

HEROC, said Welshman-Neblett, consists of people who are motivated and willing to work towards giving back to their country of birth by helping others who are afflicted by the dreadful disease of cancer. Our mission statement speaks on this subject.

During the organization's recent fundraising Breakfast Morning, President Welshman-Neblett thanked donors for their continuous support. They were Pamela McKenzie, Pam's Bakery; Vibert 'Cookie' Bernard, Sybil's Bakery & Restaurant; Edgar Henry, Caribbean Vision Center; Joseph McElroy, Clarins Fragrance Group and Joyce Chase towards their

efforts in 'Giving Cancer the Boot.'

Survivor Recognition Awards were given to a mother and son, Gwendoline Barker (Breast Cancer), Peter Barker (Non-Hodgkins Lymphoma) and Pearlene Vesta Wilkinson (Breast Cancer).

Other HEROC members include: Harold Lutchman, vice president; Barbara Chase, team leader and medical liaison; Marion Theresa Nadir, recording secretary; Shirley Collins — assistant recording secretary; and Robert Fraser, nurse & medical liaison.



President of HEROC, Lorna Welshman-Neblett center, with models at a previous Tea Party and fashion show. Photo by Tangerine Clarke



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2 bedroom		\$1082	11	→	2 people	\$38,503 - \$43,500
					3 people	\$38,503 - \$48,960
					4 people	\$38,503- \$54,360

<sup>1</sup> Rent includes gas for cooking.

<sup>2</sup> Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

<sup>3</sup> Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

<sup>4</sup> Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

### How Do You Apply?

Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application **by mail, send a self-addressed envelope to: Fifth Avenue Committee-621 Degraw Street, Brooklyn, NY 11217**. 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 **May 19, 2017**. 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](http://nyc.gov/housingconnect). Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217**. En el reverso del sobre, escriba en inglés la palabra "SPANISH". Las solicitudes se deben enviar en línea o con sello postal antes de 17 de mayo 2017

**简体中文** 访问 [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至**Fifth Avenue Committee 621 Degraw Street Brooklyn, NY 11217**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请2017年5月17日。

**Русский** Чтобы подать заявление через интернет, зайдите на сайт: [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Fifth Avenue Committee 621 Degraw Street, Brooklyn, NY 11217**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 17 мая 2017

**한국어** [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를**Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217**, 으로 보내주세요. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주세요. 2017년5월17일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

**Kreyòl Ayisyen** Aplike sou entènèt sou sitwèb [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anviwo ki gen adrès pou retouren li nan: **Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217**. Nan deyò anviwo la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat me 17, 2017

**العربية** تقدم طلب عن طريق الإنترنت على الموقع الإلكتروني [nyc.gov/housingconnect](http://nyc.gov/housingconnect) للحصول على ترجمة باللغة العربية لهذا الإعلان ولتمنوح الطلب الورقي، أرسل منظوف يحمل اسمك وعنوانك إلى **Fifth Avenue Committee 621 Degraw Street, Brooklyn NY 11217** على الجهة الخلفية للمنظوف، اكتب باللغة الإنجليزية كلمة "ARABIC"، يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 17 مايو 2017

Mayor Bill de Blasio • HPD Commissioner Maria Torres- Springer



## Migrants nabbed

By Nelson A. King

The United States Customs and Border Protection agency says its Air and Marine Operations and the Puerto Rico Police Department have intercepted a wooden "yola" type vessel with 34 undocumented migrants from the Dominican Republic and Haiti attempting to enter off the western coast of Puerto Rico.

CBP said on Friday that four men were transported to the island and faced criminal charges.

Melvin Almonte-Gutiérrez, Alfonso Rodríguez, Nicolas Santos and Lucas Dela Cruz-Alvarez, citizens of the Dominican Republic, are facing charges for attempting to re-enter after a previous deportation, CBP said.

It said that on Wednesday, a CBP aircraft crew detected a small 25-foot wooden "yola" vessel with one outboard engine, with more than 20 persons on board, heading eastbound towards Rincon, Puerto Rico.



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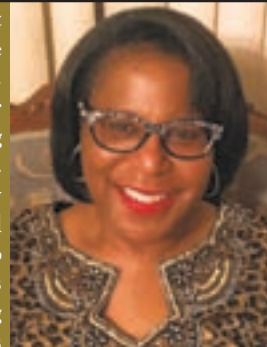


**Merle Warren**

It was a great honor to have received such a prestigious and distinguished award. It was a realization of a huge life dream to be recognized by my peers for my ongoing contribution in the field of healthcare. This award has given me a chance of a lifetime to be more proactive in the field. For me, it's "The Noble Prize for Health".

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# ENTERTAINMENT

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Guitar guy: Malian guitarist and musician Vieux Farka Touré will perform songs from his album "Samba" at Bric on April 6. Christian Nitard

## Touré's tour

By Alexandra Simon

Good golly, it's Mali!

Malian guitarist and rock musician Vieux Farka Touré will launch his seventh album "Samba" with a concert in Fort Greene on April 6. The show is the first stop on his world tour, and the African artist says he is elated to return to Brooklyn — the site of his very first concert in the United States.

"It has been a long time since I have played at a club in Brooklyn," said Touré. "I think the last time was at [now-closed venue] Zebulon in 2007, which was my first concert ever in the United States so I am very happy to return to Brooklyn. It is like playing in a hometown for me, and since it has been so many years, I am excited for this."

Continued on Page 49

## Lefty laughter

By Claire McCartney

Look out — this comedy show has an agenda!

A Canadian comedian has launched a touring comedy show to promote the values of his multicultural, maple syrup-loving homeland. "The Most Races Show on Earth," coming to the Knitting Factory in Williamsburg on April 11, aims to push diversity by bringing together comedians and audiences of all races, cultures, religions, and sexual orientations. The show's founder says the power of laughter will help him to indoctrinate audiences with the beliefs of his hometown of Toronto, sometimes called the most multi-cultural city on Earth.

"All diversity does is offer perspective, and how I present it to audiences

Continued on Page 50



Cuban pianist Elio Villafranca will play his "Cuba — Senegal: Letters to Mother Africa" series at Aaron Davis Hall on March 31.

## Cuban maestro showcasing Diaspora connection in concert

By Alexandra Simon

Cuban pianist Elio Villafranca is returning with his Letters to Mother Africa series, this time with "Cuba — Senegal: Letters to Mother Africa II" at Aaron Davis Hall on March 31. The concert will be an extension of his first installment, this time highlighting African roots of Cuban music and connecting a relation-

ship between Cuban and Senegalese music, he said.

"The upcoming concert is a continuation and I present a second part of what I already presented, although this time I will be focusing more on Cuba," said Villafranca. "Africa is still the theme and it's what links both — but the focus is on Cuba and Senegal."

He is elated to bring the concert to Harlem where he is playing for the first time, especially since the neighborhood was the home of Harlem Renaissance music legends he admires such as Duke Ellington and Louis Armstrong, he said.

"I never played in Harlem, so I'm excited to do that because Harlem is

Continued on Page 50

## TOP OF THE CHARTS

### TOP 10 SINGLES



- 1 **Sorry**  
Justin Bieber
- 2 **Love Yourself**  
Justin Bieber
- 3 **Stressed Out**  
twenty one pilots
- 4 **Hello**  
Adele
- 5 **In the Night**  
The Weeknd
- 6 **Here**  
Alessia Cara
- 7 **Same Old Love**  
Selena Gomez
- 8 **Stitches**  
Shawn Mendes
- 9 **Roses**  
The Chainsmokers feat. Rozes
- 10 **When We Were Young**  
Adele

### TOP 10 ALBUMS



- 1 **ANTI**  
Rihanna
- 2 **Islah**  
Kevin Gates
- 3 **This Is Acting**  
Sia
- 4 **Nine Track Mind**  
Charlie Puth
- 5 **25**  
Adele
- 6 **Purpose**  
Justin Bieber
- 7 **Let Me Get By**  
Tedeschi Trucks Band
- 8 **Traveller**  
Chris Stapleton
- 9 **Blurryface**  
twenty one pilots
- 10 **TRAPSOUL**  
Bryson Tiller



# Maestro

Continued from page 49

a dear place,” said Villafranca. Those legends celebrated Africa in their music and he will be paying homage to them and the by-product of their artistry, he said.

“I look at the music of American composers who were doing something in relation to Africa and celebrating that legacy,” he said. “I’m going to be expanding a little bit on that concept but I’m still gonna touch on those American composers who also celebrated Africa and since we’re going to be doing it in Harlem, it seems appropriate to do that.”

At the concert, Villafranca will play never before heard music pieces he composed for films and some compositions from his mentors, he said. Unlike his previous show, this concert has some new sounds and new additions, said Villafranca.

“This time the band is bigger and I’m bringing a set of music that is very unique in a sense that I’m not only using just percussion,” he said. “I’m also using strings — African strings.”

But to really highlight Cuban and Senegalese music, two percussionists one from each coun-

try will be playing, which Villafranca said he was looking forward to the most.

“The combination I’m having is really intense because I have two percussionist — one from Cuba and one from Senegal,” he said. “I’m excited to have both of them playing together because they are both tremendous percussionists.”

Villafranca said acknowledging the African roots of Cuban music was essentially the basis of his series, and so was finding similarities between Senegalese music and instruments.

“Cuban music is a combination of classical music and music from Africa — that’s basically what conforms Cuban music,” said Villafranca. “You can’t talk about Cuban music without talking about African or European influence — that’s the configuration of Cuban culture.”

As a music professor at Juilliard School of Music, he says to there is no way to fully grasp any genre of music without recognizing its roots. He also says that coming to the states made that reminder clear to him studying jazz, and it is an extensive passion for him to also find connections.

“For me to understand the music of this country I have to go back to the roots and trace the steps back and learn the history,”



Villafranca says his concert will explore similarities between Cuban and Senegalese music. Maïke Schulz

said Villafranca. “I always try to talk about the roots of my country but also the roots of the region because we all share that and similar rhythms, and that’s been my mission for the past 15 years.”

“Cuba — Senegal: Letters to Mother Africa II” at Aaron

*Davis Hall at the City College Center for the Arts [129 Convent Avenue between W. 133rd and W. 135th streets in Manhattan, www.citycollegecenterforthearts.org, (212-650-6900)]. March 31 at 7:30 pm. \$20–30 (\$20 for seniors and students).*

## LAUGHTER

Continued from page 49



Neil Bansil’s comedy show “Most Races Show on Earth” will showcase great diversity among its performers.

is through comedy — through laughter,” said Neil Bansil. “I just want to give people a taste of Toronto and how I grew up, and maybe, over time, change will come.”

To promote his sinister agenda of tolerance and understanding, Bansil recruited seven performers from different backgrounds and cultures. The lineup includes Brooklyn comedian Rob Haze, Sheng Wang — a lead writer for the show “Fresh Off The Boat,” Drew Thomas, Nuyorican comedienne Gina Brillon, Daniel Tirado, and Eman El Husseini.

Bansil said that he looked for comics who can slip past an audience’s defenses and connect across cultures.

“The comedians I tend to gravitate towards are the ones who are authentic and have an

ability to connect to audiences on a deeper level than just making them laugh,” Bansil said. “It’s a personal goal for me to scour and feature comedians from all backgrounds who I feel can make it to the next level in comedy.”

And the election of Trump has only made Bansil more determined to spread his message, he said.

“Race relations has always been a hot topic in the U.S., but ever since the election we have seen a rise in hateful rhetoric and it has emboldened a previously silent majority to think that it’s now okay to blame the problems of the U.S. on immigrants, on religion, on sexual orientation,” said Bansil. “The good news is, it has also emboldened those who embrace diversity and multiculturalism to double down on their efforts to show support against hateful people.”

“The Most Races On Earth Show!” at the Knitting Factory [361 Metropolitan Ave. at Havemeyer Street in Williamsburg (347) 529-6696, bk.knittingfactory.com]. April 11 at 8:30 pm. \$20.

## TOURÉ

Continued from page 49

Touré, the son of Grammy-winning artist Ali Farka Touré, plays traditional Malian music as well as Malian blues and rock, but said that he is also inspired by reggae, hip-hop, and jazz. He hopes to create a new sound for his country, just as his father and artists like B.B. King, John Lee Hooker, and James Brown carved new paths.

“These guys are all very strong musical

leaders who were not just masters in their styles but paved the path for entire new styles on their own,” he said. “What I am trying to do with my music is to further the path of Malian music to go into new areas while also staying authentic to me and to my culture.”

But his experimental sound will still sound familiar to American ears, he said.

“I want people to know that the style of music that I play — it might seem strange or foreign to some people but it is based on all the same things as your favorite Ameri-

can rock group,” said Touré. The concert will be a joyful occasion, and the rhythms will have people dancing, regardless of any language barriers.

“If you like to see good live music, dance and have fun, then you should come to the concert — it’s really quite simple,” he said. “I play music because it brings me joy and I like to spread that joy to all who will listen.”

*Vieux Farka Toure at Bric Arts Media [647 Fulton Ave. at Rockland Place in Fort Greene, (718) 855-7882, www.bricartsmedia.org]. April 6 at 8 pm. \$18 (\$15 in advance).*

# The abbreviated life of legendary Jazz great

"I Called Him Morgan"  
Excellent (4 stars)  
Unrated  
Running time: 92 minutes  
Production Studio: Kasper Collin Produktion  
Distributor: Submarine Deluxe

By Kam Williams

Legendary jazz great Lee Morgan (1938-1972) was born and raised in Philadelphia where he received his first trumpet as a gift from his sister on his 13th birthday. He soon became a protege of Clifford Brown who would die in a car accident at the tender age of 25.

Lee passed away prematurely, too, though he was murdered by his common-law wife, Helen, in a fit of jealous rage. She blew him away in between sets at a Greenwich Village cabaret because not only was he cheating on her but had the temerity to bring his mistress with him to the club that night.

Written and directed by Kasper Collin, "I Called Him Morgan"



Lee Morgan (left) with an unidentified musician.

Francis Wolff © Mosaic Images LLC. Courtesy of Film Rise/Submarine Deluxe/Kasper Collin Produktion AB

is a warts-and-all retrospective chronicling the highs and lows of Lee's checkered career. He enjoyed a meteoric rise as a member of Dizzy Gillespie's big band while still in his teens, only to eventually become broke because of a heroin habit that made him so unreliable that nobody in the music industry would hire him anymore.

Upon bottoming out, Lee was lucky to meet Helen, a

woman 14 years his senior who put him in rehab and let him move into her Manhattan apartment after he got cleaned up. She subsequently became both his lover and his business manager, negotiating deals and escorting him to gigs.

Initially very grateful, Lee proceeded to make the most of the shot at redemption she afforded him. He resumed performing and churning out

albums, and became a very productive and respected member of the jazz community again.

Unfortunately, the accolades and attention accompanying success apparently went straight to his head, and he started taking Helen for granted. Lee had an eye for the ladies and, when he stopped coming home at night, Helen issued him a warning that she couldn't handle such insulting mistreatment.

Their turbulent relationship came to a head on the night of Feb. 19, 1972 after a heated exchange at Slug's Saloon. First, Lee's new girlfriend confronted Helen. Helen then slapped Lee. Lee tossed Helen out of the bar and into a blizzard without a coat. Helen came back with the gun Lee had given her for protection and shot her philandering man once in the chest. Since it took an ambulance over an hour to arrive due to the heavy snowfall, Lee bled out.

What makes this film so fascinating is that much of it is narrated by Helen herself, albeit posthumously. For, just one month before she died in March of 1996, she sat down to talk with a music professor who recorded her life story for posterity. Besides that audio-tape, the documentary features file concert footage, plus the reflections of many of Lee's contemporaries: Ben Maupin, Wayne Shorter, Benny Maupin, Billy Harper and more.

To paraphrase an age-old maxim, Hell hath no fury like a Helen scorned!

## Independent & Foreign Films

Aftermath (R for one scene containing graphic violence) Fact-based docudrama about a grief-stricken vigilante (Arnold Schwarzenegger) who seeks to take revenge on the air traffic controller (Scoot McNairy) whose mistake led to the crash which claimed the lives of his wife and daughter. Supporting cast includes Maggie Grace, Kevin Zegers and Hannah Ware.

All This Panic (Unrated) Coming-of-age documentary, set in Brooklyn, chronicling the transition of a group of teenage girls from adolescence to adulthood over the course of three years.

Bwoy (Unrated) Homoerotic drama revolving around a closeted, former physician (Anthony Rapp) who starts cheating on his wife (De'Adre Aziza) with a hunky young Jamaican (Jimmy Brooks) in the wake of their son's untimely death. Featuring Jermaine Rowe, Drew Allen and Ashton Randle.

Cexanne and I (R for profanity, nudity and sexual references) Bifurcated biopic chronicling the lifelong friendship of novelist/philosopher Emile Zola (Guillaume Canet) and Post-Impressionist painter Paul Cezanne (Guillaume Gallienne). With Alice Pol, Deborah Francois and Pierre Yvon. (In French with subtitles)



### Kam's Kapsules

By Kam Williams

David Lynch: The Art Life (Unrated) Prestige biopic following David Lynch as he discusses the formative years of his life which helped turn him into an iconoclastic film director.

God Knows Where I Am (Unrated) Poignant post mortem reenacting the events leading to the death by a starvation of Linda Bishop, a homeless woman who tried to survive a harsh New Hampshire winter in an abandoned farmhouse on apples and rain water.

Here Alone (Unrated) Post-apocalyptic sci-fi thriller chronicling the struggle of a young woman (Lucy Walters) to survive in the wilderness in the wake of a mysterious epidemic that has decimated civilization.)

Live Cargo (Unrated) Crime thriller about a couple (Dree Hemingway and Lakeith Stanfield) that retreats to an island in the Bahamas to mourn the loss of a baby, only to become entangled in a turf war between the mayor (Robert Wisdom) and a human trafficker (In English and Creole with subtitles)

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# SPORTS

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In this Friday February 27, 2015 file photo West Indies player Chris Gayle celebrates after taking the wicket of South Africa's Hashim Amla during their Cricket World Cup Pool B match in Sydney, Australia.

Associated Press / Rick Rycroft, File

## Chris Gayle left out

By Azad Ali

Cricket West Indies (CWI) selectors have blanked batting superstar Chris Gayle for the four-match Twenty20 series against Pakistan which bowls off later this month.

Experienced all-rounder Dwayne Bravo has also been left out the 15-man squad.

The left-handed Gayle did not play in

Continued on Page 54

## Twenty20 World Cup finals

By Azad Ali

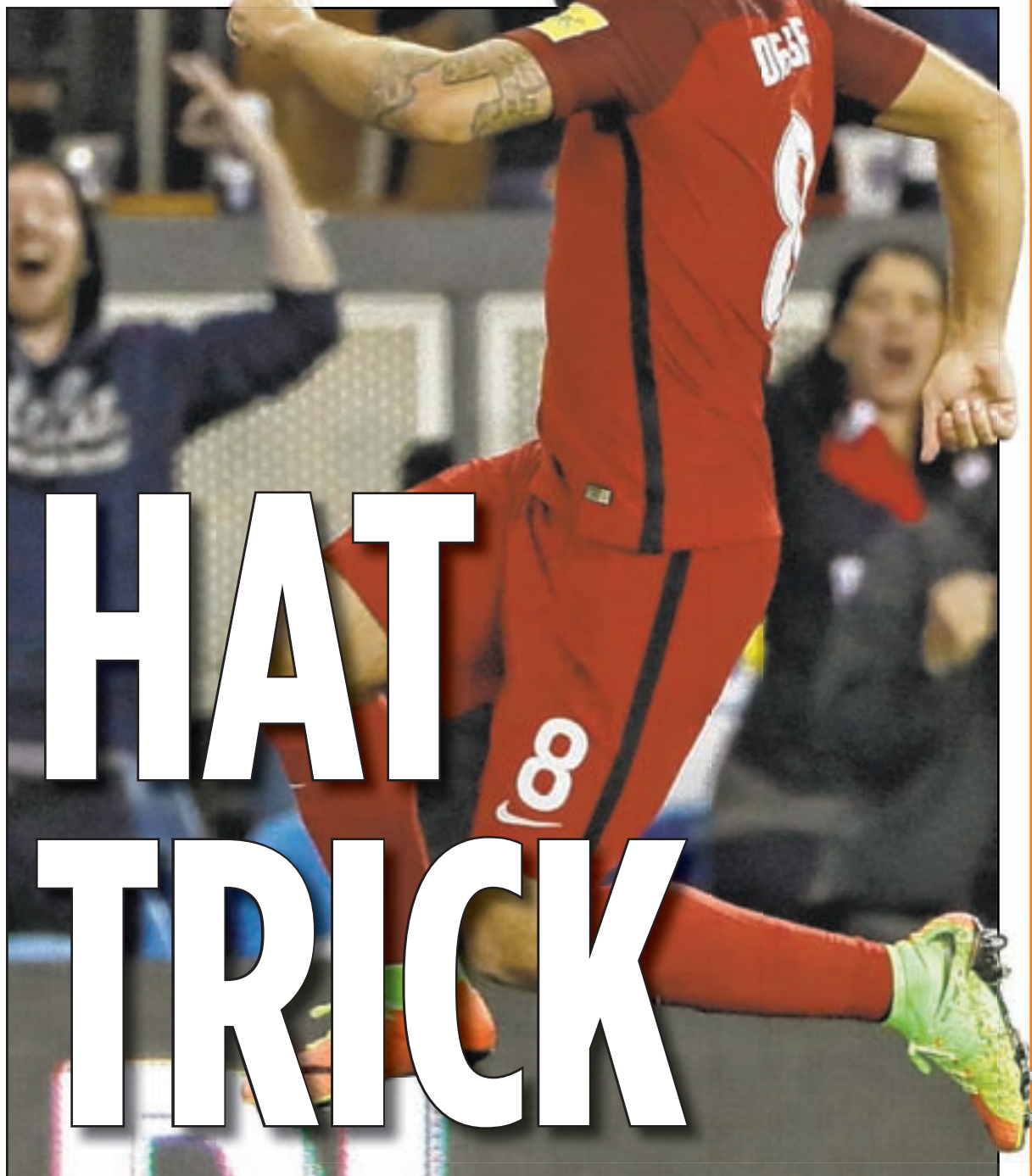
West Indies women's cricketers will open their Women's World Cup campaign in June against arch-rivals Australia, in a repeat of the last year's Twenty20 World Cup final in India.

The regional team and the Aussies also met in the final of the last 50-Over World Cup in India four years ago when the Aussies won their sixth title.

These are the two teams clashing with each other in the round-robin preliminaries of the tournament, which will see 28 matches played from June 28 to July 23 in England.

The West Indies team was one of

Continued on Page 54



# HAT TRICK

United States' Clint Dempsey, celebrates his free-kick goal during the second half of a World Cup qualifying soccer match against Honduras on Friday, March 24, 2017, in San Jose, Calif.

Associated Press / Marcio Jose Sanchez

## Dempsey lifts US over Honduras 6-0

By Ronald Blum

SAN JOSE, Calif. (AP) – Just before they walked onto the field for a critical World Cup qualifier, American players received a message from Bruce Arena.

"I have this copyrighted, but it was something to the effect of: first shot,

first tackle, first goal," the returning coach said. "I have T-shirt rights to that."

Their response was emphatic, elders and youth alike.

Clint Dempsey came back from an irregular heartbeat at age 34 to score his second international hat

trick, 18-year-old phenom Christian Pulisic had one goal and set up three others, and the U.S. routed Honduras 6-0 Friday night to get back in contention for an eighth straight World Cup berth.

"Three massive points," captain

Continued on Page 54

# Paki crush

By Azad Ali

Pakistan crushed West Indies in their first of four Twenty20 matches which began at the Kensington Oval, Barbados on Sunday, March 26.

The Windies defeat was largely responsible to the guile of 19-year-old Pakistan debutant leg-spinner Shadab Khan who claimed 3 wickets for 1 run in his first three overs and ended with 3 for 7 runs in his allotted four overs.

He was named Man-of-the-Match.

The regional team after batting at 49 for 6 slumped to a paltry 111 for 8 in their 20 overs.

Pakistan in their turn at the crease never really looked in danger but had to overcome a few early hiccups in the middle-order batting but ended up scoring 115 for 4 in the 17th over.

West Indies continued from their 3-0 whitewash by Pakistan in the United Arab Emirates last September.

The hosts struggled to get going as wickets continued to fall as Kieron Pollard (14), Marlon Samuels (1) and Lendl Simmons (1) failed to get more runs. It was only captain Carlos Brathwaite (34) who was able to score 34.



United States' Christian Pulisic, right, stops a pass next to a Honduras defender during the first half of a World Cup qualifying soccer match Friday, March 24, 2017, in San Jose, Calif.

Associated Press / Marcio Jose Sanchez

## DEMPSEY SCORES A HAT TRICK

Continued from page 53

Michael Bradley said. "No two ways about that."

Surprise starter Sebastian Lletget got his first international goal in the fifth minute after Pulisic's shot deflected off the goalkeeper. Michael Bradley doubled the lead in the 27th and Dempsey scored off Pulisic's perfectly weighted chip in the 32nd.

Finding room to maneuver in a central midfield role, Pulisic made it 4-0 just 12 seconds into the second half with his fourth international goal. Dempsey rounded the keeper to score following a feed from Pulisic in the 49th, and Dempsey got another on a 23-yard free kick in the 54th. With 55 international goals, Dempsey moved within two of Landon Donovan's American record.

"I'm a fighter," Dempsey said, "look for the opportunity to get out there and show that I should be around still."

In its first competitive match since Arena replaced Jurgen Klinsmann, the U.S. moved from last to fourth in the final round of the North and Central American and Caribbean region, tied at three points with Honduras and with Trinidad and Tobago but ahead on goal difference, Mexico leads with seven points, followed by Costa Rica with six and Panama with four.

The top three nations qualify for next year's tournament in Russia, and the fourth-place nation advances to a playoff. With a victory at Panama on Tuesday, the Americans could move

into the top three.

"If we get a result in Panama, things change fast," midfielder Alejandro Bedoya said.

The U.S. had never before won a hexagonal game by more than three goals.

"This team is really strong mentally," Pulisic said. "It shows good heart."

The American Outlaws and the rest of the lively crowd of 17,729 loved every second of this long-awaited showing.

Gloom had descended upon the Americans in November when they opened the hexagonal with a 2-1 home loss to Mexico and a 4-0 wipeout at Costa Rica. The defeats caused the U.S. Soccer Federation to fire Klinsmann, who had coached the Americans since 2011, and bring back Arena, who led the team from 1998-2006.

Dempsey was sidelined from August until this month by an irregular heartbeat and started only because of injuries to Bobby Wood and Jordan Morris.

"We didn't have anyone else," Arena said. "It made it easy for me."

Tim Howard, the Americans' 38-year-old goalkeeper, got his 38th shutout. He returned only two weeks ago from a leg injury sustained in the November loss to Mexico. Geoff Cameron, back from a knee strain that had sidelined him for fourth months, was shifted to right back from central defense because of injuries to others, and Jorge Villafana was inserted on the left.

But there were yet more injuries. Lletget hurt his left ankle on Ever Alvarado's tackle, was replaced in the

18th minute and left the stadium on crutches. Defender John Brooks was stretchered off the field, hand over his face, in the 69th due to dehydration.

Arena admitted he decided weeks ago to play Pulisic in central midfield. With Fabian Johnson hurt, Arena started wide midfielders largely overlooked by Klinsmann: Lletget and Darlington Nagbe.

Wearing red from head to toe, the U.S. went ahead when Jozy Altidore poked the ball ahead to Pulisic. His left-footed shot that went off goalkeeper Donis Escobar, and Lletget tapped in the ball with his right foot from 2 yards.

Bradley, given his debut by Arena in 2006, doubled the lead when he took a pass from Bedoya, cut to his left, took four touches and cut the ball back to beat Escobar with one-hopper from about 25 yards.

Showing poise beyond his years, Pulisic created the third goal when he lofted a pass to Dempsey, who allowed the ball of bounce off his right shoulder. Dempsey held off Henry Figueroa and, while falling, scored with his right foot from 8 yards.

"It looked pretty," Howard said. "Hopefully, we can keep that up."

Notes: Mexico defeated visiting Costa Rica 2-0 on goals by Javier Hernandez in the seventh minute and Nestor Araujo in the 45th. ... Trinidad won 1-0 at home against Panama on Kevin Molino's 37th-minute goal.

## Chris Gayle

Continued from page 53

the three-match series against Pakistan last September in the United Arab Emirates (UAE) after advising selectors he was unavailable.

CWI release offered no explanation for Gayle's omission from the team, which will be led again by all-rounder Carlos Braithwaite.

Jamaican Gayle has been a key member of the West Indies Twenty20 squad and remains one of the world's premier batsmen in the game's shortest format.

Gayle has already scored 10,000 runs in Twenty20s and has two centuries.

Bravo, who played in the last series in the UAE, was extremely critical of the CWI following the 3-0 whitewash in the UAE, saying that their abrupt firing of Coach Phil Simmons had demoralized the team.

## Twenty20

Continued from page 53

four automatic qualifiers along with Australia, England and New Zealand, and enters the tournament as one of the favorites.

In the 2013 final, the West Indies lost to the Aussies by 114 runs in Mumbai, India and renews that rivalry in Taunton on June 26.

# Team Jamaica Bickle presses on amid many challenges

By Nelson A. King

The New York-based Team Jamaica Bickle (TJB), which provides support to Caribbean athletes at the annual Penn Relays Carnival in Philadelphia, said it will enter the 2017 season hampered by a lack of funding “but armed with the same level of enthusiasm that inspired the organization’s genesis some 23 years ago.”

“The landscape has changed tremendously as more schools, and hence more students, compete at the Penn Relays,” said the non-profit organization, head by Jamaican Irwin Clare. “As a result, the demand for services provided by the organization is greater.”

Team Jamaica Bickle hosts athletes from Jamaica, Trinidad & Tobago, Grenada, St. Vincent & The Grenadines, and Guyana.

Services provided cover, three hot meals daily, ground transportation, chiropractic and medical services, as well as assistance with hotel accom-

modation.

“The challenge of fundraising is not new, but against the backdrop of operational changes at the Penn Relays, where corporate sponsorship now falls under the Penn Relays management gambit, it makes for a tougher time for the New York-based not for profit,” the statement said.

The range of activities planned include: The annual breakfast in New York, which is now in its fifth year, as well as a brunch held in Philadelphia; three church services across the boroughs and one in Philadelphia; and, for the first time, a proposed “Bickle Week” in New York. The tentative dates are, April 18-25.

Participating restaurants will donate proceeds from sales to the organization, Team Jamaica Bickle said.

Additionally, it said there is Caribbean Cuisine Week, April 25-28 in Philadelphia, organized by Young Caribbean Professional Network (YCPN),

to also assist in fundraising efforts.

“As things change, we have to constantly innovate when it comes to fundraising,” said Chief Executive Officer Clare. “What we have seen in recent years is a willingness of individuals to host private events to assist us.

“We are a resilient organization,” he added. “We continue to diversify our efforts and solidify our mission, as our athletes and ambassadors remain our priority.”

Through the years, TJB said it has also lent assistance to other sport organizations and athletes.

Its most recent involvement was the hosting of Special Olympic athletes in New York.

TJB said the group was enroute to the Special Olympics in Austria. The group was treated to brunch and care packages.

TJB is also in its fourth year of its “Defibrillator to Schools,” as it seeks to outfit as many high schools in Jamaica as pos-



Irwin Clare.

Donovan Gopie

sible with a unit.

Donations to TJB may be made at [www.teamjamai-cabickle.org](http://www.teamjamai-cabickle.org) or by mail to 242-14 Merrick Blvd., Rosedale, NY 11422; T. 718.523.2861.

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**ARIES: Mar 21/Apr 20**  
Aries, take your time on a particular project that requires more than just a cursory glance. Enlist the help of a partner or coworker if you need assistance.

**TAURUS: Apr 21/May 21**  
Taurus, if your patience is in short supply, hunker down and try to ride out the week. You can make it through if you keep your eyes on the prize.

**GEMINI: May 22/Jun 21**  
Gemini, romantic gestures may need to be put on hold until you can devote enough time to treating that special someone in the right fashion. This will give you more time for planning.

**CANCER: Jun 22/Jul 22**  
Cancer, pretty soon your schedule could be upended and you will have to find new coping mechanisms. It might be a struggle in the beginning, but soon you will bounce back.

**LEO: Jul 23/Aug 23**  
Take a few moments to unwind when you can, Leo. It has been a busy time for you and you need to seek respite whenever you can - even if it's only for a few minutes.

**VIRGO: Aug 24/Sept 22**  
Think ahead to later in the week, Virgo. Do you have important plans? Try not to burn the candle at both ends now so you can have more energy down the road.

**LIBRA: Sept 23/Oct 23**  
Libra, you may be called upon to take a leadership role or start making more of the tough decisions in a relationship. You have to contribute as much as possible.

**SCORPIO: Oct 24/Nov 22**  
Scorpio, even if you cannot see the finish line just yet, realize it is just over the horizon. Your hard work will be well worth the effort.

**SAGITTARIUS: Nov 23/Dec 21**  
Sagittarius, when someone calls upon you for assistance, jump as quickly as you can. Others know they can count on you to be supportive and quick to support.

**CAPRICORN: Dec 22/Jan 20**  
A situation at home that has been on your mind finally resolves itself, Capricorn. You can breathe a little easier knowing there is one less challenge you have to face.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, with others continually counting on you for answers, you may be hesitant to ask some questions of your own. But speak up, especially if you feel overwhelmed in any way.

**PISCES: Feb 19/Mar 20**  
Creativity takes center stage for you this week, Pisces. You may put a clever spin on decorating or finally dabble in a new hobby.

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YORK COUNTY OF KINGS Index No.: 6027/2014 SUMMONS AUDREY HUMES and KEITH HUMES, Plaintiffs -against- JOHN LAWSON and THE ADMINISTRATOR OF THE ESTATE OF JOHN LAWSON, Defendants. To the above named Defendants: YOU ARE HEREBY

**LEGAL**

SUMMONED to answer the Complaint in this action and to serve a copy of your Answer, or, if the Complaint is not served with this Summons, to serve a Notice of Appearance, on the Plaintiff's Attorney within twenty (20) days after the service of this Summons, exclusive of the day of service (or within thirty [30] days

**LEGAL**

after the service is complete if this Summons is not personally delivered to you within the State of New York); and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. SUBJECT PROPERTY DESCRIPTION: 231

**LEGAL**

Macon Street, Brooklyn, New York; BLOCK: 1864; LOT: 64; COUNTY: Kings. NOTICE OF NATURE OF THE ACTION AND RELIEF SOUGHT: The above captioned-action is for a judgment declaring that Plaintiffs are the legal owners of the Subject Property and to quiet title or establish Plaintiff's title to the Subject Property against anyone and

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everyone. The foregoing summons is being served upon you by publication pursuant to an Order of the Court, which is filed along with the other papers including the Complaint in the Kings County Clerk's Office, located at 360 Adams Street, Brooklyn, New York. You must respond by serving a copy of the Answer on

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the Attorneys for the Plaintiff and filing the Answer with the Court. Dated: July 27, 2016, Brooklyn, New York MCKINLEY ONUA & ASSOCIATES, PLLC Jennean R. Rogers Attorneys for Plaintiffs 26 Court Street, Suite 300 Brooklyn, New York 11242 Ph: (718) 522-0236

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