



Brooklyn Congresswoman Yvette D. Clarke addressing Silver Jubilee celebrations of Brooklyn's Progressive Democrats Political Association, founded by her Jamaican-born mother, former New York City Councilwoman Dr. Una S.T. Clarke, the first Caribbean woman to be ever elected to New York City Council. Photo by Nelson A. King

LIAT'S WOES IMPAIR

Caribbean governments intervene to avert crisis

By Bert Wilkinson

Once again, leaders of several Caribbean governments, which are shareholders in the main lifeline air service to most of the countries in the Caribbean trade group have been forced to intervene to avert a major crisis, albeit with the peak Easter holiday travel period looming.

Dozens of pilots and cabin crews at Antigua-based Leeward Island Air Transport Service (LIAT) had this week threatened strike or serious industrial action because the cash-strapped airline had been experiencing difficulty meeting salaries for March. In fact, payment was one week late.

Usually, the week leading up to Easter is by far the most heavily traveled for the island-hopping commuter service so the heads of governments of major shareholding governments such as Antigua and

Barbuda, Barbados, Dominica and St. Vincent and the Grenadines among others rushed to Barbados for an emergency meeting to avert industrial action.

Management and crews have been feuding for years. The burden of bridging this worsening divide usually falls on the shoulders of people such as prime ministers Ralph Gonsalves of St. Vincent and Freundel Stuart of Barbados among others as the LIAT service is crucial to tourism in most of the island nations.

Just last week, the LIALPA, the pilots association, had asked shareholding governments "to remove the LIAT management," citing a plethora of woes and distrust between the two bodies. These include crews working a full week without pay, a shortage of adequate crews to man the new fleet of

Clarke: Oppose Trump's immigration policies

By Nelson A. King

Brooklyn Congresswoman Yvette D. Clarke has called on the Caribbean community in the United States to strongly oppose the Donald Trump administration's immigration policies.

"The way in which this administration is terrorizing the immigrant community, we need to speak up," said Clarke, the daughter of Jamaican immigrants, in delivering the keynote address at the

25th anniversary celebration of the Brooklyn-based Progressive Democrats Political Association (PDPA), headed by Clarke's mother, Dr. Una S.T. Clarke, the first Caribbean-born woman to be ever elected to New York City Council.

"Tearing families apart is not what this country is about," added the congresswoman, who represents the 9th Congressional District in Brooklyn. "We need to speak up."

Clarke told the Silver Jubilee gala event at Tropical Paradise Ballroom in Brooklyn that an unidentified "panic person" had called her over the weekend, stating that a relative was being "shipped to Georgia."

But Clarke said that, by the time she was able to reach officials at the US Immigration and Customs Enforcement (ICE) agency, the immigrant was "already on a plane," being deported to his native Trinidad

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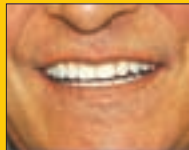
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Creator and founder of Vendedy, Christine Souffrant Ntim, will speak at the event in Haiti this summer.

Caribbean entrepreneurs, creators wanted

By Alexandra Simon

The technology capital of the country is looking for Caribbean creatives to be a part of their initiative to improve the environment and the lives of people living in the region. Singularity University, a global educational technology organization based in California, is asking Caribbean entrepreneurs and innovators to present a startup idea that will change the livelihood and scope of climate in the Caribbean. In a partnership with the Global Startup Ecosystem, both groups have launched the SingularityU Caribbean Global Impact Challenge.

The competition deadline, which is April 11, wants residents and citizens of the Caribbean to present a technology idea to reduce negative climate effects. Winners will be announced in Port-au-Prince, Haiti on April 22, which will kick off the Haiti Tech Summit to follow June 6-7. Candidates from various backgrounds and a passion for environment are encouraged to apply, said organizer and partner for the Global Startup Ecosystem.

"All ranges of entrepreneurs are able to join the program as long as there is an interest to learn about tech that can benefit humanity," said Christine Souffrant-Ntim. "The program is not just for entrepreneurs but it is also for innovators who are open to creating companies with projects that have a positive impact."

As part of the prize, the winners will be sponsored by Google to stay in Silicon Valley for a 10-week program with Singularity University from June 17-Aug 17.

Souffrant Ntim, who is also the founder of Vendedy, a web platform to connect travellers with street vendors around the world, says that the Caribbean people and the region stands to be rewarded long-term by technology initiatives like the open call and upcoming summit in Haiti.

Brooklyn Transition Lions Club hosts Centennial Luncheon



Brooklyn Transition Lions honor Brooklyn Kings Country Lions Club.

Photo by Nelson A. King

By Nelson A. King

Several Brooklyn Lions clubs two Saturdays ago showed their continued support to the Brooklyn Transition Lions Clubs as the group hosted its Centennial Luncheon.

Brooklyn Kings County Lions, Central Brooklyn Lions, Brooklyn Crown Heights, Brooklyn Vanderveer, Brooklyn Prospect Heights, Brooklyn Farragut and Brooklyn Midwood were among lions clubs that attended the event, at the St. Gabriel's Golden Hall, on Hawthorne Street in Brooklyn.

The celebration featured, among other things, songs by Xiomera Campbell and Nicole Davis; dance by Nasir Campbell; comedy acts by Trinidadian Susan Kennedy; and motivational speech by Sacha Comrie, a Jamaican-American attorney.

"I just want to say congratulations to America, because the Trump healthcare bill is dead," said Susan Kennedy in introducing her comedic acts to loud applause. "How can he control Mexicans and he can't control his hair [as the audience roared]."

"All yo' president don't have any shame," added Kennedy speaking colloquially. "Donald Trump - I can't get over this man. Today is the first day I call that man President Trump."

Speaking under the theme, "Take charge of your Life," Comrie urged patrons to make plans for the future and



Nasir Campbell dances during the Centennial Luncheon.

Photo by Nelson A. King

to follow through on them.

"Take stock of where you are right now and where you want to go," said Comrie, a graduate of Georgetown University School of Law, who has been practicing law for the past 17 years. "Try to stay away from the naysayers."

She also recommended that patrons give back to the community, stating that "it's an amazing thing to do."

"It's the right thing to do," added Comrie, a member of the Future Leaders of Jamaica. "Remember, what it's all about is inner peace and leaving a positive impact."

The Brooklyn Transition Lions Club also honored Brooklyn Kings County Lions Club, which, it said, sponsored the group eight years ago.

"In the year 2009, they proudly sponsored Brooklyn Transition Lions Club, thereby enlarging the scope of the service to the less fortunate," said Brooklyn Transition Lions Club in a citation about honor, read by former Grenadian-born president Gloria Rennie-Murray.

Marcella Fraser, the Vincentian-born president of Brooklyn Kings County Lions Club, told Caribbean Life afterwards that it was "an honor" to receive the award, stating that her organization was dedicated to giving back to the community.

In addition, Fraser said Brooklyn Kings County Lions Club was proud to help a fellow club "make it well" in meeting the Lions' overall charter.

Barbados

Health authorities in Barbados are urging nationals to educate themselves more about sexually transmitted infections (STI) as the island deals with an outbreak of syphilis.

Senior Medical Officer with responsibility for HIV and STIs, Dr. Anton Best recently released the results of a detailed analysis of an outbreak of syphilis on the island.

He said the Ministry of Health first detected the outbreak in 2013 and immediately put systems in place to improve syphilis surveillance in Barbados.

Dr. Best said the study revealed a significant increase in the number of cases between 2011 and 2013.

He said the outbreak stabilized in 2014 and 2015. The majority of cases occurred in men (72 percent).



Dominica

Dominica's Foreign Affairs and CARICOM Affairs Minister, Senator Francine Baron is suing Opposition Leader Lennox Linton and talk show host Angelo Allen and local radio network Q 95 for defamation that she misappropriated funds which she received for the Dominica Disaster and Development Fund.

They alleged that the minister received US\$10,000 in Malaysia while she was Dominica's High Commissioner in London in 2014.

Baron and her attorney Tony Astaphan SC contended that the accusers have failed to provide any reliable evidence or done any research on the matter but rather embarked on a smear campaign.

According to Astaphan, the money was actually transferred and received by the recipient named on the symbolic check and Baron intends to claim damages. Her attorney said the real evidence against the minister was that she was photographed receiving the symbolic check.

Astaphan noted that Baron's name was not even on the check as a recipient.



Mandela Freedom Park

From left, UWI Cave Hill Principal, Eudine Barriteau; University of Johannesburg Vice-chancellor, Ihron Rensburg; Nelson Mandela's granddaughter, Ndileka Mandela; and UWI Vice-Chancellor, Hilary Beckles unveil the plaque to declare open the Mandela Freedom Park. See story on page 22.

Photo by George Alleyne

Grenada

The Caribbean Development Bank (CDB) has approved a grant of US\$231,630 to the government of Grenada to build its capacity for planning and implementation of its geothermal energy development roadmap.

The resources are from the Global Environment Facility through the Inter-American Development Bank's Sustainable Energy Facility for the Eastern Caribbean with the CDB.

The grant will enhance the government of Grenada's own capacity to move realization of its own geothermal energy potential to the next level.



The technical assistance project will provide the Grenada government with consultancy expertise for 24 months.

Consultants will work with the government's staff, through the establishment and operation of Geothermal Energy Project Management Unit.

Grenada is heavily dependent on imported petroleum products to satisfy its growing energy demand. Petroleum products imported in 2014 cost around US\$67 million, representing seven percent of gross domestic product.

Guyana

Finance Minister Winston Jordan has blamed gold producers and exporters for the recent currency fluctuations

in Guyana.

Jordan, who was speaking to reporters following a meeting with officials from the Banking Association of Guyana (BAG), said that in addition, there other players entering the financial sector.

He said the bankers offered the opinion that with major exports declining such as sugar, timber and rice and only gold increasing, but at lower prices, foreign exchange rates would be affected.

He said additional players or "demanders" of foreign exchange rates would be affected.

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Pilot union highlights LIAT's management blunders

Continued from page 1

French-made ATR state of the art aircraft, working without meal breaks and some cockpit teams flying for up to 11 hours a day. The pilots are even fretting about the scrubbing of part of the daily service to Grenada, calling it a mistake and an opportunity for rivals carriers to cash in on.

The union also detailed a string of what it called major blunders by management including the fire destruction of crucial engineering records for aircraft. The records were not backed up off plant as no one bothered to set up a Cloud Storage or Drop Box account, not even to place the data on external hard drives.

The result is tensions between crews and management have reached unprecedented low levels with the union finally calling on governments to remove management before it is too late and before the airline's coffers run empty.

"We will no longer subsidize the incompetence of management. We are telling you the Caribbean public what management does not want you to know. We have done this hoping that public pressure will cause the

shareholders to make the only decision that will save LIAT. Remove the existing management," LIALPA said in a statement. "Therefore, we reiterate to the board that part of putting LIAT on solid financial footing is to get new management. When a company cannot pay salaries on time, then management must accept that they have failed."

For countries like Dominica and Grenada, LIAT is a lifeline service. For Barbados, which is a major hub for mega carriers such as American Airlines, Jet Blue, Virgin Atlantic, British and Caribbean Air, LIAT is the main feeder service for islanders headed to Europe and North America from island destinations with runways too short for jet aircraft.

So this is the reason why prime ministers immediately beckon to the call of either management or staff of LIAT whenever there is a crisis-perceived or real — in the sector.

In the meantime, the Caribbean Development Bank has now ensured that it has a seat at the table of any discussions about LIAT as the carrier had borrowed \$66M to replace its previous DASH 8 and other aircraft with the newer French-made ATR's.

Protection for immigrants

Continued from page 1

and Tobago.

"If we don't stand up and speak out, our families will be torn apart," the congresswoman warned. "Is that the United States we need? We need to get on Twitter, we need to get on Facebook, we need to fight back."

"My job is to get him [President Trump] out of office as soon as possible," she said to loud applause. "Impeachment is on the way."

Last month, Clarke condemned Trump's revised executive order barring entry to the US for the predominantly Muslims nationals of Iran, Libya, Somalia, Sudan, Syria and Yemen.

She said the revised Muslim ban "remains as unconstitutional — and unwise — as its predecessor," claiming that Trump's "basic philosophy of divide-and-conquer attempts to deny the promise of America to people across the world based on their practice on religion."

Acting Brooklyn District Attorney, Eric Gonzalez, who also spoke at the Silver Jubilee celebration, expressed concern about stepped up efforts by the Trump administration to deport Caribbean and other immigrants.

"I see the fear," said Gonzalez, who was born in Puerto Rico and resides in the Williamsburg section of Brooklyn.

"People rightly fear ICE agents coming to court."

"My office will do anything to protect immigrants," he added, disclosing that he is currently recruiting a number of immigration attorneys to "make sure there are no deportation issues."

"What we're concerned about is fairness, about justice," Gonzalez said.

Besides Gonzalez, a number of New York City officials and immigration advocates have reported that they are seeing and hearing about an increasing number of ICE agents in courtroom, waiting to deport immigrants who might have fallen afoul of the law.

When, for example, Nevisian Floyel Stapleton appeared recently in Manhattan Criminal Court in New York for a routine hearing in his misdemeanor assault case, he was stunned to be met by US federal immigration agents as he left the courtroom.

"I didn't know they were there. They were in plain clothes. They had no badges, and they arrested me when I was walking out of the courtroom. They just asked my name and they arrested me," Stapleton, 39, told the New York Daily News from an immigration detention center in Hudson County, New York.

"They are trying to deport me," Stapleton added. "The situation sucks."



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Former Vincentian diplomat honored

By Nelson A. King

The three-year-old Friends of Sion Hill, Inc. Saturday evening bestowed its Lifetime Achievement Award on former St. Vincent and the Grenadines' New York Deputy Consul General Cyril "Scorcher" Thomas at the group's Second Annual Black-Tie Awards Ceremony and Dance at the Friends of Crown Heights Educational Center in Brooklyn.

Thomas – a native of the village of Sion Hill, overlooking capital city Kingstown native – who carries the calypso sobriquet "Scorcher", was among three other honorees at the standing-room-only gala event.

The Brooklyn-based Friends of Sion Hill, Inc. also honored former Sion Hill and Richmond Hill Government (now Thomas Saunders Secondary) schools' teacher Sandra Millington, with the Diaspora Award; Lloyd George Hayde, with the Community Service Award; and Elka "Granny Tounce" Browne, with the Pillar of the Community Award.

"When they called, and said they were honoring me on April 1, I said, 'they must be think I [am] stupid,'" said Thomas, to loud laughter, in his acceptance speech. "It's All-Fools Day.

"Friends of Sion Hill, continue to do the good work 'cause it takes a village to raise somebody like me," he added.

Millington and Hayde are also Sion Hill natives; Browne is originally from Paul's Avenue, Kingstown.

"Thanks to Friends of Sion Hill," said Millington, a former president of the Brooklyn-based Club St. Vincent, Inc., after receiving her award. "This is so special, because I am Sion Hill. You have to be Sion Hill to understand Sion Hill.

"In my life, I was given a lot," she added. "It takes a village to raise a child. [I] never knew my mother, never knew my father, but I don't think I missed anything. I was raised by my village."



Cyril "Scorcher" Thomas (R) receives award from former national soccer captain Elliot "Mory" Millington.

Photo by Nelson A. King

As tears welled up, Browne said she was "very happy to be here this evening.

"[I am] so grateful that what I want to say can't come out," she said. "I thank my Sion Hill family, I thank my children. May the Lord keep on blessing you!"

Oxley Lowman, president of Friends of Sion Hill, Inc., thanked the honorees, as well as the guest speaker Maxwell Haywood, for their support, adding that he looked forward to their and the patrons' support "in the years to come."

"To the honorees, I know each one of us have played a big part," he said, departing from his prepared text. "Without many of you, you wouldn't be here today."

New York Consul General Howie Prince also briefly addressed the ceremony, stating that Sion Hill was a "special community" in St. Vincent and the Grenadines.

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Using mobile phones

Leading the list of the top distractions behind the wheel are mobile phones. Phones now do more than just place calls, and drivers often cannot pull away from their phones, even when driving. According to the California Department of Motor Vehicles, studies have shown that driving performance is lowered and the level of distraction is higher for drivers who are heavily engaged in cell

phone conversations. The use of a hands-free device does not lower distraction levels. The percentage of vehicle crashes and near-crashes attributed to dialing is nearly identical to the number associated with talking or listening.

Daydreaming

Many people will admit to daydreaming behind the wheel or looking at a person or object outside of the car for too long. Per-

haps they're checking out a house in a new neighborhood or thought they saw someone they knew on the street corner. It can be easy to veer into the direction your eyes are focused, causing an accident. In addition to trying to stay focused on the road, some drivers prefer the help of lane departure warning systems.

Eating

Those who haven't quite mastered walking and

chewing gum at the same time may want to avoid eating while driving. The majority of foods require a person's hands to be taken off of the wheel and their eyes to be diverted from the road. Reaching in the back seat to share some French fries with the kids is also distracting.

Try to eat meals before getting in the car. For those who must snack while en route, take a moment to pull over at

a rest area and spend 10 minutes snacking there before resuming the trip.

Reading

Glancing at an advertisement, updating a Facebook status or reading a book are all activities that should be avoided when driving. Even pouring over a traffic map or consulting the digital display of a GPS system can be distracting.

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A chance to prevent government-mandated discrimination

By Charlene Nimmons and Martin Allen

As people across this country debate multiple issues around discrimination and the government's role in them, here in New York, the City Council is seeking a law that would effectively create its own form of government-mandated discrimination.

In January, New York City Council Members Jumaane Williams, Carlos Menchaca, Rory Lancman, Ben Kallos and Elizabeth Crowley introduced legislation, referred to as "Intro. 1447," that would require apprenticeships on virtually every construction site in the city. This apprenticeship mandate would exclude many Black and Hispanic public-housing residents from construction jobs.

The Council Members must withdraw their support for this bill as a move toward racial equality and opportunity for all.

Intro. 1447 is just one in a package of many bills proposed by the City Council to make construction sites safer for all workers. However, this bill is not about safety and does not require that construction workers meet the training standards of the federal Occupational Safety and Health Administration.

Instead, this bill is about mandating apprenticeships across the vast spectrum of con-

struction work in this city.

Apprenticeships focus on teaching a skill, they do not ensure adequate safety training. Also, they are virtually all run by construction unions that have a history of racial discrimination and lack the diversity of New York's non-union contractors. One example, in April 2015, Local 28 of the sheet-metal workers agreed to pay \$12.7 million in back wages to hundreds of black and Hispanic workers as the result of a decades-old lawsuit over racial discrimination.

We have heard the promises of the construction unions and have seen the realities.

The Building and Construction Trades Council of Greater New York already has a track record of failing to comply with federal mandates that govern construction contracts on public-housing work sites.

These mandates require its unions and non-union contractors to hire a significant number of public-housing residents in New York City Housing Authority capital improvement projects. Instead, the Trades created a Project Labor Agreement that is not acceptable to the U.S. Department of Housing and Urban Development.

NYCHA advocates have raised this failure of federal compliance many times, but the City and unions have not corrected the problem. The City Council adding an apprentice-

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Catastrophic antibiotic threat from food

By Jomo Kwame Sundaram and Tan Zhai Gen

Jomo Kwame Sundaram is a former economics professor who served as a senior UN official during 2005-2015. Tan Zhai Gen is an University of Oxford biochemistry graduate currently involved in research. Both are Malaysians.

KUALA LUMPUR, Malaysia, April 4, 2017 (IPS) - The greatly excessive use of antibiotics in food production in recent decades has made many bacteria more resistant to antibiotics. The United States Department of Agriculture (USDA) has estimated that antibiotic use in animal husbandry, poultry farming and aquaculture in the US is over four times USDA recommended levels. Meanwhile, the US Food and Drugs Administration (FDA) has estimated that 80 percent of all antibiotics sold in the USA are used on animals.

Cheap antibiotics prone to abuse

Antibiotics are used to ensure better health and survival of animals bred for food, but they are also believed by many farmers to promote growth. As prices of antibiotics remain attractively low, they offer the prospect of higher earnings from greater output at low cost. Hence, there is little or no market incentive to reduce excessive, if not indiscriminate use, and hence abuse of antibiotics. Thus, such efforts to increase farmer incomes and profitability exacerbate the likelihood and risk of antibiotic resistance.

The widespread use of antibiotics through food

Much of the antibiotics given to livestock and poultry passes un-degraded through their urine and faeces, directly affecting food from aquaculture.

chains is thus becoming catastrophic. A review by the FAO explains how antibiotic-resistant bacteria in animals are infecting humans, through direct contact with animals or indirect transmission through the food we eat. Earlier, the spread of bacteria was popularly associated with international travel, but the threat posed by antibiotic-resistant bacteria in our food is now proving to be far more formidable.

Recycling' antibiotics

Ecologically minded activists have long been promoting agricultural recycling, often citing traditional agricultural practices. But adding antibiotics to animal feed has made this a threat to public health. The feed typically contains many drugs, including some only used by humans as antibiotics of last resort.

Much of the antibiotics given to livestock and poultry passes un-degraded through their urine and faeces, directly affecting food from aquaculture. Thus, waste from pigpens flowing into fishponds exposes fish and shrimps to the high doses of antibiotics that livestock get, on top of the antibiotics added to the pond water to prevent

or address aquatic diseases. Antibiotic resistant bacteria from this environment then passes to humans who consume such food.

While restrictions have already been widely placed on the use of hormones and steroids to promote growth, the excessive use of antibiotics by farmers has only gained attention in recent years, while a huge reservoir of resistant bacteria was emerging and spreading.

In November 2015, scientists discovered a gene in China that can enable many types of bacteria to become more antibiotic resistant. The gene has since been found in patients, food and animals from more than twenty countries. More worryingly, these bacteria can resist the last line of effective antibiotics available.

Catastrophic threat

A British government report estimates that about 700,000 people worldwide currently die annually due to antibiotic-resistant infections. If current trends continue, this mortality rate will rise to 10 million yearly by mid-century, i.e., in just over three decades.

In the near future, antibiotics will become less effective in treating infections as bacteria mutate to become more resistant. Many more people will die of currently antibiotic-curable diseases. New antibiotics may delay this trend, but no new class of antibiotics has been discovered since the 1980s.

In line with the WHO's global action plan, member nations have pledged to draw up national action plans against antibiotics resistance, as part of a broader effort to tackle

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Brooklyn's greenest oasis celebrates 150 years

It was no April Fools' joke that on the first day of this month thousands congregated, ran, walked, rode, in celebration of a green space marking a century and half of existence in New York.

The joke was on cautious weather-watchers who missed out on a day celebrating the historic opening of Prospect Park in Brooklyn.

Despite predictions of continuous drizzles and intermittent downpours throughout the weekend wiser souls experienced the beginning of a year-long celebration of the 150th anniversary celebration of the Brooklyn landmass and no prank was likely to elude that.

"This year marks a major milestone for 'Brooklyn's backyard,' and Parks is honored to be a part of the celebration," Mitchell Silver, the NYC Parks Department Commissioner, said in a statement.

"For 30 years, the partnership with Prospect Park Alliance has made it possible for such a beloved outdoor space to thrive and become the destination it is today."

Together they planned a



Inside Life

By Vinette K. Pryce

host of activities including a parade, several running and walking tours, and an exhibition ballgame. The weekend's celebration served as a precursor to the plethora of events scheduled for the upcoming months – among them concerts by the New York Philharmonic, a fundraising party on the boathouse, several site-specific art installations, and an exhibit at the Brooklyn Historical Society.

"Celebrating the park's 150th anniversary reminds me of being married there and the days I spent coaching baseball and taking my children to the playgrounds," Mayor Bill de Blasio said.

"Prospect Park is one of New York City's jewels and a landmark in the life of my family."

The park was designed by noted landscape architects Frederick Law Olmstead and Cal-

vert Vaux, the same duo that also designed Central Park in Manhattan.

The project broke ground in 1866, and an opening day event was held the following year with thousands of visitors in attendance. The 526-acre park was not fully completed that year. It took a 30-year period from 1865-1895 for major work to be completed.

The Prospect Park Alliance got involved in the 1980s, and the Park has been run as a public-private partnership between the city and the Alliance since 1987.

The park is home to one of the best free summer concert series in New York. Celebrate Brooklyn! Festival began in 1979 as a catalyst for a burgeoning Brooklyn performing arts scene. Allegedly "established to bring people back into the park after years of neglect, the festival was an early anchor in Brooklyn's renaissance and



Secret Service personnel step off a Marine helicopter before the Marine One helicopter, with President Barack Obama aboard, lands in Prospect Park in Brooklyn borough of New York, Friday, Oct. 25, 2013, as he arrived to visit Pathways in Technology Early College High School (P-TECH).

Associated Press / Charles Dharapak, File

has become one of the city's foremost summer cultural attractions."

Celebrate Brooklyn! Festival is NYC's longest-running summer outdoor performance festi-

val. Throughout its 38-year history, the festival has presented more than 2,000 artists, drawing a diverse audience upwards of 200,000 each season.

Catch You On The Inside!

OPHTHALMIC SURGERY

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. Dominick I. Golio says, "A growing number of people flock annually to be examined due to these symptoms. There are many different causes for these problems. Age, Arthritis, the use of certain drugs to lower blood pressure, meds to treat allergies, Parkinson's & 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.

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Govt-mandated discrimination

Continued from page 10

ship mandate would create yet another barrier to employment for NYCHA residents and the broader minority community.

As former construction workers who now provide training, we have personally experienced the dangers of working on a construction site. We have worked alongside union guys who were anything but safe — either in their actions or by what they do on lunch breaks.

Non-union workers live and support their families by the quality of their labor, gaining access to work should be by measurements of ones merit, not who one knows.

Additionally, mandating apprenticeships at virtually every construction site throughout the city and at city-financed projects will stop many projects in their tracks. The union wage costs will increase project budgets, which will hinder affordable-housing production.

Intro. 1447 is written to serve only one community — the construction unions, who still have not provided the City with adequate data on diversity at job sites. This bill is a job killer and ensures the continued "Tale of Two Cities" that Mayor de Blasio campaigned against.

The NYCHA community, which has more than 630,000 residents —

more than the population in the state of Vermont — will not be satisfied unless a new bill is proposed that ensures construction worker safety, promotes economic equality and creates opportunities for all New Yorkers.

The City Council has a chance to prevent government-mandated discrimination. Give NYCHA leaders a seat at the table in creating this vital legislation that will save construction-workers lives and their livelihood.

Charlene Nimmons is executive director of Public Housing Communities, Inc. and Martin Allen is president of People for Political and Economic Empowerment.

Antibiotic threat

Continued from page 10

antimicrobial resistance (AMR). The lack of effective national surveillance and supervision of antibiotics use in animal products masks the severity of

the threat.

Sadly, in most developing countries, the rising threat posed by the exponential growth of dangers due to excessive antibiotic use is mainly of concern to the authorities when it

threatens export prospects. As with improper and excessive pesticide use, the abuse of antibiotics is mainly of concern when it affects national reputations abroad and related export earnings, with scant attention given to the threats posed to domestic consumers.



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Our Perspective



Car Wash Workers Deserve Fair Wages

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

The 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.



www.rwdsu.org

Kristal Auto Mall batting for Joe Torre East Highway Little League

In the spirit of community collaboration and teamwork taught through youth sports, Kristal Auto Mall is supporting Joe Torre East Highway Little League through the Chevy Youth Baseball Program. This sponsorship will include both monetary and equipment donations during the 2017 youth baseball season.

Chevy Youth Baseball is a grassroots initiative that establishes a positive relationship between local dealers and the communities they serve. Kristal Auto Mall is sponsoring the league as part of Chevrolet's nation-wide commitment to support youth sports, one community at a time. During the course of the season, Kristal Auto Mall will also donate Chevrolet-branded equipment to the league.

"We are looking forward to

a great season with Joe Torre East Highway Little League that will be filled with exciting games and an enhanced experience for the teams through the equipment and cash donations" said Phil Spoto of Kristal Auto Mall. "Chevy Youth Baseball is just one example of how committed our dealership is to supporting the youth and families in our community."

The 2017 program will provide assistance to approximately 300 organizations in the Northeastern region and Chevrolet dealers will contribute more than \$450,000 in monetary and equipment donations.



Caribbean countries ban meat imports from Brazil

By Azad Ali

Several Caribbean countries have banned the sale of corned beef and importation of the meat product from Brazil, following reports that several meat processors in the South American country have allegedly been selling rotten beef and poultry.

Several other countries have gone as far as banning all meat and meat products from Brazil, where it is alleged that certain companies involved in the illegal practice paid hefty bribes to auditors in exchange for fraudulent sanitary license.

The European Union, China and Chile have decided to halt some meat imports from the South American country and Jamaica was the first Caribbean country to follow suit, with the Ministry of

Industry, Commerce and Agriculture and Fisheries saying the companies implicated by the Brazilian authorities supply 99.5 percent of the corned beef on the local market.

Besides the temporary ban in Jamaica, a temporary hold has been placed on all permits for the importation of corned beef from Brazil, and all corned beef products were pulled from the shelves of supermarkets.

Minister Karl Samuda called an emergency meeting with officials of the Ministry of Health, Consumers Affairs and the Bureau of Standards and the Jamaica Customs Agency to discuss the ban.

Trinidad and Tobago has also taken a similar action by putting a temporary ban on corned beef.

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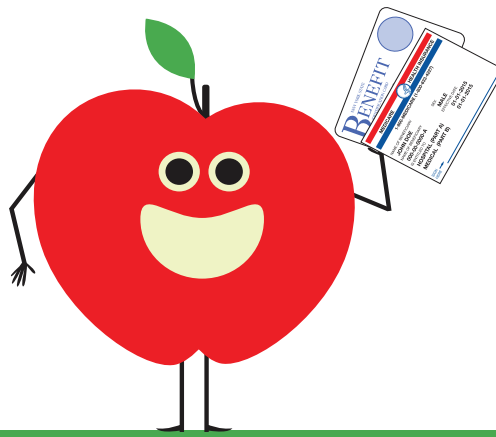
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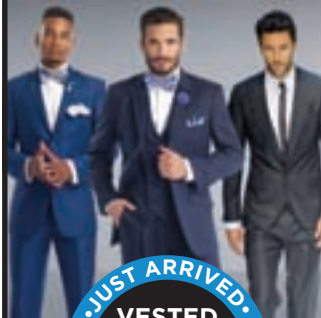
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CARIBBEAN ROUNDUP

Continued from page 4

The meeting was told that there is a mismatch between supply and demand at the level of certain banks.

He said, one suggestion put forward" is that the banking representatives need to meet more often with the Central Bank Governor Dr. Gobind Ganga.

The finance minister said the banks would be expected to "weed out" what he described as an illegitimate need for foreign currency and stressed that there was need in "this bidding war to continue."

Jordan said the banks in the past tried to manage the rate at Guy\$210 to US\$1.

Jamaica

Jamaica is moving to expand exports and satisfy customer demands in the United Kingdom and the wider European Union (EU) market.

Minister of Industry and Commerce, Karl Samuda said as a result, government has embarked on a program to significantly boost exports of sweet potatoes to the United Kingdom through the production of United States varieties and the trial of melon varieties requested by buyers in the UK.

Samuda said having more sustainable exports required identifying markets, training farmers and potential exporters in international business best practices, exposing them to the requirements of the markets in an organized way, and bringing them into contact with the markets.



Four people were killed and more than 12 others were being treated for serious injuries following an explosion in the north of St. Lucia recently.

The incident occurred at a quarry when workers were welding a container carrying dynamite.

Four of the seriously injured were airlifted to neighboring Martinique for treatment.

The explosion, which could be heard from miles away, occurred at Farrand Quarry, operated by Rayneau Construction, in Cul de Sac, Castries.



Three people died on the spot, while a fourth who was among 15 others who suffered injuries, died on the way to hospital.

Prime Minister Allan Chastanet has called on the public for prayer and support for the families of those impacted by the incident.

Trinidad

Trinidad and Tobago energy sector has received a big boost as multinational energy giant BP has promised to invest US\$5 billion over the next five years.

This was revealed by Prime Minister Dr. Keith Rowley following talks he held with executives and leaders in the energy industry which was held last week in Houston, Texas.

He also held talks with Shell, Exxon Mobil and EOG Resources officials during his visit.

A release from Dr. Rowley's Office announced BP's intention to invest US\$5 billion in T&T, with BP committing to further exploration and production.



— compiled by Azad Ali

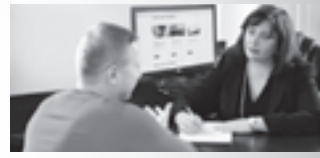
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Vincentian masman, soccer pioneer Sam DeBique mourned



Adelle DeBique sat in the front pew. Photo by Nelson King



Sam DeBique. Photo by Nelson A. King

included: Jamaican-born pastor Lecroft McKenzie, Trinidadian Minister Marie Morris, and American Dr. Mamie Greene-Archer.

Mourners paid tribute to DeBique in songs, hymns, steelpan, speeches, poems, scriptures and dance, among others.

Despite the solemn occasion, mourners erupted with huge laughter when Kingstown native Gloria DeShong, before singing "You raised me Up," said: "I was not on the program, but I am now."

Ormond "Paddy" Corea, DeBique's teenage friend and former mas producer, said DeBique was "sickened with a debilitating thing — a heart disease."

He said he and DeBique were friends for 63 years and that they never had a quarrel or argument for those years.

"I came not to bury my friend but to praise him," said Corea, quoting William Shakespeare. "For me, this is per-

petual. I will miss my friend. Farewell my friend."

In eulogizing DeBique, Dr. John, a Kingstown native, said: "I don't think all of us will get the privilege like Sam."

"I used to be around the park [Victoria Park in capital

Kingstown], never played for a side [soccer team], but I used to lime [loud laughter]," he said in his homily. "Death is inescapable. You might think you have time. It does not matter what you accumulate in life, you'll leave it."

By Nelson A. King

More than 500 Vincentian and other Caribbean nationals Sunday evening paid their last respects to Vincentian masman and football (soccer) pioneer Sam DeBique, who died on March 15. He was 79.

In 2012, DeBique was diagnosed with a heart condition, "and his health deteriorated as years went by," according to his obituary read at the funeral service, at St. Gabriel's Episcopal (Anglican) Church on Hawthorne Street in Brooklyn, by DeBique's cousin, Omari Williams, Deputy Ambassador at the St. Vincent and the Grenadines Embassy in Washington, D.C.

Vincenian nationals — from all walks of life — packed the pews at the church, at which several Vincenian clergy attended and officiated in the three-hour-long funeral, preceded by a two-hour-long viewing. The church's Barbadian-born pastor, the Very Rev. Eddie Alleyne, presided over the service.

Among members of the Vincenian clergy in attendance were: The Rev. Ulric Jones, who assisted with the Holy Eucharist; Dr. Horace John, pastor of St. John's Wesleyan Methodist Church in Crown Heights, Brooklyn; the Rev. Rudolph Telesford, pastor of Nehemiah Christian Ministries in Flatbush, Brooklyn; the Rev. Hoskin Prescott; Pastor Cadman Roberts; and Minister Carmalyn Alexander.

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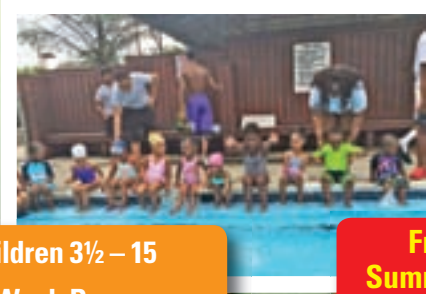
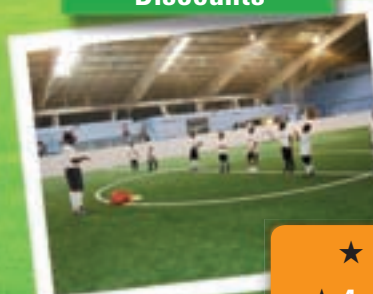
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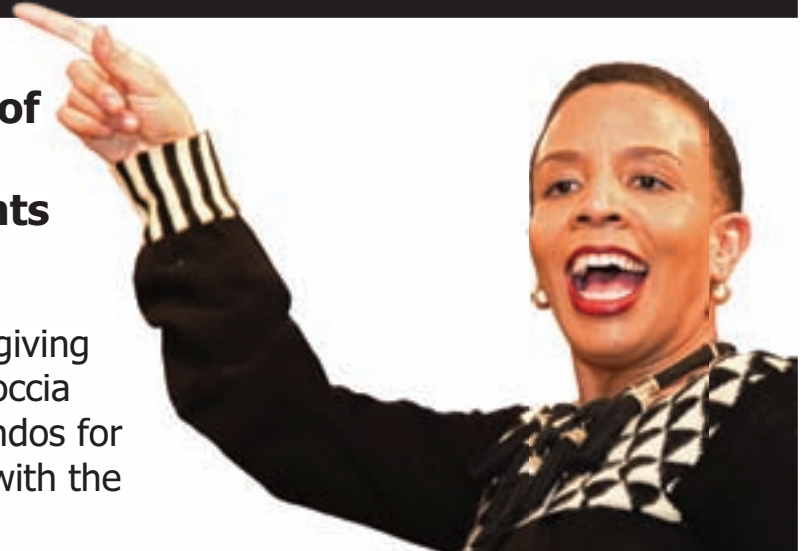
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Guyana Travel Tax billed into ticket price

By Tangerine Clarke

During a departure procedure on April 2, 2017, at Cheddi Jagan International Airport in Guyana, a ticket agent told this reporter, that a departure tax is no longer payable at check-in, he said the fee is now billed into the airline ticket at the time of purchase.

However, Jackie Bailey, a fellow passenger on the same flight, was asked to pay Guy \$6,000 — Guy \$2,500 as Security Tax, and Guy \$3500 Travel tax, because her ticket, was purchased before Feb. 1, when the new measure took effect.

Bailey told this reporter, she was asked to pay the fee at the ticket counter and was later shocked when she learned that many other passengers did not have to pay the same fee, a faux pas by the airline who should inform passengers about the new measure that took effect on Feb. 1, 2017.

Passengers, as recent as January 2017, were required to pay the Guy \$6000 at a tax booth just after check-in, and before proceeding through Customs and Immigration.

The National Assembly passed amendments to the Tax Act Cap 80:01 addressing Travel Tax, that Minister of Finance Winston Jordan put forward to allow airlines to add the departure tax to a ticket.

According to Kaieteur News, the amend-

ment was made to Section 56 of the Act, which authorizes the Commissioner-General of the Guyana Revenue Authority (GRA) to appoint agents to collect travel tax for the commissioner.

Travel agents who fail to remit travel tax to the commissioner-general or a carrier which fails to remit travel tax to an agent or the commissioner-general would be liable to a penalty.

The tax can either be collected by an airline or a collection agent instead of it being paid to a booth at the two airports, according to Minister Jordan.

The commissioner general spoke with airlines and collection agents to conduct the new procedure.

Minister Jordan added that Guyana maybe the last county in the Caribbean region where persons were required to pay departure tax at a booth.

He stated that Guyana has been way behind in making these changes, adding that just before passengers proceed to the immigration department at the (CJIA), they had to stop at the tax booth where they were required to pay and receive a ticket.

Passengers should check with travel agents and travel sites for further information when booking flights in and out of Guyana.

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Homeless teenager makes it in financial world

By Alexandra Simon

From a homeless teen to executive in the finance scene.

Washington Heights native Emily Quezada went from living in a shelter after being thrown out of her home at 18 years old and pregnant, and now at 25 she is a finance executive with online travel agency CheapOair.

The teen mother lived at the Covenant House — a shelter that assists homeless youth — and while there she entered a career internship program with the company. She was inspired to take the internship, which also led to a full time position where she is currently pursuing her dream in a field that always piqued her curiosity, she said.

“I’ve always been interested in travel and taking flights, so I just went for it,” said Quezada.

As a young teen, Emily did not have much work experience outside of retail. When the chance to explore a different field came up she jumped at the opportunity to make her time at the shelter worth it, she said.

“Most of my work experience was from being a cashier, so when I saw the opportunity for the program at the Covenant House, I decided to take it to stay,” said Quezada.

One of the many skills that aided Quezada to quickly move up in the company was her bilingualism, she said. Her ability to speak another language allowed her to help the company with their non-English speaking customers.

“Because I speak Spanish that assisted me a lot with moving into different departments that needed need help with Spanish speaking customers,” she said.

Since her employment with CheapOair, Quezada has earned multiple new skills that she prides her-



CheapOair helped Quezada expand on her skills in customer service, which she hopes to benefit her in her future career in human resources.

Emily Quezada

self on having, particularly her capabilities with computers.

“My main job here is working with customers but I also have to calculate flights for passengers, do a lot of typing,” said Quezada.

Her computer literacy expanded when she was introduced to demanding software programs she did not know how to use, said Quezada.

“I never was computer savvy but now I work excel and book travel through our system — it was very challenging because there were these codes and I did not know where they came from and how to work with them,” she said.

Now a full-time student at Bronx Community College, Quezada said she loved her job but was also setting sights on her true passion.

“I want to stay in finance, but my biggest goal is to work in human resources and I’m going to school full-time for it,” she said.

Quezada praises the Covenant House for providing her a home during a challenging time in her life, and even said she would not change the outcome of her life if she could. She recommends other teens who were in her position to seek similar homes.

“For people in need, the Covenant House is definitely a support system and I wouldn’t be where I am today without their support and other resources,” she said. “I don’t think I would’ve wanted to change anything about the outcome of my life — this is how I got to where I am, and I only wish I had gone to the Covenant House earlier.”

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Free business program targets minority entrepreneurs

By Alexandra Simon

A Harlem-based lending company launched a business initiative to support women and minority-owned businesses in the city. The Harlem Commonwealth Council lending sector — the Harlem Entrepreneurial Fund — created the free program ‘Opportunity for Growth’ that will teach and assist participants with sessions on financial education and literacy, marketing, and the do’s and don’ts of running a business.

One of the ongoing challenges that women and minority business owners face is money-lending discrimination, which prevents many current and potential entrepreneurs from receiving adequate loans to launch a business, said a representative from the company.

“The biggest issue has historically been obtaining loans and because there is institutionalized racism regarding loans, underserved communities still struggle to grow,” said Vanessa Matthew, marketing manager with the firm. “Business growth is something that takes time and we want to provide them with the loans if they can’t get through banking.”

And women of color con-



Business 101: Participants of the ‘Opportunity for Growth’ program listen on during a session at the Harlem Commonwealth Council building. Ibrahima Diallo, foreground, owner of Ginjan Bros, and Dr. Candice Fraser, founder of Trinity Medical Care NYC, seated near him, are two of the many business owners who are part of the program. Pedro Escobar

fronted with race and gender discrimination encounter the challenge distinctly, but the initiative can help avoid that gap and provide these entrepreneurs with their backing, said the company president.

“‘Opportunity for Growth’ will deliver to women and minority firms the skills, resources, and

connections needed to stabilize, adapt, and thrive in the rapidly evolving local economy,” said Kelvin Collins, president of Harlem Commonwealth Council.

The three-hour bi-weekly session assists entrepreneurs with key business management tools, such as making business plans, creating capital, and financing and market-

ing strategies, which are the top two areas of concern for many small business owners, said Matthew.

The program comes at no cost, but requirements other than being a woman or minority, ask that you must be a small business owner and live within specific zip codes in upper Manhattan and some parts of

the Bronx. Entrepreneurs in other zip codes may apply, but entrance into the program is based on space availability.

Matthew said ‘Opportunity for Growth’ currently has participants from businesses including medical clinics, eateries, clothing stores, hair salons, and contract businesses.

“I would say the biggest benefit from the program for those participating is being able to have a stronger understanding of how to get things done and how to identify and fulfil promises to customers in profitable ways,” she said. “We want to put them in a position to be in the best light in their customers eyes and still learn how to remove roadblocks, create strategies, and help them through the continuation of a business that retains their talents.”

She also said the company, which was celebrating its 50th year, is committed to helping Harlem overall to create more thriving businesses and counter unemployment.

“We are trying to help in every facet and see how can we drive entrepreneurship into the community, especially when there are many who are having a hard time getting a job,” said Matthew.

After struggle, Mandela Freedom Park opens in Barbados

By George Alleyne

Exactly 27 years after Nelson Mandela was released from prison after spending the same number of years behind bars, Barbados opened the Mandela Freedom Park.

“We chose this moment as the most powerful symbol you can imagine, 27 years since 27 years,” said Hilary Beckles, Vice-Chancellor of the University of the West Indies at the opening ceremony Tuesday night.

Beckles, who was two years ago promoted as administrative head of all of UWI after serving 12 years as Principal of the Barbados Cave Hill Campus, had been the driving force behind establishment of the park, which is situated on a prime spot on University Drive, Cave Hill overlooking the sea.

Mandela’s eldest granddaughter, Ndileka Mandela, and a team from the University of Johannesburg were among those attending the opening



Prime Minister Freundel Stuart. Photo by George Alleyne

ceremony, which included libations and invocation of the ancestors of the struggle for freedom.

But getting to this point of celebrating the opening of the Mandela Freedom Park was itself a struggle, though not on the scale of that waged by the great man, whose name given at birth is Rolihlahla, and his true title being Madiba, the clan into which he was born in Transkei.

The name ‘Nelson’ was imposed on him at school to suit the tongues and tastes of colonials. Mandela is the family surname.

Beckles spoke of the entrenched culture of prejudice and discrimination that still grips Barbados and which served as the barrier to placement of a permanent tribute to Mandela.

The professor recalled Madiba’s walk from jail Feb., 11, 1990.

“Those of us who watched those first few steps, for us they were longer than the eight weeks a slave ship took to reach Barbados.

“Those eight weeks across the Atlantic that brought 600,000 Africans to this island, the pain of those weeks were reflected in each step he took.”

Beckles pointed out that the emotional build-up among Barbadians led to a 15,000 strong rally at Farley Hill in 1990.

He said “the people rose up



UWI Vice-Chancellor, Hilary Beckles. Photo by George Alleyne

and asked that the Farley Hill Park be renamed the Nelson Mandela Freedom Park”.

Beckles said he saw no issue with the request then because it came from the descendants of people who constituted the ‘first slave society’ of the world, and they were asking only for, “the renaming of a land that

was a slave plantation. A place where thousands of Africans had been enslaved and died. We thought it appropriate.”

“The powers to be in our society, the elites in our society did not think this a good idea, and so the concept, the rising of the people was quietly put asunder.”

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Exercise is an important component of a healthy lifestyle. Daily exercise can improve mood, promote an active lifestyle, and reduce a person's risk for a host of ailments, including diabetes and heart disease.

Despite the importance of exercise, many people live sedentary lifestyles into their golden years. Seniors who want to embrace a healthier way of life and get more physically active should first consult with their physicians before beginning an exercise regimen. Certain medications may limit just how far

seniors can push themselves, while preexisting conditions may make specific types of exercise off limits. After discussing their limitations with their physicians and developing a safe exercise routine, seniors can heed the following tips to avoid injury but still get healthy:

Pick a partner. Whether it's a spouse or a friend who is physically active or wants to be, try exercising with a partner, at least initially. Doing so can provide the motivation you need and partners can serve as safety nets should you need assistance completing an

exercise or suffer an injury and require medical attention. Personal trainers can serve as your partner, and many gyms offer discounts to seniors on personal training services.

Start slowly. Seniors who have not been physically active for some time should take a gradual approach to exercise. Instead of heading right for the treadmill, exercise bike, or elliptical machine, start walking every day. When it rains, find a treadmill you can walk on. The American Academy of Orthopaedic Surgeons recommends seniors begin by determining how many

steps they can take in a day and then gradually working toward 10,000 to 15,000 steps per day. Utilize step counting apps on your smartphone to track your progress. Apply the same slow approach to strength training exercises, lifting only very light weights at first before gradually increasing weight as your body acclimates to the exercises.

Stretch. Bodies that have been inactive for lengthy periods of time are inflexible, and lack of flexibility increases your risk for injury. The Academy recommends that seniors warm up their bodies before

stretching with five to 10 minutes of low-intensity activity such as walking. Then stretch gently, remembering to relax and breathe during each stretch.

Switch things up. When strength training, do not work the same muscle group two days in a row. Muscles need time to recover. If you prefer circuit strength training where you exercise various muscle groups in one day, do not strength train on back-to-back days, leaving at least one day in between strength training sessions so muscles have ample time to recover.

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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Understanding Medicaid Planning & It's Importance



BY: ISAAC YEDID, ESQ. & RAYMOND ZEITOUNE, ESQ.

As we get older, we begin to worry about the possibility that we may get sick and end up in a nursing home. Paying for a nursing home can drastically reduce a person's savings. In New York, the average cost of nursing home care is a little more than \$75,000 per year, with the cost of better nursing home care being upwards of \$170,000 a year.

Most Americans will drain out their savings while paying for nursing home care until they qualify for Medicaid, but with proper planning, this unfortunate result can easily be avoided, and people can go to a nursing home and still leave an inheritance for their children.

Medicaid is an entitlement

program for people and families with low income and limited resources. In order to qualify for Medicaid, you must be impoverished under the guidelines prescribed by the program. Without proper Medicaid planning, most people will have to spend down most of their assets before being eligible to qualify for Medicaid. Therefore, if a person thinks he or she may apply for Medicaid in the future, certain measures must be taken today in order to avoid that unfortunate result of being denied from Medicaid in the future.

The Basics of Medicaid Trusts:

A Medicaid trust is a way to transfer money to someone you trust, with restrictions so that they cannot just keep the money. A Medicaid trust is a great way to secure your future eligibility for Medicaid. The key word here is "future" because a Medicaid trust will not qualify you for Medicaid immediately. There will be a penalty period, which can be up to five years (but is often less). If you have an immediate need for Medicaid, there are a number of other

techniques that can be used, such as a "gift and loan" or a "spousal refusal."

As a part of creating a New York Medicaid trust, you will have to transfer your assets to the trust (i.e. transfer your money to a bank account in the name of the trust and re-title your brokerage accounts and real estate to the trust).

Once assets are put into a Medicaid trust, it is impossible to take them out. It goes without saying that once you take the assets back from the trust, you lose Medicaid eligibility. It is this inability to revoke or amend the trust that makes the trust untouchable by Medicaid. Now that you no longer own the property, you prevent Medicaid from asserting that you don't meet the Medicaid resource limit. The trustee of your choosing will manage the trust. This is usually the person who is very close to you, such as a son or daughter, although some trusts are managed by an attorney or a bank. Some people opt to have more than one trustee, for example, two children and an attorney or a banker. You can receive in-

come from the trust, as long as the income is below the Medicaid eligibility limit. Medicaid will count the income but ignore the principal of the trust. Any income over the Medicaid limit will have to be put back into the trust.

Once again, planning in advance is the key factor. A proper Medicaid trust that is more than five years old will qualify you for all types of Medicaid, but a "younger" trust may incur a period of ineligibility (the waiting period).

When Will I Begin to Qualify for Medicaid After Transferring Assets?

When the Medicaid trust is more than five years old, you will qualify for Medicaid without a waiting period. Additionally, you may be able to have a Medicaid trust without the imposition of a penalty period if the transfer meets certain exemption requirements.

Forming a New York Medicaid trust allows you to protect your family's assets from being used to pay for your medical and nursing home care by justifying the need

to receive Medicaid in the future to cover those expenses. Additional benefits in forming a New York Medicaid trust are the usual lifetime trust benefits, which can help save money on estate taxes, keep assets out of the probate court, maintain privacy, avoid the hassle of multi-state probate proceedings, avoid interruption of income and use of assets after your death, and provide planning for mental disability. **Let us help you prepare for you and your family's future.**

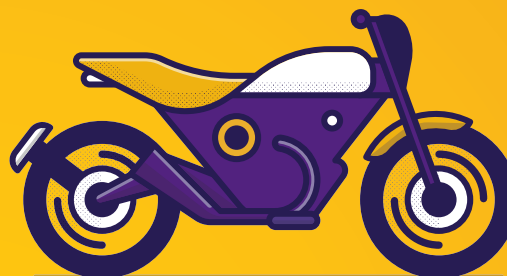
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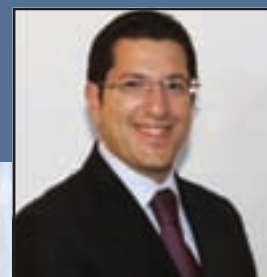


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Debunking myths surrounding nursing homes

CENTERS HEALTH CARE

It's not your grandma's nursing home.

On March 19, at the New York City Elder Care Expo held at the Kingsway Events Center, Centers Health Care offered a presentation that was eye opening, to say the least. The theme was "Debunking the Myths of Post-Acute Health Care." In other words, nursing homes and home care today are a lot different than what most people think of them.

Shindel Richter, a hospital liaison for Centers Health Care, surprised the attendees by first explaining that in most cases, nursing homes and rehabilitation facilities are the exact same thing. If you need to go to a rehabilitation facility following a stroke, a cardiac event, or some sort of surgery, you're most likely going to a nursing home. And that means that there are a lot of residents in nursing homes who are considerably younger than you might think. It also means that many, many people only spend a few days or a few weeks there. And that was Richter's next surprise; in some facilities, as many 30 percent of the residents are there for a short period of rehabilitation. What's more, the length of time it takes a Centers facility to get a short-term resident ready to go home as gone down from 30 to 60 days in 2010 to just 7 to 14 days today.

The lifestyle in a skilled nursing facility was another topic of surprise. According to Richter, people who visit one of Centers' facilities prior to being admitted are always pleasantly surprised by how active the places are. Like most nursing homes, each facility has a full staff of activity coordinators whose sole job is to fill the days with as many new activities as possible. And while bingo is popular, the breadth of activities spans a wide range of interests from technology and computer classes to yoga and dancercise, and countless scheduled trips.

Of course, quality of care was addressed and Richter stressed the stringent oversight that each nursing facility in the state is subjected to. Nursing homes are inspected by the state at least once each year. Inspectors arrive unannounced and immediately



begin examining all areas of the facility — the physical plant, record keeping, training, medication management, communication, and more. Complaints are carefully documented and the facility is required to put in place a written plan of remediation for any deficiencies that are noted during their inspection. The results of those inspections can be found on the Medicare website, Medicare.gov, where facilities are ranked from one to five stars, with five being the highest level of achievement. Of the three Centers Health Care facilities in Brooklyn, all of them are rated five stars by Medicare.gov.

Also presenting was Howard Aryeh, who was there to

share some surprising facts about home health care. A representative from Centers Home Care, he started by informing the audience that the role of nursing homes and home care has changed dramatically in the past 15 years. Current thinking is driven by a combination of advanced medical protocols and improved training, a wealth of data showing that where possible, people tend to fare better in their own homes than in hospitals or nursing homes, and of course by insurance companies who are increasing pressure on the hospital industry to discharge patients sooner than ever before. Aryeh noted that no longer do people need to go to a

hospital before they transfer to a skilled nursing or rehab facility. Many are now able to bypass the hospital and get the precise treatment they need at the most appropriate location, whether that's a skilled nursing facility or in their own homes.

But his biggest surprise was explaining that while Centers Health Care is the largest group of nursing and rehabilitation facilities in the state, its real mission is keeping people OUT of nursing homes until it's most necessary. He explained that skilled nursing facilities today work closely with home care companies. The goal is to help those companies provide care to people in their own homes, which of-

ten includes a short stay in a nursing home for specific rehabilitation. He then went on to explain the vigorous training and background checks that are required to receive a license in New York State to provide home care services, and the wide range of services that home care companies provide. And therein was another surprise — the services provided by home care companies are much more far-reaching than ever before. These include helping people with certain activities of daily living, such as cooking, bathing, or getting back and forth to the doctor; homemaking is frequently approved as a necessary part of home care as is simple companionship and of course, personal care, medical services provided by a skilled nurse and even various types of rehabilitation and other therapies. All of these services and more are usually covered by either Medicare, Medicaid, or private insurance. He even explained how people can choose their own care giver — a sibling or a relative or friend — and that person can receive compensation through a Medicaid program called Consumer Directed Personal Assistance Program (CDPAP). According to Aryeh, thousands of people who were caring for a loved at home have registered as home aides through the program in last two years and now receive regular weekly paychecks through this Medicaid-approved program.

The remainder of the Centers' presentation focused on Managed Long Term Care, and that topic generated the most audience questions while correcting a lot of misconceptions. For example, many attendees didn't realize that you don't need to be 65 to qualify for Medicare. Medicare is also available to veterans and people with work-related injuries of any age. Many people questioned Medicare coverage and were surprised to learn that it does not cover vision, dental, hearing, or certain other medical services, and that it is not free; there are premiums, deductibles, and co-pays.

For our readers who have further questions, Centers Health Care has additional information on its website at www.CentersHealthCare.com



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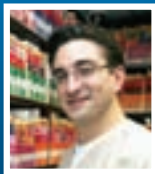
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ENTERTAINMENT

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Danny Coxson (left) and Sébastien Carayol. A.D. McKenzie

Jamaican art expo

By A. D. McKenzie

PARIS, March 29, 2017 (IPS) — It's one of those movie-like spring days in Paris, where blue skies and brilliant sunshine lift spirits after a long, wet, grey winter. Many people are outdoors trying to catch the rays, but Jamaican artist Danny Coxson is not among them. He's inside a museum in a north-eastern neighbourhood of the French capital, with a brush in his hand and tubs of vivid paint beside him, focus-

Continued on Page 34

Tarrus Riley will be Groovin'

Scores of New York City media representatives, artists, music industry executives, tastemakers and sponsors came out to the Crowne Plaza Hotel in Queens, New York last Saturday morning for the 2017 launch of Groovin' In The Park, New York City's premier reggae & R&B summer concert.

At the breakfast press conference that was simulcast to some 13 radio stations across the USA with delayed feed to several others, the lineup for this year's show was announced. On the reggae side, 'Singy Singy' Tarrus Riley, one of the most accomplished of the second generation of Jamaica roots reggae singers, was officially confirmed as a performer.

Riley joins hit machines Freddie McGregor, Ken Boothe and Leroy

Continued on Page 34



Lyons says her album is a blend of musical styles fused with traditional and modern soca music. VP Records

Fay-Ann Lyons makes historic chart topping success

By Alexandra Simon

Soca artist Fay-Ann Lyons' aptly titled album "Break the World," went on to smash the international world when it hit number three on Billboard's Reggae and Soca chart after its debut. The historical chart-making rank was a first for an individual female soca artist, and the singer was not only thrilled when she learned of her album's ranking on the chart but said that she also foresaw it.

"I think many people are not really surprised — these are things that

they expected because music is something I was born into and I think it is second nature to me," said Lyons. "The support and appreciation have been enormous and it's just a matter of believing you can achieve certain things and doing it."

With the album's success, Lyons said she saw more doors being opened for the soca music industry.

"I'm all for getting soca music on an internationally recognized platform and soca has been trying to get that recognition very long," she said.

"We had success but it hasn't been constant and consistent. Having this happen is an accomplishment."

The 16-track album, which was released worldwide earlier this month is soca at its core, but also a mixture of various styles of music she loves and dabbles, said Lyons. She said listeners will enjoy the wide array of modern sounds.

"We have power soca, we have electronic dance music fused songs, afrobeat, dancehall songs — we have

Continued on Page 34

TOP OF THE CHARTS

TOP 10 SINGLES

- 1 **Shape Of You**
Ed Sheeran
- 2 **I Don't Wanna Live Forever**
Zayn / Taylor Swift
- 3 **That's What I Like**
Bruno Mars
- 4 **Love On The Brain**
Rihanna
- 5 **I Feel It Coming**
The Weekend Feat. Daft Punk
- 6 **Scars To Your Beautiful**
Alessia Cara
- 7 **Paris**
The Chainsmokers
- 8 **Mercy**
Shawn Mendes
- 9 **Water Under The Bridge**
Adele
- 10 **Don't Wanna Know**
Maroon 5 Feat. Kendrick Lamar

TOP 10 ALBUMS

- 1 **More Life**
Drake
- 2 **Rather You Than Me**
Rick Ross
- 3 **Beauty And The Beast (2017)**
Soundtrack
- 4 **Divide**
Ed Sheeran
- 5 **There Is A Cloud**
Elevation Worship
- 6 **Moana**
Soundtrack
- 7 **Spirit**
Depeche Mode
- 8 **Hot Thoughts**
Spoon
- 9 **24K Magic**
Bruno Mars
- 10 **Climate Change**
Pitbull

Presented by



Groovin' In The Park set for June 25



Groovin launch - Ibo Cooper, Chris Roberts, Leroy Sibbles, Ken Boothe, Freddie McGregor and Lloyd Parks.

Continued from page 33

Sibbles who will lead a rock steady retrospective that will be accompanied by Lloyd Parks & We The People Band plus a symphony orchestra called GITPRO and a mass choir from Lenox Avenue Baptist Church in Brooklyn.

"Tarrus has over the years

delivered strong performances on many of the big festivals in Jamaica. He is an extremely popular singer among New York fans. We are eager to showcase him on a big platform like Groovin In The Park" Chris Roberts, founder and CEO of Groovin Inc said.

In his short career, Riley has amassed a catalog of love gems

including "She's Royal," "Contagious," "Soul Mate," "Groovy Little Thing," "Stay With You," "Cry No More" and "Antique Loving." Other popular hits include "Start Anew," "Good Girl Gone Bad" featuring Konshens; Robin Thicke's "Superman;" "Shaka Zulu Pickney," "Come Ova" and "Never leave I." Among his accolades are

Best Singer, Male Vocalist of the year, Cultural Artiste and Song of the Year at the the Youth View Awards, The Star People's Choice Awards, the EME Awards, and the IRAWMA.

Groovin' In The Park 2017 takes place on Sunday, June 25 at Roy Wilkins Park in Queens. For more information, go to groovininthepark.com.

Jamaica

Continued from page 33

ing on finishing a portrait of a deejay named Big Youth.

Coxson's artwork — colourful and precise renditions of Jamaica's best known musicians — is the "common thread" that links the vast range of items on display in Jamaica Jamaica!, France's first major exhibition on the history and impact of Jamaican music.

Born in Trench Town, like Bob Marley, 55-year-old Coxson has been painting since he was a young man, but he says he didn't take it seriously until he was in his early thirties, when he lost three fingers through a machete incident in 1991. Since then, he has devoted his career to painting murals of Jamaica's singers, producers and sound engineers, holding his paintbrush in the remaining fingers of his right hand.

Through a grant from the Institut français cultural agency, Coxson has been artist-in-residence in Paris since February, painting murals and portraits for the massive exhibition.

On this day, he's an island of calm in the museum, as workers rush around, finalizing the display for the public opening on April 4.

"This exhibition is a good thing for us Jamaicans," Coxson tells IPS. "But we have to wake up about our own culture because sometimes we don't value it enough. And look at how people come from so far and take it up."

Jamaican music and artistic production have contributed greatly to the island's cultural and economic development, but this is sometimes overlooked, Coxson says. Artists like him don't receive enough official support, but perhaps the international spotlight will lead to greater local recognition of the role the arts play in development.

The Jamaica Jamaica! show is being held at the Philharmonie de Paris, a cultural institution at Paris' immense Cité de la Musique complex. The Philharmonie focuses on music in all its forms and comprises state-of-the-art auditoriums, exhibition spaces, and practise rooms. It had long wanted to host an exhibition about Jamaican music, says Marion Challier, exhibition project manager.

'Break the World'

Continued from page 33

all types of music fused with soca," said Lyons. "The album represents all types of songs I write and genres that I'm interested in and can do."

She paid homage to the classics as much as the current music trends.

There are so many young and talented people in the Caribbean who have and been here for years pushing the music and pushing the culture.

"I put together as much of a diverse category of songs, showing soca from back in the day and what it is in now with the youth and experimentation with soca," she said.

But even with reaching this



Soca singer Fay-Ann Lyons' debut album, 'Break the World,' sets a historic achievement for soca music. The album charted at number three on Billboard's Reggae charts three weeks after its release — a first for an individual soca artist.

VP Records

milestone achievement, Lyons said she wants to see other artists achieve the same goal.

"I want people to know that I'm not alone and there are many other talented artists and I'm not the only one," said Lyons. "There are so many young and talented people in the Caribbean who have and been here for years pushing the music and pushing the culture."

Prodigal daughter tries to reconcile with dad

“The Levelling”
 Excellent (4 stars)
 Rated R for profanity and
 brief frontal nudity
 Running time: 84 min-
 utes
 Distributor: Monterey
 Media

By Kam Williams

It's not very clear whether Harry Catto's (Joe Blake-more) death was a murder or a suicide. One thing's for certain, though. It wasn't merely a mishap, because nobody accidentally sticks a gun in his own mouth and pulls the trigger. The cops suspect that he killed himself, but his father (David Troughton) is too much in shock to press them to launch a full investigation.

This tragic state of affairs greets Clover Catto (Ellie Kendrick) when she returns home to attend her younger brother's funeral. Although she has been away in veterinary school, she has been estranged from her father for years. In fact, this is



Ellie Kendrick and David Troughton star in “The Levelling.”

<https://www.montereymedia.com/thelevelling/>

her first visit back to Somerset since the 2013 flood which devastated most of the wetland region's coastal plains.

Upon arriving, Clover sees

that much of the rural area still hasn't recovered from the deluge, including the flattened dairy farm that she grew up on. But before she can devote

any attention to the idea of resurrecting the family-owned estate, the grief-stricken Prodigal Daughter needs to focus on reconciling with her father

and on figuring out the circumstances surrounding her sibling's slaying.

That is the engaging point of departure of “The Levelling,” a haunting, modern parable of Biblical proportions. The deliberately-paced mood piece unfolding against a decidedly-barren, British backdrop marks a most impressive writing and directorial debut by Hope Dickson Leach.

The film also features a nonpareil performance on the part of Ellie Kendrick as Clover. The talented ingenue exhibits considerable range in service of a very emotionally-demanding role. She is assisted in this endeavor by an equally-capable supporting cast basically composed of David Troughton as a dad plunged deep in denial, and Jack Holden as an eyewitness with lots of answers.

A heartbreakingly-palpable exploration of a strained father-daughter relationship as well as a thorough post mortem on their loved one's untimely passing!

To see a trailer for The Levelling, visit: <https://www.youtube.com/watch?v=uNC8SeWPiW4>

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.

Alive and Kicking (Unrated) Musical documentary taking an informative look at both the Depression Era roots as well as the present-day popularity of swing dancing.

The Assignment (R for profanity, sexuality, violence, drug use and graphic nudity) Crime thriller about a double-crossed assassin's (Michelle Rodriguez) quest for vengeance against the rogue surgeon (Sigourney Weaver) who performed her gender-reassignment surgery against her will. Featuring Tony Shalhoub, Anthony LaPaglia and Lia Lam.

Cezanne et Moi (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,



Kam's Kapsules

By Kam Williams

Deborah Francois and Pierre Yvon. (In French with subtitles)

Colossal (R for profanity) Sci-fi comedy about a just-dumped and just-fired slacker (Anne Hathaway) who abandons New York City for her hometown where she suffers a nervous breakdown that leaves her convinced she is in control of a giant monster making mincemeat of Seoul, South Korea. Ensemble cast includes Jason Sudeikis, Tim Blake Nelson, Dan Stevens and Simon Pegg.

Gifted (PG-13 for profanity, mature themes and suggestive material) Coming-of-age adventure set in a Central Florida coastal town where a seven-year-old orphan (Mckenna Grace) raised by her uncle (Chris Evans) since her mother's suicide becomes the subject of a custody battle when her grandmother (Lindsay Duncan) learns she's a promising math prodigy. With Octavia Spencer, Jona Xiao and Jenny Slate.

Graduation (R for profanity) Crime drama, set in Transylvania, about a physician (Adrian Titieni) who loses his moral compass after his 18-year-old daughter (Maria-Victoria Dragus)

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Pakistan's batsman Kamran Akmal plays a shot during the ICC Twenty20 Cricket World Cup warm up match against New Zealand in Dhaka, Bangladesh, Monday, March 17, 2014. Associated Press / Aijaz Rahi, File

Pakistan wins Twenty20

By Azad Ali

West Indies failed to capitalize on the previous day when they blasted Pakistan to a three-wicket win in just 14.5 of their allotted 20 overs in the third of their four International Twenty 20 series at the Queen's Park Oval, in Trinidad.

Pakistan won the first match a few days earlier in Barbados.

But in the final match on Sunday the Pakistanis sealed the series with a 3-1 win at the same venue.

Batting first the West Indies failed to put a reasonable score on the board for

Continued on Page 38

Sammy eager to play

By Azad Ali

Former West Indies captain Darren Sammy is eager to play for the regional team in the upcoming Limited Overs (50) against Pakistan in the Caribbean.

However, Sammy is leaving that decision to the West Indies selectors.

Sammy was left out the 13-man squad in the Twenty20 International against Pakistan which was played in Barbados recently. Pakistan won the four-match Twenty20 series.

The St. Lucian has not played for West Indies since their stunning vic-

Continued on Page 38



Savoring the spotlight: Jen Fay, who got her hoops start at Nazareth, helped lead Quinnipiac to national prominence and a Sweet 16 appearance this year. Quinnipiac Athletics

Former Naz star helps spark Quinnipiac run

By Laura Amato

There's no sense of disappointment; only pride and a fierce determination to get back on the court.

Former Nazareth star Jen Fay was a key part of the Quinnipiac women's basketball team's success this season, a Cinderella story that ended in

the program's first-ever NCAA Sweet 16 appearance. The ending was far from perfect — a blowout loss to ultimate champion South Carolina — but Fay can still find reasons to smile. After all, she and the Bobcats made history this season, and as far as she's concerned, that's nothing to

be disappointed about.

"There were some tears, but I think they were all tears of pride and joy to be honest," Fay said. "I think the season really ended on a good note. A loss is a loss, but after everything we accomplished, the season

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Continued from page 37

the Pakistanis to chase and tumbled to 124 for eight wickets in their allotted 20 overs.

In their turn at the crease the Pakistan batsman took their time, batting sensibly to chase a modest 125 in 19 overs with seven wickets to spare.

Ahmed Shezad and Kamran Akmal got Pakistan to a good start posting 40 runs in their opening partnership.

Babar Azam and Shezad took the match away from the West Indies with a 70-run partnership.

West Indies two spinners, including mystery off-spinner spinner Sunil Narine failed to shine as he and his colleague leg-spinner for the first time in the Twenty20 series failed to capture a wicket.

Pakistan's debutant leg spinner teenage Shadab Khan took the Player of the Series for his haul of 10 wickets.

The two teams will move to Guyana where they will play three-match Limited (50) Overs in Guyana starting on Friday, April 7.

Sammy



West Indies captain Darren Sammy gestures during their One-Day International Cricket match against Australia in Canberra, Australia, Wednesday, Feb. 6, 2013.

Associated Press / Rob Griffith, File

Continued from page 37

tory over England in the final of the International Cricket Council (ICC) Twenty20 World Cup last April, but he has indicated he would like to wear the burgundy colors again.

He said he has retired from Test cricket but not from the Limited Overs. "I'm available for selection," he said.

Sammy is hoping that the recent appointments of new Executive Officer Johnny Grave, new Director of Cricket Jimmy Adams would cool the strained relations between the West Indies Cricket Board and several senior players over a controversial selection policy, as well as terms and conditions of agreement.



Power forward: Former Naz star Jen Fay got her momentum back on the court this season, returning to the Quinnipiac lineup after she was sidelined with an injury last year. Quinnipiac Athletics

ROCKY ROAD TO FAY'S SUCCESS

Continued from page 37

was fantastic."

Fay's own road to on-court success this year was rocky at times. The red-shirt sophomore was fresh off an ACL injury that kept her sidelined last winter and she readily admits she was nervous early in her comeback.

"Getting my confidence back this season was probably my main goal," she said. "Slowly I did that, but at the beginning of the season I was a little hesitant."

It took a few weeks, but once Fay started playing consistent minutes again, she quickly became the Bobcats' on-court leader, seeing action in all 36 of Quinnipiac's games and leading the

team with 10.5 points a game while averaging a blistering 47.5 percent from the floor.

"My teammates instilled more and more confidence in me," said Fay, who also led the squad in three-point percentage. "Then once I saw the ball go through the basket a couple of times, it gave me that full confidence I needed to go out there and play my game."

She helped keep the Bobcats focused throughout the season, even when the squad faced seemingly insurmountable challenges on the national stage. Quinnipiac might have surprised the basketball-watching world with wins over Marquette and Miami, but Fay never doubted her team could contend with the best.

"We never overlooked anybody, conference or non-conference, especially in the playoffs," she said. "We took it one game at a time and we focused on that opponent."

The whirlwind few weeks of bringing the national spotlight to Quinnipiac has been as exhausting as it's been thrilling, but now that Fay and her teammates have done it, she's anxious to prove it's not about the name of the school, but the work of its players.

"I think this run just showed a lot of people that mid-major schools are important," she said. "They might not have heard of you, but if you have the right work ethic and mindset, you can pretty much do anything. We hope to inspire people to believe that."

St. Francis sprinter dominates in multiple events

By Laura Amato

It's been an experiment, and so far, a successful one.

St. Francis senior and Marine Park native Wagner Elancieux wasn't always a track and field standout. If he's being honest, he's still not certain he is.

The only thing Elancieux is certain of is his willingness to try — to sign up for any event and give it everything he's got. It's a determination that has shaped his career with the Terriers and resulted in a series of personal bests.

"I'd say it took me a few years of seeing where I fit in," Elancieux said. "I'm still working on the mindset and

confidence thing. Even now. It's hard to focus on running and jumping at the same time. A lot of people don't even try and do that."

Elancieux isn't the prototypical track and field athlete. In fact, when he started high school, track and field wasn't even on his radar. He played basketball at St. Edmund Prep as a freshman, but didn't make the team his sophomore year, and suddenly was an athlete without a sport. A few weeks later, he found himself on the track.

"They said they were starting a track team and I figured I'd give it a shot," Elancieux said. "The first race was like

a 200 or something and I finished and I medaled. And I was like, well, if I can get a medal every week, I'll do this."

He started running and has never really stopped; excelling at sprinting with St. Edmund Prep before joining the team at St. Francis.

At first, Elancieux was certain he'd simply settle into a sprinting rhythm with the Terriers, but it's taken years for him to hit his stride.

"I just wasn't fast enough and I needed more strength than speed," he said. "So when I started here, I started doing distance. "Just to build up my strength, they put me in those races."

Vincentians walk for Penn Relays Carnival

By Nelson A. King

The rain held up, after drenching New York almost non-stop for over 24 hours, but it was very cold and blustery, as Vincentians braved the elements on Saturday morning, April, to demonstrate their fervent support for national athletes participating in this year's Penn Relays Carnival, at the Franklin Field Stadium, University of Pennsylvania in Philadelphia.

More than 24 nationals, including, for the first time, some members of the Brooklyn-based Garifuna Indigenous People of St. Vincent and the Grenadines (GIPSVG), participated in the fund-raising Walk-a-ton, organized by the Brooklyn-based Club St. Vincent, Inc., at the expansive Marine Park in the southern tip of Brooklyn.

"This is a wonderful thing," exclaimed James Cordice, the mastermind and founder of the Vincentian Penn Relays initiative, who trekked from Philadelphia to be part of the event, as participants converged in front of the park's recreational building for

post-walk featured addresses. "You're doing this in the interest of St. Vincent and the Grenadines."

The untiring Cordice, former president of the St. Vincent and the Grenadines Organization of Pennsylvania (SVGOP), disclosed that he had returned from St. Vincent and the Grenadines a few days before, where, among other things, he witnessed the annual Inter-Secondary Schools Athletic Championship at the Arnos Vale Sporting Complex.

"And I can assure you that the Thomas Saunders Secondary School (TSSS) and the St. Vincent and the Grenadines Grammar School (SVGGS) will be coming to the Penn Relays," he affirmed.

TSSS was the only Vincentian secondary school to participate in the Penn Relays for the past six years.

Cordice said, after several years of pleading for greater Vincentian secondary schools' participation in the illustrious games, SVGGS, one of the nation's older and elite secondary schools, has final-

ly obliged. The SVGGS was renowned for its perennial athletic prowess until it was upstaged, a few years ago, by the newly-established TSSS.

The St. Vincent and the Grenadines Community College (SVGCC) was also expected to participate in the Penn Relays for the first time this year, but that did not materialize, Cordice said.

Cordice said, for the first time, no female team will represent TSSS at the three-day carnival, from April 27-29, stating that the girls had failed to attain the qualifying time in pre-game championships in the region. The SVGGS is an all-boys secondary school.

TSSS and SVGGS will compete in different categories in the 4x100 and 4x400m in the games. SVGGS will compete in the larger schools' category, and the TSSS will compete in the smaller schools' category, because of their respective student body, Cordice said.

The Penn Relays, the oldest and largest collegiate athletic meet in the United States, is celebrating its 123rd year this



Vincentians assemble for a photo after participating in the Walk-a-thon at Marine Park in Brooklyn. Photo by Nelson A. King

month.

"I just want to commend Club St. Vincent, Inc. [one of the larger Vincentian cultural and educational groups in the US] for the efforts [in hosting the fundraising Walk-a-ton]," said Laverne McDowald-Thompson, president of the Brooklyn-based Council of St. Vincent and the Grenadines' Organizations, U.S.A., Inc. (COSAGO), the umbrella Vincentian group in the US.

"We just want you to continue to do this," added the former elementary school teacher in St. Vincent and

the Grenadines, stating that a fund has also been established by COSAGO and SVGOP to assist Vincentian athletes participating in the Penn Relays.

As it has done for the past six years, COSAGO will again this year organize a bus-load of nationals to take the at least two-hour trip, on the last day of the games, Saturday, to cheer on the competing Vincentian athletes, McDowald-Thompson said.

"So, we're looking for your support," she told the gathering. "If you're interested, please let us know."

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ARIES: Mar 21/Apr 20
Aries, you're not afraid to take risks or go where others fear to tread. Use this trait to your advantage and inspire others to set aside their reservations as well.

TAURUS: Apr 21/May 21
Taurus, you have a knack for making money this week. Keep abreast of any business ventures that may cross your desk. This may be a lucrative time for you and your family.

GEMINI: May 22/June 21
Do not leave anything until the last minute this week, Gemini. It's best to get all of your work done as early as possible, just in case some fun pops up for the weekend.

CANCER: Jun 22/Jul 22
Cancer, if you have been waiting for some sort of compensation, this could be the week that it arrives. Remain patient and that patience will ultimately be rewarded.

LEO: Jul 23/Aug 23
This may be a dull and lazy week, Leo. But that can be a good thing. This means you can recuperate from anything that has been ailing you, or just relax.

VIRGO: Aug 24/Sept 22
A massive incentive could be coming your way, Virgo. It's best to be aware of all the goings-on inside and outside of the office. This can be a great chance to get ahead.

LIBRA: Sept 23/Oct 23
Libra, it's not in your nature to complain, and this week will be no different. Take your usual approach and confront a problem rather than complain about it.

SCORPIO: Oct 24/Nov 22
Scorpio, this week your thoughts could turn to faraway places or daydreams may distract you from the daily grind. An upheaval of some kind is imminent.

SAGITTARIUS: Nov 23/Dec 21
You should get what you desire this week, Sagittarius. It may be a larger office or tickets to that big game you have been mulling over. The joy will be in the surprise.

CAPRICORN: Dec 22/Jan 20
Do not worry so much about what others think of you, Capricorn. You have been traveling down the right path for some time, and others recognize that you have your act together.

AQUARIUS: Jan 21/Feb 18
A big opportunity is mentioned in passing this week, Aquarius, and you begin to mull over the possibilities. This may be the right time to strike while the iron is hot.

PISCES: Feb 19/Mar 20
Pisces, even when faced with some personal misfortunes, you are able to present a stiff upper lip and maintain a positive attitude.

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MUST HAVE: Valid Original NYS HHA, Valid Identification, Social Security card, Two typed references, Physical/PPD/ MMR TITHRES/10 Panel Chain of Custody Drug Screen not older than 6 months - Jobs Available in Long Island, Staten Island, Bronx, Brooklyn, Manhattan and Queens - Walk in and fill out an application Monday-Thursday 10a-2p * **Bonus** will be paid on June 30, 2017 after 3 months employment - Rules and restrictions apply

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- Meet or exceed revenue expectations.

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- Proficient in sales calling including up-selling, appointment setting and cold calling.
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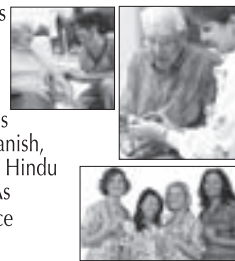
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► MEDICAL HELP WANTED

► MEDICAL HELP WANTED

► MEDICAL HELP WANTED

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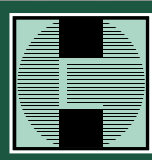


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Letitia James Warns Consumers About Classified Ads
Toll numbers may be a direct line to trouble. Classified ads are intended to help people by facilitating communication and advertising available services; however, some of the hotlines & service numbers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

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► **HELP WANTED**

► **HELP WANTED**

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LEGAL

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LEGAL

SUPREME COURT OF THE STATE OF NEW 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 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 after the service is complete if this Summons is not personally delivered to you within the State of

LEGAL

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

Caribbean Life

718.260.2555

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All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination because of race, color, religion, sex, handicap, familial status, sexual orientation or national origin, or intention to make any such preference, limitation or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



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