

Dominica nominates PAHO director

By Nelson A. King

The government of Prime Minister Roosevelt Skerrit of Dominica has nominated Dr. Carissa F. Etienne for a second term as director of the Pan American Sanitary Bureau (PASB), the secretariat of the Pan American Health Organization (PAHO).

PAHO said on Tuesday that Dr. Etienne's nomination was contained in a letter to the President of PAHO's Executive Committee, Argentinian Health Minister Dr. Jorge Lemus, "under the rules governing the election process for the position of Director of the Pan American Sanitary Bureau."

May 1 was the deadline for countries to nominate candidates, PAHO said, adding that no other country submitted nominations.

PAHO Legal Advisor Dr. Nancy Machado detailed the regulations and process in a meeting at PAHO headquarters in Washington, D.C. on Tuesday, attended by H.E. Juan Jose Arcuri, Argentina's permanent representative to the Organization of American States (OAS), and by Dr. Lemus via videoconference.

Arcuri noted that only one sealed envelope was submitted, nominating a candidate, and certified the nomination of Carissa F. Etienne on behalf of Dr. Lemus, PAHO said.

PAHO Member States will elect the new director during the 29th Pan American Sanitary Conference, scheduled for Sept. 25-29 2017 in Washington, D.C.

As required by PAHO's
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CHRISTIE SEEKS ANOTHER TERM



Bahamas Prime Minister Perry Christie speaks at the Caribbean Energy Security Summit, Monday, Jan. 26, 2015, at the State Department in Washington. Associated Press / Pablo Martinez Monsivais, File

Bahamians go to the polls May 10

By Bert Wilkinson

Amid fears of padding of the official voters scroll, Bahamians will on Wednesday vote in general elections with crime, a declining economy and a lack of job opportunities for professionals among the main issues.

Prime Minister Perry Christie is seeking a second consecutive five year term in office, pitting his Progressive Labor Party (PLP) against the Free National Movement of leader Hubert Minnis.

Minnis, a father of three boys, medical doctor and businessman has asked the party faithful to "fire the PLP" and give his party a change to improve an economy that has basically recorded no growth in the past three years.

The PLP on the other hand has said that it needs more time to fix an economy that was already in decline when it won general elections in May of 2102, almost to the date of this week's polls.

The elections commission has said that it has 181,000 people on its sanitized electoral scroll who are eligible to vote despite skepticism about pos-

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President Donald Trump.
Associated Press / Evan Vucci, File

Trump officially opens new immigration office

By Nelson A. King

As fear pervades the immigrant community in the United States, President Donald Trump has made good on a campaign promise to open an office that deals specifically with assisting what he says are victims of crimes committed by criminal immigrants from the Caribbean and other places.

The Secretary of the US Department of Homeland Security (DHS), John F. Kelly, announced on Wednesday the official launch of the US Immigration and Customs Enforcement (ICE) Victims of Immigration Crime Engagement Office (VOICE).

ICE said it built the VOICE office in response to Trump's Executive Order entitled, "Enhancing Public Safety in the Interior of the United States," which directed DHS to create an office to support victims of crimes committed by criminal immigrants.

"All crime is terrible, but these victims are unique – and too often ignored," Kelly said. "They are casualties of crimes that should never have taken place – because the people who victimized them often times should not have been in the country in the first place."

ICE said the key objectives of the VOICE office are to "use a victim-centered approach to acknowledge and support victims and their families"; to "promote awareness of available services to crime victims"; and "to build collaborative partnerships with community stakeholders assisting victims."

The types of assistance people impacted by crimes committed by illegal immigrants can expect include local contacts to help with unique victim requests, ICE said.

It said community relations officers will serve as a local representative explaining to victims what information is available and to help victims understand the immigration enforcement and removal process.

Jamaican pastor celebrates 70th birthday in style

By Nelson A. King

Members of Isaiah's Temple of Mount Hope Spiritual Baptist Church and well-wishers Thursday night celebrated the 70th Birthday of their Jamaican-born senior pastor in grand style.

The gala celebration for Archbishop The Most Rev. Dr. Voni B. Johyn took place at Vetro's By Russo's on the Bay in the Howard Beach section of Queens.

Well-wishers and friends travelled from other states, as far as Florida, throughout New York and from Jamaica for the grand celebration.

Archbishop Johyn's two children, Debbie Ferdinand and Troy Paul, and their families and other relatives were among celebrants.

"Thank you, mom, for the love, strength and care, for, in this world, that is quite rare," the children read in a poem to their mother. "For being our guardian and our guide, we are proud of you never gave up hope.

"When the times were hard, you kept going forward," they added. "Through it all, you move through the unknown with strength, no matter how far the length. We will always stand by your side. We will give back and be your guide.

"We will fight for you in the hard times," the children continued. "We will never lose faith in you. Our love for you is always true."

Before serenading Archbishop Johyn with Lionel Richie's "Lady," niece Odette Buchanan and her husband, Patrick, who flew in from Florida, described the occasion as "joyous."

Patrick Buchanan added: "The Bible tells us who finds a virtuous woman finds a good thing. I hope you see many, many more [birthdays]."

The Rev. Desmond Greene, who



Rev. Desmond Greene serenades Dr. Johyn, flanked by his wife, Beryl.
Photo by Nelson A. King

traveled from Jamaica, said Dr. Johyn is "an incredible woman," disclosing that she has traveled extensively throughout the world on missions, including the former Soviet Union, Israel and the Korean Peninsula.

"There's not a time Dr. Johyn does not give," he said before signing "Just the Way You are." "I love you."

His wife, Beryl, chimed in: "We always love you. You are awesome."

Church member Colleen Kuma, from Tobago, Trinidad's sister isle, thanked Dr. Johyn, saying: "You provided a home, where I can come to worship.

"You corrected me many time, and I'm thankful for that," she said. "I know

it's the love of God in you why you scolded me."

The Rev. Bruce Grodner, national executive director of the Manhattan-based Clergy Leadership Conference, said, in jest, that Archbishop Johyn was not celebrating her 70th birthday but her 50th birthday.

"She's an amazing person," he said. "She has a big heart. We're just honored to work with you. You're a Kingdom Builder. There's no retirement in Kingdom building."

Bishop Jesse Edwards, director of the American Clergy Leadership Conference, said New York is "lucky" to have Archbishop Johyn.

Community event to focus on Haitian culture

By Alexandra Simon

A fun community event for action.

The third annual Lakay Se Lakay conference returns on May 7 in Crown Heights. The event puts Haitian culture at the forefront for a daylong meeting with musical and creative workshops, dance, art galleries, and a panel. At this year's meeting, participants will discuss preserving culture in the face of economic and structural changes and shedding light, said the organizer.

"This year the focus is on gentrification specific to a neighborhood in Brooklyn and we chose Crown Heights because we have the creative freedom to highlight awareness and issues going on in that neighborhood," said Sabine Blaizin.

She said the increasing changes in

Crown Heights, as well as the significant Haitian population, make the area a perfect location for the meeting, and it is an even better opportunity to have the community discuss issues important to them.

"So it was intentional that we have it in Crown Heights this year — I wanted folks in the neighborhood to experience it and build awareness around gentrification to see communities that have been here for a long time and to see who they are," said Blaizin. "I thought it would be a great chance where we could all share a platform and collaborate with one another and include a dialogue about certain things happening in Haiti, such as national disasters and socio-political issues and how that inspires art."

And guests can participate and learn about the event.

"This will be an opportunity to network and build with various community members, through community service, art, and academia," said Blaizin. "You'll be getting to know your neighbors, and the whole purpose of the conference is to create dialogue so it connects us — the purpose is having Haiti as a focal point."

This year's panelists which include authors, academics, activists and entrepreneurs will discuss how the community can still maintain cultural norms in the face of changes.

Lakay Se Lakay at 727 Franklin Ave. between Park and Sterling places in Crown Heights. May 7, 11 am – 6:30 pm. Free.

Caribbean

A Caribbean Community (CARICOM) national has been elected as the new vice-president of the Inter-American Institute of Human Rights (IIHR).

The Costa Rica-based hemispheric body announced in a statement that Guyana-born Wendy Singh will take up the post from April for four years.

Singh, a human rights advocate who currently resides in Puerto Rico, was formerly general coordinator for eight years for the Human Rights Network when it was based in Barbados. She previously lived in Trinidad.

In a media statement, the IHR gave a background of Singh's academic and professional work that included graduations with various degrees from regional and international institutions, including the University of the West Indies and Havana, the University of London and the Fletcher School of Law and Diplomacy.



She has more than 30 years experience in human rights and private sectors.

In announcing Singh's appointment as new vice-president, the institute explained her work experiences included, in addition to the Caribbean / Latin American region, countries in Africa and Latin America, as well as with specialized agencies in the USA and with Penal Reform in the United Kingdom.

The IIHR was created in 1990 through an agreement signed between the Inter-American Court of Human Rights and the government and the Republic of Costa Rica.

Today, the IIHR is known as one of the world's leading centers for research and training in human rights.

Antigua

Antigua police are investigating a report of sexual assault made against a sitting member of Parliament.

The MP is accused of fondling an 18-year-old girl April.

According to a report, the victim lodged a complaint at Langfords Police Station on Holy Thursday — days after discussion with her family.

The incident is alleged to have occurred



Venezuelan opposition continues protest

Opposition members stage a sit-in on a highway during a protest against President Nicolas Maduro in Caracas, Venezuela, Monday, April 24, 2017. Thousands of protesters shut down the capital city's main highway to express their disgust with the increasingly embattled administration of President Nicolas Maduro. Protesters in at least a dozen other cities also staged sit-ins as the protest movement is entering its fourth week. See story on Page 14

Associated Press / Fernando Llano

at a gathering after a funeral where witnesses reportedly intervened.



The young woman who was hired to serve food at the event, immediately expressed disgust and told her close relatives.

Family members say the teenager recently moved to Antigua.

Bahamas

CLICO policy holders in The Bahamas are set to receive their long overdue payments in April.

After failing to make payments back in January, the government issued a statement recently assuring that qualified policyholders will receive three tranches of payments this year in April, July and November.

The Perry Christie government had ini-

tially planned to finance the second phase of CLICO (Bahamas) payouts through a \$45 million bond issue, with the money raised to compensate former Executive Flexible Premium Annuity (EFPA) holders and those who had surrendered their pension policies.



The payments will total \$5,000 per policyholder and be enough to payout 70 percent or 1,595 claims from surrendered policyholders.

The 30 percent not fully paid out will receive promissory notes (bonds) carrying a 4.5 percent interest rate, which Bahamian Prime Minister Perry Christie will distribute the balance over a four years.

In March 2016, the government made the first payment totaling about \$11 mil-

lion.

The former Colonial Life Financial chairman of CLICO, Lawrence Duprey's giant insurance company collapsed a few years ago leaving policy holders being unable to collect their monies.

Dominica

Dominica Prime Minister Roosevelt Skerrit, two government ministers and a senior police officer have called on a United States blogger and a local radio journalist to apologize and retract a statement made about them in April.

In addition, Kenneth Rijock and journalist Matt Peltier are also being asked to pay compensation and cost for the legal action being taken against them,

The lawyers who are representing the prime minister and others claim that

Continued on Page 16

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Bahamas faces low growth



Dr. Hubert Minnis, leader of the Free National Movement.

Associated Press / Raymond A. Bethel, File

remaining overseas because of a palpable lack of opportunities back home. I was talking to my daughter this morning. More and more students are staying abroad, and have made their minds up not to come home unless things change drastically. It's causing a significant brain drain. They have no choice but to stay elsewhere. It's not happening in the Bahamas. That's the reality," he said.

Just 50 miles off the Florida coast, the Bahamas is an important and favored destination for vacationing Americans. Some years, arrivals for both cruise and stay over visitors can reach up to six million, making it one of the leading locations in the region.

But nearby Cuba has opened up, numbers are growing and other destinations such as Puerto Rico and St. Maarten are competing for market share.

Another key issue has to do with the Bah Mar hotel, casino and entertainment complex in the capital Nassau. The incomplete project has dragged on for years but agreements signed with new owners appear to give hope that it will finally be completed and employ up to 5,500 Bahamians.

straight term, its majority is expected to be reduced.

Locals are going to the polls as police battle to keep guns out of the hands of young and as government struggles to improve the country's tourism dependent economy.

The Business section of the Tribune Newspaper reported this week that the island last year recorded its fourth consecutive year of close to zero percent economic growth. The International Monetary Fund said that unless something dramatic happens this year, low to no GDP growth is likely to repeat.

"The bottom line is that we need to

change the way this country is governed and make sure there is fiscal responsibility, that the wastage and mismanagement in government comes to a stop and we cut out the corruption that is costing the country millions and millions of dollars," said DNA political leader Branville McCartney.

He argued that hundreds of Bahamians who study abroad each year are

PAHO

Continued from page 1

Constitution, the director will have a five-year term of office and cannot be re-elected more than once.

The new term of office will begin on

Feb.1, 2018 and end on Jan. 31, 2023.

PAHO said the process for electing the PASB director began on Mar. 1, 2017, when the president of the PAHO Executive Committee invited PAHO's Member States, Participating States and Associate Members to submit nominations for the director's post.

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involve using microwave therapy to eliminate portions of the prostate.

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Guyana police probes assassination plot

By Azad Ali

Guyana police are investigating a report of a plot to assassinate the country's President David Granger.

During a post-Cabinet briefing last week Minister of State Joseph Harmon said the Granger administration got word from the police of the alleged plot and a full scale investigation is underway.

He said investigators have sought legal advice



Guyana's President David Granger.

that although the president has good approval ratings, there may be some persons who are misguided.

"It is important that we understand that while we have a popular president, we always have to be careful, the minister said.

Harmon said the government has full confidence in members of all of the security forces to protect the president and all ministers of government.

on disclosing any information.

Harmon also said that it is important to note



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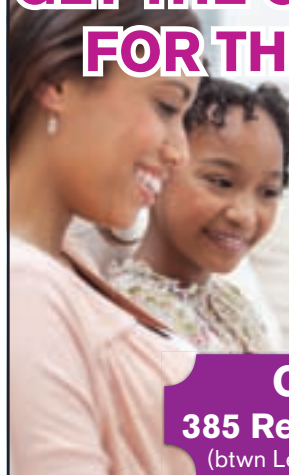
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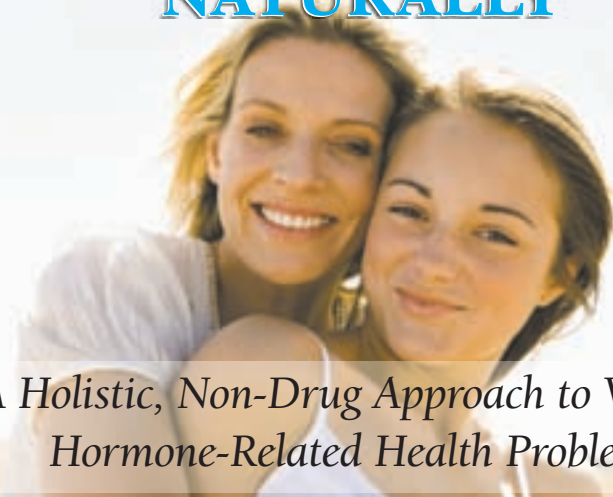
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'Fake News' is not journalism...

By Irina Bokova

Irina Bokova is Director General of UNESCO.

PARIS, May 1 2017 (IPS) - Would you trust your news from any source? How are we able to ensure that 'fake'(d) news does not overtake the flow of information?

Journalism plays a vital role for society, bringing verifiable news and informed comment to the public. Every day, the news provides a basis for dialogue and debate, and to make informed decisions on the issues that affect us. It helps us build our identity and, as global citizens, better understand the world around us; it contributes to meaningful changes towards a better future.

Today, however, news producers face many challenges. In-depth and fact-checked news is being overshadowed by shared media content that is all too often far from this standard. On social media in particular, collecting clicks and being first reign supreme over properly verified news and comment. All this further compounds long-existing problems of unjustifiable curbs on press freedom in many parts of the world.

In these circumstances, where does the responsibility lie for ensuring that fact-based debate is not stifled? Whose duty is it to strengthen the media's potential to foster a better future for all? And how do we protect the fundamental rights of freedom of expression and freedom of information, which are the preconditions for independent and free journalism?

The answer is that we must

look to ourselves as agents of change – whether we are government actors, civil society members, business people, academics or members of the media. Each of us has a role to play, because each has a stake in press freedom, which facilitates our ability to seek, receive and impart information.

What happens to journalists and to journalism is a symbol of how society respects the fundamental freedoms of expression and access to information. Society suffers whenever a journalist falls victim, whether to threats, harassment or murder. It affects us all when press freedom is curbed by censorship or political interference, or is contaminated by manipulation and made-up content.

When the free flow of information is hampered, the void is more easily filled by disinformation, undermining the ability of communities to make informed choices.

With this in mind, the global theme of this year's World Press Freedom Day is Critical Minds for Critical Times: Media's role in advancing peaceful, just and inclusive societies. This refers to the 2030 Agenda for Sustainable Development, an ambitious 15-year commitment of all UN Member States and stakeholders toward worldwide prosperity, peace and development. Journalism is central to achieving the agenda's 16th goal, which aims for justice for all, peace, and inclusive institutions.

Free and independent journalism reinforces democracy, justice and the rule of law. It also serves

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African slave life should never be reenacted – this is not a hollywood movie

By Jerry Edwin

It cannot be true that the National Heritage Committee is planning to launch an event meant to imitate the arrival and life on the slave estates of Grenada.

The chairperson of the National Heritage Committee is quoted that she hopes this concept or imitating slave life will be a permanent part of Grenada's tourism product so that the children of Grenada can have a better understanding of the way the slaves lived on the various estates in Grenada.

It would really be frightening if nobody had a problem with linking Grenada's tourism industry to recollections of slavery. Slavery and tourism? There is something so smelly and historically distasteful about linking the two that it takes a special person to use the terms in the same sentence.

The United Nations has declared slavery a crime against humanity. CARICOM is leading the global fight for reparations for the Atlantic Slave trade. Yet Grenada's National Heritage Committee wants our young school children to reenact and imitate the sad experience of our ancestors.

The vice chancellor of the University of the West Indies has stunned the British Parliament with his compelling logic that the genocide of chattel slavery deserves reparations for what Blacks in the Caribbean suffered under the horror of European terror.

Do the people of Greece reenact their genocide by the Turks in 1915? Is there any Jewish organization that

What is the educational value in recreating the visages of genocide in the warped thinking of Grenada's National Heritage Committee?

wants to reenact Auschwitz? Do the Namibians want to recreate the crimes of the German Kaiser's Second Reich against them?

It is very difficult to accept that not a single person on the National Heritage Committee realizes that genocide is not reenacted. The victims do not imitate the tragedy. Slavery was not an event. This was a crime against humanity.

What is the educational value in recreating the visages of genocide in the warped thinking of Grenada's National Heritage Committee?

What does Speaker of The House Chester Humphrey who is Grenada's representative on Caricom's Reparations Committee think?

I read in the New York Times today that the people of Rwanda are trying to live together to understand and heal the genocidal events of 1994. We have a Committee that wants to reenact the barbarism of genocide.

I believe I am right that all the committee members of the National Heritage Committee have lost their collective minds. This is the kind of mental lapse that deserves permanent retirement from association in every national

organization. They can sell fudge and snow cones at the church harvest but keep them out of public life. Furthermore, its not too cruel to suggest a Soviet style Gulag for them somewhere closer to the equator.

The parents of the children forced into servitude for the benefit of the National Heritage Committee; the school principals — all of us; we should all be so very ashamed that this group dare speak for us.

The chairperson of the National Heritage Committee says that this reenactment should be a permanent feature of rural tourism and I want to commit myself to her permanent removal from everything having to do with Grenada's public life.

I was for much of the 1980s a member of the international body of the African National Congress which led the global fight against apartheid. I went to jail, was teargassed and was manhandled too many times by police and security guards employed by international corporations, state and municipal governments. But we stood our ground and ultimately we won.

When you are right your meal does not settle in your stomach unless you stand up and chant down inhumanity, racial insensitivity even if the crowd is unmoved and wonders why you're making a fuss.

It is not necessary for everyone to be outraged because they may not at first see the reasons to set up roadblocks and stop things from being normal. But its part of the

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

Jamaica leads the way on climate change

Jamaica is taking the lead in hosting the Caribbean's first ever symposium on Climate Change and World Heritage this month.

The unprecedented event will bring together 40 delegates from 12 Caribbean nations with existing World Heritage properties, policy makers and experts involved in climate change.

"We recognize the importance of cultural heritage in our nation's development and the impact that climate change can have on heritage sites," Olivia Grange, the island's minister of culture, gender, entertainment and sport said recently.

"Through the symposium we will be able to coordinate efforts and resources in the Caribbean to improve awareness and collaboration in preserving and safeguarding our tangible and intangible heritage resources."

The announcement by the minister punctuated her message marking World Heritage Day on April 18. Acknowledged under the theme 'Cultural Heritage and Sustainable Tourism,' the day's presentations featured an explanation "that emerging



Inside Life

By Vinette K. Pryce

from the symposium will be best practices to safeguard heritage sites based on the impact of climate change."

She added that the decision to host the pioneering symposium is part of her ministry's effort to secure a "strategic thrust to strengthen Jamaica's presence in World Heritage."

Already recognized by UNESCO for its heritage sites – Blue Mountain and John Crow mountain which were inscribed as a "mixed" site, in recognition of both the area's natural uniqueness and its cultural values, the government of Jamaica "seeks to engage a variety of stakeholders, including high-level government representatives, the private sector, Jamaica's development partners, non-government and community-based organizations, the media, and academia in frank and open discussion on several topics surrounding

the issue of climate change."

The island's first heritage site encompasses "a forested, mountainous region in Jamaica's southeast, which provided refuge first for the indigenous Tainos fleeing slavery and then for escaped African slaves known as Maroons. They resisted the European colonial system in the isolated region by establishing a network of trails, hiding places and settlements, which form the Nanny Town Heritage Route."

The Paris Agreement, which was adopted at the Climate Change Summit in Paris two years ago, signals the commitment of the international community to combat climate change and its wide-ranging effects.

One year ago on Earth Day, during a special ceremony that convened at the United Nation, Jamaica joined then UN Secretary General Ban Ki Moon and representatives from more



Daryl Vaz displays instrument of ratification.

Jamaica Information Service

than 150 countries in signing the Paris Agreement on Climate Change.

"The agreement is especially important to Small Island Developing States, like Jamaica, which are particularly vulnerable to the impact of climate change, including sea-level rise and coastal erosion.

Taking steps to address climate change at the national level, and supporting ambitious action at the global level, is central to Jamaica's ongoing efforts to the achievement of sustainable development," Kamina Johnson Smith, Jamaica's foreign minister said.

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Genocide is not reenacted

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process to the certain road of ultimate vindication.

The current members of the National Heritage Committee deserve dismissal with immediate effect because they demonstrably have no clue that people are the center of development. Yes, people and their humanity are inextricably linked in the process of national development.

Grenada's Prime Minister Dr. Keith Mitchell gave a tour de force address at a global meeting of small island states this week. I

circulated what I read to all my friends in Los Angeles, New York and the rest of the Caribbean.

And then I read that release from the National Heritage Committee.

No Grenada. That show scheduled for April 27, 2017 must be cancelled. This is not normal. How can we enlist our children in recollecting events that dehumanized them and was intended to render them not as human beings but as things — chattel — to be bartered?

Are we only motivated to act when the news is

about local politics, lurid reports of sex, child abuse and gross killings?

Even if I am alone in stopping the school children from the five schools in St. Patrick's from recalling slave life on the estate of River Antoine I will put my body on the line. Enslaved persons put their lives down for the bridge we traveled on the way to reach freedom from since 1834 to now.

So there is no place in Grenada for that 'Monsters Ball' planned for April 27, 2017. That show cannot go on.

Critical minds for critical times

Continued from Page 10

as a prerequisite for combating gross economic inequalities, reversing climate change, and promoting women's rights. But without audiences demanding well-researched and conflict-sensitive narratives, critical reporting will be increasingly side-lined.

Every citizen has a direct stake in the quality of the information environment. 'Fake'(d) news can only take root in the absence of critical thinking and the assumption that if it looks like news then in must be. Media and Information Literacy efforts have a central role in building the necessary defences in the minds

of individuals to face these phenomena.

On World Press Freedom Day, let us all be reminded that fact-based journalism is the light that illuminates the pathway to a future where informed communities can work together, mindful of their responsibilities to each other and to the world we live in.



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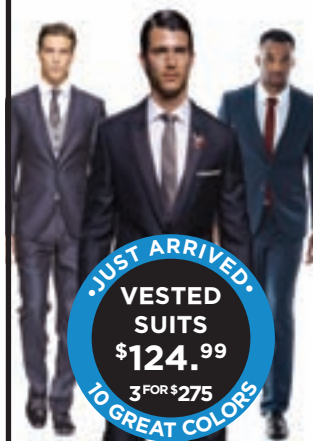
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Top official's son calls out his dad as Venezuela quits OAS



Anti-government protesters in Venezuela throw stones from a highway overpass at a passing police patrol on Monday, April 24, 2017.

Associated Press / Fernando Llano

By Joshua Goodman

CARACAS, Venezuela (AP) — The son of Venezuela's top human rights official has called on his father to prevent further deadly bloodshed tied to anti-government street clashes even as officials defied international criticism by withdrawing from the Organization of American States.

Yibram Saab said in an online video that he attended an opposition march Wednesday that was planned to reach the offices of his father, national ombudsman Tarek William Saab. Police fired tear gas and rubber bullets that were blamed for the death of a college student.

"This could've been me," said the younger Saab, staring into the camera and pleading with his father to help restore the constitutional order he said was broken by the Supreme Court's decision last month to gut the opposition-led congress of its last vestiges of power. "Dad, you have the power to

put an end to the injustice that has drowned the country."

In what's shaping up to be a battle of political kids, President Nicolas Maduro's son responded with a letter saying he regretted his friend's decision to seek "three minutes of fame" with a video being used as a "trophy of war" by the government's enemies.

"Those who today marched by your side are using your father's love to manipulate the country," Nicolas Maduro Guerra wrote.

The exchange comes on the heels of a tumultuous day that saw Venezuela's socialist administration follow through on a threat to quit the Organization of American States, accusing the regional group of plotting against it.

Maduro's government announced the decision to withdraw from the OAS after a brief but contentious meeting at the group's Washington headquarters in which representatives voted to convene a

special meeting of the region's foreign ministers to evaluate Venezuela's crisis.

"Enough of interventionist abuses and violation of legality," Maduro said on Twitter. "Venezuela is the cradle of the Liberators and we will be respected."

The withdrawal announcement drew quick rebuke from Venezuelan opposition leaders. Former congresswoman Maria Corina Machado said Maduro's exit from the OAS "formalized Venezuela's outlaw status." OAS Secretary General Luis Almagro earlier had urged regional governments to suspend Venezuela from the group over what he said were systematic abuses destroying the country's democracy.

Pressure has been mounting for Maduro to schedule delayed gubernatorial elections and free detained political activists. Even after four weeks of anti-government demonstrations that have led to 29 deaths and 1,300 arrests, the opposition is

showing no inclination to pull back. Leaders called a march for Thursday to honor Juan Pablo Pernalet, a 20-year-old accounting student who died Wednesday after being hit by a tear gas canister fired by security forces.

Ramon Muchacho, a Caracas-area mayor, said at least

22 others were injured, some of them seriously. Elsewhere, children were evacuated from a school after being exposed to tear gas. In the evening, government officials reported two national guardsmen were wounded by gunshots in the same part of Caracas where Pernalet was killed earlier.

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CARIBBEAN ROUNDUP

Continued from Page 4

Rijock, who resides in Florida and Pel-tier made defamatory accusations against Skerrit, Foreign Affairs Minister Francine Baron, National Security Minister Rayburn Blackmore and Police Inspector Pelham Jno Baptiste, who is in direct charge of immigration.

The lawsuit stems from the ongoing controversy in Dominica regarding the Citizenship Investment Program (CIP) through which foreign nationals are afforded citizenship in return for a substantial investment in the socio-economic development of the island. They are accused of making defamatory remarks against the top government officials on the radio program.



Grenada

Grenada police said the decomposing body found on a yacht drifting seven miles south of St. George's has been identified as German national Bernd Ludwig Ottogottel.

Police said a group of Grenadian divers saw the yacht on April 3 sailing without professional guidance and alerted the Coast Guard whose members found the body in a cabin.

The yacht which carried the name "VAMP" has been taken in by the Coast Guard base.

The authorities said that a search of the 40 feet yacht with badly damaged sail led to the discovery of a German passport in the name 62-year-old Ottogottel.



Jamaica

Jamaica has lifted its ban on the sale and importation of corned beef from Brazil.

Minister of Industry, Commerce, Agriculture and Fisheries Karl Samuda recently announced lifting of the ban.

He said the Bureau of Standards Jamaica and the Veterinarian Services of the Ministry of Health, Commerce, Agriculture and Fisheries carried out testing and found the product not to be contaminated.



Samuda said teams from the Ministry of Health visited two plants where most of the corned beef destined for Jamaica is manufactured and found that they were in compliance with the necessary standards.

Following the announcement by Jamaica, Trinidad and Tobago has also lifted the ban of and importation of corn beef from Brazil

Trinidad

The Trinidad and Tobago government is ready to re-introduce the property tax, which was disbanded when the former People's Partnership came into office after the 2010 general election.

The Property Tax was first introduced in 2009, and was intended to replace the Lands and Building Taxes Act since 1920, last emended in 2007 and suspended when the Kamla Persad-Bissessar administration came into office in 2010.

Finance Minister Colm Imbert said property tax in T&T is not new and has been around close to 200 years.

When the controversial tax was first proposed by the Patrick Manning led PNM administration, the leader of the Congress of the People (COP) Prakash Ramadhar, was among critics of the intended tax leading a campaign to "Axe the Tax" as he sought to collect more than 200,000 signatures to protest the tax.

The government has started issuing forms to enable calculation of a property annual rental value to work out the rate of the property tax.

— compiled by Azad Ali

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University women's group honors three

By Nelson A. King

The Long Is. Branch of the National Association of University Women (NAUW) on Sunday honored three prominent members of the community, recognized a member posthumously, made presentations to eight "Silver Members" and bestowed scholarship awards to seven college-bound students at the group's gala 34th Annual Scholarship Awards Luncheon at the Long Island Marriot Hotel in Uniondale.

Dr. Yvette Morgan, of Jamaican parentage, received the Dr. Betty Carrington (R), flanked by Melinda Cashwell Edwards. Hilda A. Davis Distinguished Educator Award; Guyanese Richard Williams and Jamaican Wayne Spence received the Community Service Award; and Mavis Stevens was honored posthumously with the Johnnie Darthard Memorial Scholarship Award.

NAUW's Long Is. Branch said the Dr. Hilda A. Davis Distinguished Educator Award was established in 1983 to honor a woman who had devoted her life to helping others personally and through affiliation with many organizations. Dr. Davis,



Dr. Yvette Morgan receives award from Dr. Betty Carrington (R), flanked by Melinda Cashwell Edwards.

Photo by Nelson A. King

who died in October 2001, was a dean, teacher and professor; she had retired from the University of Delaware in Newark.

The late Darthard was a gifted artist, entrepreneur and creative designer of unique handcrafted jewelry, whose business, "Darthard Creations," was located on 125th Street in Harlem, NAUW Long Is. Branch said.

The eight NAUW's Long Is. Branch members recognized as



Scholarship recipients with certificates.

Photo by Nelson A. King

"Silver Members" for 25 years of continuous service were: Lily Campbell Evinger, Dr. Betty Carrington, Lynn Carrington-Landeau, Vaunetta Darthard, Elsa Finlay Williams, Valerie Philpotts, Aletta Seales and Joyce Sullivan.

The scholarship recipients were: Kristina Spence, Jason Tomlinson, Brandon Stewart, Lauren Campbell, Avenelle Onaifo, Reann Wilson and

Sebastian Bass.

The gala was graced by the presence of NAUW's Northeast Sectional Director Ann Glover-Lingham; all 15 NAUW branches in the Northeast Section fall under her direction.

"On behalf of all of our members, we would like to extend our congratulations to each of the scholarship recipients this year," said Melinda Cashwell Edwards, NAUW's

Long Is. Branch president, in her remarks. "We are excited to recognize your outstanding achievements in school and within your communities, and we want you to continue your efforts towards excellence as you embark on the next four years of your academic journey. Congratulations to your families for being your inspiration and supporting you today and always.



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Carib nationals partner at En Blanc Couture NYC

By Tangerine Clarke

En Blanc Couture NYC— an all white clothing with a touch of color, located in the heart of trendy Bedford Stuyvesant, celebrated its one-year anniversary and the partnership of Caribbean nationals fashion designer Glenroy Marsh and stylist Sasha King, who brought together their collections of male and female attire, and accessories, for a one-stop shop.

The top-level of the elegantly decorated 1190 Bedford Ave., space, displays King's all-white, stylish collection of dresses, separates, rompers, and handbags. A wide selection of both men and women pieces, is located on the bottom level of the 85-Sq ft. location at the corner of Putnam Avenue, in Brooklyn.

King, a stylish who dressed the likes of signer songwriter Erykah Badu, and other celebrities, was employed as a quality control inspector at garment giant, American Apparel, during her teenage years, and felt that moving into retail, was the best fit for her after giving up her job as a mechanical engineer.

En Blanc Couture NYC is one of just a few stores that sell all-white clothing to meet the needs of vacationers and summer partygoers who attend themed-color events. The concept was to create a white boutique with a touch of color, hence the colored collection on



Fashion designer, CEO of D'Marsh Couture, Glenroy Marsh, and stylist and CEO of En Blanc Couture NYC Sasha King, (center,) with staff of the boutique. Photo by Tangerine Clarke

the lower level of the store.

"The white outfits are available throughout the year and are suited to any occasion. I wear white all the time, it is a color that is always in fashion," said King.

The outfits are kept at a reasonable price since there is not much of an overhead attached to the business. She also wants to accommodate shoppers from

her Caribbean community.

House of D'Marsh Couture brings a touch of runway class to En Blanc Couture. The D'Marsh Corner, on the top level of the space, offers classic gowns, bridal wear, cocktail dresses, floor-length evening attire, wedding and prom gowns, available off the rack, or custom designed.

In addition to accessories of bow ties, the designer offers his

signature candles, body lotion and hair products for men.

The award-winning designer, who has graced many runways across the Caribbean and New York Fashion Week, is the in-house visual designer, who does alterations to any outfit purchased in the boutique.

The outfits are also available in size 3X, and priced to suit the pocket, or pocketbook of all

shoppers.

The concept of the shared space is to give shoppers a choice of evening, and classic custom designed outfits, as well as trendy attire for both men and woman — to enjoy a one-stop shopping experience, said the fashion gurus.

www.enblanccouturenyc.com - for more information, or call 718-350-9786.

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www.nysl.nysed.gov/reference/busref.htm
Selected business-related web sites compiled by staff at the New York State Library for use in response to reference questions.

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www.yourmoneyny.com/helppresource/smallbusiness/index.php
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Small Business Resources - The Business Council of New York

www.bcnys.org/inside/smallbusiness.htm

Capital Business Blog - Read about the issues.

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Resources for Businesses in New York City - bfindapc.com

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Small Business Resource Guide - New York - HUD

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

PS 198 kids get opportunity to build bears in Staten Island

By Alexandra Simon

They were ready to make teddies.

Several third graders got to enjoy a productive day during a trip to the Build-a-Bear workshop in Staten Island on April 19. About 38 students at PS 198 earned the chance to have a fun adventure at the location for displaying good academic performance. The kids were delighted at the activity and even got to do cool things with their stuffed friends, said an educator who coordinated the trip.

"They got to choose their bear, fluff it, give it a heart, dress it up and pick out clothes," said Angela Hunte, their teacher. "They even got to name it and they were so excited and just extremely happy about this experience. It was a first time experience for a lot of them and they were really happy about the whole process."

Four local businesses sponsored the trip after they were contacted by Hunte. Lending a hand to fund the trip were area businesses, Trewlani Place, Mercury Paints, Suede Restaurant, and Murry's True Value



The youngsters listened attentively as they were introduced to different bears.

Angela Hunte



High-performing third graders at PS 198 attended the Build a Bear workshop in Staten Island on April 19.

Angela Hunte

Hardware store. She said as staple businesses in East Flatbush she reached out to them.

"I was in the process of starting a scholar rewards program to show off our students who were doing well academically, and I wrote a proposal and they got back to me," she said. "They were interested with what I was doing with

the kids and they agreed with what I said in proposal about rewarding students who were working hard."

And even with some doubts, she was satisfied to see that all the children were pleased, said Hunte.

"We didn't think the boys would enjoy something about bears, but I think they were

more excited than the girls. They loved the hockey outfits for their bears and everything," she said.

Hunte said the community coming together to support this trip is critical to the growth of children, and expressed the hope that more trips for deserving students will be possible in the future.

"It takes a village to raise a child and it's really important that we get communities involved," said Hunte. "We need support from everyone and not just parents and teachers — we have to show our children that we recognize their work to continue motivating them and it begins with a lot of these business supporting us."

welcome to SKINWORKS

Razor Bumps or Pseudofolliculitis barbae (PFB) (pronounced Sudofolliculitis Barbei)

is a common complaint among darker-skinned patients with coarse curly hair. Patients present with skin bumps from ingrown hairs that can eventually result in darkening of skin and scarring. Both men and women are affected, and is not limited to the beard area; it may occur in any other area with thick, coarse curly hair, including the bikini area and underarms. Recent research has confirmed a genetic predisposition. PFB is due to shaving, particularly close shaving because the hair retracts beneath the skin. There are 2 scenarios of hair growth in of PFB, curly hair can grow straight into the side wall or you can have hair that grows out of the skin and curls and pokes back in. The trapped hair is made up of the protein keratin, which can cause severe inflammation leading to painful bumps and infection.

Treatment for pseudofolliculitis barbae depends on the severity of the condition. If possible, let the beard grow for 30 days to eliminate ingrown hairs. When ready to shave again, take the following precautions:

Apply warm compresses to the beard area prior to shaving. In addition, using a mild exfoliant or loofah or toothbrush in a circular motion will help allow any ingrown hairs to be more easily plucked or released at the skin surface.

Ensure the skin is well moisturised. No dry shaving. Edge Gel or Aveeno Therapeutic Shave Gel are effective hydrating shave cream.

Aim to have a 5 o'clock shadow immediately after shaving. Shave less frequently

Either use a single blade disposable razor, or use electric hair clippers or a razor with an attachment that leaves the cut hairs long. Recommend Bump Fighter Razor.

Shave in the direction of the follicle, not against it. Do not stretch the skin. Take short strokes and do not shave back and forth over the same areas.

Beyond grooming habits, medical management may be required. Clinicians at Skinworks Dermatology are experts in the treatment of PFB. Management may consist of topical antibiotics, retinoids, creams to minimize discoloration and scarring, and creams that slow hair growth (Vaniqua). Peels and microdermabrasion may be indicated to control skin discoloration.

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A Caribbean 'Champ' is retiring

By George Alleyne

The baton of leadership of the University of the West Indies is to be passed on in a couple months with the retirement of Sir George Alleyne who will be succeeded by businessman, Robert Bermudez.

When Sir George steps down in July it will be another punctuation point in a career of distinction for the Barbadian surgeon.

He earned the nickname 'Champ' because of a sojourn into boxing during high school, and transformed his winning ways from the physical to the academic to blaze a trail of excellence that took him to the top of the hemispheric United Nations Body, the Pan-American Health Organization, then onto the pinnacle of Caribbean academia, Chancellor of the University of the West Indies.

"This chancellor has risen from the classroom to the chancellorship leaving a trail of distinction at each stage, a corridor of high culture and creative consciousness carved through the debris of the early beginnings of our university,"



UWI, Cave Hill Campus Principal, Eudine Barriteau.

Photo by George Alleyne

said UWI Vice-Chancellor Sir Hilary Beckles, during a farewell dinner hosted by the Cave Hill, Barbados Campus.

"And he did it in classical Caribbean style and fashion, a Caribbean champ, for a Caribbean university... a lesson in loyalty to be admired and celebrated," Beckles added.

Young George Alleyne demonstrated his loyalty to the Caribbean when upon winning a Barbados scholarship that gave

him a choice to pursue tertiary education studies anywhere in the world, he opted to remain in the region and pursue medicine in Jamaica.

"By choosing the University College of the West Indies over Cambridge, he affirmed his faith in the West Indies," said retired dean of the Faculty of Medicine, Sir Henry Fraser of George Alleyne's choice that later became a campus of UWI.

The young Barbadian graduated with a gold medal and honours to earn the description of the Foundation Professor Eric Cruickshank as "the brightest ever medical graduate."

Principal of the Cave Hill Campus, Eudine Barriteau said, "when I peruse the record and thus legacy of Sir George's immense and erudite body of work, I experience a profound sense of appreciation and gratitude that Barbados, the Caribbean and our University of the West Indies can produce scholars and international public servants of the character and calibre of Sir George."



Sir George Alleyne and wife Lady Sylvan Alleyne arrive at the Walcott Warner Theatre of the Errol Barrow Centre for Creative Imagination for his farewell dinner.

Photo by George Alleyne

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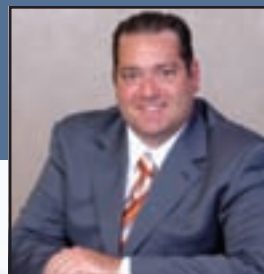
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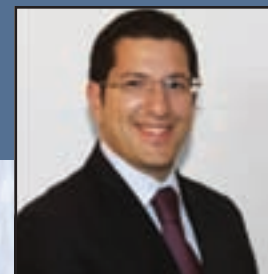
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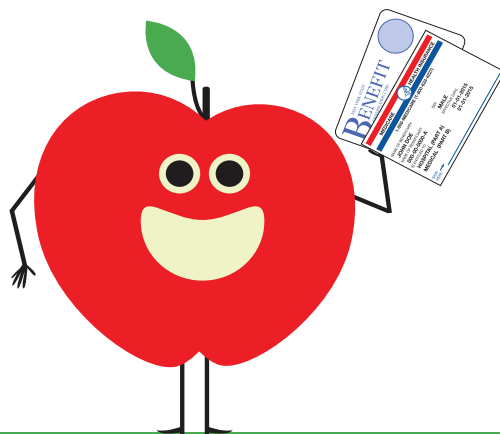
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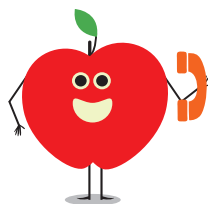
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TODAY



There are now apps and programs that are specifically geared toward caretakers and seniors.

Technology and caregiving

Caring for someone with dementia or Alzheimer's is an exhausting, complicated and, often, a frustrating 24-7 job. It's no wonder that technology, software, and application designers are working hard to create products that make caregiving challenges more manageable.

One of the most time-consuming activities for caregivers is managing multiple appointments and daily tasks, including the medication schedule. Calendar apps and programs help caregivers keep track of appointments and reminders, assign and coordinate tasks, and share calendars with friends and family. There are also dosage scheduling trackers with reminder alarms, as well as pill identification tools that pro-



Care Chronicle

Lou-Ellen Barkan

vide important information on medication side-effects and risks.

Managing health records is also easier with health record tracking programs. These offer tools that organize personal health records while protecting privacy. They also allow the caregiver to record symptoms, track test results and diagnoses, track hospital visits, maintain insurance records, and provide health-related alerts.

There are innovative safety devices that allow caregivers

to keep track of the location of the person with dementia. Since wandering is a major safety concern, these devices can be as simple as entry and exit alerts on doors, or as advanced as a small, wearable navigation system-locator, accessible with a smartphone app.

Caregivers often feel alone and isolated. Social media allows caregivers to create virtual communities to communicate and support each other. Many families create a personal website where the caregiver posts updates for family, friends, and neighbors, including good times to visit or how they might help. Webcams and video conferencing allow the homebound caregiver the op-

portunity to stay in touch.

Audio and video apps are available to help caregivers manage stress. These include meditation, yoga, and spiritual programs. Even a short daily break listening to calming music or relaxing sounds may provide respite. For caregivers who can't get out to exercise, there are countless websites and apps that offer at-home Pilates, aerobics and other types of workouts.

Online shopping apps make it possible to do errands any time of day or night. Many take care of banking, bill-paying, grocery, clothes and appliance shopping, refilling prescriptions, movie and book purchases, and much more. And many will guarantee next day delivery or schedule a specific time to deliver items.

A great starting place to explore some of the ways technology can support caregivers is the Balance App, designed by the Hebrew Home at Riverdale in partnership with CaringKind. It includes caregiving tips, calendars, pill reminders, news updates, a medical record tracker, and more. I am confident that in the near future, we will see many more wonderful technology resources, but just as a reminder, technology will never replace the hands-on loving care and affection that a caregiver can provide.

For more information on this and other caregiving topics related to Alzheimer's and dementia, call CaringKind's 24-hour Helpline at (646) 744-2900 or visit www.caring-kindnyc.org.

Appointment companions for seniors a smart move



Seniors who bring companions along to appointments with their physicians can reduce the risk of misunderstanding advice or diagnoses given by their doctors. iStock

Visits to a physician are just one step people make in an effort to improve their well-being. It's important that everyone visit their physicians at least once a year for a checkup, but seniors may need to see their physicians more frequently than other age groups.

When visiting the doctor, it is easy for anyone to miss important components of what the doctor is saying, and it's just as easy to misunderstand certain instructions or medication information. Seniors who bring companions along to appointments with their physicians can reduce the risk of misunderstanding advice or diagnoses given by their doctors.

Data from U.S. News and World Report states that about one-third of seniors still living on their own take a companion with them to their routine doctor's office visits. Companions

are typically spouses, but they can include children or other family members as well.

Patients may find there are many advantages to bringing someone along to an appointment. And companions may want to learn more about patients' goals at each appointment prior to going along so they can prepare and know how to help during the appointment.

Listen

People tend to forget at least half of what they hear in the doctor's office, says the Archives of Internal Medicine. This tendency may be increased when patients are nervous about the potential outcome of their visits.

Bringing a companion along means that both people are actively listening. Together, the information they've heard can combine to provide a full account of

the visit.

Taking notes

Companions can jot down important notes about the appointment, such as dates and times for follow-up visits, medication advice, and any other instructions that may be forgotten once the patient leaves the office.

Companions can later translate the jargon-heavy language of a physician into an understandable language the patient can fully understand.

Medical history

Sometimes a companion can be a useful resource, calling a doctor's attention to a patient's prior hospitalizations and illnesses. Companions can even call attention to any medications the patient is currently taking.

Serving as an advocate

Very often a companion

can operate as a patient advocate, clarifying questions or getting further information out of a doctor if the patient is hesitant to ask. If the information isn't clear, the companion can raise red flags or ask to have the in-

structions put in a different light.

Translation

Sometimes patients need companions who speak their native languages when their physicians do not.

Plan for your healthcare now

Healthy adults may give little thought to injuries or illnesses. When the going is good, it is easy to forget about the less pleasant side effects of aging. However, putting off these conversations and decisions can lead to unnecessary obstacles in the years to come.

Advanced healthcare directives can be invaluable resources for family members and friends who will be responsible for managing a person's plans should he become unable to make his own decisions. Various organizations, including AARP, offer resources on advanced planning and the options available to adults looking to plan their estates.

The National Healthcare Decisions Day movement, a group dedicated to providing clear, concise, and consistent information on healthcare decision-making, defines advanced directives as establishing:

• A "healthcare power of attorney" (or "proxy," "agent,"

or "surrogate"), the person you select to be your voice for your healthcare decisions if you cannot speak for yourself.

• A "living will" to document which medical treatments you would or would not want at the end of life.

People often tend to put off these decisions, but it's important to make them as early as possible. Not only will they dictate your wishes, they'll also take the pressure off of loved ones who would otherwise be tasked with making difficult decisions on their own.

Healthcare proxy

Appointing a healthcare proxy ensures that there will be someone there who has the legal authority to make healthcare decisions for you if you are no longer able to speak for yourself. This may be a spouse, child, relative, or close friend. The Mayo Clinic suggests choosing a person who can be trusted to make decisions that adhere to your wishes and values and to be



Advanced healthcare directives can be invaluable resources for family members who will be responsible for managing a person's plans should he become unable to make his own decisions.

your advocate if there are disagreements about your care.

Be sure to have a candid discussion with your healthcare proxy in which you go over the types of medical care you wish to receive and any ways you would or would not like your life prolonged. It helps to keep the proxy up-

to-date on any medical conditions you may have so that she can make the most informed decisions on your behalf.

Having a healthcare proxy does not mean you are giving up your right to make medical decisions. It's a fail-safe in the event you are unconscious or cannot direct medical care.

Living will

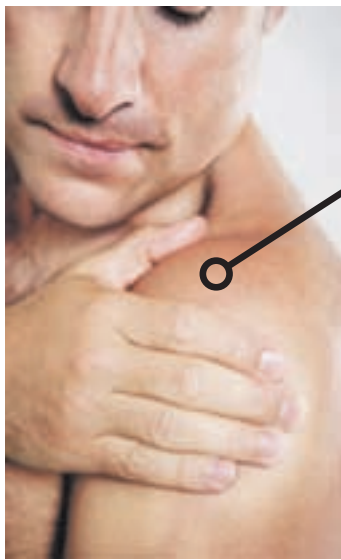
An advanced healthcare directive enables you to create specific written instructions for future care, known as a living will. The living will should include wishes regarding life-sustaining medical treatments and resuscitation if you are no longer able to speak on your own behalf.

It also can spell out whether you want to remain in a hospital or receive palliative care at home for a terminal illness. A living will can be changed if or when your wishes or circumstances change.

Legal and medical advice

Although legal advice is not required for an advanced directive, it can be helpful to iron out the legalities of your directives.

Speak with your doctor about your desires and needs. A physician can help you form a coherent directive that is in line with your wishes.



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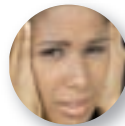
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ARE YOU HAVING TROUBLE SLEEPING?

As soon as I walked into the office, my doctor knew immediately that I was having difficulty sleeping. He pointed out the downward tilt of my head and the fact that I was waking up multiple times a night. He could even perfectly describe the pain, numbness, and tingling sensation I was experiencing in my upper extremities.

We all know that sleep is critical to good health, vital to restoring mental acuity, and is needed to ensure a proper immune response. Its role in our ability to perform our everyday activities cannot be stressed enough. Adult insomnia costs the United States almost 14 billion dollars a year. In children, sleep deprivation contributes to a wide range of health issues, including attention deficit disorder, mood disturbances, and memory problems. Overall, sleep ailments contribute to absenteeism, poor job or school performance, and an increase in car and machine accidents.

The good news is that there is plenty that we can do to improve our sleep. Taking steps to decrease stress, avoiding pharmaceutical sleeping aids, limiting caffeine intake, keeping technology away from the bed, paying attention to what we eat at bedtime (limiting the carbohydrates), sleeping in a dark room, and, of course, getting a spinal adjustment, can all lead to a more beneficial night of sleep.

A chiropractor can help to explain why simple changes may make the greatest impact. We know that by sleeping on our stomach (perhaps the most compromising position), the full weight of the head pulls on the muscles and ligaments that hold the cervical spine together. This amount of weight on the delicate structures of the neck will eventually lead to joint damage.

The consultation with your chiropractor will begin with a discussion on proper sleeping positions (preferably side lying with a pillow between the knees and one supporting the head), the use of an approved cervical pillow, what type of mattress is best for your particular spine, and how many hours of rest you should be getting. Additionally, a review of how diet and nutritional supplementation may be affecting your sleep habits will be addressed as well.

If you find counting sheep just isn't helping you sleep, perhaps a visit to a chiropractor is in order. Dr. Nick Chiappetta, a member of the New York State Chiropractic Association, American Chiropractic Association, and International Chiropractic Association, can help Brooklynites catch some zzs.



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Personalized meds may be the future

When a person feels ill, his or her doctor may assess any symptoms and then prescribe a particular medication to treat or alleviate those symptoms. Doctors prescribe medications hoping to treat sickness, but sometimes prescriptions fall short, leaving some to wonder if prescription medications could be customized more for individual needs? The science is already here.

Making specialized drugs is not a new concept. Prior to the rise of drug manufacturing companies, early pharmacists routinely customized ingredients. According to Professional Compounding Centers of America, customized medications are created through a process known as pharmacy compounding, which is defined as the art and science of preparing personalized medications for patients.

Specialized pharmacists take a practitioner's prescription and mix individual ingredients together in the exact dosage and strength required. Compounding may be done to change the form of the medication from a pill to a liquid or to remove a certain additive or ingredient, such as gluten, that might cause an allergic reaction. The American Pharmacists Association says that compounding also can be used to flavor a medication in an effort to make it more palatable.

Compounded drugs can be just as safe as mass-produced prescriptions. And thanks to their tailor-made formulas, compounded medications also may help people avoid side effects and other adverse reactions. Compounding gives physicians flexibility in regard to how to best help their patients.

Compounding is done in



Tailor-making prescriptions to the individual patient gives physicians flexibility in regard to how to best help their patients.

hospital pharmacies and other healthcare facilities. There also are thousands of community-based pharmacies in the United States that specialize in compounding services. Pharmacists in these facilities spend all of their time making special preparations.

All pharmacists and pharmacies engaged in compounding are subject to oversight by

both federal and state authorities. On Nov. 27, 2013, Congress amended the Federal Food, Drug, and Cosmetic Act by enacting the Drug Quality and Security Act to ensure that compounded drugs are produced in accordance with applicable federal requirements. The National Association of Pharmacy Regulatory Authorities helps to oversee com-

pounding in Canada. Preparations of products are subject to the Food and Drug Act and Regulations, Good Manufacturing Practice guidelines, and inspection by Health Canada.

Pharmaceutical compounding may not be new, but it is increasingly relied on to create the best formulations for individual patients.

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- The sun can also aggravate your eyes if you have a dry eye condition. Dry eye disease is the most common reason patients come to see me complaining of a foreign body feeling in their eyes as well as burning or other feeling of



Millie R. Fell, MD, FACS
Clinical Assistant Professor
of Ophthalmology NYU

irritation. Wearing sunglasses helps this condition. Patients are also advised to use artificial tears, preferably without preservatives. These are sold over the counter. Sometimes, you have to try different brands to see which helps your symptoms the most.

- Finally, as we all get ready for summer we think about getting healthy by eating well and exercising. Nothing is more detrimental to your health than smoking. This increases your risk of progression of cataracts, macular degeneration and dry eyes. So, now is the time to stop smoking!

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Culture change

Nursing homes switching focus

BY JOANNA R. LEEFER

The traditional image of nursing homes is of large institutionalized buildings with long barren hallways bordered by rooms filled with two, three, or four hospital beds. The residents' days are a blur of meals and regimented activities. Breakfast is served by 7 am, lunch at 11:30 am, and dinner no later than 5 pm. Bingo, sing-alongs, and movies or presentations fill the rest of the day.

This sterile vision is beginning to change. During the last decade, more nursing facilities are transforming themselves from a hospital environment to places that feel more like a home. This new movement called culture change allows residents to determine their daily schedules. Residents decide when to wake up, when they want to shower, and when they want their meals. Floors are divided into small intimate areas called neighborhoods. The rooms are clustered around a central living space with room for lounging and working on projects. The space is airy and well lit. A central galley kitchen is located in the middle of the living area so residents and staff can prepare fresh meals. Gone are the dreary environment and the institutionalized food that is served on trays and is usually stale by the time it is served.

The original focus of nursing homes was on illness. They were created to care for the poor elderly who had no family. Their primary purpose was medical with little emphasis on quality of life. They were literally places where people went to die. A resident's day was scheduled around the convenience of the staff with little thought to his quality of life. Patients were expected to be up and dressed early so the cleaning staff could change the sheets, make the bed, and clean the rooms. Meals were served in large central dining rooms, and food choices were limited and often served lukewarm.

Nursing homes are now adopting a more personalized living arrangement. This new environment requires the staff to be more flexible. Employees are trained to perform multiple tasks like cooking, cleaning, and assisting the residents with eating, bathing, dressing, and mobility. Their duties are becoming more like a family caregiver and less like a staff member.

The look of the facilities is changing as well. Spaces are designed to be more intimate. Individuals are assigned their own bedrooms with private baths. These



Nursing homes are shifting to a more personalized feel, transforming themselves from a hospital environment to places that feel more like home.

rooms are concentrated in clusters around a central living area that includes a kitchen area, lounge, and spaces where patients can interact as a community. This is in sharp contrast to the institutionalize model where residents are assigned to rooms with one, two, and sometimes three or four other residents with only a curtain separating the beds for privacy.

Many of these new homes offer residents space for gardening, allow them to own pets, and provide stimulating programs such as yoga, tai chi, book groups, and political and scientific presentations. Studies show residents who live in this person-oriented environment are more active and live longer.

These new facilities offer seniors a more dignified way to age and are changing the negative image of nursing facilities from institutions to homes. They are providing the aging population with a place where they can receive required medical treatment but at the same offer them a life style that includes community, interests, and a respectful way to grow old.

Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCareGiving, a service that helps families make difficult care decision for aging loved ones when family care is no longer enough. She teaches advocacy skills to caregivers who wish to insure their loved ones get the best care. For more, visit www.joanna-leefer.com.



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National Nurses Week 2017



How to show a nurse you care

Nurses are often the first people patients see when visiting hospitals. According to the United States Department of Health and Human Services Health Resources Services Administration, there were 2.8 million registered nurses, including advanced practice registered nurses, and 690,000 licensed practical nurses, in the United States between the years of 2008 and 2010.

Nurses fill many roles in the medical community, assisting doctors and helping to make in-patient stays more comfortable for men and women who are ill or injured. Specialized nurses, such as nurse practitioners, may even serve as the primary healthcare provider, offering diagnoses and writing prescriptions.

While there is a specific week set aside to show appreciation to nurses, many people agree that they deserve recognition throughout the year. Any instance is a good time to give back to nurses, and the following are a few ways to honor the nurses in your life:

Play caretaker to him or her. Nurses tend to the needs of others all the time, but some nurses do not get the respite they deserve. Those who want to show appreciation to a nurse who has helped them in their lives can present the nurse with a gift card for a massage and soothing spa treatment.

Cater a meal. Offer to cater a meal at the hospital or medical office so that all nurses on staff can bene-

fit. If there is one nurse in particular you want to treat, give that nurse a gift card to a nearby restaurant.

Provide foot relief. Nurses spend hours on their feet, and that can cause pain or stiffness throughout the body. Present a gift card to a store that specializes in comfort shoes or custom orthotics. A certificate for a pedicure or foot massage would no doubt be appreciated as well.

Create a charmed existence. Charm bracelets are the rage right now, and nurses may appreciate a bracelet that highlights their career path with specific charms. For something they can wear on the job, treat nurses to a Steth-o-Charm, which is a charm that slides securely onto

stethoscopes. These charms come in many designs and can make for a memorable gift.

Give a decorative badge reel. Nurses must wear identification or have swipe cards on them to gain access to areas of hospitals. Many badges are standard items without any flare or style. A colorful or decorative badge reel can be a nice way to brighten up a nurse's day.

Give verbal or handwritten thanks. One of the easiest and most heartfelt ways to show your appreciation to nurses is to simply tell them how you feel. Offer a handwritten note or speak with a nurse in person. Such a simple gesture does not take much effort, but it is bound to make an impact.



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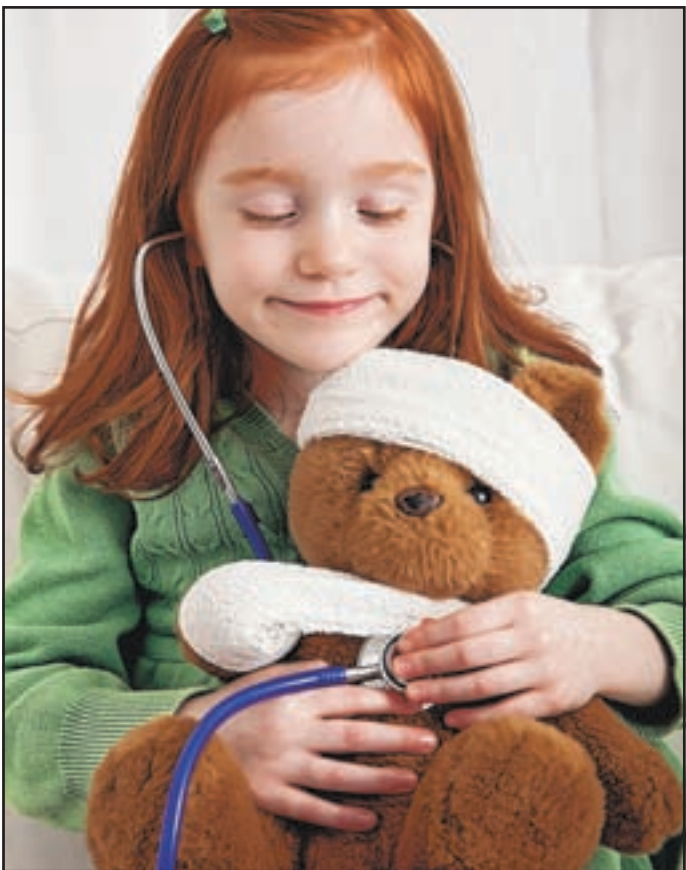
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School nurses often unsung heroes



School nurses do much more than apply bandages to playground scrapes. School nurses conduct vital health screenings and are often the security blanket for students who need special care during school hours. Despite all they do, school nurses are often the unsung heroes within the school community.

School nurses certainly tackle their share of fevers, nosebleeds, cuts, and scrapes, but they play other pivotal roles as well, calling up moms and dads to pick up their sick sons and daughters, overseeing the school's health policies, and helping to ensure a safe school environment for students. In addition, the role of the school nurse has changed dramatically over the years. A school nurse may oversee vaccination schedules. He or she also may arrange for assemblies regarding

"change of life" seminars for children about to enter puberty. When there is an epidemic at the school, the nurse is often charged with notifying staff and parents and helping to contain the situation.

Apart from all of the tasks in treating "sick" children, nurses also are essential in helping to keep children with life-threatening diseases healthy while they are at school. The number of children with serious allergies, diabetes, asthma, and even seizure disorders has increased. According to the American Diabetes Association, roughly one in every 400 children and adolescents has diabetes. School nurses may help administer life-saving insulin shots to children who need them. According to Anaphylaxis Canada, one in 50 Canadian children has a peanut allergy, and about one to two percent

of these can have severe or life-threatening reactions. School nurses may treat serious allergic reactions or provide a safe place where children with serious allergies can eat lunch.

In some cases, school nurses become a mediator between home and school. Nurses may indirectly be teaching students as well. Each time the nurse treats a condition, he or she may be educating students on how to avoid that situation in the future. For example, a nurse may impart the importance of eating breakfast to avoid a morning headache or teach youngsters about the benefits of stretching before diving into physical education class.

School nurses are often the unsung heroes of a school, wiping away tears when youngsters suffer an injury at school and acting as a reassuring voice when such injuries are painful.

Sidestepping foot, hip, and back pain critical for nurses

Nurses work hard. And virtually all of that hard work, from administering medication to hanging IVs to moving patients and equipment, is done standing up on hard surfaces. So it's no surprise that many nurses experience foot and back pain after a long day — or night — on the job.

Millions of people in physically demanding occupations experience chronic back, hip, and foot pain. Repeated strain on the feet, hips, and back not only causes pain but also gradually reduces the ability of muscles to recuperate quickly. As a result, healthcare professionals such as doctors, chiropractors, and massage therapists spend countless hours treating patients whose pain and discomfort stem from job-related injuries.

For nurses, these ailments and injuries are difficult to avoid. In fact, research shows that nurses suffer from lower

back pain more than people in any other profession. The constant physical demands of the profession also prevent nurses from getting enough rest between shifts, which can exacerbate both the problem and the pain.

While treatments for foot, hip, and back pain can be effective, nurses can also take steps to prevent strain in the first place. The following are a few proven strategies for staying healthy and injury-free on the job:

Wear the right shoes. Nurses need shoes that fit well and provide proper support. Since it is important to give shoes a day to air out before being worn again, it's best to have more than one pair of work shoes. Full-time nurses should replace their shoes every six months.

Tend to your feet. Foot problems, such as corns, bunions, and ingrown toenails, are painful and can sap one's

energy, so treat them early and often.

Stand up straight. Good posture is one of the keys to preventing both foot and back pain. When the body is in the correct position, the vertebrae that form the spine are aligned and muscles and ligaments can hold them in place without strain. If necessary, various types of posture supports can help ensure that the body is properly aligned and supported properly.

Bend right. Always be aware of how you move your body. When lifting equipment or moving patients, give your back a break. Instead, bend at your knees and let your legs do the work.

Think teamwork. If your facility has a lift team, don't hesitate to use it. If not, work in pairs when lifting, shifting, or transferring patients.

Turn, don't twist. Lifting and twisting can strain the lower back. When picking up



The physically demanding nature of a nurse's job leaves many nurses susceptible to foot, hip, and back pain.

heavy equipment or even a patient, plant your feet firmly on the floor for support. As you turn, be sure to move both your feet and your body.

Make a move. Holding equipment or patients in one

place for a prolonged period can put enormous strain on the neck, shoulders, and back. Whenever possible, ask for help or relief. At the very least, stretch out once you're done.



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More men seeking nursing careers

Male nurses haven't always been such a minority. Although men comprise only about six percent of today's total nursing population in the United States, nursing schools for men were actually quite common and about half of the nation's paid nurses were male during the early 1900s. By 1930, however, the percentage of male nurses dropped to a meager one percent, as men fled the profession for more lucrative occupations. That was the case for several decades, until the late 1980s, when inflation, nursing shortages, a rise in nursing salaries, and shifting attitudes about gender combined to attract new generations of men to the profession.

Research indicates that men and women enter the profession for the same reasons. Both men and women are interested in working with sick and injured people and they are seeking careers that offer challenges, reasonable job

security, and good salaries. And with many parts of the United States and other western nations facing nursing shortages that are expected to peak in the mid-2020s, when much of the current generation of nurses will retire, men will have a vital role to play in filling those gaps. Some researchers have even predicted that the nation's ability to handle the projected shortage of nurses hinges on strong increases in the number of men entering the profession.

While the number of men in nursing programs is growing, the public perception of male nurses, which has unfairly carried a negative connotation through the years, persists and continues to keep them away from the field. Many male nurses also recount stories of patients assuming they are doctors or asking why they had decided against attending medical school — as if being a nurse was a fallback position rather than a first choice. Oth-

ers note that the scarcity of male role models, instructors, and mentors has made it more difficult not only to enter the profession but also to advance their careers.

At the same time, nursing schools and organizations have launched initiatives aimed at recruiting men, and these efforts are paying off, albeit slowly. The population of male nurses is increasing by roughly two to three percent each year and it has been predicted that by 2020, male nurses will make up about 25 percent of the total nursing workforce. Another factor that may spur the increase in male nurses is age. On average, male nurses tend to enter nursing at a younger age than female nurses and therefore have the potential for longer careers.

More information about men in nursing is available at the American Assembly for Men in Nursing website at aamn.org.



More and more men are entering the field of nursing.

Nursing trends show a profession in transition

The healthcare industry is changing rapidly, and nurses, the largest group of healthcare professionals in the nation, are at the forefront of these changes. Despite the difficult economic conditions of recent years, nursing as a profession has thrived — particularly when compared to other professions. The Bureau of Labor Statistics predicts that job growth for nurses will continue to be more rapid than the national average, making the profession among the best career choices available today. So what can nurses and those considering entering the field expect over the next decade?

The demand for nurses will continue

According to the Bureau of Labor Statistics, there will be nearly 712,000 new nursing positions by 2020, making this profession the fastest growing occupation. One of the factors fueling the growth is the aging population, and there will be great demand for nurses who are trained in geriatrics and who are able to work in ambulatory (i.e., outpatient) settings.

More nurses will work in outpatient settings, private homes, and nursing homes

The Bureau of Labor Statistics also projects that hospital nursing jobs will grow much more slowly than jobs in outpatient facilities and home healthcare. This is due both to the growth of the aging population and the increase in the number of medical procedures done on an outpatient basis or in homes.



Hospitals will increasingly require registered nurses to have four-year degrees

Many hospitals have begun hiring only those nurses with Bachelor of Science in Nursing degrees or providing incentives for their employees with two-year associate degrees to return to school to earn their degrees. Similarly, many nurses with these degrees are heading back to the classroom to

become Master's degree-level nurse practitioners.

Nurses are getting younger — and older

During the last decade, a variety of efforts were made to make nursing more attractive to younger people. As a result, the number of younger nurses (ages 23 to 26) has grown significantly. This is expected to help offset the mass retirement of nurses that is expected to occur between now and 2020.

At the same time, more people are entering the profession later in their careers as a result of the proliferation of two-year and accelerated nursing programs that were developed largely to attract people from other fields.

Nursing educators will be in demand as well

Nursing program faculty will be among the retirees who will leave the profession over the next decade and there is expected to be a shortage of nurse educators to take their places.

Technology will continue to alter how nurses operate and learn

Come 2014, all medical records will be electronic, so nurses will be saying a final good-bye to their black pens and a big hello to keyboards and tablets.

In hospitals, nurses will continue to rely on texting to relay messages or provide information to doctors. Technology, in the form of digital textbooks, mobile phone applications that access drug information, and simulated online clinics, will continue to alter how nursing students learn.

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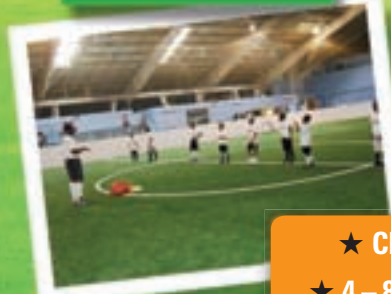
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Flat Tire Productions wants to diversity representation of South Asians in the media by showcasing the lives of Indo-Caribbeans in a comedy play. The company wants to raise money for their June production "Love Bites," which will premiere June 10-11. Flat Tire Productions

Queens play to showcase Indo-Caribbean theater

By Alexandra Simon

All shades of island comedy.

A Queens-based theatre company is trying to create more visibility for Indo-Caribbeans in the media, and are premiering their new stage show to support this mission in June. Flat Tire Productions is crowdfunding for their five one-act play "Love Bites," a Caribbean comedy presentation about love and relationships. The show will be a chance for Caribbean actors of Indian descent to show off their acting chops and explore cultural similarities and differences with laughs, said a director with the company.

"We're giving good actors an opportunity to stretch and grow, and also

Continued on Page 38

Caribbean shine at film festival

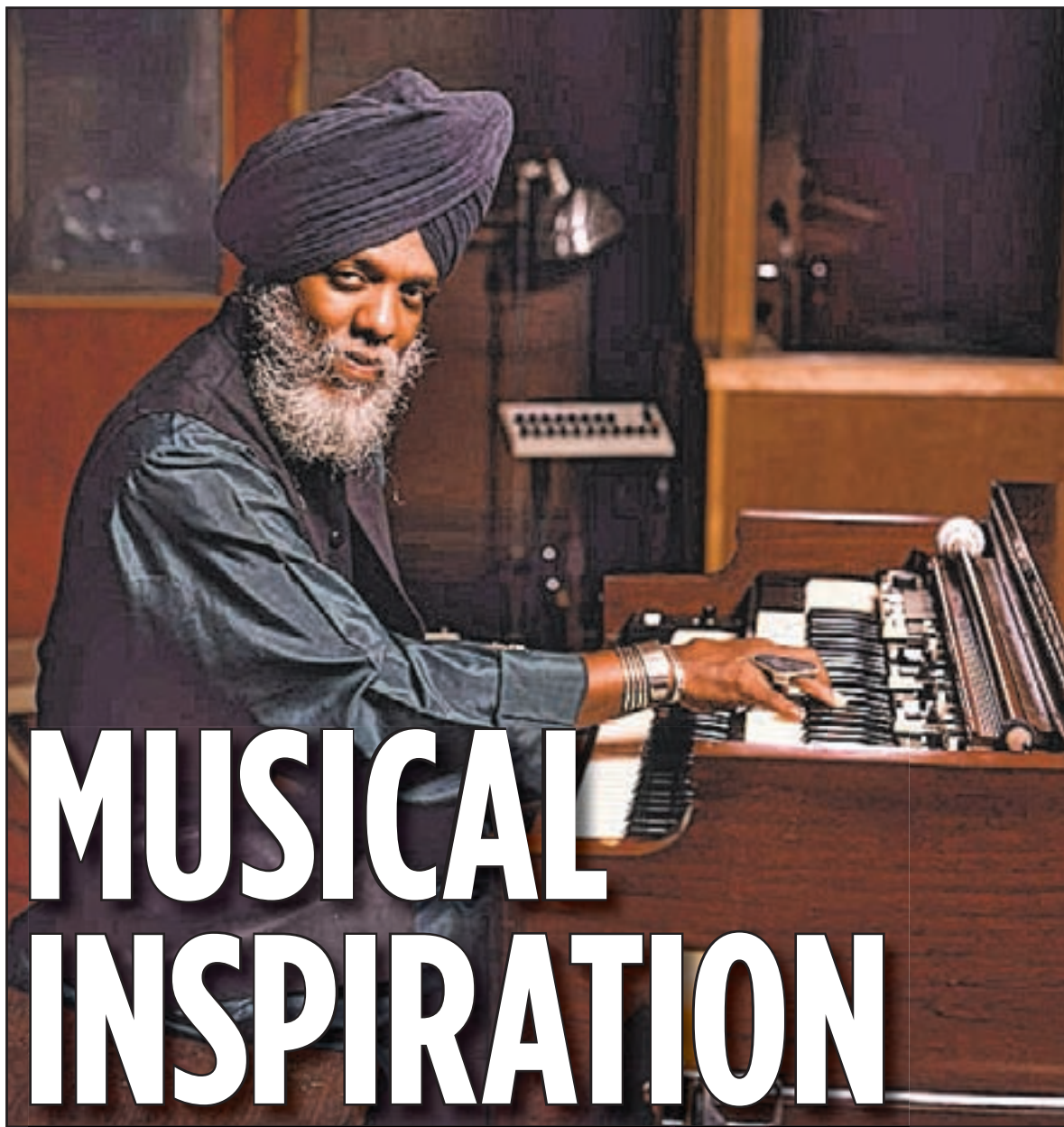
By Alexandra Simon

The islands and the continent meet again.

The New York African Film Festival will screen several Caribbean films at their 24th annual event this year, which runs from May 3-8 at Lincoln Theater. The event is showing four films by Caribbean filmmakers that follow their theme this year titled "The People's Revolution," which looks at movements and acts of protests within the African Diaspora, said the founder of the film festival.

"Each year we try to look at what is happening currently in our world and

Continued on Page 38



Jazz artist Lonnie Smith will play at the two-day CUNY Jazz Festival at Aaron Davis Hall at the City College Center for the Arts on May 5.

Lonnie Smith returns to Jazz Fest

By Alexandra Simon

Jazz organist Lonnie Smith will be performing at the 17th annual CUNY jazz festival at City College Center for Performing Arts on May 5. The seasoned musician known for playing the Hammond B-3 organ has been making music for more than 70 years and said he was thrilled to return to the event to do what he loved —inspiring people with his music.

"I'm excited anytime I get to play for people and really that's what

I'm here for," said Smith. "I love to play all over the world and being able to touch people. I'm doing something I love with passion and giving that to other people."

The organ player said while there several songs he might play at the concert, he is going to play his usual impromptu set because he prefers to play off crowd energy, he said.

"I basically play whatever is in my head at the time," said Smith. "You have to watch and be aware,

and feel the people because sometimes you get a different crowd. And when I go to these places, I never know what I'm going to play and I've been doing this for years."

Fans will appreciate the gesture because they will enjoy a worthwhile show, said Smith.

"I can't just play what I want. People drive for hours and even fly to come and see me, and I don't want to disappoint them," he said.

Smith and two guitarists will

Continued on Page 38

TOP OF THE CHARTS

TOP 10 SINGLES

- Shape Of You**
Ed Sheeran
- That's What I Like**
Bruno Mars
- Something Just Like This**
The Chainsmokers & Coldplay
- It Ain't Me**
Kygo x Selena Gomez
- Paris**
The Chainsmokers
- Say You Won't Let Go**
James Arthur
- Rockabye**
Clean Bandit Feat. Sean Paul
- Love On The Brain**
Rihanna
- Scars To Your Beautiful**
Alessia Cara
- I Feel It Coming**
The Weekend Feat. Daft Punk

TOP 10 ALBUMS

- DAMN.**
Kendrick Lamar
- The Search For Everything**
John Mayer
- Moana**
Soundtrack
- Beauty And The Beast (2017)**
Soundtrack
- Divide**
Ed Sheeran
- The Fate Of The Furious**
Soundtrack
- More Life**
Drake
- Memories... Do No Open**
The Chainsmokers
- Playboi Carti**
Playboi Carti
- PTX Vol. IV: Classics (EP)**
Pentatonix

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Caribbean shine at film fest

Continued from Page 37

we want to remember these past events, and pay homage to our legacies that have been left for us," said Mahen Bonetti. "We like to look at the current and look at the milestones."

More than 25 countries will be represented showcasing some 36 films. Despite the main element of the festival dedicated to films predominately from African directors and writers, films by Caribbean filmmakers from Haiti, Jamaica, and Trinidad will make an appearance. And their genres include a fantasy, a drama, and documentaries highlighting a multitude of issues. Bonetti says these films were perfect choices for their lineup, and portray a variety of struggles and histories, particularly the youth.

"These films are experimental and futuristic — and most of it is about the next generation who are resetting the notion of who they are, what it means to be from the diaspora, and rethinking identity and validation," she said. "It's not by

design we choose these films — it's an organic process to find a film that speaks to the theme. All of these films actually touch on social and political subjects but they're not beating you over the head — you're going laugh, and you're going to leave think a lot about what you watched."

Jamaican-American filmmaker Lebert Bethune, has two films screening at the festival in which he returns to his archives and revives footage highlighting black politics and identity during the late sixties. In his films "Jojolo" and "Malcolm X: Struggle for Freedom," he chronicles the lives of a Haitian model living in France, and civil rights activist Malcolm X in two short documentaries. The latter is footage of the late civil rights icons in one of his last interview.

"We went to hear him speak with a couple of African students in Paris, and asked him questions related his trip Africa, current affairs, and the role of women in the civil rights movement," said Bethune. "He answered very candidly and was



"Ayiti Mon Amour" follows the lives of different families five years after the 2010 earthquake. The film is one of several Caribbean films at the festival and will screen at Lincoln Center on May 7.

Ayiti Mon Amour

comfortable and covered a wide range of topics — it was one of his last formal interviews before assassination."

Other films set to screen are 'Play the Devil,' a coming-of-age movie about a young Trinidadian man, and 'Ayiti Mon Amour,' set in Haiti five years after the country's 2010 earthquake. The creator of 'Ayiti Mon Amour,' says Haiti's strong preservation of African heritage makes the film an overall perfect candidate for the festival.

"I think out of all the Caribbean countries, Haiti for me is a piece of Africa in the Caribbean," said Guetty Felin. "We have this belief that when we die our soul goes to ginen, which

is Africa, and it makes sense to find a place in the African film fest."

Felin is the first Haitian-born female filmmaker to direct a fictional movie set only in Haiti. Her film explores a side to Haiti often ignored by mainstream media in favor of clichés and narratives about tragedy, she said.

"I was tired of seeing images of disaster plastered without any real stories behind them and wanted to give context to stories of the earthquake," she said. "What a lot of people know about Haiti is clichés and only know of Haiti during a time of disaster, but I want to put Haiti in conversation."

Love Bites

Continued from Page 37

show that we're not just doing West Indian comedy, but we can also do American and our culture's comedy," said Alisha Persaud, a director with the production company.

The show is important to Persaud because it is an opportunity to contribute to more portrayals of Indo-Caribbeans since their representation in mainstream media is nearly nonexistent. She also adds that many actors are typecast and removed from their unique identities, or not pictured at all, leading to lack of awareness about who they are.

"If you ask a lot of people to picture someone from the Caribbean they're thinking of someone like Nicki Minaj or Machel Montano," she said. "And when people see us and they seem confused or don't think we're Caribbean too — and we get this a lot."

Persaud said the Indo-Caribbean community champions seeing South Asian actors such as Priyanka Chopra and Aziz Ansari, but noted that there was

also a desire to see South Asians who are culturally Caribbean. To change the conversation, the company has been working hard to gain support for 'Love Bites' and said the comedy was something Caribbean and non-Caribbeans will enjoy.

"The show is going to be fine. We have a great set of actors, and a whole team of people behind us," said Persaud. "We're aiming for a Broadway production with set and scene changes, and we really want people to see that we and do this," she said. "It's going to have to show that there's more of us just there and show that we have a lot in common."

The kickstarter campaign is hoping to fulfill the remaining needs and expenses for the show, and Persaud said that people will love their brand of comedy given the anti-immigrant climate that has changed the conversation.

"We picked these five plays because that's what brings out the crowd out and we want to get the audience warmed up and make sure we get everyone of all ages," she said. "People like that escapism and they'll have a chance to laugh and see their own people on stage."

Loni Smith prepares for jazz lovers treat

Continued from Page 37

play a show roughly over and hour. But even with no preferred numbers to play, he is going for a mixture of sounds and emotions.

"I'm basically going to play music that makes you feel good or cry, make you dance and I'm going to make you remember things from the days of old," said Smith. "I'm going to take you back where it supposed to be love, bring people together."

And while he has maintained most of his style, he has tested out different sounds.

"I keep my own style but I push the envelope with things that have been in my head for years," said Smith. At the show, Smith hopes to see all ages of jazz lovers come and see him play, and specifically younger fans

because they are some of his biggest fans and their creativity inspires him as an artist, he said.

"I've been blessed to have young people sample my music and it's amazing. It's wonderful and to see after all those years, young people hear something they like and sample it out on their beat — that's one of the greatest things to happen to me," said Smith. "Can you imagine the young, old, and older?" — it is beautiful to see them all together."

Lonnie Smith at CUNY Jazz Festival [Aaron Davis Hall at the City College Center for the Arts [129 Convent Avenue between W. 133rd and W. 135th streets in Manhattan, www.citycollegecenterforthearts.org, (212-650-6900)]. May 5 at 7:30 pm. \$15 (free for students).

WWI saga revolves around love triangle



Michael (Oscar Isaac) stars with Ana (Charlotte Le Bon) in "The Promise." www.rottentomatoes.com

"The Promise"

Excellent (3.5 stars)
Rated PG-13 for mature themes, sexuality, violence, disturbing images and war atrocities
Running time: 134 minutes
Production Studio: Survival Pictures
Distributor: Open Road Films

By Kam Williams

It's Eastern Turkey in 1914, which is where we find druggist Mikael Boghosian (Oscar Isaac) plying his trade in his half-Armenian/half-Turkish village where Christians and Muslims get along swell. The ambitious, young apothecary would really rather be a doctor, so he strategically courts a neighbor (Angela Sarafyan) from a relatively-wealthy family just for the dowry.

Those 400 gold coins do enable him to afford med school. However, while studying in Con-

stantinople, he falls head-over-heels for Ana (Charlotte Le Bon), a fellow Armenian recently repatriated from France. The country bumpkin is taken not only with her pulchritude but with her urbane sophistication ostensibly cultivated over the course of a childhood spent in Paris. Trouble is, Ana has returned accompanied by her lover, Chris Meyers (Christian Bale), an intrepid, American photojournalist assigned by the Associated Press to find evidence of ethnic cleansing.

The plot thickens when World War I erupts. Instead of pursuing Ana and his M.D., Mikael finds himself fleeing the roundup of innocent Armenian civilians by the Turkish army. He makes his way back to his tiny hometown to rescue relatives and friends. Meanwhile, Ana is in a similar struggle to survive, and her beau does his best to shoot proof of the savage

slaughter rumored to be transpiring.

That is the dire set of circumstances established at the outset of "The Promise," a riveting docudrama directed and co-written by Oscar-winner Terry George (The Short). The edge-of-your-seat thriller bears an uncanny resemblance to Hotel Rwanda, which George directed and co-wrote, too.

For both of these films chronicle extraordinary exhibitions of heroism in the face of a complete collapse of civilization. If this picture has a flaw, it's that it appears to be trivializing the ethnic cleansing of one and a half million Armenians when it asks that holocaust to serve as a mere backdrop to the love story at the center of the saga.

That being said, I nevertheless invested in the characters emotionally, and ended up teary-eyed during the denouement. War may be hell, but luckily, love still conquers all!

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Exclusive interview with Dr. Golio, Director of Craniofacial Surgery

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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.

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West Indies' batsman Darren Bravo bats as Pakistan's wicket keeper Mohammad Salman, left, and Taufeeq Umar look on during a cricket Test match in Basseterre, St. Kitts.

Associated Press / Andres Leighton, File

Bravo to sue cricket board

By Azad Ali

West Indies middle-order batsman Darren Bravo is taking legal action against the West Indies Cricket Board (WICB) claiming lost earnings of around US\$120,000 based upon what he could have earned from One-Day Internationals against Zimbabwe and Pakistan Super League (PSL) contracts and regional Caribbean competitions.

Bravo, who has not played for the West Indies since he was sent home from Zimbabwe in November 2016 following his criticism of WICB President

Continued on Page 42

Guyana wins four-day tourney

By Azad Ali

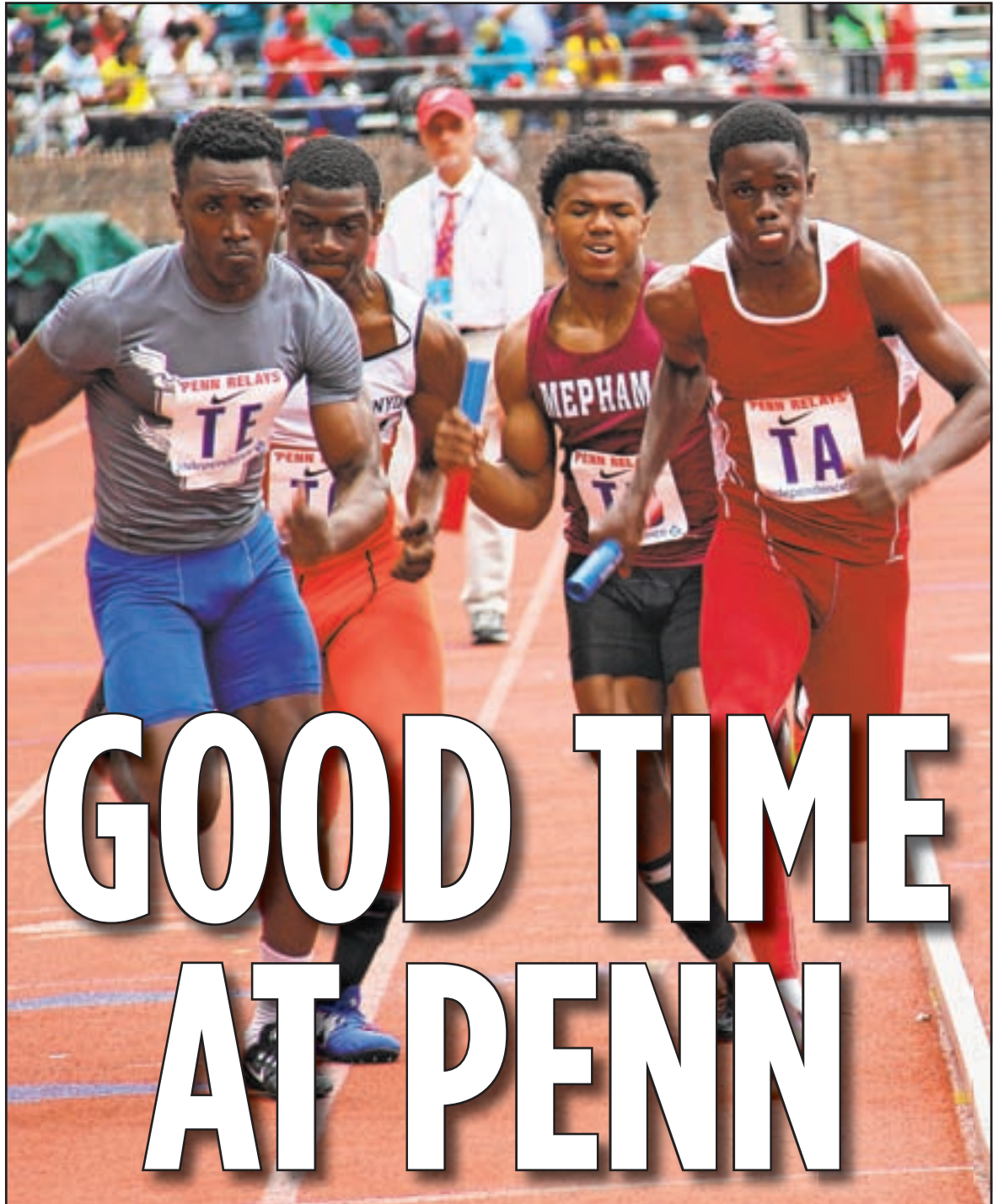
Guyana won the West Indies Professional Cricket League Four-Day tournament with a game in hand, by beating the Windward Islands by a n innings and 122 runs in Providence, Guyana.

This is the third consecutive year they have won the first-class trophy.

The Windwards were routed for 95 in 38 overs in their first innings, after they chose to bat.

Guyana's 19-year-old fast bowler Keemo Paul took career best figures of 6 for 28, reducing the visitors to 28 for

Continued on Page 42



GOOD TIME AT PENN

Zenron Chance (right, with TA inscription) leads TSSS in 4x400m.

Photo by Nelson A. King

Vincenian athletes make nation proud

By Nelson A. King

Each time the Penn Relays announcers mentioned the names Thomas Saunders Secondary School (TSSS) and the St. Vincent Grammar School (SVGS) at the 123rd Penn Relay Carnival in Philadelphia, Pa — ran over three days, Thurs-

day through Saturday — the nation of St. Vincent and the Grenadines, undisputedly, received greater exposure in the international arena.

For the past seven years, only one Vincenian school, TSSS — through the initiative of Philadelphia-based mastermind James Cordice — com-

peted in the oldest and largest track and field competition in the United States.

But, unequivocally, not wanting to be left out any longer, SVGS joined TSSS, for the first time, in this year's Relay Carnival, hosted annually since

Continued on Page 42

Continued from Page 41

Dave Cameron?

He had called Cameron a “big idiot” in a tweet and although the WICB president called for an apology and removal of the tweet, Bravo has not made public the apology or remove the tweet.

Sources say that Bravo appears to have rejected the chance of returning to the West Indies by launching a claim for damages against the WICB.

WICB Chief Executive Johnny Grave told ESPN-cricinfo that the claim has come as a surprise to officials at the WICB who believed they were on the verge of reconciliation with Bravo.

They were also surprised at the suggestion he was prevented from playing in the Bangladesh Premier League (BPL) or Pakistan Super League (PSL) as no objection certificate (NOC) was made ahead of either tournament and when Bravo did apply for such a certificate ahead of the Indian Premier League (IPL), it was granted immediately.



Joel Jack on third leg for TSSS in 4x400m.

Photo by Nelson A. King

VINCY GRAMMAR SCHOOL AT PENN

Continued from Page 41

April 21, 1895 by the University of Pennsylvania at the Franklin Field stadium in Philadelphia.

And, together, SVGS and TSSS, which boasted all-male teams, made St. Vincent and the Grenadines even prouder, as the schools competed in a meet that attracts over 15,000 participants from high schools, colleges and track clubs throughout North America and abroad, primarily Jamaica, competing in more than 300 events.

SVGS is an all-boys secondary school; TSSS, a mixed school, did not field a female team this year for the first time since it began competing in the Penn Relays.

Penn Relays organizers put the three-day total attendance at this year's meet at 108,912, with 22,894 fans on Thursday, 38,598 on Friday, and 47,420 on the climaxing Saturday.

“More athletes have run at the Penn Relays than at any single meet in the world,” said Penn Relays organizers, adding that “more spectators have watched the meet than any in the world, except the Olympics and World Championships.”

No wonder that Vincentian organizers did not want to miss out on this glorious opportunity! They, therefore, expressed delight and lauded the schools' performance in separate, exclusive interviews with Caribbean Life and at a gala reception Saturday night and a brunch the next day, for the athletes, at the Vincentian-owned Calabash Restaurant and Banquet Hall on Lancaster

Avenue in Philadelphia.

Curtis M. King, SVGS' sports-loving head master, who led his school's contingent, said SVGS had three objectives: “Firstly, exploring our students to various regional and international sporting competitions; secondly, by exposing the students to international meets, they'll be exposed to further athletic prowess, as well as academic pursuits; and, thirdly, we hope this trip would revitalize the Alumnae Association.”

“The whole experience itself would have been great for the students,” King told Caribbean Life. “It was a great learning experience for the athletes and the coach [Rawlston Morgan].”

Morgan also told Caribbean Life that he had always looked forward to SVGS competing in the Penn Relays.

“I'm very pleased,” he said about the boys team's performance in the 4x100m relay on Friday and the 4x400 relay the next day. “I don't think I can ask for more.”

“I had concerns here and there, but the guys [athletes] came up trumps and did well,” he added over Sunday's brunch. “The guys ran their hearts out.”

Morgan said he was particularly pleased with the team's 4x400m performance, in which it eclipsed the targeted 3.33-odd qualifying time, running at 3:27.26 and placing sixth among 10 schools. Mc Donogh School in Owings Mills, MD won the High School Boys' heat in 3:24.77.

The SVGS 4 x 400m team comprised Gian-Luca Da Silva (52.38); Jevonie Lavia (52.22); Randolph Richards

(50.73); and Ethan Myers (51.94).

In the 4 x 100m, SVGS placed third, with Morgan singling out Peruvian Vale native and anchor Javon Rawlins, 17, “who powered us.”

But, even with less emphasis on the 4x100m, since it is not a qualifying event for the Penn Relays, TSSS did well, according to Head Coach Godfrey “Fuzzy” Harry.

“It's not the best for us, but we have to commend the effort,” said Harry, stating that the team, comprising Atiba Lewis, Zenron Chance [competing in the Penn Relays for the second successive year], Immanuel Henry and Inglis Daniel, placed sixth, clocking 45.58.

In the 4x400m, TSSS surpassed its best time at home, 3:33.12, placing fifth among 11 schools and clocking 3:27.41. The heat was won by Samuel Tilden High School in Brooklyn in 3:22.74.

TSSS 4x400m team comprised Zenron Chance (52.31), Immanuel Henry (49.05), Joel Jack (52.66) and Maurice Foster (53.40).

“They had a good time in comparison to this year's in the Grenada Relay Classic,” Harry told Caribbean Life, disclosing, at the same time, that the girls, who had “some set-backs” and did not compete for the first time this year, will definitely be part of the contingent for next year's Penn Relays.

Cordice, the former president of the Philadelphia-based St. Vincent and the Grenadines Organization of Pennsylvania (SVGOP), asked Harry and Morgan at the reception to choose an athlete from each school who merited the Otis Jack Memorial Award.

Guyana



West Indies' Assad Fudadin bowls during a practice session in Roseau, Dominica, Sunday, April 22, 2012.

Associated Press / Andres Leighton, File

Continued from page 41

6 in the first 10 overs of the match, after his 22-year-old new ball partner Romario Shepherd dismissed the openers cheaply in the first and third overs.

Shane Shillingford and Sunil Ambris were the only batsmen to pass 15 runs while the others made little contribution to the score.

By the end of the first day, Guyana had taken a 15-run lead. They were finally dismissed for 379 in 112 overs — a lead of 284 runs.

Guyanese batsman Assad Fudadin scored his sixth first-class hundred.

Windwards in their second innings were all out for 146 in 46.1 overs.

Erasmus Hall star selected by Panthers in draft

By Laura Amato

He's going to Carolina — and not just in his mind!

Erasmus Hall grad Curtis Samuel heard his name on April 28 and, suddenly, every dream he's ever had came true in a single moment.

Samuel was selected No. 40 overall by the Carolina Panthers in the National Football League Draft, capping off a year that was nothing short of spectacular for the Brooklyn-bred gridiron star.

"It's amazing, just to get drafted and share that moment with my family," Samuel said during a press conference after being drafted. "That experience is just amazing. Just to finally realize, that's a dream come true, to finally get to play in the National Football League."

Samuel made a name for himself at Ohio State this season, leading the Buckeyes in receiving with 74 catches for 865 yards and seven touchdowns. He also chipped in with 97 carries for 771 yards and

eight touchdowns and was the only player in a major conference with more than 700 yards each rushing and receiving.

Now, the one-time Dutchmen standout is hoping to translate that kind of production to the pros, and is anxious to find a spot in the Panthers' offense.

"There are different things I can do," Samuel said. "Line up in the backfield, motion out to the slot, put me up against a linebacker or a safety. Just creating different looks for the [opponents'] defense."

Samuel won't be the only would-be playmaker to compete for a position in the Panthers' backfield next season; Carolina also drafted Stanford star Christian McCaffrey in the first round. But Samuel isn't worried about splitting reps, if anything, he's confident he and McCaffrey can provide a one-two punch that will give the Panthers offense a new dynamic that will set opposing defenses back on their heels.

"He [McCaffrey] can do a lot. And I can do the same thing," Samuel said. "Just to have that opportunity, [to] flip-flop guys, give defenses different matchups, is a good thing. Then having a great quarterback in Cam [Newton], it's going to be great. We're going to have fun here."

Samuel is the 19th Ohio State product to suit up for the Panthers, but he's quick to point out that he hasn't forgotten his Brooklyn roots. In the hours immediately following the draft, he celebrated his professional future with a family dance party, and constantly reiterated how thankful he was to have his family's support every step of the way.

Samuel is shining a light on New York City football and he's determined to be a role model for future gridiron greats in Brooklyn.

"It's amazing," he said. "To have younger kids look up to me and understand that what I'm doing is the right thing in life, and to just keep motivating



Big cat: Erasmus Hall and Ohio State star Curtis Samuel has been drafted by the Carolina Panthers.

Associated Press / Detroit Lions

those little kids to accomplish dreams like this one day."

There's been plenty of talk in the past few months about what Samuel can bring to a professional team — discussions of his speed and receiving ability, and even chatter about using him in the return game

— but he's not listening to any of it. Samuel knows what he's capable of and he's ready to prove it all over again.

"I'm always a team-first guy. I'm about making the team get better and get them to where they want to be," he said. "I just want to be Curtis Samuel."

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Caregiver fun, support at New York Memory Center

BY CAMILLE SPERRAZZA

New York Memory Center is a freestanding, nonprofit, community-based agency that provides services to adults who are diagnosed with memory loss, as well as their families.

Founded in 1983, under the name Park Slope Geriatric Day Center, the facility offers cognitive support to those who need it.

New York Memory Center has also provided caregiver support since being founded. And a grant from the New York State Department of Health now enables it to reach out to a much wider community of caregivers beyond the families it serves at its social adult day program — specifically those that may be somewhat lacking in support.

Megan Christ, Caregiver Social Worker of the Family Resource Program, says the center offers caregivers coaching, coordination of services, educational workshops, and wellness programs that include nutrition, yoga, and tai chi. In addition, the facility co-produces the Memory Arts Cafes, a series of free cultural events for caregivers and



Memory Arts Café in Brooklyn Botanic Garden (August 2016).

people living with Alzheimer's disease or dementia.

Currently, many of its wellness programs include onsite respite, which allows caregivers who register for a class to bring their loved one for care or an activity if they do not have alternative care available at the time of the class.

It's all designed to give caregivers a chance to de-stress and to meet other families who are sharing similar experiences.

"Family care is not always ad-

dressed," says Christ. "This gets people connected, and helps them with what they need."

The Family Resource Program reaches out to communities, including Bushwick, Bedford-Stuyvesant, East Flatbush, Sunset Park, and Red Hook. There are programs in Spanish and in Creole.

"We are currently providing a six-session bilingual Creole-English Family Caregiver Education series at SUNY Downstate's Center of Excellence for Alzheimer's Disease with the Alzheimer's As-

sociation New York City Chapter," she says. Details can be found at <http://nymemorycenter.org/programs/family-resource-program-2/>.

The Memory Arts Cafe is co-produced by poet-in-residence Gary Glazner, who acts as host of these special events. Each program features local professional guest artists that include musicians, magicians, poets, and dancers. Glazner may lead an exchange of ideas to create a group poem. Participants have visited places such as the Botanic Garden, where in the Shakespeare Garden, they recited lines from The Bard. Recently, the organization held a chocolate-making and tasting at Mast Brothers in Williamsburg that was capped by the creation of a chocolate-themed poem. Events like these are held about eight to 10 times per year, says Christ, and are designed to bring some laughter and joy into people's lives.

After all, it is important for caregivers to take care of themselves, too.

Christ says she has seen how these programs make a difference in people's lives.

"The feedback from families is that it has been very helpful," she says.

New York Memory Center continues to provide core services to adults in its day care programs. Two sessions are offered each weekday: 9 am–3 pm, and 2 pm–7 pm. Lunch or dinner is served, depending upon the session.

Transportation can be arranged to pick up participants in their homes and bring them to the center, where they will be engaged in memory and cognitive learning skills. Costs for attending the social adult day program can be covered by Medicaid Managed Long Term Care Plans or private long-term care insurance. Private program costs are based on a sliding scale.

All caregiver support services under the Family Resource Program are free of charge.

New York Memory Center [199 14th St. between Fourth and Fifth avenues in Park Slope, (718) 499-7701, www.nymemorycenter.org]. Open Mondays through Fridays, 9 am–7 pm. Follow it on Facebook. E-mail: MChrist@nymemorycenter.org.



Merle Warren

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

Congratulations to Honorees of Caribbean American Healthcare Award

I am truly humbled to be a past recipient of the Caribbean Life Healthcare Award. As a healthcare practitioner I continuously focus on providing high quality patient care. To be recognized for my resilience, dedication and overall commitment to reducing healthcare disparities has been a heartwarming experience. Congratulations to the 2017 awardees.



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ARIES: Mar 21/Apr 20
Accept that sometimes things will not go your way, Aries. However, you can learn to adapt and find balance in any situation you find yourself in.

TAURUS: Apr 21/May 21
Discovering all of the answers need not be your goal all the time, Taurus. Keep in mind that the journey can sometimes be more rewarding than the destination.

GEMINI: May 22/Jun 21
Gemini, don't hesitate to let others know how much they mean to you. Such simple gestures will be appreciated and help you maintain strong relationships with those you love most.

CANCER: Jun 22/Jul 22
Cancer, when in doubt, speak with someone who has more experience than you. It's a big person who can accept help when it's needed, and others will be willing to help.

LEO: Jul 23/Aug 23
Next week may be a better time to make a big decision, Leo. Coast along for a little bit longer and get a feel for the lay of the land before making your decision.

VIRGO: Aug 24/Sept 22
Coming across memorabilia or old photographs may have you thinking about those who came before you, Virgo. It is a good week for introspection and reminiscing.

LIBRA: Sept 23/Oct 23
Libra, don't let any opportunity pass you by this week - even those that may seem like they won't yield much reward. Everything is a learning opportunity.

SCORPIO: Oct 24/Nov 22
Obsessive thoughts will not make the solution to a problem come any easier. It's better if you clear your head and then maybe the ideas will arrive when you least expect.

SAGITTARIUS: Nov 23/Dec 21
Think of something you can do that will be a big risk and out of character, Sagittarius. It may give you a rush of adrenaline this week and pave the way for new interests.

CAPRICORN: Dec 22/Jan 20
Capricorn, look at yourself in the mirror and tell yourself that you can handle whatever comes your way. You are the only one who can derail your plans.

AQUARIUS: Jan 21/Feb 18
Someone you wouldn't normally look to for advice provides some invaluable wisdom in the days ahead, Aquarius. Heed this advice and express your gratitude.

PISCES: Feb 19/Mar 20
Pisces, instead of focusing on all of the little details, look at the bigger picture. This will prove to be the inspiration you need to stay motivated.



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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."

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LEGAL NOTICES

LEGAL

STATE OF MAINE PROBATE COURT
Oxford, ss.
South Paris
Docket A2016-0021(1)
ORDER OF SERVICE OF PUBLICATION
In Re: Petition for Termination of Parental Rights and Petition for Adoption of Damien Michael Hamel
The matter before the Court is the Motion of Amber Virgin and Blaine Virgin, petitioners, that Jordan R. Marsh, natural father of Damien Michael Hamel, be served by publication. Petitioners have filed two Petitions: one to terminate the parental rights of said Jordan R. Marsh in regards to said Damien Michael Hamel and a Petition to Adopt said Damien Michael Hamel. If Petitioners' Petition to Terminate the Parental Rights of Jordan R. Marsh is granted, all legal rights, powers, privileges, immunities, duties, and obligations between Jordan R. Marsh and Damien Michael Hamel as parent and child, shall be terminated. If said petitions are granted, the said Jordan R. Marsh shall not be entitled to notice of the child's adoption proceedings or be able to participate in the proceedings. It appears to the court that Jordan R. Marsh cannot with due diligence be served by any other prescribed method and that the address of Jordan R. Marsh is not known and cannot be ascertained by reasonable diligence. It is ordered that Jordan R. Marsh file with the Court by July 6, 2017, such objections, if any, as he may have to the granting of these petitions. It is further ordered that the said Jordan R. Marsh shall, prior to July 6, 2017, file with the Court his present address so that Notice of Hearing in this matter can be given to him. Jordan R. Marsh is given notice that if he fails to comply with the foregoing Order to provide the Court with his address so that Notice of Hearing may be given, the Petitions may be granted in his absence.

LEGAL

It is further ordered that this order be published in the Caribbean Life, a newspaper of general circulation, published in Brooklyn, NY once a week for two successive weeks, and that a copy of this Order as published shall be sent by ordinary first-class mail to Jordan R. Marsh at his last known address. You are entitled to legal counsel in these proceedings. If you want an attorney and are unable to afford one, you must contact the court as soon as possible (and in any event within 10 days from last date of publication of this notice) to request that the court appoint a lawyer for you. Your request should be made in person at court or in writing so that you may prove you made it if you request an appointment of a lawyer, no hearing will be scheduled on termination of your parental rights until your lawyer has an opportunity to prepare for that hearing. The address of the Court is: Oxford County Probate Court, P.O. Box 179,26 Western Ave., South Paris, ME 04281.
Dated:
Judge of Probate

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Lot#1700 Omer De Weese Lot#296 Spencer Dove

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SECTION: Tulip Grove
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LEGAL

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