



Laverne McDowald-Thompson (left), COSAGO president, with volunteers packing barrels, at the Friends of Crown Heights Educational Center in Brooklyn, to aid Caribbean countries ravaged by Hurricanes Irma and Maria. Photo by Nelson A. King

BATTLE FOR NEW CITIZENS

War breaks out on citizenship program

By Bert Wilkinson

A virtual war has broken out between several small Eastern Caribbean nations which allow foreigners to buy local citizenship and national passports for an agreed sum. In recent months, several of the participating countries have drastically reduced prices applicants from around the world pay to become local citizens.

Officials in some countries say that applications to some of the destinations offering the controversial Citizenship by Investment Programs (CIP) have slowed to a trickle so soft demand has led to a fall in prices as is the case for every other commodity or item.

Apart from cutting fees by half as in the case of St. Lucia, Dominica and Antigua most recently, some governments have also cut process-

ing fees for applicants as well and have moved to allow the parents and children up to the age of 30 to be also included in the program- all in the name of making their own systems more marketable.

And despite fears from western nations that mobsters, international terrorists and applications with dubious backgrounds could slip through the processing and vetting system, governments say they are scrambling for development financing given drastic reductions of taxes coming in from free trade and a fall off of key commodity and agricultural exports to Europe and North America.

They also say that sugar, rice and banana exports to Europe have long since collapsed for Windward Islands and other nations, increased scrutiny by the west has

Vincy Council prez: Not to tire in giving back

By Nelson A. King

Laverne McDowald-Thompson, the president of the umbrella Vincentian group in the United States, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO) has urged her compatriots not to get tired in giving back to the nation.

In addressing an Ecumenical Service of Thanksgiving in Brooklyn on Sunday, Oct. 22, marking the country's 38th year of political independence

from Great Britain, McDowald-Thompson noted that many nationals are always willing to give back, adding, "that is how it should be."

"We do things because of our genuine connection to our country," she said. "I encourage you not to get tired."

In alluding to 2 Thessalonians 3:13, McDowald-Thompson said: "And as for you, brothers and sisters, never tire of doing what is good."

She said she has "seen the

work of COSAGO members, and also of other organizations in the Diaspora.

"You are doing good," she said, adding: "Hebrews 13:16 reminds us not to neglect to do good and to share what you have, for such sacrifices are pleasing to God."

"Again, I witnessed you my Vincentian brothers and sisters demonstrated your act of kindness, your love and compassion for others, during the

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St. Vincent envoy recalls many 'recent blessings'

By Nelson A. King

As Vincentians in the Diaspora begin celebrating their 38th year of political independence from Great Britain, St. Vincent and the Grenadines Ambassador to the United Nations, I. Rhonda King, remembers "just a few" of the country's "recent blessings," urging her compatriots to join her in giving thanks in the process.

In addressing an Ecumenical Service of Thanksgiving on Sunday — at The Church of St. Mark's Episcopal in the Crown Heights section of Brooklyn, organized by the umbrella Vincentian group in the United States, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc., (COSAGO) — King said that, in a few days, Oct. 27, the nation will actually celebrate its 38th independence anniversary.

She said, while "it is often man's practice to focus on what is wrong, to lament what he lacks, to brood over the distance he has yet to go," the Holy Scriptures, however, "tell us in everything give thanks; for this is God's will for you in Christ Jesus."

The envoy listed the opening of the country's first international airport, the Argyle International Airport (AIA), on Feb. 14, atop "just a few" of the multi-island state's "recent blessings."

She described AIA as "a beautiful, state of the art facility, arguably, now the most beautiful in the Caribbean."

"I went home for the summer this year, I left JFK (John F. Kennedy International in New York) at 7:30 am, and I was in St. Vincent and the Grenadines before 3 pm on that the same day," King said. "Let us give thanks for AIA, for the vision and tenacity of our Prime Minister, Dr. the Hon. Ralph Gonsalves and his government."

"Let us give thanks for the rapidly increasing speed of accessibility to our shores; let us give thanks for the new possibilities this accessibility will bring," she added. "Infrastructure and accessibility are critical components in our quest for more sustainable development. They are not optional; indeed, they are imperatives."



Her way: From left, Sybil Mitchell, Andrea Lyles, Meredith Whiteman, Dawn Mitchell, Francine Whiteman, and Anthony Briggs, relatives and children and grandchildren of Lenore Briggs celebrate the co-naming of Rutland Road near Rogers Avenue after the educator. Photo by Jason Speakman

Prospect Lefferts street co-named for Grenadian educator

By Alexandra Simon

A street honor for a pioneer. Family and friends of Brooklyn educator Lenore G. Briggs celebrated the street co-naming ceremony in her honor in Prospect Lefferts Gardens on Oct. 21. The northeast corner of Rutland Road and Rogers Avenue was co-named for the early childhood educator, who passed away in 2015. The grand recognition was a moment of pride for people who knew her and supported the work she did for the neighborhood, said one of her daughters.

"I'm so very proud and it just shows how she was totally unstoppable in her life — any obstacle she had, she was able to overcome and she's an inspiration that makes everyone so proud," said Meryl Thompson.

Briggs' six adult children, former students, past and current staff of the Lefferts Gardens Montessori school, which she founded in the 70s and Councilman Mathieu Eugene (D-Flatbush) attended the ceremony.

Thompson said her mother's dedication to community service earned her



Lenore G. Briggs opened one of the first Montessori schools in Prospect Lefferts Gardens in the early 70s and helped educate many students. She passed away in April 2015 and was honored with a street co-naming on Oct. 21.

Lamar Thompson

various awards and certificates from elected officials including councilwom-

an Yvette D. Clarke, and former Borough president Howard Golden.

"It was very victorious to see her culminate into a street co-naming — she made many contributions to the community and she started from nothing," she said.

Briggs moved to the United States from Grenada in 1965 and worked several jobs before opening her own daycare out of her home on Rogers Avenue. Afterwards, she moved into a bigger space opening what is now the Lefferts Gardens Montessori School, which is run by her youngest son Anthony Briggs.

Thompson said as the neighborhood changes all around them, the permanent sign now stands as a reminder to the community of who she was and what she brought to Prospect Lefferts Gardens.

"She was very kind and overall I think my mother was a person that didn't let anything get in the way of her dreams," said Thompson. "She was a humanitarian and she always wanted to be of help to someone."

Decline in tourist arrivals expected

By Azad Ali

The Barbados-based Caribbean Tourism Organization (CTO) is predicting a slowdown in the growth of tourist arrivals for the remainder of the year as the region comes to grip with the destruction caused by three

Hurricanes to several Eastern Caribbean islands.

CTO chairman, Joy Jibrilu said that the Caribbean had been performing at a healthy growth rate of 5.2 per cent between January and June, when compared to the same period last year.

She said growth during that period reflected economic stability in the market, expansion of flights by major carriers and new marketing and product development initiatives.

The CTO chairman noted that during the first six months, the region recorded 16.6 million international tourist arrivals, some 800,000 more than in the first six months of 2016 of 2016.

Antigua

The Antigua and Barbuda government said a Chinese firm has been showing interest in setting up a new town on Barbuda, which was devastated by Hurricane Irma recently.

A government statement said the firm has expertise in energy and housing and had been invited to brief the Cabinet by Minister of Works and Housing Eustace Lake.

According to the statement, the firm has proposed to construct a complex of several high-rise apartment buildings that could resist hurricane winds exceeding 200 mph.

It said the complex would include a supermarket, cleaners, a drug store, a restaurant, a cinema, clothing stores, a church, car parks and other amenities.

The statement said the team agreed to return with prices and has assured the government that it could arrange financing that is low cost and living spaces that would also be in the reach of families with limited means.

Prime Minister Gaston Browne who had initially declared Barbuda inhabitable following the passage of the Category 5 storm has said it needs in excess of US\$200 million to re-develop the island with a population of about 1,600 people.

For the first time in 300 years, there is no one living on the island of Barbuda.

Barbados

Barbados is looking at the medicinal properties of the marijuana plant.

Attorney General Adriel Braithwaite said there were opportunities under the present legal regime to write to the head of the Drug Service for permission or get a doctor to provide a prescription so the capsule or oil could be sourced.

He made the comments while speaking at the regional consultation on marijuana hosted by the National Council on Substance Abuse, in collaboration with the Caribbean Community (CARICOM) Secretariat at the Ministry of Home Affairs.

He said the conversation should not be about legalizing marijuana, but about discussing the properties of the plant and how they can be exploited.

However, he noted that the Regional Commission on Marijuana had experienced some setbacks, some of which were financial and the other as a result of some countries not coming on board.

The commission, he explained, was established to conduct a rigor-



Clergy appeal for aid

Brooklyn clergy members with Pastor Gilford Monrose appeal for aid for the U.S. Virgin Islands at First Baptist Church in Crown Heights on Oct. 25. See story on Page 28.
Community News Group / Alexandra Simon

ous enquiry into the social, economic, health and legal issues surrounding marijuana use in the Caribbean to determine whether there should be a change in the current drug classification of marijuana.

Guyana

The Guyana Ministry of Finance has collected approximately \$900 million in taxes from "activities connected to oil and gas" for the first half of 2017.

Finance Minister, Winston Jordan, told a press conference held at his Ministry in Georgetown that companies in the oil and gas industry have to pay withholding taxes, which is paid to the Guyana Revenue Authority (GRA).

He said it is a tax levied on income (interest and dividends) from securities owned by a non-resident.

Minister Jordan said these taxes are in addition to the revenues that Guyana is expected to start collecting when oil production commences in 2020.

He said the government has a production-sharing agreement between Exxon and its partners and itself.

Jordan also revealed that Guyana will receive a royalty of two percent on gross earnings and benefit from 50 percent of the profits from the sale of petroleum, once production starts in 2020.



Jamaica

Jamaica has announced plans to reduce the importation of several agricultural products, including tomatoes, carrots, red peas, thyme and green gungo peas, in a bid to increase production of those commodities.

Minister in the Ministry of Industry and Commerce, Agriculture and Fisheries, JC Hutchinson said that by next year, work will start to bring an end to the importation of those food-stuffs.

He said so far this year, farmers have produced 90 percent of the Irish potatoes consumed by Jamaicans, adding this crop, along with onions and Scotch Bonnet peppers, are in a pilot program for increased production.

St. Lucia

In the crucial days following the devastation of Hurricanes Irma and Maria, a team of more than 40 Venezuelan medics, paramedics and rescue specialists were able to lend their services to Dominica and deliver medicine, food, water and humanitarian aid from Venezuela, and other Caribbean islands.

The Organization of Eastern Caribbean States (OECS) Commission joined forces with the Embassy of Venezuela and the government of St. Lucia to provide a steady stream of relief supplies to affected OECS member states.



Using the Hewanorra International Airport in St. Lucia as the operational base for flights from Dominica, the Venezuela Air Force deployed four cargo planes and one helicopter to assist with the relief efforts.

A team of 13 doctors were able to work in Dominica across eight different communities and in 10 days, they were able to attend to 2,015 persons.

OECS Director General, Dr. Didacus Jules, also expressed gratitude to the Venezuelan Embassy in St. Lucia for the timely support when the OECS was at its most vulnerable.

St. Kitts

The St. Kitts and Nevis government recently launched a new fund for their world-renown Citizenship by Investment Program.

Following a series of high impact hurricanes that have caused significant damage in the Eastern Caribbean, the St. Kitts and Nevis Citizenship by Investment Unit has introduced temporary Hurricane Relief Fund — an innovative response to allow the Federation greater protection against future natural disasters.

CEO of the Citizenship by Investment Unit for St. Kitts



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She Leads conference empowers women



Organizers from SheTek She Leads Media are hosting a huge conference at the Wells Fargo Conference Center in Manhattan on Oct. 27. *L'ay Green*

By Alexandra Simon

It's a day for women in business.

The She Leads Conference is set to converge at the Wells Fargo Conference Center in Manhattan on Oct. 27. The all-day women's-centric networking and empowerment gathering, encourages its attendees to collaborate and learn invaluable advice about their respective industries and fields they are looking to enter. It also provides women with the information they need to get on a path of their goals and dreams and executing it, said a co-organizer.

"The conference is not only to empower and give women the tools to be empowered but to inspire women to want to be in a leadership position," said L'ay Green, founder of SheTek. "We feel that being empowered and being in a position of leadership will make you very successful."

Green and Adrienne Garland of SheLeads partnered for this



Leading women: L'ay Green, founder of SheTek conference has partnered with SheLeads Media for big pro-women networking meet-up on Oct. 27.

Tha L. Spot Productions LLC

conference in an effort to bring more women of all working backgrounds to meet and listen in on panels that discuss everything from work, home-life balancing, to potential busi-

ness partnerships. This is a chance for women to unleash their full potential they are yet to uncover.

"A lot of women are pretty much equipped but don't know it until they come to the conference and interact with other women," said Green. "I've gone through this and reached a point where I thought I was stuck, but I was in the room with like-minded company and didn't know how we could mutually benefit from each other."

At the conference guests are going to have the chance to listen in on advice from other women on how they reached their successes and the critical moves they made to achieve them. Green said attendees can look forward to inspiration or drive to go forth in their careers.

"It's going to be a full day of women talking about their different experiences to entrepreneurship," she said. "A woman working a nine to five may be looking for an exit out and not

know what resources are there for her. This conference should help them create those short term and long term goals."

Green said all women should take advantage of the opportunity to meet with other individuals and work towards implementing those strategies in their lives.

"It's a day for yourself to do some self-reflection and find out what other women are doing, and how they can help you go where you need

to go," she said. "If you want the opportunity to learn something new, or have an idea you want to take to the next level — we have women of all backgrounds and professions that will be there too and it's going to be fantastic."

"*SheLeads Conference*" at Wells Fargo Conference Center [150 E. 42nd St. between Lexington and Third avenues in Manhattan, www.sheleadsmedia.com]. Oct. 27, 8:30 am-7 pm. \$150.

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Open cut throat competition

the program," the Observer Newspaper reported.

Before the cuts in the past year, most destinations — St. Kitts, Antigua, Dominica, St. Lucia and St. Vincent were basically offering fees at \$200,000 plus processing fees of up to \$50,000. These are now down to \$100,000 and \$25,000 respectively, victim of a simmering price war, a slow down in demand and a reach out to potential applicants.

Antigua has become a bit less attractive to some applicants because the Canadians recently cancelled visa free travel there, questioning the island's vetting properly the applicants. Visa free travel to Canada and other places was one of its best selling points. But while Antigua cuts back rates to stay afloat, Dominica and Antigua's other neighbors are doing their best to market their programs. For example, both Grenada and Dominica boast on websites that a CIP citizen will have visa free access to nearly 120 countries. "This is one of the lowest programs in the world and it has been hugely popular because of this," Dominica's government suggest on the web.

The nine-nation Organization of Eastern Caribbean States of which all the countries are members, has already suggested that heads of governments come together and formulate a harmonized policy rather than allow for the open cut throat competition of recent months as the region could in the end undermine itself.

An appeal to continue giving

Continued from Page 1

relief drives for those who have suffered great loss due to Hurricane Irma and Maria and Irma," she continued. "Thanks for giving of your time and for the supplies. Let's continue to keep them in our prayers. They have long roads to recovery."

Reflecting on the 38 years since independence, COSAGO president said nationals "can truly say that we've come this far by faith, and we know that the Lord will not leave us nor forsake us.

"He will continue to make us strong and even stronger, if we work and pray together," she said, stating that October is a month of "precious memories, especially in St. Vincent and the Grenadines.

"But rest assured, we are very proud Vincentians right here in the United States of America, who do not neglect to celebrate our nation's attainment," she said. "We fly our flags; we wear our colors to represent us; and, of course, we sing our anthem. We sing [with] pride and joy.

"On behalf of COSAGO, I thank you again for your commitment, the outpouring of love and all that you have contributed in helping St. Vincent and the Grenadines," McDowald-Thompson added. "To all the leaders and members of various organizations in the Diaspora, thanks for joining COSAGO and the Consulate, because, in times like, these we just need to come together in unity to celebrate and show love to each other."

Caribbean unemployment rises

By Nelson A. King

Two United Nations agencies say that urban unemployment will keep rising in Latin America and the Caribbean and is seen reaching 9.4 percent in 2017.

In releasing the newest edition of their joint publication, "Employment Situation in Latin America and the Caribbean," the Economic Commission for Latin America and the Caribbean (ECLAC) and the International Labor

Organization (ILO), said low economic growth experienced by regional countries in the last few years will continue affecting the region's labor market performance this year.

According to the latest estimates, the rate of regional urban unemployment could reach 9.4 percent on average this year, which represents a 0.5 percentage point increase from the 8.9 percent recorded in 2016.

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One nation, overdosed!

By Albert Baldeo

"Our greatest glory is not in never failing, but in rising up every time we fail." – Ralph Waldo Emerson

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" – Muhammad Ali

Statistics from the Centers for Disease Control and Prevention (CDC), show that 64,070 people died from drug overdoses in 2016. This represents a staggering 21 percent increase from the year before, and confirm that more Americans died from drug overdoses in 2016 than the number of American lives lost in the entirety to the Vietnam War-which totaled 58,200! Often unnoticed as a silent epidemic on account of the headline grabbing nature of its sensational rivals, drug related calamities cannot be swept under the rug any longer.

The opioid epidemic ravaging the United States is taking a grim and growing toll. Its horrible effects spares no family in America, rich or poor, black or white, and are not restricted by any boundaries. All of us are in this, together. Indeed, last year's 64,070 drug fatalities far outnumbered:

-The 35,092 motor vehicle deaths in 2015.

-AIDS-related deaths in the worst year of the AIDS crisis, when 50,628 people died in 1995.

-The peak year for homicides

in the U.S., when 24,703 people were murdered in 1991.

-Suicides, which have been rising in the U.S. for nearly 30 years and totaled 44,193 in 2015.

Approximately 75 percent of all drug overdose deaths are now caused by opioids, a class of drugs that includes prescription painkillers as well as heroin and potent synthetic versions, like fentanyl. Data also show that overdoses of synthetic drugs, such as fentanyl, which is 50 to 100 times stronger than the painkiller morphine, are driving the sharp increases in opioid overdose deaths.

A new report from the Police Executive Research Forum (PERF), an independent research organization that focuses on "critical issues in policing," puts those numbers into context. Statistics point to the fact that the opioid crisis is fueled by the drug industry and Congress's failure to do enough, as the epidemic continues to spiral out of control. The CDC identified 15,466 deaths from heroin overdoses in 2016, while 20,145 deaths were caused by fentanyl or other synthetic opioids.

Additionally, a survey conducted by PERF of its member police chiefs earlier this year found half of the respondents reported an increase in fatal heroin overdoses in their jurisdiction in 2016 compared to 2015, and 45 percent reported an increase in drug overdose

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Building a new hurricane resistant Caribbean

By Cdr. Bud Slabbaert

Having experienced two hurricanes category 5, having seen the devastation and been around to feel and understand the inconveniences, to just express it mildly; no water, no electricity or no telecommunication for an extended period. Lots of time though to think about what happened and who are suffering, and wondering about the future. Returning to what may be considered 'normal' is not an option but rather a mediocratic restoration. I have seen buildings that remained almost untouched. I have seen buildings without roofs, windows, or doors where residents sat in front of what once was their beloved home, and their complete damaged furniture and belongings in the yard or on the street in front of them. People not knowing what to do or what may be next. I have seen tremendous piles of sheet metal; pardon my rude English, but I now call it "shit" metal.

Hurricane preparedness including having bottled water, batteries, getting any lose items out of the way, etc. is a minimal precaution. What about buildings and construction? The Caribbean needs a hurricane building code.

It may bring me in the doghouse, but I dare to say that the various individual Caribbean governments are incompetent to establish an appropriate code that focusses on building hurricane resistant structures. Even if one government would be able to do so, what about the 10 plus other

The institute will inform general audiences about how to protect their dwellings for hurricane impact.

countries that have 10 plus different viewpoints? What about the political umbrella organizations handling it? If you ask me, I have my doubts. Did I say doghouse? Now, I may be thrown in front of the lions. Being skeptical or critical is one thing, coming up with a positive suggestion is a different thing. Okay then, here we go....

An independent Caribbean Research and Development Institute for Architecture and Construction should be founded. The institute should be supported by the insurance and the building industries. The activities of the institute should be carried out in cooperation with reputable international universities such as for instance the Technical University Delft, Netherlands, Technical University Zurich, Switzerland. No political involvement; an absolutely independent and impartial organization.

Why the insurance industry? When it comes to big dollars and cents, whose profits suffered the most after the hurricanes? They should have a vested interest in any practical and realistic solution that reduces risks; after all, believe it or not, it is a risk adverse industry. Why the building / construction indus-

try? They should be interested in developing materials and methods that resist any challenging situation. Their financial support and investment should pay off well for them in return. Why the international universities? That should not need much explanation. They are reputable and insurance, building / construction industries will trust them. Any government or political organization in the region would be foolish to doubt their credibility.

The institute should independently do its research and development to establish a building code for hurricane stealth and resisting construction. I even suggest it to have a wind tunnel available to test structure models in extreme high wind circumstances. In addition, the institute should be the preferred independent international organization that can certify whether design, construction or materials are appropriate. Therefore, it will have inspectors and adjusters. Again, no government or political involvement. The insurance industry from its side might determine that that any new commercial building that is not hurricane certified can only be insured at higher premiums, get limited coverage, or in the worst case it may not be considered at all for insurance coverage. The building suppliers could proudly show the certificate or seal of approval on their products. Come to think of it, investors in new projects may also applaud

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Bull headlines Prospect Park 150 anniversary

Who would have imagined that in the media capital of the world a charging bull inside Prospect Park would elicit teams of reporters to converge on the Brooklyn landmark for a lead-story that made national television during the anniversary period of the century and a half monumental, historic, oasis.

Some might describe that assertion as fake news others might offer other definitions — horse, cow manure, or just plain “bull.”

The latter would be correct.

Responders to sightings of an animal roaming through Prospect Park, Brooklyn recently, confirmed that it was no fake news that a bovine went buck-wild inside the landmark, green space which two days later was to mark the 150th anniversary of its dedication and public presence in Kings County.

News crews in helicopters, trucks and along the grassy plains reported that a cow was on the loose. They remained lingering for hours as the determined animal eluded nets, police, and animal control professionals who wanted



Inside Life

By Vinette K. Pryce

to rein in the escaped, four-legged cattle.

After initial reports they were informed it was not a cow but a raging bull that commanded their attention.

Like the stationary, bronze bull on Wall St. in Manhattan, the runaway attracted more media attention than the fact the 585-acre retreat had reached a milestone anniversary.

Seven million visitors annually peruse the grassy acreage, ride the carousel, enjoy the meadows and pond and more than a few find escape from the urban landscape savoring the calm and respite dominated by trees and birds that is situated between the neighborhoods of Park Slope, Prospect Lefferts Gardens, Ditmas Park and Windsor Terrace as well as Flatbush Avenue, Grand Army Plaza and the Brooklyn Botanic Gardens.

The majestic space opened Oct. 19, 1867 and immediately emerged the first landscaped park in the United States.

Allegedly, James Stranahan believed that a park in Brooklyn “would become a favorite resort for all classes of our community, enabling thousands to enjoy pure air, with healthful exercise, at all seasons of the year...”

Wikipedia states the conservationist also believed that a public park would attract wealthy residents.

At that time the entire population of Brooklyn, America’s third-largest city was only 266,000.

Now boasting a new splash pad and roller rink, a zoo, a nature conservancy, a Boat-house, housing a visitors center and the first urban Audubon Center, Brooklyn’s only lake, covering 60 acres, the Prospect Park Bandshell which hosts



Brooklyn’s Prospect Park is shown in this aerial photo, Wednesday, Aug. 29, 2007 in New York.

Associated Press / Mark Lennihan

free outdoor concerts during the summer months, sports facilities including seven baseball fields in the Long Meadow, a tennis Center, basketball courts, baseball fields, soccer fields, bike paths and the New York Pétanque Club in the

Parade Ground, it is no wonder a two-horned animal sought freedom from a slaughterhouse by eluding police, animal control, crowds and his own fatality for more hours than imag-

Continued on Page 20



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Battling America's opioid crisis



America's continued success has been affected greatly by its drug epidemic, and the hypocritical approach of those who reap huge profits from this state of affairs.

Albert Baldeo

and social service providers, elected officials, and others, step up and coordinate their efforts to prevent new cases of opioid addiction, while providing addicted persons with medical and social services through the long and difficult process of getting free of the drug scourge.

This is a national crisis which must be addressed immediately!

Note: *Albert Baldeo is a civil rights activist and community advocate. As president of the Baldeo Foundation and Queens Justice Center, he has continued the fight for justice, equal rights, dignity and inclusion in the decision making process. He can be contacted at the Baldeo Foundation: (718) 529-2300.*

Continued from Page 10

deaths attributed to fentanyl during that time. Twenty-three percent reported an increase in fatal overdoses due to prescription opioid medications.

This is consistent with research suggesting that many people who become addicted to prescription painkillers often become victims to heroin or synthetic opioids when it becomes too difficult to obtain or too expensive to keep obtaining prescription pills.

"60 Minutes" and the Washington Post recently highlighted how an act of Congress helped fuel the epidemic of addiction in a joint investigation recently. Whistleblowers revealed how the Ensuring Patient Access and Effective Drug Enforcement Act of 2016, which was unanimously approved, derailed DEA efforts to crack down on suspect pharmacies that are distributing millions of pills in ravaged communities.

It is mandatory that law enforcement and other criminal justice agencies, public health departments, drug treatment

Building a new Caribbean

Continued from Page 10

to see a certification.

The mission of the institute is not to police or regulate, but rather be an undertaking to prevent and protect against hurricane damages of an extraordinary proportion that we have seen recently and which actually may return at any time in the future. It is not the aim to take authority away from local governments. Although, it could become a matter of lead, follow, or get out of the way of the institution. The wisest option for all would be to cooperate with this new credible organization all the way, and establishing and accepting a positive standard for all.

The institute will inform general audiences about how to protect their dwellings for hurricane impact. It can do so through publication of documentation, presentations on the media or at locally organized meetings. As you see, there are many benefits that come out of this solution.

But there is more. The lucky island that will be selected as the location of choice, may now have landed an institute of higher learning that is internationally accredited, affiliated and

respected. Which means new employment in the non-academic segments of the institution on location. It may mean conferences to be held on the island and an opportunity to develop unique science tourism. For young people in the region, it may be an option to study an alternative academic direction that they don't have to go abroad for. Because it is Caribbean related, it may be an opportunity for them to find well paid employment in the region afterwards or even set up their own specialized business. The hurricane damage has proven that it all makes sense.

As criticizing as I may have been in the beginning, at least I have provided a positive suggestion. Not telling anyone what to do. I know what I would do. For all others, just consider it to be food for thought.

Cdr. Bud Slabbaert is the initiator and coordinator of the annual Caribbean Aviation Meetup conference. The international results and solution oriented event brings airlift stakeholders from both aviation and tourism industry, as well as government authorities together (www.caribavia.com). His background is accentuated by Business Development, Strategic Communication, and Journalism.

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MKT 17139c

Queens real estate family brings vital medical care to Guyana

By Nelson A. King

Continuing philanthropic missions begun by its late founder, members of New York's family-owned Zara Realty, based in Jamaica, Queens, have completed their 25th trip to provide vital medical care to residents of Guyana.

Zara Realty said on Thursday that a team, led by renowned United States surgeon Dr. Rahul Jindal of the Walter Reed Medical Center in Washington D.C., recently carried out 16 corneal transplants for Guyanese residents suffering from eye disease.

The medical team was accompanied by Zara Realty family members, including Tony Subraj, son of Zara founder George Subraj, who pioneered the medical missions.

Tony was recently honored at the South Asian Sports Network's World Cup softball tournament for this philanthropic work.

Zara Realty said doctors have also performed 34 kidney transplants and have helped many patients through dialysis since George spearheaded and founded



From left, Dr. Joseph Pasternak, Mahendro Jainarine and Anthony Subraj in Guyana. Zara Realty



Dr. Shailendra Sugrim (left) carries out an eye examination on a patient in Guyana. Zara Realty

the philanthropic efforts in 1992. The medical care and the travel are entirely funded by the Subraj Foundation, whose efforts resulted in Guyana's first ever kidney transplant in 2008, Zara Realty said. "Doctors not only fly equipment in but also [fly in] corneas for transplant," it said. "Due to a lack of modern medical tech-

nology and facilities, these types of procedures are desperately needed in the South American nation [and Caribbean Community - CARICOM-member state] but simply not available, leading to significant suffering. "The procedures, considered routine in the United States, are too expensive for the majority of the Guyanese population," Zara

Realty added. On the most recent mission, it said more than 300 people were screened for eye health. Zara Realty said the Subraj Foundation also donated over US\$40,000 worth of medical equipment to Georgetown Public Hospital Corporation (GPHC), the nation's largest public hospital, including an 87-piece surgical

instrument set. As part of its medical missions, the Subraj family has funded 60 corneal and 34 kidney transplants over the past nine years, Zara Realty said. "It has literally brought vision to those sliding into blindness, and has saved lives by implanting new kidneys and supplying life-saving medicines," it said.

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The OHHEL/Lifetime Care Foundation maintains a Medicaid Community Trust and is helping elderly New Yorkers remain at home and avoid entering a nursing home.

Ohel gave my mother back her smile!!! Mrs J felt cancer made her unable to do anything. She was in pain and needed physical help at home. Mrs J was always independent. The social worker asked could she still smile. The social worker asked her to smile at everyone she saw for one week. The next week they talked about the change in how she was feeling. Mrs. J felt she could do something... She could smile again.

Ohel's home bound program provides FREE counseling for older adults who might feel sad, lonely and isolated. Some older adults might be struggle no with illness and physical changes. Sessions can be anywhere- home, doctors office etc. Breaking problems into "bite Size" pieces can make it doable.

For more information call Harriet Blank at.

For more information, please contact Harriet Blank, OHHEL Director of Geriatric Services, 718-686-3120 • Harriet_Blank@ohelfamily.org | OHHEL Access: 1-800-603-OHEL www.ohelfamily.org

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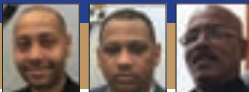


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CARIBBEAN ROUNDUP

Continued from Page 4

and Nevis, Les Khan, was recently in Dubai to launch the new to immigration agents.

Under the Hurricane Relief Fund model, which is in place until March 2018, a family for four can be granted citizenship of St. Kitts and Nevis for US\$150,000.

Prospective applicants can be granted citizenship within a guaranteed 60-day period.

Trinidad

Prime Minister Dr. Keith Rowley has warned citizens to stop hoarding United States dollars because the government is not going to devalue the Trinidad and Tobago currency.

He said those hoarding foreign currency waiting for a devaluation were hoping to get enriched and were doing so at the expense of the wider national community.

And on that basis, he said, the government has not chosen that option.

Rowley said there has been a "very strong lobby" for the Trinidad and Tobago dollar to be devalued but there are different sides to that story.

"One is a genuine belief that if we devalue the currency in one fell swoop at whatever level they say devalue it to, we will get more TT dollars or some TT dollars and that will solve our problems," Rowley said.

He said the argument has another side, which the government must be looking at and the other side is this, "when you devalue the currency there is knock on into increased costs and increased inflation and who are the ones who face that most and the worst, the poorest of the poor."

Rowley called on citizens who are earning foreign exchange and "leaving money outside" to be patriotic and bring it back home.

-Compiled by Azad Ali



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MKT 17139b

Headmistress calls for the return of moral values



Headmistress of St. Rose's High School Mrs. Paula Hamilton at the recent Annual Awards Gala and 170th anniversary of the institution at Russo's On the Bay in Queens.

Photo by Tangerine Clarke

By Tangerine Clarke

Despite students of the 170-year-old St. Rose's High School in Georgetown, Guyana continue to excel in their academic pursuits, headmistress of three years, Mrs. Paula Hamilton, said moral values are seriously lacking in the school, and are calling on parents to play a greater role, so that students remain disciplined in the schoolhouse.

"If parents become more involved, and we get adults onboard with us, then children would get back to the days of high standards of behavior, and moral values, that would guide them to a richer way of learning," said Hamilton.

A former student of St. Rose's herself, and passionate educator, Hamilton, said teachers have tried their best to inspire students, "but we need more parent involvement" in order for moral values to return to the religious institution.

The headmistress made these comments exclusively to

Caribbean Life at her New York Alma Mater's recent Annual Awards Gala, and to celebrate the school's 170th anniversary at Russo's On The Bay in Queens, where Minister of Public Communication, Cathy Hughes, who serves on the board of directors of St. Rose's was honored.

Hamilton applauded Minister Hughes, an alumnus, as well as overseas alumni associations in New York and Toronto, for the outstanding support to improve the academic lives of students, but noted, students, must maintain not only high level of academics, but high standards, and attitudes to retain the esteem, required of them.

In her push for help in this regard, Hamilton, suggests that Minister Hughes use her influence to encourage professionals to make presentations on the topic of moral values and discipline in the schoolhouse.

"We continue to provide

good programming through our teachers, however, the invention of social media has grabbed hold of students, who, are not using television, Facebook and other media, to their advantage, but more to their disadvantage," said Hamilton.

She called St. Rose's, started by six nuns and two postulants from the Ursuline Convent in Athlone, Ireland in 1847, a noble institution, with the motto — "Serviam — I will serve."

As such, students must live up to the school's history, be caring, respectful of persons around them, and have the ability to help in every way possible, to create an environment of caring people.

The educator, who brings a wealth of experience to her post after serving 21 years as a teacher, said it is time for children to get back to the days of values.

"I find that good upbringing has become a thing of the past. It was from religious organiza-

tions that children developed firm discipline. This is what we have to get back to."

"I think after a student quality to attend such a prestigious school, that student must work to uphold that level of discipline, and must stay focused, because attending a school like St. Rose's means you have natural ability."

Hamilton — whose daugh-

ter Elisa Hamilton was the region's top 2014 Caribbean Examination Council (CXC) student — said support from various organizations, as well as parents helping to get students involved in extra-curricular activities, where there is a short-fall in school, or helping them to becoming members of clubs outside of school, would keep them grounded.

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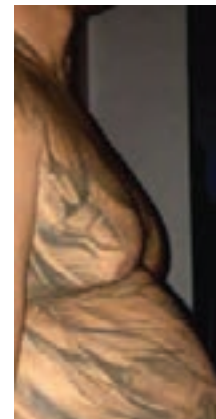
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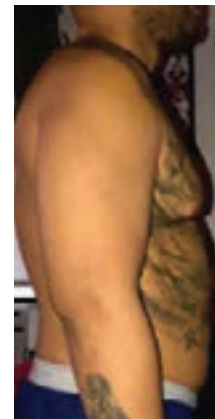
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A man is silhouetted while walking past a holiday decoration at the Soldiers and Sailors arch at Brooklyn's Grand Army Plaza in New York, Tuesday, Dec. 5, 2006.

Associated Press / Kathy Willens

Brooklyn monument marks milestone anniversary

Continued from Page 11

ined.

The animal made national news when California-based, late night talk show host Jimmy Kimmel joked in his monologue that being in Brooklyn was an adventure.

Broadcasting from the Brooklyn Academy of Music during a one-week, remote visit, he even offered a bull as a gift to former Late Night Show host David Letterman who made a rare appearance on his hour-long talkfest.

Needless to say, neither of the veteran jokesters mentioned the 150-year anniversary of the site the animal sought refuge.

After the capture, a worker at Skylands Animal Sanctuary and Rescue in Wantage, New Jersey said the identified bull would be taken to their facility.

Staffers reportedly named him "Shankar."

Allegedly, he will be quarantined for 30 days, and if he is found to be healthy he will be able to join the other 39 cattle in the sanctuary.

"Shankar" means "one who brings about happiness or prosperity."

By the way, a private Society of Friends cemetery on Quaker Hill near the ball fields in Prospect Park is where actor Montgomery Clift is interred.

The Hollywood heart-throb who died at age 45 was an Omaha, Nebraska native, born on Oct. 17, 1920.

Take note, Shankar roamed free on Oct. 17, 2017.

Brooklyn Monument Marks Milestone Anniversary – On Campaign Visit Mayor Misses Mention

Commuters of MTA's number 2,3, 4

and 5 trains who enter and exit the Grand Army Plaza train station may be elusive to the history in their midst, particularly the Oct. 21 commemoration of the 125-year-old unveiling of the Soldiers' and Sailors' Arch.

Commonplace to residents and visitors who frequent the area, the distinguishing landmark is perhaps the most visible dedication to a fighting force that formed the Union troops during the Civil War.

Historians estimate that as many as 750,000 Americans died during the war.

So grand was the unveiling on Oct. 21, 1892, President Grover Cleveland attended the ceremony to pay tribute to military men despite the fact the war had ended more than 30 years earlier.

At the time a Brooklyn newspaper — The Brooklyn Daily Eagle — reported that thousands of people attended the unveiling event that included remarks by Mayor Boody and several officials and religious figures.

In one of the addresses, Rev. Father McCarty said, "May these memorials remind succeeding generations of the awful price we paid in the lives of the chivalry of our country for the maintenance of the union. May they be a warning that will keep the monster of rebellion from lifting again its cursed head. May our blessed land never again drink the blood of its people. May our family of powerful states become constantly more united not only by the iron hands of business interests, but by the more enduring ties of love and loyalty."

Standing tall at an elevation of 80 feet, a marker at the intersection of Flatbush Avenue and Eastern Parkway, in the median on Flatbush reads: "To the Defenders of the Union, 1861-1865."

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Caribbean struggles for business after the storms

By George Alleyne

Two hurricanes and ignorance about the region's geography has Caribbean tourism officials and governments working overtime to get the message into countries of potential visitors that the islands comprise many destinations untouched by storms.

Caribbean Tourism Organization Chairperson Joy Jibrilu sounded more than a bit frustrated at the grouping's recent conference when she referred to the fact that many tourism operators worldwide don't know that the CTO's 28-member countries are physically separate jurisdictions and not all were affected by the passage of storms this year.

In the face of reports that some travel agents and airline operators are advising potential tourists against visiting the Caribbean in the wake of Hurricanes Irma and Maria, she said the region is, "challenged to consider ways to tell the world that most of the Caribbean remains open for business".

Continuing she pointed out, "there will still be a need to keep reminding the world that the distance between Barbados and Belize is more than six times as great as Toronto to Montreal and that New York to Chicago is only half as far as the Bahamas to Grenada."

She added, "Guyana to Cuba is twice as far as London to Rome and that Dominica and



CTO Chairperson, Joy Jibrilu .

<https://twitter.com/ctotourism>

the Dominican Republic are more than three times further away from each other than New York to Washington DC".

Jibrilu's comments at the State of the Tourism Conference in Grenada earlier this month underlined the dilemma of Caribbean tourism hosts who market across a some 1.063 square miles of sea an item that is essentially the same product with subtle differences reflecting culture and nuances in geographical outlay of indi-

vidual territories.

Such information is not passed on to, neither is it easily digestible for, tourists who just want sea, Sun, sand, nightlife and the host of relaxing activities that come in the Caribbean atmosphere package attraction.

The region therefore now finds itself in a rush to enlighten those who facilitate the travel of visitors to this tourist zone by showing that while the storms ravaged some territories

including Barbuda, Dominica, Sint Maarten, Turks and Caicos Islands, the United States and British Virgin Islands, and Puerto Rico, a majority of the Caribbean destinations remain intact.

Should the regional information machinery be unable to quickly get the enlightening information to tour operators, and potential tourists themselves, the Caribbean will have to live with the prospect of a sharp downturn in tourism, a

bread and butter industry of the region.

For its 2017 outlook CTO predicted increases of 2.5 and 3.5 percent in long-stay arrivals and increases of between 1.5 percent and 2.5 percent in cruise passenger arrivals.

But Jibrilu said in Grenada, "with the passage of Hurricanes Irma and Maria, the growth rate will slow down in the remaining quarters of the year.

"Hence, the expected growth rate of tourist arrivals will range between 1.0 percent and 2.0 percent in 2017, with the 2018 performance expected to be similar."

She revealed that for the 2017 period leading up to June at which point the hurricane season officially began, "the region recorded 16.6 million international tourist arrivals, some 800 thousand more than in the first six months of 2016.

Jibrilu continued, "it is estimated that cruise passenger arrivals to the Caribbean region had reached 15.3 million, 4.0 percent more than in the corresponding period of 2016. This performance represented the largest number of cruise passengers in the region at this time of year."

With tourism playing a dominant role in Caribbean economies, a plunge from these first half 2017 encouraging growth figures could spell disaster for many economies in the region.

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smallbiz.nypl.org

Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

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

2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

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

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

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

manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm
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Small Business Resources - The Business Council of New York

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TOP DRIVER DISTRACTIONS

Using mobile phones

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

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

Daydreaming

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

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

Eating

Those who haven't quite mastered walking and

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

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

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

Reading

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

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An artful response to gentrification

By Alexandra Simon

They're fighting gentrification with culture.

An East New York cultural organization is taking a stand to preserve its culture in their rapidly revitalized neighborhood with community and family-oriented programming. ARTs East New York (AENY) is hosting musical and engaging events for residents to commune and converse about relevant issues because the neighborhood can greatly benefit from these activities, said one of the organizers.

"We really think it's important to give the community all the information they need to access and all the benefits that come with cultural planning," said Vicki Capote, director of development and communications.

In a partnership with the New York Community Trust, the group proposed a town hall series to discuss a range of topics relevant to the neighborhood.

"With their help we're able to have four series of topics that include education, how the cultural plan is going to

impact the area, how change arts education in school, and this is all geared towards how to empower the parents," she added.

The ongoing series, which has another meeting scheduled for Oct. 26, brings about two or three panelists discussing how the community can sustain a sense of cultural activities with all the introduction of new development. It is moderated by BRIC TV host Brian Vines.

"Our next one will be talking about social and economic impact, and it is directly one of our core initiatives in plan," said Capote. "Basically we're going to talk about how to use art and cultural activities, discuss the land use and growth, and how East New York can benefit," said Capote.

Like most of the borough, the neighborhood is seeing a considerable number of new changes, said Capote.

"Over the last couple of months there have been many buildings going up. Everywhere there's a lot of construction," she said.

The organization also has a monthly jazz series held every



The town hall series brings community leaders and experts to discuss important community issues. ARTs East New York

third Sunday featuring jazz artists and culinary offerings. The introduction of it is one of the many examples of the work AENY is developing for their neighbors.

"What's cool about the jazz brunch is that it actually came out of response from the community," said Capote. "We have a Saturday music and arts program for the youth but we

heard from our community that they wanted more programming and we are trying to navigate to make programs accessible to everyone."

And it keeps that community very much involved as local influencers are brought in to share their skill sets in the kitchen.

"There are so many local chefs in the community and

each brunch features a local chef in East New York to showcase a dish to the guests," said Capote.

Both series will end in December and will conclude with a celebratory party.

She says the organization aims at prioritizing the needs of the community and will adapt to what people require from them, even if housing was not an issue.

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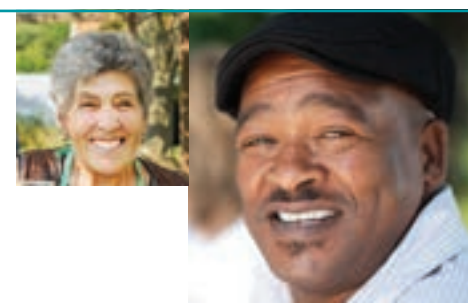
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Barbados to rename street to honor Rihanna

By Alexandra Simon

She's getting her due.

Barbadian pop singer Rihanna is getting a street named after her, in her hometown of Saint Michael. The Barbados Ministry of Tourism announced last week they are going to rename the street of the singer's childhood home, Westbury New Road, to Rihanna Drive on Nov. 30. The recognition is an effort to celebrate her international stardom, and the national pride she fosters in her countryfolk, said a consultant with the ministry.

"The decision to rename the road to Rihanna Drive is to honor Rihanna — she is a source of pride for many, she grew up in the area, and the entire Barbados is proud of her," said Hugh Foster. "She has accomplished amazing things in music, as an actress, and entrepreneur, and she's multitalented — all of the residents are very proud of her and thought it was fitting to rename the road."

Because of Rihanna's notoriety, the increased interest in the land of the flying fish by fans curious about her life

before she rose to fame, have inundated the department and transportation companies with inquiries, according to Foster.

"One of the reasons to rename Westbury New Road to Rihanna Drive, is because she is a huge name globally and for the last three years, we've been getting increasing feedback from cab drivers about tourists who wanted to see where she lived and where she was raised," he said.

Rihanna continues to grow bigger as an international artist this street naming will be a solution to those requests. In an effort to make the discovery of her home more accessible to fans, the idea for a Rihanna Drive was born.

"We felt we needed to develop her address as an attraction as well because she is huge globally, and she's up there with Elvis and The Beatles. The situation was driven by a demand to know more about her and we want to assist this."

And on the tiny and mostly residential road, the singer's old neighbors happily await the change even though many have called it Westbury New Road for



Back home: Rihanna's childhood home, right, on Westbury New Road in Saint Michael, Barbados. Photo by George Alleyne

years. Foster says Rihanna is one of the most famous people from the island and for most residents, a their street being named after her is an honor.

"We did a survey on the road before and I would say 98 per-

cent of the residents were very happy about the idea and felt it was a fitting way to honor her," said Foster. "When you come from a small neighborhood and a small country and conquer the world, it brings a

source of joy for many."

The unveiling of Rihanna Drive will be celebrated with a ceremony on Barbados' independence day, and will be attended by the singer herself.



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Garifuna culture takes over Flushing Town Hall



Umalali singers and Lucy Blanco from The Garifuna Jazz Ensemble during the high energy finale. Photo by Tequila Minsky

By Tequila Minsky

A beaming Ellen Kodadek, executive and artistic director of Flushing Town Hall grabbed some video shots with her phone of the exuberant crowd dancing to Umalali and The Garifuna Collective at a recent performance in the Town Hall. If engagement with the community — the goal of the Global Arts for a Global Community performance series — is the measure of success, then this evening was triumphant.

The high-energy program became a dance party as well as an immersion in Garifuna culture attracting music lovers from all over the greater metro area.

The multigenerational and multitalented The Garifuna Collective, carrying dynamic Garifuna musical traditions, thoroughly engaged the audience.

Audience members sang along with familiar songs brought to the public by the CD *Watima* with Andy Palacio



The Garifuna Jazz Ensemble's Julian Meyers takes his solo during the jam.

Photo by Tequila Minsky

— who has since passed away — and the Women's Project CD *Umalali*.

Town Hall's written program read: This is a rare opportunity to experience contemporary Garifuna roots music...

Garifuna culture was forged

when slave ships carrying captured Africans wrecked off of St. Vincent in the 1600s. The survivors swam ashore, mixed with the indigenous Arawak population and created a unique culture that continues. Exiled in 1796 to the island of Roatan off of Honduras by the British, survivors went on to establish villages along the Central American coast.

In 2001, UNESCO officially proclaimed the language, dance, and music of the Garifuna people of Central America as a "Masterpiece of the Oral and Intangible Heritage of Humanity."

The set began with the Umalali women holding hands as they delivered a traditional a cappella *Abueymahani* song before the drumming, and one-by-one the instruments of The Collective joined in.

The first half of the concert consisted of songs from the well-known Garifuna albums. The women performed several call and response numbers.

During the performance, over a foundation of ancestral beats, the powerful sound of the traditional *Primero* and *Segunda* Garifuna drums along with driving maracas, turtle shells, acoustic and electric guitars and bass grooves blended with the melodies and

call and response vocals. A masked dancer in a white *Jankunu* costume later appeared in a high-energy dance experience followed by many individual audience members jumping onto the stage to dance with the drums.

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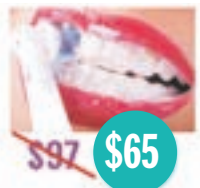
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Brooklyn clergy appeal for aid

By Alexandra Simon

Members of Brooklyn clergy and local elected officials called on the city and federal government to assist them in bringing aid and more attention for the U.S. Virgin Islands in Crown Heights on Oct. 25. Some members of the clergy feel that the reaction from the state was insufficient, said a reverend.

"What we are looking for here today is to put pressure on the city, on the state, to deliver the manpower and supplies, and to deliver even funds where funds are needed," said Rev. Daryl G. Bloodsaw.

"Two hurricanes in a span of a week and a half, devastated all three islands and what we're calling on the city to do is to respond in a like manner as we have with other places such as Houston and Puerto Rico."

Earlier this month, the U.S. Virgin Islands and other parts of the Caribbean were hit by Hurricanes Irma and Maria. The catastrophic disaster ravaged most of the infrastructure and power grid on the territory's three islands leaving residents in a vulnerable state of need.

Bloodsaw said that there was an imbalance in the response to U.S. territories in the region, when there was an urgent need for both.

"We're not standing here to say we

shouldn't do anything for Puerto Rico because truthfully they have seen some response but there is a dire need for greater response," he added. "What we can't do is focus solely on Puerto Rico and not do anything about what's going on St. Thomas, St. John, and St. Croix — these are U.S. citizens."

With electricity expected to be fully restored until March of next year, the government should do more to assist and do more for the islands. Pastor Gilford Monrose from Mount Zion Church of God, who organized the call to action, said immediate attention is needed.

"Two of the hospitals have been totally destroyed. In the island of St. Croix, eight out of 12 schools are destroyed, and St. John is totally without electricity, and on St. Thomas only 30 percent have electricity and this is day 43," said Monrose. "We're asking for compassion, and we're asking not to be overlooked the way we are. We are Americans and we don't want to be treated as second class Americans but we believe New York state and city have the resources to help."

State Sen. Jess Hamilton (D-Brownsville) and Assemblywoman Diana Richardson (D-Crown Heights) who also attended the event appealed for support from the city and residents to help the Caribbean.



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This project was funded by the New York City Department of Health and Mental Hygiene through a contract with Public Health Solutions.

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New home for Puerto Rican stray dogs

By Alexandra Simon

The doggies got a new home stateside.

Rescuers brought about 53 stray dogs to United States from Puerto Rico on Oct. 22. The dogs many of them found on the island were saved by a rescue mission led by The Sato Project, a Puerto Rican-based animal shelter for abandoned pets. After the vicious hurricanes ravaged many parts of the island, many animals were brought to the Animal Haven in Manhattan, and the shelter's team was more than happy to see them go.

"Animal Haven is incredibly grateful for the care, concern and support of Wendy Neu and the John and Wendy Neu Family Foundation and their generous offer to help the dogs in Puerto Rico," said Tiffany A. Lacey, the executive director of Animal Haven. "With the strong leadership of our partner organization The Sato Project, they were able to coordinate a rescue of 53 homeless dogs, reunite many dogs with their owners and take humanitarian supplies as well. We hope oth-



Saved pups: Rottweiler puppies rescued from Puerto Rico, after Hurricanes Irma and Mari ravaged the island earlier this month. John and Wendy Neu Family Foundation

ers will follow this lead and continue to help both people and animals in Puerto Rico — there is so much more to be done."

Out of the 53 doggies, about 28 went to Animal Haven, 18 went to the John and Wendy Neu Family Foundation, and the remaining are with The Sato Project.



A new home: 53 dogs were rescued from Puerto Rico and brought to the Animal Haven shelter in Manhattan on Oct. 22. The Sato Project



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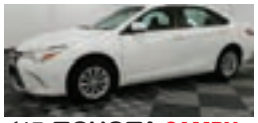
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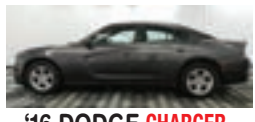
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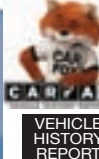
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12 to receive Ras Tafari Meritorious Awards

By Vinette K. Pryce

One dozen distinguished citizens who identify with the Rastafarian culture will be royally regaled, serenaded and rewarded by the Diaspora African Rastafari Congress of the Americas (DARC) during a formal gala in Queens on Nov. 5.

Jamaican, reggae patriarch Denroy Morgan, dancehall stylist, Sizzla Kalongi, herbalist Rahsaan Abdul Hakim, footballer Allan "Skill" Cole, Virgin Island, St. Croix native Akae Beka, and San Diego, Californian cultural, concert, promoter Makeda Dread are among the recipients of the Rastafari Meritorious Award to be presented at the banquet.

DARC acknowledges the significance of every Rastafarian advocate and with the 2017 honors will herald 12 who through their lifestyle has positively impacted the various career paths they have excelled as well as promoted the Rastafarian edict of Oneness.

Morgan who scored crosso-

ver success with a single titled "I'll Do Anything For You" is also acclaimed as the "father of reggae's royal family," for mentoring Morgan Heritage, a Grammy-winning group that has integrated their Rastafarian tenets in recordings and performances.

Hakim, an entrepreneur whose Sundial organic products consistently promotes a healthy and stress-free lifestyle is renowned for using media to extol his belief in his products as well as encourage the virtues of spiritual serenity through natural living.

Perhaps, best known for his close relationship to Bob Marley, Cole earned his nickname "Skill" due to his prowess as a striker on every football team he has ever played. A star player for Jamaica, he also kicked ball with the Atlanta Chiefs and Brazil's Club Nautico.

The 67-year-old has long declared his Pan-African leanings and with Kalonji, USVI's Midnite member Beka and reg-

gae's biggest concert promoter on the west coast at one table, the ital menu might have to be put on reserve.

All respected in their various endeavors, in addition to receiving special awards they will be treated to special performances from former Meritorious Award recipients David Hinds, lead-singer of the British reggae group Steel Pulse, and Sister Carol AKA the Black Cinderella.

Slated from 6 to 11 p.m. at Golden Terrace Banquet Hall, 120-23 Atlantic Ave. in Queens, the formal banquet advances DARC's mission "to promote and preserve the advancement of Rastafari through social, cultural, economic, scientific and technological ventures."

"The purpose is to provide sustainable outlets for the African community globally that will advocate the right to return to our African homeland; to protect the self-determination of the movement; and to engender selfless public



David Hinds of Steel Pulse performs at the Lollapalooza music festival in Santiago, Chile, Saturday, April 2, 2011.

Associated Press / Roberto Candia

service while safeguarding African culture and tradition."

Renowned as proponents of an Africa-centred past and future advanced in Jamaica following the coronation of

Emperor Haile Selassie I as King of Ethiopia in 1930, the Rastafarian movement developed when Leonard Howell proclaimed that the crowning fulfilled a Biblical prophecy.



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➔ **PROTECTING TENANTS**

Tish has expanded the reach and capabilities of the “Worst Landlords Watchlist.” She has also introduced legislation to strengthen tenant protections and has joined legal actions against unscrupulous landlords.

➔ **UNIVERSAL SCHOOL LUNCH**

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➔ **TAKING ON GUN RETAILERS**

Tish led the fight to divest the City’s largest pension system from some of the biggest gun retailers in the world.

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Re-Elect

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Melchoir writes about 'Life Changing Seeds of Thoughts'

By Tangerine Clarke

Reverend Dr. Julia Melchoir declares that the universe says, "yes to your spoken words," and asks "what are you saying" as she writes about positive thinking in her first booklet — "Life Changing Seeds of Thoughts," an inspirational manual based on one's thoughts and mind, and the philosophy of thinking.

The author asserts that thoughts are not merely words; they come from the subjective mind of all mankind.

"The unruly consciousness speaks to us as intuition because we all have the freedom of choice to think what to think," said Rev. Melchoir.

The book chronicles topics such as; Dedication: I believe, If you Believe, Positive Quotes, Divine Virtue and other thought provoking issues, that say 'you reap what you sow' and encapsu-

lates deep positive thinking.

"We can choose our thoughts in a positive way and allow our experiences to demonstrate as the same thoughts in the mind has energy and become image according to our desire, therefore it has a life of its own and will produce via a low octave within us demonstrating either a negative or positive result in our lives."

Rev. Melchoir, pastor of the Unity Temple of Christ Church in Queens and inspirational speaker said, "We are what we think and by learning how to think positively, we will train our minds or attitude to respond to us in a dynamic way."

"This book is for people of all diversity, especially for children, because our kids are growing up with the wrong concept of their words and they use them very loosely anywhere, and to both adults and their peers.

Rev. Melcher teaches

people to think positive thoughts.

The first time author said the book carries the defined attributes that live within each of us like love, peace, and joy. It entails how to change the concept of our words, our slogan, based on how we think.

Some of the life services listed in the 27-page booklet, rendered by Rev. Dr. Julia Melchoir, include: Life Changing Coaching/Mentoring, Inspirational Seminars/Workshops, Motivational/Guest Speaker, Pastoral Counseling / Spiral Mind Healing and Independent Thinking Seminars/Educational Workshops, to name a few.

The Unity Temple of Christ reverend is an inspirational speaker for any occasion and is available for family functions and charities.

For more information, call Reverend Dr. Julia Melchoir at 347 737- 6312.



Rev. Dr. Julia Melchoir with a copy of her booklet "Life Changing Seeds of Thoughts." Photo by Tangerine Clarke

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Staying socially active after 50 can benefit the brain and even reduce a person's risk of dementia.

No, memory loss is not an automatic side effect of aging

No one, regardless of age, is immune to random bouts of memory loss. While misplaced car keys or forgetting items on your grocery list are nothing to get worked up over, many men and women over 50 do start to worry about memory lapses, especially when they start to occur with more frequency than they might have just a few years ago. But while memory loss might be quickly associated with aging, increased forgetfulness is not an inevitable side effect of getting older, a fact that those at or approaching retirement age should find comforting.

When considering the relationship between memory and aging, it's important that men and women recognize the distinction between memory lapses and dementia, as the two are not one and the same. As a person ages, his or her hippocampus, the region of the brain involved in the formation and retrieval of memories, often deteriorates. This can affect how long it takes to learn and recall information. But just because this process is slower does not mean it's a warning sign of dementia, which is the loss of certain mental functions, including memory. Though taking longer to recall information can be frustrating, many people still retain their ability to recall information. In addition, while dementia brought on by condi-

tions such as Alzheimer's disease or Parkinson's disease is untreatable, there are things men and women can do to strengthen their memories and reduce their momentary lapses in memory.

Start playing games. Games that test the mind have long been believed to benefit the brain, though some remain skeptical about the true impact of brain games. However, a University of Iowa study funded by the National Institute on Aging found that brain games may in fact pay numerous and long-term dividends. In the study, 681 healthy volunteers over the age of 40 were divided into four groups. One group played computerized crossword puzzles, and three other groups played a brain training video game from Posit Science designed specifically to enhance the speed and accuracy of visual processing. The volunteers showed less decline in visual processing as well as in other tests that measured concentration, memory, and the ability to shift quickly between tasks, and the benefits from the training games lasted as long as seven years after training. Brain games are now more accessible than ever before, as players can access such games on their smartphones, tablets, ereaders, and computers. And in addition to being effective, the games also provide entertainment value.

Alter your routine. Many working professionals recognize that each day tends to have its mundane moments. The brain can grow accustomed to these moments, which tend to be a routine part of the day. But altering your daily routine can jar the brain awake, forcing it to focus during those times that had become mundane but now present new challenges. Something as simple as alternating driving routes to work from day to day or preparing some new, yet healthy, breakfast each morning can help the brain stay alert and sharp.

Become a social butterfly. Maintaining a social life as you age is a great way to keep in touch with friends and family. But there's another reason to continue to be socially engaged. A 2008 study spearheaded by the clinical trials administrative director at Southern California Kaiser Permanente Medical Group and published in the *American Journal of Public Health* found that older women who maintained large social networks were 26 percent less likely to develop dementia than women with smaller social networks. In addition, those who had daily contact with friends and family cut their risk of dementia by nearly half. The study also noted that regular social interaction can delay or possibly even prevent cognitive impairment.

Cognitive decline another reason to quit smoking

Smokers have scores of reasons to give up the habit. In addition to contributing to cardiovascular disease, lung cancer, and other lung ailments, cancers elsewhere in the body, wrinkled skin, and diseases of the eyes, nose and mouth, smoking may also contribute to cognitive decline.

There's growing evidence suggesting that using cigarettes can affect the brain in negative ways, including causing cognitive decline as early as age 45. According to the study "Impact of Smoking on Cognitive Decline in Early Old Age," led by Severine Sabia, as published in the journal *Archives of General Psychiatry*, smoking is a possible risk factor for dementia, although the impact smoking has on the brain may have been underestimated in elderly populations because of the general shorter life span of smokers.

Study participants were given a battery of tests in memory, vocabulary, and executive function that included reasoning and fluency, and a global cognitive score. Both men and women participated (5,099 men and 2,137 women, with a mean age of 56), and smoking history was recorded over the 10-year assessment period. An analysis revealed that a cognitive decline occurred in all tests except vocabulary among all participants, but mostly in men. However, faster cognitive decline was observed among current smokers compared with those who had never smoked. The size of the effect associated with smoking was similar to that of 10 years of aging.

Findings are similar to other research being done on the topic of smoking and its impact on the brain. The Alzheimer's Society states that smoking is bad for the heart, lungs, and vascular system — including the blood vessels that feed oxygen and nutrients to the brain. Recent research has shown that smoking is a significant risk factor for vascular dementia and Alzheimer's disease, with smokers twice as likely to develop the disease as nonsmokers.

The Mayo Clinic defines vascular dementia as problems with reasoning, planning, judgement, memory, and other thought processes caused by brain damage from impaired blood flow to the brain. Factors that increase the risk for vascular dementia are high cholesterol and smoking.

Dementia can be brought on by stroke, whether it's a large stroke or a series of mini-strokes. WebMD says vascular dementia can occur over time as "silent" strokes build up — something that seems to occur more readily in smokers and those with cardiovascular disease.

Symptoms of cognitive decline that may result from smoking and vascular dementia can include:

- Problems with short-term memory
- Wandering or getting lost
- Trouble managing money
- Difficulty planning or following through on activities
- Loss of bladder or bowel control
- Delusions or hallucinations
- Inappropriate emotions
- Impaired coordination or balance

More research is needed with regard to the association between smoking and cognitive decline related to dementia. If research continues to prove a correlation, greater warning may be issued about smoking and its effect on parts of the body beyond the heart and lungs. Even at this early juncture, current research suggests yet another reason to quit lighting up.

How to reduce your Alzheimer's risk

Alzheimer's disease affects millions of people across the globe. In the United States alone, the Alzheimer's Association estimates one in eight older men and women has the disease, which is the sixth-leading cause of death in the country.

Few families have not been affected by Alzheimer's disease, and many relatives of those with the disease fully understand the role family history can play. Research into the disease is ongoing, and it's already yielded valuable information that may help reduce the prevalence of this devastating disease in the years to come.

One byproduct of researchers' efforts is the discovery that it may be possible to prevent or delay the symptoms of Alzheimer's disease through the implementation of a combination of healthy lifestyle choices. The following are a few healthy habits that may help men and women reduce their risk for Alzheimer's.

Exercise regularly

A study conducted by Scottish researchers and published in the journal *Neurology* in 2012 touted exercise as the most effective way for adults to protect their brains from Alzheimer's disease. Researchers examined roughly 700 70-year-old participants, all of whom were born in 1936, who were asked to report their levels of physical activity. Each participant then received an MRI at age 73. Those tests revealed that the participants who

were more physically active showed less brain shrinkage and fewer white matter lesions, both of which are indicators of Alzheimer's disease.

In addition, the Alzheimer's Research & Prevention Foundation reports that physical exercise reduces a person's risk of developing Alzheimer's by 50 percent and can even slow further deterioration in those who have already begun to develop the cognitive problems associated with Alzheimer's. Researchers continue to study the relationship between physical activity and the development of Alzheimer's diseases, but the evidence is mounting that regular exercise, regardless of a person's age, is a great way to reduce risk for Alzheimer's.

Eat healthy

What you put into your body may also reduce your risk for Alzheimer's disease. The brain operates at its best when it is fueled with a healthy diet that includes fresh fruit and vegetables, healthy fats, and lean protein. A heart-healthy diet is also brain-healthy, and researchers have found a potential link between heart disease and Alzheimer's disease. Researcher Larry Sparks of the Sun Health Research Institute in Arizona and formerly of the Kentucky medical examiner's office studied brain tissues with a goal of finding early signs of Alzheimer's disease. He discovered that those who had the telltale plaques of Alzheimer's disease also had heart disease, suggesting heart



A heart-healthy diet is also brain-healthy, and researchers have found a potential link between heart disease and Alzheimer's disease.

disease may be a forerunner of brain diseases like Alzheimer's.

The Alzheimer's Association feels this link between the two will only grow stronger in the years to come, suggesting that a heart-healthy diet that reduces a person's risk of heart disease may also reduce the risk for Alzheimer's down the road. More information on a heart-healthy diet is available at www.heart.org.

Stimulate yourself mentally

Mental stimulation can help the brain stay sharp, and men and women who find ways to stay mentally stimulated can reduce their risk of developing Alzheimer's. Embrace activities that require communication and interaction with others, and find time for additional tasks that can stimulate your brain. These may include studying a foreign language, reading, trying your hand at mentally stimulating puzzles such as crosswords or Sudoku, and other activities that emphasize organization. Such activities are essentially workouts for your brain that can help it stay sharp as you age.

Remain socially active

Staying socially active into older adulthood is important for a variety of reasons, not the least of which is that research has indicated the brain functions better when men and women are not isolated from others. Memory and cognition are stronger when people remain socially active and engaged in their society, so retirees should look for ways to revive their social lives as a means to protecting their brains from the onset of Alzheimer's or dementia.

Alzheimer's disease remains an enigma in many ways. But ongoing research continues to show that men and women can take measures to actively prevent or delay the onset of Alzheimer's disease and improve their quality of life as a result.

Exercise and Alzheimer's

A study in the journal *Neurology* suggests that working out is the most effective way to protect the brain from Alzheimer's disease.

Researchers studied roughly 700 participants from Scotland, all of whom were born in 1936. Each participant reported their levels of leisure and physical activity at age 70, rating their physical activity on a scale from moving only to perform household chores to participating in heavy exercise or competitive sport several times per week. Participants were also asked to rate how often they engaged in social or intellectual activities.

At age 73, participants received an MRI to measure certain biomarkers in their brains. Those who participated in more physical activity showed less brain shrinkage and fewer white matter lesions, both of which can be signs of Alzheimer's disease. And while social and intellectual activities can be beneficial in preventing Alzheimer's disease, the study found that social and intellectual engagement weren't as helpful to the brain as physical exercise.

The types of physical exercise most beneficial to the brain are still being studied, though information presented at the 2012 Alzheimer's Association's International Conference suggested that strength training is perhaps the most effective form of exercise.



A study showed that seniors who participated in more physical activity showed less brain shrinkage and fewer white matter lesions, both of which can be signs of Alzheimer's disease.

A Natural Holistic approach to Living Healthy and Pain Free with Dr. Vincent Adamo & Dr. Danielle La Montagne



(Above) Dr. Daniel La Montagne, right, has joined Dr. Vincent Adamo at Live Holistic, providing patients with the tools they need to live healthier, happier lives. (Above right) The Bay Ridge Parkway practice aims to help patients heal themselves without drugs and surgery. (Below right) Dr. La Montagne is a chiropractor with a decade of experience.



BY CAMILLE SPERRAZZA

Dr. Daniel La Montagne, chiropractor, has joined the team of Live Holistic — the practice started by Dr. Vincent Adamo — that teaches people how to live healthier, happier lives.

The doctors strive to get closer to the underlying cause of the issues for which the patients seek help. It is when these underlying concerns are addressed that the body can do the job of healing itself.

When patients are in pain, something is interfering with the natural, self-healing process, says Dr. La Montagne.

“It is often the lack of communication between the brain and the body; it somehow stops working.”

He compares it to running a business.

“If you’re the boss, your employees can do their job for a while — but eventually things start to break down without direct communica-

tion from you.” The chiropractor’s job is to get that communication going again.

It can be because built-up stress or trauma has caused the frontal lobe of the brain to shut down, he says.

“It becomes overrun with emotions, and needs to be reset to work properly.” Like a computer, the brain needs to “defrag,” so it can operate at peak performance.

As a chiropractor with a decade of experience, he assures people that, “Chiropractic care is extremely safe; it’s a natural and effective way to get the body back to healing itself.” His observations have shown that, “When flu epidemics wipe out a lot of people, it’s those who are under chiropractic care that seem to resist the flu better than anyone else.”

He cites studies from Dr. Heidi Haavik, an esteemed chiropractor, neurophysiologist, and researcher in New Zealand, who has been

instrumental in building scientific evidence that demonstrates chiropractic care improves people’s health and wellbeing.

“It has shown to be better than many other therapies that are out there,” he says. “It is effective in helping with sleep disorders and stress-related ailments.”

Medicine, he says, is imperative for trauma and emergency care.

“If you are having a heart attack, you need to get to the emergency room immediately. Medicine is absolutely needed for emergencies.” But often medicine provides a temporary fix to a problem, he says. “Medicine cannot make you healthy. It is your immune system that helps you overcome the battle.”

At Live Holistic, the goal is to get to the cause of the problem so that the immune system is up and running again.

Like Dr. Adamo, Dr. La

Montagne is enthusiastic about enlightening and educating patients.

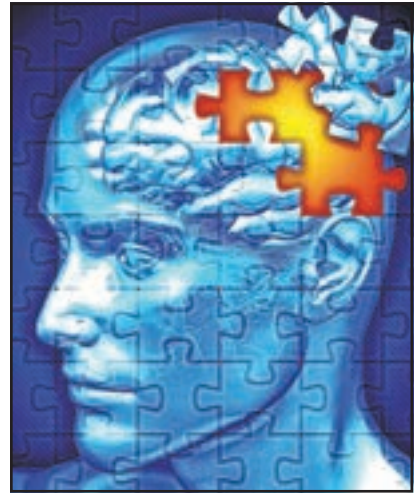
Dr. Adamo began the practice because he traveled the world, studying and learning about the body’s power to heal itself, without drugs and surgery. It continues to thrive because it has been able to help so many people overcome personal pain and hardship.

“You have to invest in

your health,” says Dr. Adamo. It requires a commitment — but the rewards are well worth it.

Live Holistic [446 Bay Ridge Pkwy. between Fourth and Fifth avenues in Bay Ridge, (718) 921-5483, www.LiveHolistic.net]. Open Mondays and Wednesdays, 9 am-noon and 3-6:30 pm; Tuesdays and Thursdays, 1-6:30 pm; and Saturdays, 8:30 am-noon.

Understanding dementia a key to compassionate care



Alzheimer's disease is one of the more prominent forms of dementia, but there are many additional types of dementia that also can cause both physical and cognitive alterations. Understanding the complexity of dementia can be beneficial to both dementia sufferers and their caregivers.

Dementia is a general term used to define a decline in mental ability severe enough that it can interfere with daily life, offers the Alzheimer's Association. Alzheimer's disease is the most common type of dementia.

Dementia is not a disease but a term used to describe a wide range of symptoms. The words "senility" and "dementia" often are incorrectly used interchangeably. However, serious mental decline is not a normal part of aging.

Dementia presents itself through various symptoms, and memory loss alone is not enough to lead to a dementia diagnosis. Dementia can affect thinking and social abilities, but the Mayo Clinic notes that some dementias may be reversible. The following are

some common symptoms of dementia:

- Trouble communicating or finding words.
- Difficulty completing complex tasks.
- Challenges with planning and organization.
- Episodes of confusion and disorientation.
- Memory loss, which is often noticed by a third party.
- Personality changes that can include agitation, anxiety, inappropriate behavior and even hallucinations.

Apart from Alzheimer's disease, which is a progressive disorder most common in people age 65 and older, there are other types of dementia. The second most common is called "vascular dementia." This results from damage to vessels that supply blood to the brain. This damage can be the result of stroke, smoking, and other blood vessel conditions. Brain imaging can often detect blood vessel problems implicated in vascular dementia.

Dementia with Lewy bodies, or

DLB, is another dementia that laymen may mistake for Alzheimer's disease. The Alzheimer's Association notes that people with DLB often have not only memory loss and cognitive problems common in Alzheimer's, but they also display initial or early symptoms such as sleep disturbances, well-formed visual hallucinations, slowness, gait imbalance or other Parkinsonian movement features, which can lead to misdiagnosis.

If physicians suspect dementia was caused by various factors, a person may be diagnosed with mixed dementia.

Unfortunately, there are no cures for progressive dementias that are linked to plaque tangles in the brain and changes in the way the brain processes the protein alpha-synuclein. Patience and various medications may be needed to help those with dementia live fuller lives. Cholinesterase inhibitors are mainstays in dementia treatment. These medications prevent the breakdown of acetylcholine, a chemical messenger important for learning and

Helping individuals with dementia remain comfortable is a priority for caregivers, and understanding the symptoms and treatments can help caregivers make patients and loved ones as comfortable as possible.

memory. Acetylcholine supports communication among nerve cells by keeping acetylcholine levels high. Physical therapy and cognitive therapy may be used in conjunction with medication to assist those with various dementias.

Helping individuals with dementia remain comfortable is a priority for caregivers, and understanding the symptoms and treatments can help caregivers make patients and loved ones as comfortable as possible.



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The early warning signs of Alzheimer's disease

Alzheimer's disease is the most common form of dementia. It is a progressive, degenerative disorder that attacks neurons and essentially robs people of their memory and language skills. Although there is no cure for Alzheimer's, there are therapies that can slow its neurological impact. Recognizing the early warning signs of Alzheimer's can encourage people to begin treatments that can stave off some of the more debilitating symptoms of this disease.

Though it's most common among the elderly, Alzheimer's is not a normal part of aging. The Mayo Clinic says that the reasons behind the inception and progression of Alzheimer's disease are largely unknown. It is believed damage starts a decade or more before problems become evident. Abnormal deposits of proteins begin to form the amyloid plaques and tau tangles throughout the brain, and these formations are the hallmarks of the disease. Once healthy neurons gradually begin to lose their efficiency and

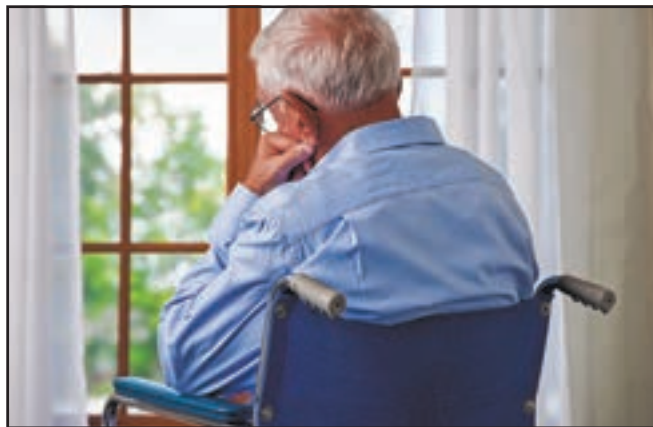
ability to function and communicate with one another. As more neurons die, entire areas of the brain shrink. The hippocampus, which is the area of the brain essential in forming memories, may soon become compromised.

Millions of people in North America are estimated to have Alzheimer's disease and many others will be diagnosed. The following are the most common early signs and symptoms of the disease:

Memory loss: According to the Alzheimer's Organization, early memory loss can include forgetting important dates or repeatedly asking for the same information. Forgetting recently learned information and having to rely increasingly on memory aids is another potential indicator of Alzheimer's.

Declining cognition: Impaired reasoning or judgment, trouble finding the right words, and visual and spatial issues also may be early indicators of Alzheimer's.

Difficulty completing familiar tasks: Those with Al-



Recognizing the early warning signs of Alzheimer's can encourage people to begin treatments that can stave off some of the more debilitating symptoms of this disease.

zheimer's sometimes have trouble driving to a familiar location or remembering the rules to a favorite game. People who were once good with numbers may now have difficulty balancing their checkbooks, while those who love to cook may have trouble following recipes.

Time confusion: Another indicator of Alzheimer's disease is losing track of time.

One may have trouble understanding something that isn't happening in the present. Alzheimer's sufferers often forget where they are and how they got there.

Misplacing items: Everyone loses something at a point in time, but those with Alzheimer's may put items in unusual places. They may sometimes accuse others of stealing when they cannot retrace their

steps and find items.

Decreased judgment: Decision-making abilities may be compromised. A person with Alzheimer's may take unnecessary risks or give away sums of money.

Mood changes: People with Alzheimer's may suffer from confusion, suspicious feelings, depression and anxiety. A person may upset easily or become anxious outside of his or her comfort zones.

Age and family history of Alzheimer's disease are the biggest risk factors. The likelihood of developing Alzheimer's doubles about every five years after age 65, says the Alzheimer's Organization. In addition, those with a parent, child or sibling who have developed Alzheimer's are more likely to develop the disease than people with no such family history.

A physical and neurological exam, which may include blood tests and brain imaging, will be used to diagnose Alzheimer's disease. Individuals can learn more by making appointments with their doctors.

Cognitive ability is better among bilingual

Seniors who are bilingual and have spoken two or more languages since their youth may have cognitive advantages over adults who have only spoken one language their entire lives.

A new study headed by Brian Gold, a neuroscientist at the University of Kentucky College of Medicine, which was published in the journal *Neuroscience*, found that bilingualism leads to heightened mental skills. In the study, participants were divided into three groups: bilingual seniors, monolingual seniors, and younger adults. Each group was instructed to sort colors and shapes in a series of simple cognitive exercises. The researchers used a brain imaging technique to compare how well the subjects switched between mental tasks. The results indicated there were different patterns of brain activity among the groups when the tasks were being completed.


The patterns showed that bilingual seniors were able to switch between tasks and activate their brains in a manner closer to the younger subjects. They didn't have to expend much effort, and they out-performed their




Seniors who have been bilingual since childhood have cognitive advantages over those who only speak one language.

peers who were monolingual. The researchers surmised the bilingual seniors were using their brains more efficiently.

Other studies have shown bilingualism pays even more dividends, including improved cognitive function in those suffering from Alzheimer's disease.



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Oscar James sings "Argyle International Airport." Photo by Nelson A. King

Police flavored entertainment

By Nelson A. King

Pamella Ferrari-Easter, chairperson of the Entertainment Committee of the Brooklyn-based St. Vincent and the Grenadines Ex-Police Association, USA, Inc., said that her group was on "a new high" after its inaugural "Evening of Entertainment" at the Friends of Crown Heights Educational Center in Brooklyn.

Ferrari-Easter, a Canouan, St. Vincent Grenadines-born former sergeant

Continued on Page 50

Docu festival returns to NYC

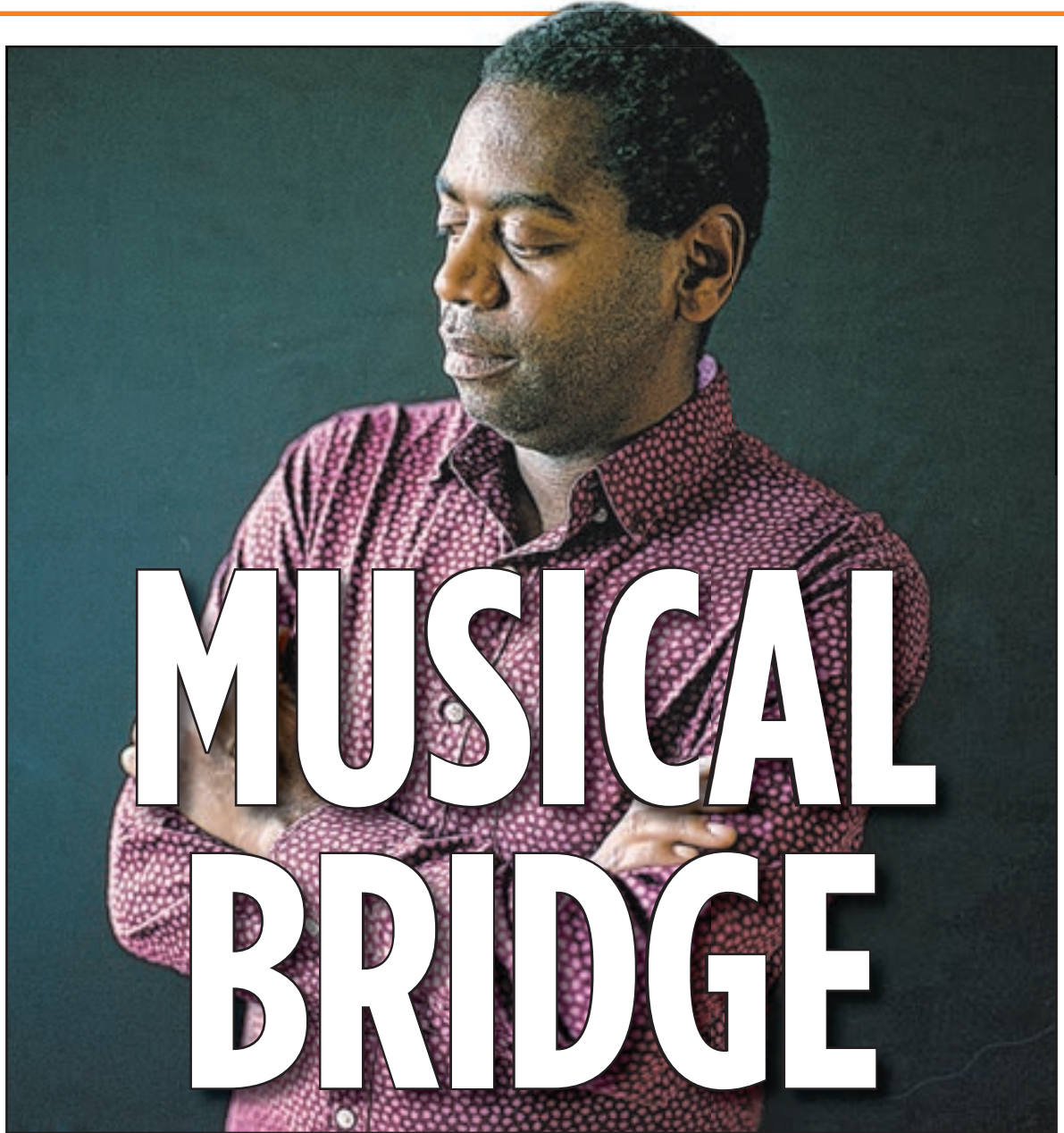
By Tequila Minsky

It's an exciting eighth year that DOC NYC — the nation's largest documentary film festival — returns to inform and entertain New York audiences. This festival offers rich, meaningful stories on film in a varied program of 111-feature length films including over 12 films that focus on the Black and Brown experience and landscape.

Brooklyn and Queens as well as Detroit, Baltimore, Atlanta and Chicago are the American sites where some of these films take place. The festival takes you to Africa, Cuba, and Columbia, as well.

Boxing, the global fight against AIDS, and the evolution of American pop music are among the subjects where the Black experience is central. Films

Continued on Page 50



Jazzman: Yosvany Terry explores Afro-Caribbean French music and jazz.

Bill Douhart

Jazz duo set to perform Afro-French Caribbean music

By Alexandra Simon

A jazz duo is set to perform the styles of Afro-French Caribbean music at the Jazz Standard in Manhattan Oct. 26-29. Cuban-American jazz saxophonist Yosvany Terry and French jazz pianist Baptiste Trotignon will perform compositions from their joint album "Ancestral Memories."

The musicians recently released the project last month exploring the musical styles from parts of the Caribbean and New Orleans, and

incorporated that into their album. The quest to discover those techniques challenged their small budget, but technology facilitated the task allowing them to fully absorb their respective music history, said Terry.

"We used everything available on the Internet to research because we couldn't travel to every single country," he said. "We spent a lot of time looking at material and there's so much that we learned from all of these incredible regions."

The pair researched music predominantly from Haiti, Guadeloupe, Martinique, and New Orleans as the source of inspiration. Terry says they wanted to bring forth these particular styles of music to a wider audience and peak interest on how they influenced jazz.

"These sounds have been infectious all over the world and I do believe that the musical contributions and sounds of the Antilles have incredible mobility," he said.

Continued on Page 50

TOP OF THE CHARTS

TOP 10 SINGLES

- 1 **Feel It Still**
Portugal. The Man
- 2 **Attention**
Charlie Puth
- 3 **There's Nothing Holdin' Me Back**
Shawn Mendes
- 4 **Strip That Down**
Liam Payne Feat. Quavo
- 5 **Slow Hands**
Niall Horan
- 6 **1-800-273-8255**
Logic Feat. Alessia Cara...
- 7 **Sorry Not Sorry**
Demi Lovato
- 8 **What About Us**
P!nk
- 9 **Unforgettable**
French Montana Feat. Swae Lee
- 10 **Bodak Yellow**
Cardi B

TOP 10 ALBUMS

- 1 **Beautiful Trauma**
P!nk
- 2 **Mr. Davis**
Gucci Mane
- 3 **Colors**
Beck
- 4 **Masseduction**
St. Vincent
- 5 **The Saga Continues**
Wu-Tang
- 6 **Southern Girl City Lights**
Jessie James Decker
- 7 **Swim Team**
The Dirty Heads
- 8 **Going Grey**
The Front Bottoms
- 9 **Yours**
Russell Dickerson
- 10 **Evolve**
Imagine Dragons

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JAZZ MUSICAL

Continued from Page 49

“And there’s a big presence of that in places like New York because of the Diaspora, so it was simple for us to bring that to the forefront.”

At the show, Terry and Trotignon will perform several of those sounds with a drummer and bassist for two sets. The two discovered an approach that is going to introduce Afro-French Caribbean types of music in jazz.

“We invite people to listen to all of the repertoires we put together and created for this,” said Terry. “We set out to research those traditions to get inspiration to create this, and the most the important part was to find way to play these new findings to new modern jazz quartet.”

Trotignon himself is not personally connected to the music like Terry is. But as a Frenchman he is exposed to Caribbean music styles such as zouk music. And Terry, who

credits this project to his Haitian ancestry, was immersed in the culture by his Haitian grandmother.

“Even though Baptiste is not from that part of the world, he had the unique opportunity to get used to the rhythms, harmonies, and melodies of the Caribbean,” said Terry. “He’s been a really curious composer and that’s a gift for any composer. This was a great chance for him to learn and dig more into that part of history he was not familiar with.”

Terry says jazz and Caribbean music lovers are going to appreciate the efforts they put into the compositions they perform, and will be pleased at how they integrate it into their sets.

“I think they will enjoy being surprised with the repertoires that is French and inspired by musical traditions, but didn’t try to replicate or imitate these musical traditions.”



Cuban-American jazz artist Yosvany Terry, left, will perform compositions from his new joint project with French pianist Baptiste Trotignon, at New York City’s Jazz Standard in Manhattan from Oct. 26–29.

Laura Razzano

“Ancestral Memories at nue in Manhattan, (212) Jazz Standard [116 E. 27th 576-2232, www.jazzstandard.com]. Oct. 26–29 at 7:30 South and Lexington Ave- and 9:30 pm. \$30.

Police fun

Continued from Page 49

in the Royal St. Vincent and the Grenadines Police Force, told Caribbean Life that the St. Vincent and the Grenadines Ex-Police Association, U.S.A., Inc., which has been in existence for 37 years, has had “many highs and lows” and is “now on a new high after putting on an ‘Evening of Entertainment’ recently.

Ferrari-Easter — the first women from the St. Vincent Grenadines to join the local constabulary and who, in May, received the President’s Special Award during the group’s Annual Banquet at Glen Terrace in Brooklyn — said many performers “kept the audience entertained” throughout the recent “Evening of Entertainment.”

The wide array of entertainers comprised: Clementina Bailey, Angus “Brigo” Lynch, Oscar James, Ellsworth “Life-boy” Quammie, Olson Thomas, El Bethel Restoration Ministries Band, and the United Vincie Cultural Group of Brooklyn.

New York Consul General Howie Prince also sang an “ole time” calypso, and Master of Ceremonies, Hailes Castello, a disc jockey, song writer and singer, sang the impromptu “They will rise Up,” as a tribute



Clementina Bailey renders a high octane “I am Redeemed”

to Caribbean islands ravaged by recent hurricanes.

“In keeping with our organization’s motto, ‘Staying together to Serve,’ and also in keeping a part of who we are and where we came from alive, some police flavor was added,” Ferrari-Easter said, stating that some members performed a skit, featuring “A Court Scene,” in which the accused, “John Bull,” was charged with stealing “James Blugh’s” cell phone.

Actors were: President Arden Tannis as defense attorney; vice president Beresford Latham as magistrate; Phillip Richards as arresting officer; St. Elmo Ollivierre as the victim/complainant; Lemrey Jack as the accused; and Jack’s twin brother, Emery Jack, as the director of public prosecutions.

Documentary festival

Continued from Page 49

that explore the lives of public figures include performer Sammy Davis Jr., author Lorraine Hansberry, and former Mayor of Atlanta, Maynard Jackson.

“Documentary storytellers help us make sense of the tumultuous times we’re living in with artistry, humor and inspiring characters,” says festival programming director Basil Tsiokos.

“This year’s DOC NYC lineup gives audiences fresh insight into high profile figures and shines a light on lesser-known individuals who leave a big impression.”

The festival is divided into sections that include thematic sections on activism, music, crime, science and technology, unconventional families, animals, on artists, on filmmaking as well as short films — 85 in total.

The films that focus on Black and Brown individuals or environs include: “12th and Clairmount” (about Detroit), “Father’s Kingdom” (an African-American spiritual leader), Maynard (Atlanta’s first black mayor in 1973), Shot in the Dark (basketball team in Chicago’s West Side), Cuba and the Cameraman (40 years shooting in Cuba), “Sammy Davis Jr.: ‘I’ve Gotta

Be Me,” “Baltimore Rising” (the city after Freddy’ Grey’s death), “Sighted Eyes/Feeling Heart” (playwright Lorraine Hansberry), and “Streetlight Harmonies” (music and histories of Doo Wop and a cappella).

“Antonio Lopez 1970: Sex Fashion & Disco” (fashion illustrator was Puerto Rican), “Still Waters” (alternative education and gentrification in Bushwick), and “Behind the Curtain: Todrick Hall (American Idol personality), “The Iron Triangle” (urban renewal of Willets Point), and “This is Congo” (sides of DRC’s fractious war), are among the other films that focus on people of or places of color.

On Nov. 9, Greg Barker’s “The Final Year” opens the festival. With incredible access, the film offers a look at the last year of President Obama’s administration particularly highlighting the shaping of United States foreign policy.

Along with Obama, the film focuses on the operating principles and the work of Secretary of State John Kerry, U.N. Ambassador Samantha Power and speechwriter Ben Rhodes (whose title was Deputy National Security Advisor for Strategic Communications). The film is a touching historical document on an administration with heart, whose absence is felt deeply.

Nun struggles with vows in coming-of-age drama

“Novitiate”
Very Good (3 stars)
Rated R for profanity, sexuality and nudity
Running time: 123 minutes
Production Studio: Maven Pictures / Novitiate Productions
Distributor: Sony Pictures Classics



Margaret Qualley stars as Cathleen Harris in the movie “Novitiate.” www.rottentomatoes.com

By Kam Williams

Cathleen Harris (Margaret Qualley) was being raised in rural Tennessee in the Fifties when she started exhibiting an interest in God at an early age. That fixation was a little disconcerting to her single mom (Julianne Nicholson), an avowed atheist.

With Cathleen’s absentee father (Chris Zylka) rarely around, she only had the Catholic school her daughter attended to blame for cultivating the obsessive interest in religion. By the time she was a teenager, her faith had grown so strong that she wanted to become a nun. And, over her

mother’s objections, she followed the calling and entered the convent at 15.

She donned a habit, placed the honorific “Sister” in front of Cathleen and dropped her surname entirely. But it would still take years of training before she would be allowed to take her final vows. First, she had to prove herself wor-

thy during her postulancy, the tough probationary period testing a novice’s commitment to silence, poverty, obedience and chastity.

At least Cathleen wasn’t alone at the convent. She befriended a number of equally-pious females there who were also contemplating ascetic lives as wives of Christ. However, the

whole lot of them were always at the beck and call of Reverend Mother (Melissa Leo), a sadistic taskmaster who delighted in torturing them, as if that were the best way of weeding out the uncertain.

That is the point of departure of *Novitiate*, an introspective coming-of-age drama written and directed by Margaret

Betts (*The Carrier*). The compelling character portrait borders on the claustrophobic in its effort to plumb the depths of Cathleen’s tortured soul as she debates whether or not she’s meant to enter the order.

The picture’s plot thickens in the mid-Sixties after Pope John XXIII issues a series of 16 historic proclamations. Besides calling for Sunday mass to henceforth be said in native languages instead of Latin, he lowered the standing of sisters to that of any lay believer.

Stripped of their status, 90,000 nuns soon renounced their vows and returned to private life. But what effect would this have on someone just embarking on her career, like Cathleen?

Reminiscent in different ways of “*Doubt*” (2008), “*The Exorcist*” (1973), “*The Passion of the Christ*” (2004) and “*Paradise: Faith*” (2012), “*Novitiate*” is nevertheless a novel adventure offering a plausible look at the internal angst of a female weighing whether or not she’s meant to be a nun. Sisterhood as a divinely inspired, yet very intimate and solitary path!

Independent & Foreign Films

Acts of Vengeance (R for violence and profanity) Suspense thriller revolving around an attorney-turned-vigilante who takes a vow to remain silent until he

exacts revenge on the murderers of his wife (Cristina Serafini) and young daughter (Lillian Blankenship). With Karl Urban, Paz Vega and Robert Forster.

Brimstone & Glory (Unrated) Visually-captivating documentary celebrating the compelling appeal and beauty of fireworks displays. (In Spanish with subtitles)

Crash Pad (R for nudity, profanity, alcohol abuse, drug use, crude humor and graphic sexuality) Romantic comedy about a naive young guy (Domhnall Gleeson) who falls blissfully in love with an older woman (Christina Applegate) until he learns she’s married and only slept with him to get even with her neglectful husband (Thomas Haden Church). With Nina Dobrev, Aliyah O’Brien and Britt Irvin.

Felicite (Unrated) Vero Tshanda Beye Mputu plays the title character in this Congolese musical drama, set in Kinshasa, about a headstrong saloon singer desperate to raise the cash for her 14-year-old son’s (Gaetan Claudi) hospital bills after a crippling motorcy-



Kam’s Kapsules

By Kam Williams

cle accident. With Papi Mpaka, Nadine Ndebo and Elbas Manuana. (In French and Lingua with subtitles)

Halloween Pussy Trap Kill Kill (Unrated) Harrowing tale of survival revolving around a female rock band’s members fight for their lives after becoming trapped in a madman’s maze. Ensemble cast includes Richard Grieco, Sara Malakul Lane, Margaret O’Brien and Paul Logan.

Judwaa 2 (Unrated) Action-oriented sequel about twins (Varun Dhawan) separated at birth and reunited as adults by a twist of fate in time to save their family’s business from ruthless mobsters. With Salman Khan, Anupam Kher and Jacqueline Fernandez. (In Hindi with subtitles)

Let There Be Light (PG-13 for mature themes involving drug and alcohol abuse) Faith-based drama revolving around an avowed atheist/absentee father (Kevin Sorbo) who converts to Christianity and turns over a new leaf after almost dying in an auto accident. Featuring Sam Sorbo, Daniel Roebuck, Dionne Warwick and Travis Tritt.

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West Indies' cricketer Nikita Miller bowls during a practice session ahead of the ICC Cricket World Cup at R. Premadasa stadium in Colombo, Sri Lanka.

Associated Press / Eranga Jayawardena, File

In search of fast bowlers

By Azad Ali

Cricket West Indies (CWI) selectors will be searching for fast bowlers when the Regional four-day cricket season bows off later this month.

CWI chief selector Courtney Browne said that one of the objectives of the upcoming three-month season would be to find pacers who can clock in the

Continued on Page 54

Trinidad's volleyball team qualifies

By Azad Ali

Trinidad and Tobago volleyball team became the first indoor side from the English-speaking Caribbean to ever qualify for a World Championships which will be held in Japan in October 2018.

They qualify for the biggest tournament in the sport after the Olympic Game with a commanding 25-19, 25-16, 25-22 against Costa Rica at the National Cycling Center in Central Trinidad last Saturday night.

The victory also made certain of a

Continued on Page 54



South Korea's Lee Eunmi (2) and United States' Crystal Dunn (19) chase the ball during the second half of an international friendly women's soccer match in Cary, N.C., Sunday, Oct. 22, 2017

Associated Press / Gerry Broome

Sam Mewis scores twice in first half

CARY, N.C. (AP) — Sam Mewis scored a pair of goals in the first half and the United States went on to beat South Korea 6-0 in an exhibition match Sunday.

Christen Press and Julie Ertz also scored as the national team built a 4-0 first-half lead. Lynn Williams

and Allie Long added goals in the second half.

Mewis, who plays for the National Women's Soccer League's North Carolina Courage, was playing in front of the home fans at Sahlen's Stadium at WakeMed Soccer Park. Announced attendance was 9,727.

Mewis' goals came in the third and 20th minutes. Press added her goal in the 35th before Ertz scored on a set piece in first-half stoppage time.

Williams, who also plays for the Courage, scored in the 61st minute

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Fast bowlers

Continued from Page 53

high 80 to 90 mph range.

He said finding a few consistent batsmen is important, but what is also key is to “unearth some young fast bowlers to add to the poll that we have.”

Spinners have dominated the first class tournament in recent years, with medium pace bowlers increasingly being pushed into the back-ground.

Last season, left-arm spinner Nikita Miller topped the wickets tally with 58 scalps and T&T leg-spinner Imran Khan ending with 44, while left-arm spinner Veerasammy Permaul and off-spinner Rahkeem Cornwall finished with 41 wickets each.

The four-day Regional Tournament was expanded to 10 matches three years ago, when the CWI inaugurated the Professional Cricket League featuring six territorial franchise playing home and away matches and a system that promotes player movement.

Volleyball

Continued from Page 53

place in Japan next October for the Mexicans, who would have needed to defeat T&T when the round-robin ended last Saturday night to be certain of qualifying had Costa Rica won convincingly.

Four years ago, the Trinidad and Tobago women came within a win of securing a spot for Italy, but fell to host Cuba in a group-decider after wins over Curacao and Haiti.

Then a few months later, the Calypso girls stumbled in the final match against Mexico in Trinidad and Tobago, after wins over Costa Rica, Nicaragua and Panama.

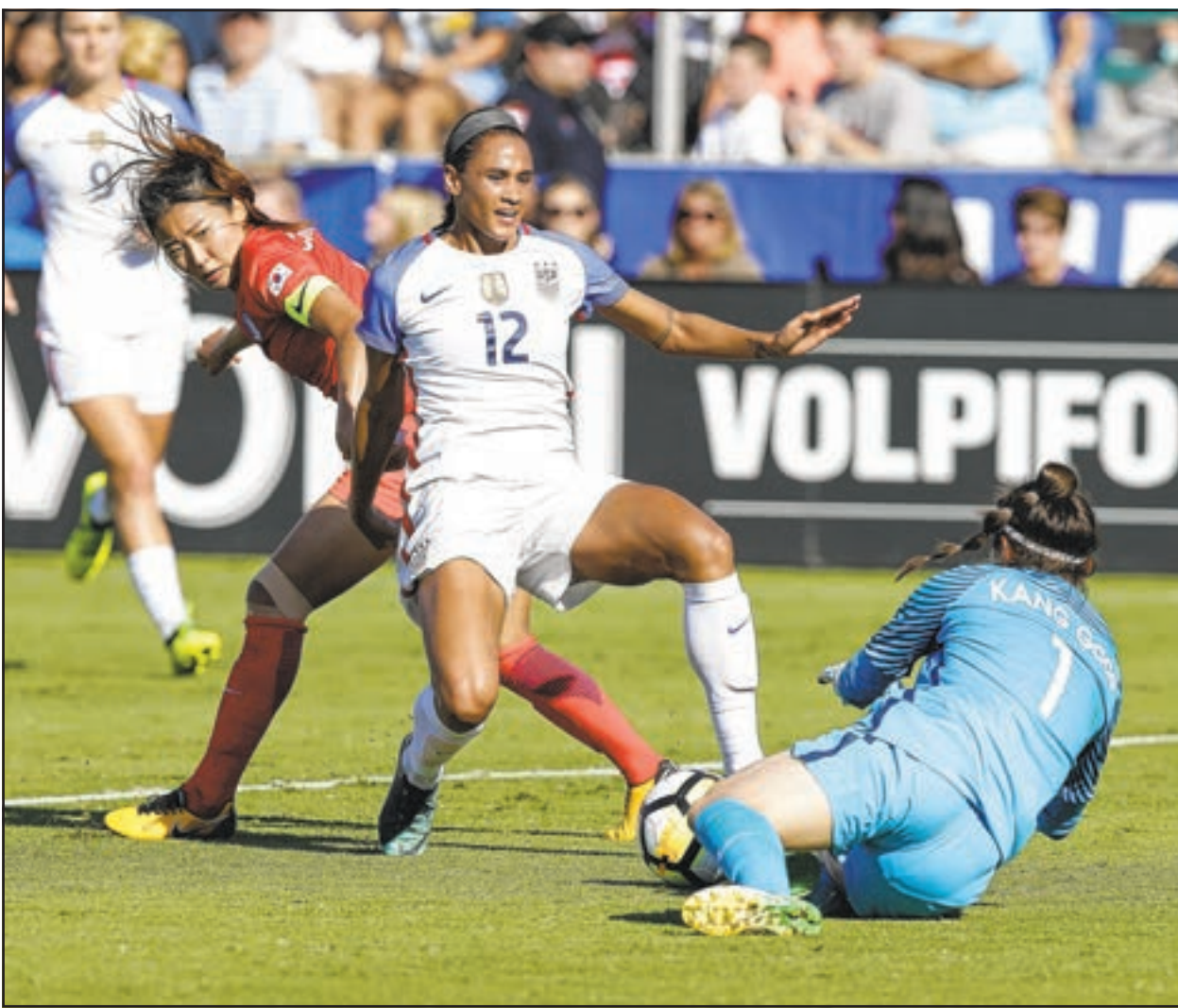
Magic defeats Nets

By Terrance Harris

ORLANDO, Fla. (AP) — On a team that’s at its best when consistently moving the ball, there are times Aaron Gordon seems to be working counter his Orlando Magic teammates.

But Gordon’s habit of taking quick shots and playing isolation basketball came up big for the Magic during their 125-121 comeback win over Brooklyn on Tuesday night. Gordon scored a career-high 41 points, including the go-ahead 3-pointer with 36 seconds remaining.

“I just shot confidently, it was a quick shot,” said Gordon, who also finished with a game-high 14 rebounds. “It felt good coming off my hands.”



South Korea’s Cho Sohyun, left, and goalkeeper Kang Gae (1) defend against United States’ Lynn Williams (12) during the second half of an international friendly women’s soccer match in Cary, N.C., Sunday, Oct. 22, 2017. The United States won 6-0. Gae was injured on the play.

Associated Press / Gerry Broome

US DEFEATS SOUTH KOREA

Continued from Page 53

minute before Long’s final goal in the 83rd.

The game was also marked by the number of high-profile absences for the United States.

Mallory Pugh injured her hamstring during a 3-1 victory over South Korea in the opening game of the exhibition series, played Thurs-

day in New Orleans. She did not go with the team to North Carolina.

The United States was also missing Tobin Heath (ankle) and Taylor Smith (shoulder). Both were injured in the NWSL title game between the Portland Thorns and the Courage. The Thorns won the title with a 1-0 victory over North Carolina.

As a result of the absences, coach Jill Ellis called in midfielder McCa-

Il Zerboni, who also plays for the Courage. The 30-year-old came in as a sub, marking her first-ever appearance for the national team.

The U.S. women will wrap up the year with two exhibition games against Canada next month. These matches have largely served as a chance for coach Jill Ellis to evaluate players going into World Cup qualifying next year.



Jamaican athlete Usain Bolt.

Associated Press / Tim Ireland

Usain Bolt left out of sports award shortlist

By Azad Ali

Jamaican speed star, Usain Bolt, who won the IAAF World Athlete of the Year award six times, has not been included in the 10-men shortlist for this year’s prize.

Bolt is the only sprinter to capture the 100 and 200-meter track titles at three consecutive Olympics. He retired after this year’s World Championships

in London.

The Jamaican holds the world record of 9.58 seconds in the 100 and 19.9 in the 200 meter.

Bolt, who finished a third-place in the 100 meter, ended his last race in anguish after an injured hamstring caused him to pull up while anchoring Jamaica’s 4x100 meter relay.

West Indies Women defeats Sri Lanka

By Azad Ali

West Indies Women completed 3-0 series whitewash over Sri Lanka in the final One-Day International (ODI) at the Brian Lara Cricket Academy in South Trinidad on Sunday, as part of the ICC Women's Championships for qualification to World Cup 2021.

West Indies Women won by 40 runs after rain restricted the 50 overs to 45 per innings.

Sri Lanka won the toss and sent in the regional women to take first strike, but they started slowly and were 27 for the loss of one wicket after 10 overs. Captain Stafanie Taylor made 41, hitting 4 fours in her contribution.

Taylor and Hayley Matthews shared a 73-run partnership for the second wicket after Matthews was bowled for 41.

Merrisa Aguilera came in and scored 37 not out with Taylor, who struck 55 as the West Indies reached 182 for 8 from their 45 overs.

Shashikala Siriwardene was the pick of the Sri Lanka bowlers, taking 3 for 26.

In the chase to score 183



West Indies' Stafanie Taylor plays a shot against India during their ICC Women's World Twenty20 2016 cricket match in Mohali, India, Sunday, March 27, 2016.

Associated Press / Altaf Qadri, File

for victory, Sri Lanka was dismissed for 142 in 40 overs, falling short by 40 runs.

Stafanie Taylor was the best bowler for the West Indies Women taking three for 29.

She was named Player of the Match and the Series.

The tour now moves on to

the Coolidge Cricket Ground in Antigua for the Twenty20 matches next week.

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ARIES: Mar 21/Apr 20
Aries, don't get caught up in too much gossip, as it can only negatively impact your relationships. Take the higher ground whenever possible and you will stay above the fray.

TAURUS: Apr 21/May 21
It is impossible to change the past unless you have a time machine. Taurus. Instead of dwelling on what should've been, make new things happen for the better.

GEMINI: May 22/Jun 21
Gemini, take a fresh approach to a problem that has been puzzling you. A new perspective might be just the thing you need to crack this nut and move forward.

CANCER: Jun 22/Jul 22
Cancer, just when you thought things would quiet down for the time being, change is coming. This may catch you by surprise - but change can sometimes be good.

LEO: Jul 23/Aug 23
Leo, you don't have to be the center of attention at all times. Take some time to relax and allow others to be the focal point. Welcome this much-needed respite with open arms.

VIRGO: Aug 24/Sept 22
Virgo, offer your help when a loved one seems to need it. Make some time for this person in your busy schedule. It will be worth the effort.

LIBRA: Sept 23/Oct 23
Too much time on your hands is not always a good thing, Libra. Look for some hobbies to keep you busy and productive way so you don't feel as if you're wasting time.

SCORPIO: Oct 24/Nov 22
Scorpio, make a list of priorities and then check these items off one by one. A tangible list will help you to stay more organized and reduce stress.

SAGITTARIUS: Nov 23/Dec 21
Sagittarius, a family reunion might be just what the doctor ordered. Gather your relatives and enjoy the time spent together, resolving to gather more often in the future.

CAPRICORN: Dec 22/Jan 20
It may take a few practice tries before you get things right, Capricorn. This lesson is applicable to various things, so don't shy away from some trial and error.

AQUARIUS: Jan 21/Feb 18
Look inward when you want to sort out why others are reacting to you in a certain fashion, Aquarius. You could unknowingly be putting out vibes that are making others uncomfortable.

PISCES: Feb 19/Mar 20
Pisces, financial matters make take center stage in the months ahead. Get your ducks in a row and make an effort to save more.

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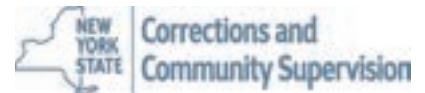
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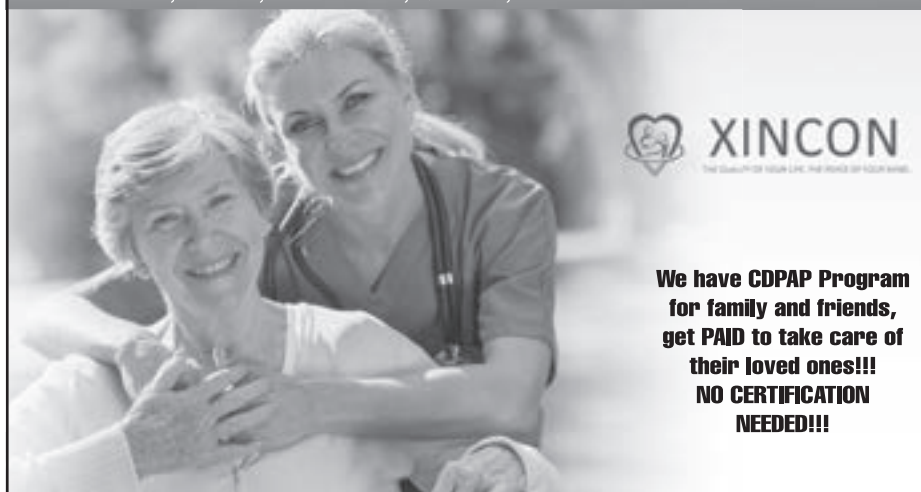
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