



Republic Day

Consul General of Guyana, Barbara Atherly leads a colorful Mashramani-style parade during a 48th Republic celebration in New York City. See story on Page 43.

Photo by Tangerine Clarke

Councilman pleads guilty in protest case

By Nelson A. King

New York City Councilman Ydanis Rodriguez pleaded guilty to disorderly conduct on Wednesday in connection with his arrest at an immigration protest in lower Manhattan over the detention of Trinidadian immigrant rights activist Ravi Ragbir.

Rodriguez was joined at the New York County Courthouse on Centre Street in lower Manhattan by Ragbir, whose detention by US Immigration and Customs Enforcement (ICE) agents touched off the Jan. 11 demonstration, as well as by New York City Councilman Jumaane

Williams, the son of Grenadian immigrants, who also was arrested at the protest.

Rodriguez thanked Williams, who represents the 45th Council District in Brooklyn, and Ragbir for their support, vowing to continue fighting for immigrant rights, according to AM New York.

Ragbir and multiple immigrant groups have sued the Trump administration over Ragbir's detention.

"We will continue to unapologetically resist any attacks on immigrants," Rodriguez said. "We are the majority, and we will prevail.

Thank you to my brothers for standing with me today."

Eighteen people, including Rodriguez and Williams, were arrested during the chaotic protest that broke out on Jan. 11 after Ragbir's detainment, AM New York said.

Ragbir, who is the executive director of the faith-based immigrant rights group New Sanctuary Coalition of New York City, was taken into ICE custody when he showed up for a routine check-in with the agency at 26 Federal Plaza in lower Manhattan.

As he was taken away in an ambulance, Williams, Rod-

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CRUEL FATE OF IRONY

CARICOM to take advantage of British reparations mistake

By Bert Wilkinson

The Caribbean Reparations Commission says that what might have been an innocent recent mistake on the part of British authorities has now given it additional evidence and renewed impetus to make Britain and other European nations compensate the Caribbean for making millions of Blacks work on agricultural plantations in the region without a cent in payment.

Successive British administrations had argued that the slave trade was so yesterday's news that the region should just accept it as a cruel mistake of history and move on, while openly vowing not to pay a dollar to the descendants of slavery going forward. Payments, compensation or reparations, they say, will come through big grants, concession loans and free trade nuggets that Britain and the European Union have given to the Caribbean in the past and in the future.

British officials had confidently said that no court would

award payments for something done nearly 400 years ago. Worse yet, slavery was not illegal in the United Kingdom at the time.

Now, Sir Hilary Beckles, the respected regional academic that governments have identified to lead the fight for reparations, last week accused London of rank dishonesty in putting forward reasons why it does not plan to compensate the region for the African slave trade.

He said that a recent British Treasury tweet and other documents now show that a loan from the British government that had been used to compensate former slave owners in the Caribbean was still being funded by British taxpayers as recently as 2015. That makes everything about this case current and justiciable.

This also means, Beckles argues, that many of the estimated 300,000 Caribbean nationals who now live in the UK and are slave descendants, were themselves forced to pay

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CGID President Rickford Burke.

Brooklyn group rips Guyana Bar Association attack on Prez Granger

By Nelson A. King

The Brooklyn-based Caribbean Guyana Institute for Democracy (CGID) deems the Guyana Bar Association's (GBA) "unfounded attack" on President David Granger to be "irresponsible, malicious, unprofessional and repugnant to the standards of the Bar."

The GBA on Feb. 18, 2018, issued a statement attacking the president, in contemplation of his exercise of powers invested in him by Article 127 of the constitution, to appoint the chancellor and chief justice.

The association's statement said that "any action outside of the said Article 127 is unconstitutional, void and of no legal effect and would have embarrassing consequences."

But CGID President Rickford Burke said "the issuance of a highly charged, political statement, chastising the head of state on the basis of rumor, speculation and political gossip, evinces incontrovertible bias and confirmation the GBA has wittingly enmeshed itself into partisan politics as an ill-advised surrogate for the opposition leader.

"The GBA has, with prejudice, undermined its ability to be a credible and objective amicus, civil society intermediary," Burke added.

He said Article 127 (1) of the constitution mandates that "the Chancellor and the Chief Justice shall be appointed by the president acting after obtaining the agreement of the leader of the opposition."

Burke further said that Article 127 (2) mandates the president to appoint a judge to perform the duties of chancellor or chief justice if any of the two the offices is vacant, the office holder is occupying another office, is incapacitated or in any other way unable to perform the duties of the office, after meaningful consultation with the leader of the opposition.

Haiti recalls UN envoy

By Nelson A. King

Haiti has recalled its ambassador to the United Nations for consultations after UN Secretary General António Guterres' special representative said she welcomed a corruption inquiry into the way US\$2 billion in oil loans from Venezuela was spent by former Haitian government officials, according to reports.

Ambassador Denis Regis and Haiti Foreign Minister Antonio Rodrigue have confirmed the decision, reported the Miami Herald on Tuesday.

Rodrigue said the government believes that a statement issued by Susan D. Page, the special representative and chief of the United Nations Mission for Justice Support in Haiti — known by the acronym MINUJUSTH — "surpasses its role to support the country in the enforcement of rule of law and justice," according to the Herald.

He said the Haitian government also summoned Page on Tuesday to explain the communique.

On Sunday, Page said she welcomed the decision by Haiti's justice system to assign an investigative judge, Paul Pierre, to look into complaints filed by about 20 citizens demanding an accounting for the US\$2 billion Haiti received as part of a discounted oil program with Venezuela, known as Petro-Caribe, according to the Herald.

It said she also called on Haitian authorities to look into two separate incidents involving alleged police brutality and shootings.

Page noted that the UN mission's role is to strengthen the rule of law in Haiti, the Herald said, stating that the mission was formed following the end of the UN peacekeeping mission in October after 13 1/2 years.

Page, according to the Herald, also cited a recent Transparency International report ranking Haiti as the most



Denis Regis, Permanent Representative of Haiti to the UN, addresses the Security Council meeting on the question concerning his country.

United Nations / Manuel Elias

corrupt country in the Caribbean.

"I salute the initiative and the active role of Haitian citizens and civil society engaged in the fight against corruption and impunity, whose actions demonstrate that the population defends accountability and justice," Page said in a statement.

The diplomatic row came as leaders from the 15-member Caribbean Community economic bloc known as CARI-

COM were ending a two-day summit in Port-au-Prince.

Haiti, which is a member, hosted the summit, where leaders discussed issues concerning ISIS terrorism recruitment, regional air transport and a regional arrest treaty, the Herald said.

It said Haitian President Jovenel Moïse, who marked a year in office on Feb. 8, has been at odds with the international community.

Clarke hails outpouring of anti-gun violence activism

By Nelson A. King

Brooklyn Congresswoman Yvette Clarke has hailed the outpouring of anti-gun violence activism from high school students across the United States.

Hundreds of students led walk outs and marched following last week's tragic shooting at Marjory Stoneman Douglas High School in Parkland, Florida.

"The outpouring of activism we are seeing from high school students across the country is truly heartening," said Clarke, the daughter of Jamaican immigrants, who represents the 9th Congressional District in Brooklyn. "It's inspiring to see the next generation join us in the fight to end gun violence.

"I believe that we are at a critical moment in our nation's history," Clarke added. "From walk-outs to marches across the country, students are mak-

ing their voices heard. This movement is real. This movement is significant."

As with other pivotal moments in America's history, Clarke noted that young people are "leading the way.

"From Student Nonviolent Coordinating Committee and the Freedom Riders to Students For a Democratic Society, students have been forming and leading movements for decades," she said. "We must listen to these brave young people. The time for thoughts, prayers and moments of silence have long passed. It is time for real gun reforms.

"For far too long, Congress has been controlled by a very powerful gun lobby," she added. "Today, these students have taken back their power."

The congresswoman said she was "proud of these young people and stand with them as we pursue safer schools,

churches, movie theaters and communities."

On Thursday, President Donald Trump on enthusiastically embraced a National Rifle Association position to arm highly-trained teachers to fortify schools against mass shootings like the one last week Stoneman Douglas High School.

Trump, who said the armed teachers should receive extra pay as an incentive, promoted his idea as demands for stronger gun control intensified across the US.

"You give them a little bit of a bonus, so practically for free, you have now made the school into a hardened target," Trump said.

The president estimated that 10 percent to 40 percent of school employees would be qualified to handle a weapon, while offering no data for the claim.

Antigua

Antigua and Barbuda Prime Minister Gaston Browne recently visited the United Arab Emirates (UAE) where he held bilateral discussions with Dr. Thani Ahmed Al Zeyoudi, minister of climate change and environment for the UAE.

During the meeting, Al Zeyoudi thanked Browne for his participation in the World Government Summit and offered his concern to the government and people of Antigua and Barbuda regarding the devastation caused by Hurricane Irma.



Browne in his response also thanked the minister for his kind words and emphasized the strength and cooperation between both countries.

The prime minister also thanked the UAE government for the \$10 million pledged to the region after the destruction of the hurricanes and in particular the amount pledged to Barbuda.

Browne also thanked the UAE for the approval of the \$3.1 million pledge last year for the green Barbuda project.

He noted the ongoing challenges regarding a green Barbuda and the set back the hurricane cause in advancing the project.

Al Zeyoudi, indicated his country's willingness to assist in this regard.

Barbados

The catastrophic hurricanes that devastated several Caribbean destinations last September had slowed down on the tourism progress but did not affect regional tourism.



This is according to figures released by the Caribbean Tourism Organization (CTO).

CTO's acting director of research, Ryan Skeete announced at a news conference to a global audience that the Caribbean reached the 30-million mark in stay-over arrivals for the first time every last year, even as the region battled the effects of Hurricanes Irma and Maria, as well as Hurricane Harvey, which lashed parts of the United States, the Caribbean's primary market.

Skeete said in addition, there was a record-spend by visitors, who contributed US\$37 billion to Caribbean economies during the 12-month period, up from 2.6 percent over 2016.

Guyana

The Guyana government is engaged in ongoing discussions with Air Can-



CNN's top of the list hotel

The Park Hyatt St Kitts is located within the Christophe Harbor development and boasts sandy beaches and views to the neighboring island of Nevis.

Park Hyatt St Kitts

ada, Delta and JetBlue to add Georgetown to their route map, especially that Guyana will finally complete the expansion and modernization of the Cheddi Jagan Airport this year.

The government is keen to have at least two big-name airlines land at the new airport before the end of 2018 to commemorate the opening of the modern airport.

One of the biggest concerns these airlines have had with Guyana in the past has been the high cost of jet fuel. Jet fuel at the Cheddi Jagan Airport was one of the most expensive in the region but has been reduced since the government broke the oil monopoly at airport.



Two airlines have confirmed that the cost of jet fuel at the airport has been reduced.

With at least two more airlines flying to Guyana there will be more business travelers connecting via New York, Miami, Toronto and Panama City to Guyana.

Jamaica

The Jamaica government has engaged a team from the Pan American Health Organization/World Health Organization (PAHO / WHO) to assist in the development of a national health insurance scheme.

Health Minister, Dr. Christopher Tufton said last year the government brought in a team from PAHO / WHO to help look at healthcare financing.

He said that in another three months the consultants will present a proposal, which it is anticipated will move the country towards a national health insurance scheme.

Dr. Tufton said the completed document will be examined and determination made as to its implementation.

He noted that very few Jamaicans have health insurance and that with the increasing health risks, it is essential that all citizens have access to quality services.

The Minister said only about 20 percent of persons are insured and of that 20, about 10 percent are government employees and eight percent are in the private sector.

Dr. Tufton noted that the national health insurance scheme aims to provide coverage for all, and that is in line with government's policy to ensure that all Jamaicans, particularly the vulnerable, have the most basic health insurance coverage.



He said the national health insurance scheme will ensure that the health sector has an effective model in place that enables persons to make

contributions over time.

St. Kitts

Cable News Network (CNN) has named the Park Hyatt St. Kitts at the top of the list of the 14 best new hotels and resorts opening in the Caribbean.

CNN said this splashy five-star resort isn't just the first Park Hyatt development in the Caribbean.

The Park Hyatt St Kitts is set within the Christophe Harbor development and boasts sandy beaches and views to the neighboring island of Nevis.



The project was partly financed by the country's citizenship-by-investment scheme, which allows investors who made an investment not only to take a share in the hotel, but also to apply for citizenship of the island state, subject to due diligence.

The country has recently reduced the government fees for such real estate related to investments, making proposition even more attractive.

St. Kitts and Nevis' citizenship-by-investment program is the oldest and most established in the region.

Trinidad

The Opposition United Congress
Continued on Page 16

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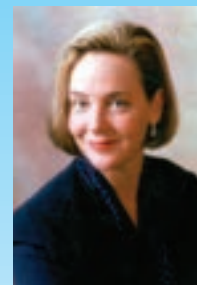


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Barbados Opposition pleads with Jamaica to stay in CARICOM

By George Alleyne

“Hold strain,” is the plea of Barbados Opposition Leader Mia Mottley to Jamaican Prime Minister, Andrew Holness, regarding news that Jamaica may soon leave the economic segment of CARICOM.

The Jamaican government is now considering a recommendation, of a Commission led by former prime minister Bruce Golding, that the island leaves the CARICOM Single Market and Economy (CSME) because of the lack of project initiatives implementation, among other things, which are adversely affecting Jamaica.

The blame for lack of implementation falls squarely on the shoulders of the whoever is the prime minister of Barbados as CARICOM vested CSME lead responsibility in this country’s head.

Contending that current Prime Minister, Freundel Stuart, has not delivered leadership of this mechanism for

regional economic integration, Mottley said over the weekend that once elected her Barbados Labour Party government would in a short time go about reversing Stuart’s failures.

“We know that the prime minister we have has dropped the ball, but the truth is we know that we can turn it around and we can make things good again in this region and in this country,” she said.

“I have a message for Andrew Holness the Prime Minister of Jamaica ... I ask you to hold strain. Hold on my brother.”

Against the backdrop of elections scheduled for no later than early June this year in Barbados Mottley added, “to our brothers and sisters in CARICOM, within three months of being elected as the next government of this country we will get the Single Market and Economy going.”

“We will start to take the steps to let you know that we

are not just in this because it is a framework or agreement that we signed, but it is because we know it will make a meaningful difference to the people [of Barbados] ... to be able to go into other countries and sell their services, or to work ... in whatever capacity especially if you’re not getting work at home.”

She noted that this economic meaning of CSME applies to citizens of all CARICOM countries that are part of the mechanism.

“The people all across the Caribbean can get a meaningful improvement in their lives, but you have to get the architecture right,” she said.

Mottley also attacked Stuart for what she sees as his tendency for inaction which she said, “has caused Jamaica to now say they don’t know whether they want to stay in the CARICOM Single Market and Economy, because nothing has happened in the CSME under the leadership of Freundel Stuart... in the last almost 10 years, and certainly in the last seven [years].”



Barbados Opposition Leader Mia Mottley.

Photo by George Alleyne

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Double payment



Sir Hilary Beckles.
Photo by George Alleyne

Continued from Page 1

reparations to former slave owners in what is clearly a cruel fate of irony. But London is reluctant to compensate their fore parents for slavery.

“This transfer of public money to the private holders of the slave bond makes it a present day activity. It also implies that the 300,000 West Indian people who have been living in Britain, their taxes were being used to pay back the slavery loan, which suggests that you are speaking of a double payment,” Beckles said.

Countering the argument that slavery is an old issue, he now is contending that the revelation in the tweet makes this “a present day issue. We consider this to be an immorality. It is the greatest act of political immorality,” said the vice-chancellor of the University of the West Indies. For more than 180 years, London had been quietly forcing its citizens, including those from the Caribbean, to repay the slavery abolition loan.

The issue could be discussed at this week’s leaders summit in Haiti. Governments have already hired a British legal firm which had won millions for Kenyan tribesmen who were mass murdered by British soldiers in the colonial era to fight its case. The clear advice from the team is that the region has a very

strong case.

So letters of demand to discuss the issue and payments have already been sent to Britain, Spain, France, Portugal, Denmark and The Netherlands. Some have signaled a willingness to talk, while some have not replied. The region could take the case to the World Court if Europe fails to act in two years.

Sir Hilary had also hinted that someone at the British Treasury might have mistakenly posted a tweet on Feb. 9, indicating that “millions of you helped end the slave trade through your taxes,” noting that this was the type of lawless and immoral confirmation that the region needed to help boost its case. Calculated today, that Sterling 20 million would be equivalent to 15 billion pounds.

Protecting immigrants

Continued from Page 1

riguez and other protesters stood in the street in an attempt to stop the vehicle, AM New York said.

It said police began making arrests when the protesters refused to move onto the sidewalk.

In addition to disorderly conduct, Rodriguez was initially charged with obstructing an emergency medical service, reckless endangerment and resisting arrest. Those charges were dropped during his court appearance Wednesday, a spokeswoman from his office said.

Rodriguez said he decided to plead

guilty so that he could continue to focus on fighting for immigrant rights, rather than dealing with a trial.

“I want to ensure all my energy is focused on unapologetically fighting for immigrants, lifting their contributions, and keeping families together,” he said in a statement. “A protracted trial process would take away from the urgent work in protecting immigrants that needs our full attention.”

Williams on Wednesday said Ragbir remains in the country partly because of their protest and arrest.



New York City Councilman Ydanis Rodriguez, (third from left) pleads guilty to disorderly conduct over the detention of activist Ravi Ragbir (right).
NYC Council / William Alatrste

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This event is made possible through the generosity of the New York City Council of Autism Awareness Initiative and in partnership with Sinergia

Educating and empowering African-Americans about end-of-life care

By Brandi Alexander

As we celebrate Black History Month, one of our goals should be to change the history of African-Americans like my father enduring needless suffering when we die because we don't prepare for the inevitable end of life.

When my father's cancer came out of remission in 2010, he declined in a matter of months. I had never had one conversation with him about his end-of-life care goals, preferences and values, so he suffered terribly during his last days. My family spent so much time fighting over what we thought he wanted, when in reality, none of us knew what he really wanted. That experience taught me not only the importance of these discussions, but also how much of a need there is for us to start planning early, before a time of crisis.

Unfortunately, African-Americans are less likely to complete advance directives or have conversations with our families and healthcare providers about our end-of-life care goals, preference and values, according to a 2014 report in the American Journal of Preventive Medicine. It is critical that our community begin focusing on advance care plan-

ning about the end-of-life care options, including educating ourselves about the value of hospice and palliative care.

The sad truth is that we suffer from higher rates of healthcare outcome disparities caused by smoking, obesity, hypertension, heart disease, and cancer. By not having frequent conversations about end-of-life care options early, to prepare before a health emergency occurs, people of color often opt for aggressive, futile medical treatments that only prolong an agonizing dying process. African Americans are less likely to access comfort care, hospice and palliative care to maximize the quality of remaining life.

In fact, while representing more than 13 percent of our nation's population, according to U.S. Census data, but yet we account for only 8 percent of hospice users.

Unlike many of the other disparities that impact the community, this is one we actually have some control over. It starts with having a conversation. Unfortunately too many of us are not having discussions. In fact, 20 percent of African-Americans have not talked to anyone about end-of-life care, according to research conducted by the Duke Divinity School and the National

Continued on Page 14

Protect our schools!

By Albert Baldeo

"The purpose is clear. It is safety with solvency. The country is entitled to both." -U.S. President Dwight D. Eisenhower

"Never send to know for whom the bells tolls; it tolls for thee..."-John Donne

"America has a right to the Second Amendment, but the people of America have a right to safety and the prevention of gun violence in their community"- Congresswoman Sheila Jackson Lee

Many parents have called the Baldeo Foundation for assistance in eradicating violence in our schools, from putting an end to bullying, assaults, threats and mass killings. Others are concerned about their right to be accepted in our public schools.

All kids living in the United States have the right to a free public education, even if they are in this country illegally. They still have the fundamental right to go to public school. Moreover, our Constitution requires that all kids be given equal educational opportunities, no matter what their race, ethnic background, religion, or sex, or whether they are rich or poor, citizen or non-citizen.

Mass public shootings are on the rise, and schools are the most vulnerable targets. Dogma and litigation concerning Second Amendment rights and the proliferation of arguments for and against by influential and vested interests should not delay further protec-

We can no longer take the pain and suffering of our kids being hunted and shot to death for granted-not in our schools or elsewhere.

tive actions. Parents have an important stake in their children's safety, and are rightly concerned that the violence in our schools curtails a proper public education, and hence, are in breach of their fundamental rights.

We can no longer take the pain and suffering of our kids being hunted and shot to death for granted-not in our schools or elsewhere. Enough is enough!

The Florida high school shooting that left 17 dead is merely the tip of the iceberg. It must be the last incident.

The city, state and federal governments have the duty to protect our kids, including while in school. Far too many children have been murdered and bullied in our schools throughout the United States. Funding for this basic protection must be found from the taxes we collectively pay.

This is not the time for bickering, grandstanding and partisanship. It is time for our leaders to rally together to protect our children's lives. We can no longer measure the costs of our children's lives in dol-

lars and cents. Use our tax dollars for this purpose.

We should start off by placing trained, armed police officers on site at every school. It will also serve as a deterrent to would be murderers, terrorists and bullies in our 6,700 public and private school buildings. There are about 4,500 school buildings in the 733 public school districts across the state, while private schools have about 2,000 buildings.

Willing educators can also serve in a similar capacity. New York City's enhanced security measures for the city's 1,800 school buildings, which include active shooter drills to be held by mid-March and random screening by metal detectors at all middle and high schools, should be implemented across New York state.

These interim measures need to be tried, while more permanent solutions thought out. The stakes are too high not to do so.

Note: Albert Baldeo is a civil rights activist and community advocate, and his political efforts placed previously ignored communities on the political and economic map. As the president of the Baldeo Foundation and Queens Justice Center, he has continued to fight for equal rights, dignity, justice and inclusion in the decision making process. He can be contacted at the Baldeo Foundation: AlBaldeo@aol.com or (718) 529-2300.



Founded 1990 • Published by Community News Group
Corporate Headquarters: One MetroTech Center North, Suite 1001, Brooklyn, NY 11201



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Students gunning for March March

“They messed with the wrong ones,” an alum of Florida’s Marjory Stoneman Douglas High School said recently during a fundraising event held here for the victims of the shooting that left 17 dead.

Vowing to change or revise a conversation about gun control, the fired up patron joined graduates of the Parkland community institution to raise moneys and also endorse a March 14 national student walkout at schools but mostly to promote the March For Our Lives protest rally slated to be held in Washington D.C. on March 24.

Angered after 19-year-old Nikolas Cruz, a troubled former student at the school confessed to assassinating his former schoolmates and a coach using a legally-purchased AR-15 semi-automatic rifle she expressed determination to wage war against the National Rifle Association, elected officials, and supporters of the sale of assault weapons.

Ready to join half a million students and supporters of the national anti-gun demon-



Inside Life

By Vinette K. Pryce

stration she is mobilizing with a delegation from New York to convince Congress of the urgency of their action.

No one had ever issued such a declaration – not after mass killings of 49 party-goers to a gay night club in Orlando, Florida, 58 country music lovers in Las Vegas, nine, Blacks worshippers at a Charleston South Carolina Church, 20 first graders and six adults in Sandy Hook, Connecticut, 15 high school-aged students at Columbine, Colorado, 32 students and faculty at Virginia Polytechnic and all the tragedies that have shamed the most boastful country for being the leader of the free world, the most powerful and most Democratic.

Issuing an ultimatum to detractors of a campaign to end random shooting, the make and sale of assault weapons at

gun shows and also reprimand and penalize enablers, students are also meeting in towns, cities and states to use the date to convince the president of the United States to rebuke the NRA and spare the nation’s children.

Emma Gonzalez, a current student at the southern institution captured worldwide attention when she called for a public student protest. Addressing a crowd, she delivered a powerful speech assailing President Donald Trump. She accused him of accepting hefty multi-million-dollar donations from the gun lobby to fund his campaign.

Like her like-minded New York sympathizer, she too promised to strive to make her school the location for “the last mass shooting.”

In making the vow, the 18-year-old urged politicians to



High school students Mia Arrington, center, 18, of West End, and Cheyenne Springette, right, 17, of Mt. Oliver, lead chants as they march down Liberty Avenue during a walk-out in solidarity with other high schools across the country to show support for Parkland, Fla, students on Wednesday, Feb. 21, 2018, in downtown Pittsburgh.

Stephanie Strasburg / Pittsburgh Post-Gazette via Associated Press

join a conversation about gun control.

“We want to give them the opportunity to be on the right side of this,” she said. In addition to challenging President Trump, Gonzalez

Continued on Page 14

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Urgent initiative for politicians

Continued from Page 11

cited the need for cooperation from Florida's Republican elected representatives Sen. Marco Rubio and Governor Rick Scott.

Rubio, a former presidential hopeful has attracted criticism for accepting millions in political help from pro-gun groups, has since posted on social media that he would participate in the protest.

Singling out links between politicians and the powerful gun advocacy organization, Cameron Kasky another student said any politician "who is taking money from the NRA is responsible for events like this" and should be held accountable.

They are "fostering and promoting this gun culture," Kasky added. The students seek "a new normal where there's a badge of shame on any politician who's accepting money from the NRA."

The fact white supremacists have been waging war against individuals and groups they hate and feel compelled to eliminate by indiscriminately shooting into mass gatherings is an urgent initiative politicians she is convinced should be fixing.

Kasky initiated the fundraising campaign to aid what is expected to

be a massive movement. She said the money will go towards the organizing process required as well as contribute to the victims' families.

Her statement caught traction with power couple George and Amal Clooney.

The actor and his wife pledged to donate \$500,000 to the cause.

"Amal and I are so inspired by the courage and eloquence of these young men and women from Stoneman Douglas High School," Clooney said in a statement.

"Our family will be there on March 24 to stand side by side with this incredible generation of young people from all over the country, and in the name of our children Ella and Alexander, we're donating 500,000 dollars to help pay for this groundbreaking event. Our children's lives depend on it."

Movie director Steven Spielberg did the same with film producer and Jeffrey Katzenberg, former CEO of DreamWorks Animation matching that amount.

Media mogul Oprah Winfrey followed her rich colleagues by donating another half a million.

She said students represented "inspiring young people" and that they reminded her of the Freedom Riders of the 1960s.

In less than 24 hours, major celebrities joined thousands of people all over the world to raise more than three million dollars for the march.

The United States has more mass shootings than any other country in the entire world. That's a fact.

No other developed nation comes close to the rate of US gun violence. Americans own an estimated 265 million guns, more than one gun for every adult.

Reportedly, Americans are more likely to die from gun violence than many leading causes of death combined tallying approximately 11,000 people in the US killed in firearm assaults each year.

"Studies indicate that the rate at which public mass shootings occur has tripled since 2011. Between 1982 and 2011, a mass shooting occurred roughly once every 200 days. However, between 2011 and 2014 that rate has accelerated greatly with at least one mass shooting occurring every 64 days in the United States."

Often employing assault weaponry killers achieve maximum casualties with the ammunition's rapid dispense of bullets targeting unarmed and unsuspecting victims.

Catch You On The Inside!

Make end-of-life-wishes known

Continued from Page 10

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Every individual has a responsibility to lead by example on healthcare issues, so I challenge you to start having conversations today, with your personal networks and your healthcare professionals. Complete an advanced directive and identify your power of attorney, the person who will make decisions for you in the case that you can not speak for yourself. The most loving thing you can do is to make your wishes known to your

loved ones, it provides peace for all involved.

Tomorrow is not promised, so whether you want every treatment option available or none at all, it's imperative to make sure it is clear to those who matter to you the most. Start this process by visiting Compassion & Choices website page, compassionandchoices.org/plan-your-care, where one can access state-specific advance directives and find other resources and tools to help, free of charge.

We even offer a diagnosis decoder that generates questions for physicians

specific to a particular illness. Educating and utilizing these resources will not only empower you, it will also have a positive and lasting impact on our community as a whole and the way we experience end of life. Remember...talking about death will not kill you...advocate for yourself!

Brandi Alexander is the national constituency director for Compassion & Choices, the nation's largest, oldest and most active nonprofit organization dedicated to expanding and improving patient-driven, end-of-life care options.

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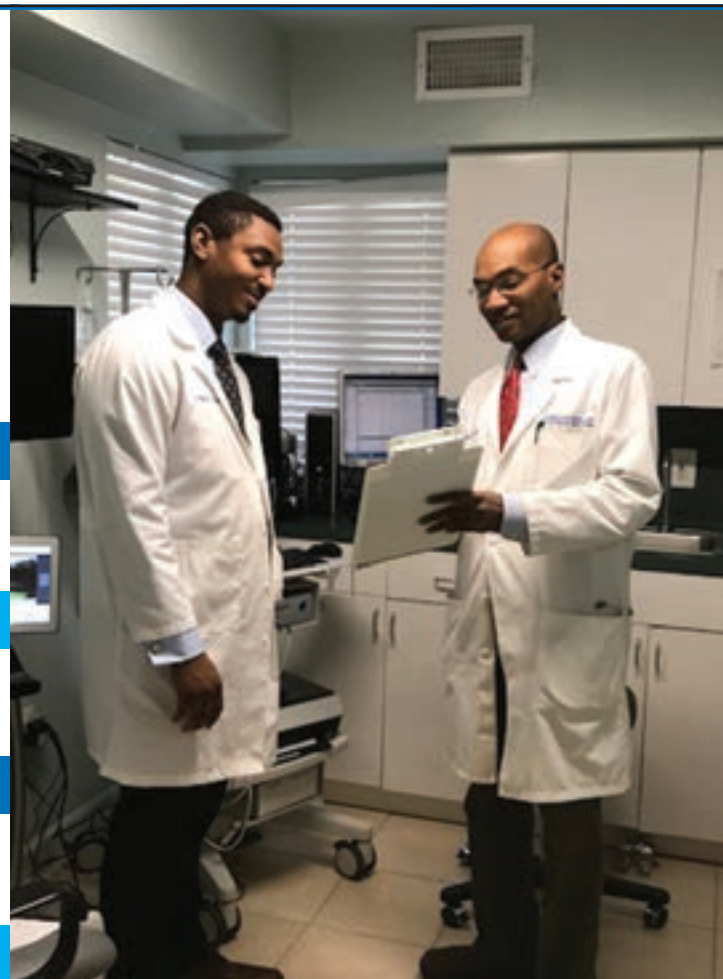
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CARIBBEAN ROUNDUP

Continued from Page 4

(UNC) said the Trinidad and Tobago government had destabilized the country with its lack of information sharing in the face of the admission from Prime Minister Dr. Keith Rowley that there is an ISIS terror cell in Trinidad and Tobago.



MP Dr. Roodlal Moonilal said when the prime minister was questioned in the Parliament on the alleged plot to disrupt Carnival last week he continued to be vague saying

that it was a threat to disrupt the recent carnival.

He said the fact that Rowley, the police, or the US Embassy shared any details of the threat fueled fear among citizens.

"The lack of response and transparency will fuel fear and the government is guilty of destabilizing the national community on this matter," Moonilal said.

A total of 15 suspects who were detained by the police in connection with the terror plot have all been released.

- Compiled by Azad Ali

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Brooklyn church mourns retired nurse

By Nelson A. King

A Vincentian-born nurse was mourned Sunday, Feb. 11, at a two-hour-long service at Fenimore United Methodist Church in Brooklyn.

Despite the rainy weather, mourners paid their last respects to Louise Cole, a licensed practical nurse (LPN), who died on Feb. 1. She was 85.

"Louise was ambitious and had a strong interest in education," cousin Anita Wiggins told mourners. "I remember when she decided to go back to school to become a nurse. She would be a mature student, but that didn't deter her.

"I was proud of her and her ability to stay focused," said Wiggins, who met Cole in Barbados when Wiggins was 11 years old. "From the day I met her, I felt there was something special about her.

"As years went by, I discovered that something special was her unconditional love for her family," added Wiggins, in her lengthy tribute, who also read the obituary.

She said Cole never stayed angry with any family mem-

bers for too long.

"If someone upset her, she would express frustration," she said. "But, if that person needed her, she would be there for them.

"Her expression of love for her family extended to her cousins, too," Wiggins added. "She was like a big sister to me. Louise showed me and my family so much love."

One of Cole's nieces, identified only as Denise, 24, also said Cole was very loving and caring.

"If I go to her house, she would ask, 'where is my boy [Denise's 4-year-old son]," she said. "Auntie Louise was that joy."

An unidentified nephew said Cole loved gardening, disclosing that her backyard garden in Brooklyn was "turned into a jungle.

"That garden is how she dealt with the struggles of life," he said. "Her garden was her sanctuary. Her cooking was her sanctuary."

Niece Deidre Alexander said "this has been a particularly trying time for the family," with the loss of family mem-

bers in relatively quick succession.

"I think I realize how stylish she was – the hat, the jewelry, the coat," Alexander said about her late aunt.

"Aside from her epic New Year's dinner, it was those dresses that I'll have fond memories of Auntie Louise," she added.

Cole was born on Jan. 7, 1933 to Dorcus and Eli Cole in Evesham, in the Marriaqua Valley, in St. Vincent and the Grenadines. She was the first of four children in the union.

At an early age, Cole migrated to Aruba, in the Dutch Caribbean, with her parents, where she spent her formative years and attended elementary through high school.

According to the obituary, Cole was a devoted member of the Methodist Church in San Nicholas, Aruba's second largest town, where most immigrants from the English-speaking Caribbean reside. At the church, she taught Sunday School and was a member of the Girls' League.

In December 1954, Cole returned to St. Vincent and the Grenadines and continued her



Anita Wiggins eulogizes Louise Cole. Photo by Nelson A. King

church activities at the Evesham Methodist Church, where she also taught Sunday School, and became a Class Leader and member of the Women's League.

On Jan. 1, 1961, at 27, Cole migrated to Brooklyn, where she lived until her death.

In her early years in Brooklyn, she worked in a factory and then pursued nursing, working in private duty until retirement.

Cole continued her devotion to Methodism in Brooklyn, and was a member of Fenimore Street United Methodist Church and St. Mark's United Methodist Church.

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Using mobile phones

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

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

Daydreaming

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

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

Eating

Those who haven't quite mastered walking and

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

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

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

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Media runner: Empress Lanice's entrepreneurial spirit

By Alexandra Simon

A Crown Heights entrepreneur is making big moves in her industry. Public relations director Jessica Lanice Chalmers, who goes by the name Empress Lanice is the founder of Tha L. Spot productions, a public relations and marketing agency. Now the 28-year-old who is of Monserratan descent, is pursuing more lanes in her career path with her television show, and the launch of her own magazine.

Chalmers studied at Hofstra University in Long Island. But she first dabbled in public relations as a student at the Borough of Manhattan Community College. She excelled in her publicity courses and realized it was her forte because she found much enjoyment in the field, she said.

"I loved writing the press releases and reaching out to the media — that's why I specialized in media because I love telling my clients' stories and hoping to get them placement," said Chalmers. "I used to go on press runs making sure I was getting clients as much publicity as I could position."

After graduating, she was inspired to start her own company, Tha L. Spot, to represent the artists and entertainers she liked working with.

But another big venture aside from her company was co-creating the millennial-centric talk show that discuss-



Entrepreneur Jessica Lanice Chalmers, who goes by the name Empress Lanice, runs her own public relations agency, co-created a television show, and now runs a a digital and print magazine.

Omar 'DaJeaniusCeo' Thomas

ers topics catering to young New Yorkers. It debuted last year, with Chalmers and two friends as hosts, and is currently on its second season.

In its first season, Chalm-

ers says a lot of viewers were happy to discover her show and instantly became big fans.

"People really love the concept and the various subjects that we talk about, and a lot

of feedback I've been getting from people is that they enjoy these conversations," she said.

Now it is up for Bric's people's choice B Free Awards, which ends voting on March 24.

(<https://www.bricartsmedia.org/events-performances/vote-b-free-awards-peoples-choice-2018>)

For season two, Chalmers retired her on-camera involvement with the show, added two new hosts, and will now work behind the scenes with production. With more time to focus on other projects, she followed that up by furthering her brand with the recent launch of Tha L. Spot magazine.

The monthly print and digital magazine brings content usually available on its website, and makes them accessible to readers who are not up-to-date with what is posted online. She adds that this verge will help her stay on track with her readers and other projects such as her annual fall concert at the Roulette in Boerum Hill.

Chalmers said that despite becoming a self-sufficient entrepreneur, she was not always certain about the direction her career would go and she advises other young people in her generation to never think there is a time limit on reaching your goals.

"To be honest, I didn't see myself doing this in college and high school. I took a year off after high school and delved into real world. It wasn't then that I knew what I wanted to do," said Chalmers.

"It's never too late to pursue something especially when it's a long term passion, but now I'm doing my own thing and I didn't have the confidence then, that I have today."

SMALL BUSINESS RESOURCES

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Small Business Services - Empire State Development New York

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

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

2013 New York, NY Small Business Resource

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

Business Resources: Internet Bibliographies: New York State Library

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

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

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

manhattan.about.com/od/careersjobs/a/nysmallbusiness.htm

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

Your Money New York - Help and Resources for Small Businesses

www.yourmoneynewyork.com/help-resource/smallbusiness/index.php
This section of Your Money New York is designed to help small business owners – and New Yorkers interested in starting a small business.

Small Business Resources - The Business Council of New York

www.bcnys.org/inside/smallbusiness.htm

Capital Business Blog - Read about the issues.

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Centenarian Mitchie James still going strong

By Nelson A. King

Many may assume that an individual who lives to attain the “full and ripe” age of 100 would likely be feeble, bed-ridden and / or has lost most of his / her faculties. Well, Mitchinson “Mitchie” Maurice James is the opposite.

The Vincentian-born, retired sergeant in the Royal St. Vincent and the Grenadines Police Force (RSVGPF), who turned 100 on Jan. 27, is alert as ever — still relatively active — and has no medical complications whatsoever.

“I’m glad to reach 100 and have my children, great grand-children, grand-children around to celebrate this milestone,” said “Uncle Mitchie,” as he is affectionately called by relatives and friends, in a Caribbean Life interview at his home in East Flatbush, Brooklyn.

“My daughter [Hazel] does the cooking and everything,” he added. “She washes my clothes; and, when the others [children] come from St. Vincent and the Grenadines, they do it [help out with cooking and other chores].”

Until a few months ago, James said he “used to go to the kitchen to cook, got up in the morning and do my own coffee,” but added that Hazel [Morris], an employee at nearby Kingsbrook Jewish Medical Center, has forbidden him from cooking or making his own coffee.

James, who resides with Hazel, was the toast of a gala birthday celebration, at the Friends of Crown Heights Educational Center, when he turned 100, on Jan. 27.

He said relatives and friends came from afar for the event — Toronto, Canada; London, England; Philadelphia, Pa; Long Is; St. Vincent and the Grenadines, among other places.

Another daughter, Gail James-Davis, a retired vice dean at the St. Vincent and the Grenadines Community College Technical Division, trekked from home for the grand celebration.

“It’s special, it’s extraordinary,” said James-Davis. “Not many people are so privileged [to reach 100 years]. It’s an awesome milestone, and we thank God for that blessing.”

James attributed his longevity to a number of factors — genetic, eating habits and lifestyle.

Though his mother, Adina James, passed when he was only five months old — he was raised by his elder sister, Eulyne James — James said his father, Weston James, went to the Great Beyond in his 90s.

James said most of his siblings — five brothers and two sisters — died in their 90s, as well.

As a boy growing up in the interior village of South Rivers in the North Central Windward constituency in St. Vincent and the Grenadines, James said he was very active in sports, particularly cricket. He was a middle order batsman and leg-spin bowler.

James said he continued those roles during his 22-year career in the RSVGPF.

He said river fish — suck stone (sucker), mullet, macock, cray fish, among others — and root and other vegetables sustained him, and many others in the small village, as a youth.

“In those days, we had lots of breadfruit, bananas and river fish [to eat],” he said.



Mitchinson “Uncle Mitchie” James flanked by his daughter, Gail, (right) and great-niece Daphne James, a registered nurse.
Photo by Nelson A. King



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Jamaican students compete in robot competition

By Alexandra Simon

The sole Caribbean country represented in a premier robotic competition advanced in a qualifiers contest two weekends ago. The boys of Jamaica College moved forth in the First Tech Challenge (FTC) qualifiers on Feb. 16-17, and won first place award in the finals — the East Super-Regional Championship Tournament on Feb. 25.

The group of 11 students and a team of three advisors took on the competition, entering two robots in the two-day qualifier — The Blue Bots and The Grifins. The latter robot won a second place finalist alliance captain award, and the first place award at the championship, and the team could not be happier, said the president of the school's New York-based alumni group.

"They are elated. When they saw what the robot was able to do and doing it in a competition for the first time — it was a really exciting accomplishment," said Carl Bennett of the Jamaica College Old Boys Association of New York. "It was fantastic and they are certainly proud of themselves."

He adds that even with adver-



One of the team's robots used in the competition.

Jamaica College Old Boys Association

sity, the boys made due with limited resources to enter in a competition the school has competed in for more than a decade, and breeze through. As part of the competition's judging, evaluators also look at the handbook to using each respective teams robot.

"Every team has to present their engineering book on how their robot was designed, what it can do, and how they came



Next round: Students from Jamaica College do Usain Bolt's signature pose after moving forward in the FTC Qualifiers robot competition two weeks ago.

Jamaica College Old Boys Association

up with the idea, but we don't have the budget like other major schools, so the kids really improvised this year," said Bennett.

The kids instead used other objects to complete their robots, such as using an umbrella metal to substitute an arm, and other household items for buttons.

"There was a lot of creative

thinking involved. The robots we have are not the most high-powered but their functionality is reflective of the hard work," added Bennett.

The team will compete again in the Super Regionals at the University of Scranton in Pennsylvania on March 16-18, and if they advance they will move on to the World Championship in

April. With major support from Jamaican leaders back home, Bennett said the team was confident.

"They are really inspired by this movement in Jamaica — the former prime minister and some members of the government and ambassadors, are all sending them congratulatory support," said Bennett.

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Barbados minister calls for more TV licences

By George Alleyne

In probably the first statement from this administration suggesting that television broadcast licences should be liberated on the island, Minister of International Business Donville Inniss said the state has no place in media operations, but should be providing only the regulatory environment.

Against the backdrop of only one TV broadcast licence being permitted in Barbados since independence in 1966, Inniss on Tuesday called for an issuing of multiple television broadcast licences and a rethinking on the role of the state-owned and sole licensed TV company, Caribbean Broadcasting Corporation.

“Any modern democracy places great emphasis on an independent media; on ensuring there is a very clear mechanism in place for granting of licences to operate media house,” he said, adding, “if we wish to give television licences to others, give them. Just ensure that they have the right

environment”.

In what is regarded to be somewhat of an irregularity for this island as a developing country solid in, and renowned for, practices of democracy, successive Barbados governments have never seen it fit to open TV broadcast licences to private enterprise.

TV broadcast licences are subject to approval of the relevant minister of government.

Inniss said, “the state needs to focus more on creating and maintaining the best regulatory environment that covers all types of media in Barbados, and all types of media houses, and not necessarily lock itself into just the ownership and operation of a few media houses”.

The business and commerce minister found reason for these statements in Parliament where Government was seeking, and obtained, approval to grant CBC Bds\$9.2 million (Bds\$1 = 50 cents US) to help it pay mounting outstanding debts.

While devoting much of its

broadcast content to political information suitable to the government of the day this state-owned TV station has for many years been challenged with financial sustainability and is currently in debt to the tune of over Bds \$106 million.

But in a show of the strong political hand that guides operations of that entity, its management had last year refused an offer of payment from the Opposition Barbados Labour Party to run a delayed annual conference broadcast despite being heavily in debt.

That refusal of paid broadcast time in October of last year prompted BLP General Secretary, Jerome Walcott, to say, “apparently CBC a Barbadian station, financed by the tax payers of Barbados, which should be operating for all Barbadians seems to have a recurrent problem with the requests of this country’s main Opposition party the Barbados Labour Party”.

Implying that if Barbadians elect his party into government in the coming elections the granting of TV licences would



Barbados Government Minister, Donville Inniss

Photo by George Alleyne

be liberated, the BLP official said at that time, “the longest day must come to an end and eventually the people of Barbados will determine the fate and future of the CBC”.

With elections constitutionally due no later than the first

week of June, and a mood swing evident in statements from both leading political parties, the fate of CBC may be one of elimination while Barbados sees the rise of private TV stations for the first time in its 52-year history as a nation.

Zimbabwe honors Bob Marley with statue

By Vinette K. Pryce

A monument to Robert Nesta Marley has been approved by the Marley family and will be erected in Zimbabwe, the only African nation he performed during his brief lifetime.

Reportedly permission was granted by the Marley estate to erect a statue in honor of the singer, musician and cultural icon acclaimed to be the first Third World superstar.

Marley performed at Zimbabwe’s independence celebrations in 1980 when Robert Mugabe replaced the all-white governance that ruled for generation.

Prior to his arrival and performance, the Rastafarian icon 1978 and in honor of the long struggle to self-rule by the Southern African nation composed a song called “Zimbabwe.”

“Natty dread inna Zimbabwe” chorused an anthemic reggae hit which was reportedly echoed during the war by soldiers who fought against British colonial rule.



Jamaican Reggae singer Bob Marley performs on stage during a concert in Bourget, Paris, on July 3, 1980.

Associated Press / Str, File

The statue whose design is still not decided will be placed at the Rufaro stadium in the capital city of Harare where Marley performed.

According to an article in Africa News, the statue will be bronze, eight meters and constructed and sculpted by two South African artists, Andre

Prinsloo and Ruhan Janse Van Vuuren. The pair also created a Nelson Mandela statue which is located at the Parliament-Union Buildings in Pretoria, South Africa.

Allegedly, before construction the Marley estate will have to approve the plans.

Marley died of cancer at age

36 March 11, 1981.

His 73rd birthday was marked on Feb. 6 by numerous concerts in Jamaica and cities throughout the world.

Also making news is the Feb. 6 birth date announcement that a new film described as “an animated musical love letter to Marley is in the works.”

According to a press release, the animated film will feature many of the reggae icon’s music and will be written and produced by Kenya Barris, acclaimed for the hit television show “Black-ish” and the box-office movie “Girls Trip.”

The project is being written and produced by Barris and intended to be “an animated musical love letter to Marley’s legendary music and to the people of Jamaica.”

Producer of the film include Cedella Marley, the eldest daughter of Bob and Rita Marley.

“My father has inspired art and artists around the world and I’m excited to embark on a new creative venture that

highlights his incredible music.”

“We are thrilled to work with Kenya Barris and David Blackman on this project as well as a Fox Animation who gave us this platform to introduce a new generation to my father’s music.”

Now in its development stages, the film is still untitled but will be released in collaboration with Universal Music Group’s Polygram Entertainment and Twentieth Century Fox Animation.

“As we continue to ramp up and diversify our slate of films at Fox Animation, we are thrilled to be working with Cedella Marley, Kenya Barris and Polygram Entertainment on this project,” Andrea Miloro and Robert Baird, co-presidents of Fox said.

“In doing so, we not only have the opportunity to build new relationships for the studio, but we get to tell a story, inspired by the music of Bob Marley, one of the greatest music legends of our time.”

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Police Chief: Our great diversity brings us together

By Tangerine Clarke

Commissioner of Police, James P. O'Neill told a large gathering of black police officers - "our great diversity brings us together in a beautiful way, and makes us a much better, stronger police department."

The head of the New York Police Department lauded the hundreds of black officers including Caribbean-Americans nationals, for their dedicated work, during his remarks on Feb. 21, at the Annual NYPD Black History Month celebration, in the auditorium of 1 Police Plaza.

"You are not only representing your heritage, but the interest of your members, that is important," he told the police officers.

O'Neill credits the hard work and sacrifice by law enforcement for the overall drop in crimes, applauding them for keeping families together who didn't have to grieve, and saving lives.

"It is hard work but the only way we can get through this is by working together," he said

"I am proud to be here tonight happy. I am proud to

be the police commissioner. Have a good time, go back to work, keep the city safe, and keep the department safe," said O'Neill who has today, served 35 years in law enforcement.

The decades-old NYPD Guardians Association, a fraternal organization, that has been at the forefront fighting discrimination within the NYPD, celebrated with National Organization of Black Law Enforcement Executive (NOBLE) and Africa Law Enforcement Organization (ALEO), also, Guyanese America Law Enforcement Association (GALEA), (Dept. Inspector Rhonda O'Reilly-Bovell, President), and the Haitian American Law Enforcement Fraternal (HALEFO) (Kidert Jean-Mary, President, NYPD, Ret.)

The hours-long BHM 2018 event, included the themed video presentation "We are the NYPD" that showcased the work and missions undertaken to enhance the lives of citizens in their communities, narrated by presidents of the various groups.

Performances by the Guardians string band, Lieutenant



Guyanese-Americans NYPD officers are pictured against the Guyanese American Law Enforcement Association's (GALEA) NY Chapter banner. Front row PO Khyum Khan, Deputy Inspector, Rhonda O'Reilly, President, Consul General of Guyana, NY, Barbara Atherly, Senator Roxanne Persaud, and others.

Photo by Tangerine Clarke

Acu Rhodes and Police Officer Charles Mack, Haitian-born Joycelyne Dorisme, Guyanese drummer Jeggae, and the Guardians Association Gospel choir were the high point of the evening.

The commemoration began with a ceremonial salute, followed by the National Anthem

of America, the Negro National Anthem, invocation by Bishop Victor A Brown, and welcome and introduction remarks by Detective Felicia Richards, president of the NYPD Guardians Association.

The Benediction by Rev. Dr. Barbara Williams-Harris, made way for a lavish reception that

served cuisine from various countries.

Senator Roxanne Persaud, Consul General of Guyana, NY, Barbara Atherly, and other police top brass, Deputy Police Commissioner, Benjamin Tucker, Chief Terence Monahan, Chief James Secreto and Chief Nilda Hofmann also attended the event.

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Publication date 03/02/18. Offers expire 24 hours after publication.

Kings County physician named 2018 Presidential Leadership Scholar



Dr. Robert Gore.

Kings County Hospital

By Nelson A. King

Kings County Hospital (KCH) in Brooklyn says Dr. Robert Gore, a physician in the Emergency Department (ED) has been named to the 2018 the Presidential Leadership Scholars Program, a partnership between the presidential centers of George W. Bush, William J. Clinton, George H.W. Bush.

The hospital said Dr. Gore was selected by the prestigious leadership training program for developing and implementing the Kings Against Violence Initiative (KAVI), a youth violence prevention program.

The Presidential Leadership Scholars Program was designed to cultivate a diverse network of leaders who are capable of addressing our nation's most pressing challenges, KCH said.

Over the course of six months, it said the executive-style education series provides mid-career professionals with the opportunity to

learn from former presidents, key administration officials, respected scholars and academics.

"I feel fortunate to be able to participate in the Presidential Leadership Scholars Program and represent the Kings Against Violence Initiative and NYC Health + Hospitals/Kings County," said Dr. Gore. "This is a great opportunity to rewrite the narrative on youth violence and promote social change while working with thought leaders from across the country, including past presidents."

In addition to his roles at KCH, Dr. Gore, a Brooklyn native, serves as an assistant clinical professor of emergency medicine at SUNY Downstate.

Founded in 2011, the Kings Against Violence Initiative provides participating youths with academic support, mentoring, and the development of advocacy skills.

The program also engages adults to assist in support of

participating youths, as well as their families, KCH said.

It said Dr. Gore continuously seeks new ways to build the program, "and his appointment to the Presidential Leadership Scholars Program is expected to provide new ways to build on successes already achieved."

"We congratulate Dr. Gore on his acceptance into this elite program," said KCH chief executive officer Sheldon P. McLeod. "His steadfast commitment to cultivating the growth and spirit of the youth in our community is commendable."

"Under his stewardship, the Kings Against Violence Initiative has provided a nurturing environment that promotes a positive outlook and engages our youth in activities that help them to thrive and become productive adults," he added. "NYC Health + Hospitals/Kings County will continue our tradition of standing with Dr. Gore to support KAVI and its

mission to enrich the lives and health of the youth and families in our communities."

KCH said this is not the first recognition for Dr. Gore's work

leading the Kings Against Violence Initiative. Most recently, in 2017, he received the Distinguished Community Service Award from the United Hospital Fund.

Grenada main opposition party ready for March 13 election

By Nelson A. King

The main opposition National Democratic Congress (NDC) in Grenada say it has nominated "capable, serious, independent-minded" candidates in all 15 constituencies for the March 13 general elections.

The NDC said the "team of professionals" are committed to "putting people first."

"Our team is a combination of experience and youthfulness — new ideas and veteran wisdom," said NDC Leader V. Nazim Burke in a statement. "The men and women who have joined our team come from all walks of life - business, agriculture, government service, trade unions and academia. They are united in the belief that we need to create more jobs and opportunities for our people."

"From our 20-something year old candidates like Tevin Andrews and Ali Dowden with plenty of new ideas and energy to wise veterans like Dr. George Vincent and Franka Bernardine who have the experience necessary to ensure they're ready on day one, our team is the right mix of experience and youth,"

Burke added.

"Our champions in St. Patrick, Joseph Andall and Cecilia Ann John, will work to bring development and make sure there are proper health services in the area," he continued. "Our team for St. Andrew's — Phillip Alexander, Terry Hillaire, Sylvester Quarless and Patrick Simmons - will make sure that Grenville and the surroundings aren't forgotten, and that the parish becomes a true jobs engine — creating opportunities for young people in those areas."

In St. Mark, Burke said Jerome Thomas is an "independent-minded voice of the community, and in the Town of St. George, Claudette Joseph is from the area and cares deeply for the people."

"And, in St. George South and St. David, Ray Roberts and Adrian Thomas know that job creation isn't enough — that we have to build an opportunity society where everyone has a chance to succeed," the NDC leader said, stating that the campaign is engaged, and is about four things: jobs, healthcare, lower taxes and more opportunities.

"These are the most pressing

issues that need government's immediate attention," Burke said "It's no longer time to wait or make excuses; it's time to vote... for an NDC team that puts people first."

He said the 2018 campaign manifesto is about ideas and vision for creating jobs and opportunities for "our people and for improving healthcare."

"The NDC is inviting the public — for the first time in Caribbean history — to contribute substantively to the development of positive plans and ideas for the country," Burke said, disclosing that there is a comment string open on the NDC's Facebook page, where Grenadians are invited to share their positive policy ideas.

"We believe in listening to the people because we are a party that puts people first," he added. "This is the first time in the history of the Caribbean that a political party is using the Internet to invite the public to share their ideas and vision for consideration to become part of a political party's platform."

"I'm proud that we're putting people first not just through

words — but through deeds, by listening to the people and taking your ideas and opinions into account," Burke continued. "I invite the public to comment on our Facebook page with your ideas. It could be ideas on how to create jobs and opportunity - or ideas to improve the healthcare crisis we have in Grenada; or, ideas related to any other issue facing the people. I look forward to hearing from you online."

Forty-five candidates have been nominated for Grenada's parliamentary elections, slated for March 13, it has been announced.

Most of the candidates are in one of two political camps, the first being the incumbent New National Party; the second is the NDC. The NNP has also nominated 15 candidates for the general elections.

Five minority parties — Grenada Empowerment Movement; Progressive Party; Grenada Reconnaissance Party; Liberal Party; and the Grenada Progressive Movement — are also vying for seats in the forthcoming poll, as well as four independent candidates.

In an odd twist of fate, this year's parliamentary elections will not include a candidate from the minority Good Ole Democracy, or GOD, at the polls. The last time this has happened was in 1984, according to telesur.

Justin "Crow" McBurnie, leader of the GOD, said this is not the end of his political career "because Grenadians will still like to see me as prime minister of this country," telesur said.

In Grenada, elections are won based on the number of constituencies secured rather than the sum total of popular votes. Prime Minister Mitchell is confident that his NNP will be re-elected for a second, five-year term.

It's not clear why Mitchell scheduled the general election for March 13, the date holds a very special meaning to islanders, telesur said. On that day, in 1979, Maurice Bishop-led members of the New Jewel Movement (NJM,) in a bloodless revolution, which overthrew former Prime Minister Sir Eric Gairy. At the time, Gairy was on an official visit to the United States.

Party & Prom

GUIDE | 2018

Serving Face

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PROM RULES

TO PROTECT STUDENTS



Many schools are imposing strict restrictions on prom attendance. While administrators cite safety as the primary reason for such restrictions, many graduating students are not happy with the babying behavior.

For most prom-goers, the rituals for this special night include formal wardrobe, taking photos, riding together with friends, and the purchase of corsages or other small trinkets of affection. But many students now find they have to go through a checklist of potential don'ts before they can receive entry to the prom.

AGE LIMITS

Age limits are imposed on many things, including entry to movies and clubs, to purchase alcohol or tobacco products, and to obtain driver's licenses, to name a few. Such restrictions have, in many cases, been put in place to keep young people from engaging in risky behavior.

Students going to the prom may find that their school places restrictions on who they can bring as a date, especially according to age. Many schools set a cut-off where individuals age 21 or older are not allowed to attend. This is likely because it limits the chances of alcohol being introduced into the dance. Also, for legal reasons,

there may be restrictions on students under the legal adult age bringing someone older to the dance.

WARDROBE

Many young men and women may be following the fashion trends currently dictated by Hollywood and beyond, not all choices may be acceptable at school. In 2010, more than a dozen students at Oxford High School in Alabama were disciplined for dress code violations thanks to their choices in prom gowns.

Students may find dress code policies prohibit dresses that are above the knee, ones that show cleavage below the breastbone, or materials that are sheer or too revealing. Depending on the school, there also may be limits as to what girls and guys are allowed to wear, such as no tuxedos or suits for the girls and no dresses for the guys.

Schools that impose a dress code may mail home advisements of the policy, or it may be up to the students to find out the restrictions from administration.

ALCOHOL SCREENING

In an effort to prevent drunk driving injuries and fatalities, some schools have implemented alcohol screen-

ing procedures. Alcohol-related crashes are one of the leading causes of death come prom time. Also, alcohol is said to reduce people's inhibitions, which can increase risky behavior, such as having unprotected sex.

Students who attended the Saratoga Springs High School Prom in 2011 had to submit to an alcohol screening to prove they had not been drinking before entering the prom. Passive alcohol sensors as well as coat and bag checks were used prior to and during the dance to detect alcohol consumption. The school stated that the policy was put in place after two students were hospitalized and 21 were disciplined after engaging in underage drinking at a prior dance.

These are not the only restrictions some schools implement. Across the country, dates have been banned after criminal background checks turn up past misdemeanors. Some schools require parents prescreen potential not-from-the-school dates, or these students must be vouched for by their own principals.

Some students and parents say that these restrictions are beneficial for the safety of the classmates. Others argue it is a violation of personal rights. However, if the students don't agree with the policies, he has every right not to attend the prom.

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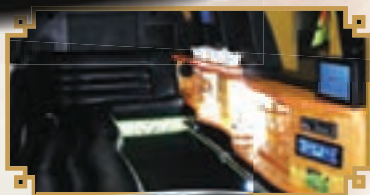
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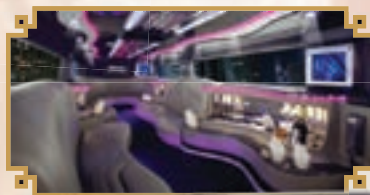
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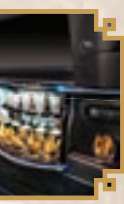
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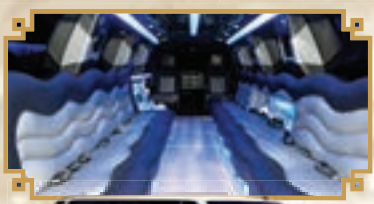
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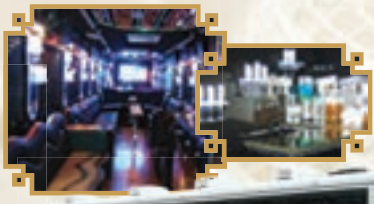
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How comfortable are your

SHOES?

Don't let your footwear ruin your big night

Most young women looking forward to prom or their Sweet 16 party are most excited about the chance to dress up and have their hair and makeup done. However, it can be difficult to be the life of the party or have fun at special events when uncomfortable footwear spoils the day.

For centuries, women have been renowned for the fashions they wear on their feet. But such fashion often comes with a steep price: pain. In fact, in ancient Chinese tradition, it was customary for girls' feet to be bound to inhibit the growth of feet and show off impossibly small shoe creations. The ideal length for a bound foot was roughly three inches. These small feet were seen as desirable and generally guaranteed a successful, wealthy husband.

Most women do not subject themselves to this sort of foot manipulations today, but there are plenty who squeeze into uncomfortable shoes in an effort to look taller, more elongated, or beautiful. Though uncomfortable footwear might be bearable for short periods of time, when hours are spent standing or dancing, uncomfortable shoes can prove torturous.

To avoid pain during your special day, choose shoes that will marry comfort with beauty. Here are some considerations:

Grab a platform. Instead of stiletto heels, consider shoes that add height by way of a platform heel. The flat sole will mimic walking in flat shoes, but the platform will offer the desired height.

Go shorter. Choose a shorter dress that works well with flats or low heels. Many women gravitate toward high heels when wearing floor-length gowns to avoid hemming the dress or to make it easier to maneuver around without the bottom of the gown puddling on the floor. When that obstacle is removed by way of a shorter dress, it opens up the possibilities for lower-profile shoes.

Think about wearing flashy flip-flops or sandals. There are many sandal styles that have been made more glamorous by way of rhinestones and other embellishments. These can look just as beautiful as other styles and be more comfortable for dancing. Plus, they'll enable the feet to breathe.

Strive for comfort. If you must wear heels, spend a little more and select a brand known for emphasizing comfort in its designs. Many manufacturers are well-known for creating comfortable

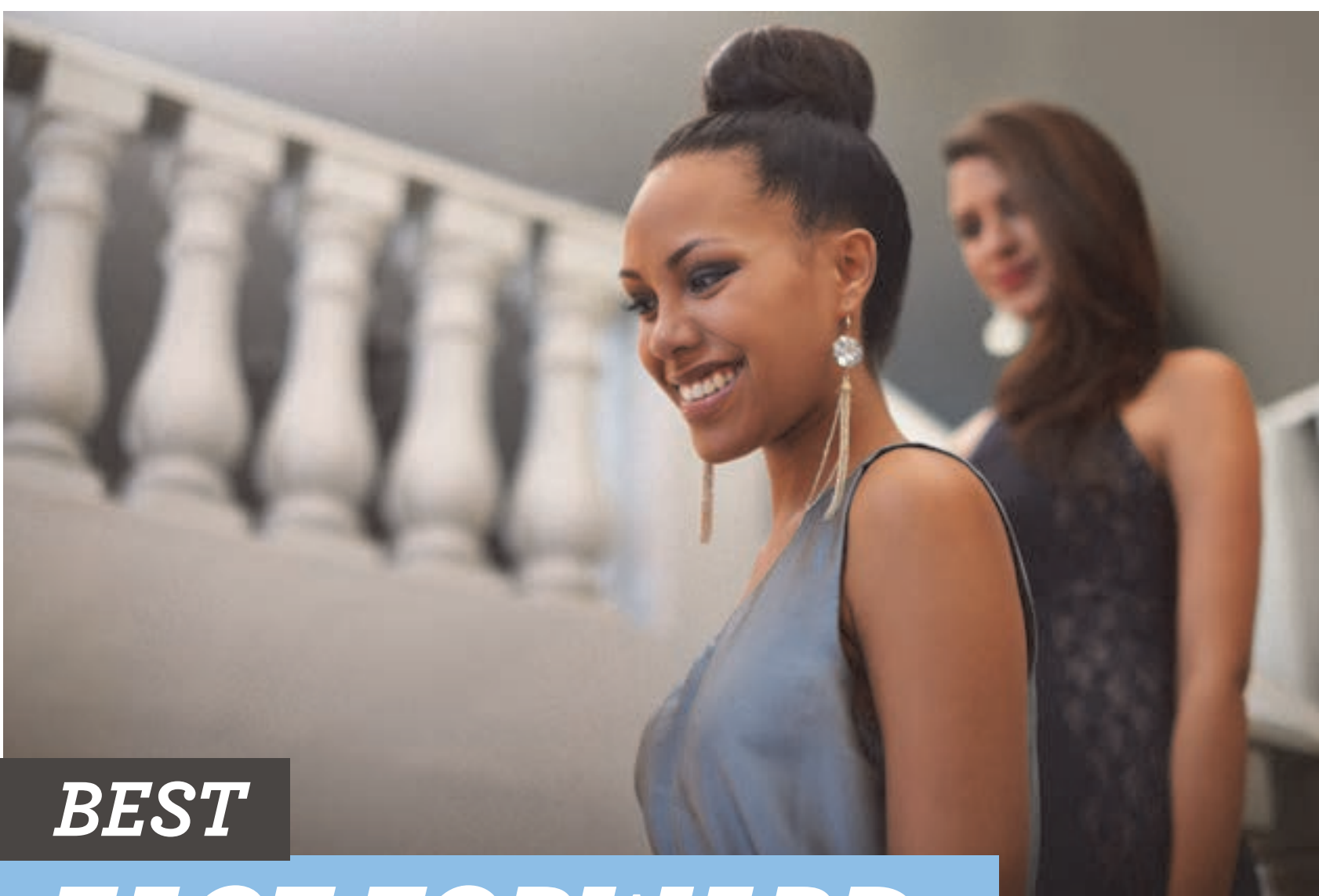


designs that feature flexible, lightweight soles and for adding padding to the shoes to cradle the feet. Other shoes can be enhanced with gel inserts and other custom orthotics.

Bring a spare pair of shoes. Different brands now offer foldable flat ballet shoes that can be stowed in a purse or bag and thrown on in a pinch — especially when the pinch comes by way of uncomfortable heels.

Pack a first-aid kit for your feet. To alleviate aches and pains, create an emergency kit with bandages, moleskin, a topical anesthetic, and even soothing foot powder to revive feet plagued by pain or blisters.

Uncomfortable shoes can put a damper on prom and Sweet 16 festivities. Choosing comfortable shoes can mean the difference between having a good time or ending the evening early.



BEST

FACE FORWARD

When it's your big day, it pays to give your beauty routine some extra special attention

For most young women, the most exciting part of prom and Sweet 16 parties may be the first opportunity to embrace high fashion and pamper themselves. Naturally, there may be some questions as to how to put a best face forward for an occasion that will have all eyes on these teens.

If you are getting ready to party with your friends, here are several quick and easy tips for beauty success:

Moisturize and treat blemishes to get skin looking its best. Start a skincare regimen several weeks before the big event to get your skin in shape and looking beautiful. Exfoliation with a mild product will release dead skin cells and enable makeup to better adhere to your face.

Simple is often best. Rather than trying out a trendy style or something that is bold, keep makeup choices simple. This way when you look back on photos in years to come your look will always seem timeless.

Balance colors on your face. If you will be going for dark eyes, keep lips bare or with a soft gloss. Bold, red lips pair well with simple eyes decked in a neutral color.

Brighten or widen eyes. Using a shimmery white powder in the corners of each eye will open up your eyes and make you appear more refreshed.

Use primers. Primers are products that help make

makeup last as long as possible. Several hours will pass between the moment you apply makeup and the last good-bye of the night. Ensure your makeup stays put by applying a base primer. An eye primer helps keep eye makeup from caking or wearing off.

Go waterproof. Use waterproof or water-resistant mascara and stay-put lipstick. This way your makeup will remain flawless through all the happy tears and hugs shared with your friends.

Match your foundation carefully. Many women make the mistake of choosing a foundation color that doesn't quite blend with their skin. This can create a visible line of demarcation at the jawline or hairline. Now may be the time to visit your favorite beauty counter and ask a cosmetic salesperson for help to find the right match. Blend the foundation down the neck so that your face will not be a different color from your body when wearing a strapless gown.

Try a tinted moisturizer. Those who have a naturally flawless complexion and want a dewy look to their skin can choose a tinted moisturizer instead of a foundation.

Go for powdered products. Powder blusher and mineral powder foundation may last longer on skin, especially when sweating on the dance floor. After makeup application, also dust the face with a translucent finishing powder to set everything.

Use liquid liner for dramatic eyes. Liquid eyeliner will last longer and provide a smoother application than pencil products. Practice before the party to solidify your application technique.

Skip tanning. Use a bronzer or self-tanner for a safer and more controllable color. You want to look sun-kissed and not lobster red on prom night. When applying bronzer, sweep it across the hollow of your cheeks. Dab some on your temples, your hairline, along the sides of your nose, under your jawline and on your neck.

Matte makeup is better for photos. Matte makeup generally looks better in photography than frosted colors, especially when the flashes will be going rapid-fire.

Compliment your eye color. Don't match your eye shadow to your gown or eyes. Use colors that will naturally bring out the hue of your eyes. Blue eyes are brightened by shades of chocolate or taupe. Brown eyes can be enhanced with shades of navy and sapphire. Green or hazel eyes will be complemented by eggplants and burgundy.

Smoky eyes need not be black or gray. Create the smoky effect with the shadow and liner colors that complement your eye color.

Touch up shiny spots. Keep oil blotting tissues in your purse to keep shine at bay.

Extend the beauty to nails and toes. Sparkle polishes and nail art appliques are ideal ways to dress up nails for your moment in the spotlight. Glitter will catch the light and will camouflage imperfections.

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New York State is making it harder for residents receiving Medicaid to get home care. But by following the proper steps and being persistence, a family can still get the required home care necessary for their loved one. *KatarzynaBialasiewicz*

Five steps to getting more home care

BY JOANNA R. LEEFER

New York State residents receiving Medicaid home care must prepare for another hurdle when requesting more hours. Starting April 1, 2018, the New York State Department of Health is changing the appeal process when an agency denies more service. This new obstacle makes it harder to get increased home care hours, but with an understanding of how to precede and by knowing what information to present, a family can still get increased home care on appeal.

When a family requests more hours through a Medicaid home care service, the agency sends a nurse to reassess the client's needs. If the agency rules against the request, it sends a written summary to the family stating the reasons for the denial.

Once the denial is received, the family may challenge the decision through an appeal. Before April 1, families could request an internal appeal through the home care agency or request a Fair Hearing. A Fair Hearing is an appeal before an administrative law judge from the New York State Office of Temporary and Disability Assistance. Many families prefer this option, reasoning they are more likely to win an appeal through an impartial third party.

Starting on April 1, families will not be permitted to request a Fair Hearing until they have filed an appeal through the agency. A decision can take up to 30 days. Only after the agency refuses more service can the family request a Fair Hearing.

This lengthy process often discourages families from continuing the appeal process. Here are five steps that can help families get increased home care hours:

Step 1: Request the nurse's assessment

When an agency declines more care, it sends a summary of its findings. The summary is taken from a more lengthy report that documents specific reasons the client does not need additional service. When you appeal the decision, request a copy of the nurse's complete report. Then get out your pencil.

Step 2: Highlight inaccuracies in the report

Read the assessment several times and circle all inaccuracies. If the assessment states that your mom can walk 50 feet unassisted and you know she can barely stand up by herself, circle the statement. Look for other errors: Can your mom get in and out of the shower by herself? Can she dress or eat her meals unassisted?

With this information available, you can begin your next step.

Step 3: Document your evidence

To win an appeal you need concrete evidence. Start by documenting how well your mom can or cannot perform necessary daily activities. If your mother falls frequently, indicate the number of times and the dates. If she is unable to eat unassisted, record any weight loss. Ask for doctors' records that substantiate your evidence.

Step 4: File your appeal on time

The home care agency's written denial must include how and when to appeal the decision. Note the

deadline date and file your appeal before that time. If your appeal is late, you have already lost. Even when you get the appeal in on time it can take up to a month to receive an answer.

Step 5: Request a fair hearing and bring your evidence

The request for a fair hearing must be filed within 10 days of receiving a denial. When you go to the hearing, bring concrete evidence proving the reason for your request. This should include doctor's letters, hospital admission, and witness statements. These are called exhibits. Number all the exhibits and hand them to the judge. After the judge hears and reviews the case, she will send a letter stating her decision. With proper evidence, you can win your appeal.

New York State is making it harder to get increased Medicaid home care, but it is not impossible. Families must be aware of the new procedures to win an appeal. The state might be making the process more difficult, but by following the proper steps and by being persistence, a family can still get the required home care for their loved one.

Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCareGiving, a service that helps families make difficult care decision for aging loved ones. She understands the regulations covering long-term care, helps with life transitions, and monitors care through regular visits. She teaches advocacy skills to caregivers and professionals. For more information, visit www.joannaleefer.com.

Things to consider when building an in-law suite

Perhaps thanks to a struggling economy and an unpredictable stock market that has resulted in many retirement nest eggs being decimated, more and more adult children are welcoming their aging parents into their homes. Such living situations have led to a growth in in-law suites.

In-law suites are often created by converting a room in the house, such as the basement or even a garage, into a livable suite. Such suites can benefit elderly relatives who might have been dealt an unforeseen financial blow. But in-law suites can also benefit younger homeowners who want to see their parents more. In addition, when older men and women move in with their adult children, they can provide some necessary relief from the escalating cost of daycare.

But before building an in-law suite in their home, homeowners might want to heed the following tips:

Be certain it is legal. Making changes to your home may require a permit, particularly if your in-law suite will be an entirely new addition to your property and not just a strict room remodel. Contact your local zoning board to ensure the project is within your rights as a homeowner.

Consider the health of your in-



Many seniors are moving in with their adult children to help care for grandkids and provide some relief from a sagging economy.

laws when making plans. Many in-law suites are occupied by aging relatives who might not be able to get up and down stairs as easily as they used to. That makes accessibility of the suite a top priority. Typically, it's best to locate in-law suites on the first floor, so relatives won't find it difficult to get in and out of the suite.

Don't overlook privacy. Just because your parents or in-laws will be moving in doesn't mean they don't still value their privacy. Chances are your

relatives will initially feel as though they are invading your space and your privacy, so be sure the suite affords adequate privacy to all members of the household. It might be best to build the suite so it has its own separate entrance from the rest of the home. The suite should also have its own full bathroom and, if possible, its own kitchen area so your in-laws can cook for themselves and entertain their own guests without feeling like a burden. A second kitchen is also something to discuss with a zon-

ing board, as some locales prohibit having two complete kitchens in a single residence.

Tailor certain amenities to the elderly. If your in-laws are older, install certain amenities, such as grab bars in the shower and bathroom, during the initial construction so you won't have to make changes down the road. Install easy-open drawers and make sure the suite has ample lighting.

Remember to install safety features. Safety features like fire, smoke, and carbon monoxide detectors are a necessity. Make sure the alarms on each of these detectors are loud enough so elderly men and women who have hearing loss can hear them without issue. Make sure all walkways leading to the in-law suite have motion-detecting lamps at night to reduce risk of falling. Also, if the suite will be a separate building from your house, such as a converted pool house or detached garage, install an intercom system that connects with the main house so your relatives can easily reach you in case of emergency.

In-law suites are becoming more popular as a greater number of older adults are moving in with their adult children. Such suites can bring families closer together and prove beneficial for all parties involved.

Five tips for Alzheimer's caregivers

BY RIMAS JASIN AND JUDY ZANGWILL

There are an estimated 425,000 caregivers in New York City helping family members with Alzheimer's and other dementias.

If you are an Alzheimer's caregiver, we salute you for all you do. Here are five tips to make a difficult job a little easier:

Plan for the future

During the early stages of the disease, it's important to make provisions for the later stages. This is the best time to talk with your loved one about his or her wishes regarding medical care decisions and estate planning. The discussion may be difficult and emotionally fraught, but it will be helpful in the long term. Start by working with your family member to draft documents known as advance directives.

One, known as a living will, outlines what kind of life-prolonging medical treatment the family member will want to receive when he or she becomes terminally ill or permanently unconscious. Another, called a healthcare proxy, designates another person to make health care decisions when the family member is no longer able to do so. The early stages of the disease is also the best time to help your loved one with financial planning, which includes drafting a will and making sure that all necessary insurance is in order.

Also, during the early stages, talk with your family member's doctor about a plan of action for medical care. This is also a good time to communicate with friends and more distant family members about your loved one's diagnosis. Some may want to make plans to visit the loved one during the early

stages. Others may volunteer to help with caregiving.

Get organized

That means doing all you need to do to follow the doctor's plan of action, such as keeping a list of medications handy and keeping track of the family member's dietary needs. Prepare a document listing all the important details so that friends, family members, or aides know what to do if they pitch in as caregivers. Consider keeping a journal to document your family member's changes over time.

Remember you're not alone

Support is available, and you don't have to do all the caregiving by yourself. Presbyterian Senior Services and Sunnyside Community Services are multi-service nonprofit organizations in New York City that provide comprehensive services to Alzheimer's caregivers, including respite services, long-term care planning, peer support groups, counseling services, caregiver skills training, and transportation for medical appointments and shopping. Social service agencies in cities and towns nationwide provide a range of support services.

Take care of yourself

Don't neglect your own health while caring for a family member; you can provide the best care only when you're in good health yourself. That means keeping your medical appointments, exercising, and maintaining a healthy diet. Recognize that caregiving is emotionally taxing, so take steps to avoid burnout: Take a break and make time for yourself. Call a friend and go out on occasion.



When you're caring for a loved one with Alzheimer's, it's important to take care of yourself as well.

Give yourself credit for the tough job you're doing

Don't discount the importance of your caregiver role. When you seek out help, don't lose sight of your role as a partner with the professionals in providing care to your loved one. You are making a positive difference in the life of someone you love, and even if he or she can't always express appreciation, know that you are a hero.

Rimas Jasin is the executive director of Presbyterian Senior Services. Judy Zangwill is the executive director of Sunnyside Community Services.

Opioid-addicted seniors are a serious problem

The public is quickly learning that drug abuse goes beyond the illegal substances that are purchased on the street. Abuse of drugs extends to the prescription medications sitting in many medicine cabinets.

Teenagers and young adults may be the first to be stereotyped as prescription drug abusers, but seniors may have unwittingly become mixed up in one of the most misused prescription classes: opioid pain relievers.

The problem of opioid abuse has been a growing issue for years. The National Institute on Drug Abuse estimates 2.1 million people in the United States suffer from substance abuse of opioid pain relievers. Older patients are increasingly and repeatedly prescribed opioids to address chronic pain from

arthritis, cancer, and other problems that become more apparent as people age.

Data from U.S. Medicare recipients found that, in 2011, roughly 15 percent of seniors were prescribed an opioid after being discharged from the hospital. When followed up on three months later, 42 percent were still taking the medication. Fast forward to 2015, and almost one-third of all Medicare patients were prescribed opioid painkillers by their physicians, says AARP. The Canadian Institute for Health Information says adults between the ages of 45 and 64 and seniors age 65 and older had the highest rates of hospitalizations due to opioid poisoning over the past 10 years.

AARP also indicates nearly three million Americans age 50 or older have started to take painkillers

for reasons beyond what their doctors prescribed. Experts from the Physicians for Responsible Opioid Prescribing warn that dependence on opioids can set in after just a few days. Discomfort and side effects can occur when the pills are stopped. Opioids can decrease pain at first, but many people find they can be less effective over time.

As a result, patients need to take greater amounts. Although many people can take opioids in small doses for short periods of time without problems, many find themselves overcome by a troubling addiction. Some doctors prefer not to use opioids as a first line of treatment for chronic pain.

Another possible risk of opioids among seniors is that the medication can cause disorientation that may lead to falls and fractures.



Opioid abuse is a problem for all age groups, including seniors.

The senior care resource A Place for Mom also says that prescription narcotics may increase risk of respiratory arrest. What's more, an older body may not absorb and filter medicines as effectively as younger bodies can. This means that older adults might become addicted to or have side effects from a prescription drug at a lower dose.

Seniors concerned about

opioids can discuss other options with their doctors, such as non-opioid medications and alternative therapies for pain management, like massage or acupuncture. If opioids are prescribed, ask for the lowest dose and don't exceed the time frame for taking the medicine. Only take the pills when absolutely necessary, and never mix opioids with alcohol or other substances.

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Discover what the former president of the Arthritis Foundation says is the true cause of Arthritis (and it is not simply a matter of aging).

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BRIGHTON EYE

Will I need glasses after cataract surgery?

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

By the year 2030, there will be 70 million Americans over the age of 65. At least one out of every three Americans will have some sort of eye problem. Cataracts are one of the most common problems facing Americans, but fortunately surgery can usually restore vision. With modern-day cataract surgery many patients can experience improved vision almost immediately. Today, patients don't only want improved vision, but also less dependency on glasses for driving, computer work and reading. There are new implants which for the right patient can lessen the necessity for glasses and can also correct astigmatism.

Every patient planning to undergo cataract surgery should have the following discussion with their ophthalmologist:

- 1) How strongly do they want to not use glasses.
- 2) What are their hobbies?
Patients who need crisp distance glasses for example in order to play tennis are not necessarily good candidates for the new multifocal implants. If the patient is still working, what kind of job do they hold and what vision requirements do they have?
- 3) Do they drive?
- 4) Do they use glasses for reading now?

The new multifocal implants which make patients less dependent on glasses are not necessarily the best option for every patient. A thorough discussion with your ophthalmologist is a must so that patients have realistic expectations about their vision after cataract surgery.

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Bonding benefits grandparent and grandkids

What used to be the “golden years” of life for seniors is now turning into any opportunity to spend even more time with their youngest family members. Nowadays, a growing number of grandparents are called on to provide child care for their grandkids, many of whom are growing up in two-income households. Others are helping to raise grandkids while providing financial assistance for adult children who may not be able to live on their own.

This trend has been corroborated in a few recent studies. Information from the Pew Research Center showed 7.7 million children in the United States were living in the same household as one of their grandparents in 2011. A University of Chicago analysis of a decade of data based on interviews with 13,614 grandparents, ages 50 and older, found that 61 percent of grandparents provided at least 50 hours of care for their grandchildren during any given year between 1998 and 2008. And an April 2012 study for the MetLife Mature Market Institute and the nonprofit Generations United, an inter-generational policy group, found that 74 percent of respondents provided weekly child care or babysitting service for grandkids.



Grandparents may develop special relationships with their grandchildren, who may benefit from the knowledge and wisdom offered by their elders.

Grandparents often cite helping their own children financially as well as staying in touch with grandchildren as motivating factors behind providing care. According to Generations United, staying in touch with grandkids can give seniors a feeling of self-worth and improve their overall health.

When spending so much time to-

gether, grandparents may develop special relationships with their grandchildren, who may benefit from the knowledge and wisdom offered by their elders. The following are some lessons grandparents can share with youngsters:

Empathy: By sharing stories of how things were when they were younger, when opportunities may

have been more scarce, grandparents can help teach grandchildren empathy. Grandchildren may learn to be grateful for the things they have and the people around them, rather than taking what they have for granted.

Family history: Grandparents can tell grandchildren about family members, including youngsters' own parents, and shed light on the generations that came before them. Looking through photos or watching old movies can provide the avenue by which to start conversations about family history and give children opportunities to ask questions.

Interests: Children may be excited about learning new skills or hobbies taught to them by their grandparents. Anything from gardening to woodworking can be shared.

Respect: Children who grow up respecting their grandparents may have an increased tendency to respect authority figures outside their homes, which may help kids grow up to be more courteous and kind.

Grandchildren also offer benefits to their grandparents. Companionship, new experiences, and conversation can help keep grandparents' minds sharp and bodies active well into their golden years.

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Jazz singer Alicia Olatuja.
Harrison Weinstein Photography

Olatuja's jazz show in town

Brooklyn Center for the Performing Arts at Brooklyn College continues its 2017-18 Kumble Theater season with jazz singer / songwriter Alicia Olatuja on Saturday, March 10, 2018 at 8 pm. Drawing from a wide range of musical influence including classical, R&B, soul, and gospel, this Brooklyn resident brings her scintillating jazz stylings to Brooklyn's Kumble Theater, including a preview of selections from her yet-to-be-released second album,

Continued on Page 44

Peterkin's photo exhibit

Renowned photographer Lem Peterkin staged an exhibit of his work during a Black History Month event on Wednesday, Feb. 14, 2018 at 320 Jay St. in Brooklyn, New York.

Peterkin who has been photographing special events within the Black community for more than 50 years displayed his work and spoke of his life's mission. He spoke about the history of the photographs and said that he was working tirelessly to organize and complete an inventory of his massive collection.

He thanked Justice Williams, Judge Robin Shears, attorney Beverly Hadley, and Leah Richardson, co-chair, and also thanked Chairperson Supreme Court Justice Deborah A. Dowling for her help.

Continued on Page 44



Guyana Consul General Barbara Atherly (center) with Usha Raagnath at her right and Phyllis Cort in a Mashramani-style parade.
Photo by Tangerine Clarke

Guyana Consulate celebrates 48th Republic Anniversary

By Tangerine Clarke

Barbara Atherly, consul general of Guyana to New York, told expatriates to be inspired by the vision of a united, democratic, and prosperous Guyana, during a magnificent, colorful 48th Republic Anniversary celebration, on Thursday, Feb. 23.

"Today, 48 years later, we as Guyanese should honor the struggles and sacrifices of past generations and resolve to build on progress already achieved," she

told a wide cross-section of the Diaspora, including Senator Roxanne Persaud, all who in unity, paid tribute to their country which became a Republic on Feb. 23, 1970.

Dressed in an African ensemble to showcase one of the six peoples of her heritage, GC Atherly made a commitment to serve expatriates in a professional manner through several initiatives, stating, "We at the consulate stand ready to support our Guyanese brothers and

sisters in whatever way possible."

The diplomat then dramatized Cheryl Winter's poem "Mashramani" in Creolese.

This made way for a colorful, exciting and unified evening of the stirring African drums by Winston "Jaggae" Hoppy, Menes de Groit and Akoyaw. The exhilarating performances by Zaman's Indian Expression of Unity in Diversity, and Kijama Lewis' African Vibrations, brought the audience to its

Continued on Page 44

TOP OF THE CHARTS



TOP 10 SINGLES

- 1 **Perfect**
Ed Sheeran
- 2 **Finesse**
Bruno Mars & Cardi B
- 3 **Havana**
Camila Cabello Feat. Young Thug
- 4 **New Rules**
Dua Lipa
- 5 **How Long**
Charlie Puth
- 6 **Him & I**
G-Eazy & Halsey
- 7 **Lights Down Low**
MAX Feat. gnash
- 8 **God's Plan**
Drake
- 9 **Bad At Love**
Halsey
- 10 **Let You Down**
NF



TOP 10 ALBUMS

- 1 **Black Panther: The Album**
Soundtrack
- 2 **The Greatest Showman**
Soundtrack
- 3 **Fifty Shades Freed**
Soundtrack
- 4 **Man Of The Woods**
Justin Timberlake
- 5 **Sleepwalkers**
Brian Fallon
- 6 **Crooked Shadows**
Dashboard Confessional
- 7 **Evidence**
Elevation Collective
- 8 **2 Heartless**
Moneybagg Yo
- 9 **Always Ascending**
Franz Ferdinand
- 10 **Little Dark Age**
MGMT

Presented by



MASHRAMANI

Continued from Page 43

Expat Gail Nunes who travelled from New Jersey, enjoyed the Guyanese cultural expressions of Chardell and Chadeary Park's "Oh Beautiful Guyana," and Maurine Flores-Dilmohamed and Theodore Dilmohamed Amerindian mosh — symbolic to Guyanese, whose roots Nunes said were planted in the soil called home, and cannot be changed. "We need each other," she said.

Many like Nunes who acknowledged that expats are drawn even closer to each other at events such as this — felt the diversity and unity — when Kish Seunarine expressive poet "Do Not Stare At Me" by Martin Carter reverberated, Mark Chung's Reflection on Chinese Indentureship in Guyana, and Verna Walcott White's choreography "The Spirit of Guyana," performed by Victor Brown and Bobby Carter received loud applause.

By far the most diverse Republic celebration, as evident by the vibrant chutney melody performed by Novi-

ta Bissessar, Aaliyah Kishundat, Chandini Boodhoo, Moneish Boodhoo and Shantel Giaridh, Dennis France Dean song — "We God Oil" and Bedeyah's "Poor Boy" — Guyana's multiethnic spirit transcended into a phenomenal celebration.

Dr. Cheddi "Joey" Jagan's reflection of his late father, former President of Guyana, Dr. Cheddi Jagan, was well received.

Thanks to shared emceeing by Claire Patterson-Monah and Paula Walcott-Quintin, and the captive audience, the show was brought to a crescendo with a kaleidoscope of costumes from Guyana's vivacious six races of peoples.

The Mashramani dancing and waving of the Golden Arrowhead flag in a celebration of togetherness and enjoyment by all Guyanese were heartwarming.

"A taste of Guyana" reception, followed.

The Republic Planning Committee President Patricia Jordan-Langford, applauded the group for the success of the event and acknowledged Guyana's achievement. Beverly McDonald echoed these senti-



An indigenous kid doing his heritage dance on stage.

Photo by Tangerine Clarke

ments in a vote of thanks.

The consulate thanked the Consul General of Trinidad and Tobago, Keva Clarke, and Rev. Helen John, Pandit Tillack Seerattan, Mercedes Pierre and Khyume Khan for blessing the proceedings.

It also thanked Trinidad and Tobago representative, A Capella Rkhty, for singing the national anthems of the United States of America and Guyana, and Chuck Mohan for making venue

DC1707 available. Donors, Edgar Henry, Carl Guillams, Dave WI Products, Bakewell Bakery Restaurant, Hibiscus Restaurant, Orrin Paradise Caterers, Faith Leaders, Tony Sing, DJ Mark Campbell, Oswald Bobb, Carl Anderson, Paintings, Yvonne Marcus-All Seasons Creations, and Clive Powell.

Costumes paraders: Brenda Locke, Jonathan Usha Ragnauth, Latisha Chester, and Phyllis Cort.



Justice Betty Williams, retired, Leah Richardson co-chair, photographer Lem Peterkin, Justice Robin Shears and Attn Beverly Hadley. Roderick Randall

Photo exhibit

Continued from Page 43

Historian Dr. Glenda R. Taylor and her mother, Mary J. Taylor, both co-founders of the first virtual museum for the preservation of African American Women's history and culture attended the event. She said when they learned of the exhibit that they knew they must attend. Over the years, they have watched Peterkin create an extensive portfolio of American history and culture, specifically historical events held in the Black community and the New York City area.

Mary J. Taylor congratulated Peterkin whom she said, "provides the most comprehensive documentation of our history since the late, James Van Der Zee (1886-1983)." The exhibit included photographs of everyone from President Barack Obama, Coretta Scott King, Nelson Mandela, Al Sharpton, Governor Cuomo, Frankie Crocker, Maya Angelou, Ken "Spider" Webb, Mayor David Dinkins, Dick Gregory, Robert Guillaume, to Chris Rock and Janet Jackson.

Olatuja

Continued from Page 43

"Intuition: Songs from the Minds of Women."

Praised by The New York Times as "a singer with a strong and luscious tone and an amiable regal presence on stage," Olatuja has been astounding audiences with her exquisite vocals, artistic versatility, and captivating demeanor. She first came into the national spotlight in 2013, performing as the featured soloist on the "Battle Hymn of the Republic" with the Brooklyn Tabernacle Choir at President Barack Obama's Second Inauguration. GRAMMY®-winning jazz artist Dianne Reeves was so impressed with Olatuja's voice that she emailed pianist Billy Childs a link to the performance, writing, "You should hear this girl, she can really sing!" Shortly thereafter, she assembled her own jazz-based ensemble and recorded her first solo album, "Timeless" (2014).

Originally from St.

Louis, MO, Olatuja grew up immersed in a wide range of musical styles, including gospel, soul, jazz, and classical. These influences have informed her artistic journey, and she later graduated with a Master's degree in Classical Voice/Opera from the Manhattan School of Music. Of her classical studies, Alicia remarked in a 2017 interview with Hot House Jazz magazine, "When I started classical voice, I was really studying for a healthy foundation, so I could sing whatever I wanted to sing. I had a huge appetite for variety in music, and I just wanted to learn how to work my instrument. Falling in love with opera became a part of that process. I always knew, though, that I would further pursue my roots in gospel, jazz, and soul music."

After appearing in numerous operatic and musical theater productions, she started to perform more regularly in gospel and jazz concerts and worked with such esteemed artists as Chaka Khan, BeBe Winans, and Christian McBride.

Docu features footage of late Civil Rights icon

"Malcolm X: The Lost Tapes"
Excellent (4 stars)
Unrated
Running time: 51 minutes
Production Studio: 1895 Films
Distributor: Smithsonian Channel



Black Nationalist leader, Malcolm X, is pictured at a 1963 rally at Lennox Avenue and 115th St. in the Harlem section of New York in a 1963 file photo. Louis Farrakhan, chief minister of the Nation of Islam's Boston mosque, is at the far right. Associated Press / Robert Haggins, File

By Kam Williams

Malcolm X (1925-1965) is best remembered as the charismatic spokesperson for the Nation of Islam whose fiery speeches helped the Black Muslims' ranks swell from 6,000 to 75,000 between 1956 and 1961. However, he fell out of favor with the sect's founder, Elijah Muhammad, soon after making his pilgrimage to Mecca.

While there, Malcolm prayed alongside Muslims of every hue who treated him like a brother. Consequently, upon returning to the States, he announced that he could no longer ascribe to one of his sect's basic tenets, namely, that white people were a genetically-engineered race of

devils created in a lab 6,600 years ago by a rogue scientist called Yakub.

Since that claptrap was a core belief upon which the Nation of Islam was founded, Malcolm found himself marked for death for his blasphemous change of heart. And less than a year later,

he was assassinated by three members of the Fruit of Islam, the paramilitary wing of the Nation of Islam.

"Malcolm X: The Lost Tapes" revisits the late icon's abbreviated career. The film features found footage illustrating the late civil rights leader's concern

for the welfare of all African-Americans.

For instance, in one snippet, he says: "We're not brutalized because we're Muslims, Baptists or Catholics, but because we're black people living in the United States." Then, attempting to inspire his followers to

appreciate their appearance, he asks: "Who taught you to hate the way you look from the top of your head to the bottom of your feet?"

You might be surprised to know that Malcolm attended but did not speak at the historic March on Washington in 1963. Here, he explains why he disagreed with Dr. Martin Luther King's non-violent philosophy. "There is nothing in the Koran that teaches us to suffer peacefully. If someone puts his hands on you, send him to the cemetery!"

He also attempts to convert black military veterans to his cause by declaring that if they were willing to die overseas fighting to save Europeans from Hitler, they ought to be just as eager to shed blood to liberate their own people. Suggesting that it was silly to wait for segregationist Congressmen to end Jim Crow, Malcolm summarizes with a clarion call for "freedom, justice and equality by any means necessary."

An intriguing contribution to the enduring legacy of a common street pimp-turned-revolutionary Muslim firebrand.

Independent & Foreign Films

Foxtrot (R for sexuality, graphic images and brief drug use) Middle East saga, set in Tel Aviv, revolving around a couple (Lior Ashkenazi and Sarah Adler) grieving

the loss of a son (Yonaton Shiray) serving in the military. With Dekel Adin, Yehuda Almagor and Gefen Barkai. (In Hebrew with subtitles)

Hondros (Unrated) Reverential biopic chronicling the career of Chris Hondros (1970-2011), an intrepid war photographer who covered conflicts in Iraq, Kosovo, Kashmir, Sierra Leone, Afghanistan, Israel and Liberia before being killed in Libya during a mortar attack.

Mohawk (Unrated) Revenge thriller, set during the War of 1812, about the pursuit of an Indian woman (Kaniehtiio Horn) and her two lovers (Justin Rain and Eamon Farren) by the survivors of the American camp they burned to the ground. With Noah Segan, Ezra Buzzington and Jon Huber. (In English, Mohawk and French with subtitles)

Oh Lucy! (Unrated) Poignant character portrait of a lonely cleaning lady (Shinobu Terajima) who travels from Tokyo to Southern California to search for the English teacher (Josh Hartnett) she has a crush on. Fea-



Kam's Kapsules

By Kam Williams

turing Kaho Mnami, Koji Yakusho and Megan Mullally. (In English and Japanese with subtitles)

Souvenir (Unrated) Romance drama about a jaded factory worker (Isabelle Huppert) inspired by a younger colleague (Kevin Azais) to pursue her abandoned dream by entering a national singing contest. With Johan Leysen, Muriel Bersy and Fanny Blanchard. (In French with subtitles)

Submission (Unrated) Adaptation of "Blue Angel," Francine Prose's novel about a best-selling author-turned-English professor (Stanley Tucci) who finds himself attracted to a talented new student (Addison Timlin). Support cast includes Kyra Sedgwick, Janeane Garofalo and Ritchie Coster.

They Remain (Unrated) Suspense thriller revolving around a couple of romantically-linked scientists (William Jackson Harper and Rebecca Henderson) investigating the bizarre behavior of animals on the grounds of an abandoned compound where a cult once committed mass murder.

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West Indies' Stafanie Taylor plays a shot during their ICC Women's Twenty20 Cricket World Cup semi-final match against Australia in Dhaka, Bangladesh, Thursday, April 3, 2014.

Associated Press / Aijaz Rahi, file

Windies women squad

By Azad Ali

Cricket West Indies (CWI) selectors have named the women's squad for the upcoming tour to New Zealand from March 4 to 25.

The squad will be led by Jamaican Stafanie Taylor with off-spinner Anisa Mohammed as vice-captain.

The Windies will play three One-Day Internationals and five Twenty20 Internationals during the tour.

This will be a key part of the team's
Continued on Page 48

Cricket fundraiser

By Azad Ali

West Indies will play an ICC Rest of the World XI at Lord's in England in May, to raise funds for the rebuilding of stadia in Dominica and Anguilla damaged by the passage of Hurricane Irma and Maria last year.

The Twenty20 scheduled for May 31, will be broadcast live on Sky Sports and has been approved by the International Cricket Council (ICC) as a full international.

Continued on Page 48



West Indies' Dwayne Smith bats during a Twenty20 cricket match against New Zealand, Sunday, July 1, 2012, in Lauderdale, Fla.

Associated Press / Lynne Sladky, File

CRICKET ENTERTAINERS

Caribbean spirit thrives in Pakistan Super League

By Nelson A. King

The West Indies players in the Pakistan Super League (PSL) love to entertain first — not only through their exploits on the field but by the way they approach the game, according to reports.

“They enjoy every moment, be it a win or loss and make sure never to

brood over a mistake and thus stop enjoying a contest,” reported Gulf News on Monday.

It said Peshawar Zalmi's captain Darren Sammy, a former West Indies captain, and top order batsman Barbadian Dwayne Smith were two such examples on Sunday night.

Smith cracked an unbeaten 71 and

was responsible for Peshawar being able to post 131 for nine against Karachi Kings in the second match at the Dubai International Stadium.

Peshawar lost the match by five wickets in the last over only despite defending a small total. It was their second defeat in the league, though

Continued on Page 48

Windies women squad selected

Continued from Page 47

preparations for the ICC Women's World Cup Twenty20 tournament from Nov. 9 to 24.

The World Twenty20 will be the biggest event on the calendar this year for women cricketers around the globe and matches will be played in Guyana, St. Lucia and Antigua. West Indies women are the defending champions, having won the last tournament in India in 2016.

The players had a preparation camp in Barbados before traveling to New Zealand. They arrived in New Zealand on Feb. 22 where they will have another camp before the official start of the series.



Former West Indies captain Darren Sammy gestures wearing a traditional turban at Gaddafi stadium in Lahore, Pakistan, Sunday, March 5, 2017. Sammy led Peshawar Zalmi to the Pakistan Super League Twenty20 title with a 58-run victory against Quetta Gladiators in a trouble-free final on Sunday. Associated Press / K.M. Chaudary, File

CRICKET ENTERTAINERS

Continued from Page 47

they are the defending champions, Gulf News said.

"Proud of the guys to take the match to the last few balls," Sammy said in a post-match interview. Credit to Dwayne (Smith), he gave us a game to play."

Despite Peshawar ending as losers, Smith was rightly judged as the Man of the Match.

"I have played over 300 Twenty20 matches, and I just need to use my experience and do what I have to do at that stage of the game," Smith said. "And so, I don't really need any help. We had to get to a good score for us to bowl at so I had to take chances and try and

get as many runs as I could."

Smith was responsible for running out two batsmen, including his skipper Sammy during the course of his innings, Gulf News noted.

When asked whether those run-outs were the reason for the defeat, he said: "I don't really think so, we probably lost wickets at crucial times. We had some soft dismissals, and we had some run outs, which were very important. For me, it is gone and forgotten, and we cannot bring it back now."

He also appealed his teammates to shrug off the defeat.

"We need to be positive and not get this game into our heads but throw it

out," Smith said. "We need to take the positive way and bounce back and get into the play offstage. We bowled really well, so we can get back.

"The guys have not given up and we are going to fight till the end," he added.

Smith then picked young 19-year-old teammate Ibtisam Shaikh for special praise, as the latter bowled brilliantly and took a spectacular diving catch, according to Gulf News.

"We have a youngster in the team, and he is doing very well," Smith said. "It seems like he has played nearly 300 games, too. He is so aggressive and confident in what he has to do."

Pybus returns to West Indies cricket

By Azad Ali

Englishman Richard Pybus has made a surprising return to West Indies cricket as a high performance director, after leaving the post of director of cricket about a year ago.

In his new role, Pybus, 53, has been given the task to work with chief selector Courtney Browne, director of cricket, Jimmy Adams and regional coaches to "improve the high performance programs and standards within franchise cricket."

Cricket West Indies (CWI) in a statement said Pybus' role will also include, but not limited to standardizing coaching and preparation for regional teams and overseeing a talent identification program from the Under-19 level all the way to the Windies International level.

Pybus was appointed director of cricket in November 2013 and spent three years in the role before being replaced by former test captain Jimmy Adams last year.



West Indies high performance director Richard Pybus.

West Indies Cricket Board

Cricket fund raiser

Continued from Page 47

Cricket West Indies (CWI) has partnered with the Marylebone Cricket Club (MCC) and the England and Wales Board to stage the match.

CWI President Dave Cameron said Hurricanes Irma and Maria have devastated parts of the Eastern Caribbean and "we have been considering how CWI can best show support for our region in the most impactful way."

"I am sure the match will be highly entertaining and competitive, as well as a great platform for us to raise much needed funds," Cameron said.

ECCB chairman, Colin Graves said his board was always willing to assist much-needed funds.

And MCC Chief Executive and Secretary, Guy Lavender, said the event revived memories of a similar match hosted at Lord's just over half-a-century ago, when Sir Gary Sobers led a Windies side against a World skippered by Australian Bob Simpson.

Last September Hurricanes Irma and Maria stormed through the Caribbean leaving billions of dollars in damages and resulting in over 50 deaths.

Windsor Park, the Test venue located in Dominica, was badly affected after the country took a direct hit from Hurricane Maria.

Flow Sports nets CONCACAF rights deal

By Nelson A. King

Flow Sports has agreed a multi-year broadcast rights deal with CONCACAF, the governing body for soccer in North and Central America and the Caribbean, for a host of major club soccer tournaments, according to reports.

Under the terms of the agreement, the pan-Caribbean broadcaster will show the 2018 editions of the continent's premier club soccer competition, the Concacaf Champions League, as well as the CONCACAF League, the annual continental knockout club soccer competition, and the newly launched Caribbean Club Championship competition, SportsPro Media said on Tuesday.

It said Flow Sports' agreement with CONCACAF also includes rights to other tournaments organized by the confederation during the term of the deal.

"The integration of our regional assets and platforms to benefit all of the Confederation is a key pillar of our One CONCACAF Vision," said Vic-

tor Montagliani, president of CONCACAF.

"This partnership with Flow Sports - both in terms of the expanded broadcasts of CONCACAF tournaments to the Caribbean and the support for the new, expanded Caribbean Club Championship — is the result of our collective efforts and additional fuel for the growth of the game in the region," he added.

Flow Sports has also acquired title sponsorship rights to the Caribbean Club Championship which, along with the accompanying Caribbean Club Shield, will feature 20 clubs from 16 Caribbean member associations, SportsPro said.

It said the competitions will be divided in two tiers, with the Championship for fully professional clubs, and the Shield for clubs from Caribbean leagues still working towards fully licensed, professional status.

The new regional qualifying championships are to serve as the Caribbean qualifying tournament for the



In this May 13, 2016, newly elected CONCACAF President Victor Montagliani smiles as he receives applause from fellow delegates during the 66th FIFA Congress in Mexico City.

Associated Press / Rebecca Blackwell, File

CONCACAF League and the to encourage wider partici- confederation championships, Champions League, and aim pation of Caribbean clubs in SportsPro said.



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ARIES: Mar 21/Apr 20
Aries, you are inspired and ready to take on the world. Make the time to thank the people who spurred your motivation, then get moving toward your goals.

TAURUS: Apr 21/May 21
Taurus, your positive outlook can help not only you, but also others. Where some people only see problems, you see all the possibilities lying ahead of you.

GEMINI: May 22/Jun 21
Gemini, everyday things seem magical to you this week. This may be because you're looking at the world through the haze of happiness spurred on by new love.

CANCER: Jun 22/Jul 22
Cancer, you have been biding your time, but the moment to take a calculated risk has finally arrived. Since you have done some thorough research, it should be smooth sailing.

LEO: Jul 23/Aug 23
Transparency is your middle name this week, Leo. Others know just what is going on in your life and in your head. This may encourage others to be more open.

VIRGO: Aug 24/Sept 22
Virgo, since you don't want to be misunderstood in any way, you need to be very careful in how you express your thoughts this week. Clarify details, if necessary.

LIBRA: Sept 23/Oct 23
Chances for success in all areas of your life are magnified by your innovative spirit, Libra. Keep the good ideas flowing and bring others into your future plans.

SCORPIO: Oct 24/Nov 22
Confidence is on the rise, Scorpio, and that may lead you to take a few risks. There may be great gains to be had, or not much change. However, it can be worthwhile to try.

SAGITTARIUS: Nov 23/Dec 21
Intentions aimed at distant goals may keep you busy in the long run, Sagittarius, but this week direct your focus to items that will provide the most immediate results.

CAPRICORN: Dec 22/Jan 20
Capricorn, you have enough sense to balance your imagination with reality. Take your clever ideas and figure out a practical way to make them work.

AQUARIUS: Jan 21/Feb 18
Aquarius, although the destination is in view, you have not yet developed a plan to get there. Be sure you include integrity in your decisions and skip shortcuts.

PISCES: Feb 19/Mar 20
Pisces, conformity is certainly not your thing. But at some point this week, you'll need to go with the flow. Find a way to make it your own.

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Letitia James Warns Consumers About Classified Ads

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

Office of the Public Advocate

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► HELP WANTED

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 Section: Lakeview
 Lot#201 S1/2 Henry Schreiber
 Section: Hickory Knoll
 Lot#9 John Brown
 Lot#608 Lidia Dinkins
 Section: Mt. Grace
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PUBLIC NOTICE:

"Sprint is proposing to modify existing roof-top wireless telecommunications antennas on a building that reaches an overall height of 58.5 feet above ground level at 195 Kingston Avenue, Brooklyn, Kings County, New York 11213. Public comments regarding potential effects from the site on historic properties may be submitted within 30 days from the date of this publication to: Joseph Schuchman, E2PM, 87 Hibernia Avenue, Rockaway, NJ 07866, by email to: joseph.schuchman@e2pm.com, or phone: (973) 299-5200. Please refer to E2PM Tracking Number P-18-12-008."

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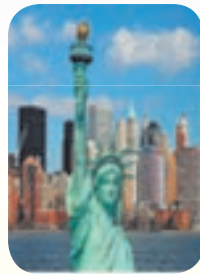
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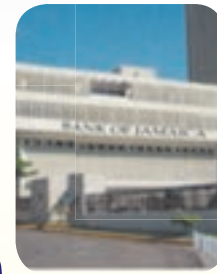
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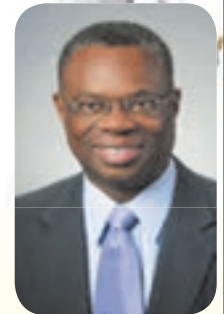
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