

Ancestral colors: Members of La Troupe Zetwal perform traditional Haitian dance at Clarendon library in Flatbush on May 18.

Haitian dance group honors country's flag

By Alexandra Simon

Members of La Troupe Zetwal, a Haitian cultural dance group, performed in celebration of Haitian flag day at the Clarendon Library branch in Flatbush on May 19. The show featured various traditional dances native to Haiti, as well as other artistic forms. The troupe's founder was gratified that library patrons in the audience became very engaged in the event, even going so far as to session.

"We heard a lot of positive feedback from people on how much they loved our dancing and dress colors — and people were excited to dance with us during the participation part of the show," said Sherley Dav-

She explained that the dance troup staged four rhythmic cultural dances — Yanvalou, Nago, Congo, and rara — dance

join in on an interactive dance expressions about spirits, warriors, love and beauty, and carnival.

> The hour-long presentation also showcased drummers, spoken word, narrated dances, and a musical sing-a-long in Haitian Creole. After the performance, the troupe conducted a question-and-answer session for audience members and onlookers eager to know more about what they had seen.

> > Continued on Page 8

CUBA: HELP US

Asks Guyana for assistance in plane crash probe

By Bert Wilkinson

Cuban authorities, badly shaken by last Friday's Boeing 737-200 crash outside Havana, have asked Guyanese aviation officials for help in tracing the operational history of the aircraft because it had previously operated between Cuba and Guyana in the very recent

Worried about lax safety practices, the Guyana Civil

Aviation Authority (GCAA) last year banned Honduras-based operator Easy Sky from flying the plane to the Caribbean Community nation after members of the public and aviation officials had complained about unusual activity involving airline officials and crews.

The company had operated for about a year in Guyana, bringing thousands of higglers

Continued on Page 8





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From left, Councilmember Jumaane Williams, Malcolm Mc Daniel, constituent liaison, Brooklyn Borough President Office, Val Adams and Kevin Williams.

Grenadian cultural group honors three at first award ceremony

By Nelson A. King

Caribbean Life's Associate Editor Grenadian-born Kevin Williams was among three outstanding community figures honored last Sunday at the first award ceremony of the Brooklyn-based Grenadian cultural group Quake USA.

The other honorees – all Grenadians – were Gentle Benjamin, a television producer and videographer, and Val Adams, renowned calypsonian and mas producer.

The ceremony took place during Quake USA's Annual Tea Party Cultural Extravaganza at St. Catherine of Genoa School Auditorium on Albany Avenue in Crown Heights, Brooklyn. Councilmember Jumaane Williams presented citations on his behalf and certificates of special congressional recognition from Congresswoman Yvette Clarke while Malcolm Mc Daniel, constituent liaison for Brooklyn Borough presidentpresented proclamations from Senator Kevin Parker and certificates of recognition from Brooklyn Borough President Eric Adams.

The group said the awards were presented for "outstanding service and preservation of cultural heritage."

Williams expressed gratitude to Quake USA for selecting him for the award.

He informed patrons that Spice Island Youthquake will be celebrating its 40th anniversary in 2020 in Grenada and that he expects to see many of Quake USA members to be there.

"It is really a great honor to be recognized as one of three persons making contributions to the development and promotion of the Grenadian culture at



Councilmember Jumaane Williams presents awards to videographer Gentle Benjamin at Quake USA tea party and award ceremony. Partially hidden is Malcolm Mc Daniel representing Brooklyn Borough President Eric Adams.

Quake USA first award ceremony," said Williams, who is also a sound technician, photographer and videographer.

In the 1980s, Williams contributed to the development of Spice Island Youth Quake as a foundation member.

Benjamin, affectionately called "Gentle Ben," is the primary founder, producer and videographer of Gentle Ben Television (GBTV) and CultureShare.

Renowned as a world class musician, can Day Carnival Parade.

Benjamin is the father of Grenada's only Grammy Award winner, Casey Benjamin.

Adams, the longtime supporter and producer of multiple Caribbean artforms, composes and plays music.

His carnival costume-making has resulted in a record number of wins for his 500 Story band in the small-band category in Brooklyn's West Indian American Day Carnival Parade.

Brooklyn BP launches age-friendly survey

By Nelson A. King

Brooklyn Borough President Eric L. Adams last week joined the New York Academy of Medicine in launching an age-friendly survey that will be distributed as part of their joint Age-Friendly NYC Neighborhood Initiative.

Adams said the initiative aims to facilitate the inclusion of older persons across the borough by collating information to help the city better serve its diverse communities to make them more inclusive of older adults.

The assessment, which was unveiled at the Brooklyn Public Library (BPL)'s Older Americans Month Celebration Fair, held inside Brooklyn Borough Hall, will be sent to community groups, local organizations, senior centers and city and state agencies throughout the borough, Adams said.

He said respondents will be asked a variety of questions on access to community resources, health care needs, housing, parks and green spaces, and other relevant topics.

"We want Brooklyn to be the premier place to spend our golden years, enjoying our families and serving our communities," Adams said. "That's why we must ensure that Brooklyn is a place that makes it easy for older adults to stay connected to people who are important to them, providing support to help them stay healthy, active, and age in place.

"An age-friendly Brooklyn will enable our older residents to have a better quality of life by actively participating in community activities, cultural programs, and neighborhood planning," be added

Adams said the anonymous and confidential survey asks respondents to answer a range of questions on whether the following services are available in their community on a scale of "very available" to "not available," including: accessible and clean parks and public areas; adequate police presence to feel safe; benches for resting and sitting; clean and well-maintained sidewalks; appropriate fitness activities; and health services such as primary and specialty care in one's native language.

"As the secretariat for the Age-Friendly NYC Commission, the New York Academy of Medicine is delighted to partner with Borough President Adams to help make Brooklyn more inclusive of older adults to ensure that people of every age can enjoy all that Brooklyn has to offer," said Dr. Judith A. Salerno, president of the New York Academy of Medicine.

THE NEWS FROM BACK HOME

Caribbean

The Caribbean Public Health Agency (CARPHA) is warning the region of a possible major outbreak of dengue fever in 2018.

Carpha said the outbreak is possible "because as before, the preconditions of abundant mosquito vector levels, still exist and increased levels of dengue are being reported in Latin America and elsewhere."

Dengue is a flu-like illness that affects infants, young children and adults, but can be severe and cause death.



The mosquito-borne diseases chikunguanya and Zika, swept the region in 2014 and 2016, caused several deaths.

The region's premier health agency said these mosquitoes mosquito-borne diseases such as dengue, chikunguya threaten health, tourism, social and economic development, "so everyone needs to work together."

Carpha chief executive director Dr. James Hospedales, said although dengue is not new to the region, "we need to gear up for the possibility of a severe outbreak."

Antigua

Antigua and Barbuda Trade and Investment Minister Asot Michael has resigned from the cabinet of Prime Minister Gaston Browne, the state-owned Antigua Broadcasting Corporation (ABS) reported. The report said that Prime Minister had written to Governor General, Sir Rodney Williams, accepting his resignation and indicating to the Governor General for the appointment of Michael to be revoked.

Michael had been implicated among Caribbean politicians who allegedly received bribes from a British investor.



The main opposition United Progressive Party (UPP) had called on Michael to either step down or for him to be fired by the prime minister.

Michael has denied the accusation which unfolded in a British High Court recently in a matter involving Peter Virdee, whose telephone conversations with his business partner, Dieter Trutschier, in 2016, had been recorded by German authorities.

According to the transcript of the conversation revealed in the High Court, Virdee alleged Michael had asked him for \$2 million, as well as to buy a car for his mother.

Later last year, Michael was fired as tourism and investment minister after he was detained by the Metropolitan Police in London, England.



Maduro returns to power

Venezuela's President Nicolas Maduro places his fist against his heart as he arrives with his wife Cilia Flores to address supporters from the presidential palace after the National Electoral Council said he was re-elected in a vote marred by opposition boycott in Caracas, Venezuela, Sunday, May 20, 2018. See story on Page 14.

Associated Press / Ariana Cubillos

Barbados

The Barbados government has defended its decision to stop paying tuition fees for nationals studying at the University of the West Indies (UWI).

Education Minister Ronald Jones speaking at a public meeting recently said that, one stage, the Barbados government had to pay an estimated Bds\$162 million.

He said this was more than giving all secondary schools combined, more than the three or four tertiary institutions combined and

primary education combined because it is a high cost area.



Finance and Economic Affairs Minister

Chris Sinkler, in his 2014 budget presentation said that effective 2014 Barbadians students pursuing studies at the university's three campuses would be required to pay their own tuition fees, while government continues to fund economic costs.

St Kitts

St Kitts/Nevis government has passed the Freedom of Information Bill (FIB) which the government said is intended to usher in a "new level of openness and transparence."

The FIB was first tabled in Parliament in 2015 and during the recent debate Information Minister and Attorney General Vincent Byron Jr said the

legislation will usher in a new archetype of accountability, good governance and transparency in the twin island federation

Byron said that the Freedom of Infor-

mation Bill will help in the fight against corruption and engender public participation in the national decisionmaking process.



He noted that the legislation may not effect immediately after its passing as more amendments may be required to streamline the legislation.

Prime Minister Dr. Timothy Harris in his contribution to the debate on the Bill said it would give journalists and the wider society more access to public information.

Grenada

The Grenada government wants a regional action plan to deal with the discovery of sargassum on various Caribbean beaches which should be treated as a climate change.

Health Minister Nicholas Steele told reporters that Cabinet has mandated to approach the Organ-



ization of Eastern Caribbean States (OECS) Secretariat and other regional entities to look at it as one of the effects of climate change.

He said the initiative should be

spearheaded by the Ministry of Climate Change in the island or the St Lucia-Based OECS Commission "to find a regional solution and also regional funding for the issue."

Sargassum is a genus of large brown seaweed, a type of algae, that floats in the island-like masses and several Caribbean countries have had to deal with the problem.

Describing the sargussum as a plague affecting the region's beaches, Steele said that in 2018 more beaches in Grenada have been affected than in previous years. The government has appointed a Sargassum Task Force, headed by Steele, to spearhead the clean-up of the beaches.-

Jamaica

The University of the West Indies (UWI) has named Professor Dale Webber as the new principal of the Mona campus effective Oct. 1, 2018.

UWI said the appointment of Webber, who is the Pro Vice-Chancellor, Graduate Studies and Research at the UWI Mona Campus, was approved by Chancellor Robert Bermudez, on behalf of the University Coun-

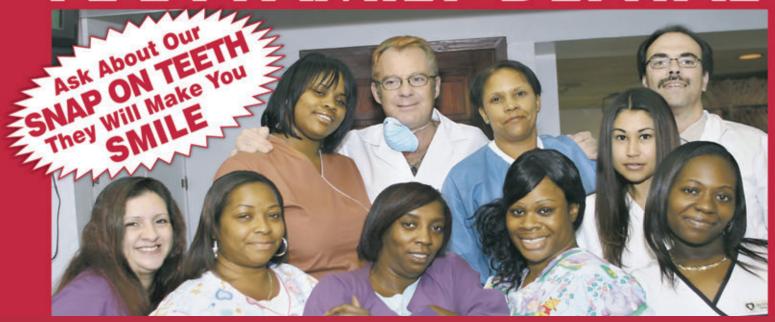
cil, following a recommendation from Vive-Chancellor Professor Sir Hilary Beckles.



Webber will succeed retiring Prof Archibald McDonald.

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Barbados PM wants out of Carib Court of Justice

By George Alleyne

Should the incumbent Barbados Prime Minister, Freundel Stuart, get his way the island would be withdrawn from the Caribbean Court of Justice soon.

With just days to go before Barbadians vote in general elections, Stuart, president of the Democratic Labour Party, appeared to be appealing to patriotism of the island's citizens when he said that the CCJ has not only been unfair to this country but also suggested that some of the judges are political.

"I continue to be concerned as prime minister of Barbados that the attitude of some of the persons sitting in [CCJ] Port-of-Spain to Barbados, and to litigants and to the justice disrespectful," he said.

He accused the regional court, which has been Barbados final decision-maker in legal appeals, of in recent times, "sweeping the floor, as it were, with lawyers from Barbados and with public officers from Barbados as though they count for nothing."

Speaking at a political campaign meeting over the weekend, Stuart said: "the attitude coming from Port-of-Spain leaves much to be desired in terms of how it is treating Barbados."

And in what could be interpreted as a direct attack on some CCJ judges who are garbed in robes when presiding over cases, he added, "I am not going to have Barbados disrespected by any politicians wearing robes."

Since its formation in 2005, the CCJ has had only Barbados, Guyana, Dominica and Belize as full members though it holds jurisdiction over eight other CARICOM member territories who have signed on

The eight member states system in Barbados seems to be that have signed on but are not full members still retain the London-based, Privy Council as their court of last resort in internal matters.

Stuart tied his planned action against the CCJ to the outcome of the May 24 elections, "once the Democratic Labour Party is re-elected into office, I am determined to put

Barbados on the same level as every [of the eight] other CARI-COM country [countries] by de-linking from the Caribbean Court of Justice in its appellate jurisdiction." He made clear, however, that there is no intention of taking Barbados back to the Privy Council.

Stuart sought to make clear that his statements had nothing to do with a recent CCJ slamming of the Barbados Electoral and Boundaries Commission for denying the right to vote of Commonwealth citizens legally resident on the island for three or more years.

But with that CCJ decision being just a week before his statement, it is difficult to separate the two.

To the Barbados prime minister's credit however, he has in the past been critical of the

In June 2017, following Barbados having been hit by at least three reprimands in as many years from the CCJ on delays in its criminal justice system, Stuart said that he has had enough and fell just short being picked upon.



of saying that this island is Barbados Prime Minister Freundel Stuart.

Photo by George Alleyne

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their case can fall under one of 2 categories, Workers' Compensation, personal injury or possibly both.

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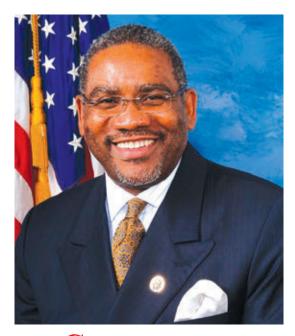
However, things are very different if someone was injured while working, AND the accident was caused by someone who was not under the control of their employer. For example if a taxi driver gets into a car accident, or a construction worker's injury was caused by another company on the job, then they would need TWO attorneys for 2 separate cases. A Workers' Compensation attorney will file a case against their employer's insurance, while a personal injury attorney would

When someone is in an accident file a lawsuit against the person who caused the accident. Many people are easily mistaken by this, and thus do not get the proper representation they need. Workers' Compensation and Personal Injury are 2 completely different fields. Most personal injury attorneys do not know how to properly handle a Workers' Compensation case since it is a difference Court system, and the rules and laws are difference. Therefore, if someone gets injured while working it is imperative to retain an attorney who specializes in Workers' Compensation and not just hire a personal injury attorney.

Edmond J. Hakimian, Esq. specializes in Workers' Compensation law. He is the managing attorney at the Law Offices of Edmond J. Hakimian, PC, which serves all of New York City and Long Island. Please send your questions or comments to HakimianESQ@gmail.com or you may call the office at 718-362-3180. No column is a substitute for competent legal advice. Please consult with the attorney of your choice concerning specific legal questions you mav have.



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Cuba asks for help with probe

Continued from Page 1

— or suitcase Cuban traders — to Guyana, gobbling up relatively cheap electronics, clothing, plastics and other items for resale in Cuban provinces.

Cubans do not require visas to come to Guyana, a legacy of close diplomatic and other ties dating back to Guyana being the first member of the regional bloc to recognize Cuba diplomatically back in 1972. Trinidad, Barbados and Jamaica also did likewise. From next month, Cubans waiting for immigrant and other visas will have to fly to Guyana to be processed by the American embassy here, allowing for even more traffic on the route.

At least three airlines — Caribbean, COPA and Air Aruba — still bring thousands of such Cubans to trade each week. Guyanese-owned Fly Jamaica has also signaled plans to enter the market, an indication of the traffic between the two countries.

Guyanese aviation boss Captain Egbert Field told this publication that Cuban officials have requested "through diplomatic channels" key information from Guyana as they investigate the crash, which has so far killed 111 people. Two survivors who were pulled from the burning wreckage are clinging to life in the hospital. "We are putting together

the information for them and will soon send it through the channel to them."

Field said that the U.S. National Transportation Safety Board (NTSB) has not asked for any information from Guyana as yet but the U.S. Federal Aviation Administration has done so alongside the Cubans.

In the wake of the crash, Guyanese authorities are convinced that they had taken the correct decision in banning Easy Sky, the then-operator of the crashed aircraft — tail numbered XA-UHZ — from flying to Guyana after officials had discovered a slew of operating deficiencies.

These include rank overloading of the aircraft, baggage being stored under the feet of passengers, between seats, in the lavatory and in other unusual and illegal places.

"In one instance last year, one of my inspectors had ordered the ground handlers to take off a full cartload of cargo from one flights because it was clearly overloaded. In another, we looked at the CCTV cameras from the tower building and saw that the planes had used up all the runaway and barely made it, barely took off. I decided this was a very unsafe operation and pulled the plug. We made the right decision in the interest of safety. Safety waits on no one," Field said.

In another instance, the agency demanded and got the flight data recorder from one of its planes and sent an inspector to Miami, Florida where FAA experts analyzed the data, produced a spreadsheet with the information and sent it back to Guyana.



Spiritual: The performance of Yanvalou — a dance representing spirits.

Photo by Zoe Freilich

Flag day

Continued from Page 1

"We had a lot people raising their hands and asking us a lot of questions about the traditional songs and our dance movements," said Davilmar, who was only too happy to provide context to inquiring minds, and enhance local knowledge about Haitian heritage.

"A lot of people don't know the Haitian history — and the history behind the flag — because this is not something that they see regularly at all in the community, especially in a library," she said. Davilmar says presenting this cultural show at an educational center to celebrate an important holiday in Haiti is part of her continuing effort to use the arts to showcase Haiti's culture, and furthering her own education on her ancestry.

"Growing up I had to learn a lot about my own culture because I knew more about American culture than Haitian, but I wanted to learn to more about it," she said. "So it's really important to me pass on that tradition to Haitians who were also born here and don't know about the culture, because that's how the culture will continue to grow."



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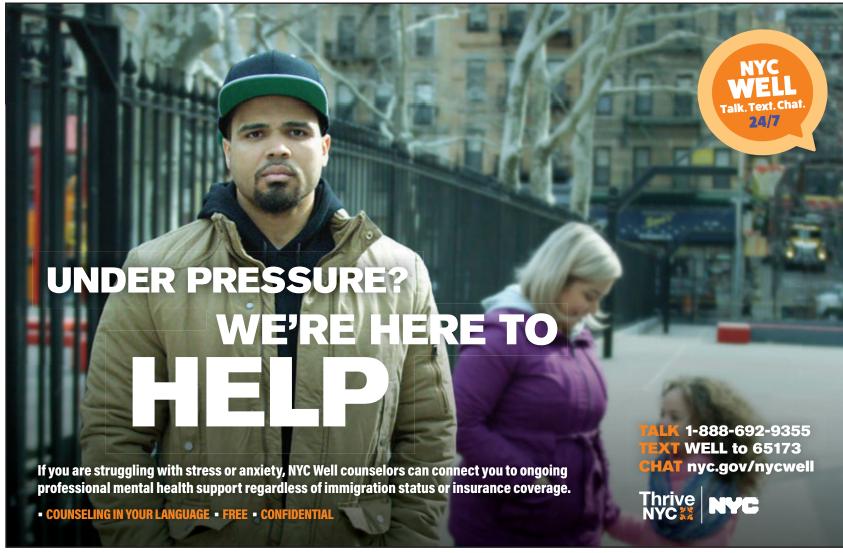
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Corporate tax cuts not trickling down

By Frank Clemente

Working families are, as usual, getting the short end of the stick from the new Trump-GOP tax law. Huge tax cuts that mostly go to the wealthy and corporations are exploding the national debt, and threaten deep cuts to essential public services like Social Security, Medicare, Medicaid and education.

Not only are the tax cuts unwise, they're unfair. Corporations saw their tax rate slashed from 35 percent to 21 percent — a cut of 40 percent. Their wealthy CEOs, who are members of the top 1 percent, are getting a tax cut that averages more than \$51,000 a year. The bottom three-fifths of the population, people making under \$86,000 a year, will get a tax cut of about \$1 a day on average.

It's no accident. The priorities of President Trump and Congressional Republicans in crafting their tax overhaul were clear from the start: reward their wealthy political backers, and in many cases, themselves.

The biggest winners from the new tax law are often the least deserving. The pharmaceutical companies that keep jacking up prescription drug prices. Health insurance companies will make out well, too, even as they keep raising premiums on American families.

The wealthy Koch brothers and their company could save over a billion dollars a year. So it's not surprising they're planning to spend up to \$400 hundred million in the upcoming Congressional elections to protect their windfall. It's a profitable political investment.

Maybe you've heard companies are sharing their tax cuts with workers through bonuses and pay hikes. That's certainly what corporations would like you to think; but think again. Trickle down is not working today, and it did not work in the past.

According to a comprehensive tracking website by Americans for Tax Fairness, only 385 out of America's 26 million businesses have provided any bonuses or wage hikes due to the Trump tax cuts. Most of those are one-time bonuses, not permanent wage increases. Just 6.3 million out of 148 million workers, or 4 percent, of American workers have gotten one-time bonuses or wage hikes from their employers tied to the tax cuts.

Already, it is estimated that 126 corporations will get \$61 billion in tax breaks this year from the Trump tax law. That's nine times more than the \$6.5 billion that corporations have pledged to hand out to workers in one-time bonuses and wage hikes.

Where are most of the tax cuts going? Not surprisingly, to wealthy investors and CEOs. Companies have committed to spend 39 times more on stock buybacks, which overwhelmingly benefit the rich, than they have on employee

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Take action to protect civil liberties

"Injustice anywhere is a threat to justice everywhere." – Martin Luther King Jr.

"You must be the change you want to see in the world." – Mahatma Gandhi.

"The rights of every man are diminished when the rights of one man are threatened." – John F. Kennedy.

"I was made, by the law, a criminal, not because of what I had done, but because of what I stood for, because of what I thought, because of my conscience." (Statement during trial, 1962) – Nelson Mandela

"The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just." – Abraham Lincoln

"We declare our right on this earth...to be a human being, to be respected as a human being, to be given the rights of a human being in this society, on this earth, in this day, which we intend to bring into existence by any means necessary...Our objective is complete freedom, justice and equality by any means necessary."—Malcolm X

Today, more than ever before, we have to be vigilant, and guard against the usurpation of our constitutional and civil liberties in America, and indeed, in I have left an indelible roadmap and blueprint for future independent, concerned and courageous voices at www. AlbertBaldeo.com.

every country. It is precisely to fight these recurring, institutional prejudices that, way back in 2006, I got more involved in the struggle to change the system, include the voices of the oppressed and exploited, confronting treachery and evil in America, and striking at the root of evil-with my blood, sweat and tears!

Serphin Maltese, a 30-year entrenched incumbent who was the powerful chairman of his party, and cronies introduced a bill to legalize racial profiling in New York State to make minorities official second class citizens. He got the required support from hypocritical Democrats — even beholden minority Assembly members who were also political leaders in Southeast Queens.

These opportunists put their narrow, selfish interests above the silent majority minority to protect and advance their interests, secure pork money for their pet projects and inner circle, all at their constituents' expense and peril. Worse yet, this bill was going to put us back to the Jim Crow era, and eviscerate the civil rights and liberties previous generations fought so hard to forge.

Although I was a lawyer, I could not make the necessary changes. I would

be bound to follow the law. like all others in both law enforcement and the judicial system. Our hands would be tied, and we would be trapped by a racist, bigoted law that was going to put social, economic and political development hundreds of vears back to the pre-civil rights era. Inspired by the doctrine of the great martyrs and leaders listed above, I had to launch a campaign to defeat institutional injustice, raise awareness about the putrid issues they stood for, and ensure that, win or lose, our children were not going to be officially relegated to and stereotyped as legal second class citizens. Only political courage and change could have brought about a

Consequently, I embarked on a political pilgrimage. Although I was the only Democratic candidate, I sought, but did not get, the backing of the Queens Democratic Organization, nor the Working Families Party. In fact, other Democratic officials hypocritically crossed party lines to support Maltese, and the treacherous games the WFP unashamedly practiced since then, have come home to roost eventually. I was treated like a pariah, and shunned from institutional politicians, but embraced by regular folks. I always put people above politics, and progress over dysfunction. I championed bread and butter issues like better education, health care, housing, public safety, jobs, wages, government services, civil rights and became a loud voice for change.

I have left an indelible roadmap and blueprint for future independent, con-

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

Music, dance, laud Mandelas

Some may contend that Ethiopia's Emperor Haile Selassie and his bride Empress Menem are distinguished to being Africa's most acclaimed couple. However, in the 20th and 21st centuries most will regard South Africa's Nelson and Winnie as the continent's most renowned couple as well as the two fiercest freedom fighting union of the entire

Together they maintained vigilance and a conviction to Black self-reliance, equality of the races and abolition of white supremacy and domination in their country. Individually, each was beaten, arrested, jailed and ultimately vindicated when apartheid was abolished and Nelson was elected the very first Black to rule his nation.

The couple visited New York, stopping first at Brooklyn's Boys & Girls High School before being showered with tickertape during a ride through the Canyon of Heroes in Manhattan. They were greeted at City Hall by David N. Dinkins, New York City's first and only Black mayor, and thousands hailed Africa's best ambassadors



Inside Life

By Vinette K. Pryce

before they headed to Harlem for an even greater reception. Later that day, actor and activist Harry Belafonte welcomed the couple to Yankee Stadium for a memorable concert and tribute.

Indelibly imprinted in my memory bank is the image of the future world leader donning a Yankee baseball cap and saying: "I Am A Yankee!" The statement drew tumultuous cheers from the capacity crowd.

It is probably for those and other reasons why this nation's largest African dance festival will hail the patriarch during the 41st season of Brooklyn Academy of Music's DanceAfrica Memorial Day weekend festivities. The world grieved when he died five years ago.

"This year's performance offers a taste of the rhythm and spirit of South Africa, acknowledging Nelson Mandela's centennial birthday and the contributions of freedom fighters past and present."

From May 25 to 28, South African super-group Ingoma KwaZulu-Natal Dance Company will add traditional movement idioms alongside the contemporary stylings of Durban-based Siwela Sonke Dance Theatre in honor of the iconic hero and nationalist.

The troupe will be joined by the BAM / Restoration Dance Youth Ensemble, and together they will "rejoice in the transcendent power of movement and music in a range of forms and traditions. This year's performance will draw parallels between South African antiapartheid and American civil rights movements, portraying the struggles for justice and, ultimately, serving up triumphant celebrations of culture."



In a June 20, 1990 file photo, Nelson Mandela addresses the crowd at John F. Kennedy International Airport after arriving in New York. With Mandela from left are Winnie Mandela; the Rev. Jesse Jackson; then-New York Mayor Dinkins; and then-New York Gov. Mario Cuomo.

Associated Press / Charles Rex Arbogast, File

An African bazaar comprising more than 150 vendors will enhance the festive spirit of South Africa and acknowledge Nelson Mandela's centennial birthday. For more information www.BAM.org.

Married for 38 years —

including the 27 she spent in the absence of her incarcerated — husband Winnie was regarded as a fierce and dedicated advocate to the cause of liberation until her death last month at age 81.

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What is Workers' Compensation and who is eligible?

Workers' Compensation is a claim filed against the employers insurance. This entitles the injured individual to medical coverage, lost wages, and money for permanent damage. By law, anyone who is injured while working is covered by Workers' Compensation.

I just got injured while at work, what do I do now?

First ensure that you are seen by a proper medical professional right away. Next, make sure your employer is immediately notified about this accident. Different forms will also need to be filled out and submitted to Court in order to protect your rights. It is highly advisable you speak to a Workers' Compensation attorney to ensure your rights are protected.

Do I really need an attorney?

Although, you are not required to obtain an attorney, retaining one is highly recommended. The attorney will ensure all required documents are properly filled out and submitted to Court in a timely manner. Furthermore, the attorney makes certain that you receive all the money you deserve. Since the insurance company has hired attorneys in order to figure out a way to pay you the least amount of money as possible, it is highly advisable for you to retain an attorney to maximize the money due to you.

Who will cover my medical bills if I go to the doctor/emergency room for treatment?

By law the Workers' Compensation insurance carrier must cover all medical bills related to a work related injury.

I got injured last month, can I still file a Workers' Compensation claim?

Technically, you have 2 years to file a Workers' Compensation claim. However, it is highly recommended to file the claim right away. The longer someone waits to file a claim, the more likely it will be that that claim will be denied. Furthermore, an employer must be notified of the accident within 30 days, otherwise the case will automatically be denied.

Can my employer fire me, or will I lose my job if I file a Workers' Compensation claim?

An employer is not allowed to fire an employee just because a Workers' Compensation claim was

How often do I need to see the doctor?

You are entitled to be seen by your doctor as often as is deemed necessary by your doctor. If you remain out of work, we advise that you be seen at least once every 45

How soon can I go back to work? As soon as your doctor clears you to go back to work.

Do I pay the attorney any money upfront?

No. The attorney does not get paid unless he is able to recover money

When will I get compensated for the time missed from work?

If you miss time from work due to a work related accident, you could be entitled to money of lost wages. The amount of time it takes to recover this money varies depending on many factors. This could take a couple of months, if the insurance carrier isn't disputing the claim. However, it can take as long as 1 to 2 years, if the case goes to trial and there is an appeal.

I already have an attorney, can I switch attorneys?

An injured person is allowed to choose the attorney of their choice. If not satisfied with their current attorney, you are entitled to change attorneys.

Edmond J. Hakimian, Esq. specializes in Workers' Compensation law. He is the managing attorney at the Law Offices of Edmond J. Hakimian, PC, which serves all of New York City and Long Island. Please send your questions or comments to HakimianESQ@gmail.com or you may call the office at 718-362-3180. No column is a substitute for competent legal advice. Please consult with the attorney of your choice concerning specific legal questions you may have.

OP-EDS

Workers don't benefit from cuts

Continued from Page 10

bonuses and wages — \$253 billion vs. \$6.5 billion.

Far from closing loopholes for special interests, the law creates new ones. Wealthy business owners like President Trump were given extra carve-outs in the tax code — benefits regular workers can't use.

Someone must pay the bill for all these tax giveaways to the wealthy and that someone is you. President Trump's proposed budget for next year cuts \$1.7 trillion from health care funding, Social Security disability programs, college tuition aid, and food aid, and many other services working families rely on to get by.

As soon as the GOP tax bill seemed on track to passage, House Speaker Paul Ryan announced it was time to turn to "entitlement reform" — which is just a fancy term for cutting Social Security, Medicare and Medicaid.

The system is already rigged enough against working families. Tax reform should level the playing field, not tilt it

further in favor of the wealthy and wellconnected.

We need to repeal the Trump-GOP tax cuts for the rich and corporations. Then we can use that money to strengthen Social Security, Medicare, Medicaid, education and other vital public investments, such as infrastructure.

Senate Democrats have a \$1 trillion plan to build roads, improve water quality, unclog airports, expand broadband and attend to many other longneglected needs. They would pay for it by rolling back some of the Trump tax cuts for the wealthy and big corpora-

Last year's rushed tax bill was principally a payoff to wealthy political donors. By repealing the tax giveaways to wealthy individuals and profitable corporations, and investing that money in American communities, we can make the system work better for working families.

Clemente is executive director of Americans for Tax Fairness. Source: American Forum.

Act to protect civil liberties

Continued from Page 10

cerned and courageous voices at www. AlbertBaldeo.com. But you must be prepared to die or be imprisoned for what you know is right!

Thanks to this fight, Maltese almost lost his seat and his perverse bill never became law. In fact, I was leading Maltese most of the race, and exit polls and preliminary counts and NY1 declared me the winner. However, the Board of Elections, and my own party, for reasons which are not hard to decipher, then changed that to "a narrow defeat." I came within 0.5 percent, or as the press termed it, "a whisker" of victory!

The media summarized my efforts. They said: "Although attorney Albert Baldeo did not win the election, he nearly created one of the biggest upsets in political history in Queens. Baldeo, who lost by a mere 783 votes, garnering 16,339 votes to his opponent Maltese's 17,122 votes, was actually ahead in many stages as the count see-sawed to the very end. Many people were already toasting a Baldeo victory, and were suspicious that the numbers climbed for Maltese just when he was losing. There were widespread allegations of voter intimidation, police harassment, electioneering and election workers involvement in the polls." These poll workers are all appointed by Maltese, and the police and supervisors are all loyal to him, so they manipulated the results of the poll to keep Maltese in, especially in Glendale where he lives. Baldeo was cheated," community leader Charles Ober remarked.

The Baldeo Campaign Office has con-

firmed that many allegations are coming in of voter disenfranchisement, especially among Latinos and South Asians. "I am not conceding this race until all ballots are recounted, including absentee and affidavit ballots in view of the many allegations that keep coming in of voting malfeasance and irregularity. My supporters have directed that they want a recount, and that is the will of the electorate. This is not about me, it is about their right to vote, and since this right is so fundamental, I can only respect their wishes and ask for the recount." Baldeo said.

However, Baldeo's strong showing was the talk of many newspapers, blog sites and political pundits, who all showered praises on his strong showing and near upset victory. Caribbean pride soared with Baldeo's results, as many talked about how close he came to defeating an opponent, who was not only undefeated since 1988, but who is also the Queens County chairman of the Republican Party. Moreover, this district had been gerrymandered to propagate Maltese's political monarchy to the exclusion of all others. That is why Maltese was unchallenged since 1994 in an election in this district. The fact that Baldeo was able to reach out and unite the most diverse district in Queens from white voters in Howard Beach and Maspeth, to Hispanics in Ridgewood, to South Asians in Woodhaven, to Indo-Caribbeans in Richmond Hill and Afro-Americans in Southeast Queens behind him, speaks volumes for Baldeo, a rising star in politics and an example of leadership in our community.

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Outcry grows over disputed Venezuela vote

By Joshua Goodman and **Scott Smith**

CARACAS, Venezuela (AP) – A growing roster of nations condemned Venezuela's presidential election Monday and threatened to ramp up diplomatic and economic pressure on President Nicolas Maduro's already embattled government.

A coalition of 14 nations from throughout the Americas, including Brazil, Mexico and Colombia, pledged to scale back diplomatic relations with Venezuela and urge international organizations not to issue Venezuela any new cred-

Spanish Prime Minister Mariano Rajoy decried the vote as not respecting "minimal democratic standards" and vowed to consult with European counterparts on new measures in hopes of "easing the suffering of Venezuelans.

The outcry followed U.S. condemnation even before the pro-government National Election Council declared Maduro the overwhelming winner in Sunday's vote, which drew the lowest participation on record for a presidential election in



Anti-government presidential candidate Henri Falcon addresses supporters in Caracas, Venezuela, Sunday, May 20, 2018.

Associated Press / Fernando Llano

decades.

Most opposition organizers had urged Venezuelans not to participate in an election from which the most popular anti-government leaders had been banned. Leaders with the nation's fragmented opposition declared the widespread abstention a silent but forceful protest and vowed to regroup moving forward.

"It's evident we are the resounding majority those who want a new Venezuela," said Henrique Capriles, one of Venezuela's most prominent opposition leaders. "Ît's evident those who are in power can't mobilize and don't have the support they once enjoyed."

Election Council announced that with more than 92 percent of polling stations reporting, Maduro won nearly 68 percent of the votes, beating his nearest challenger, Henri Falcon, by more than 40 points.

As the results were being announced, residents of downtown Caracas banged pots in protest just a few blocks from where Maduro supporters were celebrating. Falcon accused the government of dirty tricks, including buying votes of poor voters who have been hurt by widespread food shortages and hyperinflation in what was once Latin America's wealthiest nation.

The election "without any doubt lacks legitimacy and we categorically refuse to recognize this process," Falcon told

supporters minutes before the results were announced, vowing to fight on instead of joining a growing list of beleaguered anti-government politicians who've fled into exile of late.

A senior U.S. official said Sunday the Trump administration might press ahead on threats of imposing crippling oil sanctions and Secretary of State Mike Pompeo warned "sham elections change nothing." U.S. Sen. Marco Rubio, who has repeatedly pushed for a tougher U.S. response on Venezuela, declared in Spanish on Twitter that "now there is no doubt that there is not an electoral exit."

Falcon was joined in his demand for a new election by third-place finisher Javier Bertucci, who won around 11 percent of the vote. Bertucci, a TV evangelist who handed out soup at his campaign rallies, stopped short of challenging the results, partly blaming what he called a mistaken opposition boycott that led to a turnout of around 46 percent - the lowest in a presidential race in two decades of revo-

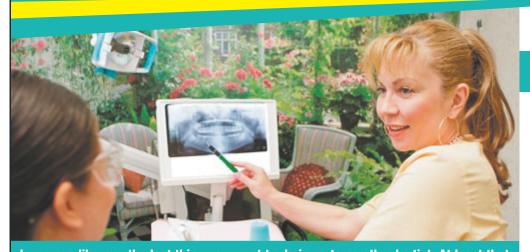
lution. Turnout in the three previous presidential elections averaged 79 percent.

But Falcon said he nonetheless favors a new election soon and urged Maduro to do the courageous thing and desist from running. If Maduro presses forward, he warned, Venezuela will explode before his new six-vear term is scheduled to begin in January.

A social crisis years in the making has worsened as Venezuela's oil production — the source of almost all of its foreign incomem — has collapsed to the lowest level in decades and financial sanctions by the Trump administration have made it impossible for the government to renegotiate its debts. More than 1 million people have fled the country in the past two years and 14,000 percent inflation has crushed the minimum wage to less than \$2 a month.

Maduro, 55, immediately called for dialogue with his opponents and put the best face on what analysts said were disappointing results, underscoring how vulnerable his hold on power remains.

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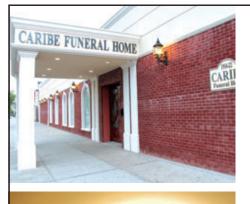
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CARIBBEAN ROUNDUP

Continued from Page 4

Webber joined the UWI in 1989 as warden of Taylor Hall (of residence)

at the Mona Campus and in 1991 he moved to become lecturer in the Department of Life Sciences.



In 2003 he was promoted to the position of senior lecturer and then to the rank of senior lecturer and then to the rank of professor in 2010.

Trinidad

Trinidad and Tobago is on the road to economic revival from all indicators, according to Finance Minister Colm Imbert.

Imbert was at the time speaking during his mid-term review of the 2018 budget at the House of Representatives

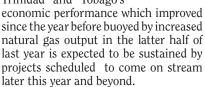
He cited figures suggesting a corner

had been turned after years of economic recession and stagnation.

He cautioned however that the country is still not yet out of the woods as core revenue from taxation was "fragile"

at TT\$40 billion to fund a \$50 billion economy.

Imbert said the revised outlooks on Trinidad and Tobago's



The finance minister gave credit to a team headed by Prime Minister Dr. Keith Rowley for spearheading negotiations and relation with energy companies that in turn, led to boosted production.

— compiled by Azad Ali

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Vincy group marks Garifuna-American Day

By Nelson A. King

Members of the Brooklynbased Garifuna Indigenous People of St. Vincent and the Grenadines (GIPSVG), Inc. last week joined other Garifuna delegations in New York City in participating for the very first time in the eighth annual Garifuna-American Legislative Day in Albany.

According to Donnette Lewis, GIPSVG, Inc. co-founder, who headed the GIPSVG delegation, the visit provided them with "an opportunity to witness the introduction of a Resolution in the New York State Senate and Assembly memorializing Gov. Andrew Cuomo to declare March 11 - April 12, 2018 as Garifuna-American Heritage Month in the State of New York."

Lewis said this was "in observance of the 221st anniversary of the forcible deportation of the Garifuna people by the British from St. Vincent and the Grenadines on March 11, 1797 and their settlement in Central America on April 12, 1797."

Besides Lewis, the GIPSVG, Inc. delegation comprised Jemma Lewis, public relations officer, and Victor Lewis, group photographer.

Ms. Lewis said the GIPSVG, Inc. delegation received a proclamation during a reception that followed the formal event.

She described as "emo-



Co-founder of Garifuna Indigenous People of St. Vincent and the Grenadines Donnette Russ Lewis, left, and public relations officer Jemma Lewis display proclamations.

Photo by Nelson A. King

tional" GIPSVG, Inc.'s historic participation in the Garífuna-American Legislative Day.

"The negatives of our history are haunting, but today, May 15, has changed my life," Ms. Lewis told Caribbean Life in an exclusive interview. "We are a special people."

She said her group's visit to Albany was organized by Jose Francisco Avila, the Honduran-born president of the Bronx-based Garifuna Coalition U.S.A, Inc.

The event was hosted by Bronx legislators – Sens. Luis



Members of the Brooklyn-based Garifuna Indigenous People of St. Vincent and the Grenadines (GIPSVG), Inc. last Tuesday joined other Garifuna delegations in New York City in participating for the very first time in the eighth annual Garifuna-American Legislative Day in Albany.

Photo by Nelson A. King

Sepulveda and Jamaal Bailey, and Assembly Members Marcos Crespo, Victor Pichardo and Michael Blake.

During the Legislative Day, Garifuna Sergeant First Class Roberto Clotter was inducted into the New York State Senate Veterans' Hall of Fame.

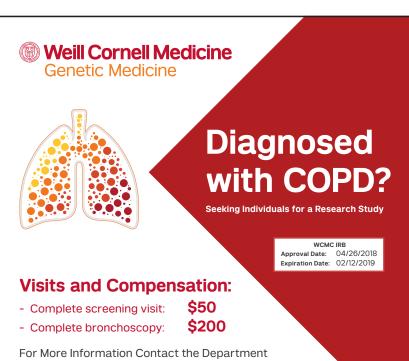
Avila said the New York State Senate Veterans' Hall of Fame was created to "honor and recognize outstanding veterans from our State who have distinguished themselves both in military and civilian life."

In March 1977, Avila said Clotter joined the United States Army and retired on April 1, 1997.

Avila said the proclamation of Garífuna–American Heritage Month has "uplifted the Garífuna Community from obscurity to the pinnacle of recognition

in New York.

"Thank you for helping us celebrate the great contributions of Garifuna-Americans to the fabric of New York State and the United States, and paying tribute to the common culture and bonds of friendship that unite the United States and the Garifunas' countries of origin (Belize, Guatemala, Honduras Nicaragua and St. Vincent and the Grenadines)," he said.



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2018 Pure Grenada RHS Chelsea Flower Show Exhibit - 'Grenada-The Road

Grenada wins 14th gold medal at flower show

The Pure Grenada exhibit at the RHS typical of the tri-island state of Gre-Chelsea Flower Show 2018 named 'Grenada — The Road to Success' has won a highly coveted gold medal. This brings to 14 the number of gold medals awarded to Grenada in 20 years of exhibiting at the show, with four being awarded in as many consecutive years to Grenadabased lead designer, Catherine John and her extended team of volunteers.

This year, the team brought Pure Grenada, the Spice of the Caribbean to life with a fragrant and exuberant representation of one of the island's iconic historic symbols — the board bus. Measuring 10ft by 4ft, the sides are open to the spice-fragranced breeze and sweeping views as the bus heads back to the countryside from the capital city of St. George's.

The Grenada team's intricate design emphasises the rich and abundant flora nada, Carriacou and Petite Martinique, accented with scented spices and complemented by verdant foliage. Heliconias, orchids, gingers, tropical ferns, fruits and spices all feature prominent-

John said: "Grenada — The Road to Success' unites Grenadians in the memory of travelling by open-sided bus to and from our capital St George's. These buses, always resplendent in our national colours of red, gold and green, were an institution in themselves and provided vital transport links to work, school and markets. Goods were carried on the rooftop, represented by our hanging orchids and bananas, whilst the exhibit showcases our islands' extraordinary fertility and biodiversity with evocative blooms, foliage and spices that thrive at different levels of vegetation."

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THE CARIBBEAN BUSINESS REPORT

Famed Guyanese eatery comes to Brooklyn



International expansion: The storefront of the famous Guyanese takeout soup restaurant, German's Soup. The new restaurant is the first expansion location in the United States.

By Alexandra Simon

Guyana's favorite food is in

A famous South American eatery named after a resident of the Rhineland has come to Brooklyn!

German's Soup, a beloved restaurant in Guyana, opened its second location in East Flatbush earlier this month, and members of the Guyanese Diaspora have flocked to the spot to partake of its signature cow heel soup, and to reminisce about the original take-out cafe in Georgetown, the country's capital, said the shop's owner.

"It's really a big deal back ly," he added.

in Guyana, so a lot of folks living here, they got stories to tell about their experience with the restaurant, so it's been a lot of Guyanese pride," said Clinton Urling. He is the son of the late Hubert "German" Urling, who began selling a cow heel soup to his neighbors in the 1960s and soon found that his special broth was the talk of the town.

"The word spread and people from outside the community came, and then people from the government and the private sector started coming, and he had to move to another location and business expanded tremendous-

Urling's father opened his flagship store in Georgetown in the 1970s; his older brother now runs that location.

Despite the geographical differences, both stores have the same best-selling soup, said Url-

"The cow heel soup especially it resonated with everybody," he said. "58 years later it is still German's Soup most popular soup."

The menu also includes three other meat-based soups — beef, chicken, and oxtail - as well as a vegetarian option. It also offers cuisine inspired by Guyana's blend of African, Amerindian,



One bowl coming up: Co-owner of the restaurant, Clinton Urling holds a bowl of his late father's famous chicken soup.

Photo by Jason Speakman

Chinese, and Indian cultures, including curries, cook-up rice, Guyanese chow-mein, and pepper pot.

Urling has made a few changes to his father's recipes, based on the different crops available in the United States. The Brooklyn location uses more corn than its counterpart in Guyana, he said, and its herbs and spices are fresher, he said.

"The first time I made the soup here, I said 'Wow, this is good," he said. "So we're using a lot of high quality ingredients here and taking advantage of that."

But Urling said he does not plan on giving out the family's secret recipes any time soon.

"I'm going to keep it and I'm not gonna share," he said.

The restaurant is named after Urling's father's nickname, "German" — a name he adopted after being in an accident with a German vehicle, according to family lore. Urling considered changing the name for its Brooklyn location, but realized that he had to stay true to the famous original.

"Coming into this market, I didn't know if I wanted to go with German's or not, but I had a bad feeling and didn't [change it]," he said. "If I changed the name it would be a disaster, and every Guyanese would be pissed because it's become a symbol of the country."

Urling said that the restaurant keeps his father's memory alive, and that his dad would be overjoyed with the expansion.

"If he was alive to see this, he would beyond ecstatic and I give all the credit to him," he said.

German's Soup [793 Utica Ave. between Linden Boulevard and Lenox Road in East Flatbush, (718) 513-0376, www.germanssoup.com]. Open daily, 10 am-9 pm.

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smallbiz.nypl.org

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

www.esd.ny.gov/smallbusiness.html

Small Business - Business First - New York State

www.nyfirst.ny.gov/ResourceCenter/

SmallBizMenu.html 2013 New York, NY Small **Business Resource**

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

Business Resources: Internet Bibliographies: New York State Library

www.nvsl.nvsed.gov/reference/busref.

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.

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Small Business Resources - The Business Council of **New York**

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TIONS

sin mobile hones

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 nearcrashes attributed to dialing is nearly identical to the number associated with talking or listening.

aydreamin

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

Eatin

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

Readin

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

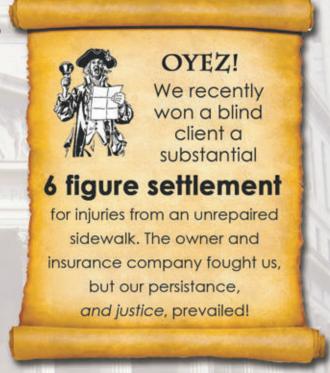
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Calling All Vendors, Interested Individuals & Businesses

Vendors Booth Opportunity for Labor Day Monday ONLY

WIADCA will be opening its vending registration one month earlier this year. Interested vendors have the opportunity to vend along the parade route on Eastern Parkway on Monday September 3rd, 2018.

EARLY REGISTRATION BEGINS: TUESDAY MAY 1ST
- THURSDAY MAY 31ST 2018

BOOTH FEES DURING EARLY REGISTRATION:

- Food/Non Alcoholic Drinks: \$400.00 per booth (Individuals without a Business)
- Arts & Craft: \$250.00 per booth (Individuals without a Business)
- Non-profits for distributing information: \$250.00 per booth

THE ABOVE PRICE APPLIES ONLY DURING THE EARLY REGISTRATION PERIOD PURCHASING MORE THAN ONE SPACE DURING EARLY REGISTRATION IS AN ADDITIONAL DISCOUNT.

REGULAR REGISTRATION: FRIDAY JUNE 1ST - FRIDAY AUGUST 17TH 2018

BOOTH FEES DURING REGULAR REGISTRATION:

- Food /Non Alcoholic Drinks: \$450.00 per booth (Individuals without a business)
- Arts & Craft \$300.00 per booth (Individuals without a Business)
- Non-profit for distributing information: \$300.00 per booth

Vending spots are assigned on a "First Come, First Serve Basis'. WIADCA cannot guarantee any Spots, all spaces measure 10' x 10'. **NO EXCEPTIONS**

REGISTRATION PROCESS:

- WIADCA'S Office: 325 Rogers Avenue (Bet Montgomery & Sullivan)
- · Online- www.wiadcacarnival.org

WIADCA'S OFFICE IS OPEN FOR REGISTRATION MONDAY - FRIDAY 11:00 AM- 6:00 PM

PAYMENT OPTIONS:

- In Office Registration: Money Orders, Debit and/or Credit <u>ONLY.</u> <u>CASH NOT ACCEPTED</u>
- Online Registration: Credit & Debit Cards <u>ONLY</u>
 (A Service Fee Applies When Using Credit & Debit Cards During Online & In Office Registration).

A Late Fee of \$50.00 will be applied for any registration submitted from Monday August 20th, 2018

Per the Department Of Health all vendors selling food & beverages MUST obtain A Food Handlers Certificate in order to sell on Eastern Parkway during the parade. Please visit www.nyc.gov/health (Food Safety Certification) for further information. Summons will be issued by the Department of Health to individuals without proper credentials.

INSURANCE

Vendors are required to purchase general Liability Insurance from a reputable Insurance Company that is licensed to provide insurance coverage. The policy should name the following individuals as additional insured: West Indian American Day Carnival Association, The City of New York, Office of the Mayor Street Activity.

Below are agents where insurance can be purchased for all vendors for Labor Day Monday.

Manhattan:

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Brooklyn:

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City premieres new season of awardwinning English language program

By Alexandra Simon

The Mayor's Office of Immigrant Affairs premiered a new season of their award-winning show, "We Speak NYC" at the Museum of the Moving Image in Queens on May 9. The Emmy-winning program, formerly called "We Are New York," is an educational show for English-language learners and helps people learn how to use and navigate city services. It is returning for another season and covers an even wider range of subjects, said the agency's commissioner.

"We have brand new episodes and they focus on health, class, mental health, and workers rights. This new season shows more ways that English-language learners can have a foundation, how to engage with this city, and knowing how to assert their rights," said Bitta Mostofi.

She says since the show debuted it has helped many immigrants with their English language skills and gives them the self-assurance to speak and articulate any concerns.

"The program gives them a



A still from the city's English language-learning television series, "We are NYC."

Mayor's Office of Immigrant Affairs

sense of confidence in any environment," said Mostofi. "We are proud of what we are able to do in both cases of building an immigrant community, as well as providing additional tools for literacy providers.'

One example of that was a student who spoke at the premiere event, and wanted to showcase

"He gave a whole speech in English without a paper, and it was very moving and inspiring,' added Mostofi.

The agency holds classes several times a year, and also partners with libraries and community-based organizations to screen the half-hour show for English-learning students. The season premiere episode focused on the subject of mental health and how one can seek help.

The often taboo subject, accompanied with immigration fears and lack of English language skills, can be a detrimental to immigrant communities, but highlighting that issue and the agencies they can turn to, such as Thrive NYC — the city's mental health initiative — can bring forth awareness.

"We want to focus on making sure that these communities know about Thrive NYC, which offers assistance to the immigrant community, and put an emphasis on the people feeling confident and knowing that these services are free and



New episodes of the Emmy-award winning show "We are NYC," will be available on the Mayor's Office of Immigrant Affairs website later this month. Mayor's Office of Immigrant Affairs

confidential," said Mostofi. "It's important to us that we make sure they know they have access to these services by expanding their knowledge."

Mostofi says all of the program's episodes will be available on the website later this month, and adds that this educational series is an effective way to help millions of the city's immigrants learn the city's most commonly spoken language.

"A lot of people have learned English from watching a movie or television show, so entertainment plays a part in languagelearning, and each episode has slow dialogue, which makes it easier to repeat and mimic," she said. "The episodes, website, and the guides are user friendly, and designed to include interactive tools that people are using today, so by making this the primary way to get information is a good way for us to get into the digital age.'

Find "We Are NYC" here. [http://www.nyc.gov/html/ weareny/html/episodes/episodes.shtml]



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Queens foundation partners with University of Guyana

By Alexandra Simon

A Queens-based charity organization is partnering with the University of Guyana to create Guyana's first clinical psychology program and school next year. The Jay and Sylvia Sobhraj Foundation, founded by Jay Sobhraj — a principal at Zara Realty, are establishing a degree psychology program to address mental health in the country, and help train more psychologists. Last year the institution reached out to the foundation about creating the program and being known for their philanthropy — they wanted to help, said a director at the foundation.

"Guyana has a serious mental health crisis so when the university approached us and wanted some help — we began talks in terms of building a facility that would have organizations to focus on mental health," said Nardeo Singh. "This school is a unique approach to get a few things right and make a difference for Guyana."

The South American country has only six psychologists with creation of this program, that number will gradually increase as more qualified and trained therapists are trained, according to Singh.

He adds that there is also somewhat of crisis of in the psychology field in Guyana, where the services of the existing doctors are very hard to access. And the therapists who are available and accessible, are usually not equipped to diagnose the mental health concerns.

"There are not many certified clinical psychologists in country, so if someone is trying to get psychological help his or her chances are very slim," said Singh. "Meanwhile, there's a lot of domestic violence abuse and undiagnosed kids suffering with autism that need help, and the social workers that try to treat these patients are not really qualified."

By investing in the creation of a clinical degree program, the university and the foundation will drastically help close the existing gap and help improve

doctorate degrees. But with the the quality of mental healthcare in Guyana. And Singh says both the school and the organization will benefit from the partnership, but most importantly the citizens of Guyana.

> A two-year degree program for clinical psychology started earlier this year and is housed temporarily in the university. Four-year degree program students pursuing bachelors and masters, will be admitted when the construction of the new building for psychology is completed by 2019, and that will be the permanent location for both programs.

> The new building will have four state of the art lecture halls, a bookstore, a food court, medical and psychology clinics, a gym, and other faculty offices, according to Jay Sobhrai.

He said there will also be religious worshipping houses for practicing students.

"The building will be over 10,000 square feet, so in addition to the lecture halls, we're also having three houses, one each for Hindu, Christian, and



It's a go: The Sobhraj Foundation signs off on paperwork approving the construction of the school.

Jay and Sylvia Sobhraj Foundation

Muslim students," he said.

The University of Guyana has more than 15,000 students enrolled, and the student capacity of the program is expected to accept more than 1,000 students.

Sobhrai said that while there are varying degrees of mental health issues that need to be tackled in Guyana, one of their focal points they are passionate about is ensuring the country's most vulnerable are prioritized.

"We want to help the children of Guyana and we are hop-

ing for the best, which is why we are very committed to this program and investing in it," he said. "I feel like children are cheated out of life and are not getting properly diagnosed due to their parents lack of understanding and not knowing why their child may be like this. But we would like to see this benefit children a lot, and I'd like to see counselors in schools in Guvana."

The school will open during the second semester of the 2019 school year.



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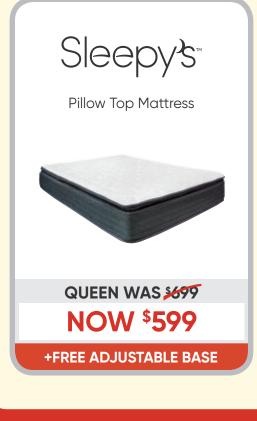
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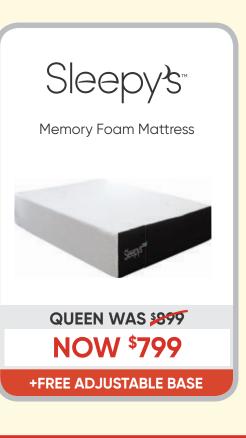
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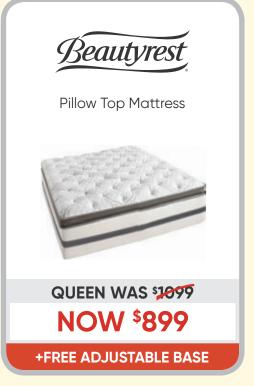
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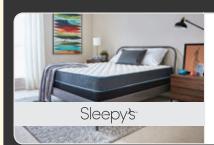
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Brooklyn celebrates Haitian Flag Day

By Tequila Minsky

May 18 was quite a day for the Haitian Diaspora in Brooklyn who celebrated Haitian Flag Day in a big way.

Proudly waving Haitian flags, members of the Haitian community participated in a midday ceremony co-naming the corner of Nostrand and Newkirk Avenues Toussaint L'Ouverture Boulevard, in honor of the legendary Haitian liberator.

Brooklyn Assemblywoman Rodneyse Bichotte, the first Haitian-American to be elected to the state Legislature from New York City, joined other local elected officials and community leaders at the co-naming event. They have formed a coalition called Little Haiti BK, and have launched an effort to label the predominantly Haitian-American surrounding area the Little Haiti Business and Cultural District.

According to an analysis by the Migration Policy Institute, a Washington, D.C.-based think tank, Brooklyn is now home to more than 90,000 Haitian-Americans — the third largest concentration in the U.S.

In remarks before the new street sign was unveiled at the



Jehnu Sahyeir wooed the crowd with song in Haitian Creole.

co-naming ceremony, Brooklyn Councilman Jumaane Williams who is of Grenadian descent, commented on local opposition to the creation of a Little Haiti district mounted by some who note that a Little Caribbean area already exists. "Little Haiti has nothing to do with Little Caribbean," he noted about a seeming conflict in creating two competing special (and overlapping) zones in Brooklyn.

"When a community steps up tributions. Political strategist to push back in the perception of Karine Jean-Pierre, senior advi-

negativity about it," he said, referring to the President's disparaging remarks about Haiti, "I must stand with them...We should be celebrating the creation of Little Haiti as well as the creation of Little Caribbean. This is nothing to divide us."

Williams believes that this designation is a great way for NYC to show the world and the nation that Haitians add cultural, educational, and economic significance to this country that cannot be ignored.

"I'm happy to celebrate OUR culture today. This is a proud day for everyone, a proud day for Haitians, a proud day for Caribbeans, a proud day for Africans, for Blacks, for everyone who loves culture."

Later that evening, at Brooklyn Commons, Councilman Williams hosted with community organizer Farah Louis his annual Haitian Flag Day awards celebration in collaboration with Haiti Cultural Exchange and the Haitian American Caucus.

Six members of the Haitian community were recognized for their excellence and contributions. Political strategist Karine Jean-Pierre, senior advi-

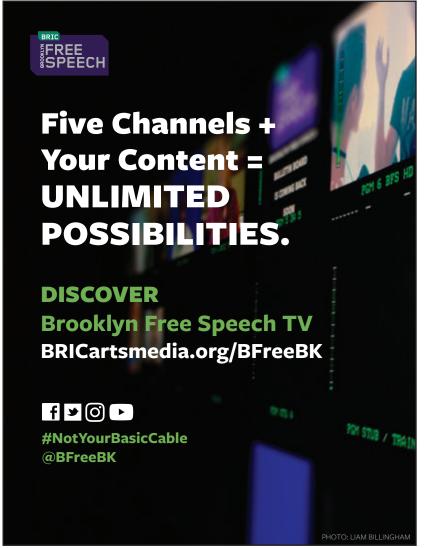


Rear, from left: Regine Roumain, Dickson Guillaume, Farah Louis, Vania Andre, and Samuel Pierre, Front, from left: Claire Sulmers, Melissa St. Vil, Karine Jean-Pierre.

Photos by Tequila Minsky

sor and national spokesperson for MoveOn.org; journalist Vania Andre, editor-in-chief of Haitian Times and former communications director for Councilman Williams; advocate and consultant Samuel M. Pierre. co-founder

and executive director at the Haitian American Caucus; champion featherweight boxer Melissa St. Vil; musician and advocate Dickson Guillame; and writer and fashion blogger Claire Sulmers received awards.







Go to **www.Caribbeanlifenews.com** for the latest in Caribbean news, entertainment, sports, business, viewpoints and more.

Choir conductor of Guyanese heritage wows Royals

By Tangerine Clarke

The news went viral when it was learned that Gibson, an accomplished, award-winning gospel singer, indeed has Guyanese roots from the town of Berbice.

According to reports, billions of citizens around the world watched as American actress, Meghan Markle and Prince Harry were married at St. George's Chapel Windsor Castle, on May 19, and where The Kingdom Choir wowed the universe with Ben E. King's hit song "Stand By Me" - a moment that Guyanese are very proud of.

Musician Karen Gibson, a British-born of Guyanese lineage, was that talented founder and director of The Kingdom Choir, who was front and center at the Royal wedding.

Guyanese poet, James Richmond, who personally knows the family, confirmed that Karen Gibson was born in London to mother Myrtle Gibson of Eldorado, on the West of Berbice. Kim Gibson, another

daughter, and Karen's niece, Robyn Samuels along with her (Robyn) husband, Vernon Samuels, are all members of the 20-member choir, making it a family affair.

Richmond also confirmed that the family, just last year visited Guyana, for the 80th birthday anniversary of mother Myrtle Gibson.

Both Karen and the choir have been regular performers at Royal family events, first, at Her Majesty Queen Elizabeth's Golden Jubilee, then the wedding of Duchess Meghan and Duke Harry of Sussex.

She has performing alongside greats including Elton John, Donnie Mc Clurkin, Andrea Crouch and many others, over the past 20 years.

In a Facebook post, Karen thanked all of her well-wishers stating: "I have just gotten home, I'm tired and I just want to sit down, but before the day is out, I just want to say, thank vou from the bottom of my heart for all the FB love.

"Honestly, it has been all of my intention to represent well. I wanted to make God, our families, friends and several communities of which we are a part, proud. I hope that we did that

She went on to say, "If I'm to be honest, today has been unreal: the greatest, highest honor but totally unbelievable, and I'm still processing it all. It's been wild are the words that keep coming to mind."

"I would love to answer all your message of love, but I'm not sure I'll be able to get around to it. I'm not being lazy, but it's a lot. However, I am so, so grateful to every single one of you - you have filled my love tank right up.

"May God bless your hearts real good, and let's move forward together in whatever our sphere of influence may be. Work hard, be intentional, love with passion and seek to do everything with excellence. Peace," concluded Ms. Gibson.

The Kingdom Choir was



This April 24, 2018 file photo shows Karen Gibson and The Kingdom Choir, who performed the soul classic "Stand By Me" at the royal wedding, in London.

Rick Findler / PA via Associated Press, file

described by "The Sun" as a unique group of dedicated men and women, who blend choral discipline with the raw Gospel spiritual sound — drawn from an inner experience."

According to the news outlet, in 2000 the group won BBC Radio 2s Minstrels in the gallery annual competition. In 2002, the choir was nominated for best UK Choir at the Oasis Awards.

Members of the choir have performed on TV, for advertisements, corporate launches and at venues including Royal Albert Hall, St. Paul's Cathedral, St. Martins in the Field and the Millennium Dome.

Karen is the gospel expert who appeared on TV show "Gareth Malone's The Choir: Sing While You Work" in 2013, according the British Metro.

BUSINESS, BROOKLYN STYLE - ADVERTISEMENT

Ramapo empowers young people for lasting success

BY CAMILLE SPERRAZZA

Ramapo for Children is an organization that helps young people who face learning obstacles, including social, emotional, and cognitive challenges, by nurturing and supporting their success.

It helps young people learn to align their behaviors with their aspirations. It provides adults with a toolbox of strategies and techniques that enables them to promote positive behavior and to foster social and emotional skill development in young people. The organization equips school districts, administrators, and teachers with the practical tactics they need to create these positive environments.

As a result, safer communities are built, where people feel like they belong and are connected to others. At the heart of Ramapo's work is the conviction that all children seek the same things: to learn, feel valued, and experience success.

Ramapo for Children began when Camp Ramapo was es-



Ramapo's Staff Assistants learn about nutrition and cooking.

Ramapo for Children / Karen Pearson

tablished in 1922 as an all-boys camp in the Ramapo Mountains. In 1923, the organization's Rhinebeck campus property was purchased, and Camp Ramapo moved to where it is today — in New York's beautiful Hudson Valley region.

The camp expanded in 1956 when it became co-ed. It has continued to flourish over the years. Camp Ramapo still operates each summer. It is a residential program that welcomes more than 500 children every year. The camp is designed to support the unique needs of children ages 6-16 who have a broad range of social, emotional, and cognitive abilities. The programs there are designed to promote independence, self-confidence, and fun.

Camp Ramapo is offered only in the summer, but it feeds into the Ramapo Leadership Program, which is open to teen $campers\, and\, young\, people\, from$

the community who can stay on campus one weekend per month, year-round, participating in skill-building activities that are centered on specific themes — including nutrition, navigating social situations. and stress management.

At the Rhinebeck campus, Ramapo for Children also offers the Staff Assistant Experience, a residential program designed to put young adults on the path towards independence by teaching them social, vocational, and life skills in a communal setting. Ramapo Retreats, another on-campus program, are full-day and multiday teambuilding retreats designed to strengthen communication and trust among group participants. They are open to students in elementary through high school, as well as to school staff members, community groups, and colleges.

Since 2001, Ramapo for Children has expanded its offerings beyond the campus to include Ramapo Training, its professional development program that provides workshops, coaching, and technical assistance to educators, youth workers, and caregivers. It is widely utilized by schools, afterschool programs, and daycares. It offers restorative practices, behavioral management support, and more.

A Ramapo coach says, "Participants leave our workshops and one-on-one coaching sessions feeling more empowered because they come away with a concrete set of tools for promoting positive behavior, and strategies for creating focused, productive learning environments."

Ramapo For Children estimates that it serves 500 campers; 200 camp counselors; nearly 30,000 educators, youth workers, and caregivers; almost 12,000 retreat participants; and 35 young adults transitioning to independence.

Ramapo For Children [49 W. 38th St. in Manhattan, (212) 754-7003, www.Ramapo-ForChildren.org.] Open Mondays through Fridays, 9 am-5





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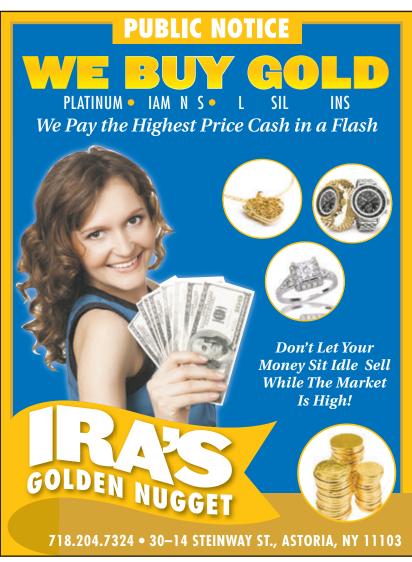
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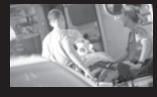
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Pets can contribute to cognitive, physical, and emotional wellness in children.

For a healthier kid, try a pet

f youngsters have been eyeing fuzzy kittens or boisterous puppies at nearby shelters or pet stores, parents may want to give in to those cries for a family pet. Pets are added responsibilities, but the health benefits associated with pet ownership may be well worth the investment of time and effort.

Caring for a pet is sometimes viewed as a childhood rite of passage, but there's much more to the experience than just learning responsibility. Experts say a child's emotional, cognitive, physical, and social development can be enhanced through interaction with a family pet. Studies continue, but the effects of family pets on children was heavily researched by developmental psychologist Gail F. Melson in 2003. Melson looked at literature on child-animal relationships and found that children who had pets were better able to understand biology and children who could turn to pets for unconditional emotional support were less anxious and withdrawn than their peers without family pets to turn to.

ducted by researchers at the **Cummings School of Veterinary** Medicine at Tufts University reported that adolescents who had animal experience were more likely to see themselves as important contributors to communities and more likely to take on leadership roles.

Pets also can help children develop into well-rounded individuals. Playing with a pet requires children to engage in physical activity and can help stimulate motor skills. An English study conducted in 2010 and published in the American Journal of Public Health found that children from dog-owning families spent more time in light or moderate to vigorous physical activity and recorded higher levels of activity counts per minute than kids whose families did not own a

Pets may help with allergies and respiratory ailments as well. A 2012 study by the American Academy of Pediatrics discovered that children who have early contact with cats and dogs have

Data from a small study confewer respiratory infections and ear infections and need shorter courses of antibiotics than children who have not had contact with pets.

> A study from Dr. Dennis Ownby, a pediatrician and head of the allergy and immunology department of the Medical College of Georgia, found that having multiple pets decreases a child's risk of developing certain allergies. He found that the children who were exposed to two or more dogs or cats as babies were less than half as likely to develop common allergies as kids who had no pets in the home.

> Pets also may foster social interactions, which can benefit children who are shy. Inviting others over to meet pets can help children make friends and find others with similar interests. Children may also confide in pets and develop their self-esteem.

> Studies have indicated that the type of pet a family has, whether it's horses, dogs, snakes, etc., does not matter, as all companion animals have the potential to benefit children.

Common asthma triggers and potential causes

sthma, a chronic lung disease that results in inflamed and narrowed air passages, affects millions of people around the world. The National Heart, Lung and Blood Institute notes that more than 25 million people in the United States have asthma.



Various triggers can stir up asthma symptoms.

When airways narrow and swell, they can pro-

duce extra mucus. Breathing becomes quite difficult when asthma is present. The Mayo Clinic says that asthma is just a minor nuisance for some people, while others may experience life-threatening attacks. Recognizing potential triggers and avoiding them can help control symptoms.

The changing of seasons can be a tricky time for asthma sufferers because of the increase in air irritants. Pollen and mold spores are known asthma triggers. Spring cleaning around the house also may trigger an attack if dust, pet dander, or particles of cockroach waste are stirred

People who are allergic to certain substances also may discover these same allergens can trigger asthma attacks. Irritants in the environment also can bring on such attacks. The Asthma & Allergy Foundation of America indicates that, while people may not be allergic to certain irritants, irritants can bother inflamed and sensitive airways. Cigarette smoke, wood fires, charcoal grills, smog, strong fumes, and chemicals also may trigger asthma attacks.

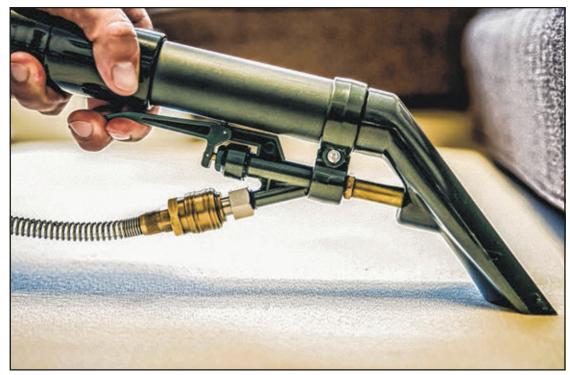
People with asthma also must take care when exercising or when they develop respiratory illnesses. Exercise-induced bronchoconstriction can appear after several minutes of sustained exercise. The Foundation also notes that colds, flu. and sinus infections are among the most common asthma triggers in children.

Although many asthma triggers are known, researchers continue to explore what causes asthma. The National Heart, Lung and Blood Institute says that people may be more likely to develop asthma if:

- •They have atopy, an inherited tendency to develop allergies.
 - •Their parents have asthma.
- •They were exposed to certain respiratory infections during their childhood.
- ·They had contact with allergens while their immune systems were developing.

A theory known as the "hygiene hypothesis" suggests another potential cause for asthma. Researchers say that growing concerns with hygiene and sanitation have removed many of the types of environmental exposures that once helped children develop strong immune systems. As a result, an increased risk for atopy and asthma has sur-

Asthma sufferers can try to avoid common triggers and may find that medication and other lifestyle changes can help control their symptoms.



Allergies can be problematic, but routine home cleaning in the right way can help alleviate symptoms.

Spring cleaning can alleviate allergies

A llergies affect people of all ages. The American Academy of Allergy, Asthma and Immunology reports that allergic rhinitis affects between 10 and 30 percent of the world's population. In addition, the prevalence of allergic diseases has risen in industrialized nations for more than 50 years.

Seasonal allergies tend to be the strongest in spring and autumn. Allergies can be exacerbated by many factors, including in homes where improvements are being made. Regular house-cleaning can remove many common allergy triggers and help alleviate symptoms. Knowing which common home improvement mistakes can aggravate allergies can help homeowners avoid them:

Suit up: Before any cleaning begins, allergy sufferers should don face masks and rubber gloves to prevent themselves from breathing in allergens or having them touch their hands, where they can be transferred to the face or elsewhere. Those cleaning should also wear clothes that can be easily removed and laundered after a day's work.

Clean windows singularly: Prolonged exposure to outdoor allergens, such as pollen, mold, or ragweed, can aggravate allergies. Therefore, if windows are being cleaned, do one at a time and then promptly close the window. Having the air conditioning running can help filter the air as well.

Use exhaust fans: The Academy recommends using an exhaust fan in the kitchen and bathrooms to reduce the levels of moisture in these rooms and filter out potential allergens and odors. Moisture can eventually lead to the growth of mold and mildew, which isn't healthy for any-

one, including allergy sufferers, to breathe in.

Invest in a HEPA filter: Vacuums with HEPA filters can trap allergens that are so small that they pass through regular vacuum filters. That means instead of containing them, these small particles are only being shot back into the air where they are easily breathed in. WebMD suggests vacuuming once or twice a week to keep carpets and floors as clean as possible. Plus, don't forget to vacuum upholstered furniture and drapes as well.

Launder with hot water: When it comes time to wash linens, do so in hot water, which can kill dust mites residing in sheets and blankets. Employ mattress covers to further protect against dust mite allergies.

Shampoo smart: Shampooing a carpet may cause moisture to become trapped in the carpet fibers, leading to increased dust mites or mold growth. Spot-clean stains instead. Otherwise, hire a professional cleaner who will clean and dry the carpet as quickly as possible.

Damp dusting is better: When cleaning up dust or home renovation debris, use a damp cloth or a vinegar solution to wipe down surfaces. This helps trap small particles instead of sending them into the air.

Treat mold issues: Mold can trigger allergic reactions, so it is best to keep it out of a home. Solutions that contain at least 10 percent bleach can be effective at killing mold, but it's best to prevent mold from growing entirely. That means keeping tabs of any moisture issues and addressing them immediately.

Allergies can be problematic, but routine home cleaning in the right way can help alleviate symptoms.

Food allergy fast facts

ood allergies can develop from birth, and some last a lifetime. Others are developed at different ages and may be outgrown. No matter when allergies stop or start, they can be a lifethreatening problem for children.

Although food allergies may be managed more easily at home, they present different challenges for school-aged children. School nurses and administrative officials should be informed about food allergies, especially if they are severe enough to warrant medical intervention, such as medication.



Food allergies are quite common. Consider these allergy facts that can help parents better understand any issues their children might face:

•The Food Allergy Research and Education network says nearly 15 million people in the United States, many of whom are children, are affected by food allergies.

•Around seven percent of Canadian children under the age of 18 report having at least one food allergy.

•The Centers for Disease Control and Prevention says children with food allergies are two to four times more likely to have other related conditions, such as asthma and other allergies.

•Food allergies are an immune system response to the food, not a case of digestive intolerance

•Among food allergic children, peanuts are the most prevalent allergen, followed by milk and shellfish, says the American Academy of Allergy, Asthma & Immunology.

•Food allergies can cause everything from mild reactions, such as itchiness or hives, to anaphylaxis, a severe and potentially deadly reaction

•Risk of food allergies increases when there is a parent who suffers from any type of allergic disease — even those beyond food allergies.

•A recent study conducted by researchers at Johns Hopkins University School of Medicine found that children are taking longer to outgrow milk and egg allergies.

•Food avoidance remains the best way to prevent symptoms of food allergies. That is why reading product labels is vital.

FACTS

Heart disease and stroke are the #1 cause of death in the United States

In 50% of those deaths, the patients are non-symptomatic

Adults with diabetes are 2-4 times more likely to have heart disease or suffer a stroke

Diabetes and heart disease run markedly higher in overweight and obese people

1/3 of the US population is considered to be obese



Testing for 8 Essential Risk Factors

Autonomic Cardiac Nervous Autonomic System Neuropathy Dysfunction Cardio-Insulin Metabolic Resistance Small Endothelial Fiber Dysfunction Neuropathy Cardio-Sudomotor Vascular Dysfunction Disease

these hidden uses of dise se

Early detection allows doctors to more effectively identify symptoms and disease complications in support of preventative treatment plans and managing risks for:

- Blood clots
- Heart attack
- Stroke
- Irregular heartbeats
- Angina
- Shortness of breath
- Swelling of the ankles
- Numbness or tingling of hands or feet
- Sweating abnormalities
- Headaches

- Elevated blood sugar
- Low libido / Erectile dysfunction
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- Urinary tract infections
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The facts about childhood asthma

ifficulty breathing can be a terrifying experience for anyone, and especially for parents watching their children suffer. People experience breathing issues due to weather, allergies, or illness. But for children and adults who have asthma, breathing troubles can be a regular occurrence.

The American Academy of Allergy, Asthma & Immunology says children who have recurrent wheezing, chest tightness, cough, or shortness of breath may have one or more forms of asthma. Asthma can make it challenging to breathe and typically occurs when the lungs swell, fill with mucus, and airways become smaller. The Kids Health resource says some people have described asthma as feeling like breathing through a straw.

What is asthma?

Asthma is the leading cause of chronic illness in children, affecting roughly seven million children in the United



People experience breathing issues due to weather, allergies or illness. But for children and adults who have asthma, breathing troubles can be a regular occurrence.

States alone, and the numbers are steadily rising, says WebMD. It can occur at any age, but most children are diagnosed by age 5.

Why people get asthma is generally a mystery, but it tends to run in families. Those who have a history of asthma or allergies tend to get asthma. Allergists may perform skin

or blood tests to see if children have allergies that can trigger asthmatic symptoms, advises the American College of Allergy, Asthma & Immunology.

Symptoms of asthma

Asthma can have multiple causes and symptoms. The American College of Allergy, Asthma & Immunology says

coughing, recurrent bronchitis, wheezing, and shortness of breath, especially when exercising, are common symptoms. Some people may notice a whistling sound when breathing out. Also, frequent colds that settle in the chest may be indicative of asthma.

Increasing asthma rates

No one is sure why more children are now developing asthma than before. It could be because parents are more in tune with symptoms and seeking treatment. Others surmise that increased time spent indoors being exposed to indoor air pollution, dust, and secondhand smoke may be to blame. Over-sanitation, or not enabling children to be exposed to enough bacteria and viruses to boost their immune systems, is another theory.

Testing for asthma

Apart from allergy tests, a doctor may recommend a pulmonary function test to see how air flows through the lungs. Chest X-rays may highlight other symptoms, and doctors may test for inflammation.

Managing asthma

There is no cure for asthma, but it can be managed effectively with lifestyle changes and medications. Treatment depends on the severity and frequency of symptoms, advises the American College of Allergy, Asthma & Immunology. Quick-relief medications can quiet the wheezing and coughing that occurs during an attack. Long-term medications help with internal inflammation. Inhalers and nebulizers are commonly used to deliver asthma medications. The College says that most asthma medications are considered safe when used as directed.

In addition to medications, asthma patients are advised to get flu immunizations, avoid allergy triggers, and routinely wash their hands to avoid colds and other respiratory ill-



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Safe ways to deal with sinus pressure

the low-center of the forehead, behind the eyes and in bones behind the nose. Cedars-Sinai Medical Center says the sinuses lighten the skull and produce a mucus that moisturizes the inside of the nose. Unfortunately, when colds or the flu strike, sinuses may become one of the first spots affected by these illnesses.

When the sinuses are working properly, mucus will drain into the nasal passages or out the back of the throat. Most of this drainage goes unnoticed. However, the American Sinus Institute says that factors such as allergies, illness, weather changes, dehydration, and dry air can make the sinus mucus thicker and drainage more difficult. This is when problems like infection, stuffiness, or throat irritation may occur.

In order to combat sinus congestion and drainage concerns, people may try certain strategies that include flushing the sinuses and thinning the mucus. It is imperative to use safe flushing methods to keep the sinuses healthy.

Neti pots are among the more popular methods to flushing sinuses. These small teapot-like devices with elongated snouts have become a fix-

inuses are bony, hollow, air-filled cavities inture in many medicine cabinets. Because they side the face and skull. They are located in are drug-free alternatives, they can be handy for those worried about antihistamines making them drowsy or reacting with other drugs. Neti pots and other nasal irrigation systems use saline to moisten and clear out nasal passages to promote drainage of sinus cavities. However, according to the U.S. Food and Drug Administration, using these devices improperly can increase one's risk of infection. CBS News says that neti pots have even been linked to the deadly Naegleria fowleri, which is otherwise known as the "brain-eating" amoeba.

> The key to preventing infection is to only use previously boiled, sterile, or distilled water to irrigate. Tap water is not adequately filtered, says the FDA, and may contain low levels of organisms that can stay alive in nasal passages and potentially cause serious infections.

> Those who are concerned about nasal irrigation safety may be wise to skip neti pots and use pre-packaged, sterile saline solutions that are bottled for the purpose of alleviating congestion. However, when prepared water is used in a clean neti pot or other device, these methods can be perfectly safe.



Factors such as allergies, illness, weather changes, dehydration, and dry air can make the sinus mucus thicker and drainage more difficult.

Sinuses can get clogged for many reasons. To free up breathing, people are urged to consult their physicians to learn more about how to safely irrigate their nasal passages.

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Effective ways those with asthma can reduce attacks

illions of people — 25.9 million in the United States alone have asthma, according to the Asthma and Allergy Foundation of America. Asthma has become increasingly prevalent in all sex, age, and racial groups since the early 1980s. It is one of the most common and costly diseases, and still has no

Swelling of the airways occurs when a person has asthma. This can result in wheezing, coughing, and tightness in the chest. For those who cannot find relief, asthma attacks can prove deadly. Although there is no way to prevent asthma, by following a plan, there are ways to lessen the frequency and severity of attacks. Most of these tips involve reducing contact with allergens that can trigger asthma attacks:

Home

First, assess your house to identify and reduce common allergens.

water to kill off any dust mites. The

water temperature should be at least ratory illnesses, says the American 130-degrees Fahrenheit.

•If pets trigger a reaction, keep companion animals off of furniture and beds where they can leave fur and dander behind. Limit the rooms in which pets can stay. There is some research that states children exposed to animals early in life may actually be less likely to develop allergies and asthma.

•Put allergy-proof covers on pil-

·Vacuum at least twice a week with a HEPA air filter-enhanced vaciiim cleaner

·Reduce humidity around the house, as it can lead to the prevalence of mold. Mold is a common asthma trigger. That means using a dehumidifier, keeping bathrooms clean and dry, and repairing any leaks

•Insist that people who smoke tobacco products do so outside of the house. Secondhand smoke has been • Wash linens and clothing in hot shown to increase the development of asthma and other chronic respi-

Academy of Allergy, Asthma & Immunology.

Outside, work and school

You may have less control over allergens outside of the home, but there are still ways to cut down on attacks:

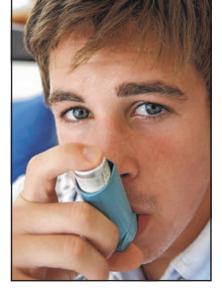
· Avoid smoking areas outside of stores and office buildings.

·Know the office cleaning schedule and work around those hours. In some instances, cleaning products and other chemicals can trigger at-

·Keep stress at a minimum because intense emotions can bring on asthma symptoms, according to Dr. Paul Ehrlich, coauthor of "Asthma Children: A Parent's Allergies Guide."

·Check the air quality outdoors before venturing outside. Stay inside during ozone alerts or when the air is very humid or stagnant.

·Seasonal allergies and asthma often go hand-in-hand. Check pollen. mold, and ragweed counts. Stay in-



doors on peak days.

·Be sure physical education teachers are aware that gym class may trigger asthma attacks in your children, and that they should look for apparent symptoms.

In addition to these tips, a rescue inhaler can help quiet a potential attack. Keep medication available at all times. Plus, speak with a doctor about customizing an attack prevention plan even further. More information is available at www.aaaai.org.





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Common performs at The Wallis Annenberg Center for the Performing Arts in Beverly Hills.

Alex J. Berliner / ABImages via Associated Press

Common to open fest

By Tangerine Clarke

Grammy Award winning artist Common will headline opening night of the 40th anniversary gala and concert of the Brooklyn Information & Culture (BRIC) Celebrate Brooklyn! festival June 5 at Prospect Park Bandshell. He will take the stage at 8 pm

Common, a socially-conscious hip hop performer and actor who has become a prominent voice in hip hop's new millennium renaissance, is one of

Continued on Page 50

Songs for immigrants

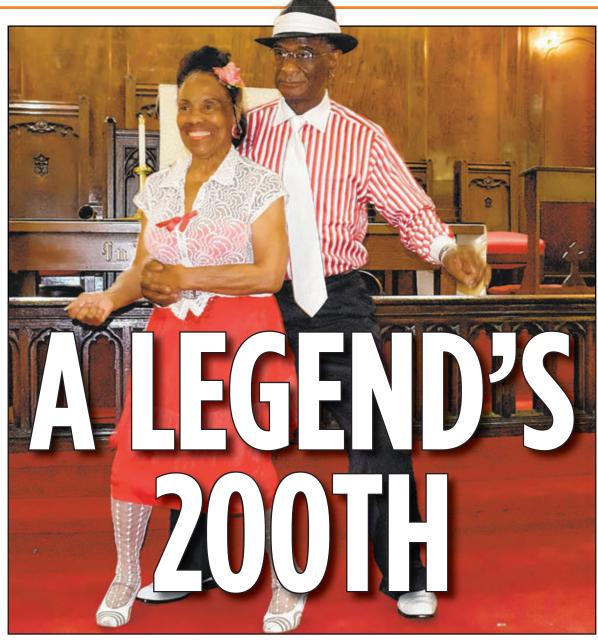
By Vinette K. Pryce

Actress Dianne Dixon can twang, slang and is known to ace the Jamaican patois dialect of her country as well as those of many Caribbean islands.

Her dramatic appearances in productions — "Haiti's Children of God," "One of Our Sons is Missing," "An Old Woman Remembers," "Not About Eve" and in television and film appearances that include "Law and Order" and "Jamaican Mafia" it was not surprise that the Mayor's Office of Immigrant Affairs and the City University of New York tapped the actress for the second season of the "We Speak New York" web campaign.

Time and again she has demonstrated her ability to communicate effectively to diverse groups.

Continued on Page 50



Etta Dixon and Bernard Dove perform a dance tribute to "Frederick and Anna."

Photo by Tequila Minsky

Marking Frederick Douglass' bicentennial

By Tequila Minsky

He was a statesman, the ambassador to Haiti from July 1889 to 1891, an orator. He had been a slave in Maryland, and was a committed abolitionist. He authored several books. His words ring as true today as when he wrote them more than 160 years ago. Frederick Douglass escaped slavery in Maryland and dressed as a sailor landed in lower Manhattan in 1838, launching, as a free man, his life of activism.

She is a contemporary singer, an

actress, writer, poet, charismatic performer and an independent scholar. This cultural "ambassador of good will" facilitates an educational program of African-American history and song that has grown into an initiative called Echoes of our Ancestors. Tami Tyree.

So, after Tami Tyree immersed herself in the life of Frederick Douglass, she knew that she wanted to honor him on the occasion of 200 years from his birth in 1818.

"I knew I couldn't do it alone,"

ВQ

she said, and she reached out to Borough President Gale Brewer's Harlem office.

With solidarity support buttressing her, in early May, Tyree in association with Dr. Joyce Duncan of the African Folk Heritage Circle presented a celebration in music, dance, recitation and sharing of history — The Frederick Douglass Continuum 200 / 2018.

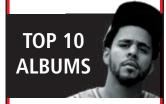
This homage took place in Harlem's Mother African Methodist Episcopal (A.M.E.) Zion Church, a church with

Continued on Page 50

TOP OF THE CHARTS TOP 10 SINGLES

- The Middle Zedd, Maren Morris & Grey
- Never Be The Same
 Camila Cabello
- God's Plan Drake
- Meant To Be

 Bebe Rexha & Florida Georgia Line
- Whatever It Takes
 Imagine Dragons
- Nice For What
 Drake
- 7 Pray For Me The Weeknd & Kendrick Lamar
- Post Malone Feat. Ty Dolla \$ign
- Perfect
 Ed Sheeran
- 10 Wait Maroon 5



- Voicenotes
 Charlie Puth
- The Greatest Showman Soundtrack
- Tranquility Base Hotel + Casino
 Arctic Monkeys
- Disobey
 Bad Wolves
- beerbongs & bentleys
 Post Malone
- All I See Is War
 Sevendust
- 7 Activated Tee Grizzley
- 7 Beach House
- 9 **Die Lit** Playboi Carti
- 10 KOD J. Cole

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CELEBRATING A LEGEND'S 200TH

Continued from Page 49

its own deep legacy, a story of ecclesial, social and historical significance.

In 1796, a handful of black people, free and enslaved, walked out of (lower Manhattan's) John Street Methodist Episcopal church to form a separate worship community — Mother A.M.E. Zion Church, the first African-American congregation in New York city and New York state. Relocating to Harlem in 1914, Sojourner Truth, Harriet Tubman, Paul Robeson as well as Frederick Douglass are among the Church's long, illustrious membership roster.

A diverse audience attended the afternoon tribute well dosed with history as well as the arts.

Early in the program Lil Phillips of this church sang a moving rendition of "Go Down Moses."

Dr. Duncan and Tami Tyree shared little known facts about Douglass. He was an entrepreneur, a journalist with his own printing press, owner of numerous properties, and a professional orator for the American Anti-Slavery Society. He was an ad hoc educator who famously said, "It is better to build strong children than to repair broken



The New York African Chorus sang beautifully at the Mother African Methodist Episcopal (A.M.E.) Zion Church in Harlem.

Photo by Tequila Minsky

men."

Also on the program, Rev. Dr. James Forbes, Jr., Pastor Emeritus of The Riverside Church, minced no words as he sermonized.

"The President of the United States said that Africa and Haiti were 's-hole' nations" and he delved into the meaning of those words...ingesting and excreting, actions the U.S., is well known to do with its own people as he listed women, the Irish, Italians, Jews, those in the criminal justice system and the poor.

He concluded that he would never call people trash and if someone called him the 'S-word', he would respond, "You're right, for the wrong reasons because s-h-i-t stands for 'sacred humanity in transformation."

Additionally, a program of performing artists including The New York African Chorus, Rudi Mwongozi (piano), Henrique Prince (violin), drummers Atiba Kwabena and Owusu Slater and Tami Tyree (vocals) were part of the celebrated homage to this important man in American history

Songs for immigrants

Continued from Page 49

In the series of dramas about the lives of working class immigrants who come from all over the world to make New York their home, Dixon appears in the episode "Cesar's Journey" portraying Nana Aidoo, an African born teacher.

Her role involves interpreting the American vernacular to students whose primary language is foreign and for the general population in New York City often difficult to translate or comprehend.

It also affords her another opportunity to "speak in tongues."

As an instructor she must "help guide a group of frightened and unsettled immigrants achieve a better understanding of American life through her work with them inside and outside the classroom."

Dixon describes her character as a "wise, thoughtful ory, ready to be to be read humorous woman with on the right occasion."



Jamaican-born actress Dianne Dixon.

Photo by Vinette K. Pryce

great empathy who remembers all too well her own arrival and difficult adjustment to life in the USA as a non English speaking immigrant and who uses her own stories and experiences to support and inspire her students."

"Everywhere I travel, I always pay special attention to the local dialects — the rhythms, cadences and music in the voices of the people," she said. "And I've always been a very good mimic so I pick up on that easily and it just lodges in my memory, ready to be to be rolled out on the right occasion."

Common opens festival

Continued from Page 49

many artists to perform at Celebrate Brooklyn! concerts from June 5-30, according to BRIC, the host of one of New York's largest running, free outdoor performing arts festivals.

The hip-hop recording artist will perform works from the "Can I Borrow a Dollar" album he debuted in 1992, and many others.

Christened Lonnie Corant Jaman Shuka Rashid Lynn, Jr., and known fully as Common Sense, the poet-performer maintained a significant underground following into the late 1990s, after which he gained notable mainstream success through his work with the Soulquarians, according to reports.

The author of "One Day I will Make Sense", who won the 2015 Golden Globe Award for Best Original Song and the 2015 Academy Award, for Best Original Song for "Glory" is expected to thrill his audience.

Other free upcoming concerts include, Los Lobos, June 10, at 3 pm; The Jayhawks, June 16 at 7 pm, June 21, Aimee Mann at 7:30 pm, R+R Now Ft. Robert Glasper and others at 7:30 pm, June 23, Fischerspooner at 7:30 pm; The Blues Project featuring Dorrance Dane, June 28 at 8 pm, and Branford Marsalis/Roger Guenveur Smith and others, June 29 at 7:30 pm.

The festival is dedicated to nurturing and supporting new works from artists in all genres. Every year a small group of artists are selected to support in the development of new works. The commissioned projects are presented in the Festival's upcoming summer season.

Previous commissions include work from Alloy Orchestra, BQE Project, Brave New World Repertory Theater, Sean Curran and many more, according to BRIC.

Log on to www.bricartsmedia.org, for concert schedule.

Career of flamboyant fashionistsa

"The Gospel According to André" Excellent (4 stars) Rated PG-13 for mature themes and some suggestive content In French with subtitles Running time: 94 minutes **Production Studio: RossVack Productions**

By Kam Williams

André Leon Talley was born on Oct. 16, 1949 in Washington, DC, but raised in Durham, N.C. by his maternal grandmother, Bennie Davis. Even though she was a housekeeper who scrubbed floors at Duke University to keep a roof over their heads, she was also aristocratic in the highest sense of the word.

Through Mamie, André cultivated the values and sense of dignity which would serve him well once he made his way out of the Jim Crow South. For, after earning his BA at North Carolina Central Uni-



The Gospel According to André, an intimate retrospective directed by Kate Novack (Eat This New York). A profusion of pop icons pay homage to the flamboyant fashionista in the Courtesy Magnolia Pictures biopic,

in French, he headed to New York City to begin what would be an incomparable career in the world of fashion.

That impressive accomplishment is chronicled in very compelling fashion in "The Gospel According to versity and an MA at Brown André," an intimate retrospec-

tive directed by Kate Novack (Eat This New York). A profusion of pop icons pay homage to the flamboyant fashionista in the biopic, including will.i.am, supermodel Isabella Rossellini, designer Diane von Furstenberg and Sean "Diddy" Combs, who kisses his hand.

However, the cameos pale in comparison to André's own revealing account of how he overcame his modest roots with the help of his mentor, doyenne Diana Vreeland, as well as Andy Warhol, Karl Lagerfeld and Vogue editorin-chief Anna Wintour. We

learn that he arrived in the Big Apple a diamond-in-therough, given how he'd been appreciating style since child-

He explains that he'd been treated to a weekly fashion show by the ladies in his church's congregation. While many of these proud black women might have toiled as lowly domestic servants during the week, they would invariably arrive decked out on Sunday. André's thirst for haute couture was further whetted by magazines like W and Vogue which enabled him to mentally escape the limitations of life in racist North Carolina to a fantasy universe filled with pleasant and beautiful pictures.

On his way up the ladder, the 6' 6" tall trailblazer studiously avoided the traps of drugs and indiscriminate sexual liaisons that destroyed the future of so many others in the 70s and 80s. André does confess to being a regular on Studio 54's dance floor, but he just never participated in any of the self-destructive behavior.

Independent & Foreign Films

Future World (R for violence, nudity, sexuality, profanity and drug use) Sci-fi thriller about a desperate prince (Jeffrey Wahlberg) who embarks on an epic journey across

a devastated wasteland in search of a mythical medicine which might cure his terminally-ill mom (Lucy Liu). With James Franco, Snoop Dogg and Suki Waterhouse.

The Gospel According to Andre' (PG-13 for mature themes and some suggestive content) Reverential biopic chronicling fashionista Andre' Leon Talley's overcoming humble roots and Jim Crow segregation on his way to a celebrated career at Vogue magazine. Featuring commentary by Sean "P.Diddy" Combs, Anna Winotur, Tom Ford, Whoopi Goldberg and will.i.am.

How Long Will I Love You (Unrated) Time-travel, romantic fantasy about a woman living in 2018 who wakes up in bed with a man living in 1999. Co-starring Jiayin Lei, Liya Tong and Zheng Xu. (In Mandarin with subtitles)

How to Talk to Girls at Parties (R for nudity, sexuality, drug use and pervasive profanity) Sci-fi comedy, set in London in '77, about a shy teen (Alex Sharp) who falls in love with a beautiful alien from another planet (Elle Fanning) he meets at an after-hours rave.

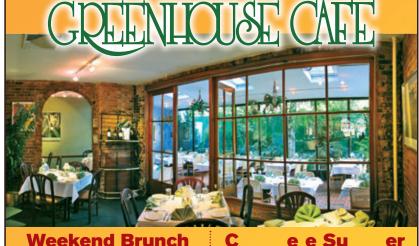


With Nicole Kidman, Ruth Wilson and Matt Lucas.

In Darkness (Unrated) Crime thriller about a blind pianist (Natalie Dormer) who ends up on the run from Russian mobsters after hearing a neighbor (Emily Ratajkowski) murdered in her upstairs apartment. Featuring Ed Skrein, Joely Richardson and James Cosmo..

Mary Shelley (PG-13 for sexuality, mature themes and substance abuse) Elle Fanning plays the title character in this biopic about the rebellious teen who married the poet Percy Shelley (Douglas Booth) before writing the literary classic "Frankenstein." With Maisie Williams, Ben Hardy and Bel

The Misandrists (Unrated) Countercultural comedy, set in Berlin, revolving around a group of radical feminists intent on putting an end to patriarchy and ushering in a new world order. Ensemble cast includes Viva Ruiz, Caprice Crawford and Kembra Pfahler. (In English, German and Danish with subtitles)



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Dwayne Bravo, batting for the Chennai Super Kings in a Twenty20 match in India earlier this year, will compete for Middlesex in the upcoming England T20 Blast

Associated Press / Parthi Bhan, File

Bravo for Middlesex

By Azad Ali

Former West Indies all-rounder Dwayne Bravo, who is in demand for Twenty20 matches around the cricket world, will now play for Middlesex in the upcoming England Twenty20 Blast, the club announced last week.

Bravo, 34, currently playing for Chennai Super Kings (CSK) in the Indian

Continued on Page 53

Day-night cricket Test

By Azad Ali

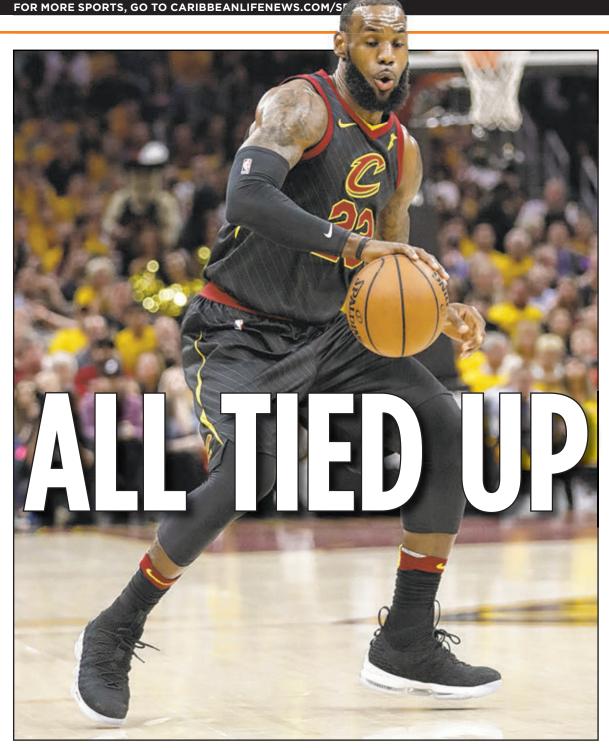
Cricket West Indies (CWI) believes historic Kensington Oval in Barbados is the ideal venue to host the Caribbean's maiden day / night Test.

The Oval, located in the capital Bridgetown will stage the ground-breaking third Test between West Indies and Sri Lanka, which will be played under lights.

CWI Chief Executive Officer, Johnny Greaves, said the day/night Test could not have been played in a better venue than the iconic Kensington Oval and it will and extra special occasion, as the match starts on the 90th anniversary of the first ever Test in the Caribbean which was also played there.

Sri Lanka arrived in the Caribbean at the end of the month for a three-Test

Continued on Page 54



Cleveland Cavaliers' LeBron James handles the ball in Game 4 against the Boston Celtics in the NBA basketball Eastern Conference finals. Associated Press / Tony Dejak

LeBron, Cavaliers even series with Celtics

By Tom Withers

CLEVELAND (AP) — LeBron James knows the path to the NBA Finals better than anyone in today's

And unless the Boston Celtics do something soon, he'll get there again.

James bullied his way to 44 points, surpassed Kareem Abdul-Jabbar atop a postseason list and helped the Cleveland Cavaliers even the Eastern Conference finals at 2-2 on Monday night with a 111-102 victory over the Celtics, who are looking forward to getting home before their adoring

fans.

Pushed by a raucous crowd that wasn't so confident a few days ago, the Cavs held off Boston's comeback in the fourth quarter and squared a tight series that is now a best-ofthree.

Continued on Page 54



The Cleveland Cavaliers' LeBron James drives on the Boston Celtics' Terry Rozier during Game 4 of the NBA basketball Eastern Conference finals, Monday, May 21 in Cleveland. Associated Press / Tony Dejak

LeBron, Cavaliers even series with Celtics

Continued from Page 53

Cleveland is trying to become the 20th team — out of 300 — to overcome a 2-0 deficit and James, who has already orchestrated two such rallies and is seeking his eighth straight finals, is a step closer to a third.

To do it again the Cavs will have to win in Boston, where the Celtics are 9-0 this postseason.

"We know it's going to be a hostile environment," James said. "We know their fans are going to be very energetic. But we have to just have our same mindset we had when we came home for these two games. If our minds are there, we put ourselves in a position to be victorious."

Before Game 5 Wednesday night at TD Garden, Celtics coach Brad Stevens was trying to stay positive with a team that has given up a 2-0 lead and fell to 1-6 on the road in these playoffs.

"It's the best two out of three to go to the NBA Finals. Doesn't get better than that," he said. "Ultimately, anybody that didn't think this was going to be tough, I mean, everything is tough. In this deal, it's a blast to have to grit your teeth, get up off the mat and go after it again."

Kyle Korver added 14 points and Cleveland's sharpshooting 37-year-old added three blocks and several hustle

plays, outrunning three Celtics in one sequence and diving for a loose ball.

"I've loved Kyle ever since we made the trade to get him here" James said. "I don't remember Kyle falling too much like that. I've got to keep his body as fresh as possible. But listen, he's doing whatever it takes to try to help us win, with the blocks, with the strips. Obviously his shot-making is very key for our team as well, but it's just the intangibles he's doing for us defensively."

Tristan Thompson had 13 points and 12 rebounds for the Cavs, who won despite 19 turnovers and two assists in the second half. Kevin Love had just nine points on 3-of-12 shooting and was in foul trouble, but he made a big 3-pointer and a follow shot in the fourth quarter.

Jaylen Brown scored 25 and Boston had all five scorers in double figures, but the Celtics fell behind by 19 in the first half and didn't have enough to catch Cleveland.

And, of course, they didn't have James, who moved past Abdul-Jabbar (2,356) for the most field goals in playoff history. James also recorded his 25th career postseason game with at least 40 points — his sixth in this postseason.

The Celtics hung around in the and hope he misses."

second half and pulled within 100-93 on Marcus Smart's basket with 4:29 left. But Thompson got free for a dunk, and after a miss by Boston, James recovered after making his seventh turnover by making a steal and

Moments later, James drilled a 3-pointer from the left wing to finally put away the young Celtics, who will now feel the immense pressure of trying to hold off the three-time cham-

``He's the best in the game at evaluating the court and figuring out what he wants and where he wants it," Stevens said [of James]. "The thing about it is that you just have to battle. You just have to make it as hard as possible, because he's going to find a matchup that he ultimately wants."

Stevens considered changing his starting lineup, but decided to stick with the same first five — Brown, Jayson Tatum, Marcus Morris, Al Horford, and Terry Rozier — as the first three games.

Boston's starters held their own, but none of them was able to match James when it mattered most.

"You hope he misses, that's about it," Rozier said. "He's a big body and you've just got to keep him in front,

Bravo

Continued from Page 53

Premier League (IPL), will play for the English County team for the first time in their first six matches of the season.

Bravo boasts an impressive resume in the short format of the game with titles in the IPL with CSK, the Caribbean Premier League with Trinbago Knight Riders and the Bangladesh Premier League with Dhaka Dyna-

He has also twice helped West Indies win the Twenty20 World Cup.

Middlesex director of cricket Angus Fraser said that Bravo is one of the most exciting and best T20 players in the world and he can win games of cricket with bat or ball.

Bravo is one of the world's most experienced T20 cricketers with 5,635 runs and 420 wickets in 385

The former West Indies one-day captain said he was looking forward to his short stint with the Lord's based team

Bravo said he has played around the world but he is looking forward to playing at the historic Lord's cricket ground.

Historic Test



West Indies' Shai Hope plays a shot against India last year. The Kensington Oval in Barbados will be the venue for the Caribbean's maiden day/night Test, which will be played under the lights versus Sri Lanka.

Associated Press / Ricardo Mazalan, File

Continued from Page 53

series, which will mark their fourth bilateral tour of the region.

The first Test will be played at the Queen's Park Oval, Trinidad from June 6-10 before traveling to St. Lucia for the second Test from June 14-18.

Trinidadians trounce Bajans in tourney

By George Alleyne

The Trinis came to Barbados, saw and conquered all that stood before them in both divisions of the annual Banks International Masters Football Tournament.

This two decades old Masters Tournament saw 22 teams from across the Caribbean and North America competing over four days, ending Monday evening with 'Era Masters' of Trinidad and Tobago taking the Over 40s title, and their counterpart Over 50s side, 'X Men TT', from the twin-island republic grabbing the other

The victorious Trini teams, who beat two Bajan sides in the finals, were among seven squads that invaded Barbados for the tournament that ended on the Whit Monday holiday.

Now in its 22nd year, and on all occasions played in a festival atmosphere, the large crowds of Caribbean spectators gave the organizer Adrian Donovan a sense of satisfac-

"The tournament has grown $tremendously \ ... \ judging \ from$ the feedback and from patrons and participants, and from the numbers we have seen," he said.

With Barbados being a tourist destination, visiting sports teams mean a mix of business and pleasure, and Donovan said: "We are happy [with] the festival as a whole and the growth of sports tourism and the contribution of the festival to the hotel sector, restaurant sector, and the Barbadian economy."

The performance of Era Masters in the final was described as 'classical' as they crushed Barbados' Bayland Masters 4-0.

The Bajans of Bayland missed an opportunity to get on the scoreboard when captain John "Nobby" Parris rocketed a ball into the Era net from within the six-yard box, but it was disallowed because referee blew a foul.



Era striker Earl 'The Flea' Jean is on the ball and behind him is Arnold Brathwaite of Bayland Masters. Photo by George Alleyne

The Bajans appeared to never recover from that ruledout goal and the relentless

"The Flea" Jean made them tournament.

Premier League striker, Earl most valuable player for the scoring the Bajans 5-2.

X Men TT and Pele Masters Era's goalkeeper, Trevor of Barbados was decided on attacks led by former English Nottingham, emerged as the penalties with the Trinis out-

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ARIES: Mar 21/Apr 20 Aries, you feel especially creative this week and want to focus on the future. You may have concrete ideas, but don't know just how to put those plans into action.

TAURUS: Apr 21/May 21

Taurus, learning to detach from thoughts and feelings can help you learn which ideas are important and which ones are extraneous. This can help you

GEMINI: May 22/Jun 21 Gemini, if you feel like something is lacking in your life right now, you may want to surround yourself with some friends who provide inspiration and compel change.

CANCER: Jun 22/Jul 22

Cancer, rather than looking to others for validation, take an inward look and praise yourself. There are so many things you do well, and these are

LEO: Jul 23/Aug 23

Leo, you could have some psychically tuned feelings this week and will seem to know about things before they happen. Trust your instincts

VIRGO: Aug 24/Sept 22 Make yourself more available to your loved ones

over the next few days, Virgo. Try connecting with them by discussing your goals and asking advice.

LIBRA: Sept 23/Oct 23

Libra, compassion and understanding will drive your actions over the course of this week. You seem especially connected to others and their feelings.

YOUR WEEKLY HOROSCOPE MAY 28TH TO JUNE 3RD

SCORPIO: Oct 24/Nov 22

Scorpio, a hectic schedule may have you feeling tense and resentful of all your responsibilities. Concentrate on one task at a time rather than obsessing

SAGITTARIUS: Nov 23/Dec 21 Reminiscing about the past can be a good way to connect you with your history, Sagittarius. Just do not dwell too much on what should've been. Use it as a

CAPRICORN: Dec 22/Jan 20 Capricorn, strengthen relationships by letting other people know how much you appreciate them. This will help you feel a greater sense of joy as well.

AQUARIUS: Jan 21/Feb 18 Aquarius, you may feel enthusiastic this week about what life has to offer. Make the most of your rejuvenated spirit. Make an effort to reconnect with an

PISCES: Feb 19/Mar 20

Feeling nervous about the outcome of some endeavors is natural, Pisces. But if you work through various scenarios, you will feel more relaxed.

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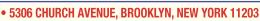


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