

# Caribbean Life

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FREE

## Guyana blames Mexico

By Bert Wilkinson

The head of Guyana's Civil Aviation Authority Wednesday blamed Mexican regulators for not acting fast enough on safety breaches information supplied to them from Guyana about the Boeing 737-200, which crashed in Cuba earlier this month saying warnings were contained in information supplied to the Mexicans.

Authority Chairman Capt. Lawrence London, told this publication that once Guyanese regulators began zeroing on alleged infractions of regulations including clear overloading of the aircraft flying between Guyana and Cuba, the Mexicans should have increased monitoring of the operators of the plane immediately.

The plane was registered in Mexico but crashed after takeoff from the Havana Airport during an internal flight killing 112 people. The plane was the same one which had done most of the Georgetown-Havana flights and the exact one from which Guyanese authorities had taken unprecedented steps of yanking the flight data recorder from the crew to check aircraft performance. Checks had revealed that both engines were under performing.

Guyana last year banned

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Barbados Prime Minister Mia Mottley in her maiden address to the nation, following the swearing-in of cabinet members.

Photo by George Alleyne

# NEW BAJAN GOV'T

### Mottley gets fit for purpose cabinet

By George Alleyne

Armed with a House of Assembly full of her members of parliament, Prime Minister Mia Mottley, spread out the work of cabinet among 27 of them while adding a few more job titles for maximum exploitation of Barbados' resources.

So it was that on Sunday, a mere three days after winning all 30 parliamentary seats in the island's general elections that 26 of her Cabinet of Ministers were sworn into serve in a ceremony set beside the sea on the Bay Street

Esplanade.

Though 26 were sworn in this open-air ceremony, Mottley herself along with her Attorney General, Dale Marshall, were sworn in Friday as is constitutionally required immediately after elections results were announced.

"The cabinet of ministers will be relatively large because I've not only considered the mandate given to us by the people but also the scope of the work to be done and the level of expertise that is at our disposal among elected members,"

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# Guyana dignitaries grand marshals in NY parade

By Nelson A. King

Guyana Independence Anniversary Celebration Committee (New York) says Guyana's Attorney General, Basil Williams, and Georgetown Mayor Patricia Chase-Green will be grand marshals at the Guyana Independence Parade in Brooklyn on Sunday, June 3.

The parade and other festivities are part of the New York celebration of Guyana's 52nd Anniversary of Independence from June 3-16.

The committee said that Bartica Mayor Gifford Marshall and President of the Guyana Association of Municipalities – former Linden Mayor Carwyn Holland – will be special guests.

The celebration will be held under the theme "Celebrate Guyana to the World." The main sponsors are Caribbean Airlines and Western Union.

"Caribbean Airlines has been a trusted partner and dependable friend of the Guyanese Diaspora, hence its designation as the official airline of the celebration," said committee chairman, Rickford Burke.

Caribbean Airlines chief executive officer, Garvin Medera, said that "Caribbean Airlines is happy to be the official airline and to share in the celebration of Guyana's 52nd anniversary of independence both in Guyana and New York."

Burke said a contingent of Guyana Defense Force (GDF) officers arrived in New York last Thursday to participate in the celebration.

He said the officers will perform the ceremonial honors at the commemorative events, along with Guyanese in the United States Armed Forces.

Last Friday, the team led a honor guard that included Guyanese New York Police Department (NYPD) officers and Guyana Ex-GDF Association members at a flag-raising ceremony at Brooklyn Borough Hall to commemorate Guyana's 52nd Independence.

The ceremony preceded a reception hosted by Guyana's Consul General to New York, Barbara Atherly and Ambassador to the United Nations, Rudolph Ten-Pow.

Burke reiterated his call on Guyanese to "be united and to confront challenges in the Diaspora as one people, with a common interest and invigorated nation pride."

He said that "all Guyanese must become stakeholders in the nation's journey towards cohesion and modern development."



Members of the Guyana joint services march on Brooklyn Borough Hall tarmac before the Golden Arrowhead flag was hoisted over the municipal building. Photo by Tangerine Clarke

## Guyana raises flag at Boro Hall

By Tangerine Clarke

Guyanese looked on with pride as the Golden Arrowhead flag was hoisted for the very first time over Brooklyn Borough Hall, during a 52nd Independence Anniversary pomp and ceremony on the tarmac, that included a parade by the disciplined services, blessings by religious leaders, Bishop Cummings, Pandit Deo and Imam Zaman, and singing of "Guyana the Free."

Brooklyn Borough President, Eric Adams who joined dignitaries, and guests at a reception in the Rotunda of the municipal building, after, congratulated expatriates on their achievements, and contributions made to Brooklyn, home to 2.7 million people— during the May 25, commemoration.

The politician lauded diplomats for the work they have done to strengthen the community, and invited Guyanese to return to Borough Hall in years ahead, to celebrate their Independence. He then presented H.E. Rudolph M. Ten-Pow, Guyana's Permanent Representative to the United Nations, and Hon. Barbara Atherly, consul general to New York, with citations, before joined in a cake cutting and toast to Guyana, that became an independent nation on May 26, 1966.

The president and people of the United States also received a toast from Guyana's Second Vice President & Minister of Foreign Affairs, Carl Greenidge.

Min. Greenidge, in his keynote address, said Guyanese should value independence because of the sacrifices made by forbearers so that Guyana could be free.

He praised expatriates for their determine spirit, and contributions to the



Cutting the celebration cake from left, Ambassador Rudolph Ten-Pow, Hon. Barbara Atherly, Consul General to NY, First Vice President and Min. of Foreign Affairs, Carl Greenidge, Eric Adams, Brooklyn Borough President. Back row. Senator Roxanne Persaud and Emcee Kishore Seunarine.

development of their homeland, and the world at large.

Ambassador Ten-Pow called Guyanese smart, creative resilient people, who if given the opportunity and the tools and right mental attitude would do well.

"I am bullish about Guyana because we are fortunate to have national leaders who have a vision for the future of Guyana, and who are going about the task of making that vision into that reality with professional competence and with absolute commitment and dedication, said Amb. Ten-Pow.

Consul General to New York, Hon. Barbara Atherly also extended greeting

on behalf of the government of Guyana, and recalled the sacrifices made by the ancestors so that Guyana could enjoy freedom 52 years after, and called on Guyanese to recommit to the ideals of their nation.

Senator Roxanne Persaud in turn congratulated Guyanese on the 52nd Independence Anniversary, and presented New York State Senate Resolutions to Minister Carl Greenidge, Ambassador Ten-Pow, and Consul General Hon. Barbara Atherly.

Observed under the theme "Six Peoples Living and working Together in Unity," and hosted by the Permanent Mission of Guyana to the United Nations and the Consulate General of Guyana, New York, Guyanese marked the occasion by singing "Oh Beautiful Guyana" and reciting the national pledge, during the proceedings, emceed by Mrs. Claire Patterson-Monah and Mr. Kishore Seunarine.

The gathering, attended by Dr. Donna Hunte-Cox Barbados Consul General to NY, and Jeremiah Hyacinth, Vice Consul of St. Lucia to NY, was highlighted by the superb rendition of "My Native Land" by flautist Kali Blain, national anthems by Anthony Allen, drumming by Menes DeGroat and Akoyah Rudder, pan music by Michael "Jahpan" Williams, and keyboard by Hilton Hemerding.

The diplomatic corps, and Friends of the Consulate Independence Planning Committee, chaired by Karen Wharton, thanked Courtney Noel for performing Golden Arrowhead, Megayla Austin, minister counsellor for the vote of thanks, and Guyanese for their support.



### Caribbean

The Caribbean Community (CARICOM) Secretary General Irwin La Rocque said there is much to be done in advancing the Caricom Single Market and Economy (CSME).

Speaking at the opening of the recent two-day Council of Trade and Economic (COTED) conference, in Guyana, La Rocque said that in determining whether the CSME is achieving its intended results, it is necessary to undertake on-going performance assessments.



The CSME allows for the free movement of skills, goods, labor and services across the 15-member grouping.

He told the trade and economic affairs ministers from the region that “these would indicate the status of implementation of the relevant obligations under the various regimes and the impact.” La Rocque said that the plan is to be published shortly. A stakeholders’ consultation is scheduled for next month.



## Caribbean leaders show support

Special invitees to the cabinet swearing-in ceremony are international cricket legend and Barbados National Hero, Sir Garfield Sobers (left); and from right are St. Lucia Prime Minister, Allan Chastanet; Grenada Prime Minister, Keith Mitchell; and St. Vincent and the Grenadines Prime Minister, Ralph Gonsalves.

Photo by George Alleyne

### Antigua

A suspended senior police officer and his mother have been charged with fraud in connection with an alleged racket involving forging Antigua and Barbuda passports.

Assistant Superintendent of Police Ray John, 47, who was suspended last month pending an investigation, and his St Vincent-born mother Yvonne Nickie, 63, were charged with five counts of forgery to forge Antigua and Barbuda passports.

The offenses were allegedly committed between January and March this year. They were each granted bail in the sum of EC\$50,000.

As part of their bail conditions, they had to surrender their travel documents and have to report to the police station daily. Chief Magistrate Joanne Walsh ordered the mother and son to re-appear in court on July 11.

The charges stem from an investigation that began in early April into the discovery of bio pages of Antigua and Barbuda passports in the possession of a man in St. Vincent and the Grenadines.

John was suspended after his home was searched and several items seized.

### Barbados

The Caribbean Development Bank (CDB) has added an electric vehicle to its transportation fleet, as part of its commitment to advance a clean energy agenda in the region.

The vehicle, which was purchased through the Barbados Company, Mega-

power Ltd., produces zero emissions and will reduce the bank’s carbon footprint as it transports packages and officials throughout the island.

In 2015, CDB adopted an Energy Sector Policy and Strategy that set out the CDB’s approach for tackling the region’s energy challenges, including emphasizing the energy security and access; prioritizing renewable energy and energy efficiency; and promoting a holistic approach to energy sector transformation.



### Cuba

More than 2 million tourists visited Cuba so far for this year, according to a report by the Ministry of Tourism.

The figure was reached on May 19, 15 days later when compared to the same period last year amid the economic, commercial and financial embargo imposed by the United States.

The Tourism Ministry said that this has also been achieved despite the U.S. anti-Cuba media campaign aimed at placing obstacles for people from visiting and the impact of Hurricane Irma last September.

Tourism authorities noted that, although the decision of many travelers was influenced by the perception of the damage inflicted by the hurricane, tourism sites have recovered and now have a renewed image of their hotel and

recreational facilities, in particular the keys to the north of the island.

The communique added that there has been an increase in visitors from Canada and the traditional European markets and a sustained growth from Russia, Mexico, Argentina, China and Brazil.

The first four months of this year saw a decrease of 7 percent in visitors to Cuba compared to the previous year, but tourism authorities reaffirmed their optimism for a record 5 million vacationers by the end of the 2018. U.S. citizens are still prohibited from visiting Cuba as tourists.



### Grenada

An international Monetary Fund (IMF) staff recently visited Grenada for the 2018 Article IV consultation and held discussions with the Grenadian authorities, business community, and social partners.

A statement described the preliminary findings of the IMF at the end of the official staff visit, as part of regular consultations under Article IV of the IMF’s Articles of Agreement, in the context of a request to borrow from the IMF, as part of discussion of staff monitored



programs, or as part of other staff monitoring of economic developments.

Grenada economy made important strides in recent years, achieving an impressive debt reduction of 37 percentage points of GDP (Gross Domestic Product) since 2013, strengthening the financial system, upgrading governance and creating a better business environment.

The Grenada economy grew by an estimated 4.5 percent in 2017, driven by strong activity in construction, tourism and education sectors, the report said.

### Jamaica

The Jamaica government is sending Minister of Industry, Commerce, Agriculture and Fisheries Audley Shaw to Canada to hold talks with the players in the medical cannabis industry.

Shaw said cannabis is the fastest-growing industry globally right now, and Canada is making billions of dollars.

“Just like we have the best coffee, best cocoa, we also have the best marijuana and we must not sit around and be a sample nation,” he said.

Noting that he already has had discussions with the governor of the Bank of Jamaica with regard to financing the industry, Shaw said that during



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# Barbados staying with Caribbean Court of Justice



Barbados Prime Minister, Mia Mottley. Photo by George Alleyne

By George Alleyne

Barbados is not leaving the Caribbean Court of Justice now, anytime soon, or at any stage in the foreseeable future, the island's new Prime Minister, Mia Mottley, assured on minutes after being sworn into office.

A few days before the May 24 elections, former prime minister Freundel Stuart had said he will be taking the island out of the CCJ as its final court of appeal, but following her Barbados Labour Party's resounding victory at the polls Mottley made clear immediately after Governor General Dame Sandra Mason swore her into office Friday that so such thing will happen.

Rejecting Stuart's plan Mottley told media representatives that the CCJ is "one of the best examples of independence" in a court across the world.

"I had as attorney general the responsibility for chairing the preparatory committee. I went the length and breadth of the Caribbean, selling the Caribbean Court of Justice, from Jamaica in

the north right down to Guyana in the south," the new Barbados leader recalled of her time in an earlier BLP government that pushed for the formation and acceptance of the CCJ as a Caribbean Court of last resort.

Directly conflicting Stuart's claim that the CCJ has been slow in hearing cases and has heard few for this island, Mottley pointed out, "Barbados perhaps has one of the largest number of cases in the appellate jurisdiction and Barbadians as a rule have seen their rights being protected by the Caribbean Court of Justice and we, therefore, are a strong proponent of it."

Mottley also shot down any possible suggestions that maintenance of the CCJ poses a financial burden on Barbados and other CARICOM member nations.

"It is not an immediate drain on the treasury because of the manner in which we established it through the Trust Fund. And secondly, it is insulated because it is only the president of the

Caribbean Court of Justice who is appointed by the heads of government and that is by unanimity. The other judges are appointed by the regional Judicial Legal Services Commission," she stressed.

Barbados' prime minister's earlier reference to the exceptional independence of the CCJ along with it not being a strain on the island's treasury directly relates to the fact that the Trust Fund was established through a US\$100 million pool of CARICOM states.

That money was invested with the purpose of the court being financed in its entirety from returns on that investment.

The outgoing CCJ President Lord Dennis Byron, had some three years ago reported that the investment was doing so well that it has financed all of the courts monetary needs since its 2005 start of operations without touching the principal US\$100 million.

Stuart had several times in the past criticised the CCJ for

what he claimed was a bias against Barbados, and his statement on the Saturday, before elections the following Thursday, undertaking to pull the nation out of this court, turned the May 24 poll partially into a referendum on how Barbadians feel about the CCJ.

When voters voted out Stu-

art's government last Thursday, not giving his Democratic Labour Party any of the 30 seats of parliament and foisting all on Mottley's BLP, Barbadians made known their feelings in no uncertain way and Mottley simply obliged by announcing that the island stands firm with CCJ.

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# Mottley assembles new cabinet



Minister of Education, Santia Bradshaw (bible in hand), takes the oath of office in the presence of Governor General Dame Sandra Mason. Looking on from left are fellow ministers, Charles Griffith, Colin Jordan, Sandra Husbands, and Marsha Caddle.

Photo by George Alleyne

**Continued from Page 1**

Mottley had explained the previous day. The prime minister said Sunday that she will be holding her ministers to high standards of efficiency and productivity, so she shared the workload across a most of the MPs, “rather than conform to the theory of a small cabinet thus creating an unrealistic setting for members to function effectively and produce in this prevailing environment.”

“Given the state of our economy and the tremendous work that will be involved in rescuing and rebuilding this country, the salaries of a couple extra ministers is relatively insignificant, given that there will be

tremendous savings from the containment of wastage and the curtailment of corruption.”

Of the 26 ministers sworn in, three are Senators as required by the island’s constitution.

Against the backdrop of an economy floundering for many years, and the social disorder that continuous recession brings with it, she made clear that her team has to get to work immediately.

Having already had meetings with disgruntled trade union heads and other leaders of society Saturday, Mottley said at the ceremony that the cabinet will be meeting twice weekly instead of the customary once a week.



Cuba’s President Miguel Diaz-Canel, third from left, walks away from the site where a Boeing 737 plummeted into a yuca field with more than 100 passengers on board, in Havana, Cuba, Friday, May 18, 2018. The Cuban airliner crashed just after takeoff from Havana’s international airport on Friday.

Associated Press / Enrique de la Osa

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charter operator Easy Sky, which at the time was operating the plane with tail number XA-UHZ, from flying to Guyana after ramp inspectors had found numerous cases of overloading of the plane which had mostly ferried suitcase traders between Guyana and Cuba.

“We sent all the information to the Mexicans but they did not get back to us on time and we took the action to stop the plane from flying to Guyana. We could not have gone straight to the

# Plane crash

International Civil Aviation Organization because there is a procedure. We had to deal with the country of registration and that was Mexico. Once they did not get back to us on time, we said there shall be no more of this and stopped them from operating here,” London said.

He said the crass overloading of that plane has now forced the Guyanese authority to move to retrain and certify ground handling crew to ensure they comply with regulations and ramp inspections for departing and incoming flights have been stepped up. The certification requirement is a first for Guyana in the wake of the crash.

Inspectors had found plastic-wrapped bags and parcels stashed even in aircraft washrooms and had noticed that bags had also been placed under the feet of passengers in the cabin. In other cases, bags and parcels were placed between passenger seats. In one instance last year, Aviation Director Egbert Field complained that inspectors had ordered ground handlers to take off a full cartload of bags because the plane was way too overloaded to take off safely.

“I sometimes think we could have done more to avert that crash and save many lives but the Mexicans did not get back to us and did not act fast enough,” London said.



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# Honoring the architects of independence

By Albert Baldeo

"I do not intend to play the role of stooge colonial leader such as Britain loves to parade before the world. I shall not rest until my country is free...Whether I am outside or inside matters little. Prison holds no terror for me...I expect no justice from this or any other Court...Justice has been dead...I am looking for the day when there will be greater justice..."

-Dr. Cheddi Jagan

"Where the mind is without fear

and the head is held high,  
where knowledge is free.

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where tireless striving stretches its arms toward perfection.

Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit.

Where the mind is led forward by thee into ever widening thought and action.

In to that heaven of freedom, my father,

LET MY COUNTRY AWAKE!"

-Rabindranath Tagore, Gitanjali: Song Offerings

(from the great Indian philosopher)

What inspires the few that can soar beyond ordinary mortals, think and act beyond the institutional barriers of social, political and economic injustice that seek to confine them, conceive ideas beyond their time, and dare to implement the vision of changes others can only dream about? Do lesser mortals each owe these champions an attempt to walk a mile in their shoes at the very least? How do you calculate the debt owed to these liberators and freedom fighters?

In the Caribbean and wider global context, breaking the entrenched shackles of imperialism and colonialism are a great lesson history has provided as a blue print for the world, because we were forced to fight as insulated independent political units to gain independence. World renowned Guyanese historian Dr. Walter Rodney, examined similar enduring injustices, trademark evil and perverse methods the British utilized in his seminal work, 'How Europe Underdeveloped Africa' (1972).

In "The Growth of the Modern West Indies," Caribbean scholar Gordon K. Lewis noted that the failure of the West

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# The constitution is the supreme law of Belize

By Wellington C. Ramos

The constitution of Belize and most democratic countries in the world is the supreme law of the nation. When a person is elected to office he or she must swear that they will abide by the laws of the constitution and execute them. If any person violates the laws of the constitution, he or she is subject to some form of disciplinary action. For that to happen, the citizens of the country must demand that action be taken against the people who violate their nation's constitution. If the citizens of the country do not demand that action be taken against the individual or individuals who violate the constitution then nothing will be done about it.

This has been the case in Belize with granting Guatemalans Belizean citizenship and not granting natural born Belizean citizens their citizenship rights. We the Belizeans who live in the diaspora come from People's United Party (PUP) and United Democratic Party (UDP) families. Those who are PUP's were reluctant to bring legal action against a PUP government when they violated the constitution. Likewise, those who are UDP's act the same way when it comes to UDP. The fact is now clear that these two political parties have favored Guatemalan citizens' rights over natural born Belizean citizen rights by their actions. The good thing about all this, is that there is no Statute of Limitation for

**The government of Belize has exercised more scrutiny on their natural born citizens to renew their passports, have us wait for months to get them, than the Guatemalans to become citizens of our country to make them vote in our elections.**

citizens to bring a case against their government for any constitutional violation whether UDP, PUP or any political party governing our country.

The only solution I see now, is for us to come together and bring a case against the government of Belize; to revoke all citizenships that were granted in the past, stop the government of Belize to cease and desist from granting more Guatemalans citizenship and to give natural born Belizean citizens who live in the United States and abroad equal rights as citizens of Belize like those who reside in our country. If this is not done, the UDP will continue to make false promises to us and do nothing. While, the PUP's will be opposed to granting us our rights as citizens of Belize. Any government of Belize can tell us anything while they continue to take these Guatemalans' applications to be processed for

citizenship and we will not know about it. Once they get their naturalization certificates, they are eligible to go and register to vote without any questions asked.

The government of Belize has exercised more scrutiny on their natural born citizens to renew their passports, have us wait for months to get them, than the Guatemalans to become citizens of our country to make them vote in our elections. They can vote and our rights to vote will be taken away unless we can show proof that we have lived in Belize for the last two months. It is highly impossible for us to be living in Belize, the United States and abroad as dual citizens at the same time. That is just a residency requirement that the prime minister can fix by passing a Statutory Instrument (SI) to that requirement. Hon. Patrick Faber's suggestion that we have a referendum to decide whether we can vote or run for office, is clear evidence that he is not versed with constitutional law issues and should consult constitutional lawyers who know about it. It seems as if he is against granting natural born Belizean citizens with dual nationalities their rights as citizens of Belize.

Governments have a responsibility to their citizens under the constitution. If government representatives are not serving their citizens best interest, then the citizens have the

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# Women echo 'Yes We Can' mantra

One of the big takeaway lessons from the Barack Obama campaign for president is his assertive catch-phrase "Yes We Can."

Since his election to the highest political seat in 2008 — any first for many Blacks in America as well as pioneering individuals and groups throughout the world maintain the confidence — building mantra to lay claim to unprecedented goals and achievements.

Last week as two highly placed world leaders pondered whether or not they would meet for peace talks in Singapore, women decisively exhibited will, confidence and capability winning first time leadership roles.

Like Obama, Meghan Markle a biracial American probably changed perceptions of the British crown when she married Prince Harry, an heir to one of the oldest dynasties in the world. Millions watched the historic nuptials that united the couple as her African-American, single mother watched from the pews of St. George's Church in Windsor.

Markle is now the Duchess of Sussex.

Her highly-placed position



## Inside Life

By Vinette K. Pryce

allegedly resonated with little Black girls everywhere that they too can become princesses and royalty.

Reportedly more than a few adopted the phrase "Yes we can."

Stacey Abrams may also have changed the course of the future and definitely the Democratic Party by winning the Georgia primary elections last week.

Abrams became the first Black woman nominee for governor — ever — in the United States.

After her triumph, the 44-year-old former tax attorney thanked "everyone who believed that a little Black girl who sometimes had to go without lights or running water—who grew up to become the first woman to lead in the Georgia General Assembly — could become the first woman gubernatorial nominee from either party in Georgia's history."

Like Obama, Abrams struggled to pay debts from student

loans.

Prior to her election, Abrams wrote a very definitive article addressing the fact that her \$200,000 debt from student loans and deferred tax payments should not disqualify her from running for governor.

She argued that the liability made her more similar to her potential constituents.

"We cannot win by pretending to be something we are not," Abrams reportedly told CNN. "My mission is to demonstrate that if we bring everyone to the table, we can win."

Throughout her campaign Abrams reached out to Black voters. She focused her attention on Black women in particular. She allegedly, made registering Black voters a huge part of her campaign and is aware of her trailblazing status as the first Black female gubernatorial nominee in America.

A whopping number of 46



Britain's Prince Harry and his wife Meghan Markle leave after their wedding ceremony, at St. George's Chapel in Windsor Castle in Windsor, near London, England, Saturday, May 19, 2018.

Gareth Fuller / pool photo via Associated Press

women filed to run in governors' races this year.

According to the Center for American Women and Politics at Rutgers University that figure represented a record high.

"We must remind ourselves that our success is inevitable."

"I may be the only one with

my specific profile, but there are women, people from the LGBTQ community, Muslims who are seeking to reassert their patriotism after being denounced by many, and all of us have naysayers and doubters," Abrams said.

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## OP-EDS

# Architects of independence

Continued from Page 10

Indian Federation was largely due to British colonial policy which “kept the islands unnaturally apart from each other for three centuries or more and then expected them to come together in less than fifteen years...Political imperialism, in brief, explains, more than any other single factor, the present disunity of the region, the aimlessness so distressingly apparent . . . with the resulting trend towards micro-nationalism...With the demise of the federation, each member nation was left to brave the unforgiving global economy alone, in what [Eric] Williams called a “disgraceful state of fragmentation,” as the islands were much weaker independently than in the proposed federation.”

Nobel laureate, Sir Derek Walcott, captures this injustice when he wrote, “Break a vase, and the love that reassembles the fragments is stronger than that love which took its symmetry for granted when it was whole. The glue that fits the pieces is the sealing of its original shape. It is such a love that reassembles our African and Asiatic fragments, the cracked heirlooms whose restoration shows its white scars. This gathering of broken pieces is the care and pain of the Antilles, and if the pieces are disparate, ill-fitting, they contain more pain than their original sculpture, those icons and sacred vessels taken for granted in their ancestral places. Antillean art is this restoration of our shattered histories, our shards of vocabulary, our archipelago becoming a synonym for pieces broken off from the original continent.”

Most of the British Caribbean was integrated as the new West Indies Federation in an attempt to create a single unified future independent state between 1958 and 1962, but failed. Eventually, the former British Caribbean island colonies achieved independence in their own right: Jamaica (1962), Trinidad & Tobago (1962), Barbados and Guyana (1966), Bahamas (1973), Grenada (1974), Suriname (1975), Dominica (1978), St. Lucia (1979), St. Vincent (1979), Belize, Antigua & Barbuda (1981), St. Kitts & Nevis (1983), after epic struggles.

T. Albert Marryshow of Antigua, Andrew Cipriani of Trinidad, Hubert Nathaniel Critchlow of British Guiana, and others, were the early leaders who inspired the Caribbean people and stirred them into political action, advocating for a reduction in the power and privileges of the ruling White elite class, and for more local representation in the colonies’ affairs, while championing the recognition of the trade union movement.

Inevitably, Norman Manley and Alexander Bustamante of Jamaica, Eric Williams of Trinidad and Tobago,

Dr. Cheddi Jagan and Forbes Burnham of Guyana, Vere Bird of Antigua, Robert Bradshaw of St. Kitts, and other leaders, overcame the odds, and accomplished the monumental attainment of independence for their respective countries.

Guyana has its own architects, who deserve praise in this singular achievement, however their legacies are ultimately viewed. Dr. Jagan, Forbes Burnham, H. Aubrey Fraser, Clinton Wong, Janet Jagan, Sydney King, Ramarran, Ashton Chase, Rudy Luck, Frank O. Van Sertima, Ivan Cendrecourt, May Thompson, Hubert Critchlow, E. Kennard, Theo Lee, Ulric Fingall, Jainarine Singh, Sheila La Taste, Joseph P. Lachmansingh, Cecil Cambridge, Fred Bowman, Pandit Siridhar Misir, and others, conceived of a free and independent Guyana, and, against all odds, bravely challenged colonial rule. They delivered the first death blow to the British Empire’s tyranny over Guyana, and universal adult suffrage was won in 1953. The PPP, the first indigenous party originating within Guyana, won the elections that year.

The core leaders of these visionaries consisted of Cheddi Jagan as the leader, Ashton Chase as the chairman of the new party, Forbes Burnham and Janet Jagan. One must never forget the patriotic and loyal workers who supported them in the struggle.

These militant leaders were imprisoned and targeted, and could easily have all quit, but they stood head and shoulders above the rest, true to their cause. We must always put aside relatively petty political differences and remember these brave leaders who fashioned a new course and history of Guyana, free from British tyranny and oppression.

Political independence was the greatest achievement in these countries’ histories. At the historic and symbolic lowering of the British flag and the raising of the Golden Arrowhead on May 26, 1966, this seminal day in history, Forbes Burnham and Dr. Cheddi Jagan put aside their political rivalries at the National Park to celebrate Guyana’s new status as an independent country and the realization of their shared dream and pledge to devote themselves to the liberation of Guyana.

Guyanese, and the Caribbean people, will do well to embrace that vision once again by pondering the questions asked above. I have walked miles in their shoes here in the USA, and the journey was exhilarating, even if excruciating at times. Take courage that it was leaders like these that the great poet H.W. Longfellow memorialized in his poem, “A Psalm of Life,” What The Heart Of The Young Man Said To The Psalmist.



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# Haitian-Americans display pride at street fair

By Alexandra Simon

Hundreds of Haitian-Americans showcased their ethnic pride at the Haitian Flag Day street fair on Nostrand Avenue in Flatbush on May 20. The annual event, held two days after Haiti's official flag day, which was May 18 — was a celebration of the Caribbean country's flag creation and heritage. For many participants the fair was a chance to revel in that pride and showcase their appreciation through singing, said one Crown Heights performer.

"I think the older I get the more I see how important it is for me to honor where my parents and ancestors come from," said Demi Dabady.

Debady, who regularly appears at the event, opened the show with a performance of "The Star Spangled Banner," the Haitian national anthem, "La Dessalinienne," and one her own original songs, "Ayisien Nou Ye," which means "Haitians We Are."

She says seeing the crowd reception to her own song was one of her favorite parts of her performance, especially



Songs of pride: Haitian-American singer Demi Dabady opens the show singing The Star Spangled Banner, the Haitian national anthem, La Dessalinienne, and one of her original songs. Photo by Trey Pentecost

seeing how happy people were afterwards.

"When I pointed to the crowd they would sing every single word I sang two minutes before right back to me — every single word," said Debady. "People were so warm

and welcoming, and after the performance they wanted to hug me and tell me they how much they like my music."

The day-long fair featured Haitian music, commerce, games, activities, and a show of Haiti's banner. The country's first flag was made on

May 18, 1803 by Catherine Flon — the goddaughter Haiti's liberator and leader of the Haitian Revolution — Jean-Jacques Dessalines.

Debady says the rich history of her parents native

country often goes ignored, but with events such as the pride fair dedicated to the flag — it can interest Haitian-Americans and people of all backgrounds to become more curious about Haiti and its people.

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## CARIBBEAN ROUNDUP

Continued from page 4

his trip to Canada, among the issues he will be seeking to address is "to see what mechanism they are using to get around that issue right now."

The minister said other countries are doing it, Canada is doing it, Israel is doing it, European countries are doing it, the United States are finding ways around these problems related to banking.



### Trinidad

Trinidad and Tobago Prime Minister Dr. Keith Rowley has signed a Memorandum of Understanding (MoU) with the Chinese government for strengthening co-operation in the field of medicine and health. Rowley and a delega-

tion of government officials were on an official visit to China recently.

A release from the Office of the Prime Minister said several MoU's were signed including China's National Health Commission and the Health Ministry; economic and technical cooperation between Trinidad and Tobago and the Chinese government.



The MoU's were signed after the Premier of the State Council of the People's Republic of China Li Keqiang welcomed Rowley and his delegation at the Great Hall of the People in Beijing.

At the ceremony, both leaders reiterated their commitment to deepen bilateral ties between the two countries.

— compiled by Azad Ali

## The constitution is supreme law

Continued from Page 10

right to remove them from office. There is justification for this in this case because the governments of Belize both UDP and PUP, has and continue to show preference to Guatemalan citizens over natural born Belizean citizens. Guatemala is still claiming our country and has not recognized our independence, territorial integrity and sovereignty. Let us all now come together pool our resources and find the money to commence this legal action with all of our organizations in the United States and abroad. We can afford to pay the legal fees if we pool our resources together. Getting on social media to talk about this problem will not resolve it but just give them more time to continue doing the same thing and monitor our actions. The governments of Belize has demonstrated that they do not respect us and continue to disrespect us. Now is the time for us to demand our respect as natural born citizens of Belize.

Is the Constitution the supreme law of Belize?

Recently Belize woke up to the fact that the Constitution has been used and abused by our politicians who gave nationality and citizenship to people not qualified under the Constitution.

The constitution of any land is the supreme law of the land. It can override any act passed by any government. So what are we to do now that probably as many as 100,000 people have received nationality and citizenship by no fault of their own but according to the Constitution they are not citizens at all once the minister in charge of Immigration and Nationality declares they are indeed not citizens?

Recently falling on deaf ears among Belizeans and among politicians on both sides of the aisle was the issue

of the natural born Belizeans mostly Creole and Garifuna affected, who cannot run for high office in Belize also in the Constitution, but other dual nationals can run. In fact now in light of the recent revelation that so many people are not citizens at all, two of them have already run for national office. Not having dual citizenship because they are not citizens at all of Belize.

As re-registration nears, we see the substantive minister of Immigration and Naturalization has not yet declared those people ineligible to re-register as citizens or nationals. It is his responsibility to declare them so. The Elections and Boundaries officials have every intention to disobey the supreme law of our land, the Constitution. They were not willing to disobey the supreme law of the land to allow Yolanda Schakron to register to run for office but they are willing to do so for a population that does not have Belizean citizenship at all. Why? Those who they stop from having the right to run as dual nationals, are roots Belizeans. They are not good enough to give consideration to because most are creole and Garifuna like unu. But let the others through. Let's have sympathy for them. They have light skin and good hair and they won't cause us trouble. They won't fight for rights.

By the way, As GOB considers all kinds of constitutional fixes for this important problem of one population of Belize. Did you guys hear Hon. Patrick Faber's suggestion that we have a referendum to give the affected creoles and Garifuna dual nationals rights to run for office? He suggested that may be a solution at the forum held recently by Belizean Citizens Abroad at the Biltmore last year. Ok Hon. Faber lets see how you come out on this issue where it concerns another population of fair skin and good hair appeal.



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# Sen. Persaud participates in Memorial Day parade

By Tangerine Clarke

Guyanese-born State Senator Roxanne Persaud, took part in Memorial Day observances by riding in the Annual Canarsie Memorial Day Parade alongside Grand Marshall, Major Marlene Heath of the U.S. Air Force, (of Jamaican heritage), and Grand Marshall, E4 Raymond Drew, a Purple Heart recipient.

The May 28 parade, which began at Holy Family Church on Flatlands Avenue, and moved along the streets and avenues of Canarsie, honored brave Americans who have sacrificed life and limb so that others can live in freedom today.

Veterans, 59 District Assemblymember Jamie Williams, Canarsie District Leader, SueAnn Partnow, and community members, rode in vintage cars, while waving America Old Glory flags.

Bikers, the Decons of the Night, a Marching Band, Canarsie Lion's Club, New York State Nurses Association, the Fire Service, a Military Service Dog and trainers, NYPD Commanding Officer, Captain Terrell Anderson, and members of the 69th Precinct, all paid

tribute.

A wreath laying ceremony was held at a monument in Canarsie Cemetery on Remsen Avenue, where fallen heroes are buried.

Congressman Hakeem Jeffries, Democratic member of the U.S. House of Representatives, representing New York's 8th congressional district in Brooklyn and Queens, greeted marchers, and reminded them that Memorial Day was important to the community and city of New York, saying, "we honor the brave men and women who since the beginning of the Republic have paid the ultimate sacrifice on behalf of the freedoms that we now enjoy in this great country."

He thanked all the women and men who currently wear the uniform, or who once wore the uniform in "defense of our country, both here and abroad, against enemies all across the world in the fight to lift up democracy, lift up freedom, confront dictatorship, and evils that have afflicted this world since the founding of the republic."

"We are thankful for those



Annual Canarsie Memorial Day Parade honored fallen heroes buried in Canarsie Cemetery. From left, Assemblymember Jamie Williams, US Army service dog and trainers. U.S Rep. Hakeem Jeffries, District Leader SueAnn Partnow, Grand Marshall, U.S. Air Force Major, Marlene Heath, Community Leader, Melba Brown, Grand Marshall, Raymond Drew, Sen. Roxanne Persaud and Councilmember Alan Maisel. Photo by Tangerine Clarke

men and women from Canarsie, who are buried in this cemetery and who paid the ultimate sacrifice, and whose love for this country resulted in allowing us to enjoy freedom, that we will continue fighting for," said Jeffries.

Sen. Persaud, who represents the 19th District, which includes portions of Canarsie,

East New York, Brownsville, Mill Basin, Sheepshead Bay, and Bergen Beach, said, "It is her privilege to participate in this parade every year," and praised the marshalls who joined her.

She said Memorial Day was not only about having fun, but a day to honor fallen heroes, and called on citizens to stand up and take a moment to say

thank you to those who "made the sacrifice and paved the way for us."

Assemblymember Jamie Williams said, "it is an honor to march in the parade to remember everyone who gave their lives for us. It is especially important that young people came out to walk in the parade," and thanked those who continue to serve.

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# Footprints sees increased traffic with delivery service app

By Alexandra Simon

They're right on trend!  
One of Brooklyn's popular Caribbean eatery chains — the famous Footprints Cafe, is seeing a boost in business since joining the food delivery service Uber Eats. The transportation platform, which provides food delivery to ordering customers, is the latest service of choice for patrons looking for quick ready-to-eat meals. The eatery joined the service a year ago to improve the way they serve customers, by giving them more options to receive food at a fast pace, said the chain's founder.

"We have our delivery drivers but we also wanted better service our customers and wanted to get food to them in real time," said Robert Gordon.

Originally he was uncertain of making the move, but added that it was a worthwhile action for his patrons and the business.

"I was initially skeptical because we had our own drivers and already a large delivery base, but it was a good decision and I'm ecstatic that we made it because it does work for brand recognition, and overall for our customers," he said.

Since joining Uber Eats, the app has been responsible for the restaurant seeing more than a million in sales. Some of the most frequently ordered dishes are oxtail, shrimp, and their famed rasta pasta, according to Gordon. He says aside from pulling in more dollars, it has also been a great help in other important areas of business management.



Making big moves: Footprints Cafe founder, Robert Gordon, says since joining the mobile food delivery service Uber Eats, he has seen exponential sales and business growth. Photo by Zoe Freilich

"Being on the Uber platform has been great for us with brand recognition and customer satisfaction," said Gordon. "Our wait times are much faster, we have more reliable service, and the fact we deliver much better product to customers we have less complaints."

Footprints Cafe has three locations in Brooklyn. Its flagship location is in East Flatbush, and two additional locations in Coney Island and Flatbush — the latter an express version and the site of the most orders through the app,

added Gordon.

Aside from Brooklyn, Queens and Bronx are the two boroughs that have also attracted a lot of interest. And weekends are the peak time for orders. But that too is changing. Gordon notes that lunch hours during the week are quickly growing.

The demands brought on by Uber Eats has positively shifted the business model, and now all three Footprints locations have teams dedicated simply for carrying out order requests from customers using the service, said

Gordon.

"We've definitely had to redirect our labor resources into the Uber station and use less of our own drivers," said Gordon. "What we've had to do is train more people to handle Uber orders and where we cut down on drivers, we've added more people in the kitchen."

Gordon says he will continue to maintain the chain's own delivery service on a smaller scale for his customers who are not technology savvy, and to handle phone orders. He says this stay-

ing on top of new and emerging trends in the food industry is a main concern of his.

"This is important for several reasons because the trend is now transportation, and what Uber Eats does is merge food with transportation — and it's a perfect marriage because over the years these two industries have had a lot of impact," he said. "It's the single most dominant change in the restaurant business and how people eat and access food service. So if you want to grow, you have to adapt."

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### 2013 New York, NY Small Business Resource

www.sba.gov/sites/default/files/files/  
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### Business Resources: Internet Bibliographies: New York State Library

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

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

www.bcnys.org/inside/smallbusiness.  
htm

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# TOP DRIVER DISTRACTIONS

## Using mobile phones

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

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

## Daydreaming

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

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

## Eating

Those who haven't quite mastered walking and

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

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

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

## Reading

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

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# NY Congress reps want Trump to meet with immigrants

By Nelson A. King

As President Donald J. Trump steps up attacks on immigrants, Brooklyn Congresswoman Yvette D. Clarke and other members of New York City's congressional delegation are urging the president to meet with immigrant communities.

In a letter dispatched to Trump on Wednesday, the congressional representatives asked him to "meet with immigrants and families, instead of holding hateful and unproductive events that demonize the immigrant community."

The congressional delegation noted that Trump has convened two events in recent weeks, including one in Long Island, "that demonized and belittled the valuable contributions of immigrants living in the United States, painting immigrants as criminals and referring to them as, 'animals.'"

"Given Long Island's proximity to New York City — one of the most diverse and multicultural cities in the world — the Members of Congress urged the president to host another discussion — this time with immigrants and their families," the statement said.

In addition to Clarke, the letter was signed by Reps. Joe Crowley, Nydia Velázquez, Adriano Espaillat, Carolyn Maloney, Hakeem Jeffries, Grace Meng, Gregory Meeks, Jose Serrano, Jerrold

Nadler and Eliot Engel.

"Yesterday's meeting is the second time in two weeks that you decided to focus your comments and your administration's efforts on MS-13, instead of the millions of hard-working immigrants in this country who are enriching their communities every single day," the congressional delegation wrote on Wednesday.

"There is no question that gangs, like MS-13, are a danger in our communities. No one knows this better than the innocent immigrant communities that are terrorized by these gangs every day," they add. "However, your insistence on likening all immigrant communities to these street gangs is un-American.

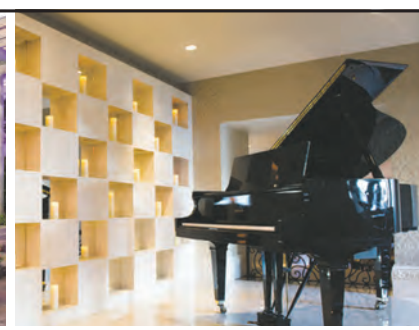
"We invite you to join us in New York City for a roundtable to hear from immigrant communities, who are nothing like the criminals you label them to be," the Members of Congress continued.

In the letter, the lawmakers criticize the president for choosing to hold a discussion on immigration "without including the very people who have immigrated to America, the overwhelming majority of whom are successful, law-abiding and hard-working citizens.

"Perhaps, they may convince you to start focusing your efforts on fixing our broken immigration system, instead of focusing on enforcement-only policies," they said.



Congresswoman Yvette D. Clarke and several other New York Congressional representatives are calling for President Trump to meet with immigrant groups. Photo by Nelson A. King



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# Vincy ex-police group records big membership jump



Ardon Tannis, president of the St. Vincent and the Grenadines Ex-Police Association, USA, addresses the dinner and awards ceremony in Crown Heights, Brooklyn Nelson A. King

By Nelson A. King

The president of the Brooklyn-based St. Vincent and the Grenadines Ex-Police Association, USA, Ardon Tannis, says his group has "seen record increase" in its honorary membership over the last three years.

Tannis told group's annual Dinner and Awards Ceremony, on May 19, at the Friends of Crown Heights Educational Center in Brooklyn that the honorary members include a qualified certified public accountant (CPA) and an ordained minister of religion and spiritual mentor. He said the St. Vincent and the Grenadines Ex-Police Association, USA regular membership is also experiencing new growth, with more than 50 percent of the current executive officers being new members.

"I am also delighted to announce that in an organization that is male-dominated females are playing meaningful roles in management and

are leading the charge in other areas, such as entertainment," Tannis said.

"With renewed strength and vigor, we are strategically repositioning the organization to introduce social services to our community and institute programs that would attract younger former police officers," he added.

"With these changes in mind, we have begun the process of registering the organization as a 501 (c)(3), which would bring us tremendous benefits," Tannis continued.

He said the group has "formalized" its scholarship program, named "The St. Vincent and the Grenadines Ex-Police Association USA Inc. Scholarship Awards." This program will benefit the children of former and current members of the Royal St. Vincent and the Grenadines Police Force and the community at large, Tannis said.

He said the group continues its quest to acquire a home and

a venue from which it intends to operate our programs.

Consequently, the ex-police head said a building account is now in effect with a "seed deposit" of US\$5,000. "We eagerly await its germination and subsequent growth," he added.

"With your contribution we continue to make a difference in the lives of current members of the Royal St. Vincent and the Grenadines Police Force," he added, stating that, recently, the group shipped stoves and kettles to the local Police Welfare Association.

"Financial assistance and other form of support to members of our community both here in New York and St. Vincent and the Grenadines are ongoing," Tannis continued. "The support and assistance we give is only made possible by the support we receive from you the public. I say a heartfelt thanks to everyone who supported us through the years."

New York Consul General

Howie Prince said the Consulate General of St. Vincent and the Grenadines to the USA was "pleased to salute" the St. Vincent and the Grenadines Ex-Police Association of New York on its 38th anniversary "as a landmarked institution in these United States.

"From the humble origin of rising to the occasion of the

repatriation of a fallen comrade back to a final resting place in SVG [St. Vincent and the Grenadines], you have grown to be a respected and most benevolent body representing and assisting former and current police officers at home and in the Diaspora," Prince said in remarks printed in the souvenir journal.

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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

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 different Court system, and the rules and laws are different. 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 may have.*

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# Celia Bramble celebrates 75th birthday

By Nelson A. King

More than 200 guests Friday night packed the Golden Hall at St. Gabriel's Episcopal Church on Hawthorne Street in Brooklyn in celebrating the 75th birthday of retired Kings County Hospital (KCH) nursing executive Celia Bramble.

Vincentian-born Bramble — who retired nine years ago as an associate executive director of nursing education at the expansive hospital in the heart of the Caribbean community in Brooklyn after 42 years of uninterrupted service — is also a retired colonel in the US Army Reserve. She retired from the Reserve's Nursing Corps in 2003.

Bramble's former co-workers at KCH, including her ex-boss Jean Leon, the Trinidadian-born erstwhile chief executive officer, as well as Brooklyn Councilman Dr. Mathieu Eugene and St. Vincent and the Grenadines' New York Consul General Howie Prince, were among patrons at the gala event.

The grand birthday bash was punctuated with, among other things, glowing toasts, a trumpeter's salute and tributes in song and music.

"My first memories of Celia go way back," said Bramble's first cousin Yvette Collymore, a Washington, D.C.-based journalist, who served as co-MC with Hilton Clarke,



Celia Bramble with St. Vincent and the Grenadines Consul General to New York Howie Prince. Photo by Nelson A. King

Bramble's former co-worker at KCH.

"Although she left St. Vincent and the Grenadines a long time ago, she came back to Evesham," added Collymore, referring to the small village in the Marriacqua Valley in St. Vincent and the Grenadines, where both were born.

Clarke listed five characteristics, which he said, best describe Bramble: "Flexible; excellent communicator; great coverage, tenacity and patience; humility and pres-

ence; and responsible."

"When we talk of Celia Bramble, we're talking of immigrant proud," said Eugene, the Haitian-born representative for the 40th Council District in Brooklyn. "She exemplifies the American pride. I'm proud to say Celia is my friend."

Prince described Bramble as "a virtuous woman," asking rhetorically: "Who can find a virtuous woman?"

"Celia is very charming, elegant, loving, intelligent and

always an awesome person," he added.

Laverne McDowald-Thompson, the president of the Brooklyn-based umbrella Vincentian group in the United States, Council of St. Vincent and the Grenadines Organizations, U.S.A., Inc. (COSAGO), said: "Tonight, we are here to celebrate a woman known to us a mother, a sister, an aunt, a cousin, a friend, a nurse, the colonel, and the list goes on."

"She's a woman of character, a woman of integrity, a woman of service, a woman of class, and, of course, some fame," she added. "It is my belief that the next honor she would receive would be one in the Hall of Fame."

Leon said she was delighted to celebrate the birthday of "this great woman," who has an extraordinary ability to mentor others.

"We're in this club called 'Retirement,'" she added. "It was a pleasure knowing you and working with you."

Speaking on behalf of her colleagues in the Brooklyn-based St. Vincent and the Grenadines Nurses Association of New York, Inc., of which Bramble is a former president, Registered Nurse Judith Lewis said Bramble "found out the secret of staying young from Lucille Ball," the late American actress, comedian, model, film-studio executive and pro-

ducer.

"Lucille Ball once said, 'the secret of staying so young is to live honestly, eat slowly and lie about your age,'" said Lewis, a professor in nursing at Brooklyn's Medgar Evers College, to loud laughter.

After asking some of Bramble's friends what best describes her, Lewis said most responded that she is "a born-leader; you have a sense of humor; you are kind, straightforward and emphatic."

Odette Joseph, Bramble's past nursing student, who progressed from a clerk at Kings County Hospital to "the process of competing" her master's degree as a family nurse practitioner, said she will be "forever grateful" to Bramble.

Grenadian Andrew Bain, who toasted Bramble on behalf of Vanderveer Park United Methodist Church in Brooklyn, where they both worship, thanked Bramble for her leadership style.

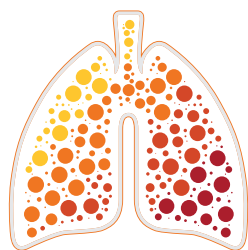
He described Bramble as "a true steward," adding that she "still remains true to her faith."

Natasha Bramble, Bramble's only child, thanked her mother "for the woman I am."

"I love you, I appreciate you," she said.

Bramble, who kept her age a secret until her speech, said she was "so grateful" to everyone who celebrated her special day with her.

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# Caribbean lags in sports spending: New report

By Nelson A. King

A new report by the Washington, D.C.-based Inter-American Development Bank (IDB) says Latin American and the Caribbean lag in sports spending, stating that the region could get a development boost from sports activities that improve the region's social and health benefits.

But the report warns that the programs must be "properly designed and monitored."

The report says Latin American and Caribbean government spending on sports is "modest," pointing to preliminary analysis of fiscal budgets from 17 countries that shows that spending on sports averages around 0.1 percent of gross domestic product (GDP).

The region's spending on sports is about one-third of the percentage spent by European nations, without considering special programs for elite athletes or Olympic financing, the report says.

"World Cup soccer season

is a good time to celebrate the benefits of sports," said IDB President Luis Alberto Moreno. "This report shows our region needs to spend more on sports, not just to produce better athletes but also to foster happier, less violent and healthier societies.

"To gain the social benefits, we also need to design better sports programs and rigorously evaluate those that already exist," he added.

The report says while the region produces first-rate athletes in numerous professional sports, exercise is a marginal activity.

Based on self-reported data, one out of three adults in the region qualifies as physically inactive, compared to the global average of one in four, defined as participating in less than 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity per week.

The report says the lack of activity is pervasive in all demographic segments, "but

it is even more worrisome among school-going adolescents between the ages of 11 and 17, with almost 9 out of 10 adolescents not achieving the recommended 60 minutes of moderate to vigorous physical activity daily."

According to World Health Organization estimates, the prevalence of physical inactivity is 35 percent higher in women than in men worldwide, and 41 percent higher in Latin America and the Caribbean.

Almost one in four adults in Latin America and the Caribbean qualify as obese (a body mass index of 30 percent fat or higher) and more than half are overweight, the report says.

The report notes that sports can build human capital and enhance productivity by improving physical and mental health, discouraging substance abuse, and inspiring athletic as well as academic achievement.

Sports can encourage capital accumulation, facilitate



Inter-American Development Bank, IDB, President Luis Alberto Moreno during a press conference at the Westin Hotel in Lima, Peru, Friday, April 13, 2018. Associated Press / Martin Mejia

the workings of markets, and strengthen institutions through their effect on social capital, trust and culture, and crime, the report says.

Data from the United States

show that expanding girls' access to athletic participation translated into a 10-percent jump in state-level female sports participation, according to the report.



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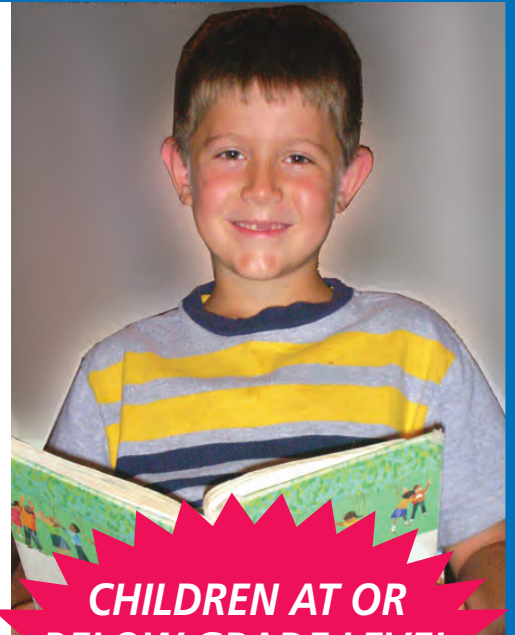


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# SVG ex-police group honors outstanding four

By Nelson A. King

The St. Vincent and the Grenadines Ex-Police Association, USA, Inc. last week honored three outstanding nationals and a corporate entity during its annual dinner and awards ceremony at the Friends of Crown Heights Educational Center in Brooklyn.

The Brooklyn-based group presented its Lifetime Achievement Award to Vincentian centenarian Mitchinson "Mitchie" Maurice James; its Diamond Award to former detective corporal in the Royal St. Vincent and the Grenadines Police Force (RSVGPF) Orton Guy; its Corporate Citizens Award to Square Deal Shippers and Movers; and its Special Recognition Award to Caribbean Life's Dr. Nelson A. King.

The St. Vincent and the Grenadines Ex-Police Association, USA, Inc. also recognized recently-retired RSVGPF Superintendent Ruth Hazel Ann Jacobs with a bouquet of flowers.

The group's secretary, Philip Richards, received association president Ardon Tannis' "Surprise Award."

Guy, a foundation member and trustee of the group, said the association has "gone through different stages, as all organizations go through, but we're still standing after 38 years. I want to say thanks to the association. This award, I humbly receive it."

Sylvan Dick, who received the award on behalf of Ruby Wood, the owner and chief executive officer of Brooklyn-based Square Deal Shippers and Movers, said: "It's an honor to know how much her work is appreciated."

As a police officer, Guy worked in various stations, divisions and departments, including the Criminal Investigation Department. He was one of the original officers of the Narcotic Squad. He attained the rank of Detective Corporal.

Guy migrated to the United States in 1975, and retired from New York City's Bureau of Waste Water Treatment as a Stationary Engineer, Electric.

Like Guy, Wood migrated to the U.S. in 1975, joining her husband, the late Egerton "Creech" Wood. Six year later, she and her husband established Square

Deal Shippers and Movers, Inc.

Ms. Wood said their goal was to offer first-class shipping services to the Caribbean and the rest of the world. She added that she has made it her mission to give back to the communities that have meant so much to her.

Ms. Wood is active in the Caribbean Diaspora community, and has used the success of Square Deal Shippers and Movers to "spread kindness and prosperity." Toward that end, she has made considerable donations to the Salvation Army, Catholic Charities and the Red Cross. Ms. Wood said she has also supported schools for children with special needs, and athletic and educational programs for young people, among others.

In addition, she said, she has provided food for the homeless and underprivileged school children, and acquired and distributed books, computers, medical supplies and building materials for hospitals and correctional facilities.

Ms. Wood said her life is evidence that "a candle loses nothing if it is used to light another."



Vincentian centenarian Mitchie James gives brief acceptance speech. Photo by Nelson A. King



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# Learn to do no harm

“Well, That Escalated Quickly” by Franchesca Ramsey c.2018, Grand Central Publishing \$27.00 / \$35.00 Canada 256 pages

By Terri Schlichenmeyer

You sat down to check your email.

And there you were an hour later, still logged on. Your email was checked but then you watched a newsfeed, four kitten videos, posted three opinions, RSVP'd to two grad parties, and wasted 60 minutes. And judging by the new book “Well, That Escalated Quickly” by Franchesca Ramsey, you got off easy.

The internet was practically a toddler when Franchesca Ramsey posted her first YouTube video, a tutorial on hair. That was in 2006, just a year after YouTube was founded; before then, Ramsey secured her own domain name and had already blogged about her life, so she knew her way around the web and the drama and trolls that go with it.

Six years later, she finally found fame through a video she calls “SWGSTBG,” which took

advantage of a craze lampooning racism. That millions of people saw her video in a very short time was a surprise — a pleasant one that led Ramsey to look for new ways to make it as an online entertainer.

She was the star of other videos, but they didn't have quite the appeal as SWGSTBG. She won a YouTube contest, and a week-long series of classes-as-prize let her learn from the pros. Another contest allowed her to rub elbows with Hollywood's elite and hone her interviewing skills. By this time, Ramsey had an agent, cash in the bank, and a strong online presence.

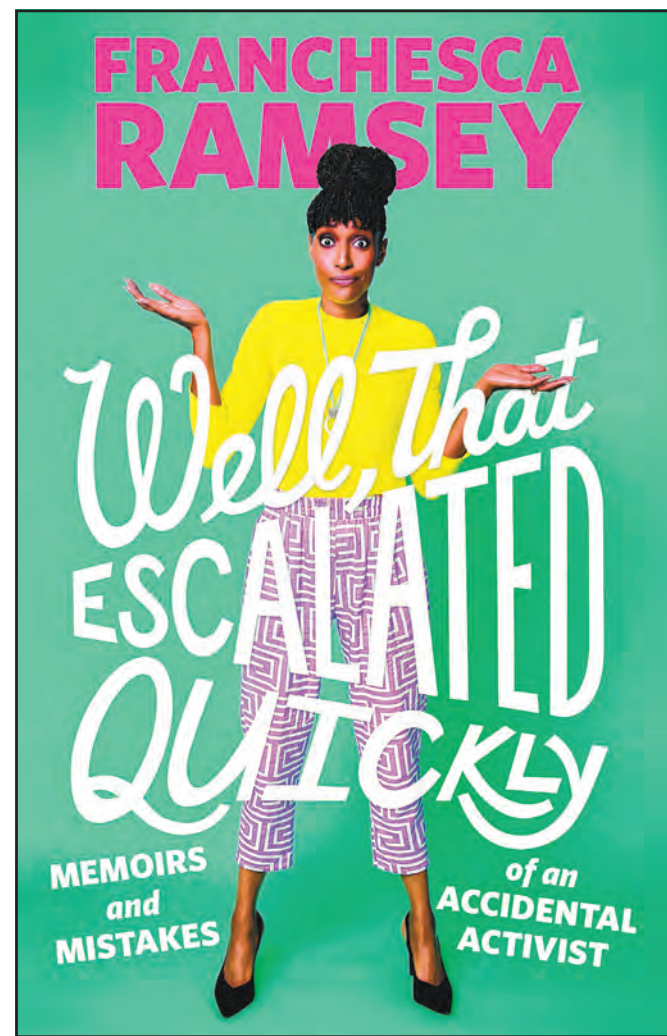
She also had internet trolls, who hurt her feelings day after day. She says she spent many hours in workplace bathrooms, crying, until literally, Ramsey had the last laugh: after a disastrous SNL try-out, she landed an MTV show and a gig as a writer for a Comedy Central series while she continued to boost her presence online. Today, she's a comedy writer, social justice advocate, and MTV host and, though she cautions that she's not an expert on the subject, she offers this: there's a way to avoid racist

terms, misogynistic words, and accidental offense. Trying to get it right is absolutely worth it.

So you're not all that into computers, and social media is a foreign language. That's the first thing you'll want to know about this book: it's steeped in web-ese, so “Well, That Escalated Quickly” may not be for you.

But then again, while internet natives will eat up the memoir and backstory of an online personality they've come to enjoy, the latter part of this book is different: it's more about the social justice, equality, and dealing-with-racism side of author Franchesca Ramsey's life. This is, in fact, where Ramsey does magic, explaining nuances, new meanings, and unintentional hurts from language and attitude. It's where anyone, from any angle, can learn to do no harm.

For Ramsey's millions of fans, this book will be a true delight, and an insight to their favorite star's life. If you're not so versed but still need the social justice aspect of what it so thoroughly teaches, then “Well, That Escalated Quickly” is a book to check out.



Book cover of “Well, That Escalated Quickly” by Franchesca Ramsey.

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# Eldercare

## TODAY



Studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

## Seniors becoming more tech savvy

Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet — a sixx percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the amount that did in 2013. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

While stereotypes have long painted seniors as technologically inept, they are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications

and doctor's appointments and monitor their fitness regimens.

Some families employ 24/7 alert systems or smarthome technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances and lights are on or off. This represents a great way for families to stay informed and provide assistance even if they are not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is es-

pecially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.



# Brain-healthy habits to embrace

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes:

## Exercise

Becoming more active can improve brain volume, reduce risk for dementia, and improve thinking and memory skills. The journal *Neurology* found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent of 10 years younger. Increased blood flow that occurs with physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood ves-



A *Journal of Nutrition* study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine.

## Quit smoking

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

## Eat healthy foods

Foods that are good for the heart and blood vessels also are good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids. Neurologists state that, while research on diet and cognitive function is limited,

diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

## Consume caffeine

Caffeine may help boost memory performance and brain health. A *Journal of Nutrition* study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function, and feelings of well-being.

Information from *Psychology Today* also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety. In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

## Work the brain

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading, and participating in social situations can stimulate the release of brain-derived neurotrophic factor, a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing

# Difference between inpatient and outpatient hospital stays

BY JOANNA R. LEEFER

Many seniors are unaware that there are two kinds of hospital stays; a person can stay in a hospital as an inpatient or as an outpatient. In both cases you may stay in a semi-private hospital room, receive meals and general nursing, and even have surgery. However, an inpatient will be offered different medical services and will probably pay less than an outpatient.

A hospital inpatient is someone who is formally admitted through a doctor's written order. The doctor writes an admission order if she feels a hospital stay is essential for the patient's recovery.

A hospital outpatient is someone who enters, usually through the emergency room, and is considered under observation only. An outpatient can receive lab tests, X-rays, and other hospital services, but these services are administered to determine if he needs to be formally admitted.

## Inpatient vs. outpatient care

Despite the similarities in services, a patient's status can make a big difference in what you pay and what services you can receive. Here are the biggest differences:

Seniors admitted as inpatients are covered under Medicare Part A, the U.S. government's hospital insurance plan. After an initial deductible of \$1,340, Medicare Part A pays the cost of a semi-private room, all meals, general nursing care, and miscellaneous hospital services and supplies for up to 60 days.

Seniors who are in a hospital for observation are classified as outpatients and are covered by Medicare Part B, the government's medical insurance plan. Outpatients must pay an annual deductible of \$184 and



Seniors staying in a hospital should know whether they are inpatient or outpatient, as the status can affect the cost of their stay and what follow-up services they can receive, such as rehabilitation.

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then are responsible for 20 percent co-payments for every medical service received. These expenses often total more than the Medicare Part A deductible.

The cost of medicine is different for inpatients and outpatients. Inpatients have their medications paid through Medicare Part A. Outpatients must pay for medications out of pocket or through a Medicare Part D prescription drug plan. There is one more catch — if the Part D plan does not cover the drugs that are prescribed, the patient is required to pay for them himself.

A final difference between inpatients and outpatients is in the follow-up service. An inpatient who stays in the hospital for at least three days is eligible for rehabilitation services such as physical, occupational, and speech therapy in a skilled nursing facil-

ity. The first 20 days of rehab in the facility is covered completely by Medicare Part A. After 20 days, the patient is responsible for 20 percent of the cost for up to an additional 80 days. During that stay, the patient receives two therapy sessions every day except weekends, is provided with three meals a day, and gets care from certified nursing assistances, nurses, and dietary staff.

Hospital outpatients are not eligible for a rehabilitation services in a nursing home facility without paying for the stay. An outpatient can be eligible to receive some rehab services at home or in a clinic through Medicare Part B, but the rehab is less intense. The patient may see a therapist one to three times a week, but will not receive other services such as meals, housekeeping, or attendant services.

## Are you inpatient or outpatient?

A rule of thumb in determining your patient status depends on how you enter the hospital. If you enter the hospital through the emergency room you are probably classified as an outpatient, at least until a doctor officially admits you or sends you home.

You are also not an inpatient if you enter the hospital for outpatient surgery. You might be told you can stay in the hospital over night and still not be admitted. The best way to determine your status is to ask questions. Every time you receive a treatment, be sure that you now how it will be billed, through Medicare Part A or Part B.

*Joanna R. Leefer is a senior care advisor, advocate, and founder of ElderCareGiving. Her latest radio interviews are on her website, [www.joannaleefer.com](http://www.joannaleefer.com).*



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# Sleep loss can affect memory in seniors

Poor sleep can leave people feeling groggy, disoriented, depressed, and not up for facing the day. And now there's new evidence that insomnia can contribute to memory loss and forgetfulness among the elderly.

A study — the first of its kind — unveiled a new link between lack of sleep and memory loss. Researchers at the University of California, Berkley found that during sleep important brain waves are produced that play key roles in storing memories. These waves transfer the memories from the hippocampus to the prefrontal cortex, a portion of the brain where long-term information is stored. Sleep loss can cause the memories to remain in the hippocampus and not reach the long-term storage area, found researchers. This can contribute to forgetfulness and difficulty remembering simple details, such as names.

Seniors are frequently plagued with deteriorated sleeping patterns that lead to shallow sleep and more awakenings, says those at the University of California. This can contribute to the prevention of memo-



There's new evidence that insomnia can contribute to memory loss and forgetfulness among the elderly.

ries being saved by the brain each evening.

This is not the first time sleep and brain health have been measured. A 2008 University of California, Los Angeles study discovered that people with sleep apnea

showed tissue loss in brain regions that help store memories.

WebMD says imaging and behavioral studies show the role sleep plays in learning and memory and that lack of sleep can impair a person's ability to focus and learn effi-

ciently. Combine this with the necessity of sleep to make those brain wave connections for memories to be stored, and the importance of deep sleep is apparent.

Another study, published in the journal *Brain*, conducted by doctors at Washington University in St. Louis, linked poor sleep with early onset of dementia, especially Alzheimer's disease. Although poor sleep does not cause Alzheimer's, it may increase brain amyloid proteins believed to be intrinsic to the disease. When slow-wave deep sleep is disrupted, levels of amyloid can grow and clog the brain. This is corroborated by data published in the journal *Neurology*. Getting deep sleep is important for reducing these proteins.

The American Academy of Sleep Medicine recognizes the difficulties elderly people may have in regard to sleep. The quality of deep sleep among older adults is often 75 percent lower than it is in younger people. Doctors can be cognizant of how sleep impacts memory and the onset of dementias and discuss insomnia treatment options with their patients.

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# Rethink Early Screening

## 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

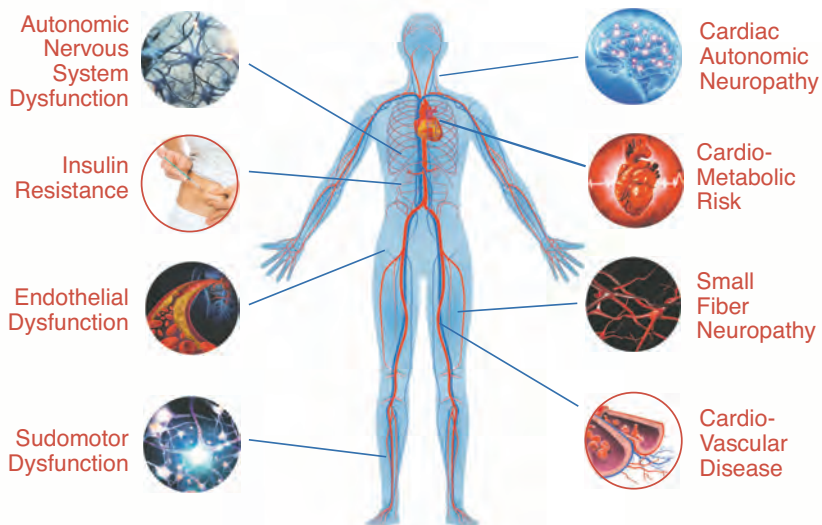
Adults with diabetes are 2-4 times more likely to have heart disease or suffer a stroke

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



## Is your practice capable of screening for these hidden causes of disease?

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
- Urinary complications
- Digestive problems
- Increased hunger
- Blurred vision
- Dizziness
- Fatigue

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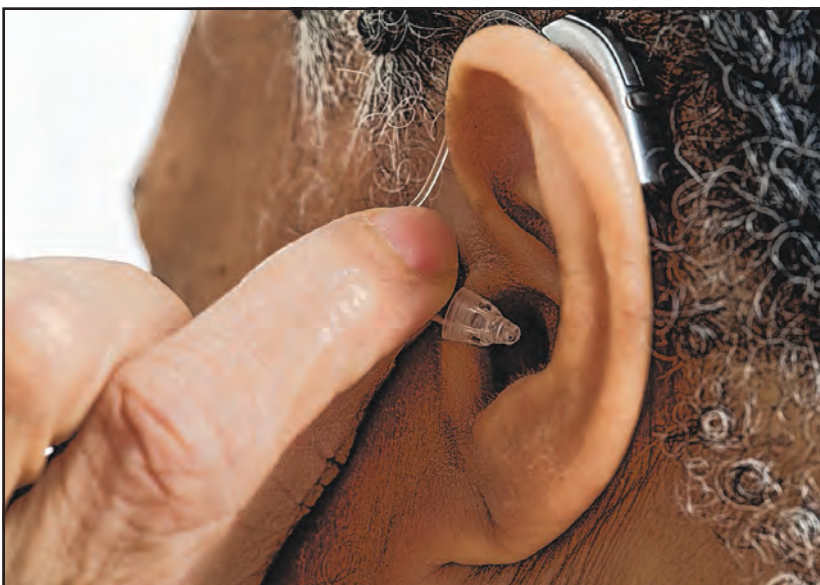


# Wireless technology takes hearing aids to new levels

Hearing loss may not be something people want to contemplate, but it is more common than many people may think. Hearing deficits may occur from birth or be acquired due to injury or prolonged exposure to loud noises. The National Institute on Deafness and Other Communication Disorders says approximately 15 percent of American adults (37.5 million people) aged 18 and older report some trouble hearing. Age is the strongest contributor to hearing loss, with people age 60 and older with the highest levels of impairment.

People with hearing deficits can access a growing number of assistance devices to make their lives easier. From telephones and doorbells that trigger a blinking light rather than a bell, to closed captioning and voice-to-text conversion, to a greater understanding and widespread usage of sign language, the deaf and hearing impaired have many options to help them overcome hearing loss.

As technology advances, so, too, do the options for the hearing impaired. One innovative piece of gadgetry is sophisticated wireless hearing aids that are compatible with



As technology advances, so, too, do the options for the hearing impaired. One innovative piece of gadgetry is sophisticated wireless hearing aids that are compatible with personal electronic devices.

personal electronic devices.

Thanks to Bluetooth technology, hearing aid manufacturers are harnessing this science to expand on the abilities of hearing aids and to develop new products. In the past, in order to use an MP3 player or mo-

bile phone, a person would need to remove traditional hearing aids to accommodate a pair of earbuds. Furthermore, hearing aids may have had their limitations in filtering ambient noise. Although Bluetooth-powered hearing devices are still in

their infancy, Oticon, a global hearing technology company, has developed its own communication and entertainment solution called ConnectLine that enables people to connect hearing aids with different devices. This transforms hearing aids into a personal wireless headset for listening to music, watching television or video chatting.

Many other companies, such as ReSound and Starkey, also offer Bluetooth-enabled devices. Their devices may be compatible with Android and iPhone models, some of which may only require an app or direct connectivity to the device. In fact, Apple has patented a specific Bluetooth connectivity with certain hearing aid manufacturers. Others may require an accessory of some sort to make connections possible, especially when pairing with a TV or other audio device.

Thanks to cutting-edge technology, assistive listening devices have improved considerably. Individuals should speak with their hearing care professionals about their daily needs concerning hearing aids and explore the options in wireless hearing aid technology that can work seamlessly with their devices.



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# ENTERTAINMENT

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Selectors Jonny GoFigure and Selekt Twice will play reggae tunes on the boardwalk on June 3.

## Reggae on boardwalk

By Alexandra Simon

The annual monthly reggae music event, “Reggae on the Boardwalk” returns to Coney Island starting June 3. Every month from June until September — reggae music deejays come to the historic boardwalk to play some tunes honoring the genre’s classics, said the organizer.

“We bring a core group of selectors and deejays, and invite them to play some of these timeless sounds that they

Continued on Page 48

## Antiguan cellist stars

By Vinette K. Pryce

Let’s face it, even Antiguans will concede that their most known export is their sweet, delicious Antigua Black pineapple.

Acclaimed for being the world’s best, the fruit will have to take a backseat to a teenager named Sheku Kanneh-Mason who after a globally televised performance from England on May 19 is now all the rave.

The 19-year-old secured the Eastern Caribbean’s coveted pride when he performed three songs at the much talked-about royal wedding of Prince Harry and his bride, the former actress Meghan Markle.

Acclaimed in England, the rest of the world received an audio and visual treat when the prodigy played French com-

Continued on Page 48



To a Haitian roots band in front of La Caye Restaurant, this dancer is clearly inspired. Photo by Tequila Minsky

## Annual bazaar attracts many on holiday weekend

By Tequila Minsky

Memorial Day weekend saw DanceAfrica 2018 Bazaar filling the streets that wrap around the Brooklyn Academy of Music. Every May the dance festival celebrates Africa through music, dance and film, wrapping up an outdoor global market place.

The crowds stayed away on the cold, dreary Sunday. But, they made up for it by packing the streets on a pleasantly mild yet overcast Memorial Day. There were

many garments of beautifully vivid African print cottons from Ivory Coast and Ghana brightened the sights among the 150 vendors of African, Caribbean and African-American art, crafts, and fashion.

This year, the layout was quite different. Food stalls, situated together on the northern stretch of Lafayette at Fulton created a gridlock of hungry festival attendees.

Vendors, on the entire length of Lafayette across from BAM, cramped the style for the drum-

mers and other Haitian musicians and fans who annually look forward to an al fresco casual sidewalk gathering at La Caye, a popular Haitian neighborhood restaurant.

None-the-less, the Haitian community amassed, and even as festival goers were forced to pass directly in front of performing bands, a crowd surrounded the jamming musicians and the power of their music moved many to dance in the squeezed space.



## TOP OF THE CHARTS

### TOP 10 SINGLES

- 1 **The Middle**  
Zedd, Maren Morris & Grey
- 2 **Never Be the Same**  
Camila Cabello
- 3 **God's Plan**  
Drake
- 4 **Meant to Be**  
Bebe Rexha & Florida Georgia Line
- 5 **Whatever It Takes**  
Imagine Dragons
- 6 **Psycho**  
Post Malone Feat. Ty Dolla \$ign
- 7 **Nice For What**  
Drake
- 8 **Wait**  
Maroon 5
- 9 **Perfect**  
Ed Sheeran
- 10 **Pray For Me**  
The Weeknd & Kendrick Lamar

### TOP 10 ALBUMS

- 1 **And Justice for None**  
Five Finger Death Punch
- 2 **Love Yourself: Tear**  
BTS
- 3 **The Greatest Showman**  
Soundtrack
- 4 **beerbongs & bentleys**  
Post Malone
- 5 **Mean Girls**  
Original Broadway Cast Recording
- 6 **Deadpool 2**  
Soundtrack
- 7 **Inspiration**  
Sheku Kanneh-Mason
- 8 **Electric Light**  
James Bay
- 9 **Part of the Light**  
Ray LaMontagne
- 10 **Harder Than Ever**  
Lil Baby

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# Antiguan cellist stars at Royal wedding

Continued from Page 47

poser Gabriel Faure's "Après un reve," Maria Theresia von Paradis "Sicilienne" and Franz Schubert's "Ave Maria."

According to the Washington Post, the teenager had planned to make his U.S. orchestral debut as the guest soloist for the Los Angeles Chamber Orchestra during the same period when he was asked to serenade the royal assembly which included Queen Elizabeth II.

Kanneh-Mason stunted a notion by many African and Caribbean nationals who assumed and claimed heritage of every Black guest.

As a matter of fact, some ascribed nationality to a choir that sang the Ben E. King classic "Stand By Me," saying that the entire chorus of singers and conductor must have been African-Americans.

Not so.

Similarly, the fact the individual named Sheku Kanneh-Mason was already popular on social media for his cello rendition of a Bob Marley "One Love" classic some assumed he was of Jamaican descent.

Not so.

Fact is, although Kanneh-



Sheku Kanneh-Mason.

<https://resources.wimpmusic.com/>

Mason cited Marley as one of his "musical heroes," the teenager who captured the souls of many as the couple sealed their vows inside the registry is actually part Caribbean and part African.

Kanneh-Mason was born and raised in Nottingham, England. He is the third of seven children born to Antiguan Stuart Mason, a business manager, and Sierra Leone's Dr. Kadiatu Kanneh, a former university lecturer.

He began playing the cello at the age of 6. He said prior to taking up the instrument

he was an avid fan of the violin and considered it his choice. Kanneh-Mason said his initial desire to play the cello was simple: He wanted to learn an instrument bigger than the violin his older brother Braimah played.

At that tender age, he started playing a quarter-size cello, and by the age of 9, he surpassed his fellow students when during a cello examination he excelled, scoring the highest marks in the U.K. He won the Marguerite Swan Memorial Prize.

At age 10 he was studying once a week at the Junior Royal

Academy in London.

Last year, the entire Kanneh-Mason family appeared in a BBC documentary, "Young, Gifted and Classical" which spotlighted how his parents, Stuart and Kadie, raised a group of talented kids, despite the fact neither had ever had involvement in music or the arts.

"They aren't musicians," the 19-year-old told The Times newspaper.

"As we were learning, they were learning all of it as well. And it wasn't always that we were going to be musicians. (My sister) Isata started the piano and very soon it seemed like she was learning very quickly, so my younger ones followed her and copied her. It hasn't happened, but if one of my siblings wanted to do something else, they would equally have encouraged them."

The third of seven born to the couple made a splash on television, performing a medley of songs on "Britain's Got Talent."

Along with six members of the family of classical musicians they awed audiences making it to the semi-finals on the popular British reality show that tests the talents of individuals and groups.

## Reggae returns to Coney Island Boardwalk

Continued from Page 47

own, and it's a chance for people to hear them," said Carter Van Pelt.

"I want people to come and hear something that they never heard before, haven't heard in a long time, or can't remember if they heard it."

The once a month shindig will be held on one day during the weekend of every month. Van Pelt says this year on July 7, he is introducing a new segment to the event dedicated to women. After the passing of his friend and selector Lioness Edwards-Chen, he wanted to pay tribute to her by celebrating other women in the reggae music industry.

"She was a big part of the event over the years, so on that day I'm going to have all female selectors," he said. "It's going to be the first time that I deliberately brought all female deejays. I think women are underrepresented in reggae and dancehall, so this is kind of my way to pay tribute to them."

The lineup of deejays play-



Van Pelt, left, and Chanter, right, the owner of the soundsystem Chanter International, The Timeless Sound.

ing this year includes, Selekt Twice, Jah Wise from Tipper Tone sounds, Sir Tommy, Culture Cartel with Vaughn Allstar and Joseph Dimension, Chanter International, and Timeless Sound.

He said the free concert attracts many reggae lovers, but also passersby and beachgoers. And he says that is how it continues to grow every year.

"The crowd is primarily

mature, Jamaican or West Indians who use to go to dances back when reggae first came around and didn't live in New York at that time," he said. "So that crowd of people that don't get to hear the more obscure older tunes anymore, are naturally steered to this because all of the deejays play vinyl."

Van Pelt said the music concert has fans from all over the country and the world, because the event offers a one of a kind opportunity.

"It's like no other in event in New York and the beauty of this event is that it does attract a diverse crowd and on top of that — it's free," he said. "You won't find this anywhere else and people from all over the world travel to come here because they love this multigenerational event."

"Coney Island Reggae on the Boardwalk" at Coney Island Boardwalk [W. 20th Street and Riegelmann Boardwalk in Coney Island]. June 3, July 7, Aug. 5, Sept. 9, 3-7 pm. Free.



# Crime victim seeks revenge in sci-fi thriller

**"Upgrade"**  
 Excellent (4 stars)  
 Rated R for profanity,  
 graphic violence and gris-  
 ly images  
 Running time: 95 min-  
 utes  
 Production Studios: BH  
 Tilt / Goalpost Pictures /  
 OTL Releasing  
 Distributor: Blumhouse  
 Productions / Universal  
 Pictures

By Kam Williams

Mechanic Grey Trace (Logan Marshall-Green) is a dying breed. He's an old school, grease monkey who can roll up his sleeves and repair classic cars without the help of diagnostic computers.

One fateful day, he asks his wife Asha (Melanie Vallejo) to follow him in her car so he can return the Pontiac Firebird that he's just finished working on to its owner, high-tech mogul Eron King (Harrison Gilbertson). The eccentric billionaire has a subterranean laboratory hidden just beneath



"Logan Marshall-Green in Upgrade" (2018).

<https://www.imdb.com>

the ocean shoreline. He proudly tells the Traces about his company's latest invention, an implantable computer chip with a mind of its own.

On the way home, Asha's self-driving sedan inexplica-

bly-malfunctions and drives

them to a seedy side of town where it crashes after careening around a corner. The couple is subsequently set upon by a sadistic gang that murders her and leaves him a quadri-

plegic.

When Eron learns of Grey's misfortune, he offers the grieving widower an opportunity to walk again. All that's involved is installing a tiny, talking, computer circuit in his spinal

cord called Stem (Simon Maiden). The only hitch is that having Stem inside is like sharing your body with another brain.

The operation successfully transforms Grey from a bed-ridden cripple into a super-human vigilante capable of tracking down and exacting vengeance on his muggers in a bloody reign of terror. But to get even with the creeps, he has to temporarily allow Stem to take charge.

The plot thickens when Stem seems to have a hidden agenda. Might this powerful entity be attempting to wrest total control of Grey's body permanently? And towards what end?

That is the engaging premise of Upgrade, a riveting, revenge thriller written and directed by Leigh Whannell, creator of the Saw and Insidious horror flick series. As this timely film further unfolds, it magically morphs right in front of your eyes from a futuristic sci-fi into a thought-provoking, exploration of the hidden dangers of artificial intelligence.

A timely cautionary tale you don't want to miss!

## Independent & Foreign Films

All Summers End (Unrated) Tale of overwhelming regret about a guilt-ridden teenager (Tye Sheridan) trying to hide from his girlfriend (Kaitlyn Dever) that he

was the person who pulled the prank that killed her big brother. Supporting cast includes Paula Malcomson, Annabeth Gish and Austin Abrams.

American Animals (R for pervasive profanity, drug use and brief crude sexuality) Fact-based crime caper about four young men (Evan Peters, Barry Keoghan, Blake Jenner and Jared Abrahamson) who hatch a plan to pull off one of the most audacious art heists in history. With Ann Dowd, Udo Kier and Lara Grice.

Discreet (Unrated) Revenge drama about a traumatized victim of sex abuse (Jonny Mars) who returns to his Texas hometown to confront the pedophile (Bob Swaffar) who had molested him years ago. With Atsuko Okatsuka, Joy Cunningham and Bill Johnson.

The Doctor from India (Unrated) Reverential retrospective chronicling the career of Dr. Vasant Lad, the holistic health pioneer who brought the practice of Ayurvedic medicine to the West in the late Seventies. Featuring commentary by Deepak Chopra, Robert Svoboda and Claudia Welch. (In English



### Kam's Kapsules

By Kam Williams

and Marathi with subtitles)

A Kid Like Jake (Unrated) Transgender baby-maybe drama about a Brooklyn couple (Claire Danes and Jim Parsons) who find themselves at odds over whether or not their precocious 4 year-old son's (Leo James Wheeler) interest in playing with dolls and dressing up like a girl is just a phase. With Octavia Spencer, Ann Dowd and Priyanka Chopra.

Rodin (Unrated) Vincent Lindon portrays Auguste Rodin in this romance drama, set in Paris in 1880, revolving around the famous French sculptor's scandalous affair with a teenage protege (Izla Higelin) less than half his age. Cast includes Severine Caneele, Bernard Verley and Anders Danielsen Lie. (In French with subtitles)

Social Animals (R for profanity, drug use, graphic sexuality and crude humor) Midlife crisis comedy about a promiscuous, broke stoner (Noel Wells) who finally falls in love after a series of one-night stands. Trouble is, he's a married man (Josh Radnor). Featuring Aya Cash, Carly Chalkin and Samira Wiley.

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# SPORTS

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In this Sept. 25, 2016 photo, San Francisco 49ers' Colin Kaepernick kneels during the national anthem before an NFL football game against the Seattle Seahawks, in Seattle.

Associated Press / Ted S. Warren, File

## NFL stance condemned

By Nelson A. King

Brooklyn Councilman Jumaane D. Williams has criticized the National Football League's (NFL) latest stance on kneeling by football players, saying that the league's intention is to "smother protest and strangle activism."

The NFL announced on May 23 that players will not longer be permitted to kneel in protest during the playing of the national anthem.

"By forcing players to stand for the

Continued on Page 52

## Windies Women prepare for T20

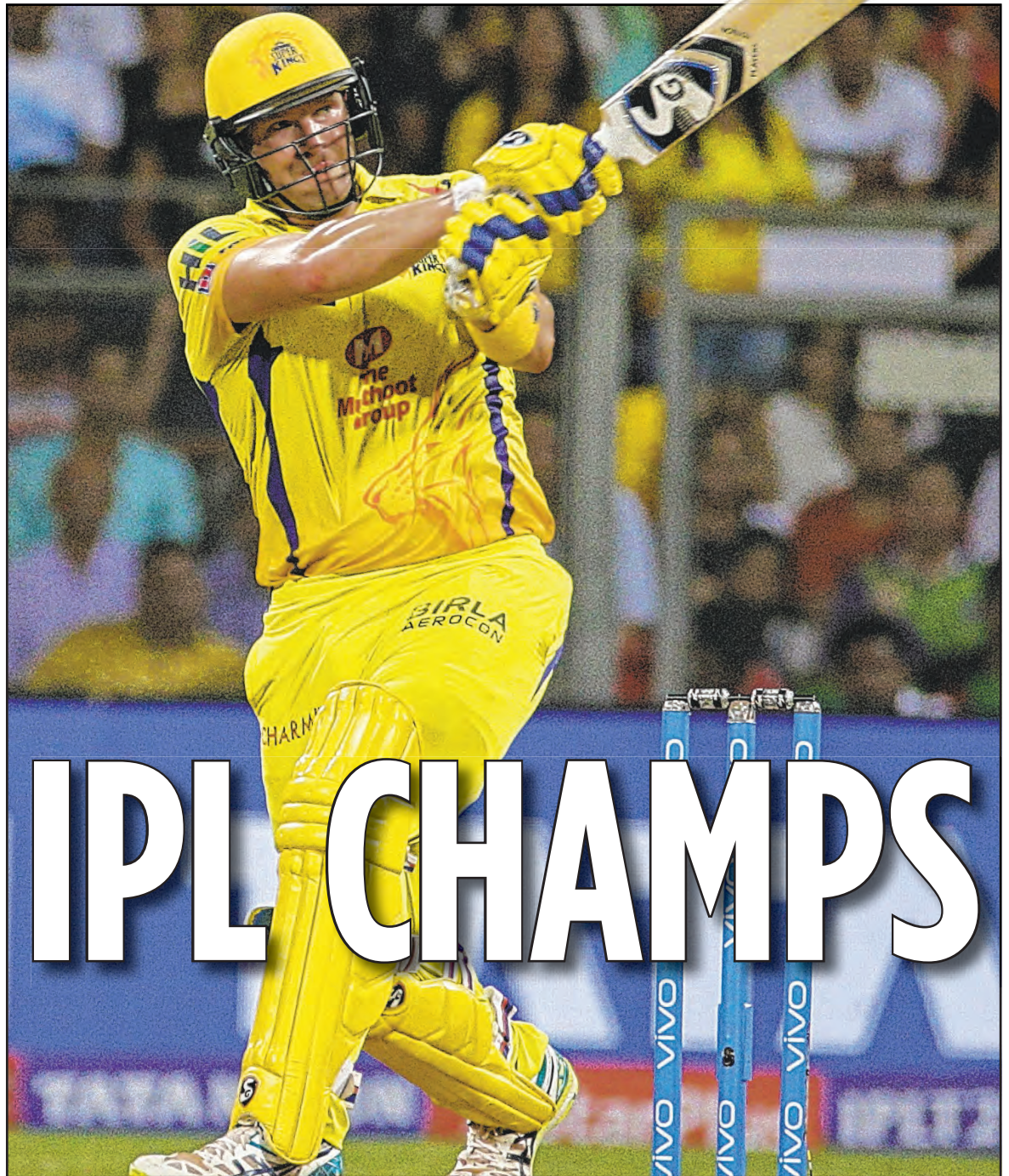
By Azad Ali

Cricket West Indies Chairman of Selectors Courtney Browne says that the regional women's team is good enough to defend their title and win the Women's Twenty20 World Cup for a second time.

Browne made the prediction as players continued their preparation camp in Barbados for the global event, to be played in the Caribbean from November 2-25.

The official tournament matches will be played at the Sir Vivian Richards Cricket Ground in Antigua,

Continued on Page 52



# IPL CHAMPS

Chennai Super King's player Shane Watson bats against Sunrisers Hyderabad during VIVO IPL cricket T20 final match in Mumbai, India, Sunday, May 27, 2018.

Associated Press / Rafiq Maqbool

## Chennai Super Kings win 3rd IPL title

By Azad Ali

Chennai Super Kings (CSK) crushed the Sunrisers Hyderabad by eight wickets in the final of the Indian Premier League (IPL) to win their third title at the Wankhede Stadium in Mumbai on Sunday.

Former Australian all-rounder

Shane Watson was the star of the show with his unbeaten century (117) as CSK were brutal in their run chase to win the title.

CSK captained by M.S Dhoni won the toss and sent in Sunrisers Hyderabad to bat and they put on 178 for 6 in their allotted 20 overs.

In reply CSK won the game with eight wickets to spare. Watson and Suresh Raina (32) put on a further 48 after opener South African Fa Du Plessis fell cheaply in the fourth over when the score was at 16.

Watson and Ambati Rayudu

Continued on Page 52



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national anthem while on the field, and relegating those who chose to protest during the anthem to the locker room, they are effectively creating another [way of], hiding dissenting voices from the public eye to maintain their own corporate interest and public image," said Williams, representative for the 45th Council District in Brooklyn.

"With this action, the NFL has made its intentions clear and revealed the character of the organization," he added. "They have given in to hateful voices who responded to peaceful protest with vitriol and misinformation.

"At best, they ignore the crucial issues of police misconduct and racial inequity for which players engaged in protest; at worst, they endorse them," continued Williams, a candidate for New York State Lieutenant Governor. "This is unsurprising from an organization that routinely seeks to bury anything that they feel is bad for business, and views its players as commodities rather than individuals."

Williams said he stands with former San Francisco 49ers quarterback Colin Kaepernick, and with all players who choose to take a knee in exercising his right to free speech and non-violent protest.

He noted that Kaepernick has ignited a movement, adding that he has joined Nelson Mandela and other heroes in receiving Amnesty International's Ambassador of Conscience Award.

"This movement extends far beyond Kaepernick himself, and forces the country to acknowledge and address the daily injustices of police misconduct and racial bias," Williams said. "It cannot be ignored that the NFL's ruling was established mere hours before the nation saw video of another black athlete, Sterling Brown, inexplicably abused and attacked at the hands of Milwaukee police."

The New York legislator said such instances are "pervasive and disturbing, whether for a well-known athlete or the many more with less prominent profiles and less national outrage.

"Athletes who choose to kneel perform the vital duty of ensuring that these systemic injustices do not fade from the public consciousness," he said. "Disruption is essential to protest, and neither the actions of player protest nor the issues for which they kneel can be hidden away."

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Chennai Super Kings player Dwayne Bravo, center, celebrates with teammates after taking the wicket of Sunrisers Hyderabad's Yusuf Pathan, during their VIVO IPL cricket Twenty20 match in Mumbai, India, Tuesday, May 22, 2018.

Associated Press / Rajanish Kakade

## CHENNAI SUPER KINGS REIGN

Continued from Page 51

stayed together to take their team to victory.

West Indies Twenty20 captain Carlos Brathwaite batting for Sunrisers belted three sixes in a 11-ball 21 as

they piled up 178 for 6.

Captain Kane Williamson top scored with 47 from 36 balls while Yusuf Pathan chipped in with an unbeaten 45 from 25 deliveries.

Opener Shikhar Dhawan got 26 and Shakib-al-Hasan 23.

Braithwaite put on 34 from 18 balls for the sixth wicket before falling to the final ball of the innings.

Twenty20 all-rounder Dwayne Bravo proved expensive for CSK, leaking 46 runs from his four overs but managed to get one wicket.

## England, India cricket teams to tour Caribbean

By Azad Ali

The Caribbean region has been given an opportunity to bid for Test, One Day Internationals (ODIs) and Twenty20 matches between the West Indies and England also India next year.

This was revealed by Cricket West Indies (CWI) president Dave Cameron, during a recent trip to Trinidad and Tobago.

While in Trinidad he met with Sports Minister Shamfa Cudjoe, to

bring her up to date with what CWI is offering in terms of international cricket for Trinidad and Tobago.

Cameron said there are two very good tours next year with England an India visiting and he is going around the region to meet with governments to show them the value of these games in terms of boosting their sports tourism sector.

The CWI president explained that England will be touring the region in February and March 2019 for series

of three Tests, five ODIs and three Twenty20s.

He said after the World Cup in England, the Indians will be making a stopover for three Tests, three ODIs and three Twenty20s as well.

Cameron said he had met with most of the governments in the region, Barbados, Antigua, St. Kitts, Grenada, St. Lucia and Jamaica letting them know what is on offer and what they need to produce in terms of bidding for these matches.

## Twenty20 Cricket World Cup

Continued from Page 51

Darren Sammy Stadium in St Lucia, and the National Stadium at Providence in Guyana.

Under the captaincy of the dynamic Stafanine Taylor, the West Indies

won the last Twenty20 World Cup in India two years ago to lift their first major world title.

The victory came the same day the men's team, under Darren Sammy, won the corresponding title.

Browne said women's cricket was on a rapid rise globally and this year's world event should provide a true reflection of the quality of play.

He added that the upcoming Cricket West Indies Twenty20 Blaze and Super50 tournaments in Jamaica in June would give the Windies selectors a further gauge of regional talent.



# Barbados musclemán banned from competition

By George Alleyne

He is a young Barbadian talent set for a glorious bodybuilding future, but Shaquile Lavine has hit a stumbling block, that has forced him to the sidelines of this year's big events, the Nationals and the Darcy Beckles Classic.

News broke over the weekend that the Barbados Amateur Bodybuilding and Fitness Federation (BABBFF) had slapped the 22-year-old show dazzler with a six-month ban from the sport as a result of what was ruled an undisciplined and disrespectful public display during a recent presentation ceremony for a competition.

At the Mr. Bridgetown presentation ceremony just over two weeks ago when he was adjudged third place, Lavine stomped off stage after receiving his award from legendary bodybuilding champion of the 1970s, Darcy Beckles, and threw the medal on the floor.

This suspension means that the youngster will not be allowed to compete in the two major competitions remaining for this year, both of which he had won last year.

The Nation newspaper quoted BABBFF President Dr. Alfred Sparman saying that the Federation was compelled to penalize Lavine.

"I sympathize with him, but you can't disrespect the judges, sponsors, fans and the members of the federation. We had to send a message, that unsportsmanlike behaviour will not be tolerated," Sparman said.

That suspension was decided upon by a three-man disciplinary committee, and Sparman explained, "we had to act. He is the future, but had to be penalized because he let down the fans, who should not have been subjected to that kind of behaviour."

In addition to serving the

ban period, Lavine will also have to submit a written letter of apology to the BABBFF on Thursday, May 31.

The six-month suspension should serve as a useful cooling-off time that could guide Lavine's promising career and teach him how to handle the losses that inevitably come with sports.

Moving through the ranks, Lavine had won every junior contest he entered, with Mr. Schoolboy being among the early notable titles he earned. He went on to capture Mr. Teenager and Mr. Bridgetown in 2015, becoming one of only four men to win both shows in the same night.

He however found the going rough at this year's Mr. Bridgetown competition.

In the opinion of the judges, contender Ramon Broomes was the best in show for first prize, with Kirk Alleyne being second, leaving third place to Lavine.



Shaquile Lavine, a promising young Barbados bodybuilder, has been banned from two major bodybuilding competition events this season for an 'undisciplined, disrespectful' display of temper at a medals ceremony.

Photo by George Alleyne

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## Have a party to remember at Sirico's

BY CAMILLE SPERRAZZA

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**Music:** The house DJ is young, hip, gets the party started, and keeps it moving all night long.

**Pictures:** Photos and videos will be treasured for a lifetime, so Sirico's works with proven photographers and videographers who make sure special moments are captured. The beautiful gardens and active fireplace in the lobby make perfect backdrops.

**Decorations:** Lighting sets the mood and atmosphere, so color-coordinate your event with an LED lighting package. It can match your wedding colors. Or, reach for the stars with specialized effects that include an image of a bright blue

sky. Sirico's has it all covered with chair draperies and sashes, too.

### Sweet 16s

Busy moms can relax because Sirico's party planner has your back.

Your daughter's party starts in the Entourage Room where the guest of honor can wait with friends before the introductions begin.

**Tropical Bar:** Say aloha to the place where teens enjoy drinks that include virgin pina colodas, strawberry daiquiris, and frozen sensations.

**Food:** A buffet loaded with fun food, customize designed to taste. Among the offerings: taco stations, a mashed potato bar, and sliders. For dessert, there's an ice cream sundae bar, candy tables, and Sirico's famous chocolate fountain.

**Decorations:** Select from in-house designs and decorations, tailored to teens. Balloon center pieces are always a hit.

### Other parties

Every special occasion calls for unique needs, and Sirico's accommodates them all. Whether it's an anniversary, retirement, Communion, Confirmation, corporate event, or other special occasion, Sirico's is the place to be.

There are party rooms that can accommodate up to 100, 200, and 300 people. Valet parking and a parking lot make it convenient for all guests.

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Sirico's Caterer's [8023 13th Ave. between 80th and 81st streets in Dyker Heights, (718) 331-2900, [www.siricos.net](http://www.siricos.net)]. Open Tuesdays through Sundays, from 1:30 to 9:30 pm.

# Workers' Compensation Law

## Answers to common questions

### 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 filed.

### 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 days.

### 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 for you.

### 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](mailto: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.*



**ARIES: Mar 21/Apr 20**  
Aries, this week seems like a race, but you may be losing steam. With a lot of distance still left to cover, it's time to conserve your energy and find some assistance.

**TAURUS: Apr 21/May 21**  
Taurus, your imagination is very active lately, so much so that it may make it difficult to concentrate on anything else. Make an effort to get work done in spite of the distractions.

**GEMINI: May 22/Jun 21**  
Gemini, others may misinterpret your enthusiasm for a carefree nature. However, you are actually busy getting the job done - even if you're having some fun doing it.

**CANCER: Jun 22/Jul 22**  
It's possible you may misread someone's intentions, and it could get you in a bit of hot water, Cancer. Don't make any assumptions and apologize if you make mistakes.

**LEO: Jul 23/Aug 23**  
Leo, if your energy levels are waning, find a way to put some hop in your step. Take a break from work if necessary. This is a great way to recharge.

**VIRGO: Aug 24/Sept 22**  
Virgo, you haven't yet found your groove at work, but don't get discouraged because it will happen. Pay attention to others around you and how they act.

**LIBRA: Sept 23/Oct 23**  
Even if others think you are ambivalent, you possess a clear picture of what you want and where you are heading, Libra. Don't let others' misconceptions sway you.

**SCORPIO: Oct 24/Nov 22**  
Scorpio, if left to your own devices, you can get your work done quickly. But overcoming distractions may be difficult in the days ahead. Do your best to stay the course.

**SAGITTARIUS: Nov 23/Dec 21**  
Sagittarius, if you are feeling high strung or nervous, you may just need to take a little time away from a situation to reorient yourself. Come back with a fresh perspective.

**CAPRICORN: Dec 22/Jan 20**  
Capricorn, don't put others off by being too serious. Learn how to let loose a little bit this week and your friends will flock to you in no time at all.

**AQUARIUS: Jan 21/Feb 18**  
Aquarius, you're normally a people person, but every once in a while you enjoy solitary time to think and avoid crowds. This could be the week for that.

**PISCES: Feb 19/Mar 20**  
Everything seems to be unfolding on schedule, Pisces. This is advantageous because you don't have to put in extra effort or sweat the details.

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