

Best Assumes Role Of Captain At South Precinct

By Gizelle Fletcher
The Seattle Medium

Seattle Police Officer Carmen Best was recently promoted to the rank of Captain and has been assigned to the Seattle Police Department's South Precinct.

Born and raised in the Pacific Northwest, Best says she applied to become a police officer on a whim rather than a lifelong desire to work in law enforcement.

"I chose to become a police officer because I was at a point in my life where I wanted to try something new," says Best. "I didn't know if I was going to stay here or not, or that I would be right here where I am 21 years later."

Best values her role as a police officer with the Seattle Police Department (SPD) and has made the best of her tenure, and made long-lasting contributions to her community.

Over the course of her career, Best has worked in many positions within the department including: patrol supervisor, school safety and as media relations department spokeswoman. Most recently, she has been detailed to community outreach where she spent three years working in and with youth outreach, crime stoppers, demographic advisory council and false alarm among others.

In August of this year, SPD recognized her hard work and dedication, as Best was promoted from Lieutenant to Captain.

"I am very excited, as would be anyone who has been with an organization for so long," says Best of her promotion.

To prepare for her position, Captain Best underwent training at the Washington State Criminal Justice Training Center, as



Carmen Best was recently promoted to Captain of The Seattle Police Department's South Precinct.

does every officer at the beginning of her career. Later, she went on to train at the Senior Management

Institute for Police in Boston in 2006 and at the FBI National Academy in 2011.

"Working with the community is the most rewarding thing," Best says when asked about the most rewarding part of her job. "The things that motivate and excite me are working with the people, the community, in whatever capacity."

Though she will be working in a different capacity, Best assures The Medium that as Captain, just like her role as Lieutenant, she will still be working with the people.

"You never lose community," says Best. "We still have to figure out what is going on, what the problems are and how to fix them."

Holding many positions with different missions and working alongside diverse groups of people, Best's desire for "something different" 21 years ago has been fulfilled working with the Seattle

Police Department.

As a woman of color on the force, Captain Carmen Best does her job to the best of her ability.

"Being a woman of color on the force is much like being a woman of color in any other establishment," says Best. "You know that you are noticed more because there are so few of you. So, I do my job to best of my ability and worry about myself."

Best hopes that more women of color and people from the communities get involved in law enforcement.

"People may not think of it as a possible career, but it is. There are a vast number of positions, leadership roles, and ways of making a difference," she says. "I believe we can make a difference in the community from the inside out."

Report: Half Of Single Young Adults Could Get Health Coverage For \$50 Or Less

A new report released Monday by the Department of Health and Human Services (HHS) shows that nearly half (46 percent) of single young adults who are uninsured and may be eligible for coverage in the Health Insurance Marketplace could get coverage for \$50 or less per month.

"The health care law is

making health insurance more affordable for young adults," said HHS Secretary Kathleen Sebelius. "With nearly half of single, Marketplace-eligible uninsured young adults able to get coverage at \$50 or less per month, the health care law is delivering the quality, affordable coverage people are looking for."

Young adults are the

age group most likely to be without health insurance. But through the Health Insurance Marketplace, young adults can purchase quality, affordable coverage and get lower costs on monthly premiums through tax credits. Young adults may also be eligible for Medicaid. The amount an individual can save depends on his or her family income and size.

The report examines data from the 34 Federally-facilitated and State Partnership Marketplaces

and finds that out of 2.9 million single young adults ages 18 to 34 who may be eligible for coverage in the Marketplace, 1.3 million (46 percent) could purchase a bronze plan for \$50 per month or less after tax credits. In the 34 states, a total of 1.9 million young adults, representing nearly 7 in 10 (66 percent) of the potentially Marketplace-eligible uninsured ages 18 to 34, may be able to pay \$100 or less for coverage in 2014.

According to the

report, an additional 1 million eligible uninsured single young adults may qualify for Medicaid in the states that have opted to expand the program in 2014. Today's report also shows that if each of the 34 states expanded its Medicaid program, the proportion of young adults who could obtain low-cost coverage would be even greater. If each of the 34 states expanded its Medicaid program, 4.9 million uninsured single young adults would be

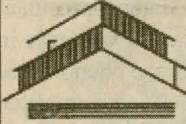
eligible for Medicaid.

While some states are expanding their Medicaid programs in 2014, other states are not doing so. Under the health care law, states can receive 100 percent federal funding in 2014 to expand their Medicaid programs to cover people with incomes up to 133 percent of the federal poverty level. That's about \$15,800 a year for an individual, or about \$32,500 for a family of four.

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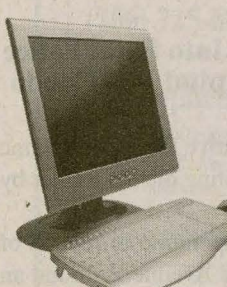
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Colombian Rebels Release U.S. Vet

By George E. Curry
NNPA Editor-in-Chief

WASHINGTON (NNPA) — FARC, the Colombian guerrillas, freed former U.S. veteran Kevin Scott Sutay Sunday after more than four months of captivity.

According to a joint statement by Cuba and Norway, Sutay, 27, was handed over to U.S. officials at the airport in the capital city of Bogota at 11:30 a.m. He was examined and reported to be in good health. It was unclear when he would leave for the U.S.

Sutay, who was captured June 20 while backpacking through the thick rainforest of Colombia in a region controlled by FARC, was released to representatives of the Red Cross, Cuba, and Norway. FARC-EP — the Spanish acronym for Revolutionary Armed Forces of Colombia — the People's Army — has been at war with the

Colombia government for 50 years.

FARC representatives had made at least two offers to free Sutay, the latest on Sept. 27 in Havana, where they were engaged in ongoing peace talks with representatives of the Colombian government. Rebel leaders accepted an invitation to meet with Jesse Jackson in Cuba and agreed to turn Sutay over to him without any conditions.

Sutay fought in Afghanistan for a year. The *Los Angeles Times* reported that Sutay, who grew up in Willow Spring, N.C., but was a resident of New York at the time of his capture, served as an explosives specialist with the U.S. Navy. Other news accounts have described him as an Army veteran. He was discharged from the military two years ago.

FARC said Sutay told them that he had been hiking through Mexico, Honduras, Costa Rico,

Nicaragua, Panama and Colombia before being captured. He had been warned against traveling through a dangerous war zone, but he ignored those warnings. Sutay was captured by FARC just 12 days after entering the country.

In a statement announcing they were willing to release Sutay as a humanitarian gesture, the rebels said, "The FARC-EP has taken the decision to ask Reverend Jesse Jackson to make available his experience and integrity to expedite Kevin Scott's release."

However, Colombia President Juan Manuel took to Twitter to say, "Only the Red Cross will be authorized to arrange for the handover of the North American kidnapped by the FARC. We will not allow a media spectacle."

Jackson stepped aside at that point, saying his goal was to win the freedom of

Sutay on whatever terms established by President Santos.

In a statement issued Sunday, Secretary of State John Kerry said: "We welcome the release today of Kevin Scott Sutay from captivity at the hands of the FARC."

"The United States is profoundly grateful to the Government of Colombia and commends its tireless efforts to secure his release. We offer special thanks to President Juan Manuel Santos for his assistance."

"We also appreciate the contributions of the International Committee of the Red Cross, and the Governments of Norway and Cuba in securing Mr. Sutay's freedom. And we thank the Reverend Jesse Jackson for his efforts in consistently advocating for Mr. Sutay's release."

Jackson said in a statement, "I join in celebrating with the State Department the release of Kevin Scott Sutay. A month ago, we met with FARC leadership in Cuba and they agreed to release Kevin to me with no conditions. The release did not occur due to logistic issues between the Colombian government and the FARC. I never gave up on advocating for Kevin's freedom and it is a joy to know that he is finally free and will be united with his family very soon."

"I thank the FARC leadership for keeping to their commitment to free Kevin. I also thank President Juan Manuel Santos whom I met with in Bogota, Colombia regarding Kevin. His role was vital in the joy we celebrate today."

Jackson thanked all parties involved in the successful release and said, "I hope and pray that all parties to the Colombian conflict will agree to move from the battle field and embrace a political solution to this long and devastating conflict."

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