



**SPBS**  
2017 Magazine  
www.spbsinc.com



# 7<sup>th</sup> ANNUAL AWARDS BANQUET

**MAESTRO'S BANQUET HALL**  
1703 BRONXDALE AVENUE  
BRONX, NY 10452

**SATURDAY, SEPTEMBER 2, 2017**



Principal Awards Established 1997

Incorporated in US 2004

2012 Multiple Feeder Schools

2013 College Scholarships

2017 St. Kitts Charter

"The Challenges

**DECADES**

of Change"

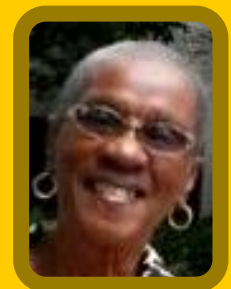
WE GIVE BACK SO OTHERS CAN MOVE FORWARD

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**Proud to be a Major sponsor of the  
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Annual Awards Banquet**

**We also congratulate  
the SPBS  
honorees of 2017**



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## Message From the Desk of the President

Saturday September 2<sup>nd</sup>, 2017

### What is your legacy?

Reflect just for a moment on the theme for the 2017 Awards Banquet – “Two Decades and the Challenges of Change”. Wow! Whether you think about your personal life or your professional life, you are reminded of the fact that your experiences transformed you and made you who you are today. For me it drives me to ask a very personal question “what is my legacy?” More fittingly, on this 20<sup>th</sup> year anniversary of SPBS, I am intrigued by the simple question – “what is the legacy of SPBS”?

If I am forced to reduce our legacy to one sentence then it will go something like ‘we have forged a brand by liberating the *spirit* associated with giving and the spirit of *community*’. I am reminded often that we are the conduit (indeed the brave spirit) that channels resources to CEMSS both to drive individual achievement (scholarship) and to enhance community spirit (with gifts like Steel Orchestra).

*We are brave.* This article is intended for our 7<sup>th</sup> Annual Awards Banquet. It is our signature event. It is the moment when I am proudest of the extended SPBS team. We work hard to entertain our guests but most importantly we celebrate the accomplishments of many. It is bringing forward the stalwarts from our community that we are able to knit and maintain this tight community web. The awardee class of 2017 is quite strong. For my own personal experience, I was flogged by Principal Mrs. Enid Richardson, got sutures (stiches) from Nurse Venetta Henry, and I was taught by Sir Hugh Rawlins. I am equally impressed to learn very new things about the accomplishments of Stanford Lewis and Children of the Caribbean Foundation.

*We are constantly and progressively moving.* In 2017 we formalized a chapter in St. Kitts. So far this year, the team sponsored a Father’s Day Dinner, worked with the WeDrive Foundation to ensure that kids enter school well nourished (a basic necessity), and have already secured new scholarship sponsorship (specifically for athletics at CEMSS by Mr. X).

*We give back – and we multiply the gifts from our donors.* We flourish because of the support, active involvement and collaboration from our SKN community. This year I am compelled to point to the challenge offered by Dr. Hannah Guishard in 2016 – that she would contribute \$10, 000 to SPBS if another group or individual donates \$5,000. This 2017 milestone felt so challenging and yet so motivating. We are proud that a few Sandy Pointers stepped forward and pushed us significantly across this milestone. On behalf of SPBS, I express my sincere thank you to our donors!

*A spirit never dies!* In the end, my wish is that our signature programs will flourish and that future generations will benefit from the ambitions of new and fresh leadership in SPBS. Our mission is simple – we believe that by working with the broader community that we can build a sustainable engine to support education and community endeavors in Sandy Point.

We trust your experience at the 2017 Awards Banquet would be a memorable experience!

**Stewart Williams,**

**Stewart Williams, PhD.,**

Founder & President

The Sandy Point Benevolent Society, Inc (SPBS)





# BANQUET PROGRAM

MISTRESS OF CEREMONY

Alrick Warner

## PROGRAM PART 1

Cocktail and Musical Prelude

## PROGRAM PART 2

National Anthem of Federation of  
St. Kitts and Nevis

Invocation & Blessing of Food

Deacon Moulton Esdaille

Welcome and Acknowledgement  
of Guests

Dr. Stewart Williams,  
President of SPBS

Remarks by Patron

Prime Minister  
Dr. Hon. Timothy Harris

## PROGRAM PART 3

DINNER

Entertainment—Roxy

## PROGRAM PART 4

Introduction of Keynote Speaker

Keynote Address

Christene Brown

## PROGRAM PART 5

Presentation of Awards

ENID RICHARDSON

STAN LEWIS

NURSE HENRY

ROSIE HODGE-ADAMS / CHILDREN OF  
THE CARIBBEAN FOUNDATION

SIR HUGH & CLAUDETTE LADY RAWLINS

## PROGRAM PART 6

Raffle Drawing

## PROGRAM PART 7

Vote of Thanks

Mervyn Richardson  
Chairperson

**Dance, Dance, Dance**

THANKS FOR YOUR SUPPORT—SPBS



# MEMBERS PROFILE



**Dr. Mervyn M. Richardson**  
*Chairman Editor*

I expect SPBS to have expanded its fundraising and executed bigger projects in Sandy Point



**Dr. Stewart Williams**  
*President*

I expect that >50% of the SPBS executive leadership would be new!



**Charles Mills**  
*Vice-President*

I expect the annual net income of SPBS to be well in excess of US\$1,000,000, and for over 90% of that income to be generated by sources other than the gate receipts of the annual banquet and breakfast.



**Trevor Hanley**  
*Treasurer*



**Collette Joseph**  
*Secretary*

I hope to see SPBS completely financing one CEMSS graduate through college.



**Veronica Assent**

I would like to see at least two more established chapters of SPBS, in different parts of the globe.



**Kimarah Isaac**  
*PRO,*

I expect SPBS to be the leading private scholarship donor in St. Kitts. Expanding its reach and form chapters in major areas such as England and Canada.



**Stephen Duggins**  
*Local Chairperson—St. Kitts*

I expect to see Several Chapters of SPBS around the world doing even better things than we are doing now



**Paulette Mills-Smith**  
*Fund Raiser, Coordinator*

I hope SPBS will be such a vibrant organization, not only in Sandy Point but also extending their hands to neighboring communities

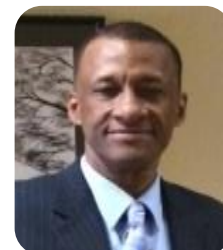


**Marvin Manning**  
*Editor-in-Chief*



**Winston Benjamin**  
*Entertainment*

I expect SPBS's scope would be such that its impact would have a tangible effect on everyone in SP and its surrounding community.



**Anthony Warner**

I hope that SPBS will be a vibrant organization in Sandy Point, not to carry the burden, but to make sure that our foot prints are there in the redevelopment of the town.





**Trevor Duggins**

I expect SPBS to have an annual health fair in Sandy Point and a science fair at the school.



**Stacey Greene**  
*Social Media*

I wish to see 10 lives, who SPBS has impacted over the years, be fully engaged in partnering to continue paying it forward.



**Kenyatta Garvey**

I expect SPBS to increase technology in classrooms and improve the general health of the community by designating funds for the hospital.



**Leah Jones-Joseph**

I expect SPBS to be a force in the community with our philanthropic endeavors. I expect other organizations/groups to emulate our charitable greatness.



**Dennis Warner**

Our Energies must not falter. Our love for our country must not diminish. Our Attitude and direction of SPBS should be the constant and nagging reminder that we can Become More Than What We Can Fathom.



**Alrick Warner**

I expect SPBS to sponsor a monthly Shark Tank for SKN show on ZIZ TV offering entrepreneurs up to \$20,000 to take their ideas to the next level and up to US\$25,000 if headquartered in Sandy Point.



**Vincent DeSuza**

*Fund Raising & Entertainment*



**Elsa Revan**



**Hansill Buntin**

*Fund Raising & Entertainment*



**William V. Hodge**



**Ian M. Queeley**



**Dorita Lewis**



**Shermin Stevens**



**Desiree Gumbs**  
*Mentor  
& Contributing Editor*



**Jackiema Flemming**





Dear Friends,



OFFICE OF THE PRIME MINISTER  
SAINT CHRISTOPHER AND NEVIS

It is my sincere pleasure to extend a hearty welcome to both old friends and new, who are set to convene at Maestro's ballroom in the Bronx, NY, for the 7<sup>th</sup> Annual Banquet and Awards Ceremony of the Sandy Point Benevolent Society (SPBS) on Saturday, September 2<sup>nd</sup>, 2017.

I take this opportunity to congratulate and offer best wishes to the membership of SPBS, which for the past 20 years has remained steadfast in providing academic scholarships and support to students of the Charles E. Mills Secondary School (formerly the Sandy Point High School).

While reflecting on SPBS' theme this year, *Two Decades and the Challenges of Change*, I invite you to consider the words of Nelson Mandela: "Without education, your children can never really meet the challenges they will face. So it's very important to give children education and explain that they should play a role for their country."

Consider, too, that this is exactly the role SPBS serves. You facilitate our children to learn both academically and civically, and this is why your association is most worthy of emulation.

Indeed, it is commendable that SPBS, which is a U.S.-based non-profit organization, aims to change the Federation of St. Kitts and Nevis – and the world – for the better, starting with education. "Education is the most powerful weapon which you can use to change the world," Nelson Mandela also said.

Significantly, I write this letter on July 25<sup>th</sup>, 2017, one week after the late South African President would have celebrated his 99<sup>th</sup> birthday and also one day after my meeting with President Bill Clinton, Founder of the Clinton Foundation. As CARICOM's Lead Head on Human Resources, Health and HIV/AIDS, I sought further support from the Clinton Foundation for women, adolescent girls and children in the Caribbean.

One small action can change a child's life, so I use this letter to say that I welcome SPBS' interventions in promoting the welfare and life chances of our young people.

As I close, I remember that it has been said that no American president was closer to Nelson Mandela than Bill Clinton. Not only were the two leaders close friends, they were ideological allies. For instance, they were partners in the fight against HIV/AIDS and champions of education.

It was during the 42<sup>nd</sup> U.S. President's State of the Union Address on February 4<sup>th</sup>, 1997 – the first one of his second term – that he said: "Now, looking ahead, the greatest step of all, the high threshold of the future we must now cross, and my number one priority for the next four years is to ensure that all Americans have the best education in the world."

Today, I commend the members of SPBS for doing their part in ensuring that Kittitians and Nevisians are not left behind on the global stage – and that our future generations have a solid foothold on which to ascend the echelons of education, leadership and society both in and outside of our beautiful country of St. Kitts and Nevis.

Moreover, I commend the Sandy Point Benevolent Society for being a shining example of what it means to be civically engaged, particularly for those of our citizens who choose to go or stay abroad. Your two decades of service have shown that working together brings out the best in – and achieves the best results for – everyone.

The Government and people of St. Kitts and Nevis gratefully acknowledge and thank you for your good works. To God be the glory!

Sincerely

Dr the Hon Timothy Harris  
Prime Minister



# Biography of Guest Speaker Christene Browne



Born in Crab Hill, Sandy Point, Browne moved with her family to Toronto, Canada in 1970. She enrolled in the Film Studies program at Ryerson in 1985 and started her production company, Syncopated Productions Inc in 1990. Her very first two films *Brothers in Music*, a film about two struggling jazz musicians and *No Choices*, a film that looked at the abortion issue

and how it relates to women living in poverty which debuted at the Toronto International Film Festival in 1991 and launched Browne's film career.

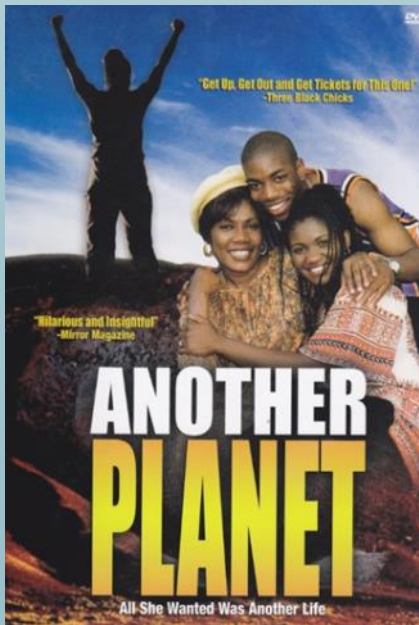
From that time onward, Browne has consistently produced work that has examined the cross section of race, class and gender.

She has worked independently and has business relationships with National Film Board of Canada, the Canadian Broadcast Corporation, OMNI TV, Starz, PBS BET, Al Jazeera, IFC, OBETV and Doorarshan and many others.

Her films have won numerous awards and have been screened and broadcasted internationally.

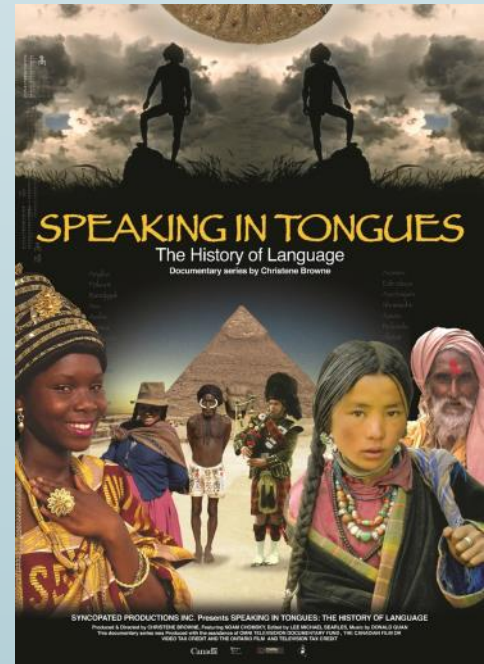
In 1999, Browne completed the semi-autobiographical film *Another Planet*; her first dramatic feature film and the first feature film to be directed by a Black woman in Canada.

**1<sup>st</sup> Dramatic Film Directed by a Black Woman in Canada (1999):**



In 2008, she completed, *Speaking in Tongues: The History of Language*; a ground breaking five-part documentary series that looks at the History of Language from prehistoric time to the present day. Noam Chomsky and many other notable linguists are featured in this series. This film received the 2011 Visionary Documentary award from the Women International Film and Television Showcase.

**Poster From Documentary:**



In 2013, her first novel, *Two Women*, was a cautionary tale about two women who share the same soul, was published.

**Her First Novel (2013):**



In 2016, she completed a Masters in Communication and Culture; an interdisciplinary joint program of York University and Ryerson University,

Most recently Browne completed her second novel, *Philomena (Loveless)*; a story about a woman who lives a life devoid of love.

In addition to her film and literary work, Browne has also worked as a film programmer, curator and media arts instructor.

She is currently working on her third novel; completing a feature length documentary about the redevelopment of Regent Park, a low-income community in Toronto where Browne spent her formative years and lecturing in the Radio and Televisions Arts (RTA) department at Ryerson University.





## ***“Youth, Vision, Integrity - Securing Our Nation’s Prosperity”***

### **CALENDAR OF EVENTS**

*September 01–30*

*Friday, 01st September*

**Independence Fiesta - 7:00pm**

*Sunday, 03rd September*

East Basseterre Fishnet Festival Five-a-Side Football /Basketball/ Netball Tournament - 6:00pm

*Friday, 08th September*

Re-naming Ceremony for Mental Health Day Treatment Centre - 10am

*Sunday, 10th September*

Appreciation Service for Sanitation Workers (Apostolic Faith Church)

**10 K Run in St. Kitts - 4 pm**

*Monday, 11th September*

**Beginning of School Visits by Cabinet Ministers**

*Tuesday, 12th September*

**National Fruit Day\***

St. Kitts Music Lovers’ Song Competition (ECCB) – 7 pm

Zonal Prayer Service - 7 pm

*Wednesday, 13th September*

**Prime Minister’s Independence Lecture Series (ECCB) – 7 pm**

*Thursday, 14th September*

**Health Fair in Nevis\* - 10 am-4 pm**

**Night of Choirs (ECCB) – 7 pm**

*Friday, 15th September*

**National Sneaker Day\***

Re-opening of the ICT Centre – 10 am

Nevis 10 K Run – 4 pm

**Night of Drama (ECCB) – 7 pm**

*Saturday, 16th September*

East Basseterre Fishnet Festival – J’ouvert - 5 am

**National Heroes’ Day Observance – 8 am**

**SKNDF Flag Raising Ceremony – 8 am**

Block Party-Constituency #4 (Green Tree Housing, Old Road) – 11 am - midnight

Bethesda Moravian Church (Nyam Local Food Fair) – 12 noon – 4 pm

Festival of Praise, St. Kitts - 6 pm

“Shades of Pink” Breast Cancer Fundraiser at OTI – 6 pm

*Sunday, 17th September*

**Independence State Service Charlestown (Methodist Church) -5 pm**

East Basseterre Fishnet Festival – Swimsuit Competition – 8 pm

*Monday, 18th September*

**Schools’ Patriotic Programme & Treat**

Fashion & Music Expo (FAME) in Nevis -7:30 pm

East Basseterre Fishnet Festival International Night – 8 pm

*Tuesday, 19th September*

**Independence Day Parade – 8 am  
Toast at Camp Springfield**

East Basseterre Wet Fête – 12 noon

**Independence Cocktail Reception - 7pm**

*Friday, 22nd September*

Cook-off and Food Fair - 10am

**National Archives & National Trust Reading: “Basseterre Burning 1867” – 7 pm**

*Saturday 23rd September*

East Basseterre Fishnet Festival – Parade of Troupes – 12 noon

SKB 70’s Musical Reunion – 7 pm

*Sunday, 24th September*

**Youth Drills Competition - Bay Front - 5pm**

**IndePRIDE Flag Fest “For Youth by Youth” Concert – Frigate Bay Greens – 6 pm**

*Thursday, 28th September*

**Night of Elocution (Calvary Baptist Tabernacle, Sandy Point) – 7 pm**

*Friday, 29th September*

Adult Drills Competition – 5 pm

“A Taste of Africa” Mini Festival 7pm – 10 pm

*Saturday, 30th September*

Brimstone Hill Run for the Fit & Fearless – 7 am

**Night of Dance (ECCB) – 7 pm**



*Official Independence Activities are in BOLD.*

\*= Caribbean Wellness Week event (September 9-15, 2017)



# Distinguished Alumnus and Leadership Award



## Stan Lewis

Stanford Lewis was among the last group of students from the Middle Island Primary school to sit the Seven Standard Examination. He was successful but his mother insisted that he remain in school until reaching the legal school leaving age. While waiting, in 1966 Sandy Point High School (SPHS), an experiment in free secondary education broke new ground and he was admitted to the Fourth Form.

At Sandy Point High, now Charles E. Mills Secondary (CEMSS), he assimilated and participated in numerous extracurricular activities. Stan as he is affectionately known was a member of the school's cricket team and was among its contingent that toured Monserrat. He was also captain of Orange

House, the school's first debating team captain, a Senior Prefect, an active member of the drama group and a medalist.

In the Fourth Form, Stan was inspired by a book "Modern Inventions", a prize received for his academic performance. While reading this book, his imagination was captivated by scientific inventions especially radio and telegraphy which became an obsession, a dream, a lifelong ambition. He was promoted to the Fifth Form, sat O' Level exams and was the first male student from SPHS to qualify as a candidate for the Sixth Form at the Basseterre High School. Stan graduated and taught at the Basseterre High School before securing a job with Cable and Wireless, an opportunity that brought him a step closer to fulfilling his dream.

At Cable and Wireless, Stan started his telecommunications career as a telegraph operator. During his tenure, he served as a telex and telegraph operator and remained in the position for five years. One of his proudest moment is the world class service delivered to dignitaries, international press correspondents and government officials during the passing of Premier The Rt. Honourable Robert Bradshaw in 1978.

Still wishing to fulfill his dream, Stan emigrated to the United States in 1978. Two years later, he graduated with an Associate degree in Electrical Technology from Essex County College in New Jersey and worked as a media and production technician and as a Cable-TV Operator at Essex County College. He joined AT&T in 1981 and held various positions including Private Line Technician, Central Office technician, Switch Technician, Transmission Technician, Test Lab Technician, Project Manager and Executive Assistant.

Furthering his ambition, Stan went back to school and earned a Bachelor of Science in Electrical Technology from New Jersey Institute of Technology and transitioned from Central Office technician to R&D engineer at AT&T LABs. At AT&T LABs, he gained broad experience and established a track record as a lead planning engineer, evaluating concept and feasibility, defining system impacts, business and user requirements. He was a lead engineer in network, voice and data service where his duties included maintenance planning for emerging technologies. While at AT&T LABs,

Stan earned a Master of Science in Telecommunications Management from Stevens Institute of Technology.

In 2006, he was promoted to Senior Technical Architect and was a lead telecommunications network maintenance solutions engineer, service assurance planner for VoIP maintenance automation and lead engineer for local service maintenance automation. In this capacity, he was a Subject Matter Expert with responsibility for training new team members as well as other Districts and Division engineers. As a Service Assurance Team Leader, he was also responsible for interface definition and was an end-to-end testing coordinator, collaborating with business partners, evaluating and delivering detailed system solutions for emerging services such as Mobility, U-verse, Internet, and Cloud Computing networks.

His other accomplishments include designing and implementing Zero Touch maintenance testing which resulted in over \$4 billion in company saving. Under his leadership, the mean time to repair was reduced by over 50 percent. Other notable works include automated testing and diagnosis of customer troubles, service assurance automation, infrastructure planning for Wi-Fi services, designing and implementing engineering referral standards for Inter-Exchange, Local and International Carriers. Stan was also a delegate to the American National Standard Institute (ANSI) -T1 Committee and served in this capacity for five years as AT&T Service Assurance Subject Matter Expert.

He has filed several patents and in 2008 was cited by AT&T Enterprise IT Senior VP as a Lead Patent Developer and in 2009 was recognized by AT&T Chief Information Officer as a CIO Award Winner.

In 2011, Stan was AT&T's candidate for the United States Black Engineer (USBE) of the Year. That same year he was honored in Washington DC by the USBE with a national Black Engineer of the Year (BEYA) Special Recognition Award for STEM and was featured in its USBE Information Technology magazine 25<sup>th</sup> year (2011) edition. While at AT&T, Stan also served as a mentor to new engineers, STEM high school students and participated in numerous volunteer activities within his community and AT&T.

Stan retired from AT&T after 32 years of service and is currently founder and CEO of GlobalTech Consulting, LLC – providing engineering consulting services to AT&T Labs and Aricent. He is also a team leader with Syslogic Technical Services, serving as a Systems Engineering Executive.

In an effort to give back, Stan founded the Sandy Point High School Ex-Students Association, the first to be established, with a mission to provide assistance to the school. Under his leadership, the group was successful in a number of projects and activities including, delivering books for the school's library, funding of prizes and activities and delivering equipment and supplies.

Stan is not only analytic but also an author and has published three books: "Native Pride National Passion" in 2013 (Authorhouse™), "Nothing But Time" in 2008 (Old Mountain Press™) and "Things Left Behind" in 2006 (Authorhouse™), capturing the social life, culture and folklore of his native St. Kitts-Nevis.

# Distinguished Educator Award



## Enid Richardson

Enid P. Richardson, née Woodley, was born to a teenage mother Mary Esdaille who raised her as a single mother in Rawling Ground, St. Pauls, St. Kitts. As the first of three children, Enid was pressed into working in the fields at 11 years old, weeding cane alongside her mother in order to help make ends meet. Even at that age, as she toiled in the cane fields well before the sun rose, Enid dreamt of a life beyond the harsh drudgery of an estate laborer; of raising herself above “her station” that was dictated by the rigid class structure of the time. So determined was she to succeed that she made a vow to her mother: “One day Mama, you will not have to be barked at in the field by the field supervisor, and be short-paid for your work. I will be a teacher when I grow up and none of my siblings will work the fields either.” Enid cannot forget her uncle, Pastor John Esdaille who vowed he would never leave her mother alone with them, but he would be the male/father figure in the household.

Ms. Esdaille recognized Enid’s nascent ambition and allowed it to blossom by ensuring that she let her leave the cane field in time to attend school every weekday. Enid excelled academically, having the audacity to not only overcome deep poverty, but also the pernicious jealousy of naysayers who thought that she did not “know her place.”

At age thirteen, Enid successfully wrote her Standard Seven Examination, which set the stage for her to accomplish one of her childhood dreams by becoming a Pupil Teacher at the Bethel School in Parson Ground. Enid then travelled to Antigua when she was eighteen to study at the Spring Gardens College where she successfully completed a two-year training program to become a Certified Teacher. Upon her return, she was placed at the St. Pauls School to continue her teaching career.

At age twenty-four, Enid Woodley met and married the love of her life, Morgan Richardson, a native of Anguilla, and with whom she has raised five outstanding and successful children. Mrs. Richardson’s commitment to education can be seen in the following credo to which she has held her own offspring: “If you wish to drive the garbage truck, do it with pride, having a university degree under your belt.”

Mrs. Richardson continued to make great strides in her career as an educator, and was rightfully rewarded by being appointed in 1967

as the Head Teacher of the Sandy Point Junior School; at that time, she was one of only a very few female Principals in the country. She made tremendous strides in raising the standards of teaching, despite having to deal with an extraordinarily high ratio of students to teachers. Her leadership also led to the attainment of many awards by the school, including in sports, for Spelling Bee competitions, and in creative writing. Her leadership and administrative prowess were further recognized and encouraged when she was awarded with a government scholarship to the United Kingdom to pursue a four-month diploma course in Teacher Administration at Birmingham University.

In 1978, Mrs. Richardson took an early retirement and relocated to Anguilla to reunite with her husband, where she continued to serve in the area of education, including later on leading the establishment of a learning institution in Her Majesty’s Prison where she volunteered her services as a teacher of Reading and Elementary Mathematics.

The enormous number of lives that Mrs. Richardson has touched in a tremendously positive way will undoubtedly impact many generations to come. Her work is mirrored by her students and she is considered the benefactor of many doctors, custodians, solid waste workers, accountants, lawyers, and teachers who are all dispersed around the globe. Their sentiments of her goodwill, hard-work, even-handedness and dedication are echoed not only verbally but in print on various social media platforms. A telling quote from one of her former students from Sandy Point says it all: “Teacher Miss Richardson [...] created for me a picture that was so far from my finite mind. [Her] work has produced purpose in my life that will continually transform ensuing generations.”

Mrs Richardson is a fervent believer in Jesus Christ and boast of the fact that her successful career has being hinged on her strong faith and confidence in her God.

**Your time is limited, so don't waste it living someone else's life. - Steve Jobs**

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# Distinguished Community Service Award



## Nurse Henry

Born in 1934, Pearline Venetta Henry, née McIntosh, is the daughter of Arnold and Mary McIntosh, an entrepreneurial couple, who did business in the town of Sandy Point. Nurse Henry confesses that she always dreamt of becoming a nurse and insists even today that Nursing is a calling rather than a profession.

This clarion call to be a nurse was answered on 16th January, 1956, when she started her training at the Cunningham Hospital, Basseterre, St Kitts. In 1959, after completing the initial phase of her training as a student nurse, she received her first certificate as a Registered Nurse. In 1960, she went on to successfully complete a course in midwifery.

She served as Staff Nurse at the Pogson Hospital, Sandy Point, for eight (8) years – 1960-1968. She also served at the Peebles Hospital, Tortola, BVI from 1968-1971. She then returned to her homeland and served the Sandy Point Community as District Nurse/Midwife from 1972-1977. During that time, she pursued studies at Downstate Medical Centre, obtaining certification in Family Planning Techniques.

In 1978 she was off to the West Indies School of Public Health, Jamaica, where she did the Health Visitor's course. Upon her return to St. Kitts, she was posted in the St Pauls/Dieppe Bay district, where she served as Public Health Nurse in charge until 1982, when she was promoted to the post of Family Planning Administrator, St Kitts-Nevis, a position she held until her retirement in 1994.

In addition to certificates in Nursing, Nurse Henry has also been the recipient of several awards for dedicated service in this field. She has achieved many milestones in her personal and professional life, among these she counts her blessing of three (3) children, six (6) grandchildren and four (4) great grandchildren all of whom she is justly proud.

Nurse Henry has contributed to her community as a caregiver, nurse, musician, seamstress and an overall positive influence and role model especially in her music ministry.

Music has always had a significant place in the young Venetta's life as a piano was among the furniture in her parents' home. Both parents played. As a child, she tried to master simple tunes by "ear" and at the age of ten, she was sent to music lessons at the home of Wilhelmina Armatrading (also known as Miss Meen), the then organist of the Sandy Point Methodist Church as well as the community music teacher.

Piano lessons continued for her until she was able to play the instrument for morning devotions, accompanying fellow students at the Sandy Point Girls' School, and the Basseterre Girls' High School, St. Kitts. Her passion and natural talent were obvious and when she was fifteen years old, Miss Armatrading started teaching her to play the church's pipe organ. Starting with the children's hymn only, other hymns were gradually added until she was playing for the full service. She also played for the Sunday School.

During the years 1968-1971 while working as a nurse in Tortola, British Virgin Islands, Nurse Henry rendered musical service at the Methodist Church in Road Town. Similarly, in 1978 when she studied at the West Indies School of Public Health, Jamaica, she also played at the Coke Methodist Church in Kingston. From 1981-2000, she served her church at Sandy Point as organist and choir director. During that time, she prepared the choir for Sunday Services and organized programs at Easter and Harvest, in order to raise funds for the work of the church.

It is interesting to note that Nurse Henry declined to accept payment for her services. She said her services were voluntary as she wanted to give thanks to Almighty God for the talent that He had given to her.

After 2000, she reduced her schedule to one Sunday per month, then opted to retire in 2013. Over the years, Nurse Henry served not only the Methodist Church but also made herself available to other churches upon request, for weddings and funerals. These churches include the Moravian, Anglican, Roman Catholic, Seventh Day Adventist and Wesleyan Holiness.

She gave sixty-four years of her life serving in the music ministry, having started at age fifteen. She retired at age seventy-nine.

She is therefore thankful to Almighty God for the blessings bestowed and for affording her the wonderful opportunity to use her talent in His service.

To God Be the Glory!!!

**Always remember to fall asleep with a dream  
and wake up with a purpose. - Unknown**

# Distinguished Leadership & Community Service Award



**Sir Hugh &  
Lady Rawlins**

The Honourable Sir Hugh Rawlins is a Judge of the ILO International Administrative (Appellate) Tribunal in Geneva, Switzerland and was the Course Director, LLM Legislative Drafting at the Faculty of Law, University of the West Indies until 2012. He assumed these Offices upon retirement as Chief Justice of the Eastern Caribbean Supreme Court in 2012, to which Office he was appointed in April 2008. He had served as Justice of Appeal of that

Court from 2005 to 2008; a High Court Judge of Antigua and Barbuda, the Commonwealth of Dominica and the British Virgin Islands from January 2002 to August 2005. He had acted as High Court Judge in St. Lucia and in Dominica in 2000 and was a Master of the Court from August 2000 to January 2002. Sir Hugh was the Chairman of the Judicial Ethics Committee and of the Judicial Education Institute of the Eastern Caribbean Supreme Court. He was also a Member of the Judicial and Legal Services Commission of the Caribbean Court of Justice.

Prior to embarking upon a judicial career, Sir Hugh had a career of public service as a Teacher; Assistant Secretary; Head of Department and Acting Permanent Secretary. After he became a legal practitioner, he held the Offices of Crown Counsel; Registrar of the Supreme Court and Additional Magistrate; Solicitor General and Permanent Secretary in St. Kitts/Nevis. Her Majesty Queen Elizabeth II conferred the Honour of the Order of Knight Bachelor upon him in March 2012.

Sir Hugh holds BA, LLB and LLM degrees from the University of the West Indies and the Certificate in Legal Education from the Norman Manley Law School, Jamaica. He was a UNITAR Fellow at The Hague Academy of International Law, Holland, and the International Court of Justice and also pursued a program in Public Law and Legislative Drafting on a British Development Fellowship at the Institute of Advanced Legal Studies, University of London. He became an Associate Fellow

of the Society of that Institute in 1995 and has been a Fellow of the Commonwealth Judicial Educational Institute based at Dalhousie University in Canada since 2004.

Sir Hugh has published academically in Regional and International Law Journals in Constitutional and Public Law and International Commercial Contracts. He was a member of the Junior Red Cross; the AYPAs; the Boys' Scout; the Cadet Corps and the British Territorial Army. He was also a musician; Vice-Chairman of the National Carnival Committee and Chairman of the Calypso Sub-Committee; a founding member of the Village Superstars Football and Sports Club and also the Chairman of the Disciplinary Committee of the St. Kitts Netball Association for a period during the 1980s.

Claudette Lady Rawlins ended her School education at the Alexandra Secondary School and the Barbados Community College. She first worked at the Eastern Caribbean Currency Authority and then at the Central Bank of Barbados from its inception in various capacities and departments of the Bank, ending as a Bank Inspector. She was then employed in the Finance Department at the Head Office of Shell Antilles & Guianas Limited again working in various capacities in the Accounting Department. Her career culminated at that company as a Management Accountant. Lady Rawlins was later employed as the Client Accountant at KPMG and Belmont Trust when she resided in the British Virgin Islands. After moving to St. Lucia she was employed as Corporate Manager for Corporate Services at PriceWaterhouseCoopers, St. Lucia. She was then appointed as a Director for the Corporate Services Division and remained there until 2012.

Lady Rawlins is a professional Accountant and holds the CPA/CGA designation and is a Member of the Chartered Professional Accountants of Canada. She also holds the FCIS and is a Fellow of the Institute of Chartered Secretaries and Administrators of Canada. In her formative years, she was a member of the Church Girls Brigade; the Inter School Christian Fellowship (ISCF) at the Alexandra School; the AYPAs, and a Sunday School Teacher. Lady Rawlins is a member of the Hope Foundation of Barbados and the St. Leonard's Church Christian Fellowship. She served as Treasurer for both of these organizations. She is currently a member of the Barbados the Alexandra Secondary School (her Alma Mater) Old Scholars Association.



# Distinguished Leadership & Community Service Award



**Rosie Hodge & Children of the Caribbean Foundation**

SPBS first collaborated with the Children of the Caribbean Foundation (COTC) in 2013 – it was at this event that both organizations agreed to sponsor (via a cash award) an economically challenged student sitting exams at the CEMSS and the Basseterre High School. Today, we celebrate the success in philanthropy exhibited by COTC and are proud of the St. Kitts heritage in its co-founder, Mrs. Rosie Hodge.

One of the key reasons this award is offered is because of the outreach demonstrated by COTC to assist in projects in multiple Caribbean countries including Haiti, Jamaica, Trinidad, St. Vincent, St. Kitts and Nevis. Key accomplishments by the group are shown below:

- April, 2014: Award presented to Children of the Caribbean Foundation for building the pharmacy for children with HIV/AIDS at the Cyril Ross, Trinidad. Presented to the Foundation by Madonna Stewart Morris/Cyril Ross Nursery & St. Vincent de Paul, Trinidad. <http://www.newsday.co.tt/news/0,158580.html>
- December 2011: COTC awards its first scholarship to Damian Rivers from Nevis who attended Cameron University
- May, 2013: Recognized by The Government of Jamaica, W.I., Ministry of Education for installing flush toilets at the Salt Spring Primary School, Parish of St. James, Jamaica. <http://jamaica-gleaner.com/gleaner/20130601/western/western3.html>
- May 2014: Recognized by The Helping Hands Society of St. Vincent and the Grenadines for establishing the first pre-school for children with special needs in the Caribbean, on the island of St. Vincent.



- October 2014: Awarded membership with the United Nations Department of Economic and Social Affairs' Civil Society.
- December 2015: Recognized by the Government of St. Kitts & Nevis, Ministry of Health for establishing the Nurse Hodge Project - an incentive program to increase the attendance of pregnant women at pre-natal clinics in the rural Old Road health district on St. Kitts. The program is being extended to Haiti in July 2017. [https://www.youtube.com/watch?v=5-rC\\_sTLdiU](https://www.youtube.com/watch?v=5-rC_sTLdiU)

Co-founder and Executive Director, Mrs. Rosie Hodge-Adams has a compelling mantra that is at the foundation of COTC – “every child matters”. Rosie Hodge-Adams attended Basseterre High School. She was crowned Ms. St. Kitts in 1988 and has been an ambassador for St. Kitts ever since. In 2006, she graduated from Loyola Marymount University with an MBA in International Business & Finance.

Rosie transitioned from working in Securities and Investments to become a stay at home mom with her three kids.

Together, with her husband Julien Adams, they co-founded the COTC in 2010. Growing up in the Caribbean afforded Julien and Rosie the opportunity to appreciate the simple things in life yet aspire to achieve greater things through hard work good ethic. SPBS recognizes the successes and sweat equity exhibited by Rosie in directly delivering these awards, and more importantly in directly experiencing the needs and hardships of children across the Caribbean region. Most recently, on June 17<sup>th</sup> 2017, Julien and Rosie were recognized with the Founder’s Award by the Caribbean Heritage Organization.

At SPBS we have adopted the phrase “we give back, so that others can move forward”. We find strong parallel with COTC and its cofounders who describes success as “success is about the gains made in helping others without – because in helping those who are less fortunate than ourselves, we express our true Caribbean values”.

# SPBS St. Kitts Chapter Established

The 6<sup>th</sup> Annual Awards Banquet held in St. Kitts on December 26, 2017, was described as elegant, yet massive (with over 500 patrons) and very successful. After two decades of existence the SPBS (Sandy Point Benevolent Society Inc.), held its Annual Award Banquet in St. Kitts in support of the 50<sup>th</sup> Anniversary of the Charles E Mills Secondary School (CEMSS) formerly the Sandy Point High School. This historic event ultimately led to the formation of a local (St. Kitts) Chapter of the Organization. The nucleus group that showed great commitment, organizational skills and dedication to achieve what seemed to be a daunting task, now leads the new chapter in the hometown of Sandy Point, their alma mater.



The expectations are high for this new Chapter. Plans are to reach out to all past students of the CEMSS/ SPSHS to garner more support in reaching the goal of the SPBS. With the present interest, the group is all about using this momentum to attract more members and expand the organization. No longer will a single person be the face of the SPBS in St. Kitts, but instead a group that must maintain the high standards associated with such a prestigious organization. The local chapter will now assist with identifying areas for support, implementing programs and be a beacon for “giving back so that others can move forward”.

During this initial stage, matters pertaining to Leadership, Financial Arrangements, and Decision Making will form the pillars for collaboration between the Local Chapter and the USA based team. A strong bond between the Local Chapter and the primary beneficiary of the Society, the CEMSS, is critical.

A team that is very dedicated to the cause leads the Local Chapter. The members bring a wealth of experience, knowledge and commitment to the organization. The positions are as follows:

- Chairperson: Stephen Duggins
- Deputy Chairs: Elsa Revan and Ian Queeley
- Secretary: Dorita Lewis
- Asst. Secretary: Zonique Browne
- Treasurer: Jackiema Flemming
- Asst. Treasurer: Shermin Stevens
- P.R.O.: Evron Warner

Ex. Officio: Vincent Hodge

The local Chapter has already showed its class. A dinner dubbed



“Dine with Dads,” to celebrate Father's Day, was successfully held at the exotic Eco Park on June 18, 2017. As part of the tasty dinner, several prizes were distributed to some Fathers who were present. Mr. James Supersaud was rewarded with a plaque as “Father of the Year, 2017” and for his contribution to the Sandy Point Community. Modeling of some pieces of clothing from “Caribelle Batik” topped off the event.

Kudos to Leah Jones-Joseph and Elsa Revan in spearheading the SPBS collaboration with Xuxa Garriden of the “We Drive Breakfast Program”. Several disadvantaged students of the Sandy Point Primary School, are now able to receive breakfast daily, in a sustained way, that will contribute positively to their leaning and ultimately their future.



The establishment of US\$500.00 “Sports Award”, sponsored by Shiggidy Shack at Frigate bay is another achievement of the local chapter in its short lifespan.

The future seems bright for the SPBS and it is envisaged that there will be many more Chapters established around the world as the outstanding work of the organization spreads.



# CHARLES E. MILLS SECONDARY SCHOOL



Steel Pan Orchestra



Hydroponics System



Athletics



Academics

*The* Sandy Point Benevolent Society has once again demonstrated its dedication and commitment to National Development through its investment in the youth of Sandy Point and its surrounding communities.

*The* Charles E. Mills Secondary School formerly the Sandy Point High School is proud to be associated with such a tower of benevolence in SPBS. As its primary beneficiary, we are grateful for the unswerving support given to the institution and its students every year for the last eighteen (18) years. As a private entity, SPBS's contribution to the educational advancement of young people is unmatched and its motto "giving back so others can move forward" is not a catchphrase but a demonstrated reality.

*C*ongratulations to the Sandy Point Benevolent Society (SPBS) on the celebration of another year of successful operation and its fulfilment of its commitment to the youths of Sandy Point and the surrounding communities.

*M*ay all your efforts prosper.

**Committed to Educating Moulding  
and Stimulating Students**

# 2017 PRINCIPAL'S AWARD WINNERS



**Tivadi  
Edmeade**

**St. Paul's  
Primary School**

TIVADI was born in October 2005 to parents, Miss. Elvira Bennett of St. Paul's and Mr. Franklyn Herbert of Sandy Point. Tivadi's schooling began at the Sandy Point Preschool before he graduated to the St. Paul's Primary School where he spent seven productive years.

Winning the coveted title of valedictorian of the class of 2017 was not surprising despite the close competition he received from another student who was transferred to St. Paul's Primary three years ago. Tivadi is a very well-rounded student who placed first in class in every grade except Grade 4.

Unlike most students, Tivadi balances his academics and sports quite well. He has represented his school in Spelling Bees and various Quiz competitions, which is quite unusual for a boy these days. He loves football and cricket and was instrumental in his school winning the 2017 Primary School Cricket Championship.

Tivadi is about to commence his secondary education at the Charles E. Mills Secondary School in the town of Sandy Point. Tivadi plans to study criminal law, an occupation he wishes to use as a stepping stone to achieve his ultimate goal of being Prime Minister of the Federation of St. Kitts and Nevis.

Being an astute student, his family, teachers and all who know Tivadi well have absolutely no doubt that he is capable of achieving all that he hopes to.



**O'Fay  
Hercules**

**Newton Ground  
Primary School**

Disciplined, intelligent and ambitious are words than can be used to describe **O'FAY HERCULES**. She was born and raised in the village of St. Paul's in July 2005 to Clair Ottley and Timothy Hercules. She attended the Half Way Tree Pre-School under the tutelage of Ms Hughes. She then attended the Newton Ground Primary School from Kindergarten to grade two. O'Fay left St. Kitts to reside with her father in Grenada for two years where she attended the St. Georges Anglican Junior School. She then returned and successfully completed her primary education at the Newton Ground Primary School.

O'Fay has been a pleasure to have in class. She is very cooperative and well-mannerly. Her intelligence extends outside

**KAHLY-EL WARD**, Keen, charming and organized are just a few words that can be used to describe eleven (11) year old Kahly-El Ward. From a very young age he started displaying positive work attitude and the thirst for success. Kahly-El is a very hard worker who has achieved an average of 88% for the entire school year. He has also managed to attain the best scores in all four core subject areas. He is definitely a model student who had perfect attendance for the academic year, 2016-2017.

Kahly-El was elected the President of the Sandy Point Primary School Students' Council in January 2016. He has served well, being one of the school's most active presidents since the inception of the Student Council. Kahly-El believes that a truly successful student is one who is actively involved in all schooling activities. He is not just academically inclined but also quite athletic. He has performed in both school and national track and field events. His favorite event is the 400 meters in which he displayed his **true capability, when he ran the 4x400 meters** for the Ram's Primary School Track and Field Competition. Mr. Ward's positive work attitude, charismatic leadership and humbleness are truly admirable.

*Best of luck in your future endeavors, Kahly-El!*

of the classroom as evident in her knowledge of content outside of the curriculum that she always shares. O'Fay graduated as Valedictorian of the Newton Ground Primary School with the best results for Test of Standards in Mathematics and Social Studies.

O'Fay is also an aspiring musician, namely, the saxophone and the guitar which she has displayed on numerous school functions including her very own graduation ceremony this year. O'Fay has a love for Science and nature and is a very quiet advocate for her rights. Her love for animals has inspired her future dream of one day becoming a Veterinarian. It is with hope that O'Fay fulfils her dream and acquires much success as she is off to a great start.

*Every success in your future endeavours!*

**Sometimes the questions are complicated  
and the answers are simple. - Dr. Seuss**



My name is **ELOISE HERBERT**, and I am a proud daughter of the Federation of St. Kitts and Nevis. My childhood was spent at the verdant foothills of the Fahies Mountain in Newton ground Village, where my parents instilled in me a foundation built on faith, family, hard work and education. I had a wonderful childhood. I am the eldest of three kids, an avid reader, and my first job was farming. While my friends woke up and went straight to school, we had to work on my father's farm before heading to school. While my friends played at afternoons, we had to put in hours at the farm or the family store. I hated it, but in retrospect, my parents were grooming us. In my youth, I already understood the concept of being responsible, I was taught persistence, faith, ethics, organizational and leadership skills, and that if I do nothing, I get nothing and most importantly, how to recover from setbacks.

In 1993, I attended the Sandy Point High School and spent five years under the guidance of the prominent, Mr. Vincent Hodge; the principal of all principals, my opinion. He had a saying, "You stand where you sit." To this day, I stand where I sit: always at the front. Those morning assembly talks made all the difference. I was very reserved in high school, had a few friends, but I made my grades sing. I excelled at everything except Mathematics. I joined a few clubs and took part in several competitions and always excelled.

With my parents' support, I enrolled at the Clarence Fitzroy Bryant College. For two years, I studied Sociology, Literature, and Economics. I graduated in 2000, empowered. Not so much because of my classes but because of the networking and the alliances I made in two short years were life-changing. Dr. Jeffrey Hanley and Mrs. Telca Wallace at the then Ministry of Youth & Community Affairs saw something in me; also, the late Desmond Ward mentored me.

I was one of the original Youth Parliamentarian. I was being groomed as a change agent at youth summer camps, and volunteer community activities and I loved it. My love for youth empowerment, the dissemination of information and politics fueled when I became a Youth minister. I felt empowered just being impacting other young people's lives.

After graduation, I moved to Nevis to work with my grandfather on a development project. I explored many public relations brochures for tourism products and documented heritage sites. I spent seven years in Queen City, Nevis. I blossomed, came into my own. There I worked at Scotia Bank and the Bank of Nevis International Ltd. I also did drama, some light production work and captured the Ms.



## Eloise Herbert

Culture 2003 crown. I left the Bank of Nevis and joined the ZIZ Broadcasting Corporation in 2006. During my time as a television news anchor with ZBC radio and television of St Kitts and Nevis, I emerged as an excellent writer and publicist. I was committed; I grew in character and demonstrated strong leadership skills in my quest to change attitudes while raising awareness among audiences, discussing issues of the day. I had the opportunity to be a regular contributor to the OECS Newslink, BBC Caribbean, and the LinkUp HIV/AIDS awareness TV magazine. I wanted more.

In 2011, I left to pursue studies at Cameron University, Lawton, Oklahoma. There I acquired a Bachelor's degree in Communications with a concentration in Radio/TV production and a minor in Public Relations and Corporate/Organizational Communication. In 2011, I was elected as the student government representative for the Student of the Caribbean Alliance's (SOCA). One month later I was asked to host and produce the Student Government Association (SGA) TV show. I ran that show until I graduated. Every year, I won the award for best TV Host and Producer. In 2012, I was chosen as one of Cameron's Diversity Ambassadors and was elected President of SOCA. Other achievements I celebrated while at Cameron were Who's Who Among Students in American Colleges and Universities (Top 1%); Ambassador for N.E.W Leadership Institute, Oklahoma; Lambda Pi Eta National Communication Association, Inductee and Phi Eta Sigma National Honor Society, Inductee.

I once heard that the absence of credible knowledge and information is like "navigating a vast network of roads without any street signs. If one is not sure where they are going and why they will not reach their destination." Presently, I am a graduate student at the University of Oklahoma pursuing a Master's of Human Relations. Studying Human Relations helps me to understand the human resource and how to empower them. Having volunteered and interned for years, I have developed a passion for philanthropic work. When one bottles all the love, support, experiences, and achievements I have had over the years, it is the ultimate concoction poured into this empty bottle, Eloise Herbert. My entire life I was groomed not as the face of my community but as one of its heart beats. I have an appreciation and understanding of the non-profit sector. My desire is to use this knowledge to access the resources needed to support and empower our youths, our women, and senior citizens through leadership, entrepreneurship, and education. This approach is to ensure that we are all equipped to contribute a lot more to the nation's socio-economic landscape and everyone wins. The government alone cannot solve every problem.



## Michael Tross

Hailing from the exquisite country of St. Kitts and Nevis, my name is **MICHAEL TROSS** and I was born and raised in the community of Sandy Point. I was born to Mrs. Pearlina Newton-Tross and Mr. Calvin Tross, who both have raised a family of three, which includes my sisters Cherima Hughes, Calvinsha Tross and I. My mother Pearlina who was also raised and have always lived in Sandy Point met my father Calvin Tross who originally hails from the Basseterre area. Both parents have been residing in Sandy Point for over 20 years. My family history has long been rooted in

the community of Sandy Point where both my grandparents Muriel Earle-Lake and Abraham Newton-Richards were also raised.

I was accepted for admission into Doane University, School of Arts and Sciences, during the fall 2015 semester, where I was offered a partial Track and Field scholarship. Since then, I have been enrolled as a Biology major at the Crete Campus in Nebraska, where one of my main goals is to complete my Bachelor of Science degree in the said field with a minor in Environmental Studies. This area of study began to invoke a sense of eagerness in me as early as my primary school journey. Passion, pride and perseverance were all reflected in my academic performance as I was able to obtain a 98% grade in Science during the primary level national promotional exams, Test of Standards, at the Sandy Point Primary School. I followed this zeal through high school and was more than inclined to explore the fields of Biology/ Human and Social Biology, Chemistry, and Physics. Throughout this journey I managed to successfully complete the CXC exams not only in the Sciences but, also in other subjects' areas where I acquired grades of ones and twos. This success further reflected something that I enjoyed doing every day and only motivated me to continue in the field of Science. So, upon graduation I enrolled at the local Clarence Fitzroy Bryant College knowing exactly what courses I would take. Once again, I was successful. After two years, I acquired my Associate's degree in Environmental Science.

Generally, it has been proven that this area of study in Biology of the federation of St. Kitts and Nevis as and Environmental Studies is deemed crucial to the sustenance time goes by. For that matter, our economy is mainly driven by the Tourism and Agricultural sectors. The study of Biology and Environmental Science can inject a vital physique into, and help to enhance, not only the economic structure but also, the livelihood of the residents of our federation. In addition to this, the preservation and development of historical sites and other areas of attraction which aims to boost the economy are tasks that would be quite suitable for anyone like me with more than enough zeal in Biology and Environmental Studies. What better way can I give back to my nation than through this very sector that I continue to be so enthralled about?

Furthermore, with my experience in, love of, and commitment to Track and Field, I see myself as a future mentor to the upcoming athletes and also my peers in my community; one who will guide them along the very path that gave me much success as a student-



## Yu'Shaner Jeffers

In March 1996, five days before her due date, at approximately 10 a.m., a beautiful, vivacious baby girl was born to Anthony and Erica Jeffers; the last of their four children together. I am **YU'SHANER JEFFERS**.

My "near the beginning" years of life started in the rural town of Sandy Point, an area where the people has long been known for their pridefulness. Cut from the same piece of cloth, my formal education began at the Sandy Point Pre- School through to the

Sandy Point High School, where I attained 11 subject passes of which were heavily geared to Natural Sciences. My journey continued to the Clarence Fitzroy Bryant College where I acquired an Associate Degree in Agricultural Science at the Technical Vocational Division and was awarded Runner-up National TVET Scholar in 2015. One year later, I flew to the nautical province of Nova Scotia where I enrolled at Dalhousie University, Faculty of Agriculture, where I major in Plant Science.

Upon receiving my Bachelor's Degree, I intend to begin my career as a plant specialist who focuses on the enhancement of non-traditional agricultural practices with the aim of making agriculture more sustainable in St. Kitts & Nevis. Apart from my academic prowess, I am currently a member of the St. Kitts-Nevis Defense Force Bravo Company. National security is very important to me.

It is with humility and profound gratitude that I accept this scholarship. In a climate of ever decreasing financial support of higher education, many thanks are expressed to the members of the Sandy Point Benevolent Society. With your help, I can now continue to be the sailing ship of innovation and creativity that is bound for greatness.

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### *Michael Tross Continues*

athlete. In order to be effective in doing this, one must set a positive example in order to achieve any goal and continued success. This is what I continue to strive towards throughout my journey. Being one who values learning and growth in this field, I am determined that with this attitude I will be able to make a valuable contribution to national development in my native land, St. Kitts-Nevis. Additionally, I am proud to share that I was a teacher at the Charles E. Mills Secondary School during September 2013 to August 2015. I am quite certain that my current studies will be beneficial to my contribution in the education sector and will allow me to give back more to my federation, especially my alma mater.





## Andreana French

My name is **ANDREANA FRENCH** and I was born in October, 1991 in the small quaint village of Saddlers. My family which was led by my grandmother was nurtured to the best of her abilities. As a Sugar Estate working she saw the importance of education and constantly reminded me of the core values I would need to be successful when I became an adult. Hence I ensured that did my best to excel at school.

I pride myself on my academic achievement. Upon leaving Primary School I was named the valedictorian. My hard work paid off and I was on my way to Sandy Point High School to continue making my grandmother proud and fulfilling my dream of being an Accountant.

During my five year tenure at Sandy Point High School I was a part of the Young Writers Club. This extra-curricular activity gave birth to my passion and keen interest in debating. A passion that I am continuously molding as an adult. I can now boast of being the candidate living in constituency #6 who returned the best CSEC results in 2008.

After leaving high school I attended the Clarence Fitzroy Bryant College where I pursued an Associate Degree in Business Studies. During my time there I was chosen to represent the country as an ambassador for the country in Jamaica where the 'rise in crime and violence' was at the fore front of the discussions. I was tasked with reporting my trip to the government and I was featured in an article in the Labour Spokesman.

Currently I am pursuing an online BSc in Accounting with the University of the West Indies. I am extremely grateful that I am finally advancing myself professionally and personally.



## Dijani Laplace

**DIJANI LAPLACE**, who received the SPBS Principal's Award in 2009 when he had graduated from the Sandy Point Primary School as the best student, graduated in 2016 from the Clarence Fitzroy Bryant College (CFBC) and is now about to enter University.

Prior to attending CFBC, Dijani had been a model student for his entire stint at the Sandy Point High School/Charles E. Mills Secondary School (CEMSS) where he was consistently in one of the top 2 positions throughout his high school years. He represented the school in the St. Christopher Air and Sea Ports Authority (SCASPA) national quiz competition when he was still only in 3<sup>rd</sup> Form, he was named as a Prefect when he was in 5<sup>th</sup> Form. Dijani graduated from CEMSS with remarkable CXC CSEC results, having sat exams in 10 CSEC subjects and being successful in all 10, returning with grades 1 (the highest level) in 8 of the 10.

The Sandy Point Benevolent Society is truly proud of the continued success of Dijani, and we wish him well as he enters the next phase of his academic career at the University of the Virgin Islands.

*Andreana French Continues*

Completing this degree puts me one step closer to achieving my lifelong goal of becoming an Accountant. I am truly appreciative of the financial assistance that is being provided to me by the Sandy Point Benevolent Society.

I will forever be grateful for this opportunity. Upon completion of this degree I hope to be instrumental in the Business Department as a teacher. I would be helping others achieve their goals of being an accountant.

**SPBS 2017 Scholarship Winners**

Scholarship	Awardee	Amount	Institution	Degree
SPBS Undergraduate	Dijani Laplace	\$1000	University of Virgin Islands	Undecided
SPBS Undergraduate	Andreana French	\$1000	University of West Indies	Bachelors Accounting
Sir Hugh and Lady Rawlins Graduate	Eloise Herbert	\$2000	University of Oklahoma	Masters in Human Resources
Ridley Guishard Memorial Scholarship	Michael Tross	\$2500	Doane University	Bachelors Biology
Ridley Guishard Memorial Scholarship	Yu'Shaner Jeffers	\$2500	Dalhousie University	BSC Agriculture-Plant Science

**NEW**

# SPBS Introduces The “Shiggidy Shack Athletic Award”



## Jahnaza Francis

Sixteen-year-old **JAHNAZA “NAZ” FRANCIS**, a fifth form student of the Charles E. Mills Secondary School (CEMSS), is the proud recipient of the Shiggidy Shack Athletic Award for 2017. This promising young athlete was recently declared “Athlete of the Year” by the St. Kitts-Nevis Department of Sports for his prowess during 2017.

Jahnaza presently holds the 400 Meters record at CEMSS and the 400 Meters Hurdles National record. His achievements for 2017 include Under 18 Champion for the St. Kitts Amateur Athletic Association (SKAAA), Victor Ludorum in the TDC Interschool Championships and Winner of the Under-20 multi-event competition which is comprised of 8 Track and Field events. His outstanding performances enabled him to represent the Federation of St. Kitts and Nevis in the Commonwealth games in Bahamas, the CARIFTA Games in Curaçao, and the World Junior Games in Kenya.

Mr. Francis is now focusing on entering the World Junior Championship in Chile in 2018 whilst at the same time aiming to pursue a career in Civil Engineering.

As a member of the “Outer Limit Sports Club” of Sandy Point, “Naz” praises his fellow athletes and coaches for their continued support. He also appreciates the gesture of SPBS and Shiggidy Shack for recognizing his achievements with this Athletic Award.



*J.P.F. Photos*



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## 2012 SPBS Principal's Award Winners Excel In 2017 CXC Examinations

Five years ago, the Sandy Point Benevolent Society (SPBS) made a landmark decision with regard to its Principal's Award Programme. That decision was to expand the programme to the St. Paul's Primary School and the Newton Ground Primary School, bringing to three, the number of Primary Schools participating in the Programme. The SPBS Principal's Award, which had been initiated in 1997, now consists of a US\$300.00 cash award and a plaque presented to each of the Valedictorians that have graduated from the Primary Schools that feed into the Charles E. Mills Secondary School.

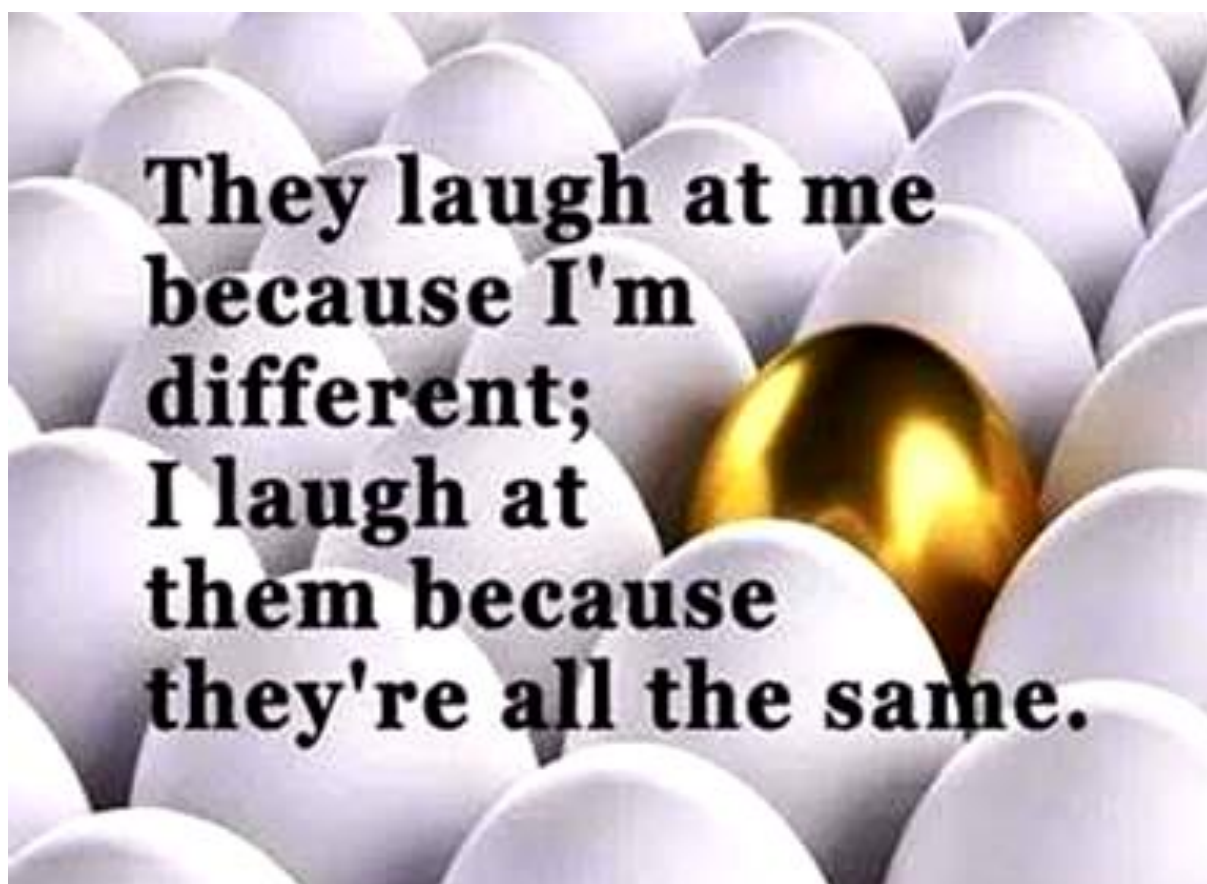
The 2012 valedictorians will become the first trio (in any one year) to receive the "SPBS Award for Outstanding CXC Results", which is given to past Principal's Award winners. Each of the awardees will receive a US\$400.00 cash prize and a plaque, on the occasion of the Annual Speech Day of the Charles E. Mills Secondary School.

**GARIEL BOWRY**, the 2012 Principal's Awards winner from the Sandy Point Primary School wrote a total of 12 subjects and returned passes in all twelve (12), earning distinctions in five (5) subject areas.

**JANESHA HEYLIGER**, the 2012 Principal's Award Winner from the Newton Ground Primary School returned eleven (11) subject passes out of twelve (12) with two (2) distinctions.

**ARLJANIQUE WARD**, the Principal's Award winner from the St. Paul's Primary School in 2012, sat eleven (11) CESEC Subjects. She passed all eleven (11) and earned seven distinctions.

SPBS is proud of the achievements of the 2012 Principal's Award Winners. The organization wishes them well and renews its pledge to support their ongoing educational endeavors.



## 2013 SPBS Principal's Award Winner Is A Junior Minister Of Tourism

George Lorimer posits, "You've got to get up each morning with determination if you're going to go to bed with satisfaction". These words epitomize Tecoya Warner, a student with fierce determination.



**Tecoya  
Warner**

Tecoya has engrossed herself in her school life and persists at making herself and her supporters proud. In 2014, she entered the Charles E. Mills Secondary School's Spelling Bee competition and was declared the Best Speller.

Tecoya believes that the secret to success is to take advantage of every opportunity that is presented to her; she never limits herself. When she was nominated to serve in the Student Council, she gladly accepted the challenge and performed her duties for two consecutive years (2014-2015).

Tecoya unceasingly shines and she sends a strong message that says, "I am here to win!" In 2016, Tecoya represented the school in the St. Kitts National Men's Council Inaugural High School Debate where she claimed the distinctive title of Best Speaker. In that same year, she entered SCASPA's Best in Class competition and tied for the most outstanding student. In 2017, she won the Tourism Youth Congress competition and has garnered the honorary title, "Junior Minister of Tourism" and will represent the nation in Grenada in October 2017.

In addition to her plethora of achievements, Tecoya maintains a remarkably high standard of work. She has been and continues to be an honour roll student for every term spent at this school and has acquired the Principal's Award for four consecutive years.

Kudos to Tecoya Warner, a 2013 recipient of the SPBS Principal's award, as she perseveres to leave a trail which others will be proud to follow.

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## CEMSS EAGLES – Interschool Champions 2017



The Charles E. Mills Secondary School, formerly The Sandy Point High School, has been dominating track and field for years. This institution has won the TDC Interschool Championship the most, since its inception over forty years ago. As a matter of fact, they won it 24 times between the period 2000 and 2010; excluding 2008. They won again in 2014 until present, making it four consecutive times.

The school dominated when it was at the then Basseterre High School, under the point system, and continues to show dominance under the medal count system. In 2014, CEMSS took back their deserving title as Krystal Liburd was named Victrix Ludorum for the second straight year after accumulating 48 points. Krystal won events such as under-18 Girls Long Jump, High Jump, 200m, 100m and declared the under 18 Female winner. Nathaniel Huggins, also of CEMSS, was declared Victor Ludorum after winning events such as the under- 20 Boys Long Jump; placed second in the Javelin Throw and High Jump and winning the under 20 male category. That year, CEMSS accumulated 26 golds, 31 silvers and 8 bronze. The closest rivalry, WAHS achieved 14 golds, 19 silvers and 17 bronze.

In 2015 the school won with 30 gold, 22 silvers and 23 bronze. Dimetre Browne became the Victor Ludorum and Jarencia Jeffers was adjudged the Victrix Ludorum. In 2016, viewed by a massive crowd, CEMSS attained 27 golds, 23 silvers and 19 bronze medals. This year, 2017, they accumulated 31 gold medals, 23 silvers and 12 bronzes and captured the following categories:

*Under 14 girls – Runner up Trishanie Warner with 36 pts*

*Under 16<sup>th</sup> Boys Champion – Sharim Hamilton with 36pts*

*Under 16 Girls – Joint Runner – Katriana Huggins – 28 pts*

*Under 18 Boys – Runner up Demetri Brown- 38 pts*

*Champion – Jahnaza Francis – 44 pts*

*Under 18 Girls - Runner up Jarencia Jeffers -45*

*Under 20 Boys Joint Winners – Vakeil Herbert – 25 pts*

Jahnaza Francis became Victor Ludorum for 2017. Athletes such as Crystal Liburd, Jason Rogers, Nathaniel Huggins, Jermaine Francis and others have represented CEMSS proudly in the local, regional and international arena. Just to make mention, Demetri Browne and Jahnaza Francis both from CEMSS represented the federation in Kenya in early July. Additionally, Aliah Vanterpool also represented the federation in the area of football. Our athletes are shining stars. Let's continue to encourage them to excel.

At this time, I would like to express the schools profound gratitude to all persons including the principals such as Mr. Vincent Hodge, Ms Claudette Henry, Ms Lorozine Williams, Mrs Carla Diamond and Mr Boris Connor and their dedicated staff and to all persons who contributed to the success the school has had over the years in the form of the three (3) T's; time, talent and treasure, and your words of encouragement over the years. You have been an inspiration to the teams, and members of the CEMSS will forever be eternally grateful. We continue to seek your support as we endeavor to have our athletes excel in the area of sports and track and field. To our school fans, who year after year stay in the stands and cheer on our athletes, we say thank you. Once again thank you.

The Principal, staff, athletes, supporters would take this opportunity to extend to the SANDY POINT BELEVENONT SOCIETY best wishes as they successful host the 2017 banquet.



# CONGRATULATIONS TO SPBS



**“The best way to find yourself is to  
lose yourself in the service of others”**

*- Mahatma Ghandi*



**Spencer E. Amory MD**



# Write Wha Ah Tell You

By: Stan Lewis



It was Saturday morning. He had finished pasturing the goats, feeding the fowls and sweeping the yard. Sitting at the table enjoying a cup of sage bush tea, twist bread and cheese and a slice of pupoi when out of the blue his Mammy instructed: “Chile, when you done, no go nowhere. Ah want you to write a letter.”

Acknowledging her request and knowing there was more, he waited. His Mammy then went into her routine walking back and forth into the bedroom, complaining how things were not what they used to be, about her poor eyesight, degrading handwriting and in her usual manner, reminded him.

“Tomorrow will come. You will face another day. It is good practice for someday you will write a letter to the queen.”

He had written many letters for her before and knew exactly what to do. Clearing the table, he wiped it clean. By the time he was finished she had returned, looking over his shoulder. She left again, humming and soon returned smiling. Naturewheely was still waiting when she started singing, dancing a two-step gig before settling down. Pulling up the other chair in slow motion, looking at him, the smile quickly went away from her face.

“Whey, wha happen? Wha happen to you mout?”

“Oh Nutting” he answered. “Ah bite me lip.”

“Oh, it don’t look so bad,” she said holding his chin while twisting his face side to side.

“Later Ah will put someting on it,” she promised, still looking, examining. “Oh so you think Ah born yesterday? Then why you walking limping like Mosco, Mr. Pickleleely dog? Mosco bad like a Russian sore foot but when dog limping, everybody know wha happen.”

Surprised by her observation he casually brushed it off.

“Oh, Ah did stump me toe,” he said.

“So now you stump you toe? Whey how you manage to do all dat? Anyhow, no mind dat. Is me going do de talking an you going do the writing so Ah hope you fingers working. You ready? Here we go. Tell her...”

“Mammy Tell who?”

“Ah say, tell her:

*Dear Charlotte:*

*How you do? Lord, thank you so much. Ah get you letter and the lil change. Thank you and God bless you. Everything at home ok but remember you friend, you good friend, Sarah Mingo? Well me dear, Ah say you friend*

*’cause it seem like she ain’t me friend no more. Anyhow, she get married last month to a crab-ugly crazy fool from somewhere behind the mountain. You got dat? Chile, you sure you got it?”*

“Mammy wait, what? Crab? Ugly? Yes Mammy, Ah got dat.”

She continued:

*“Yeah me dear. She take up she Georgie bundle, say she moving to the other side of the mountain and ain’t coming back. Well, well, you won’t believe. Chile! Ah watching you.*

“You got dat?” she asked.

“Yes Mammy, Ah got it.”

*“Charlotte, you should a been here. Imagine me, she good friend since we little pickey neagar ain’t get no invitation but is ok. Ah happy for she for you know every cloth in de store have ee owner an every nasty bread got it own dutty piece a cheese. Anyhow, she did not want any a she friends, neither dog nor cat at she wedding. Say she no want nobody mine she business but if they do, they could talk till thy kingdomcome for she is now a married woman.”*

“Chile, you got dat? Make sure you got it.”

“Mammy, cheese? Dutty cheese? Okay, yes Ah got de cheese.”

“Well then, a full stop. When I say stop, stop. When I say go, you write. You ready? So here we go:

*It was such a boderation. Charlotte, me dear, Ah hope we live to see each other again. Lord, too much tory, not enough time. Ah was not there but she business everywhere on the street. Anyhow, Ah hope to see you one day to tell you ’bout de wash-you-foot wedding. Only God knows, it is too much for pen an paper to bear.”*

“Chile you got dat? You got de boderation?”

“Wait Mammy. Yes, Ah got boderation. Go ahead.”

“Whey all Ah hearing is wait, wait, wha happen? Talk up and fix you mouth no. You lip look like fresh liver from the market. You sure you writing wha Ah say?”

“Yes Mammy.”

“Well a good you learn you ABC. Ready?”

“Here we go:

*You remember the man she used to live wid dat went to England an had promise to send for she and de children?*

*Well up to now she ain't hear a peep from dat lazier-than-a-dung-pan vagabond, good for nutten.*

*Is almost five years so any port for a storm. An, you remember when everybody used to help she out? Chile, you listening? Ah hope you listening good.*

“That is another full stop. You got dat? You sure? Ley me hold me horses. This is like dog chasing tractor. You ketchup up yet? You ready? You sure?”

“Yes Mammy.”

“So here we go:

Well me dear, you good friend, dat ungrateful so-and-so ain't remember none of dat. She is a different woman now.

*Say she now a wife, Misses So-an-So an people have to respecther finger. An before she left, she was walking wid she finger sticking out, stiff, stiff like it starch, saying everybody grudge 'cause she is a married woman.”*

“Wait, Mammy wait. Miss who? Who you talking bout? Who is Misses So-an-so?”

“Chile wait for what? You behind again? Misses So-an-so is not you concern, none of you business. Write wha Ah tell you.”

“Okay Mammy, continue.”

*“Well, dat is she business cause me ain't know who could be jealous of she. But wait, time longer dan twine and she go find out how barley grow for me ain't know who going travel round the land to visit she. Anyhow, no mind dat. Everyting at home is fine. Chile, that another full stop.*

“You listening? Ah say stop! You got dat?”

“Yes Mammy.”

“Ok. Here we go:

*Charlotte me dear, tell caya sayama.”*

“Wait! Wait! Mammy wait! Ah can't spell dat. Me don't know Spanish. Tell who? Whey you don't know the person name?”

“Chile, stick bruck off in a you ear? Ah keep telling you. Mine you own business, stay out a big people business an write wha Ah tell you. Ah say, tell caya sayama, de pot a boil an when it done Ah going share de food.”

“Mammy what pot, what food you talking 'bout? This is a letter. Ah can't write dat. Nobody going understand you cooking.”

“Chile, for heaven sake, don't humbug me this good Saturday morning. Is me bring you. Do as you mudder say an write what Ah tell you. Lord above, give me faith. Ah going say it again for the last time. Tell caya sayama ...,” she repeated and closed with:

*“Remember, time tell it. Keep you fingers cross.*

*Your loving best friend,*

*Lucy-Ruth.*

... now, read it back to me.”



**The question isn't who is going to let me; it's who is going to stop me. - Ayn Rand**







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### **TANGO**

**Keeps you on the Road**





A POEM  
**BANANA WOMAN OF SANDY POINT**

Composer: *Karen Harris*



Ah does sell me banana dem in Sandy Point Market every Saturday  
And de same set ah people does come trust me bananas and always  
never pay.

Ah pull *Sarah-Drop-Sleep* by she frock tail and say “you think me  
bananas dem free

Den suddenly de frock leggo in me hand and out drop lots ah money  
Ah say “Ar you look me wok yah - whey you tek me for a fool?”

Me bananas dem com from Bourkes mountain way up pass de boy  
school.

You think ah find dem pon de ground? Well ley me try to explain.  
Is Bourkes ah climb wid dem two scaly foot despite de arthritis  
pain.

Ah borrow a machete from *Jashee* to do me chopping and me weed-  
ing

And *Babhope* lend me he hoe to do me digging and me planting  
And ah beg *Maymofoe* some donkey dung to fertilize de land  
Den ah buy badiacadah soap from *Wobble Up* to wash me smelly  
hand.

You see me yah, me ar strong woman so ley me tell you bout me  
Everyday ah eat lots ah breadfruit wid mackrel and fungi.

And ah Saturday morning before de sun rise while you still in bed  
Ah com down Bourkes hill wid a big bunch a ripe bananas pon me  
head

Den ah wait until *Mr. Mack* truck ah com and beg him for a ride  
And he carry me straight pass Mt Idle and drop me by de market  
side

So com ley we talk, please tell me – wid all de money you got  
Whey mek you think you shouldn't pay me so ah could put on me  
pot?

“Ah owe *Mrs Paul and Mrs Boddie*, so dem first ah got to pay  
And ah got light bill, also water bill and house rent” she say.

“And every weekend ah got to buy me black pudding from *Luwina  
Crook*

And me husband want he moonshine from *Meegee*, because pon dat  
he done hook”

But wait, my banana is ME livelihood, but you don't seem to under-  
stand

But you busy paying everybody except me and is me one ah till de  
land

So today things going to be different, you gon gee me all dat you  
owe me

Ah want me five shillings and four pence, right down to de last hap-  
peny.

When *Monkey Dentist* yell “me arm! she really mean business”  
money begin to appear

Dey all “dig into their pockets so me big mouth dey won't have to  
hear

And as dey walk away *Mem Hammer Heel* grumble, “ah since  
when she get so bold”

But it was a successful market day for me as every banana was sold.

In de evening a stroll down pumpbay for de moon was very bright  
You could see Brimstone Hill far away cause it was a starry night

Ah meet up *Baby Pigot* and *Happy Happy* don at de Fig Tree Wharf  
Dey tell me mo jumbie story, til me belly nearly bust wid laff

Den ah head back home up Crab Hill to me **C-H-A** house to sleep  
But ah say me prayers first to de good Lord and ask HIM my soul to  
keep

Den ah say thank you Lord for de sunshine, de rain and de produc-  
tive land

And for the strength God gee me daily to work as a banana woman.





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# SANDY POINT

## Small Shops Along Station Street: Can They Return?



by Pat Williams

On April 14<sup>th</sup> 2017, the Sandy Point community lost the matriarch of the Boddie's family, Mrs. Mary Boddie. Her passing was the end of an era; since, Mrs. Boddie's shop was the last of the small shops to be found along Station Street. I dare say that none can replace the shops of Mrs. Boddie, Mrs. Paul, Kingston and Mr. Brookes.

Every day, at the end of school, we would walk up to Mt. Idle and meet the proverbial "fork in the road". I would ask myself, should I take the Low Way (aka Station Street) or the Upper Way (aka Main Street) to get home? My mother frowned on the Upper Way route because of the dangers posed by "traffic" - what traffic? - probably the school bus, Mr. Buchanan's or Mr. Somersalle's car, De Juice car and a few (and I do mean few) buses. We usually preferred the Low Way because it was a treasure trove for those of us with a little change in our pockets to spend in the shops- they sold sugar cake, ice-cream, small "sweet milk" and a variety of "sweeties". It was difficult to comprehend how, in a distance less than ¼ mile, there were at least 20 shops catering not only to children but the general community.

These shops served a variety of purposes and, for the most part, supplemented the incomes of families involved in harvesting the sugar cane or fishing - the two main industries of the day. Apart from the sugar industry, small shops really were the backbone of the Sandy Point community, providing essential services for local people as well as creating jobs. Back in the 1970's, successful shops were engrained in the community. Most of them went the extra mile for their customers. I can even recall that some customers were willing to put up with the "bad service" offered by some of the shop owners.

I remain optimistic about what small shops can offer. Despite having three "large" local supermarkets - Benjax, Dollar Stretcher and STATION - as well as the Chinese restaurant. Customers were loyal to smaller local shops as long as the service was exemplary. Small shops worked as long as the owners kept their fingers on the pulse, listened to their customers and be there for them. At the end of the day, a person could buy a tin of milk anywhere. It was the extra bit that mattered in smaller shops. Smaller shops meant a strong local economy and self-employment.

Over time, supermarket "giants" such as B's Superette and Dollar Stretcher drained the life of small shops and transformed the town. When the Chinese restaurant moved in, there was a failure of small shops to recognize that they all needed to work together - thus, as they began one by one to fail, the town itself started to fail.

Today, the general view is that small shops in Sandy Point do not have plenty to look forward to in 2017. The challenges of outside competition from the Chinese and competition from the larger supermarkets, the need to innovate and improve service, and the importance of connection with customers won't disappear. However, I

soundly believe that as the economic outlook for St. Kitts is generally strong, there are new opportunities out there.

Today's digital technology brings Internet access to the entire island, increasing home business options and opening doors to independent, self-employment opportunities. Well, truth is, there are still various ways for you to make money in such places; notwithstanding the limited opportunities.

Here are a few, which in my view, may work:

### **Home-based vegetable garden**

Unless you're in the farming business and have hundreds of acres to cultivate, growing traditional crops is probably out of the question. By specializing in niche gardening, you can grow high-return culinary herbs and organic produce to sell to local restaurants, health food stores and supermarkets.

### **2. Tea gardening**

Tea gardening is a simple yet lucrative option for people who are passionate about tea. You do not need a large tract of land for planting tea shrubs; in fact, you can even opt to grow it on your balconies or planters. For this choice, the soil needs to be fully drained and sandy.

### **3. Local dairy business**

Living in a small town and owning a few cows or goats is not just exciting and beneficial for your own well-being, but you can turn it into a proper business as well.

### **4. Fresh eggs**

A dozen laying hens can provide enough eggs for sale directly to customers who pick up their eggs weekly.

### **5. Cottage industry**

Items made from farming activities such as goat's milk lotion, wines, herbal teas or herb-infused soaps can be big sellers if properly marketed.

### **6. Cleaning company**

A small cleaning company might be able to offer daily, weekly or monthly services.

### **7. Sell global products**

Most businesses in small towns focus on locally made products. However, there's always a market for global products. If you dare to disrupt the status quo by offering global products for sale in Sandy Point, you may make more profit than you ever imagined.







# School Receives Hydroponic System

By: CEMSS

The **Charles E. Mills Secondary School** launched an Agricultural Hydroponics System. The system, funded by the government and designed by a past student of the institution, in the person of Mr Stuart Laplace is part of an innovative project to modernize agriculture and make it more appealing to millennials.



Mr Laplace notes that the hydroponics system is promoted as a response to climate change and food security. The systems use a re-circulation system with a pump that feeds nutrients through a tank and is in turn pumped around to plants. The unit does not use soil; hence it is not accompanied by some of the issues in most agricultural systems such as pests and weeds.

The system, handed over to the Minister of Education and launched on 16<sup>th</sup> May, 2017, features two locally designed systems. One unit, the designer states is made to grow kale and lettuce, and the other grows everything else, including

kale and lettuce. One of the designs can be found on other Caribbean islands as well as Europe and South America and the other was unveiled for the first time at the Charles E. Mills Secondary. Construction on the system began in November 2016 and was completed April 2017.



As an Alumnus of the Charles E. Mills Secondary, Mr Laplace saw an opportunity to give back to his community and alma mater. He is the only that does it in the federation. Mr Laplace expresses his desire to change people's perception of Agriculture and create an avenue for food security. He also sees it as exposure to students interested in modern Agricultural Technology.

Mr Stuart Laplace is a Sandy Pointer and Alum of the Sandy Point High School (Charles E. Mills Secondary School).

**Don't judge each day by the harvest you reap, but by the seeds that you plant. - Robert Louis Stevenson**





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# A School Remembered

By: Dr. Maritza Paul

In the words of the Mighty Sparrow, “Dem was happy days, really happy days; School days was happy, happy days.”

The “happy school days” of which I write and so often reminisce are certainly not of Basseterre High School where I was a student. There, I was bullied, harassed and taunted for simply being from the “country”. The happy days of which I speak occurred during the eight years (1976-1984) that I taught at Sandy Point High School. It was in that building that I “cut my eye teeth” as a teacher. It is to this experience that I often return as a child in search of its mother’s milk.

On many levels, Sandy Point--the place itself--arouses strong feelings of conflict within me. My purpose is not to stir up the timeless debate of whether Sandy Point is a town or a village. I concede that discourse to the more qualified “Sandy Pointers”. After all, I am simply a humble girl from the village of St. Paul’s. Conversely, Sandy Point High School unequivocally evokes within me a deep and genuine sense of nostalgia. It is, for me, the “land of my birth” as a successful educator. Hence, I seek no one’s permission to assume my place among the voices that represent Sandy Point High School. My right to a space within the annals of its history is born from the reality that I have left visible traces of my influence in the lives of many former students, now contributing adults. Like many others mentioned in this article, I am a vibrant part of the narrative of Sandy Point High School.

The faces and voices of the people, the routine of events and activities, and the rhythm of vibrant traditions continuously color the landscape of my memories. My colleagues came from St. Paul’s, Newton Ground, Dieppe Bay, Sandy Point, Half Way Tree, Lamberts and Basseterre. We formed a rainbow coalition even before the term became fashionable. Whether we came from country or town, we mattered to each other. We were all an important piece of the puzzle, and each piece counted. We represented a diversity of perspectives, ages, interests, personal styles, social hierarchies, biases and beliefs. Where we all converged was our strong conviction that we could positively impact the lives of

the youths we taught. We held firmly to the commitment to awaken within them a sense of fearlessness in pursuit of their dreams and passions. It still amazes me the tenacity with which we pushed students to excel academically and athletically. With limited resources, we demonstrated the power and resilience of the human spirit.

And then, there were sports! Who could ever forget events like Sports Day? The drama? The glory? “It was the best of times; it was the worst of times.” Like a movie screen, the pure physical prowess and mental tenacity of our student athletes replay over and over before my eyes. The passionate competitions, the heated house assemblies, the fierce verbal sparring ignited rivalries that extended beyond school and into the homes and villages. It divided families, and friends. While Sports Day revived the spirit of dueling and feuding among us, it simultaneously brought forth the spirit of togetherness and community. One of my most poignant recollections of SPHS is the night that Loro Williams, Jacqueline Leader and Vernon Hanley walked me home to St. Paul’s, turned right around and walked back to Newton Ground to get ready for school the following morning. The tradition was for us to remain at school to bake after Sports Day, in preparation for Green House Fete. Buses were not as frequent during the night, and we could not catch a ride. They were all from Newton Ground, and I from St. Paul’s. They walked me home; it was already daybreak when we arrived at my home in St. Paul’s. They then turned right around and walked back to Newton Ground. We all made it to school the same morning. Memories like these count and continue to inform the sense of caring and community that I strive to cultivate in the school that I lead.

It is impossible to forget the laughter and levity that we shared as a teaching staff. Oh, the places we went as we pranked and were ourselves pranked. Humor lived permanently among us. Bored we never were. I remember the afternoon when I returned to the staff room to the sounds of raw, uninhibited peals of laughter. Like magnet, my eyes were drawn towards the ceiling. Swinging above me was a parade of purses of every color, style and make. Each hung by a piece of twine. Each told its own story. They were all having their own



party. I do not remember any breeze blowing, but each purse was swaying to its own musical rhythm. It was the Dance of the Purses! Although laughing, most of us climbed on the chairs and stealthily untied our individual purse. Not everyone appreciated the humor in the prank that further increased the levity of the moment. Until today, the prankster has not confessed. Yet, it is a memory that still evokes a stitch-in-your-side laughter whenever Jackie and I reminisce about the incident. It was indeed a virtuoso piece of pranking.

Before you judge me, dear reader, as being too idyllic in my portrait of the past, I do confess that I conveniently and shamelessly used laughter as a cloak to veil my insecurities, timidity and lack of self-confidence as a young teacher. Laughter provided that safe space within which to nestle my personal angst about who I was and in where I fit. It was my best bosom companion because in the midst of our frolicking and playing, there were occasional periods of tension and high drama among us as a staff. Laughter, however, was the lifeline on which we rode the waves of unease and discontent

and maintained our balance: sometimes alone, often together.

And now, the subject of levity takes me back full circle to those cherished colleagues who, individually and collectively, have created for me such a poignantly beautiful patchwork quilt of memories.

And now, I close the circle with a personal tribute of love and friendship to the late Mr. Vincent Warner. His inquisitive mind, his love of learning, his courage to question the status quo and his unbridled spirit of humanity, are some of the qualities he exhibited. Though outwardly serious, he had a keen sense of wit and could banter with the best of them. Warner, you too are a special piece of the fabric of that rich tapestry that makes SPHS forever home for me.

With gratitude,

*Maritza*



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# Stacey Greene: Public Speaker Extraordinaire

**Stacey N. Greene** is a winner. She is an established dancer whose craft has helped define the woman she has become and the way she lives her life. Through pageantry, Stacey has won the hearts of many. She exudes elegance, confidence and charm and is a shining star for young people to emulate.



But Stacey N. Greene is also a Public Speaking Diva who is vying for the prestigious and coveted Toastmasters International Title. She earned a spot to compete in the Semi-Final of the World Championships of Public Speaking in Canada on Thursday August 24, 2017. The finals of the World Championships of Public Speaking was scheduled for Friday, August 25th, 2017 where only the Top 10 competed. This is the first time a national of St. Kitts and Nevis has made it to such respected and international level in the world of public speaking.

Stacey has been an avid contributor and volunteer with the Charles E. Mills Secondary School including chaperoning the school's talented teen contestants, training students on interview skills and volunteering with the executive committee of SPBS.

For more information and to learn more about how you can experience this exciting series of speeches and hear some of the world's most articulate public speakers visit <http://www.staceygreene.net> or [Toastmasters On Demand - Live, On-Demand, or DVD Video from Current and Past Conventions](#)

Stacey N. Greene is a model world citizen who will continue to change lives through the commendable strides she continues to make in her own life. We at

SPBS celebrate this monumental achievement with her.





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# LIVING A HEALTHY LIFESTYLE

BY DR. MERVYN M. RICHARDSON

"Healthy living" could mean both physical and mental health is in balance or functioning well together in a person. Physical and mental health are closely linked, so that a change in one directly affects the other.

## DIET

All humans must eat food for growth and maintenance of a healthy body. However, each has different requirements. For example, infants may require feeding every four hours until they age and begin to consume more solid foods. Eventually they develop into the more normal pattern of eating three times per day as young children. However, children, teenagers, and young adults often snack between meals. Snacking is often not limited to these age groups because adults and seniors often do the same.

- Eat three meals a day (breakfast, lunch, and dinner); dinner does not have to be the largest meal.
- The bulk of food consumption should consist of fruits, vegetables, whole grains and fat-free or low-fat milk products.



• Eat lean meats, poultry, fish, beans, eggs, and nuts.

• Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; look at the labels because the first listed items on the

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
Calories 230	Calories from Fat 110		
% Daily Value*			
Total Fat 13g	25%		
Saturated Fat 5g	10%		
Trans Fat 2g	4%		
Cholesterol 2mg	10%		
Sodium 500mg	10%		
Total Carbohydrate 31g	10%		
Dietary Fiber 5g	10%		
Sugar 1g	2%		
Protein 5g	10%		
Vitamin A 4%	Vitamin C 2%		
Calcium 10%	Iron 5%		
*Percent Daily Values are based on a diet of other people's misdeeds.			
Calories			
	2,000	2,500	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate 4	Protein 4

- labels comprise the highest concentrations of ingredients.
- Watch portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
- Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.
- Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; **diet drinks may not be a good alternative as they make some people hungrier and increase food consumption.**
- Avoid eating a large meal before sleeping to decrease gastro-esophageal reflux and weight gain.
- Try not to overeat when angry or depressed.
- Avoid rewarding children with sugary snacks.
- A vegetarian lifestyle has been promoted for a healthy lifestyle and weight loss; vegetarians should check with their physicians to be sure they are getting enough vitamins, minerals, and iron in their food.
- Cooking foods (above 165° F) destroys most harmful bacteria and other pathogens; if you choose to eat uncooked

foods like fruits or vegetables, they should be thoroughly washed with running treated (safe to drink) tap water right before eating.

- Avoid eating raw or undercooked meats of any type.
- People with diabetes should use the above tips and monitor their glucose levels as directed; try to keep the daily blood glucose levels as close to normal as possible.
- People with unusual work schedules (night shifts, college students, military) should try to adhere to a breakfast, lunch, and dinner routine with minimal snacking.
- People who prepare food should avoid using grease or frying foods in grease.
- People trying to lose weight should avoid all fatty and sugary foods and eat mainly vegetables, fruits, and nuts and markedly reduce his/her intake of meat and dairy products.
- Seek medical advice early if you cannot control your weight, food intake, or if you have diabetes and cannot control your blood glucose levels.

## PHYSICAL ACTIVITY AND EXERCISE

Physical activity and exercise is a major contributor to a healthy lifestyle; people are made to use their bodies, and disuse leads to unhealthy living.

- Regular exercise can prevent and reverse age-related decreases in muscle mass and strength, improve balance, flexibility, and endurance, and decrease the risk of falls in the elderly. Regular exercise can help prevent coronary heart disease, stroke, diabetes, obesity, and high blood pressure. Regular, weight-bearing exercise can also help prevent osteoporosis by building bone strength.



- Regular exercise can help chronic arthritis sufferers improve their capacity to perform daily activities such as driving, climbing stairs, and opening jars.
- Regular exercise can help increase self-esteem and self-confidence, decrease stress and anxiety, enhance mood, and improve general mental health.
- Regular exercise can help control weight gain and in some people, cause loss of fat.
- **Thirty minutes of modest exercise (walking is OK) at least three to five days a week** is recommended, but the greatest health benefits come from exercising most days of the week.
- Exercise can be broken up into smaller 10-minute sessions.
- Start slowly and progress gradually to avoid injury or excessive soreness or fatigue. Over time, build up to 30 to 60 minutes of moderate to vigorous exercise every day.
- People are never too old to start exercising. Even frail, elderly individuals (70-90 years of age) can improve their strength and balance with exercise.





- Almost any type of exercise (resistance, water aerobics, walking, swimming, weights, yoga, and many others) is helpful for everybody.
- Children need exercise; playing outside of the home is a good beginning.
- Sports for children may provide excellent opportunities for exercise, but care must be taken not to overdo certain exercises.
- Exertion during strenuous exercise may make a person tired and sore, but if pain occurs, stop the exercise until the pain source is discovered; the person may need to seek medical help and advice about continuation of such exercise.

Most individuals can begin moderate exercise, such as walking, without a medical examination. The following persons should consult a doctor before beginning more vigorous exercise:

- Men over age 40 or women over age 50
- Individuals with heart or lung disease, asthma, arthritis, or osteoporosis
- Individuals who experience chest pressure or pain with exertion, or who develop fatigue or shortness of breath easily
- Individuals with conditions that increase their risks of developing coronary heart disease, such as high blood pressure, diabetes, cigarette smoking, high blood cholesterol, or having family members who had early onset heart attacks and coronary heart disease
- Individuals who are morbidly obese

Consequences of physical inactivity and lack of exercise:

- heart disease and some cancers
- type II diabetes mellitus
- weight gain

## MENTAL HEALTH

Healthy living involves more than physical health; it also includes emotional or mental health. The following are some ways people can support their mental health and well-being.

- Get enough sleep daily. The CDC recommends the following by age group (naps inclusive);

Age	Hours of sleep
Up to 2 months	12-18
3-11 months	14-15
1-3 years	12-18
3-5 years	11-13
5-10 years	10-11
10-17 years	8 ½ -9 ½
>18 years/Elderly	7-9

- Take a walk and reflect on what you see and hear at least several times per week.
- Try something new and often (eat a new food, try a different route to work, go to a new museum display).
- Do some mind exercises (read, do a puzzle occasionally during the week).

- Try to focus on a process intensely and complete a segment of it over one to several hours, then take a break and do something relaxing (walk, exercise, short nap).
- Plan to spend some time talking with other people about different subjects.
- Try to make some leisure time to do some things that interest you every week (hobby, sport).
- Learn ways to say "no" when something occurs that you do not want to do or be involved with.
- Have fun (go on a trip with someone you love, go shopping, go fishing; do not let vacation time slip away).
- Let yourself be pleased with your achievements, both big and small (develop contentment).
- Have a network of friends; those with strong social support systems lead healthier lives.
- Seek help and advice early if you feel depressed, have suicidal thoughts, or consider harming yourself or others.
- People taking medicine for mental-health problems should not stop taking these medications, no matter how "well" they feel, until they have discussed their situation with their prescribing doctor(s).

Avoidance behavior is another key to healthy living. Below are some of the major items to avoid if a person is seeking a healthy lifestyle.

## AVOID TOBACCO USE

**Tobacco use is the most important preventable illness and**



**cause of death in the U.S.**, according to the National Cancer Institute (NCI). Tobacco use was estimated to be the cause of 443,000 deaths in 2010 in the U.S.

- Stop smoking tobacco; start to stop today (it takes about 15 years of nonsmoking behavior to achieve a "normal" risk level for heart disease for those that smoke).
  - Stop using chewing tobacco to avoid oral cancers.
- Adverse consequences of tobacco use:
- Tobacco use causes or contributes to many cancers in the U.S. In men, 90% of lung cancer deaths are attributable to smoking; 80% in women. Tobacco use causes cancers of the lung, mouth, lip, tongue, esophagus, kidney, and bladder. It also further increases the risk of bladder cancer in subjects occupationally exposed to certain organic chemicals found in the textile, leather, rubber, dye, paint, and other organic chemical industries, and further increases the risk of lung cancer among subjects exposed to asbestos.
  - Tobacco use causes atherosclerotic arterial disease (hardening and narrowing of the arteries) that can lead to heart attacks, strokes, and lack of blood flow to the lower extremities. Tobacco use causes an estimated 20%-30% of coronary heart disease in the U.S. It also further increases the risk of heart attacks among subjects with elevated cholesterol, uncontrolled hypertension, obesity, and a sedentary lifestyle.
  - Tobacco use causes an estimated 20% of chronic lung diseases in the U.S., such as chronic bronchitis and emphysema, and causes pneumonia in those with chronic lung disease.
  - Pregnant women who smoke are more likely to deliver babies with low birth weight.

- Secondhand smoke (sometimes referred to as passive smoking) can cause middle-ear infections (otitis media), coughing, wheezing, bronchitis, and pneumonia in babies, and aggravate asthma in children. Secondhand smoke can also cause lung cancer.

**AVOID EXCESSIVE ALCOHOL CONSUMPTION**

Adverse consequences of excessive alcohol consumption:

- Chronic, excess alcohol consumption is the major cause of liver cirrhosis in the U.S.
- Liver cirrhosis can lead to liver cancer
- Alcohol accounts for 40%-50% of deaths from automobile accidents in the U.S.
- Alcohol use is a significant cause of injury and death from home accidents, drowning, and burns

**AVOID HIGH-RISK SEXUAL BEHAVIORS**

High-risk sexual behavior can lead to the acquisition of sexually transmitted illnesses such as gonorrhea, syphilis, herpes, or HIV infection. High-risk sexual behavior is also known to spread human papillomavirus (HPV) infection, which can lead to cervical cancer in women and other anogenital cancers in both men and women. High-risk sexual behaviors include the following:

- Multiple sex partners
- Sex partners with a history of the following:
  - Intravenous drug use
  - Venereal disease (sexually transmitted diseases or STDs)

Adverse consequences of high-risk sexual behavior:

- Transmission of HIV and other sexually transmitted diseases (chlamydia, gonorrhea, syphilis, genital herpes).

- Transmission of hepatitis B (50% of hepatitis B infections are due to sexual transmission) and, in rare instances, hepatitis C.
- Transmission of human papilloma virus (HPV), which can cause genital warts and anogenital carcinomas, most commonly cancer of the uterine cervix.

- Unplanned pregnancy.

Recommendations

- Avoid unprotected sex (sex without barriers such as a condom) outside an established, committed, monogamous relationship.
- If you plan to have sex and are unsure of your partner's health status, use a condom.

**AVOID OTHER HIGH-RISK BEHAVIORS**

- Driving under the influence of alcohol or drugs
- Driving while sleep-deprived
- Reckless driving and speeding, "road rage"
- Driving while using cell phones, texting, or performing other tasks
- Motorcycle (and bicycle) riding without helmets
- Smoking in bed



**ALWAYS remember to wash your hands frequently especially before eating and after using the bathroom.**



**Also drink lots of water daily (up to 8 glasses).**

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# Two Decades and the Challenges of Change

By Coreentje Phipps-Benjamin

It was Dr. Martin Luther King Jr. in his thoughts on change who declared, "Our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change."

To be "change ready", one must be interested in serving others and engaged in voluntary work, but it takes vision, courage, drive, passion, and resilience among other things, to be an authentic change maker.

This defines the work and level of commitment of dozens of nationals of the Federation of St. Kitts and Nevis who have declared their commitment to the causes championed by the Sandy Point Benevolent Society (SPBS).

They are the change makers who have set alight a flame of altruism that they envision will burn for generations to come.

They are nationals of the Federation who are awake with new ideas, vigilant and ready to face the challenge of change.

To sacrifice one's self to others, expecting absolutely nothing in return, does not appeal to everyone. In fact, in today's world where time is money, generosity has become an extremely scarce characteristic. As families struggle to keep a roof over their heads, food on the table and the walls of their homes safe, it has become easy to be self-serving and far removed from the world and its perils.

Despite life's challenges, many of our people understand that a hungry child with nothing but idle time on his hands can well become the child in our backyards, attempting to break into our homes, threatening our lives, and changing the entire fabric of our society.

Then there are those who reflect on the difficult childhood they had and the many opportunities they were unable to experience because of these setbacks.

These are the people who recognize that when the children of our nation do well, a foundation for the prosperity of our entire independent nation is being laid.

The Sandy Point Benevolent Society has affirmed its commitment to education. The organization was founded some twenty years ago to support the former Sandy Point High School, renamed Charles E.



Coreentje Phipps-Benjamin

Mills Secondary School, (CEMSS), which many of the members attended.

Today, the organization has become a much valued vein of support for the CEMSS, channeling thousands of dollars in scholarship funds to the school, as well as providing funds that assist with much needed supplies for the school.

The organization's Motto is "Empowerment through Education. We give back so others can move forward."

Its Mission is "To Strengthen our Hometown Sandy Point Community via Support for Educational Institutions & Positive Youth Activities."

The work of the Sandy Point Benevolent Society has become a movement of sorts. The organization has made its indelible mark on the Sandy Point Community, and the Federation for that matter.

And so with a generous heart and a selfless spirit, these nationals embark on the ultimate gift of love; they give back!

Those who have committed to the cause of giving back to their community and country have withstood the challenges of time and remained fervent in their commitment to service.

So now, the time has come for the SPBS to face a new set of challenges.

How does the organization continue to fulfill its goal of outreach and sponsorship? How does the group remain relevant? How does it maintain its niche and seek to build new partnerships?

Change is sometimes an unsettling reality we shy away from for fear of the unknown. However, the beauty of change is often found in the successes derived amidst the trepidation of venturing into the unknown.

**Twenty years later**, the SPBS has become known to the world as the steadily burgeoning organization that CEMSS can count on to support its students and faculty. The survival of the organization depends on "its ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change boldly."

It is now incumbent upon its current executive, members and well-wishers to look beyond the clouds of uncertainty to ensure this charitable organization continues its work of service to others!

## CONGRATULATORY REMARKS



**DeLeon Chrisandra Richardson; BA (Hons); LLB (Hons); LEC**

**“The capacity to learn is a gift, the ability to learn is a skill, and the desire to learn is a choice.”**

Congratulations to Ms DeLeon Richardson, daughter of Chris & Sandra Richardson and the granddaughter of Mrs. Enid Pearl Richardson an awardee as “Distinguished Educator”, on her academic and professional achievement as an Attorney at Law. She was the recipient of the coveted HH Dunn Prize for being the outstanding student in Legal Drafting from the Norman Manley Law School, Jamaica.

# CONGRATULATIONS

**Tamara Esdaille -Carty, B.S.**

Congratulations Tamara on achieving a Bachelors of Science degree in Biology. You made your parents Bernard & Gracemae Carty proud. Tamara is the grand daughter of the honoree, “Distinguished Educator”, Mrs Enid Richardson.

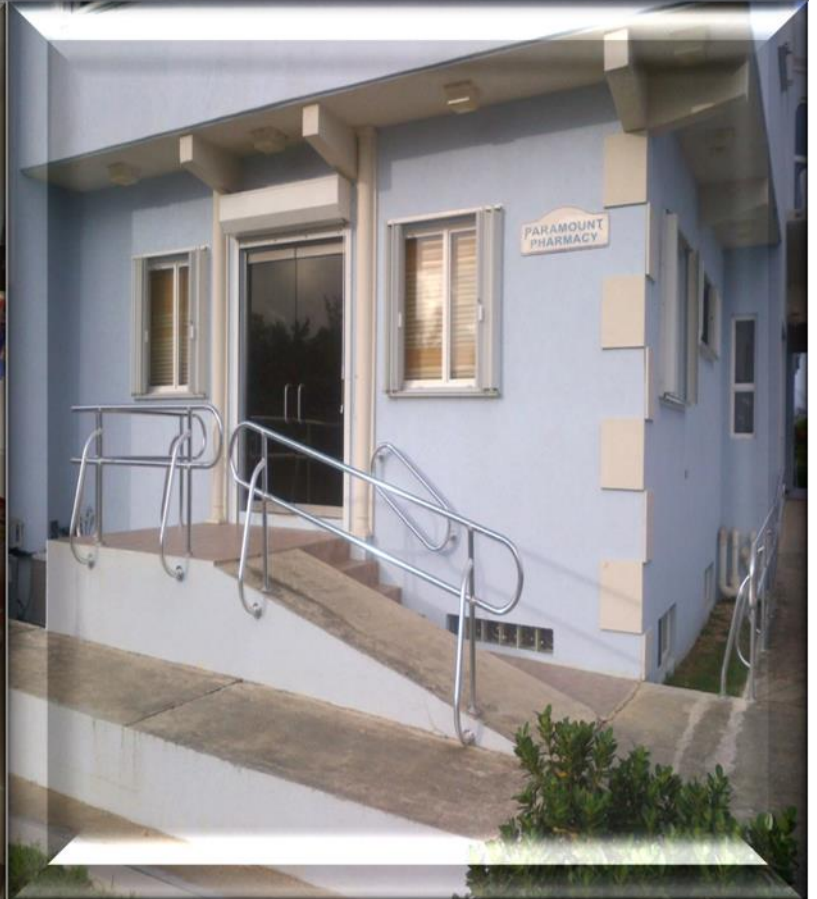
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# Pet Corner

By: Dr. Hannah Guishard



Hello to all my Kittitian and Nevisian folks; especially those from Sandy Point:

The civilized world is home to many chemicals, airborne substances, drugs and plants that are poisonous to dogs. Dogs and cats, especially puppies and kittens, often ingest household products. These products can be toxic and thus should be inaccessible to pets. Many plants around the house or yard are also poisonous to pets if ingested. If this occurs, seek immediate veterinary care. Depending on the degree of toxicity, some adverse signs may be delayed for hours or days. It is critical for your veterinarian to properly assess the pet before long lasting damage occurs. When dealing with a poison suspect, it is important to know the possible source of the toxin, the amount of toxin and time of exposure. Having the container, package or label in hand will save valuable time and may save the life of your pet.



Signs of illness/toxicity include: drooling, loss of appetite, vomiting, diarrhea, blood in stool, lethargy, brushing, nose bleeds, collapsing, seizures, liver failure, kidney failure, internal bleeding, coma and potential death. List of potential household poisons include: antifreeze, beach, fly/slug/snail bait, herbal supplements, stimulants, antidepressants, human cold medications, Ibuprofen, Vitamin D<sub>3</sub>, paint, polishes, rodenticides, amphetamines, pseudoephedrine, and Tylenol. Food to avoid feeding pets are: alcohol, avocado, chocolate, coffee, fatty foods, macadamia nuts, moldy/spoiled food, onions, garlic, raisins, grapes, salt, yeast dough, and xylitol sweeteners.

***Plants may be very pretty, but they are not pet friendly.***



The most common poisonous plants are: Azalea, castor-bean, Cyclamen, Foxglove, Kalanchoe, Lilies, Marijuana, Oleander, Sago Palm, Tulips, yew and mushrooms. Treatment for a poisoned dog is specific to the poison involved and the symptoms. If the pet just gobbled up poison, the treatment should begin by making the pet vomit per the veterinarian. One type of poison for which vomiting is often recommended is when the pet has swallowed large amounts of aspirin, blood pressure medications or too many of his or her own medications. One concern with inducing vomiting is aspiration pneumonia. Activated charcoal is the universal antidote. It is one of the most effective agents available. It is administered orally and functions by adsorbing toxic compound directly from the gastrointestinal tract.

The pet poison helpline is a 24-hour animal poison control services throughout the USA, Canada and the Caribbean for pet owners requiring assistance with treating potential poisoned pets. Their number is 855-764-7661.

Good Luck,

Dr. G



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In Loving memory of our Beloved Tommy, who was so suddenly taken from us 30 years ago. He is sadly missed by his parents, Tom Appel and Lindley Cole; brother Christopher; sister, Marie; Uncle Ulester; and many other relatives and friends



Thomas John Appel, Jr  
September 1968 ~ October 1987

## Broken Chain

We little knew that morning that  
God was going to call your name.  
In life, we loved you dearly  
In death, we do the same.  
It broke our hearts to lose you,  
But you did not go alone,  
For part of us went with you  
The day God called you home.  
You left us peaceful memories,  
Your love is still our guide,  
And though we cannot see you,  
You are always by our side.  
Our family chain is broken,  
And nothing seems the same,  
But as God calls us one by one,  
The chain will link again.

**Ron Tanner**





*In loving memory of our dear sister and friend*



**Christiana J. Bridgewater**

*We love you so much and miss your beautiful smile.  
We also miss hearing you say, "Where is the action?"  
May you continue to rest in eternal peace!*

*The Bridgewater Family and friend, Gloria Tross*



**Violet Ethel Jones-Richardson**

In loving memory of our dear sister/auntie/friend

**Violet Ethel Jones-Richardson**

of The Alley, Sandy Point, St. Kitts, but who at the time of her death resided in West End Village, Anguilla. She is greatly missed by all.

June 4th 1959-October 20, 2014.

**Sleep in heavenly peace.**

From the Jones-Joseph family of Mahopac, NY and the Jones Family of Sandy Point, St. Kitts.





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# Brimstone Hill Fortress National Park

UNESCO World Heritage Site



*Explore a wonderland of restored historical structures and ruins while enjoying breathtaking views. See a short information video, and be entranced by the Museum displays at the Citadel.*

*Open everyday from 9:30 am to 5:30pm*

*"The Experience is even more Dramatic than the name"*



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