



Volume: 2 Issue: 1



Second Annual Awards Banquet
Sandy Point Benevolent Society
Held Under the Distinguished Patronage of
The Right Honorable Dr. Denzil L. Douglas
The Prime Minister of the Federation of St. Kitts & Nevis

Maestro's Caterers Banquet Hall
1703 Bronxdale Avenue, Bronx, NY
Saturday, September 01, 2012



 US\$5.00  CAN\$5.00  EC\$13.50

Arial View of the Prince of Wales Bastion,
Brimstone Hill Fortress National Park, St. Kitts

*Congratulations to the Honorees and to Sandy Point
Benevolent Society Inc. on their Second Annual Banquet
and their 16th year as a group*



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BANQUET PROGRAM

MASTER OF CEREMONY

MR. LIVINGSTON "GILLEY" RICHARDSON

Program Part 1

8:00 – 8:45 pm

Cocktail & Musical Prelude

Program Part 2

8:45 – 9:30 pm

The National Anthem of the United States of America

The National Anthem of the Federation of St. Christopher & Nevis

Mr. Pelham "Plum" Warner

Welcome & Acknowledgement of Guests

Mr. William V. A. Hodge

President of SPBS

Remarks

Dr. Denzil L. Douglas

Right Honorable Prime Minister

Federation of St. Christopher and Nevis

Remarks

Honorable Shawn K. Richards

Parliamentary Representative for the Electoral District

St. Christopher 5

Program Part 3

9:30 – 10:30 pm

Dinner

Blessing of the Food/Buffer Dinner

Rev. Judith Esdaille

(Head Table is Served/MC will announce the order of Tables)

BANQUET PROGRAM

Program Part 4

10:30 – 11:00 pm

Introduction of Keynote Speaker

Mr. Alrick Warner
Vice President of SPBS

Keynote Address

His Excellency Dr. Simon B. Jones-Hendrickson

Program Part 5

Presentation of Awards

The Right Honorable Prime Minister
11:00 – 11:20

His Excellency, Dr. Simon B. Jones-Hendrickson

SPBS Distinguished Community Service Award
(Presentation of Awardee: Dr. Stewart Williams)

Dr. Joseph J. Halliday, O.B.E.

SPBS Distinguished Community Service Award
(Presentation of Awardee: Dr. Alervyn Richardson)

Dr. Hannah E. Guishard

SPBS Distinguished Alumni Award
(Presentation of Awardee: Ms. Collette Joseph)

Program Part 6

Vote of Thanks

Mr. Trevor Duggins & Mrs. Veronica Assent

Announcement of Winners

Messrs. Trevor Hanley & Tony Warner
Door Prizes & Raffles

Entertainment & Dance

Breakaway Brass Band
Hansill "Richie" Buntin



SANDY POINT BENEVOLENT SOCIETY, INC.
5854 East Boniwood Turn, Clinton, MD 20735
Tel.: (240)463-9079 • e-mail: vincent.hodge@spbsinc.org

Office of the President
William V. A. Hodge

Saturday, September 1, 2012

The President's Message

It is for me a singular honor to greet my fellow nationals of our beloved Federation of St. Kitts and Nevis who reside in the North American Diaspora and beyond, on the occasion of the Second Annual Awards Banquet hosted by the **Sandy Point Benevolent Society, Inc.** Specifically, I greet the thousands of Alumni of the Sandy Point High School, now the Charles E. Mills Secondary School, and thank them for their support.

The **Sandy Point Benevolent Society, Inc.** reaffirms its commitment to empower the youth of the Sandy Point and its neighboring communities, through education. As a veteran educator myself, I lead the charge of acknowledging the collective achievements of all who have walked through the portals of the Sandy Point High School. As the sixth in a line of distinguished Principals to head this illustrious institution, I want to salute the hundreds of individuals whom I refer to as "my students" for having earned their doctorate, master's, bachelor's, and associate's degrees from colleges and universities at home, across the Caribbean and North America. In my enthusiasm for their success I take pride in dedicating tonight's Banquet in recognition of their accomplishments.

Among our 2012 Banquet Honorees is a young Doctor of Veterinary Medicine who epitomizes what our youths can become when they embrace the empowerment that education brings to one's life. Hers is a success story truly deserving of the recognition that the **SPBS Distinguished Alumni Award** represents. The same can be said of the other distinguished nationals of St. Kitts and Nevis who share the spotlight tonight, as Banquet Honorees. We accord them our highest recognition for the services they have rendered to humanity and to communities at home and abroad.

The institutionalization of **The Principal's Award** at SPHS some seventeen years ago has become the organization's most successful venture. Through the 2011 Principal's Award Scheme, the Charles E. Mills Secondary School, our main beneficiary, was a recipient of a top of the line, spanking new teaching learning tool, the Smart Board. In addition, the organization was pleased to extend the Principal's Award to the Newton Ground and St. Paul's Primary Schools. This means that for the first time, the valedictorians of all three feeder schools will receive a collective total of nine hundred United States Dollars (US \$900.00) in monetary awards.

This past year the wider community benefitted from the contributions that our alumni made in giving back to society. A re-building fund for a fire victim, a medical fund, a sports club and a church have all been recipients of the Sandy Point Benevolent Society. We place on record our gratitude to our families, friends and supporters, our corporate sponsors in St. Kitts and the United States for partnering with SPBS in the fulfillment of its mission.

My expectation is that we will all have a wonderful time celebrating, reuniting and reminiscing with our school mates and teachers as we roll back the curtains of our 2012 Awards Banquet.

William V. A. Hodge

William V. A. Hodge
President
Sandy Point Benevolent Society, Inc.





OFFICE OF THE PRIME MINISTER
SAINT CHRISTOPHER AND NEVIS



Statement of The Right Honorable Dr. Denzil L. Douglas

on the occasion of

The Second Annual Banquet

of the Sandy Point Benevolent Society, New York

Warmest congratulations to the Sandy Point Benevolent Society, New York, on the occasion of your second anniversary banquet.

First of all, I commend you for all that you do to ensure that despite the distance, and despite the length of time you may have been away, you remain emotionally and psychologically connected both to the land of your birth, as well as to the very special place that we know as Sandy Point.

I am aware that the primary focus of the SPBS is the upliftment of our youth, and I can think of no greater focus for any benevolent society because the young people of our nation are really an extension of ourselves – whether they are members of our actual families or not. And so, when young Kittitians and Nevisians soar, we, as a people, soar. And when young Kittitians and Nevisians stall, so do we. Our focus, therefore, must always be to encourage, to uplift; to shape, to direct.

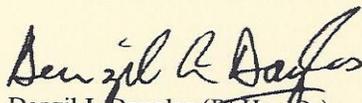
Let us as a people impress upon our youth the fact that because something is on television does not make it right. Because something is in the movies does not mean that is acceptable. Because popular lyrics encourage a particular behavior does not mean that that behavior is in our best interest.

Most of all, however, let us remember that studies have shown that example is the most powerful teacher. Whether in St. Kitts & Nevis or overseas, therefore, let us show the younger generation that in our public celebrations we can be freely joyous without being excessive and wayward. Let them show them that in our private lives we strive to overcome our trials, but do not allow ourselves to be broken by them.

Every religion is based, in one form or another, on The Golden Rule – that is, on the importance of treating others as we, ourselves, wish to be treated. It is this philosophy that we absolutely must teach our young people. It is this philosophy that we must ensure guides their daily living. If we are successful in this regard, we would be successful indeed.

I am confident that these are all the principles and values that guide the efforts of the Sandy Point Benevolent Society, and for that I commend and congratulate you.

I extend my best wishes for a most successful Second Anniversary Banquet.


Denzil L. Douglas (RT Hon/Dr)
Prime Minister



Statement from the Honorable Shawn K. Richards
(Representative) St. Christopher (St. Kitts) District #5

Hearty Congratulations to the Sandy Point Benevolent Association!

Dear Fellow Kittitians and Nevisians:

I am delighted to have been invited to address a group of proud Kittitians and Nevisians, but more importantly, proud Sandy Pointers. There could only have been one response when I received the invitation to attend the Second Annual Awards Banquet of the Sandy Point Benevolent Association and participate in this souvenir magazine; “yes.”

It always gives me great pride to observe as Sandy Pointers have distinguished themselves and our beloved country of St. Kitts and Nevis on the world stage. We all know the depth of talent that resides in our resilient and close – knit community and I am confident that we all share in the gratification when our people live up to their potential.

I must commend the members of the Sandy Point Benevolent Association for keeping their Country and their community uppermost in their minds even while living far beyond its shores and further for complementing your best wishes with your dedicated efforts. Your sterling contribution to Sandy Point High School is well known and well appreciated by one and all. By your actions you demonstrate exemplary commitment to both education and giving back to your community.

As the twice elected parliamentary representative of this community, who has been nurtured in its bosom my entire life I am well placed to communicate to you the sincere appreciation of all Sandy Pointers and I thank you for this opportunity to do so.

I want to make special mention of those being honored at the banquet for their noteworthy contributions to society and public service at home and abroad namely, Dr. Simon Jones-Hendrickson, Dr. Joseph J. Halliday and my cousin, Dr. Hannah Guishard. They are all able ambassadors of our people.

I want to thank all the members, supporters and friends of the Sandy Point Benevolent Association for your work in flying our proud flag high and to encourage you and wish you every success in all your future endeavors.

Sincerely,

Hon. Shawn K. Richards, M.P.

Hon. Shawn K. Richards, MP

Electoral District of St. Christopher 5





EMBASSY OF SAINT KITTS AND NEVIS

AMBASSADOR

July, 2012

I greet all nationals sincerely in the spirit of camaraderie!

I am supremely honoured to join with the impressively vast fan base of the Sandy Point Benevolent Society (SPBS) in saluting the efforts of this indefatigable team to raise the profile of our most historic town, and in so doing to fly the flag of our nation in celebrating and recognizing the achievements, contributions, prowess and talents of noteworthy sons and daughters of the soil.

As a product of Sandy Point myself, I am doubly proud! Proud to know on a personal level these committed individuals who understand the power of education to change the lives of the 'poor but potentialled', proud to be a Kittitian-Nevisian given the heights our people have attained despite the limited acreage of our lands. I salute all Sandy Pointers who are here to make their contribution to so worthy a cause, and I recognize and applaud all nationals and friends who value the prize of national advancement powered by a people who are grounded in a solid education.

That the focus of the SPBS is on maximizing the potential of our youths is as timely as it is strategically warranted at this critical juncture in our nation's development and its reality. We all have a role to play in nation building, and the youths cannot be excused from this responsibility. It is therefore incumbent on us to involve them, to inspire them, to equip them for the task of elevating our nation to its optimal stature on the world stage. I salute this effort of the SPBS, as we all should, if we share the view that educated, empowered, and productively engaged youths have no desire or time to be otherwise occupied. Thank you SPBS!!

May I extend congratulations and best wishes to tonight's honorees, and raise a toast to them for continued successes in their varied fields of endeavour .

I look forward to savoring a night of celebration and enjoyment with you all!

Very best regards

Jacinth L. Henry-Martin
Ambassador



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The SPBS Board Officers

William Vincent Hodge, President



"Perfection is not attainable, but if we chase perfection we can catch excellence!" Vince Lombardi
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Alrick V. Warner, Vice President:

"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed...every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle...when the sun comes up, you'd better be running." Author Unknown.



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Trevor Hanley, Chairman:



"Most people are searching for happiness outside of themselves. That's a fundamental mistake. Happiness is something you are, and it comes from the way you think." Dr. Wayne W. Dyer

Telephone #: (917)923.7185

Mervyn Richardson, PharmD., Treasurer

"Teamwork is the ability to work as a group toward a common vision, even if that vision becomes extremely blurry." Author Unknown

Telephone #: (914)374.3381



Anthony Warner, Assistant Treasurer



"The most common way people give up their power is by thinking they don't have any. You never know what you can do until you have to do it." Author Unknown.

Telephone #: (917)328.6875

Collette Joseph, Secretary:



"Being happy doesn't mean that everything is perfect, it means you've decided to see beyond the imperfection." Author Unknown.
Telephone #: (718)450-8228

Veronica Assent, Assistant Secretary:

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Margaret Meade

Telephone #: (917)545.2763



Stewart Williams, PhD, Public Relations Officer



"It takes a village to raise a child." African Proverb made popular by former First Lady, Mrs. Hillary Rodham-Clinton in her Tuesday, Aug. 27, 1996 Speech.

Telephone #: (267)664-2394

Charles Mills, Board Member:

"Life is a gift. Live it!" Author Unknown.

Telephone #: (609)630-0426



Trevor Duggins, Board Member:



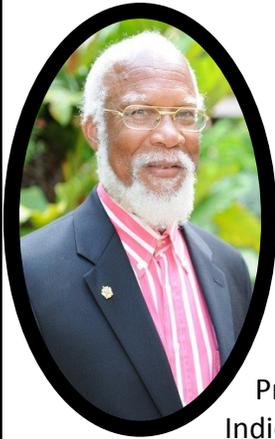
"I cannot do everything, but still I can do something." Helen Keller.

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**Your Picture should Be Here!
Join the SPBS Team**

Biographies of Honorees

His Excellency Simon B. Jones-Hendrickson, PhD



Dr. S. B. Jones-Hendrickson, full Professor of Economics, University of the Virgin Islands, St. Croix campus and DEAN of the College of Liberal Arts & Social Sciences, is an alumnus of the College of the Virgin Islands, now the University of the Virgin Islands (UVI). He graduated with an AA in Business Administration in 1967. In 1969 and 1970, he earned Bachelor's and Master's degrees in Economics from Illinois State University, Normal, Illinois and in 1976 he earned a Ph.D. in Economics from the University of Exeter, Devon, England.

Professor Jones-Hendrickson was a lecturer in Economics at the University of the West Indies, Mona, Jamaica from 1973-1976. He joined the faculty of the UVI in 1976 as an Assistant Professor of Economics, and in 1990, he attained the rank of full Professor of Economics. He has held a number of administrative positions at UVI, and has gained a number of honors. Outside of his University academic fold, Professor Jones-Hendrickson is very active as an External Examiner in Economics for UWI, as a Moderator in CAPE Economics for CXC, and as a past President and founding Secretary-Treasurer of the Caribbean Studies Association. In the area of consulting, Professor Jones-Hendrickson has been a consultant to the Organization of Eastern Caribbean States, the Regional Program of Monetary Studies, now called the Center for Monetary Studies, the Government of St. Kitts and Nevis and the Government of Montserrat and UNESCO, the Eastern Caribbean Institute of Banking. As a writer/scholar, Professor Jones-Hendrickson is very prolific. He has presented and or written over 100 original works in Economics in the area of Public Finance. Among his books are Readings in Caribbean Public Sector Economics (Coeditor, 1981); Public Finance and Monetary Policy in Open Economies. (1985), and Caribbean Visions, (Editor, 1990), Essays on the OECS Economies, (2006), and Essays on the Economy of St. Kitts and Nevis (2011).

His creative works are, the ever popular Sonny Jim of Sandy Point (1991); Death on the Pasture (1994); Andy Browne's Departure (2004), Dana, Steven and Brenda (2009) and A Weekend in Paradise (2010). He has three books of poetry.

Professor Jones-Hendrickson was Chairman of the Council of Economic Advisors of St. Kitts and Nevis, 1995-2000, and was a member of the St. Kitts and Nevis Constitutional Task Force. Presently he is a Commissioner on the Public Expenditure Reform Commission of the Eastern Caribbean Currency Union; he was also a Commissioner of the OECS Tax Reform and Administration Commission. Professor Jones-Hendrickson was the AMBASSADOR OF ST. KITTS AND NEVIS to CARICOM, THE OECS and the Association of Caribbean States from 2001-2004.

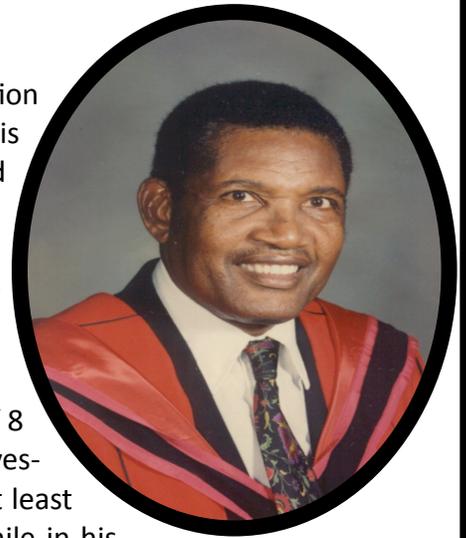
On August 17, 2000, Professor Jones-Hendrickson was honored by the CARICOM at the CARIFTA Festival in St. Kitts for outstanding contribution in the Arts and Literature. In June 2001, he was honored by the Caribbean Studies Association, in St. Maarten, Netherlands Antilles, for his scholarship and excellence in leadership in the Caribbean Studies Association. On March 15, 2002, he was honored by the University of the Virgin Islands for his contributions in the academic arena, and as an alumnus of the College/University of the Virgin Islands. On April 6, 2002, Professor Jones-Hendrickson was also honored as an alumnus of Achievement at Illinois State University for having "received statewide, national, or international recognition for his many works.

Professor Jones-Hendrickson and his wife, Dr. Cora L. E. Christian, are the proud parents of two children, Nesha, an Attorney at Law, and Marcus, a Biologist, with current employment in banking. Professor S. B., as he is affectionately called, is an avid tennis player.

Biographies of Honorees

Joseph J. Halliday, PhD, OBE

Dr. Joseph Halliday has made an outstanding contribution to the education system in the Federation of St. Kitts and Nevis. He has inspired many by his professionalism, integrity, perseverance, loyalty, religious convictions and other leadership qualities. Such is his dedication that he would do anything to assist in uplifting the moral and educational standards of his fellowmen. He has served his country well by teaching, training and nurturing hundreds of students in the Sandy Point High School, and as Chief Education Officer.



Born in Fig Tree, Sandy Point in July 1938, Dr. Halliday is the third child of 8 siblings. From a child, he was always inquisitive and often probed and investigated until he was satisfied that he had either mastered a concept or at least understood the logic. Yet his road to success was not an easy one. While in his teens, he was afflicted with physical and medical challenges. These trials helped him to develop stamina, tenacity, persistence and patience – qualities which served him well as Headmaster in Sandy Point in the historical and political climate of the 1970's. As principal of the school he was not only the lead teacher, but he was also police, magistrate and judge. He abhorred mediocrity, insisted on academic excellence, encouraged and demanded discipline not only for intellectual performance but in behavior, manners and respect. He emphasized that excellence was *not* an accident but the result of high intention, and dedication.

In 1975, Dr. Halliday was promoted to Chief Educator and served in that capacity for 20 years. Though he was firmly grounded in traditional educational methods, he was never reluctant to introduce modern concepts, techniques or technologies that would enhance the teaching-learning environment. He was responsible for launching the Southern Regional Board's CSE examination for school leavers in the all age schools.

In 1996, Dr. Halliday carried the same level of commitment to the office of Personnel Officer of the Royal St. Kitts and Nevis Police Force, which at that time was going through a turbulent and challenging period. The five-year strategic plan that he initiated was implemented to increase efficiency, improve morale, image, accountability, and to address the many complex issues in the force. Under his initiatives, the University of the West Indies introduced the Diploma in Security Administration for Senior Police Officers in its curriculum. This was the first island in the Eastern Caribbean to host such a program. His expertise has benefited projects and programs associated with UNICEF, the OAS, the OECS and UWI.

His numerous published and unpublished books, articles and professional papers illustrate his wide interests. As an astute academician his thirst for knowledge never diminished and he committed himself to continued improvement, which resulted in the attainment of his Masters Degree from University of London then PhD from the University of the West Indies, Jamaica. To top it all, Dr. Halliday's long career was crowned with the distinguished OBE (Order of the British Empire) award in 2000.

Dr. Halliday is the husband of Maisie Halliday, the father of five children and the grandfather of four grand children. He is a committed Christian whose admirable characteristics, unwavering faith, honesty and sincerity enabled him to be forthright in dealing with others while his discretion, restraint and tolerance governed his responses to delicate situations.

The Federation of St. Kitts and Nevis is much better off as a result of the expertise and guidance provided by Dr. Joseph Jacob Halliday.

He is without doubt a wonderful role model for men and women in all spheres of life.

Biographies of Honorees

Hannah E. Guishard, DVM

Dr. Hannah Eloise Guishard is the second child born to the late Ridley Guishard and Maria Guishard in October 1967. A British Virgin Islander by birth, but Sandy Point is the place that she knows as home. When she graduated from the Sandy Point High School in 1986, Han-



nah returned to her birth place where she gained employment as an Accounts Clerk with Road Town Whole Sale on the island of Tortola.

At 19 years of age Hannah journeyed to Alabama A&M University to begin her studies in pre-veterinary medicine. Seven years later she completed her formal training and graduated from Tuskegee University in Alabama with a Doctor of Veterinary Medicine Degree. For 5 years the young Dr. Guishard worked with various private veterinary medical corporations.

During her term of employment with these establishments, Dr. Guishard had an epiphany that propelled her into the arena of entrepreneurship. She recognized that within her lies the power to create and the power to develop into the person that she would become. She tapped into the greatness and the strength that resided in her began the work of establishing her own veterinary clinic.

By January 1999, true to the meaning of the word 'epiphany', Dr. Guishard had her business plan created. After a near grueling two years of developing and implementing those plans, **Union City Veterinary Medical Center and Emergency Clinic**, the brainchild of Hannah Eloise Guishard had become a reality. From its first day of operation on December 5, 2000, this Veterinary Medical facility has stood as a beacon in the Union City Community. Currently, Dr. Guishard manages a staff of 22 medical personnel – 5 doctors and 17 paraprofessionals. A young woman of humble beginnings from Sandy Point, St. Kitts, who built her

business from the ground up, is the Founder and CEO of a very flourishing veterinary medical practice in the State of Georgia. Beyond the shadow of a doubt, Dr. Guishard's accomplishment is worthy of emulation.

As a contributor to SPBS, Dr. Guishard gives back to the community that nurtured her, as well as to the community that she now calls home. Her dream is to one day provide an all expense paid, **Ridley Guishard Memorial Scholarship** that will allow an under privileged child from the Sandy Point Community to pursue undergraduate studies at an American university. She is not only a mentor to high school students whom she employs at her clinic, but to students pursuing undergraduate degrees in Veterinary medicine at her alma mater, at Morehouse College, and at Harvard University.

Dr. Guishard volunteers and speaks at both elementary and secondary schools in the Metro Atlanta Area. She is the very proud mother of two sons, Immanuel and Etienne. Truly, Hannah is destined for even more greatness, and it is by design!

SPBS—A Sense of Purpose

"Now, more than ever, the schools, teachers and students of the Sandy Point School District in St. Kitts are in need of our help and support. This benefit gala will enable us to take our donations and contributions to another level," stated Mr. Alrick V. Warner, SPBS Vice President.

"We invite you to partner with us in making this event and our other fund-raising events a huge success," Warner strongly encouraged.

NOTE: Your contributions may be tax deductible as we are a US Non-profit 501c(3) corporation.

Partnering may take many forms and are not limited to any one. Let's Talk! Let's work together. These may include any one or more of the following for example

- ◆ Sponsoring one of our events—Banquet, Breakfast, etc.
- ◆ An Ad in our annual souvenir magazine.
- ◆ Sponsoring our web site \$100/month.

Please contact one of us for details.

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Sandy Pointers And You: Making Dreams Come True

She sits some ten miles on the west end of the modern day capital of a renowned island paradise.

She is home to the resourceful farmer, the content fisherman and many a savvy contractor.

She claims many a hard working nurse and dozens of up-standing policemen.

She is the face of numerous teachers, parents and gifted students.

She boasts proudly of her doctors, lawyers, politicians, business owners, church leaders, and other stalwarts in her community.

She sits squarely at the feet of the historic fortress that once shielded ancient settlers from the tactical assault of their enemies.

She is the pride and full joy of many citizens.

She is Spirit filled: abuzz with energy from her youth and brimming with an abundance of wise souls.

She is Sandy Point.

The town of Sandy Point, whose residents exude a perpetual pride in being called Sandy Pointers, is home to an extensive blend of men and women who are confident, passionate, bold and proud lovers of their hometown. They stand ever tall and hold steadfastly to their love of community.

It is this sense of pride and love for community on which the **Sandy Point Benevolent Society** was founded. For well over fifteen years, this organization of patriotic men and women who reside overseas has committed their time and resources to support the Sandy Point School Charles E. Mills secondary and other Sandy Point institutions of learning.

The organization continues to draw substantial support from organizations, groups and individuals the world over in an attempt to ensure today's students achieve their best academically with the tools that can aid in their pursuits.

For the second year in succession, the Sandy Point Benev-



olent Society will take on the Herculean task of staging a classy and high energy affair with a view to ensure that the students of Sandy Point and it's environs are better equipped to face their academic challenges during the upcoming school year and beyond.

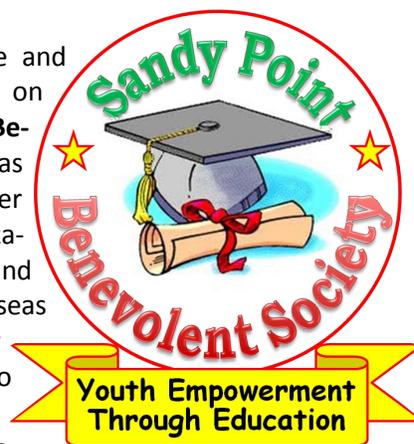
The extravagant Benefit Gala will be held under the distinguished patronage of the federation's Prime Minister, The Right Honorable Dr. Denzil L. Douglas.

The prestige of this event will be appreciated by every guest who attends, as the Prime Minister will be joined by St. Kitts-Nevis Ambassador, Her Excellency Jacinth Henry-Martin, as well as Deputy Leader and parliamentary representative of the opposition PAM Party Mr. Shawn Richards.

This year's Gala will feature as its special guest speaker, H. E. Dr. Simon B. Jones-Hendrickson, an Economics Professor, Writer and former St. Kitts and Nevis Ambassador to the Organization of Eastern Caribbean States, CARICOM and the Association of Eastern Caribbean States.

Other honorees include Dr. Joseph Halliday, past Principal of the Sandy Point High School and Dr. Hannah Guishard, Veterinarian and distinguished alumnae of Sandy Point High School. Bringing together such an esteemed group of guests is certainly no small feat and qualifies this occasion as the "must attend event of 2012".

Guests will dine at one of New York's finest upscale and trendy banquet halls, and enjoy cocktails, dinner, laughter, great conversations, entertainment and a reunion like no other during the heart of the West Indian Labor Day celebrations in New York City.



(Continued on page 16)

The Sandy Point Benevolent Society is an entity of patriotic visionaries who understand that others paved the way for them and that their civic duty is to use their creative juices to do likewise for our current crop of promising students. Their work for their community is in effect their commitment to uphold the needs of the youth of the federation of St. Kitts & Nevis above themselves.

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Some Inspiring Quotes

We all know how a positive mind can make a lot of things seem better. These quotes offer inspiring quotes and inspirational sayings to help you live a more successful, happier and more rewarding life. We invite you to take a few minutes out of your day just to relax and enjoy the beauty and wisdom of these quotations!

Attitude

"Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny."-- Author Unknown

Confidence

"Whether you think you can or think you can't - you are right." - Henry Ford

Courage

"Let your light shine. Be a source of strength and courage. Share your wisdom. Radiate love." - Wilfred Peterson

Persistence

"Every day do something that will inch you closer to a better tomorrow."-- Doug Firebaugh

Dream

"Shoot for the Stars. Even if you miss you'll land among the stars."— Author Unknown

Faith

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe." Gail Devers

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To Your Health



UNDERSTANDING PROSTATE CANCER

In 2010, the death rate per 100,000 of the population for Prostate cancer in St Kitts was 31.36, with a world ranking of number 2. (Latest WHO data). Men have to visit their physician and be screened for early detection and better cure rate because of early detection.

Normal Anatomy

The normal prostate is a small, squishy gland about the size of a walnut. It sits under the bladder and in front of the rectum. The urethra - the narrow tube that runs the length of the penis and carries both urine and semen out of the body - runs directly through the prostate. The rectum, or lower end of the bowel, sits just behind the prostate and the bladder.

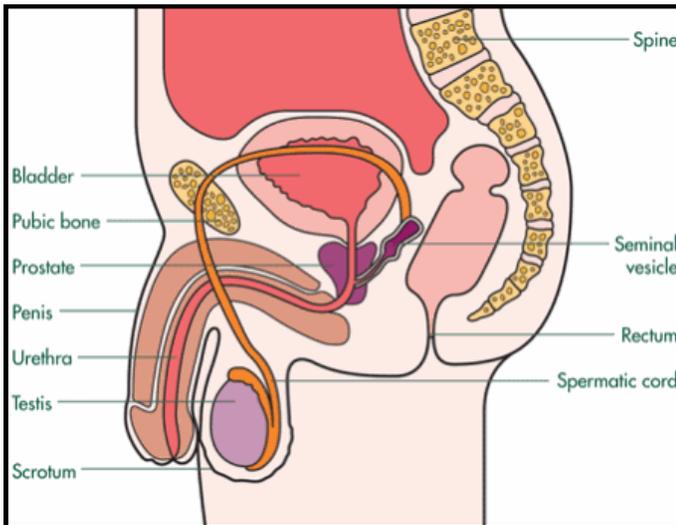


Fig. 1: Male Anatomy of Reproduction: The Prostate

Normal Physiology

The prostate is not essential for life, but it's important for reproduction. It supplies substances that facilitate fertilization and sperm transit and survival. Prostate Specific Antigen (PSA) is an enzyme produced by the prostate and it loosens up semen to help sperm reach the egg during intercourse. Other substances made by the seminal vesicles and prostate - such as zinc, citrate, and fructose - give sperm energy to make this journey. The prostate typically grows during adolescence under the control of the male hormone testosterone and its byproduct dihydrotestosterone.

Risk Factors

Prostate cancer is the most commonly diagnosed cancer affecting older men and second-biggest cancer killer. Prostate cancer is the most common non-skin

cancer in America, affecting 1 in 6 men. See Fig. 2 below. There are several major factors that influence the risk, some of them unfortunately cannot be changed.

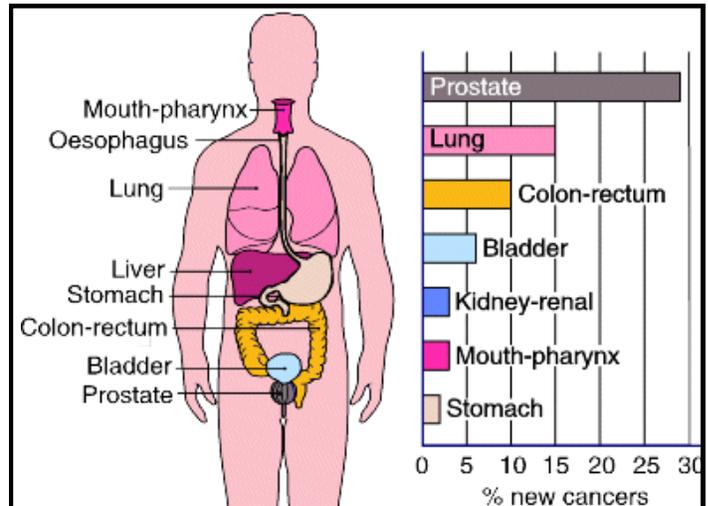


Fig. 2: Pareto Chart of Male New Cancer Risk by Location

Age: The older you are, the more likely you are to be diagnosed with prostate cancer. 1 in 10,000 men under age 40 will be diagnosed, 1 in 38 for ages 40 to 59, and 1 in 15 for ages 60 to 69. In fact, more than 65% of all prostate cancers are diagnosed in men over the age of 65. The average age at diagnosis of prostate cancer in the United States is 69 years. After that age, the chance of developing prostate cancer becomes more common than any other cancer in men or women.

Race: African-American men are 60% more likely to develop prostate cancer compared with Caucasian men and are nearly 2.5 times as likely to die from the disease. Conversely, Asian men who live in Asia have the lowest risk.

Family history/genetics: A man with a father or brother who developed prostate cancer is twice as likely to develop the disease. This risk is further increased if the cancer was diagnosed in family members at a younger age (less than 55 years of age) or if it affected three or more family members.

Where you live: For men in the U.S., the risk of developing prostate cancer is 17%. For men who live in rural China, it's 2%. However, when Chinese men move to the western culture, their risk increases substantially. Men who live in cities north of 40 degrees latitude (north of Philadelphia, PA, Columbus, OH, and Provo, UT, for instance) have the highest risk for dying from prostate cancer of any men in the United States. This effect appears to

(Continued on page 18)

be mediated by inadequate sunlight during three months of the year, which reduces vitamin D levels.

Diet: Evidence relating diet and prostate cancer was recently reviewed, suggesting that a traditional Cretan Mediterranean style diet based on a variety of plant foods (fruits, vegetables, wholegrain cereals, nuts and legumes), olive oil as the main source of fat, low intake of red meat, moderate to low intake of dairy foods, moderate to high intake of fish and moderate intake of wine, mostly consumed with meals, may be helpful in reducing prostate cancer risk. Importantly, the Mediterranean diet has other health benefits that further support its widespread adoption. A recent meta-analysis of prospective cohort studies using a priori score to assess adherence to a Mediterranean diet (Fig. 3 below) found that stronger adherence was associated with reduced all cause, cardiovascular and cancer mortality, as well as decreased incidence of Parkinson's and Alzheimer's diseases.

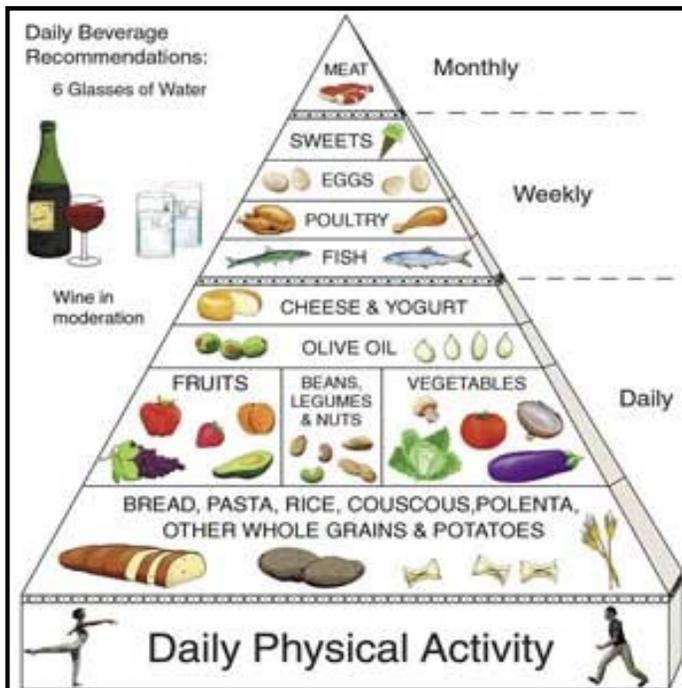


Fig. 3: The Cretan Mediterranean style diet

Myths and Non-Risks

Sexual Activity: High levels of sexual activity or frequent ejaculation have been rumored to increase prostate cancer risk. This is untrue. In fact, studies show that men who reported more frequent ejaculations had a lower risk of developing prostate cancer. Having a vasectomy was originally thought to increase a man's risk, but this has since been disproven.

Medications - Several recent studies have shown a link between aspirin intake and a reduced risk of prostate

cancer by 10-15%. This may result from different screening practices, through a reduction of inflammation, or other unknown factors.

✦ **Statins.** Commonly used to lower cholesterol - has also recently been linked to a reduced risk of aggressive prostate cancer in some studies.

✦ **Alcohol** - There is no link between alcohol and prostate cancer risk.

✦ **Vitamin E** - Recent studies have not shown a benefit to the consumption of vitamin E or selenium in the prevention of prostate cancer.

Symptoms

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up. Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer. These symptoms may include:

- ✦ A need to urinate frequently, especially at night
- ✦ Difficulty starting urination or holding back urine
- ✦ Weak or interrupted flow of urine
- ✦ Painful or burning urination
- ✦ Difficulty in having an erection
- ✦ Painful ejaculation
- ✦ Blood in urine or semen
- ✦ Frequent pain or stiffness in the lower back, hips, or upper thighs

You should consult with your doctor if you experience any one or more of the symptoms above. Some of these symptoms could also be due to Benign Prostate Hypertrophy (BPH) and not Prostate Cancer.

SCREENING

The purpose of screening is to detect prostate cancer at its earliest stages, before any symptoms have developed. Some men do experience symptoms that might indicate the presence of prostate cancer. These symptoms can also indicate the presence of other prostate diseases or disorders such as benign prostate hypertrophy (BPH) or prostatitis, so these men will undergo a more thorough work-up.

Prostate cancer that's detected by screening in the very early-stages can be treated most effectively. Physicians can screen for prostate cancer quickly and easily in their office using two tests: the PSA (prostate-specific antigen) blood test and the digital rectal exam (DRE).

The PSA Blood Test

PSA is a protein produced by the prostate and release in small amounts into the blood stream. When there is a problem with the prostate, like prostate cancer, and BPH, abnormally large amount of PSA is released. This test is not very reliable in black men.

(Continued from page 18)

Blood is taken from the patient (male) and sent to the lab and the PSA is measured:

- Less than 4 ng/mL is considered "normal"
- Levels greater than 10 ng/mL is considered "high"
- Levels 4 – 10 are considered "intermediate"

PSA can also be diluted in men who are obese or overweight and a biopsy at a relatively lower number should be considered.

The Digital Rectal Exam (DRE)

During a DRE, the physician inserts a gloved, lubricated finger into the rectum and examines the prostate for any irregularities in size, shape or texture. See Fig. 5 above. The test may save your life and it is a quick examination lasting a few seconds.

When to Start and Stop Screening

When to start depends on risk and age. Generally at age 40 is a reasonable time to start for those at highest risk. However, for otherwise healthy men at high risk eg., family history or African-American men, starting at 40-45 years is reasonable. When to stop is a personal decision which may be discussed with our urologist.

Prevention Tips – Eat smart:

- ♥ **Fats:** Limit fat intake to 15-20% of total calories. Use corn oil or olive oil to cook, soy products, sesame seeds too.
- ♥ **Fruits and vegetables:** Eat 5 or more servings daily.

Broccoli, cauliflower, cabbage, bok choy, kale, brussel sprouts, tomatoes are highly recommended.

- ♥ **Seafood:** Omega-3 fatty acids, salmon, mackerel, herring. Eat 3 – 4 serving per week (3 oz per serving)
- ♥ **Fiber:** Whole grains, legumes, nuts, seeds, some fruits and vegetables. Eat 35 grams of fiber daily.

Treatment Options:

There are a number of treatment options that should be discussed with family and your physician. They include (a) active surveillance where you do nothing but observe, (b) Prostatectomy – remove the prostate (c) Chemotherapy and hormone - treat with medication (d) radiation – x-rays or radiation seeds are planted in the prostate.

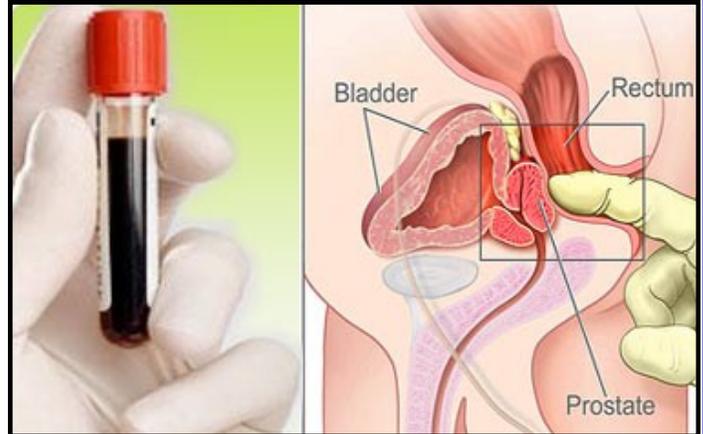


Fig. 5: PSA (Prostate Specific Antigen) test and DRE (Digital Rectal Examination) are two tests that allow detection of prostate cancer at early stages.

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Karina Miller is a Certified Health Counselor and yoga instructor who has dedicated herself to teaching holistic health. She decided to become a health counselor to fulfill her passion of working with busy men and women with the goal of improving their health, loose weight and finding balance in their lives.

Karina received her training at Integrative Nutrition in New York City and is certified by the American Association of Drugless Practitioners. She has also obtained Continuing Education Units from SUNY CEU. Karina leads workshops on nutrition and offers individual health and nutrition coaching to professionals, moms, men and women.

No one diet works for everyone.

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STUDENTS PERFORMANCE

Summary of CXC-CSEC Performance at CEMSS From 2007 - 2011.

 Over the past five years, (2007 -2011) the Charles E. Mills Secondary School (CEMSS)– formerly the Sandy Point High School - has experienced some challenges as well as some successes in CXC- CSEC examinations. Students sat twenty-six subjects during the stipulated period. These subjects are Agricultural Science (double and single award), Biology, Caribbean History, Chemistry, English 'A', English 'B', Food and Nutrition, French, Geography, Home Economics, Integrated Science, Mathematics, Office Procedures, Physics, Principles of Accounts, Principles of Business, Social Studies, Spanish, Technical Drawing, Visual Arts, Electronic Document Preparation Management, Human and Social Biology, Wood Work and Information Technology. It must be noted however, that Human and Social Biology was introduced in 2008, and the Music exam was introduced in 2009.

The year 2008 showed the lowest average pass rate for the given period. The average pass rate for that year was 66. 8%. One hundred and sixteen students sat exams that year. This represented the most students sitting exams for any given year over the five year period. This further reflects the school's effort to offer more opportunities to students who performed below the accepted standard, to attempt CXC – CSEC exams. Only two (2) subjects got below 50% pass rate. During that year also, three (3) subjects had a 100% pass rate. These were Biology, French and EDPM (Electronic Document Preparation Management). Additionally, a total of 49 distinctions were gained.

In 2010, the school had its highest percentage average pass rate ever. There was a pass rate 88.5% from exams written by (83) students. That year, CEMSS also had the best results in the federation. There were 109 distinctions and 15 subjects gained 100% pass rates. That year, only 4 subjects got a pass rate of less than 85% with the lowest subject pass rate being 60%.

Some subjects distinguished themselves by returning outstanding results over the five year period. The performance in French was quite remarkable as this is the only subject that had a consistent pass rate of 100% for the five year period. Similarly, Food and Nutrition and Office Procedures showed 100% pass rates

for four of the five years. Other notable performances were registered by Agricultural Science (DA), Biology, Geography, Home Economics, Principles of Accounts, Principles of Business and Spanish as these subjects sustained a pass-rate of 80% and above over the period under discussion.

During the years 2009 to 2011, the school's average CXC-CSEC exam pass rate has been above 80 %. The number of distinctions gained each year has also been higher than the previous two years. This could no doubt be attributed to the fact that more students from the fourth form who had not shown the aptitude for writing the CXC – CSEC exams, were encouraged to access

CCSLC Results

CCSLC is the acronym for "The Caribbean Certificate of Secondary Level Competence." CCSLC is a new examination came into effect in 2007.

The outline above is the structure of the CCSLC Examination. Students are required to do the two compulsory subjects and three others from the other group. A grade 4 at CSEC will also qualify for certification.

CCSLC Results for 2007-2011

2007 Results Highlights:

- CXC Basic Mathematics only 52.3 % 42 students
- CCSLC 1st year 1,156 students 63.6% pass rate
- Subjects: English, Integrated Science, Mathematics and Social Studies.

2008 Results Highlights:

- CXC Basic Mathematics 39 students 50%
- CCSLC Subjects as per above: 145 students, 78% pass rate.

2009 Results Highlights:

- 33 students Basic Mathematics – Final year for CXC Basic
- CCSLC Subjects as above: 224 students, 87.1% pass rate

2010 Results Highlights:

- CCSLC Subjects as above, Spanish included 186 students, 80.3% pass rate.

2011 Results Highlights:

- CCSLC Subjects as above: 81 students, 93.3% pass rate.

(Continued on page 22)

(Continued from page 21)

Students are required to do the two compulsory subjects and three others from the other group. A grade 4 at CSEC will also qualify for certification.

Putting it all in Perspective:

In the English speaking Eastern Caribbean, at the secondary education level, the number of students obtaining acceptable grades in 5 or more subjects is less than one quarter of the cohort sitting the exam (and an even small percentage of the age cohort). In the 2009 CSEC exam, only 21% of the candidates sitting the examination achieved acceptable grades in five or more subjects; 52% of them either did not pass any subject or received acceptable grades in one subject only. Attention to quality and performance is the most urgent of the imperatives facing us particularly at secondary level.

In June 2008, there were 1592 subject entries in St. Kitts and Nevis, of which 1105 returned grades of either "Master" or "Competent", resulting in an overall pass rate of 69.4 %. The average pass rates among the government secondary schools were as follows:

- ★ Washington Archibald High School: 86%
- ★ Sandy Point High School: 78%
- ★ Cayon High School: 74%
- ★ Charlestown Secondary School: 71%
- ★ Verchilds High School: 62%
- ★ Basseterre High School: 42%
- ★ Gingerland Secondary School: 27%

Unlocking the Power of Sugar Cane

Of all the English colonies in the Caribbean, St. Kitts was the oldest and wealthiest - with rich volcanic soil and an ideal climate. St. Kitts yielded a fortune in sugar and rum for its wealthy, mostly absentee, British landholders. By around 1775, the time of the American Revolution, 68 sugar plantations existed on St. Kitts, one for every square mile.

For several decades now Europe's beet sugar has under-sold Caribbean sugar. Depressed market prices could not offset the production and transportation costs for an island crop. In 2005, due to plummeting profits, the Government closed both the cane fields and sugar factory. Tourism is now the major source of income for St. Kitts. The "sugar train railway" is now home to the St. Kitts Scenic Railway, a unique tour that takes visitors through many of the



plantation ruins.

But, is this all for "King Sugar?" What can St. Kitts do with sugar cane? What can we learn from Brazil, one of St. Kitts-Nevis' South American partners of late? Read on ...

Global leaders are searching for clean, renewable options to provide energy and reduce petroleum use. Sugarcane has emerged as an important alternative for meeting those needs. This remarkable plant has the potential to lower CO₂ emissions, create jobs, reduce petroleum use and help create a healthier, cleaner planet.

This powerful plant is grown in more than 100 countries and holds the potential to reduce greenhouse gas emissions, diversify energy supplies and create jobs.



Humans have cultivated sugarcane for many centuries to produce sugar. But only recently has high-tech innovation started unlocking other useful products that are clean and renewable. Use of sugarcane is expanding into an extraordinarily diverse range of value-added products that include:

Sugar: The world's favorite high-energy and all-natural sweetener.



Ethanol: A clean, affordable, and renewable transportation fuel. Ethanol today substitutes a little over half of all the gasoline that would otherwise be consumed in Brazil if the sugarcane-based fuel were not widely used.



Bioelectricity: Leftover sugarcane biomass (bagasse) can be burned and converted into electricity.



Bioplastics: Beverage containers, food packaging and other consumer products (e.g. P&G's Pantene Pro-V Nature Fusion) made with sugarcane using less or no oil compared to standard plastic.

Bio-hydrocarbons and Beyond: Brazil is on the cutting edge of sugarcane innovation where scientists are using sugar cane to produce fuels that replace over 50% of gasoline, diesel and jet fuel.



Only twenty (20) countries produce petroleum oil, but more than one hundred (100) cultivate sugarcane. Expanding production of clean, renewable sugarcane products would help to enhance energy security and reduce the global dependence on fossil fuels.

To learn more of how Brazil's sugar industry benefited from liberalization led by sensible Government leadership go to:

www.kingsmanconferences.com/india2010/presentations/Marcos%20Sawaya%20Jank.pdf.

Reflections on the 2011 SPBS Awards Banquet



Pastor Judith Esdaille

The event on Saturday September 3, 2011 was memorable. Gathered together in one place were proud Sandy Pointers. Scanning the room I recognized some familiar faces and was honored to have been chosen for one of your awards which recognized the work done in the community.

I applaud the work being done by the society which shows the commitment Sandy Pointers have to their roots. Continue to foster good relationships and accomplish the goals set. Continue to seek ways to elevate/help your fellowman. I reiterate what I stated in my thank you note sent to Mr. Hodge on September 7, 2011, "Your vision and mission is progressive and if members can catch the vision you will accomplish much".

God's Blessings on all your efforts.

Stewart Williams, Founder SPBS

The 2011 Awards Banquet reminded me that ordinary people with big dreams can accomplish big things. For me, the banquet truly was a metaphor for growth within the SPBS organizing committee. After all, it was 15 years earlier when I pulled together a few friends to get involved and help to drive change and support science initiatives at the sandy Point



High School. Upon reflection, we enjoyed overwhelming support that went well beyond our expatriated Sandy Point Community. I am encouraged to return with even bigger aspirations with full confidence that you will help us realize our goal to support education in the larger Sandy Point community.

Suzanne RamusJones-Whittier



I am a proud Sandy Pointer, and even more so to have been asked to receive the award on behalf of the Rev. R. Joseph Manchester. As I mentioned in my remarks, he would have been amazed at the caliber of the event and touched by the sentiment of the award.

As a graduate of Sandy Point High School, it took my breath away to be in the company of so many of my fellow classmates and Sandy Pointers. I used the team fellow classmates to highlight the fact that the pioneers who of SPBS did not come together just to benefit Sandy Point residents. As we all know, Sandy Point High nurtured students from many parishes in St. Kitts. I had school friends from as far away as Challengers, Old Road, Verchild's, Newton Ground, and as close as Half Way Tree.

It was a remarkable evening and I was proud to share the stage with so many of my accomplished country men and women.

Thanks so much!

Sugar City Bakery

The Owners & Staff of Sugar City Bakery congratulates the Sandy Point Benevolent Society on their 16-year anniversary and of giving back to the community. Congratulations also to the honorees. Thank you for being excellent role models too.

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Congratulations to SPBS on your second awards banquet, 16 years of outstanding and continual organizational giving and achievement. Congratulations also to the three illustrious honorees for their sterling records of academic accomplishments and unselfish community service.



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Congratulates the Sandy Point Benevolent Society on their 2nd Annual Awards Dinner. We also congratulate the awardees of 2012. May God richly bless you as you continue to touch lives.

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Introducing the 2012 Principal's Award Winners

Gariel Bowry

The Sandy Point Primary School

Gariel Bowry started her primary school education at the Sandy Point Primary School in September of 2005. She has been a diligent student from the onset. She has always maintained an average of 80 and above.



She was a member of the school's Student Council since 2010. She has represented the school in two inter-primary quizzes. Gariel enjoys public speaking, drumming and listening to music.

She was awarded *valedictorian* of her graduating class. Gariel's performance on the National Test of Standards was laudable. Her success, she believes, is owed to her dedicated teachers and her very supportive mother, Doriel Bowry.

Janesha Heyliger

The Newton Ground Primary School

My name is Janesha Samantha Drucilla Heyliger. I was born in the Federation of St. Kitts and Nevis on September 2, 2000 to Eshlyn Richards and Othniel Heyliger.



"Never let the fear of striking out keep you from playing the game".

A quote I have lived by for the past 11 years, and that has motivated me to want more!

Everything I have accomplished educationally has been through hard work, determination and keeping my eyes on the goals that I have set for myself. At age 3, I attended the Newton Ground Pre-School. A little more than 1 year later I graduated and began attending the Newton Ground Primary School. The motto at that school is

"Committed to Excellence with Education" a motto that I grew to love and live by. I love to read.

My favorite subjects were all – Math, English, Social Studies and Language Arts. From Kindergarten to 6th grade, I was always top of the class. Like everyone else, I have had obstacles, but I have always kept my eyes on my goals.

I graduated from the Newton Ground Primary as the Valedictorian of my class, after receiving the best results in the 2012 National Test of Standards of my school. I am very proud of myself. As I close one chapter of my life, I begin another with my journey to the Charles E Mills Secondary School, Form 1A1 to start my secondary education. My goal is to become a teacher.

Arljanique Ward

The St. Paul's Primary School

Arljanique Ward was born on the day celebrated as National Heroes day in the Federation of St. Kitts and Nevis, in the village of the first National hero, St. Paul's. She attended the Faith Hope and Charity Pre-school and the St. Paul's Primary School.



She became very fond of reading at a very tender age. Her favorite

subjects are Science and Mathematics. Although English is not listed among her favorites, during her primary school years, she had shown the potential to become an accomplished writer. At age 10, she won the St. Kitts-Nevis-Anguilla National Bank Limited 40th Anniversary Primary School Essay Competition.

Arljanique is encouraged by her parents to participate in extracurricular activities on a regular basis and is an enthusiastic member of Red House for sports day. An active involvement in church and Sunday school activities has also contributed to her all-round development. She has a passion for singing, dancing and dramatizing.

Arljanique has remained very humble, respectful and caring which has played a major role in her accomplishments thus far. She is expected to extend this level of excellence at the Charles E. Mills Secondary School.

Messages From Three Past Principal's Award

Yulanda Vanterpool

2011 Principal's Award Winner



On December 5, 1999 Patrick and Yulanda Vanterpool welcomed a beautiful baby girl into the world full of promise and potential. I was given the name Azariah which means "God helps". My love for singing, dancing and netball has grown over the years and I was able to use these talents while I attended the Sandy Point

Primary School. I was a member of the school choir, the debating team, the school's netball team and the dance group known as the Sassa Steppers. While attending the primary school, I was also elected as the first president of the student council body. This experience was very rewarding as it taught me the importance of service to those around me. My hard work was not in vain because I was recognized for my achievements and received the Principal's Award for the most outstanding student coming from the Sandy Point Primary School.

In Sept 2011, I embarked upon a new journey as I enrolled at the Charles E. Mills Secondary School (CEMSS). I was invited to make a presentation at a motivational symposium for the class of 2012 of the Primary school, sharing the experiences of my first year at the Secondary School.

At the CEMSS, I continued to use my talents by joining the school choir and played on the under 14 netball team. My netball skills improved and I was picked to join the under 14 national team of St. Kitts. Having enjoyed my experience as the president of the student council body at the Primary School, I was excited to be elected as the female representative of the first form student council. Academics remain a priority for me and I have worked diligently and have been successful in being placed on the honor roll for the three terms and promotion exams. In addition, I have received the principal's certificate for passing all subjects during my first year of high school.

I have accomplished much and must give thanks to God who has blessed me with my talents and success. I am also a member of the Grace Gospel Hall dance group –

Sanctified Praise Dancers. I enjoy ministering and sharing the message of salvation through dance.

As for my future, the sky is the limit. I dream of becoming a lawyer or a teacher and contributing to the social and economic development of the country. I am inspired and encouraged by the words of Gail Devers which said "Keep your dream alive. Understand to achieve anything requires faith, belief, vision, hard work, determination and dedication. Remember all things are possible for those who believer.

Siejah Mike

2003 Principal's Award Winner

Siejah Mike was born on the island of St. Kitts to parents—Cynthia Douglas and Frederick Mike on April 7, 1991. She was raised in the western town of Sandy

Point, where she attended school and became involved in several community activities. In 2003, she graduated from the Sandy Point Primary School as the valedictorian and was awarded the Sandy Point Benevolent Society's Principal's Award.

At the age of thirteen, Ms. Mike relocated to St. Croix, Virgin Islands, where she continued her commendable academic performance. In 2008, she graduated from the St. Croix Central High School as the class salutatorian.



In the Fall of 2008, Siejah enrolled in the University of the Virgin Islands. During her four years at the institution, she was involved in leadership initiatives and programming such as Student Government Association, St. Kitts-Nevis Student Association and Thurgood Marshall Leadership Institute, as well as accumulated several academic awards including "Best Student in Class," "Top GPA in Business Administration," and "Best Writer." Just recently, in May 2012, Ms. Mike graduated from the University and earned her Bachelor's Degree in Business Administration, Summa Cum Laude (highest honor).

(Continued on page 28)

(Continued from page 27)

Today, Ms. Mike is working diligently on her preparations to continue her education with a Master's Degree in Business. She hopes to attend a prestigious institution that values both traditional and experiential learning. After completing this goal, Siejah hopes to continue on to work in a prominent organization, where she can incorporate her professional knowledge and personal insight, all while fostering her personal and professional development.

Also a major part of Siejah's plans is community involvement. She credits her community as a major contributor in her success and feels it is very important to share her own success with those around her.

Siejah credits family as a source of encouragement and inspiration. She says, "My parents, especially my mother, has always been a driving force behind my every endeavor. I can look to my mother for encouragement. My siblings are also a big influence on my success. I look at their achievements and work ethic and I am energized to work towards my own goals."

Outside of her family, Siejah credits Mahatma Gandhi as one of those spiritual leaders whose teachings have guided her path. Two of his quotes that she values deeply are, "Be the change you wish to see in the world," and "Live as if you were to die tomorrow. Learn as if you were to live forever."

Denver Mike

First Principal's Award Winner 1997

It has been over fourteen years since Denver Mike was awarded the **Sandy Point Benevolent Society Principal's Award**. He was the first to attain this award having graduated valedictorian of the Sandy Point Primary School in 1997. He continued his secondary education in Sandy Point and just five years later graduated from the Sandy Point High School as the top student. Having left the High School as valedictorian, he was admitted to the **Clarence Fitzroy Bryant College (CFBC)** where he successfully completed Advanced Level exams and was the 2004 **Runner-Up State Scholar**.

In that very year of 2004, he was offered a position of Operations Clerk at Ross University School of Veterinary Medicine. He was later promoted to Operations Officer, then Purchasing Officer and finally Project Coordinator in the Facilities Department before his departure to the University of the Virgin Islands to complete his studies.

However, before his departure from Ross University, Mr. Mike completed several undergraduate degree courses through DeVry University leading to certification as a Su-

per Service Trainer within the DeVry organization. He commenced studies on his Bachelors of Arts in Business Administration with concentration in Management at the University of the Virgin Islands, Albert A. Sheen Campus in St. Croix, in January 2012. His goal is to become a certified project manager in the business field. Although, he has only completed one semester to date, he has been given Junior status by the UVI given his previous academic successes and experience. Already, Denver has made his way unto the Dean's List.



Apart from his academic studies, Mr. Mike is a firm believer in giving back to his community. He was an instrumental figure in the establishment of the youth based non-profit group called **Sandy Pointers Inspiring Real Improvement Throughout (SPIRIT)**. He also served as the group's first Vice President and also as Human Resources Coordinator in 2010. Mr. Mike is still a very active member of the group and serves as an official Advisor for the current executive. More recently, earlier this summer, he volunteered as a Geographic Information Systems (GIS) Junior Analyst for the Virgin Islands Energy Office on a Department of Energy funding grant for offshore renewable wind energy.

It has always been Denver's aim to use the knowledge and experiences he gains towards the betterment of the individuals around him and the community he serves. He believes that life's experiences are lessons to be learnt, moments to be enjoyed and offers wisdom to be shared.

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SUPPORT FOR CADDY

Former Leeward Islands Cricketer from Sandy Point

Codville Leon Rogers affectionately known as Caddy was born in July 1976 the third of eight children to Viola Rogers and Otis Harvey.



At the age of five, he entered the Sandy Point Primary School then later completed his high school career at the Sandy Point High School in 1992. Upon leaving high school, Codville enrolled in the National Youths Skills Program to complete a certificate in auto mechanic. With his certification in hand, he began working as an auto mechanic at Cranston Estate and stayed there for a period of six years.

From an early age he was very energetic and participated in various sporting disciplines which included cricket, football and basketball. He has represented his hometown Sandy Point at the highest level in cricket, football and basketball and for a short period he played for Mc Knight Trotter's basketball team.

His love for cricket surpassed the others and he spent most of his free time honing his skills. By the age of 18, he was selected to play for the St. Kitts junior cricket team in 1994 and 1995 and the Leeward Islands U-19 team in 1995.

Caddy has represented St. Kitts cricket team for the past fifteen years. His professional career began as a left-handed batsman when he made his first appearance into the international cricket scene in 2003 when he was among those chosen as part of the Leeward Islands cricket team up until 2010.

One of his most cherished memories of the game was his performance against the England test team on their 2009 tour of the West Indies, where he scored two half-centuries for the St. Kitts-Nevis Invitational XI.

For the past ten years Caddy has been a Sports Coach (a job he



England's Kevin Pietersen, congratulates St. Kitts & Nevis XI's batsman Codville Rogers for his score of 79 runs at Warner Park, St. Kitts, Tuesday, Jan. 27, 2009.

passionately loves) within the Ministry of Sports and is responsible for the Primary schools from Bronte Welsh to Newton Ground.

Additionally, he is also one of the coaches for the grass roots program in Sandy Point where he assists the younger generation in developing and sharpening their football skills.

Caddy is a born again Christian, happily married to Vincia Merritt-Rogers and the father of two – his daughter Codiesha Crossley and his son Codville Rogers Jr.

On April 2, 2012, he was diagnosed with Lymphoma. This is a cancer of the lymphocytes, a type of cell that forms part of the immune system. Lymphoma is the most common form of blood cancer, with chemotherapy it can be cured. He is currently undergoing treatment in Miami, Florida.

A Codville Rogers Recovery Fund account was established at the St. Kitts Nevis Anguilla National Bank – numbered 10253202 - into which persons could deposit monies.

Donations can also be made through the website: <http://www.codvillerothersrecoveryfund.com/>.

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Understanding Breast Cancer

Breast cancer is cancer that forms in the cells of the breasts. There are numerous types of breast cancer, but cancer that begins in the milk ducts (ductal carcinoma) is the most common type. Breast cancer can occur in both men and women, but it's far more common in women. Breast cancer survival rates have increased and the number of deaths has been declining, thanks to a number of factors such as earlier detection, new treatments and a better understanding of the disease all because of increased public support and research funding.



According to the latest WHO data published in April 2011 Breast Cancer Deaths in St. Kitts reached 10 or 2.92% of total deaths. **The age adjusted Death Rate is 36.07 per 100,000 of population ranks St. Kitts #1 in the world.**

Breast cancer facts:

1. Breast cancer is the most common cancer among American women.
2. One in every eight women in the United States develops breast cancer.
3. There are many types of breast cancer that differ in their capability of spreading (metastasize) to other body tissues.
4. The causes of breast cancer are not yet fully known although a number of risk factors have been identified.
5. There are many different types of breast cancer.
6. Breast cancer is diagnosed with physician and self-examination of the breasts, mammography, ultrasound testing, and biopsy.
7. Treatment of breast cancer depends on the type of cancer and its stage (the extent of spread in the body).

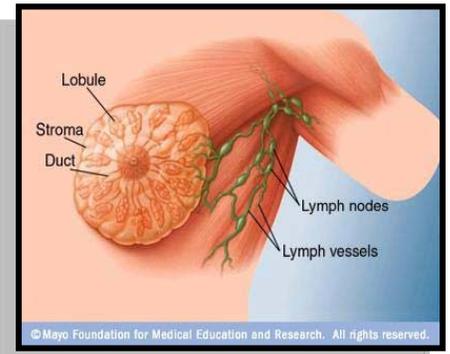
According to the American Cancer society:

- ◆ Over 200,000 new cases of invasive breast cancer are diagnosed each year.
- ◆ Nearly 40,000 women died of breast cancer in 2011.
- ◆ There are over 2.5 million breast cancer survivors in the United States.
- ◆ A woman should have a baseline mammogram between the 35 and 40 years of age. Between 40 and 50 years of age, mammograms are recommended every other year. After 50 years of age, yearly mammograms are recommended.

Normal Breast Anatomy

Each of your breasts contains 15 to 20 lobes of glandular

tissue, arranged like the petals of a daisy. The lobes are further divided into smaller lobules that produce milk during pregnancy and breast-feeding. Small ducts conduct the milk to a reservoir that lies just beneath your nipple. Supporting this network is a deeper layer of connective tissue called stroma.



Symptoms

- ◆ A breast lump or thickening that feels different from the surrounding tissue
- ◆ Bloody discharge from the nipple
- ◆ Change in the size or shape of a breast
- ◆ Changes to the skin over the breast, such as dimpling
- ◆ Inverted nipple
- ◆ Peeling, scaling or flaking of the nipple or breast skin
- ◆ Redness or pitting of the skin over your breast, like the skin of an orange

Although the majority of breast changes don't turn out to be cancer, make an appointment to see your doctor if you find a lump or other change in your breast. Even if you've just had a mammogram with normal results, it's still important to have your doctor evaluate any changes.

Causes

It's not clear what causes breast cancer. Doctors know that breast cancer occurs when some breast cells begin growing abnormally. These cells divide more rapidly than healthy cells do. The accumulating cells form a tumor that may spread (metastasize) through your breast, to your lymph nodes or to other parts of your body. Breast cancer most often begins with cells in the milk-producing ducts. Doctors call this type of breast cancer invasive ductal carcinoma. Breast cancer may also begin in the milk glands known as lobules (invasive lobular carcinoma) within the breast.

Researchers have identified things that can increase your risk of breast cancer. But it's not clear why some people who have no risk factors develop cancer, yet other people with risk factors never do.

It's likely that breast cancer is caused by a complex interaction of your genetic makeup and your environment.

Inherited Breast Cancer

It is estimated that only 5 to 10 percent of breast cancers are linked to gene mutations passed through generations

(Continued on page 31)

of a family. A number of inherited defective genes that can increase the likelihood of breast cancer have been identified. The most common are breast cancer gene 1 (*BRCA1*) and breast cancer gene 2 (*BRCA2*), both of which increase the risk of both breast and ovarian cancer. If you have a strong family history of breast cancer or other cancers, blood tests may help identify defective *BRCA* or other genes that are being passed through your family. Consider asking your doctor for a referral to a genetic counselor, who can review your family health history. A genetic counselor can also discuss the benefits, risks and limitations of genetic testing with you. It's important to remember that the genetic tests help to identify a high-risk individual or family, but they don't definitively predict who will or will not get breast cancer.

Risk Factors

A risk factor is anything that makes it more likely you'll get a particular disease. But having one or even several risk factors doesn't necessarily mean you'll develop cancer — many women who develop breast cancer have no known risk factors other than simply being women.

Factors that are associated with an increased risk of breast cancer include:

- ◆ **Being female.** Women are much more likely than men are to develop breast cancer.
- ◆ **Increasing age.** Your risk of breast cancer increases as you age. Women older than 55 have a greater risk than do younger women.
- ◆ **A personal history of breast cancer.** If you've had breast cancer in one breast, you have an increased risk of developing cancer in the other breast.
- ◆ **A family history of breast cancer.** If you have a mother, sister or daughter with breast cancer, you have a greater chance of being diagnosed with breast cancer. Still, the majority of people diagnosed with breast cancer have no family history of the disease.
- ◆ **Inherited genes that increase cancer risk.** Certain gene mutations that increase the risk of breast cancer can be passed from parents to children. The most common gene mutations are referred to as *BRCA1* and *BRCA2*. These genes can greatly increase your risk of breast cancer and other cancers, but they don't make cancer inevitable.
- ◆ **Radiation exposure.** If you received radiation treatments to your chest as a child or young adult, you're more likely to develop breast cancer later in life.
- ◆ **Obesity.** Being overweight or obese increases your risk of breast cancer because fat tissue produces estrogen that may help fuel certain cancers.

- ◆ **Beginning your period at a younger age.** Beginning your period before age 12 increases your risk of breast cancer.
- ◆ **Beginning menopause at an older age.** If you began menopause after age 55, you're more likely to develop breast cancer.
- ◆ **Having your first child at an older age.** Women who give birth to their first child after age 35 may have an increased risk of breast cancer.
- ◆ **Postmenopausal hormone therapy.** Women who take hormone therapy medications that combine estrogen and progesterone to treat the signs and symptoms of menopause have an increased risk of breast cancer.
- ◆ **Dietary factors** such as high-fat diets and alcohol consumption have also been implicated as factors that increase the risk for breast cancer. Experts recommend no more than one alcoholic beverage a day for women.

Myths:

Other risk factors that have been suggested, but **don't play any role in the development of breast cancer** include:

- ♥ Tight fitting bras
- ♥ Antiperspirants
- ♥ Breast implants
- ♥ Shift work.

Diagnosing breast cancer: Tests and procedures used to diagnose breast cancer include:

Breast exam. Your doctor will check both of your breasts, feeling for any lumps or other abnormalities. Your doctor will likely check your breasts in varying positions, such as with your arms above your head and at your side. Once you or your doctor can feel a lump and it is proven to be cancerous, your cancer would be more advanced than if it could only be detected by mammogram.

Mammogram. A mammogram is an X-ray of the breast. Mammograms are commonly used to screen for breast cancer. If an abnormality is detected on a screening mammogram, your doctor may recommend a diagnostic mammogram to further evaluate that abnormality.

Breast ultrasound. Ultrasound uses sound waves to produce images of structures deep within the body. Your doctor may recommend an ultrasound to help determine whether a breast abnormality is likely to be a fluid-filled cyst or a solid mass, which may be either benign or cancerous. Breast ultrasound is helpful to guide radiologic biopsy to get a sample of breast tissue if a solid mass is found.

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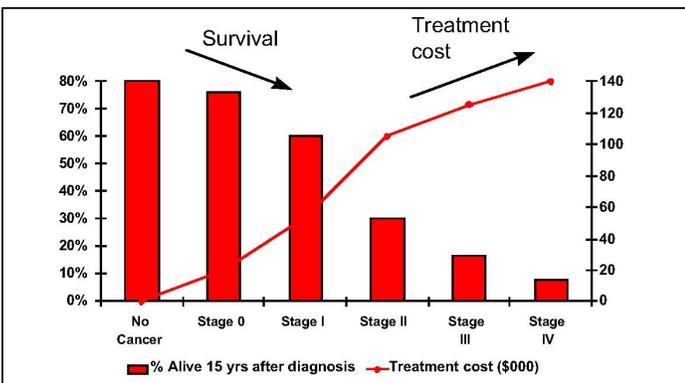
Removing a sample of breast cells for testing (biopsy). A biopsy to remove a sample of the suspicious breast cells helps determine whether cells are cancerous. The sample is sent to a laboratory for testing. A biopsy sample is also analyzed to determine the type of cells involved in the breast cancer, the aggressiveness (grade) of the cancer and whether the cancer cells have hormone receptors.

Breast magnetic resonance imaging (MRI). An MRI machine uses a magnet and radio waves to create pictures of the interior of your breast. Before a breast MRI, you receive an injection of dye. This test may be ordered after a breast biopsy confirms cancer, but before surgery to give your doctor an idea of the extent of the cancer and to see if there's any evidence of cancer in the other breast.

Other tests and procedures may be used depending on your situation.

Staging breast cancer

Once your doctor has diagnosed your breast cancer, he or she works to establish the extent (stage) of your cancer. Your cancer's stage helps determine your prognosis and the best treatment options. Complete information about your cancer's stage may not be available until after you undergo breast cancer surgery.



Tests and procedures used to stage breast cancer may include:

- ◆ Blood tests, such as a complete blood count
- ◆ Mammogram of the other breast
- ◆ Chest X-ray
- ◆ Breast MRI
- ◆ Bone scan
- ◆ Computerized tomography (CT) scan
- ◆ Positron emission tomography (PET) scan

Not all women will need all of these tests and procedures. Your doctor selects the appropriate tests based on your specific circumstances. Breast cancer stages range from 0 to IV, with 0 indicating cancer that is very small and noninvasive. Stage IV breast cancer, also called metastatic breast cancer, indicates cancer that has spread to other

areas of the body.



Treatment

Your doctor determines your breast cancer treatment options based on your type of breast cancer, its stage, whether the cancer cells are sensitive to hormones, your overall health and your own preferences. Most women undergo surgery for breast cancer and also receive additional treatment, such as chemotherapy, hormone therapy or radiation.

There are many options for breast cancer treatment, and you may feel overwhelmed as you make complex decisions about your treatment. Consider seeking a second opinion from a breast specialist in a breast center or clinic. Talk to other women who have faced the same decision.

Early Detection

It is imperative to note that early detection is paramount to a better cure rate. Mammography of the breast has the ability to detect a cancer in the breast when it is quite small, long before it may be felt by breast examination. Approximately 85%-90% of all breast cancers are detectable by mammography. Early detection by mammography has reduced the mortality rate from breast cancer by 20%-30% in women over 50 years of age.

However, some 10%-15% of breast cancers are not visible on mammography but can be felt on physical examination

(Continued on page 33)

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of the breast. Therefore, a normal mammogram does not exclude the possibility of breast cancer.

Breast examination by your health care professional by palpation and visual inspection is also important. During a routine physical checkup, a doctor can conduct an examination of the breast. You too should also learn how to perform a self breast examination, so that you can do your own breast examination daily or weekly especially after your shower.

The American Cancer Society (ACS) recommends a baseline mammogram for all women by age 40 and annual mammograms for **women 40 and older for as long as they are in good health.**

In women with "lumpy breasts" or breast symptoms, and also in women with a high risk of developing breast cancer, sometimes a baseline mammogram at 35 years of age is recommended. This recommendation is somewhat controversial, and there are other viewpoints. However, the U.S. Preventive Services Task Force (USPSTF) issued new breast cancer screening guidelines in 2009, which recommend against routine mammography screening for women before 50 years of age and suggests that screening end at 74 years of age.

The new USPSTF recommendations are in opposition to other existing breast cancer screening guidelines from organizations such as the American Cancer Society as described above. The USPSTF guidelines also recommend changing the screening interval from one year to two years and suggest that women 40 to 49 years old who are at high risk for breast cancer consult with their doctor regarding the time to begin regular screening mammography.

It is important for women who are concerned about when to begin mammography to discuss the situation with their health care professional. He or she can help you make an informed decision about breast cancer screening that is appropriate for your individual situation.

Diet and lifestyle measures to reduce breast cancer risk.

Theoretically, there are dietary and lifestyle measures that can decrease free-radical formation and reduce the risk of

developing breast and other types of cancer. These measures include:

- ♥ Diets rich in vegetables and fruits;
- ♥ Diets low in fats, and red and overcooked meats;
- ♥ Reasonable intake of antioxidants, vitamins E & C;
- ♥ Regular exercise and weight reduction;
- ♥ Avoiding cigarettes.

The Fruit That Works Like Viagra

Michelle Schoffro Cook

July 13, 2012

Here's a stimulating study: researchers at Texas A&M University found that **watermelon** may have similar effects as Viagra. The scientists credit a variety of ingredients that collectively stimulate blood vessels and may increase libido.



Watermelon contains a variety of nutrients like beta carotene and phytonutrients like lycopene (which research incidentally also links to a healthy prostate) and citrulline. Lesser-known citrulline is still being studied to determine its health effects but researchers find that it relaxes blood vessels in the same way Viagra does.

Says Dr. Bhimu Patil, director of Texas A&M's Fruit and Vegetable Improvement Center in College Station: "Arginine boosts nitric oxide, which relaxes blood vessels, the same basic effect that Viagra has, to treat erectile dysfunction and maybe even prevent it."

When citrulline is consumed, it is converted to arginine in the body. Arginine is an amino acid that is well known for its beneficial heart, circulation, and immune system effects. It is also beneficial for obesity and type 2 diabetes. Dr. Patil adds: "Watermelon may not be as organ specific as Viagra but it's a great way to relax blood vessels without any drug side-effects."

Read more @: <http://www.care2.com/greenliving/the-fruit-that-works-like-viagra.html#ixzz20jKQNYVZ>.

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We also salute the three distinguished nationals who will receive your organization's coveted awards for 2012.

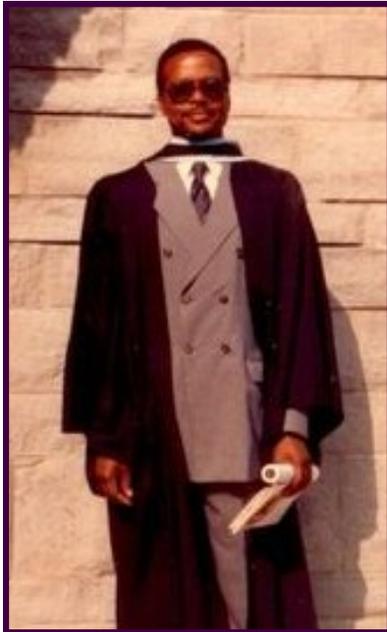
Thanks to SPBS for being our main benefactor for the past 16 years!

DEPARTED TEACHER

In Memory of Dr. Bertram Hudson Ross

His contributions to the SPHS, its students, and the Sandy Point Community is without question.

I first met Bertram Hudson Ross when I went into the second form of the Sandy Point High School. He had just started teaching at the school and was our science teacher. He taught us Integrated Science, O Level Biology and Chemistry. Mr. Ross (Bertram, as I later came to know him) had a style of teaching that made one interested in the subject matter, and do the best that you could. I think I can safely say that Mr. Ross was responsible for making many of his students having an interest in Science. Mr. Ross was a serious, professional and dedicated educator but also had a great sense of humor. We can remember when he brought a whistle into the classroom, and would blow you "offside" if you weren't paying attention.



Mr. Ross was a role model to his students. He was easily the most influential educator in my years of school and college and his principles still remain with me up until this day. "Memory will always fail you, learn the principles", his favorite saying, is the one that comes to mind immediately. Another saying of his, in a humorous light, was "Ignorance is bliss".

Hudson, as he was affectionately known, was also an educator outside of the classroom, on the basketball court and in life in general. He spent many hours after school with the members of the Hawks Basketball team teaching us the game of basketball, the discipline it took to become great players and individuals. In just one year and a half, he took fourth and fifth formers to the point where we were able to enter the National Basketball League and placed third in the competition.

Mr. Ross also took great interest in sports at SPHS, especially track and field. He was instrumental in leading a revival of Red House, to such an extent that it eventually came to rival Blue House which had been the dominant

sports house at that time. I also remember his friendly rivalry with his colleague Seymour "Tally" Davis who was the leader of Green House. Mr. Ross and Mr. Davis were the driving forces behind Track and Field at SPHS. They created an environment that raised the athletic standard to a higher level, and I give them credit for the contribution they made to Track and Field at SPHS.

He was greatly respected by his students, co-workers and others who came in to contact with him. He has made an impact on the lives of many, a very positive contribution to this world and left an indelible mark on those of us fortunate to have known him. A bright star just went out in the universe. Gone too soon! May he rest in celestial peace.

Contributed by Arnold Adams a former student, teammate and friend

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- ★ **Alternatively, you may contact any of the other officers by e-mail or telephone.**

You'll be glad you did. We need YOU! Help us to make a positive difference to the youth and teachers of the Sandy Point School district.





**In Loving Memory of
Hillery Augustus Mordeci Hunkins**

1960 - 2010

Son, husband, father, grandfather,
brother, uncle, cousin, friend, educator

You are always in our thoughts

One of Hillery's favorite quote was:

"God grant me the **Serenity to accept the things I cannot change the **Courage** to change the things I can and the **Wisdom** to know the difference."**

FROM THE PLACE OF HIS HABITATION
HE LOOKETH UPON ALL
THE INHABITANTS OF THE EARTH.

**In loving memory of our beloved father and
grandfather –**

Luke E. Joseph

Also

Our loving brother and father –

Justin S. Joseph

From the Joseph Family - NY



In Loving Memory of Lorna

My sister

Lovely daughter, beautiful sister, mother and friend,
Oh, so controversial!
Couldn't break her strong will
Red lipstick and her red nail polish
Her color of passion
Nice, most of the times,
Could be naughty to the "THE BONES"!
Always kind, loving and caring
A good friend to all

Big sister,
Valerie
9/15/11

We miss you so much you are in our hearts forever!

Lovingly remembered by

Jane – mom

Lorenzo – son

Valerie – sister & family

(Aubrey, Albert, Jaynele, Javale Varnau)

Dynel (Fritzroy) – sister & family

(Aryana, Nyomi)

Lynne – sister & family

(Allendez, Calitus)

Clarence (Marcia) brother & family

(Clarence Jr., Anika, Anya)

Trevor – brother (Alison) & family

(Nia, Trevor Jr. Amani, Travis)



In Memory of
OUR LOVING MOTHER

Mildred
"Miss. Lenny"
Warner

September 1921 -
March 2009



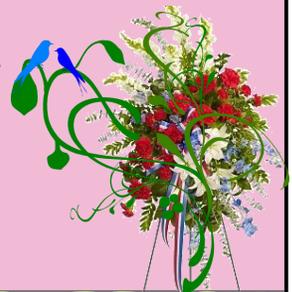
In Sacred and Loving Memory of
Sarah Pearline Warner, MBE

December 16, 1921 to June 19, 2007

Loving Aunt, Sister & God Mother, Passionate
Teacher, Dedicated Church Leader, Trusted Mentor and Friend.



A true servant of God, Auntie P was a life
-long, Faithful Church Member, Leader,
and Sunday-School Teacher of the Sandy
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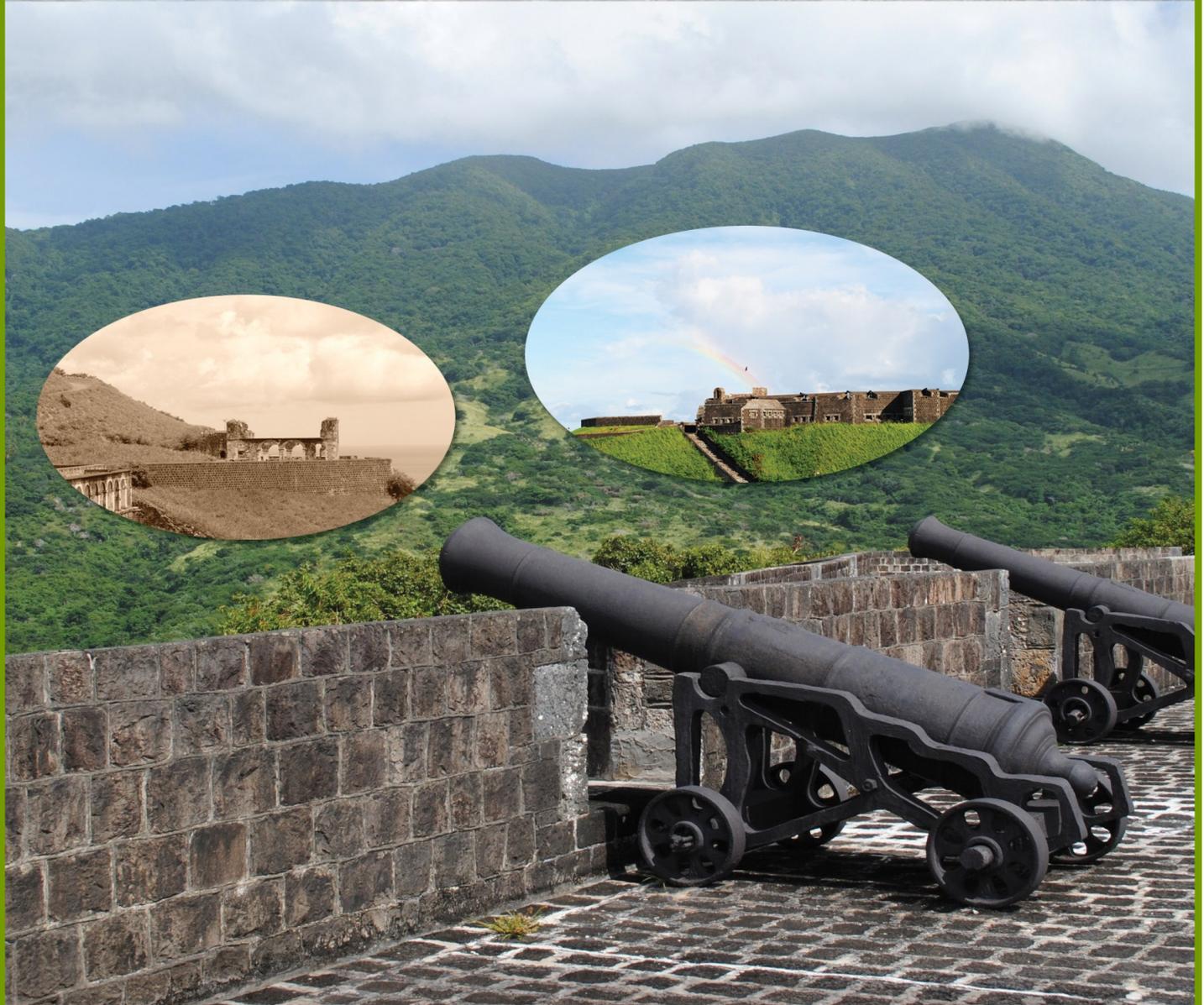
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