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10<sup>th</sup>

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## Message from the President: We are Back!



Three years – 2019 – that was our last Banquet Gala! And so immediately there is a feeling of real joy to realize this moment is truly happening. While we did not congregate in person, SPBS stayed close to its core principles of simply *giving back so others can move forward*. We recognized that moving forward was a choice we had to make. We had to discover of what we were capable. We asked how we can leap forward and stay in the game. We chose not to be comfortable but to press on despite circumstances and darkening clouds presented mostly as a consequence of the Covid 19 Pandemic. I reflect today on our theme – “Creating Opportunities and Measuring Impact”, and on a few memorable milestones since we last met in person:

**Covid 19:** We mobilized and joined with other Diaspora groups in supporting college students financially who were stranded in the US, Canada and Cuba. In that, we reached 20 students. We also joined with other patrons in securing medical oxygen machines for hospitals in St. Kitts and Nevis.

**Scholarships:** We delivered, one hundred percent, on our commitment to support College, Tertiary, High School and Primary School scholarships. For this, we remain eternally grateful to our sponsors and patrons. We particularly want to express our special thanks to the St. Kitts SPBS chapter for their creativity and inventiveness. When Covid 19 struck down Speech Day at CEMSS, they stepped in and ran two successful Scholarship Awards Galas. that allowed the community to celebrate the accomplishments of students who celebrated significant educational milestones.

**A November to Remember 2021:** We stepped into the virtual world with many uncertainties. We left with a very successful event with more financial pledges, and with a single increase in new scholarships (compared to the previous year) than any other time. We reached a broader global audience. It is precisely out of efforts like this that makes us appreciate the true pulse of the SKN Diaspora community – that our members will rally even when we see dark clouds approaching and justly support initiatives to advance social and educational advances in St. Kitts and Nevis.

**The SPBS team:** We are so ordinary! I marvel at the cross-section of experiences collectively across our group. I see the commitment to continue to find more and more interesting ways to serve. Personally, I am very excited by the network we are facilitating – we see more scholarship winners serving with SPBS; we see more scholarship winners returning as newly minted graduates and doctors. A worthy mention on our growth and influence – this is the first year we have our Patron and Guest Speaker as active members on SPBS executive team. Our legacy will live on!

We are mightily thankful that you invited us into your space and trusted us to deliver. We are thankful that you join us in celebration. Your trust propels us to dream. Your participation provides an unbeatable *power source* – we are ready to collaborate and welcome new talents and skills to realize our core theme – “*to give back so others can move forward.*”

Stewart Williams,

Stewart Williams, PhD.,

Founder & President

The Sandy Point Benevolent Society, Inc (SPBS)





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# EXECUTIVE PROFILE



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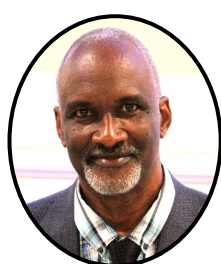
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# Thank you Avril and Rodman & Campbell

## PATRON

# HIS EXCELLENCY COP (RET'D) IAN M. QUEELEY AMBASSADOR OF THE EASTERN CARIBBEAN STATES TO THE KINGDOM OF MOROCCO



His Excellency CoP (Ret'd) **Ian M. Queeley**, a Retired Commissioner of Police of the Royal St. Kitts/Nevis Police Force, who hails from the fishing village of Dieppe Bay, in the Federation of St. Christopher (St. Kitts) and Nevis, is the Embassies of Eastern Caribbean States (ECS) Ambassador to the Kingdom of Morocco. He assumed duties as Ambassador and Head of Mission for the six (6) Independent Protocol Member States of the Organization of Eastern Caribbean States (Antigua and Barbuda, Dominica, Grenada, St. Kitts and Nevis, St. Lucia, and St. Vincent and the Grenadines), individually and collectively, on 09 September 2019. In this role, he provides vision, leadership, and strategic direction for the advancement of the development agenda of the Member States within Morocco and the wider African Continent. His Letters of Credence were formally presented to His Majesty King Mohammed VI, at the Palace Audience held on 22 January 2020, at the El Mechouar Essaid Royal Palace in Rabat, in the Kingdom of Morocco.

Prior to his Diplomatic posting in North Africa, Ambassador Queeley enjoyed a very long, distinguished and rewarding career as a highly decorated and accomplished Police Officer, with in excess of thirty-five (35) years of experience in Law Enforcement. Approximately twenty-five (25) years of this time were spent at the command, strategic management, and executive levels, culminating as Commissioner of Police. His expansive knowledge, varied experience, and extensive training enabled him to provide subject matter expertise in the areas of Criminal & Financial Investigations, Internal Security, Narcotics, Explosives, Leadership and Management at various levels nationally, regionally, and internationally. He is also a committed and skilled Senior Executive capable of critical, strategic, and analytical thinking, and Policy Analysis. He also possesses the requisite competencies and skill sets in transforming organizations and institutions including, but not limited to developing effective and efficient teams to execute missions, implement policies and improve performance. Additionally, he is endowed with creative flair, immense personal credibility, integrity, high-level communication, negotiation, and decision-making skills. Therefore, problem-solving is not viewed as a challenge but rather works diligently to overcome them.

Ambassador Queeley had the distinction of being seconded to the Regional Security System (RSS) Headquarters in Barbados on two (2) separate occasions. First, as one (1) of the three (3) Permanent Instructors selected to replace the Royal Marines after their stint of technical support to the RSS ended. In that capacity, he had special responsibility for Internal Security, Weapon Training and Physical Training. On the second occasion, some years later, in the leadership capacity of the Director of Plans, Intelligence and Law Enforcement. It was during this time that inter alia, he was very instrumental in the development and implementation of the first ever RSS Corporate Plan 2010 - 2020.

Ambassador Queeley is a graduate with distinction of two (2) of the world's most prestigious Law Enforcement Institutions. The Bramshill Police Staff College (now re-named the College of Policing) in England and the FBI National Academy in the United States. He is also a graduate of the Centre for Hemispheric Defense Studies (CHDS) in Washington DC, the National Defense University of Taiwan and the United Nations Asian and Far East Institute (UNAFEI) in Japan. He was the first and only Commissioner of Police to date from the Federation to be elected as President of the Association of Caribbean Commissioners of Police (ACCP). During his stint as President (2017-2019), he held the post of World Regional Chair for Latin America and the Caribbean within the International Association of Chiefs of Police (IACP) construct and was also a member of the Global Policing Task Force.

Additionally, Ambassador Queeley is the proud recipient of the SPBS 2015 Distinguished Alumnus and Leadership Award for leadership in Law Enforcement.

He also has membership in the following:

- Association of Caribbean Commissioners of Police (ACCP) – LIFE MEMBER
- Centre for Hemispheric Defense Studies (CHDS)
- College of Policing (COP)
- United Nations Asian and Far East Institute (UNAFEI)
- National Defense University (NDU) - Taiwan
- Singapore Aviation Authority (SAA)
- Sandy Point Benevolent Society (SPBS)

He is also the recipient of the following Service Medals:

- Independence Long Service and Good Conduct
- Medal of Honour (National Defense University - Taiwan)
- Queen's Diamond Jubilee



## GUEST SPEAKER

### DR. ALMESHA L. CAMPBELL



Dr. Almesha L. Campbell currently serves as the Assistant Vice President for Research and Economic Development/Director for Technology Transfer and Commercialization at Jackson State University (JSU). She provides support for the overall direction of the Division of Research and Economic Development, which includes Sponsored Programs, Grants and Contracts Administration, Research Compliance, Federal Relations, and Technology Transfer and Commercialization. Dr. Campbell also manages the intellectual property process from triage of invention disclosures to commercialization. She provides strategic direction and vision for defining partnerships in research, commercialization, entrepreneurship, and innovation initiatives between JSU and other institutions, funding agencies, and industry stakeholders.

Dr. Campbell is the Principal Investigator for three research projects funded by the National Science Foundation, which includes the JSU Innovation Corps (I-Corps) Site program designed to train teams of faculty and students how to commercialize their ideas. She also serves as the Executive Director for the National Institute of General Medical Sciences (NIGMS) funded EnRICH, a healthcare-focused pre-accelerator program for Historical Black Colleges and Universities (HBCUs). She was awarded the Women Business Center at JSU by

the U.S. Economic Development Administration (EDA) and awarded a grant by the Governor of the State of Mississippi to infuse virtual reality and augmented reality into the STEM curriculum at JSU. In addition to her administrative and grantsmanship duties, Dr. Campbell also teaches Venture I in the Department of Entrepreneurship of the College of Business.

Dr. Campbell co-conceptualized and created the JSU Center for Innovation and Entrepreneurship which houses the XR Academy, Makerspace (3D printing and prototyping), Learning Collaboratory, eSports Academy, production room and more. Her work in the Center has been nationally recognized by the University Economic Development Agency as the 2020 Excellence in Innovation awardee, and the EnRICH program was awarded the Lab-to-Market Visionary Award by the EDA and was featured in Forbes.

Dr. Campbell was recently elected as chair-elect of the Board of AUTM – the first black person and the first from an HBCU. She is also a board member of Innovate Mississippi and the BeanPath non-profit organization. She is also a member of the Licensing Executives Society (LES), the American Society of Public Administration (ASPA), the American Society for Biochemistry and Molecular Biology (ASBMB), and Sigma Xi. Almesha was recently named an honorary member of the National Academy of Inventors. She co-founded Global Equality and Diversity in Technology Transfer (GEDITT) to promote equality, diversity and inclusion in technology transfer across the globe. Dr. Campbell is a nationally recognized voice on innovation, entrepreneurship, tech transfer and commercialization, and a well-sought-after conference speaker and panelist.

Dr. Campbell received her bachelor's degree from the University of Central Florida, the master's degree in Mass Communications, and the Doctor of Philosophy degree in Public Policy and Administration from Jackson State University. She grew up in Newton Ground Village, St. Kitts, and attended Sandy Point High School (SPHS), where she graduated in 1993. She is married with two daughters.

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that as human beings, we are more  
alike than we are unlike"**

- Maya Angelou



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## T. COREENTJE PHIPPS-BENJAMIN



### T. Coreentje Phipps-Benjamin

was born in St. Kitts and Nevis and grew up in the former town of Cayon where she would later engage in community service initiatives that helped to shape her life and the lives of the people in her community.

Coreentje was formally educated at the St. Theresa's Convent High School in Basseterre, St. Kitts but she developed a great appreciation for her community

where she was actively involved in Anglican Church. There, she served as an acolyte and Sunday School teacher, and was deeply rooted in the Cayon Church of God Sunday School program as well. Heavily influenced by her godmother and mentor, the late Ms. Vaple Burt, Coreentje joined the Cayon Brownie and Girl Guides Group where she learned an array of life skills and developed a passion for service. Upon graduation from the 6th Form College, Coreentje ventured into the world of work with a brief stint at the St. Kitts and Nevis Social Security office, followed by a 3-year tenure at the St. Kitts, Nevis and Anguilla National Bank.

Coreentje was a track athlete during her high school years and also found success as a netball player, excitedly garnering the nod of national coaches to represent St. Kitts and Nevis in several Under-23 National Championships, as well as the National Senior Netball Championships. In 1997, when she was selected to attend netball trials in Jamaica for possible selection on the West Indies Netball Squad, Coreentje opted instead to pursue higher education at Alabama State University where she earned a degree in Computer Information Systems. She also pursued a master's degree in International Business Relations while building a career in the field of Communications. Upon graduation from Nova Southeastern University, in 2007, Coreentje's confidence in working more intentionally in her Diaspora community was heightened. She partnered with several like-minded community individuals to create the not-for-profit organization, Green Valley Global. Since February 23, 2007, the organization has engaged in an exhaustive list of community outreach work, including shipping hundreds of books to the Cayon Elementary and High Schools, providing medical supplies such as walkers, canes, and wheelchairs to individuals, and to the Cayon Community Health Center.

The organization has hosted several luncheons, concerts, galas, youth events, and has spearheaded donation drives following hurricanes Irma and Maria in 2017, to assist in relief efforts for the people of Antigua and Barbuda, as well as Dominica. During the Covid-19 pandemic, Coreentje's team served as a bright light of hope for several students by providing financial assistance and counsel during some of the darkest days of the pandemic. As Co-Founder of the Green Valley Global organization, Coreentje envisioned an organization that would avail itself to others from the community of St. Kitts and Nevis to assist with providing a

host of services that positively impact the lives of others in the US and in her native St. Kitts and Nevis. She continues to align with all individuals who are interested in working for the advancement of others and for her homeland of St. Kitts and Nevis.

Coreentje has garnered a reputation as a highly motivated communication professional with over 15 years of leadership experience in developing and implementing communications strategies. She holds an extensive portfolio and network in communications and is highly efficient in building and expanding contacts, as well as developing, enhancing and reviewing content for print, electronic and social media to communicate information across public, private, and non-profit sectors. Coreentje served with distinction for five years as the Diaspora Advisor to the Ambassador of St. Kitts and Nevis to the United Nations from November 2015 to July 2020. Prior to that role, she worked as a Communications Manager at a New York City Law Firm. She is currently a Senior Marketing and Communications Administrator at a renewable energy company headquartered in Danbury, Connecticut. She also served as a member of the George Washington University Digital Marketing Advisory Council, offering current marketing strategies and tactics that help companies win in today's hyper-competitive marketplace.

Coreentje is the host of Platform & Possibilities, an informative podcast she created in 2021 to capture the stories of service and business providers from the St. Kitts and Nevis Diaspora and beyond. She uses multiple social media platforms to share the stories of our people and is a freelance writer and blogger who also shares stories that interest her followers or visitors to her social media sites. Coreentje blogs on Facebook, Instagram, YouTube, Anchor, LinkedIn and on local Caribbean news websites.

Coreentje is guided by Bob Marley's song "Pass It On", from which she crafted her mantra with his words: "Live for Yourself, You'll Live in Vain, Live for Others, You'll Live again; In the Kingdom of Jah Man Shall reign; pass it On". Coreentje finds beauty in serving and hopes her legacy will inspire others to live life fueled by service to others.

Coreentje is the fourth child of Bernard and Tryphine Phipps. She's also a wife to Winston Benjamin, mother of Kayin Benjamin and Stepmother of Iyasu Benjamin. She enjoys freelance writing, blogging, sports, and volunteering. Look out for Coreentje's next venture coming soon!

**"Service to others is the rent  
you pay for your room here  
on earth"**

*-Mohammad Ali*





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# DISTINGUISHED COMMUNITY SERVICE & CULTURAL ICON

## SYLVESTER “KING SOCRATES” HODGE



**Sylvester Hodge**, aka King Socrates, has been a name synonymous with the development of culture within the Calypso Art Form, over the last forty-plus years. As a singer, song writer, musical arranger and band leader, Sylvester has not only created a name for himself locally, regionally and internationally but has been instrumental in assisting in the development of many other calypsonians, by unselfishly sharing his skills in song

writing and musical arrangements amongst them.

In 1994-95 Sylvester was recognized by the Department of Tourism and awarded the title of Best Solo Performer in the field of Performing Arts. Sylvester has helped in no small way, to develop the platform on which the female calypsonians can now stand against their male counterparts, in the national calypso monarch competition, even to the point of successfully representing our Federation, regionally. The same fervor is applied in helping the next generation of calypsonians to take the mantle to the next level. This was all part of Sylvester's dream when in 2000 he founded the Legends Band / Calypso Tent. It was designed so that more calypsonians, males and females, young and not so young, could be developed, at no cost to them. In Sylvester's mind, his accomplishment of winning some 17 calypso titles at various levels of competition both locally and regionally, pales in comparison to the contribution he has made to the career of the many others, who are now paying it forward by way of maintaining the high standard of the calypso art form that is very highly respected, locally, regionally and internationally. This he sees as his greatest legacy.

A six-time National Calypso Monarch, the 2005 Leeward Islands Calypso Monarch, three times Federation Calypso Monarch, the 1993 Independence King of Kings Monarch. As of 2013, King Socrates has been the favored guest performer and calypso judge for the Association of British Calypsonians, during the annual Notting Hill Carnival Festivities in London, and has been featured in a live

performance on BBC London. In 2016 King Socrates was the recipient of a lifetime achievement award from the calypso fraternity of Antigua and Barbuda, for his contribution to the development of culture in their country. In 2018, King Socrates was duly recognized by The Governor General, Sir S. W. Tapley Seaton, and was conferred a national award for his contribution to the development of culture, through calypso.

In addition to his many exploits as a successful entertainer, Mr. Hodge has also distinguished himself by founding and leading a vibrant new organization, the Sandy Point Heritage Society (SPHS). The SPHS researches, records and restores key cultural and historical information about the Sandy Point area. Mr. Hodge has been a major influence on the formation of the society and on its mission and day-to-day activities. He has convinced one of Sandy Point's leading businessmen to commit to providing a physical facility in Sandy Point that will serve to host many visual and audio artifacts of Sandy Point and Sandy Pointers, which would be made available to the general public. Mr. Hodge has led the charge of acting upon this inspiring vision by purchasing the necessary video recording equipment and then going out to visit with and personally conduct video interviews of numerous outstanding Sandy Point stalwarts, including Calvin Farrier, Sylvia Mills, Angelina "Teacher Ann" Revan and Milton Smith. He has since edited most of these video recordings and made them available for consumption by the general public via social media. This is undoubtedly a genuine labor of love by the King, having done most of this "Sandy Point StoryCorps" initiative almost exclusively. Beyond its core mission of ensuring the heritage of Sandy Point is captured and made available for generations to come. Mr. Hodge has been a major influence in guiding the SPHS in recent times to also step into the breach to support current Sandy Pointers in need. This includes facilitating the donation of school uniforms to needy students in Sandy Point, by a successful son of the soil, as well as pushing SPHS to honor fathers in Sandy Point on Father's Day, in collaboration with a major St. Kitts firm.

In addition to the above, Mr. Hodge has been a very popular and successful taxi operator in St. Kitts. He is a past president of the St. Kitts Taxi Association where he has advocated vigorously and successfully on numerous occasions on behalf of his fellow taxi operators. All in all, Sylvester "King Socrates" Hodge has made many lasting and ongoing efforts to the advancement of Sandy Point and St. Kitts. Truly, a King in name and action.

**"I intend to live life, not just exist."**

*- George Takei*





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### ELOISE HERBERT



“Your purpose in life is to use your gifts and talents to help other people. Your journey in life teaches you how to do that.” ~Tom Krause  
Producer. Creative Director, Broadcaster. Philanthropist. **Eloise Herbert** is an inspiration for those looking for a fresh perspective and a different outlook on life. Her voice resonates with individuals from diverse backgrounds. Herbert’s persona is an amalgamation of various abilities and innate qualities. Four passions define her: family, food, film, and philanthropy. Her vast

experience, coupled with her creative energies, helps her bring about an immense change in the lives of those around her. She enjoys working with small brands and women-owned enterprises. Currently, she’s invested with Project Excel, M.E.Minds, Maisha Project, the Heifer Foundation, the Sandy Point Benevolent Society, and other community volunteer endeavors in Boca Raton, Florida.

#### Academic Credentials and Experience.

Eloise Herbert acquired her bachelor’s degree in Communications from Cameron University, Oklahoma, and a Master’s in Human Relations & Leadership from the University of Oklahoma. Moreover, she has completed Film Studies at the Miami Media School, Florida. Her academic background and vast experience as a broadcast journalist position her

perfectly for solid leadership roles ahead in life. Herbert has a firm grasp of the relevant marketing, design, and industry technicalities and remains up to date with the changing trends in the industry.

With almost 20 years of professional experience, she has employed media skills and has contributed to numerous productions. She has worked on platforms including BBC Caribbean, OECS Newslink, ZIZ Broadcasting Corporation, OU Nightly, and CUTV News. Adept in media/content production, Herbert has mastered every element from pre-to-post-production with a firm grasp on minor details. Her journey to building her brand challenges is challenging, but she remains steadfast.

#### Future Endeavors

Lady Eloise is transitioning to independent film production, where she can explore new horizons. She hopes to reach new heights in this field and formed new alliances to establish Kalinago Productions and The Sweetest Mango Productions. Given her extraordinary credentials, it’s only a matter of time before she can make a lasting impact in the world of films.

She will continue to juggle her passions and grow as an individual to self-actualize. Moreover, she hopes to continue positively engaging with those around her to inspire and help them on their way to lasting success.

Regarding her philanthropic endeavors, Herbert hopes to segue into refugee and displacement issues. Making a difference in the lives of others defines her personality, and she is confident that her experience and career will help her mold others lives in the right direction.

## DISTINGUISHED COMMUNITY SERVICE

### TESSA ALLEN-DENNEHY



**Tessa Allen-Dennehy** is one of the quiet boosters of SPBS who help the organization advance its financial obligations, especially as it relates to its education endeavors. She was born in Sandy Point, Saint Kitts, and graduated from Sandy Point High School. After high school, Tessa worked at an offshore bank in Basseterre after which she left for the U.S. to pursue her college education at Rutgers University, where she earned her Bachelor of Science degree in accounting. After taking graduate

classes at Rutgers, she worked as an accountant for several years. Eventually, after establishing herself in the field, she decided to launch her own organization, House of Hope and Love, that tended to teens with substance abuse issues. It particularly focused on teens dealing with pregnancy, homelessness and substance abuse issues. Becoming the CEO of

her 501(c)(3) non-profit gave her the opportunity to engage with government officials during the launch and her fundraising events.

Over many years, Tessa has consistently donated to SPBS. The pride of her engagement has been to sponsor a Scholarship Award for the Valedictorian for Verchilts High School. She has done this for almost a decade. Equally importantly, her engagement with SPBS is a growing family commitment. Her daughter, Briannagh D, has been a fixture as an entertainer at the SPBS Annual Awards Gala. Tessa has also made several contributions to different Kittitian organizations since her migration to the U.S. She has said that she is excited about contributing because she wants to give back to the community that gave her the foundation to get to where she is today. Tessa and her husband instilled the same educational ethics in their two children by having sent them to the two most well-renowned boarding schools in America. Her son is completing his high school education at The Lawrenceville School in New Jersey and her daughter finished up her high school education at Choate Rosemary Hall and is currently an undergraduate student at UCLA.





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# DISTINGUISHED LEADERSHIP & COMMUNITY SERVICE

## JACQUELYN P. PAYNE-SMITH



Jacquelyn P Payne-Smith is one of the silent cheerleaders of SPBS. She helps the organization advance its motto, **"We give back so that others can move forward"**. She was born in Sandy Point, St. Kitts, attended the Sandy Point Primary School, and started her secondary education at the Sandy Point High School. She completed her high school education in the Bronx, New York when she migrated to the United States of America in

February 1975.

After high school, Jackie attended Baruch College and graduated with a Bachelor of Arts degree in accounting. Upon graduating from college, Jackie was employed at multiple companies in different roles including Accountant, Accountant Consultant, HR Manager, Chief Accounting Officer, and Tax Accountant. In 2011, she branched out and started her own business.

Jacquelyn Payne-Smith is the Founder and President of JP Payne Accounting Services. Has been a sole practitioner for more than ten (10) years and focuses on accounting and tax work across the

board for individuals and small businesses. Jacquelyn has over thirty (30) years' experience in Public, Governmental and Non-Profit Accounting. She received her EA (Enrolled Agent – Certification of Enrollment from the IRSA) designation in 2011. Jackie shares her expertise as she is the Treasurer for the NYSIA Westchester Chapter (NYS Society of Independent Accounts) and a Board member for NYSSEA (NYS Society of Enrolled Agents). Jackie might have gotten her entrepreneurial spirit from her grandmother, Ms. Webb, as anyone who attended the Sandy Point High School around the 1970s/1980s would have remembered journeying off the high school premises during break time to purchase those lovely confectionaries (sucker and potato pudding) that her grandmother used to produce for sale.

Since SPBS began hosting its annual Awards Banquet and its Easter Breakfast, Jackie has repeatedly donated to SPBS, and she has done this consistently for almost a decade. She has also attended every one of SPBS' breakfasts and banquets and if you read all the magazines that the organization has produced, you will note that there's always an advertisement for **JP Payne Accounting Services**. Equally importantly, her engagement with SPBS has seen her prepare the SPBS annual tax returns, pro bono.

Jacquelyn P Payne-Smith is married to Mr. Collin Smith, another proud Sandy Pointer and they both reside in the city of Peekskill, New York.

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## SPBS UNDERGRADUATE SCHOLARSHIP



**Chauntia Thomas**

environment was piqued upon the commencement of studies at Clarence Fitzroy Bryant College in completing my associates degree in Natural Sciences with the elective Environmental Science. This elective exposed me to the many problems that we are facing in the world today that involve the destruction of the environment as a result of human practices. Through this class I was able to get exposure from a voluntary project, called Environmental and Conservation Leaders Project. This was extended from February to October 2019. It was hosted by Dr. Luis Cruz-Martinez, and Ms. Sheryl Bass at the Ross University of Veterinary Science.

This scholarship would be of assistance to me by allowing me to continue to pursue a bachelor's degree in Environmental Biology at Western Illinois University. Finance has been an issue for me. Hence, with assistance from your prestigious organization, I would be able to continue my studies which will move me one step closer to my final and overall goal of becoming a marine biologist. With knowledge that would be gained from my educational

I am embarking on my career path to become a marine biologist by first attaining my bachelor's degree in Environmental Biology at Western Illinois University. My interest in the

journey, I would be able to invest in and contribute to my country in relation to environmental problems that we may be experiencing. For example, the ocean has always been a major resource for our nation of St. Kitts and Nevis which has benefited both the tourism and fishing industry, two important industries to the nation's economy. Throughout my voluntary work on the Environmental and Conservation Leaders Project, interestingly, I learned about the Narrows, a channel in the sea between St. Kitts and Nevis, which is home to many seagrass beds that serve a plethora of various organisms. Two purposes of the seagrass beds include being a nursery and feeding grounds for small fish, as well as a hiding place for turtles from predators.

Unfortunately, the movement of boats across this channel on a regular basis affects the seagrass beds greatly by destroying them along with their niches. Resultantly, this can affect the reproduction rate of fish in the respective fishing areas. Also, this issue may lead to a decrease in biodiversity in the surrounding areas, which serve as superb snorkeling sites for tourists. With the use of the knowledge obtained from completing my undergraduate studies, I would be able to find possible solutions to this issue and other issues pertaining to this field of study in the Federation.

Being awarded the SPBS Undergraduate Scholarship would be an appreciative, major honor and will aid in my pursuit of attaining my bachelor's degree in Environmental Biology and ultimately, achieving my career goal.

## SPBS VERCHILDS HIGH SCHOOL GRADUATE SCHOLARSHIP



**Galesha Henry**

undergraduate degree at the same university and hopes to become a Certified Professional Accountant. She is a proud alumna of the Verchilds High School. Galesha began her professional career as an Internal Auditor at St. Kitts Trading and Development Company, (TDC). She then went on to become a Junior Financial Inspector at the Financial Services Regulatory Commission – St. Kitts Branch. It

**Galesha Henry** is currently a graduate accounting student at Midwestern State University, Wichita Falls, Texas. She recently completed an

was there that she developed her passion to become a Certified Fraud Examiner and expert in Anti-Money Laundering and Terrorist Financing. Galesha is also very community-oriented, and she prides herself on 'giving back'. She has been involved in several community groups which focus on building and developing the Trinity Community and assisting the youths with their academic endeavors. Galesha's ultimate goal is to always make her parents proud and to prove to them that their sacrifices were not made in vain. She is inspired by the quote "EVERYONE can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do" – Nelson Mandela.

Many thanks to SPBS for providing me with this scholarship as it will go a long way in assisting me in completing my course of study.





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# SPBS RIGLEY GUSHARD MEMORIAL SCHOLARSHIP



**Aquilya Smith**

My name is **Aquilya Smith**. I am a third-year student at **Saint Mary's University** in Halifax, Nova Scotia, Canada. I am pursuing an undergraduate degree in accounting with a minor in Computer Science.

Before coming to Canada, I worked as an accounts clerk at one of St. Kitts and Nevis' leading organizations. During my 10-year tenure, my passion for accounting grew tremendously. Despite, having the experience, it was necessary for me to acquire the necessary skills and credentials. As my school career progressed, I have since received two scholarships from the university.

They are Mitacs Research Training Award and the Dr. Anthony Sebastian Scholarship. The Mitacs Research Training Award assisted me in gaining paid work experience in the Computer Science field while being supervised by one of the Department's Accounting professors. The Dr. Anthony Sebastian Scholarship assisted me by relieving much of my financial struggle.

My perspective on life is to make my existence worthwhile by balancing inner joy and divine intervention with community service because one does not truly start living until you give back to society. My devoted, compassionate, considerate, sharing, and empathetic nature allows me to effect change effortlessly because I genuinely want what is best for others. I take this opportunity to thank the Sandy Point Benevolent Society and by extension Dr. Hannah Guishard for this scholarship.

# SPBS SIR HUGH & CLAUDETTE LADY RAWLINS SCHOLARSHIP



**Davin Francis**

My name is **Davin Francis** and my aim is to become a highly qualified advocate for mental health and wellness issues for minority populations. My advocacy skills will be used to develop the mental health landscape of St. Kitts and Nevis, the country of birth. Another goal is to

acquire scientific research skills and methods to conduct health disparity and inequity studies. The main area of research will focus on mental health stigma and attitudes, which will shape and influence mental health education and policy.

## Education:

- BA Psychology Magna Cum Laude, University of the Virgin Islands, 2011: Senior research project was entitled "Attitudes Towards the Physically Disabled."
- MSc Psychology (Foundations in Clinical & Health Psychology) Merit, Newcastle University, 2014: The dissertation for this project was entitled "Mental Health Stigma in

St. Kitts: An assessment of attitudes, perceptions and causal beliefs."

- PH.D., Clinical Psychology, **Jackson State University** (JSU), 2021-2026: I am currently in the first year of doctoral studies. I currently serve as the JSU Research Pool Graduate Assistant, where I oversee colloquia and research projects in the Psychology Department. Additionally, I am in the process of writing the policy document for the Research Pool. As it pertains to future research, I intend to conduct my second-year research paper on depression stigma and help-seeking behavior among minority populations.

## Awards, Fellowships, Grants:

- St. Christopher & Nevis Social Security Board, Robert E. Manning Undergraduate Scholarship Award, 2008-2011:
- Commonwealth Scholarship Commission, Commonwealth Scholarship Award, 2013-2014:
- Organization of American States, OAS Graduate Scholarship, 2021-2023:

I can now add the Sir Hugh and Lady Claudette Rawlins Graduate scholarship, for which I am truly grateful.



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# SPBS PRINCIPAL'S AWARDEES



**Aaliyannah Byron**  
**Newton Ground PS**

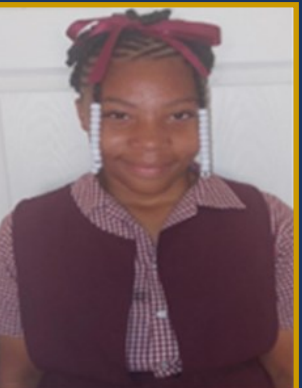
90 per cent at the end of each school year. It was

**Aaliyannah Byron**, daughter of Ms. Triska Francis and Mr. Alister Byron, stood out upon her enrollment at the Newton Ground Primary School (NGPS). Her academic competence was evident from her first term. Throughout her primary years, she continued to shine. She has always placed in the top 2 positions in her class, with a minimum average of

90 per cent at the end of each school year. It was

therefore no surprise that Aaliyannah graduated at the top of her class in Grade 6, as Valedictorian. Her impressive grade 6 average was 96 percent. At her graduation she stood out with First Class Honors and Distinction. Aaliyannah was also awarded Best Student in Mathematics, Language Arts, Science and Technology, and Health and Wellness.

At the NGPS, Aaliyannah is considered a model student. She is highly respected for her dedication, hard-work, and positive attitude towards learning. She is also very respectful of her teachers, classmates, and herself. Aaliyannah often emerged as the school's representative in competitions, such as Reading and Spelling Competitions. There is therefore tremendous confidence that Aaliyannah will continue to shine during her high school years at the Charles E. Mills Secondary School.



**Zavoné Jeffers**  
**St. Paul's PS**

School.

Zavoné has always been academically focused and often seems a perfectionist. In fact, there were many times when Zavoné chose to forgo playing

Born in September 2010, to Zemone Marriott and Zavier Jeffers, Zavoné Jeffers always wanted to understand why things were the way they were. She has been very tenacious in problem solving and all puzzles are her favorite things to do. Zavoné journey through the St. Paul's Primary School has been on marked with successes. She has consistently placed first in every grade at the St Paul's Primary

outside at breaktime, to stay in the classroom and review her school work, read her textbooks or just engage in leisurely reading. One of her hobbies is reading, and such is this passion that her family sometimes considers it a very formidable task to supply books to satisfy her insatiable appetite for reading material. It is no surprise that she is the 2022 Valedictorian at the St. Paul's Primary School.

Zavoné has a myriad of interests, hobbies, and aspirations. Chief of these is her desire to be an entrepreneur with multiple endeavours. She loves and cares deeply for animals and therefore hopes to be a veterinarian. She also aspires to have a business where she can be a cosmetologist for she greatly enjoys doing creative things with hair, nails and makeup. Zavoné's focus, determination, discipline and humility have propelled her towards greatness thus far. There is no doubt she will continue on her journey towards greatness at the Charles E. Mills Secondary School and accomplish all she that aspires to do.



**Denyjah Matthew**  
**Sandy Point PS**

throughout her primary school years as the top student. It was therefore a very pleasing accomplishment for her to be declared the 2022 Valedictorian at the Sandy Point Primary School. Denyjah is quite driven, and she feels that no

Denyjah was born in September 2010, in Fig Tree, Sandy Point to Rovena Matthew and Denver Farrell. She is an avid reader who reads many genres of books. Her parents often encourage her to expand her knowledge by regularly reading. This encouragement has instilled in her an appetite for success. She has been starring

challenge is too great for her to undertake. This has contributed to her confidence in many of the tasks in which she has engaged. She has therefore represented the school in several interschool competitions such as quizzes, and elocution. In her church community, she is a member of the youth group, a regular feature for concerts and programs for her oratory presentations. She is good at dramatic presentations. For several years, her voice has been one of the regular children voices on the ZIZ Radio Saturday morning children show, Totally for Kids.

Nyjah as she is affectionately called, is very caring, helpful, and considerate. Wherever she is, she is often seen giving assistance to others, and she has often been described by those she has helped as a blessing. Her hobbies include sewing, reading, and designing clothes. She has indicated that her aspiration is to be a lawyer by profession. Denyjah has a brilliant future ahead into high school.



# Congratulations from Green Valley Global, Inc.



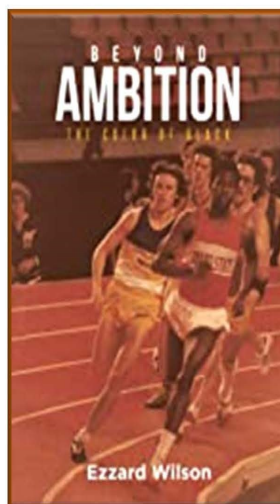
*Green Valley Global, Inc. Salutes the S.P.B.S., Inc.,  
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## Beyond Ambition: The Color of Black

By: Ezzard Wilson

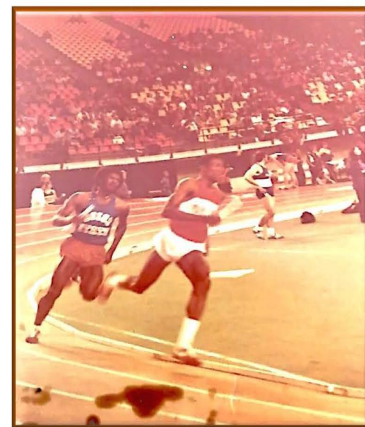


Beyond Ambition is a riveting and compelling memoir signifying the hardships, trial and tribulations of a young struggling athlete, Ezzard Wilson, who came from humble beginnings, all the way from the tiny island of St. Kitts to attend college for the first time in America.

It emphasizes the vicissitudes of an inexperienced young athlete, the difficulties he faced coming from a different background, and later showcasing his many successes and accolades he achieved during his illustrious college career.

It also shines a light on the athletic career of my late friend and colleague, Kenrick Clifton, who is also featured in this book (May he rest in peace).

The author grips your attention throughout this book, which will now earn its place in the history of athletics in the federation of St. Kitts and Nevis



*Ezzard (Idaho State) and Kenrick (Boise State)  
battling for 1<sup>st</sup> place in the 4 x 4 relay*

*The book will be on sale for a discounted price of only \$20.00. Please take  
advantage of this opportunity and get the Author's autograph at the same time.*

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## ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH



Helen Keller hit home when she penned "Alone we can do so little; together we can do so much." The Sandy Point High School, renamed in honor of a visionary educator, now the Charles E. Mills Secondary School has been a shining example of academic excellence, artistic inspiration, and athletic dominance. Nestled by principles and its mantra of excellence, this very institution owes its attributes to its educators, staff, students, supporters, and organizations like the pristine Sandy Point Benevolent Society, affectionately known as SPBS.

This organization is populated by diverse eager leaders of the soil from the town of Sandy Point, St. Kitts, who share a passionate vision and who wish to give back to their community and country, while making a positive difference. They have envisioned the future, creating an ideal and unique image of what the organization can become and how they can assist people to achieve their dreams. Through their magnetism, quiet persuasion, and contributions they enlist others in their dreams.

Every day we are amazed by our school and community who use innovation, ideas, and service to create impact from the local to global level we are inspired. *Every time we enter the hallowed halls of our institution*, we are empowered and comforted by the fact that there are people who are fulfilling their own missions by turning a difficult story into a good story. By doing so, we get to fulfill our mission by delivering the message that we all have a voice and the power to make a difference.

The Steel Pan and Drum Set that was donated by SPBS feeds our culture of music. It gives our teachers and students the avenue to learn, communicate, express, and promote our musical culture, while developing and enhancing talents and skills. The contribution by SPBS to our school quiz cannot go unmentioned. The five soon-to-be-installed access points will boost internet connectivity and engagement. At the pinnacle of it all is the SPBS scholarship program. The scholarships provide an opportunity for people to earn an education. Without assistance from an outside source, students who are deserving or who may have difficulties, you were able to fill the gap. You have fueled alumni and present students, from the basin and beyond, for generations.

In the words of Jamaican singer Koffee, "Gratitude is a must." Your unsung song will forever be echoed by the school, community, and the country. The Charles E. Mills Secondary School has undergone a rapid evolution to become the cornerstone it is today, and we thank you for being a cog in the turning wheel of this growth. We are indebted to you for the tremendous support that you have given to us since the inception. Your rock-solid support system, encouragement and contributions are invaluable. Without your help, we would not have been able to achieve excellence. We look forward to your continued assistance and collaboration as we build an educated and secure future together.



**"Education is the most powerful weapon which you can use to change the world"**



**- Nelson Mandela**





# CONGRATULATIONS

## Ty Duggins CdeP 22



On his way to Syracuse University in Upstate New York.

We love to see black scholars prevail!



# MEMBERS OF SPBS MENTORSHIP PROGRAMME DOING EXEMPLARY THINGS

The SPBS is proud to see that persons who have participated in its Mentorship Program have been shining in different areas.



In July, it was with much elation that the SPBS family saluted **Dr. Joyan Wiltshire** on the completion of her doctoral studies in medicine. Joyan who served as a mentor in the SPBS mentorship program before travelling to Cuba for studies, has been a committed member of the group. We are super proud of her and look forward to her return and continued involvement in the Mentorship Program.

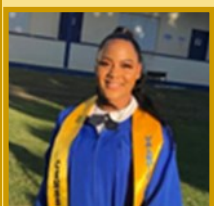


Just recently, **Ms. Gariel Bowry**, another member of the Mentorship Program, graduated with a bachelor's degree in Psychology from Medger Evers College in New York. Gariel was a mentee in the SPBS Mentorship Program until she migrated to the United States to pursue her undergraduate studies. She is now preparing to start her master's degree in Mental Health Counselling.

In the professional realm, we have seen our current mentor, **Ms. Sharine Woodley**, has been promoted to Principal of the Dieppe Bay Primary School. Prior to this promotion, she served as the School's Assistant Principal. In April 2022, Ms. Woodley assumed the leadership of the school and is already drawing the attention and support of the stakeholders, especially the parents and the community. Ms. Woodley is one of the more mature members of the mentorship group and she has been able to leverage her past experiences as some of the mentees' former teacher, to advance the work of the Mentorship Program.



It was a day of great elation for the SPBS Mentorship Program when one of our very own mentors, **Ms. Tecova Warner**, returned the best CAPE results in the Federation in September 2020. This significant accomplishment earned her the distinction of being the 2020 State Scholar. This is a very prestigious national award and we have been overjoyed that Tecoya has been able to secure this national recognition while being involved in church, dance, and the SPBS Mentorship Program.



**Ms. Dariela Warner**, one of our mentees who transitioned to being a mentor, when she advanced from high school to the Clarence Fitzroy Bryant College, is well on her way to secure the same national award that Tecoya secured. At the end of her first year at CFBC, Dariela already distinguished herself in her performance in several CAPE areas. She was number 2 on CXC CAPE

Regional merit list for Law Unit 1, having attained the second-best results in this discipline among all of the students in the region, who sat examination in this area in 2021. Locally, for the 2021 national merit list, she was in the top 2 positions in Biology Unit 1, Chemistry Unit 1, Communication Studies Unit 1, Law Unit 1 and Pure Mathematics Unit 1. We look forward with great anticipation to the release of the 2022 CXC Cape Results later this year.

At the Charles E. Mills Secondary School most recent graduation ceremony, our three graduating mentees, Zonya Williams, Devondre Edmeade and Juyvonna Jeffrey, were recognized for their very commendable results from the CXC- CSEC regional examinations.



**Zonya Williams** received the best results in Geography, Physics, Technical Drawing, and Human & Social Biology. She was also recognized as the student from Newton Ground, who received the best results in Science,

Physical Education & Sports.



Our **Devondre Edmeade** was the overall best young man of the graduating class, and student from the St. Pauls Community who received the best results in that cohort.



Graduating as the Valedictorian was our **Juyvonna Jeffrey**, took home many awards for most outstanding performance in several subject areas: Visual Arts, Modern Languages, Integrated Science, French, Fashion, Clothing & Textile. She received many other awards for being the best female student, having the best overall performance, being the best student from the Sandy Point community, and having an outstanding academic performance with active participation in extra-curricular activities. Our mentees shone bright like diamonds.



Beyond the academics, our mentors and mentees have been starring in other areas. Mentor **Ms. Azariah Vanterpool**, was selected as the Team Manager for the National Handball team that travelled to Mexico in April to participate in a tournament. Though young, Azariah's organizational and interpersonal skills and her passion for success enabled her to work with a group of mixed aged men who comprised the playing team. And she commanded their respect.



Tivadi Herbert

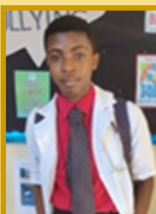
In the realm of basketball, two of our male mentees are emerging national sensations in the category of junior basketball. During the recently concluded St. Kitts Amateur Basketball Association (SKABA) Junior League, our mentees **Tivadi Herbert** and **Kahyl-El Warde** were among the league's outstanding players. Tivadi was recognized for having the most rebounds in the tournament as well as the most valuable player. While Kahyl-El received the trophy for the player with the most assists.



Kahyl-El Warde

Both promising young lads are members of the school as well as the St. Paul's Tuff Knots Basketball team.

They are doing an excellent job of balancing their basketball with their academics.



Our mentees are not just shining in sports. Some of them have been shining in extra-curricular activities as well. Mentee **Josiah Hodge** contested the student council elections and was elected as the third form representative. He also won the Modern Language Quiz competition within the school. In addition, Josiah represented the School in the Heritage Month Quiz.



Then one of our youngest mentees, **Janiqua Williams**, represented the school in the ZIZ Goldwin Caines High School Speech competition. She was the youngest participant and she was adjudged in third place. Our mentees are certainly showing that they are well-rounded individuals who are capable of more than an outstanding academic performance.

We celebrate the achievements of all of the mentors and mentees, who have been doing an outstanding job in diverse areas.



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# Tribute to His Excellency Ambassador Extraordinary and Plenipotentiary Vance W. Amory



His Excellency **Vance W. Amory** was a man of outstanding character. He lived the motto, "Country Above Self". His daughters, Abena and Adeola, and his entire family are immensely proud of his achievements and the tremendous accolades bestowed on this pleasant and loving man.

Many people would have gained knowledge of His Excellency, Vance W. Amory, from the various roles he occupied throughout his life and the span of his professional career.

Mr. Amory was an exemplary man in many ways. The many roles he held speak truth to this. He was an accomplished cricketer, a man of God who taught the gospel, a schoolteacher and a politician. At the age of 28, he assumed the role of headmaster of the Charlestown Secondary School. He later moved on to become a Bank Manager, Permanent Secretary and then Premier of Nevis, leading the Concerned Citizens Movement (CCM), a political party he founded.

Education was paramount to Mr. Amory. He was a High School Principal, and Minister of Education in the Nevis Island Administration (NIA). During his tenure as Principal at the Charlestown Secondary School, he took steps to ensure that his students were well-rounded, and as Minister he encouraged and supported sports and academics in all schools in Nevis. He instructed his students to work toward achieving the highest

level in education and their chosen professions. Every year he gave a scholarship to the most outstanding student at the Joyce Liburd Primary School, formerly Gingerland Primary School. He also provided students with scholarship funds for books and other school essentials.

Mr. Amory had a passion for the game of cricket. In his youth, he started playing at primary school level, and grew progressively proficient at the game. In the years that followed, he developed into an accomplished cricketer. He played on the Combined Leeward and Windward Islands team and the West Indies Board of Presidents XI team. He intimated that these were some of his significant achievements in the game of cricket. He recalled playing on a team that won the prestigious Shell Shield Trophy, which was his grandest athletic achievement.

The Honourable Mark Brantley, Premier of Nevis, described his Excellency as "a man who demonstrated a level-headed and controlled nature, undergirded by a superior quality of character that will serve generations as a benchmark of stellar leadership". Mr. Brantley lauded His Excellency's contribution to education, sports, economic advancement, democracy, and diplomacy, all of which bear his "mark of distinction for eternity".

Her Honour Hyleeta M. Liburd, Deputy Governor General remarked that Mr. Amory was "a man of class and integrity, who has positively impacted St. Kitts and Nevis and the lives of many. His kind-heartedness and humility will remain a hallmark of the person he was".

The Honorable Prime Minister, Dr. Timothy Harris, also commented that "His Excellency believed that in all exists the capacity and willingness to extend love to each other and to execute what is always right and noble to put forth justice for all".

His Excellency will be sorely missed. His uncommon gifts, and wealth of abundant contributions to the people of St. Kitts and Nevis are virtually irreplaceable.



## Purpose and Deliberation

*By Ermyrn (Frederick) Murray*

Reading this year's banquet theme affected me viscerally. I immediately felt a physical change in my body but could not readily describe what was happening. So, I dove into English Teacher mode, conducted a textual analysis, and concluded: There's eloquence in the simplicity of the word choice; the absence of flowery adjectives, the avoidance of alliteration gives way to the power of the parallelism in language use. Only then while laughing at my own ridiculousness did I understand. The theme draws us in and transforms the moment, and leaves us feeling light, airy, and expectant. It challenges us and simultaneously compels us to accept the challenge.

I believe that the theme, measuring impact and creating opportunities, dares us in our own lives to be more like the organization we support. It demands for us to be reflective and engage in non-defensive self-examination. This mindset holds that the purpose of evaluation is not punitive or congratulatory; instead, it is to identify missed opportunities we can then use to guide our way forward. This allows us to avoid repeating mistakes. This is the path to sanity as per Einstein's theory of

insanity: "doing the same thing over and over again and expecting different results." It is the elixir that helps us move forward from grief after tragedy.

Successful movements, effective political leaders, great companies, enduring non-profits routinely make an overall assessment of performance as a prelude to decision-making that will impact the next year, the next five years, the next ten years. And at designated points between those goalposts, they evaluate how on target they are. But how often do we do this in our own lives? How deliberate are we in charting the course of our lives? Or does life just happen to us and forever derail certain goals?

To paraphrase Socrates, we must examine our lives, so they are worth living. Since we only have this one life, to make it the best life we could lead, to leave the world better than we entered it, we must live with purpose and deliberateness. Our purpose must extend beyond fulfilling our own desires, beyond accumulating the material things that make our lives comfortable. We must be deliberate in examining how our pursuits, achieving our desired ends impact others, and then we must carve out opportunities for those most affected.



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## TRIBUTE TO KENRICK W. CLIFTON ESQ.



Kenrick Withington Clifton was born on 3 December 1960, in Sandy Point, St. Kitts. He attended primary school in Sandy Point, where he showed exceptional ability both in the classroom and on the track and field team. He migrated to America as a teenager and completed his high school education at Pocatello High School in Idaho, before attending Boise State University where he gained a bachelor's degree in Political Science. While there, he also distinguished himself as a two-sport athlete in Football and NCAA Track and Field, and in 1983 he represented St. Kitts at the inaugural World Athletic Championships in Helsinki, Finland. He still holds the High Jump record in Sandy Point today.

Kenrick would go on to gain his master's degree in International Relations from Queens College and earned a Certificate in Investment and Management from Harvard University. He later earned a degree in law, and graduated from the Inns of Court School of Law, Lincoln's Inn. He also completed his LEC at the Normal Manley Law School in Jamaica. He was admitted to the bar in two common law jurisdictions.

In the workplace, Kenrick continued his exemplary performance.

In the early 1990s, he became the youngest Permanent Secretary of the St. Kitts Department of Tourism and Investment, where he won kudos for spearheading the country's tourism development. He also held prominent positions at the United Nations, the Eastern Caribbean Investment Agency, and Massachusetts Bay Transportation Authority.

Kenrick was always guided by a commitment to public service and believed that there was no more noble cause than assisting those who were in trouble or could not help themselves. He gained an interest in politics in his youth in St. Kitts when he became an avid supporter of the People's Action Movement. He fulfilled his dream of service when he was elected to the very first Town Council for the Town of Randolph, Massachusetts, and served the people of Randolph for fourteen years up to his untimely passing in 2022. During his long tenure he spearheaded countless projects including emergency relief for the people of Haiti following the devastating earthquake of 2010.

Kenrick was an exceptional husband, father, brother, friend and community leader. His commitment and devotion to the Town of Sandy Point and its people never wavered over the many years he resided in America. He remained connected and committed through social media and constant interaction with politicians, community activists, and government officials both in St. Kitts and the United States.

Kenrick was forever dedicated to the betterment of his beloved towns of Sandy Point and Randolph. He passed away on April 21, 2022.

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ALLOW TO FLOW TO YOU"

*Spencer E. Amory, MD*



# WHAT IS MONKEYPOX?

(Adapted from CDC)



**Monkeypox** is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is **rarely fatal**.

Monkeypox was discovered in 1958 when two outbreaks of a pox-like disease occurred in colonies of monkeys kept for research. Despite being named “monkeypox,” the source of the disease remains unknown. However, African rodents and non-human primates (like monkeys) might harbor the virus and infect people.

The first human case of monkeypox was recorded in the Democratic Republic of the Congo in 1970. Prior to the 2022 outbreak, monkeypox had been reported in people in several central and western African countries. Previously, almost all monkeypox cases in people outside of Africa were linked to international travel to countries where the disease commonly occurs or through imported animals. These cases occurred on multiple continents.

New York has now become the epicenter for the outbreak in the United States of America.

## IS MONKEYPOX DEADLY?

Infections with the type of monkeypox virus identified in this outbreak—the **West African type**—are **rarely fatal**. Over 99% of people who get this form of the disease are likely to survive. However, people with weakened immune systems, children under 8 years of age, people with a history of eczema, and people who are pregnant or breastfeeding may be more likely to get seriously ill or die.

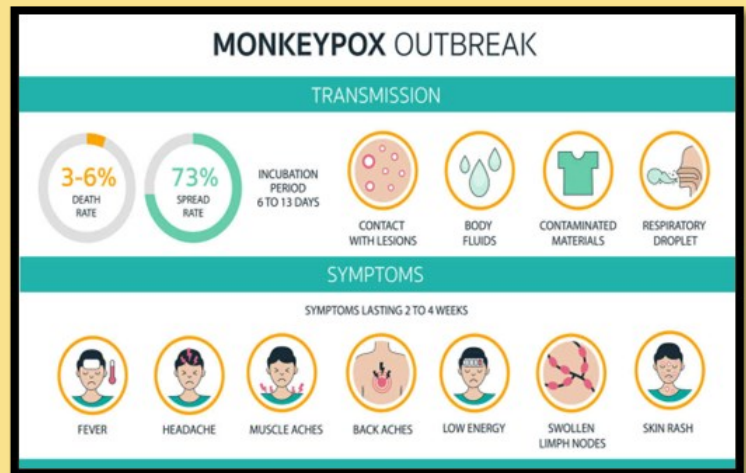
Although the West African type is rarely fatal, **symptoms can be extremely painful**, and people might have permanent scarring resulting from the rash.

The Congo Basin type of monkeypox virus has a fatality rate around 10%.

## AM I AT RISK OF GETTING MONKEYPOX?

At this time, the risk of monkeypox in the United States is believed to be low. Monkeypox does not spread easily between people; however, anyone in close contact with a person with monkeypox can get it and should take steps to

protect themselves. People who do not have monkeypox symptoms cannot spread the virus to others.



## WHAT ARE THE SYMPTOMS OF MONKEYPOX?

- ◆ Respiratory symptoms (e.g., sore throat, nasal congestion, or cough)
- ◆ A rash that can look like pimples or blisters that appears on the face, inside the mouth, and on other parts of the body, like the hands, feet, chest, genitals, or anus.
- ◆ The rash goes through different stages before healing completely. The illness typically lasts 2-4 weeks.
- ◆ Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash.
- ◆ Symptoms usually appear one to two weeks after infection.
- ◆ Fever
- ◆ Headache
- ◆ Muscle aches and backache
- ◆ Chill
- ◆ Exhaustion



## WHAT SHOULD I DO IF I HAVE SYMPTOMS?

- See a healthcare provider if you notice a new or unexplained rash or other monkeypox symptoms.
- Remind the healthcare provider that monkeypox is circulating.

Continued on pg 38

# HAPPY 39TH INDEPENDENCE ANNIVERSARY TO THE FEDERATION OF ST. KITTS & NEVIS

## SEPTEMBER 19, 2022



### Monkeypox cont'd ...

- Avoid close contact (including intimate physical contact) with others until a healthcare provider examines you.
- Avoid close contact with pets or other animals until a healthcare provider examines you.
- If you're waiting for test results, follow the same precautions.
- If your test result is positive, stay isolated and observe other prevention practices until your rash has healed, all scabs have fallen off, and a fresh layer of intact skin has formed.
- Remain isolated if you have a fever or respiratory symptoms, including sore throat, nasal congestion, or cough. Only go out to see a healthcare provider or for an emergency and avoid public transportation.
- If you need to leave isolation, you should cover the rash and wear a well-fitting mask.

### CAN I GET MONKEYPOX FROM HAVING SEX?

Even though it is not considered a sexually transmitted infection, monkeypox can spread during intimate physical contact between people. This contact can happen when you have sex, including:

- Oral, anal, and vaginal sex, or touching the genitals or anus of a person with monkeypox
- Hugging, massaging, kissing, or talking closely
- Touching fabrics, shared surfaces, and objects, such as bedding, towels, and sex toys, that were used by a person with monkeypox

Anyone can get monkeypox if they have close personal contact with someone who has symptoms of monkeypox.

### HOW TO PROTECT ONESELF FROM ACQUIRING MONKEYPOX?

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox.
  - Do not touch the rash or scabs of a person with monkeypox.
  - Do not kiss, hug, cuddle or have sex with someone with monkeypox.
- Avoid contact with objects and materials that a person with monkeypox has used.
  - Do not share eating utensils or cups with a person with monkeypox.
  - Do not handle or touch the bedding, towels, or clothing of a person with monkeypox.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.
- **VACCINATION**
  - 2 vaccines are available: **JYNNEOS®** & **ACAM2000**
    - People who have been identified by public health officials as a contact of someone with monkeypox
    - People who are aware that one of their sexual partners in the past 2 weeks has been diagnosed with monkeypox
    - People who had multiple sexual partners in the past 2 weeks in an area with known monkeypox

### IS THERE ANY TREATMENT FOR MONKEYPOX?

Antiviral **Tecovirimat (TPOXX®)** is available as oral and intravenous preparations



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# Medical Tid Bits ...

## 4 important foods to help manage Hypertension



While there is no direct way to completely cure hypertension aka High Blood Pressure, one can always help to control it through medicines and diet.

**Green leafy vegetables** like spinach, kale and lettuce are high in calcium, potassium, magnesium, and antioxidants. Potassium helps the kidneys to get rid of excess sodium.

**Bananas** are rich in potassium that helps in regulating blood pressure. So, you can have at least one banana a day. Caveat here is this may not be a good idea if you have impaired renal function or kidney failure.

**Beetroot** is high in nitric oxide, which helps open up blood vessels and improves the flow.

**Garlic** also increases nitric oxide. In addition, it relaxes your muscles and dilates blood vessels which help to reduce blood pressure.



## What you eat could be stopping your medicines from working.

For instance, it is known that drinking the equivalent of a single espresso can enhance the effects of paracetamol/acetaminophen (Panadol®, Tylenol®) because the caffeine it contains speeds up the absorption of the drug in the gut.

**Citrus fruit:** At least 85 different medicines can be affected – including sertraline, statins, sildenafil (Viagra®), calcium channel blockers (for high blood pressure). As a result, more of the drug is absorbed, making it more powerful than intended. For example, a glass of grapefruit juice can increase blood levels by as much as 200 percent, taking it from the therapeutic range to the potential toxic range. Given the number of drugs affected in some way by this interaction, it's safest to avoid drinking citrus fruit juice, particularly grapefruit, or eating the fruit for two hours before and four hours after taking any medications.

**Dairy:** Dairy products such as milk, yogurt and cheese can reduce the absorption of common antibiotics used to treat many types of infection, particularly tetracyclines and quinolones (ciprofloxacin, levofloxacin). Eat all meals a **minimum of two hours before taking antibiotics** to avoid this interaction.

**High-fiber foods:** Eating food that are high in fiber such as

lentils, beans, legumes and fresh fruits and vegetables, can make levothyroxine (Synthroid®) less effective.

**Take levothyroxine on an empty stomach, and at least 60 minutes before a meal.**

## IF YOUR CHILD DEVELOPS A FEVER



Fever triggers include an infection, overdressing particularly newborns and immunizations. A high fever should be treated without delay to prevent discomfort and possible dehydration.

**You should seek immediate care if there's:**

- ◆ Crying that won't stop.
- ◆ Extreme irritability or fussiness.
- ◆ Trouble waking up.
- ◆ A rash or purple spots that look like bruises (that weren't there before your child got sick).
- ◆ Blue lips, tongue, or nails.
- ◆ The child's soft spot on the head appears to be bulging or sunken.
- ◆ A severe headache.
- ◆ Limpness or refusal to move.
- ◆ Trouble breathing that doesn't get better when the nose is cleared.
- ◆ Leaning forward and drooling.
- ◆ Seizure
- ◆ Moderate-to-severe belly pain

## Tips For Prevention of Diabetic Foot Ulcers

Diabetic foot ulcers are dangerous and may lead to amputations if not cared for. Reduced sensitivity in the lower extremities due to diabetes cause the infection to go undetected until it fully spreads. Here are some tips that may help you in preventing foot ulcers:

- ◆ **INSPECT** your feet daily
- ◆ **CLEAN** your feet daily
- ◆ **CORRECT SHOES** - Wear shoes that are comfortable and wear shoes especially when going outside. Do not wear tight non-breathable shoes that crowd the toes. Get the shoe that fits your feet.
- ◆ **EARLY CARE** - If in case you develop sore feet consult your doctor for a treatment plan. They may prescribe you with ways for fighting the infection
- ◆ **STOP SMOKING** - Smoking reduces the blood circulation which in turn may lead to low sensitivity in the feet.
- ◆ **TOE NAILS** - Get someone to cut your toes nails regularly.







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# The Resurgence of Anguilla's Tourism Industry

By J. Christopher Richardson



Anguilla, like the other Caribbean islands, is experiencing a resurgence of the tourism industry. After almost two years of financial hardship and social dissonance, the people of the Caribbean must now seek to rebuild their lives from this catastrophic pandemic, Covid-19.

Research has revealed that many of the Caribbean islands once being crop based, with the exception of Anguilla, crossed over into the service industry

over the past three decades. Many of the islands, including Anguilla, had all calculated the risks of natural disasters such as hurricanes, tsunamis, and earthquakes, but had little reason to fear the catastrophes brought on by diseases.

Over the past two decades, we in the Caribbean have been threatened by many diseases including SARS and Chikungunya. However, the threats were short lived and had no major negative impact on the tourism industry. Conversely, the world's economic turbulence, which led to the global financial meltdown of 2008, forced many businesses into retrenchment, with massive lay-offs and redundancies; "Austerity Measures," were the buzz words utilized during that crisis. Anguilla, one of the smallest of the islands in the region sluggishly recovered, and in the process, nine years later was struck by a devastating hurricane, Hurricane Irma.

In the process of rebounding from that monstrous hurricane, the Covid-19 pandemic gave a colossal blow to the social and economic fabric of our society, evidenced by total shutdowns of our country, commencing March 2020 and continuing into November of 2021. The use of social media was the main tool used to conduct business in all sectors which followed increased unemployment as revenues for most companies fell drastically. Anguilla was no exception. Whilst the government sought to aid the unemployed, sadly, this did not meet the bare necessities for such people. As Anguilla prides itself as a close-knit society, the sharing of resources among the nationals, residents, and visitors was the main factor that safely carried us through this dark period of our recent history.

With the gradual lifting of restrictions in November of 2021, we saw a ray of hope for the return of our hospitality industry. This was strengthened with the advent of airlift from the US Mainland to the island three days per week by American Airlines; and in April 2022 we saw an increase in flights to being daily. By December 2021, all the major resorts had reopened, including the rebranded Aurora Anguilla Resort and Golf Club. The festive season was vibrant with the five major luxury resorts experiencing record numbers of 100% occupancy, with the villa business experiencing a similar surge in business.

On many occasions, Anguilla has proven to be "stronger through adversity." All our key players are back on course, with continued increases in arrivals exceeding our 2019 numbers. Anguilla is once again fully open for business and our people are back to rebuilding their lives.



## SANDY POINT CELEBRATES A CENTENARIAN



**Miss Angeline Revan**

celebrated her 100th birthday in March 2022. She was born in the town of Sandy Point on March 24, 1922. Teacher, Miss Revan can be remembered by

so many whose lives she touched. Miss Angeline Revan, affectionately known as Teacher Ann, was educated at the Sandy Point Girls School where she achieved three (3) Standard Seven Certificates. On leaving school she was employed as a pupil teacher at the then Old Road Government School, for 2 years.

Miss Revan later taught at the Sandy Point Girls School and then at the Sandy Point Junior School from which she was given the opportunity to further her career by attending the Leeward Island Teachers Training College, at Golden Grove, Antigua, in 1961 for one year.

On completion of her college education, she attained a General Diploma. She subsequently took up duties at the Sandy Point Senior School where she was appointed as an "Assistant Teacher". Miss Revan remained at that school until the inception of the Sandy Point High School in 1966, where several teachers were transferred. Her initial assignment was to teach "Handiwork, Literature, and English Language" in the Fourth and Fifth forms. Her teaching career spanned 42 years: 1938 – 1980.

She was appointed as the first Guidance Counselor of the Sandy Point High School in 1975. This afforded her the opportunity to communicate with parents and guardians of the students in the wide community.

When "Evening Institute Classes" were introduced in St. Kitts, she was employed by the Clarence Fitzroy Bryant College (CFBC), in the Division of Adult and Continuing Education as a lecturer of English language. Such classes catered to teachers, students and other interested persons wishing to write GCE exams with the London or Cambridge examination body. Her vast experience contributed to her being supervisor of the CXC examination at the Sandy Point High School for many years after retirement.

*Continued on pg 44 ....*



# PET CORNER

**By Dr. Hannah Guishard**



Hello to all Caribbean people, especially those from Sandy Point, St. Kitts. I am embarking on a series of veterinary tips and “need to know”. I will be focusing on preventive medicine.

**Preventative medicine** is designed to help pet owners

keep their dogs and cats healthy for life. This discussion will be limited to Immunizations, parasite prevention, household hazards and pet identification. Upon acquiring your new pet, a visit to your local veterinarian is critical. The vet will verify the health status of your pet and examine for any congenital diseases or birth defects. Listed below are a few important questions to ask your veterinarian on your first visit:

- ◆ How much/often should I feed my dog?
- ◆ What special vitamins and nutrients does my dog need?
- ◆ What is the proper way to care for my dog’s teeth?
- ◆ How do I brush my dog’s teeth?
- ◆ What is the best way to prevent parasites such as fleas/ticks?
- ◆ How do I protect my dog from heartworm disease?
- ◆ What is the appropriate weight for my dog?
- ◆ Can Dogs and Cats Get Coronavirus? | Small Door Veterinary
- ◆ What should I do if my dog is overweight?
- ◆ Does my dog need a dewormer? If so, how often should I deworm?
- ◆ How frequently should my pet receive vaccinations?
- ◆ Are there any side effects of the vaccinations? If so, what are the side effects?
- ◆ How often should I bring my pet in for routine examinations?
- ◆ Is my pet at risk for any breed specific diseases?
- ◆ When is the best time to have my pet spayed/neutered?
- ◆ How do I introduce my new pet into my household environment and to other household pets?
- ◆ How and when should I socialize my pet?
- ◆ How much exercise does my pet need?
- ◆ Is it safe to take my pet to the dog park or pet stores?
- ◆ Should I have my pet micro-chipped?

## Immunization

Many infectious diseases can be prevented through vaccination. By immunizing your pet, you can prevent dangerous viruses and diseases that can limit your pets’ quality of life.



Vaccination also prevents the transfer of harmful diseases and viruses from pet to human. For puppies and kittens, these

vaccinations are given between 6-8 weeks of age, and continued at 3-week intervals for a total of four sets of vaccinations. Once this series of vaccinations is completed, your pet will only need to be vaccinated on a yearly basis at their Annual Physical Examination. These vaccinations include:

◆ **Dogs:** Parvovirus, Hepatitis, Leptospira, Kennel cough, Distemper, Coronavirus, Lyme disease, Rabies.

◆ **Cats:** Feline Rhinotracheitis, Herpes, Chlamydia, Pan Leukopenia, Calicivirus, Feline Aids, Feline Leukemia, and Rabies.

**Rabies**, of course, is the most concerning zoonotic virus listed above. Approximately 15% of human untreated bites from an unknown rabid animal become infected. Once signs of rabies develop in humans, it is almost always fatal. You should immediately notify local health department authorities when an animal bite to a human has occurred, or whenever there is a possibility of contact with a rabid animal.

## Parasite Prevention

All puppies and kittens should be started and maintained on flea, tick, and intestinal worms, and heartworm prevention year-round. These parasites are prevalent in any environment, including your home!!!

**Fleas** are one of the most common parasites found throughout the USA. In pets, flea bites can lead to an allergic reaction, anemia, and tapeworm infections. An effective measure for keeping adult fleas off your pet is to use a monthly product year-round that kills and prevents flea infestations.



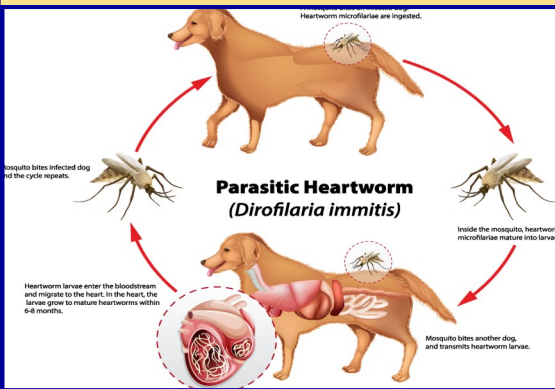
## Ticks

Ticks are blood sucking parasites that can cause several devastating diseases in pets. Some of these transmitted diseases include Lyme disease, Rocky Mountain spotted

fever, ehrlichia, babesia, anaplasma. Treatments for such diseases can be costly, as well as complicated for pet owners. Every disease listed above is transmissible to humans. Thus, a year-round preventative product is vital to keep your pet and yourself safe and healthy.

Continued .....

## Heartworm Disease



Heartworm Disease is a potentially fatal disease affecting dogs and cats in North America. The disease is transmitted via infected mosquitoes.

Some signs of Heartworm disease include cough, fatigue, weight loss. In more severe cases, heart failure and even death can occur.

## Intestinal Parasite Infections

The major problem with intestinal worms is that they can thrive in almost any environment, making it easy for your pet to become infected. In most cases, you may not even realize your pet is infected. The dangers of intestinal parasites include blood loss, malnutrition, diarrhea, weight loss, vomiting, and sometimes death. Some of the most common worms that may affect your pet include Roundworms, Hookworms, Whipworms, and Tapeworms.

What every pet owner should be aware of regarding roundworms and hookworms, is that they are zoonotic, meaning they are transmissible from pet to human, and vice versa. A deworming program and good hygiene are important to both you and your pets' safety from these parasites.

**Toxoplasmosis** is a leading cause of death attributed to foodborne illness in the United States. More than 60 million men, women, and children in the U.S. carry the *Toxoplasma* parasite, but very few have symptoms because the immune system usually keeps the parasite from causing illness.

## Household Hazards

Many items inside and outside your house can pose a threat to your pet. Here is a list of common household hazards:

♦ **Food Hazards:** chocolate, moldy/spoiled foods, coffee, alcohol, avocado, macadamia nuts, grapes, raisins, raw/

uncooked meat, raw eggs, onions, garlic, chives, milk, and yeast dough.



♦ **Medications:** pain killers, cold medicines, anticancer drugs, antidepressants, diet pills, and blood pressure medication.

♦ **Indoor Hazards:** fabric softener sheets,

electrical cords, mothballs, batteries, paint and solvent, string, yarn, rubber bands, plants, and flowers (lilies, tulips, poinsettias, caladiums).

There are many additional items around the house that could pose a potential threat to your pet, so please consult with your veterinarian if you have any concerns regarding specific items.

## Pet Identification

While a collar and tag are critical, many pets manage to lose or escape them while roaming. Microchipping is the best recommendation for permanent pet identification, as it lasts a lifetime with your pet. A microchip is a small implant that is injected under your pet's skin between the shoulder blades. This chip contains a code that is unique to each pet; similar to how your social security card is unique to you. This number can be matched to your pet's information in the National Database if your pet ever gets lost and is found.

In closing, please remember to take your new pet directly to your local veterinarian and follow up on an annual basis to maintain vaccinations and parasite preventions. This will ensure a long and happy life together for you and your pet.

Good Luck,  
Dr. Hannah Guishard



## CENTENARIAN Ms. Revan cont'd ...

As a teacher in the field of Education, Miss Revan has no regrets as she is constantly made to feel proud by her many students who have achieved much and hold key positions in society. She is a devout Methodist and has held many positions in the Immanuel Methodist Church in Sandy Point.

Her hobbies included sewing, knitting, hand craft and gardening.

Today Miss Revan is Patron for the Girls' Association. As a teacher in the field of Education, Miss Revan has no regrets as she is constantly made to feel proud by her many

students who have achieved much and hold key positions in society.

"Our lives will begin to end  
the day we become silent  
about things that matter"

-Martin Luther King



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# The Belle Tête Project



The Belle Tête Project (BTP) evolved from a passion for wanting to give back to the Fig Tree community. As many are aware, the town of Sandy Point got its name from that point of sand in Belle Tête, which rests in proximity to the Fig Tree community; hence, the name of this project. The BTP's goal is to take steps to support and develop the Fig Tree community through measured and sustainable approaches. The BTP knows that long-term success can be achieved by sustainable strategic development. Hence, the project will be very thoughtful and strategic about the ideas it seeks to implement. Ultimately, the BTP strives for maintainable, viable, and sustainable things.

There are many avenues through which the BTP can develop the Fig Tree Community. Instead of competing with existing organizations or reinventing the wheel, the BTP agrees to collaborate with the Sandy Point

Benevolent Society (SPBS), an organization with a proven record of “giving back so others can move forward.” The BTP believes that our unified approach [SPBS and BTP] provides the opportunity for us, as one people, one proud community, to have a direct impact on the place we dearly love. . Therefore, the BTP desires to exist as an arm of the SPBS and be an example of how the Society can spawn similar efforts for other communities. In addition, the BTP is aware that the bigger the parent organization (SPBS) becomes, the greater leverage it will have, thus making things even easier for us and any other project that emerges under the auspices of the SPBS.

The BTP has several plans, which will be brought to light over time. However, the project's main activity is delivering school supplies to the Children of Fig Tree. The Project wants to get this right before expanding too rapidly, for reasons stated earlier in this document. The school supply program was established in 2021 for the 2022 school year, through which over 30 children from the Fig Tree Community received a school bag with supplies. The BTP plans to repeat this activity for the 2023 school year and beyond.

The BTP's funding sources include but are not limited to members from the Fig Tree community who are home or abroad. The Project continues to benefit from the parent organization, the SPBS, through its experience and prowess, stability, accountability, logistics, moral support, guidance and other organizational character traits. We also envision collaborating with individuals, groups and other organizations, to achieve our goal of supporting the Fig Tree Community.

The BTP will embrace anyone who is passionate about Fig Tree's development and is willing to contribute to such development.



Anyone interested in supporting or joining the BTP can do so conveniently through the SPBS or by reaching out to the BTP's focal points: Andrea Wilkins at [andreawilkinsliddie@gmail.com](mailto:andreawilkinsliddie@gmail.com) or Fritzroy “Johhney Goolyn” Wilkin at [fwilkin@gmail.com](mailto:fwilkin@gmail.com) for more information.



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# Edification Through Education

## By Jackeima Flemming

Growing up, I often thought there was a specific criterion used to separate children from birth. There were those labeled 'Worthy of Achieving Greatness', and the others 'Unworthy of Achieving Greatness'.

From my observation the 'worthies' were those considered intelligent, talented, or possessing any potential to contribute value to our society. To be *worthy*, it seemed, one must stem from the clan of success. Upon closer observation, the clan of success seemed to have only been made up of teachers, doctors, lawyers, police, "people" and others of that caliber. It seemed that they must live in a "wall" house with indoor toilets and showers, had nice shoes and socks and school bags and always had snacks of their own at break during school; never wanting, never begging.

It never occurred to me, that those whose mother, father, aunt, or uncle was not a teacher, doctor, lawyer, or police person could even think of wanting to be anything more than a farmer, fisherman, street cleaner or cane cutter. Especially if they had a latrine, or drank sugar-water, or as in my case, carried the last name Liddie.

I was a child with childish thoughts, and I am one of many. Many children have these thoughts. It took me a while to realize this, but the reality hit me after interacting with my students during my short time at the Charles E Mills Secondary School, as a Literature teacher. Like many teachers before, I stood before morning assemblies ranting, "You are capable of greatness", without ever actually questioning my students' belief in my statement or their capabilities. I have learnt that it is more than just repeating but rather, affirming and being an example. Dismantling the self-loathing and deprecating mindset that young people imprison themselves with is no easy task. *I come from nothing therefore I am nothing*. Or "*but no one in my family has done this*", or the double dagger, *I can't*. Statements I have heard too often in class conversations.

For the last year and a half, I wondered, what would the people

around me think of me if they knew of my poverty-stricken background: that I bathed outside between zinc fencing, slept on the floor with 5 others, that my father was shot to death, that I was shunned from playing with other children who the criteria deemed worthy, because I was dirty, poor and their parents thought I would bring lice into their homes. Would they still choose me as their student leader for Student Government Administration? Would my peers trust me as their peer health educator? Would I still be deemed worthy to be the Queen of Queens for all Historically Black Colleges and Universities (HBCU)? Would I even be selected as an HBCU White House Scholar? An innovator, science researcher or business challenge victor?

The thought of rejection and being thrown into the category of "unworthy" haunted me for years. Until I realized that my challenges were my superpowers. Until I realized that the only criteria, I should concern myself with are the ones that I designed. Until I realized that the only thing separating the "worthy" from the "unworthy" was a positive, undeniable, persevering mindset that there is absolutely nothing or no one that can hold me back from achieving greatness but myself. Today, I feel that I have beaten the odds of poverty, disability, and low self-esteem. I knew that education was the key to unlocking many doors. But never did I imagine just how lifechanging these unlocked doors could be.

Positive mindset, however, is just the beginning. Finance, support, confidence, and a community of cheerleaders truly brew the ultimate recipe of unlocking one's full potential. A little push can go a long way. I will never forget how overwhelmed with joy I was when I learned that I would be the recipient of the Dr. Hannah Guishard Memorial Scholarship two years ago. Had it not been for that blessing, I do not think I would have been at UVI that semester. Today, I repay my gratitude, with my academic and extracurricular performances. I am of service to my community, my HBCU and all HBCUs. Today, I am a testimony that a little push can create an avalanche of achievements. Everyone is worthy, and I have made a vow to appeal to young people of low socioeconomic status, that they too can achieve edification through education.



The graphic is a promotional poster for DJ Kue. On the left, there is a silhouette of a DJ with headphones, scratching a record on a turntable. Below this, the text 'DJ KUE' is written in large, stylized white letters, followed by 'AXA SKB' in smaller, colorful letters. At the bottom left, the email 'DJKUEI@YAHOO.COM' is listed. In the top right corner, there is a circular inset photo of DJ Kue, a man with glasses and a red shirt, speaking into a microphone. To the right of the photo, the text 'DJ KUE' and 'Disc Jockey' are written. Further right, the email 'Djkue1@yahoo.com' and the phone number '1-264-476-7034' are displayed. The background of the right side features a blue and white digital pattern. In the center, there is a photo of DJ equipment, including two turntables and a mixer. Below the equipment, there is a circular logo with a rainbow and stars. At the bottom, the text 'YOU NAME IT WE PLAY FOR IT' is written in bold, and 'WATER SWAMP, ANGUILLA' is written in smaller letters at the very bottom.



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# Education and a Peace of Mind

*By Xuxa Garroden*

The strength of the human mind is based on our ability to manifest and recreate our expectations with due diligence. We were created to function based on the realms of our innate imagination. The aptitude to receive an education is birthed in the mind and cradled by encouragement and environment. Our ability to grow beyond our nurtured deficits depends on our desperation to surmount the inconsistencies of our present realities. An education for the curious has the potential to create peace of mind. Nevertheless, peace of mind is relative, it requires us to now foresee the extent to which we are desirous of removing the contingencies of failure. We are educated to impart into the circumstances around us. This summarizes our deep desire to unfold our own existence. The moment an infant exits the womb the search begins as the remaining hours, years and decades are invested into discovering identity, patented existence, and the undiluted purpose. Our lives subconsciously ponder upon the ideology of better, more, greater; yet not withholding the growing expectations for a peace of mind. In many ways, to some, the journey towards their expectations for their legacy facilitates the idea that education can create a peace of mind. In another scope, it's relative. This wholesomely depends on your individualized definition of the educated and your intrinsic thought towards a peace of mind.

Our academic experiences taught us that an educated mind is classified by one's ability to amass and surpass the given qualifications of the classroom. Those in which are secured in scholarly distinctions, accolades, notably bestowed recognitions, and professorial diplomas. This embodies our innate and inherited ability to complete kindergarten through high school and the endorsed ambitions to attain a university education. This avenue of education was not designed for every child, considering such, it would not be that child's peace of mind. It is acceptable to embrace the thought that not every child we teach and nurture through his or her scholastic pathway is desirous of entering careers and professions built on an astute academically enriched platform. The mind of a child is molded in the palms of his influencers. As such, what that child considers as a peace towards a settling future depends on the thoughts in which he esteems himself. If that child envisions success as an executive class worker, then he or she must exude the diligence to be placed as such. Nonetheless, society and the education system has evolved to conclude that not every child desires a job in the four corners of a building.

In this era, we have willingly embraced that not every child has hopes of his own office space in a local law firm nor does every child envision himself as a medical doctor working through scientific research. The days of 'white-collar' widely

emphatically endorsed job opportunities have lost their voice within our society as we realize and embarrass the reality that each child is nurtured differently, learns differently, and encouraged to strive differently. A man's future is dependent on his past, not solely; but most definitely. If a child is nurtured through poverty only knowing the mindset and language of poverty, then he or she can only escape if he or she sees beyond the fences in his backyard. A changed mind opens the door to a preeminent destiny, making the way for a great hope towards a rewarding future. We must not be too careful to ignore that many children have inherited mental ineptitudes. In most cases, at later ages students are often diagnosed with mental challenges in their pre-teen years. In the face of development, it creates a dire issue as these children are forced to mimic and replicate the same thought processes and mental capabilities as those who do not have learning disabilities.

The relationship between the educated and a peace of mind is one that must be examined to ensure that our children receive the best option for their future. Children learn differently and their happiness is not generally related. Our desire to succor our children to an auspicious future should not be a generic plan but tailored to accommodate the best interest and special needs for each child. We must fully embrace that some children would prefer to secure their future using technical and vocational skills. It may not always be because that child has difficulties retaining mathematics and foreign languages, but instead a passion to pursue the unconventional. It is imperative that we acknowledge that welders, plumbers, and other manual workers must have their place within our society. This complements our need for a plethoric economy and supports the claim that not every child will flourish and excel within the classroom to become an executive worker. This does not propel the agenda for segregation and prejudice but instead it illuminates the need to ensure that each child secures his future based on his capabilities and most importantly, proven desire. We must unlearn the context through which we classify education and choose to expound upon its definition and authority. An education is beyond analyzing algebraic expressions and solving differential equations, it takes its stance in one's ability to conquer what could not have been achieved with pre-existing knowledge.

As a people, we must conclude that our children depend on us to stir their inner passions. This can only be evoked if we demonstrate that our education has created for us an individual sense of 'a peace of mind'. If we lead by example and mentor from a place of experience, then we can predict the directed trajectory of the next generation. An education is relative to the pursuit of the will of a people. Every career, task, profession, and project will have its own level of prerequisites and preluding notions. This should not be shunned but embraced to ensure we rightfully accommodate the peace of mind of our nation.

**I was raised to believe that EXCELLENCE is the best deterrent to racism and sexism. And that's how I operate my life.**

**- Oprah Winfrey**



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# Opportunities

**By Ciaran “Science” Phillip, B.S. M.S.**



In February 2014, the Government of St. Kitts and Nevis revolutionized its approach to criminal investigation. For the first time in the country's history, a civilian would work alongside police officers as a full-time Crime Scene Investigator (CSI). That first civilian CSI was a well-qualified, well-spoken, and well-mannered young man who was also born on the

island of St. Kitts. He was the right man for the job, and it so happens that he was me.

But how did I become St. Kitts and Nevis' first ever civilian Crime Scene Investigator? Opportunities. I benefited from favorable circumstances, intentionally made available to me where, I lived when I needed them. These opportunities were created for me by my parents and by my government, and without them I would never have made any impact on my country. That's why opportunity creation is important; its result is measurable impact, and my story shows us exactly how it works.

But first I'll tell you what a Crime Scene Investigator is: A CSI collects physical evidence from locations being investigated by the police. Physical evidence can be almost anything. It may be relatively big, like a crowbar, but it is often incredibly small, like a broken thread. Physical evidence can even be invisible. So how does a CSI collect something invisible? Science, that's how.

Science is the process of finding correct and consistent answers to (sometimes complicated) questions. Questions like: Of what is it made? From where did it come? Once we have the correct and consistent answers then we can make the best choices about how to use it and where to find it. So, by learning science, a CSI can choose how best to make invisible physical evidence visible. Moreover, they can also choose the best place to find it and the best way to collect it. That's why the best CSIs are often scientists.

Now to my story: When I was little, adults would often ask me if I wanted to be a priest like my father or a teacher like my mother. Well, I didn't like going to church, and I didn't like going to school either, so my answer was always a polite "No". I wanted my own career. So, after delivering my polite "No" I would add: "I'm going to become a scientist". That was the start of my twenty-year journey to make history, in February 2014.

Initially, I had no idea how I was going to become a scientist. Thankfully, I had incredibly supportive parents. To tell you about half of the opportunities my parents created for me would be like reciting all 150 Psalms. Instead, I'll tell you about two major ones. The first was the opportunity to do science. Being a resourceful teacher, my mother set up several science experiments for me at home. Every experiment we completed impacted me so strongly that I felt like I was already a scientist. The second was the opportunity to see science. For years my father paid my membership dues to the National

Geographic Society, and every month I received the National Geographic Magazine. In its articles I saw science being used to answer profound questions about our planet and how we interact with it. The effect that had on me was a rapid opening of my mind to the countless possibilities of what science can do. These opportunities, and the measurable impacts they had on me, made me confident that I could succeed in a scientific career. So, ten years after I first told an adult that I wanted to be a scientist, I sought out a new opportunity to get closer to my goal. By establishing the Clarence Fitzroy Bryant College (CFBC), the Government of St. Kitts and Nevis provided me with the life-changing opportunity to pursue an advanced education. I started CFBC, confident that I would succeed in all my courses. I did not expect that my first year would end with me failing Chemistry, which was the subject I was most excited to study. The immediate impact was devastating. For the first time in eleven years, I told myself that I would not become a scientist. But even then, another opportunity was already created for me: the opportunity to try again.

I returned to CFBC for a second year and repeated the first year Chemistry. That second year changed my life. I passed first year Chemistry with one of the best grades I achieved at college. After that I went on to complete a third year at CFBC where I also succeeded in second year Chemistry. Of all the opportunities I had, CFBC was the first



time I had the opportunity to fail. That meant it was also the first time I had the opportunity to try again. That experience gave me the ability to overcome difficulty and be resilient, powerfully impacting my character.

After graduating from CFBC, I went to the University of the Virgin Islands and graduated summa cum laude with a bachelor's degree in Chemistry (yes, you read correctly). I then enrolled in the Virginia Commonwealth University and obtained a master's degree in Forensic Science, the branch of science that finds correct and consistent answers to questions pertaining to criminal investigations.

My breakthrough was not easy, but it created an opportunity for others to follow, and I look forward to seeing the measurable impacts and opportunities that they will in turn create.

*Continued ....*



With that, I was officially a scientist. However, the journey was not done. I now needed to find a job. My advanced degree in Forensic Science made me a strong candidate for one job in particular, a CSI. Initially, only police officers could be CSIs, but policing agencies began to realize that civilian scientists were ideal for the role. However, a few police agencies had not yet come to the same realization, and the Royal St. Christopher and Nevis Police Force (RSCNPF) was among them. After several unsuccessful applications to civilian CSI jobs in the US, I was left with no option but to return home. There, for the first time in my journey, I arrived at a place where I saw no opportunity. I could try to become a police officer, but policing was not the career I had worked towards for the last eighteen years. Not having an opportunity was going to result in the end of my journey, an impact I did not want.

I was not ready to give up. I decided to take advantage of another opportunity created by the Government of St. Kitts and Nevis: The People's Empowerment Program (PEP). After presenting my qualifications and explaining my value to the administrators of PEP, I secured a paid internship with the Crime Scene Unit of the RSCNPF. The police CSIs made it clear that they wouldn't accept degrees as proof of my skills. I needed to show them that I could do the work. So, I started out as a notetaker at crime scenes. Then I became the photographer, and afterwards the evidence collector. With each new opportunity, I proved that this civilian scientist had the skillset to be a CSI. Soon, word of my capabilities made it to the Ministers of Government. Impressed by my performance as an intern, they decided that I would become a full-fledged civil servant and permanently established my position in the Police Force. So, 20 years after I had first said, "I'm going to become a scientist," the Government of St. Kitts and Nevis officially hired me as the country's first civilian CSI.

I am definitely proud of the impact that I have made on my twin-island Federation. I went from being an untrusted civilian intern to being a leading expert in my field, all because of the opportunities created for me. While it is true that hard work and intelligence are also necessary for us to make measurable impacts, I have come to realize that Kittitians and Nevisians have never lacked intellectual capacity or the ability to work hard. However, we do need more diverse opportunities. Three years after my breakthrough in the Police Force, I was managing a team of three newly hired civilians, who were not only CSIs, but also Laboratory Technicians in our newly built Forensic Laboratory.

My breakthrough was not easy, but it created an opportunity for others to follow, and I look forward to seeing the measurable impacts and opportunities that they will in turn create.

**"Great things come from hard work and perseverance, no excuses. If you love a thing you will overcome all difficulties"**

**- Kobe Bryant**



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*Henry Adams*



*Mary Esdaille-Woodley*  
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and a new earth where  
righteousness shall dwell.  
*2 Peter 3:13*



*Chandi Richardson*  
1982-2021

Thou shalt keep him in perfect  
peace whose mind is stayed  
on Thee because he trusteth in Thee.  
*Isaiah 26:3*

**These all died in faith, not having received the  
promises, but having seen them afar off.**

*Hebrews 11:13*





# Crime Prevention Safety tips

The following are crime safety tips from the Royal St. Christopher and Nevis Police Force, in keeping with its primary mandate “the prevention of crime”. While brief, it is our hope that these tips will enhance the knowledge of our citizens on matters that affect their personal safety, protection of their property, and online safety with a goal of creating safer communities.

## Personal Safety

### GOING OUT:

- ◆ When going out, let someone you trust know where you are going and when you will get there.
- ◆ Walk confidently at a steady pace on the side of the street facing traffic while avoiding, alleys, bushes, and doorways.
- ◆ Pay attention to your surroundings and check to ensure that you are not being followed.
- ◆ If you feel you are being followed, call a friend or 911, and let them know where you are while describing the person.

### BUSINESS THEFT:

- ◆ Make your business place safer by installing and using an alarm and surveillance system.
- ◆ Vary times and routes of travel for bank deposits or withdrawal of money; and avoid visibly using marked money bags which will be too obvious for criminal elements to know you are taking money for deposits.
- ◆ Make sure your view outside is clear around you, and avoid placing adverts such as flyers, display signs, posters etc., on windows or doors that might obstruct your view.
- ◆ Install a warning device at the entrance of your business to alert you when someone enters your business.

## Property Safety

### AT HOME:

- ◆ Ensure that your property is well lit at night and periodically check the functionality of lighting especially if they are motion sensor activated.
- ◆ Ensure that you lock all doors and windows when leaving your home or retiring for the night.
- ◆ Avoid leaving items such as ladders lying around as they attract and are used by burglars.
- ◆ Destroy boxes of new items purchased as you could unwittingly create a shopping list of what's new in your home for would-be thieves.

### VEHICLE:

- ◆ At night, park in well-lit areas and ensure that you lock all doors when leaving your vehicle.
- ◆ Before entering your vehicle check to see if someone may be hiding inside.
- ◆ If you believe you are being followed don't drive home instead go to the nearest police station or business place and then call for assistance.
- ◆ Don't leave valuable items visible in an unattended vehicle.
- ◆ Don't leave your vehicle unattended with the engine running even if it is in your line of sight.
- ◆ Keep all doors locked while driving especially when the vehicle comes to a standstill.

## Digital Crime Safety

### ONLINE:

- ◆ Keep your computer operating systems and other software such as antivirus and antimalware up to date.
- ◆ Use strong passwords that are not easy to guess and do not use the same password for different sites.
- ◆ Create regular backup of your data as a last resort to combat ransomware attacks.
- ◆ Verify email requests to conduct business transactions by calling the persons involved.
- ◆ Never open email attachments from senders you do not know.

### ATMs:

- ◆ Maintain a small supply of deposit envelopes at home, in your car or office.
- ◆ Prepare all transaction paperwork prior to your arrival at the ATM, to minimize the time spent there.
- ◆ Maintain an awareness of your surroundings throughout the entire transaction so that you are aware of changing conditions around you.
- ◆ Be aware of anyone loitering or sitting in a parked car near to or at a distance from the ATM.
- ◆ Do not leave the receipt behind, even after an incomplete transaction.
- ◆ When leaving an ATM make sure you are not being followed.





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