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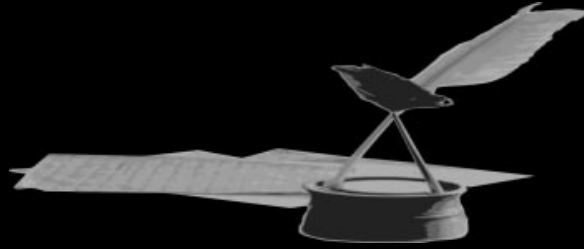
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Back II Back

Our vision is to present thought provoking articles and literary writings to our readers. We hope that this magazine will give news and information so that when both sides come face to face the challenges can be comprised and enhance the collective view.

*We believe “**SUCCESS BELONGS TO THOSE WHO PREPARE FOR IT!**”*

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Editor's Note



Greetings readers,

Welcome to the twenty-third edition of Back II Back. In this edition we cover a variety of topics.

This edition's cover story focuses on two of the many professional doctors on the island who share their professional experience in their chosen field.

We also have a few profiles from individuals who have made a difference in the federation.

Curtis Morton gives us our regular run down on what's happening in the sports world.

Plus, Dr. Jessica Bardale-Essien shares with us her fourth journey with her battle with cancer. I pray for this lady every day and admire her courageous strength to fight this, though I can imagine at times the journey is hard. Continue to fight this Jessica, as we stand alongside you! Also, to Lee Parris-Cambridge who is going through a similar battle. God bless you both and to all those battling this disease.

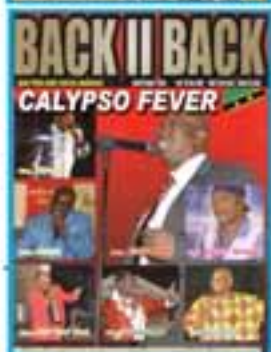
We also have our motoring section and some other interesting features.

So, readers, sit back and feast your eyes on this edition of Back II Back.

Enjoy!

Wendy

Wendy D. Hanley
Editor/ Publisher



IN THE LIMELIGHT

WITH EUSTACE ESDAILLE

Eustace Sylvester Livingstone Esdaille is the last of three children born to Mabel Agusta Esdaille. The family unit that resided in St. Paul Capisterre, St. Kitts was small and consisted of grandmother Grace, mother Mabel, uncle John, and two sisters, Enid and Lucy. Although St. Kitts was their adopted home, the family roots trace back to Cox, Nevis. They migrated to St. Kitts because the patriarch, Benjamin Esdaille took his entire family consisting of wife Grace, three sons and one daughter in search of a better life on a plantation in St. Kitts known as Belmont Estate. When he died from complications of acute appendicitis not long after the move, the matriarch Grace and the youngest children John and Mabel moved from Helden's to St. Pauls Village, while the two older brothers, Theophilus and Henry, married and started their own families. Mabel, although a good student, had to drop out of primary school before reaching seventh standard in order to help the family survive after her father's early demise.

The early years were allegedly rough for the family, all of whom worked for little pay in the canefields of Belmont Estate weeding, fertilizing or cutting the cane at a time when Sugar was King in St. Kitts. The young Eustace or "Baps" as he was affectionately called was shielded from these difficult times. He does not recall going hungry or naked and he never worked one day in the canefields. This was because when he was old enough to get his own hoe to help his mother weed the fields she was allotted by the estate for a miserly weekly wage, his loving sisters intervened on his behalf. They promised Momma that instead of taking him to the fields, they would do extra weeding to cover what would have been his portion. But a love for agriculture and growing things was instilled in him early because of the backyard garden and "mountain ground" the small family tended in order to help put food on the table and make extra money from sale of the produce.

One of his early recollections was his introduction to books like the Star Reader, Grimm's Fairy Tales, Streams in the Desert and of course the Holy Bible. Even before starting school at five years old, he was able to read and spell big words, expertly distinguishing between "jalousie" and "jealousy". His love for poetry must have been born on those evenings off from church attendance when his mother



would gather the children on the steps, particularly on moonlight nights and she would recite long poems like "The Boy Stood on the Burning Deck", "Lord Ullen's Daughter" and many others she learnt in school without a stumble. His mother, uncle and sisters (who became teachers), were all interested in education and laid the groundwork for his academic achievements in later years. His elementary education at the St. Pauls Primary School under teachers like Mr. Elmes, Obadiah Williams, Enrica Douglas and Agatha Morton prepared him well for his secondary education that started when he was eleven.

Over the years, during and since his secondary education at the St. Kitts Nevis Grammar School, he encountered many difficulties, obstacles and setbacks but the blessings far outnumbered the challenges. Any successes he had can be attributed to a strong faith in God that his mother instilled in all her children and to the selfless sacrifices that his mother and sisters made in order to push him higher and farther than they themselves had attained.

His secondary education was a case in point. Back in the day, secondary education was highly selective and expensive. Only two government secondary schools, the Girls High School and the St. Kitts Nevis Grammar School for boys existed on St. Kitts. Entrance to these schools was highly competitive and only a handful of scholarships were offered to deserving students. The approximately thirty or forty slots offered each year had to be earned by passing what was called the Common Entrance Examination covering three areas, English, Arithmetic and Reading. At the time when he wrote the Common

Entrance Examination only one other boy from St. Pauls attended the St. Kitts Nevis Grammar School. This was because the tuition was too high for many families to afford. Of course the Esdaille family was by no means rich or even well-off but the hope was that young Baps would win one of the few scholarships offered annually. He did not win one but he was offered one of the paying slots as a result of his performance on the Common Entrance Examination. That posed a dilemma for the family, and intense discussions ensued about whether to refuse the slot since the school fees of \$16.80 per term would be too much of a drain on the already limited family income. The decision was taken to accept the slot and tighten belts in order to meet the terminal fees. That was a momentous decision that was to change his academic trajectory and equip him to grasp many future opportunities.

As a result of the selfless sacrifices that his nuclear family made for him, Eustace was able to assemble an impressive resume that embraced academic and professional distinctions and included the following:

- Principal of the Basseterre High School (1969 – 1975) overseeing the "comprehensivization" of the Girls' High School and the St. Kitts Nevis Grammar School and the introduction of free secondary education for all students attaining the age of 12 in the territory;
- Board member and member of the Management Sub-committee of the Caribbean Examinations Council (1972 – 1980) assisting with policy formulation and oversight of the Council from its inception
- Chief Education Officer for the Turks and Caicos Islands (1978 – 1980) responsible for the administration of Primary and secondary schools in the territory;
- Controller at ABM Inc. Chicago (1983 – 1988); the first black in the company in its twenty-year existence
- Chair of Business Division at Phillips Colleges, Seattle, Washington (1988 – 1993)
- Associate Dean of Business, North Seattle Community College (1993 – 1998)
- Associate Professor of Business,

IN THE LIMELIGHT

WITH

HUGH CHARLES

Hugh is an electrical professional with over 35 years of progressing experience serving the electrical industry in various capacities, though he was primarily based in New York, USA; he also served as Nevis' first Commissioner of Electricity from 2008 to 2013.

He started his career as a police corporal in St. Kitts & Nevis serving on the force from 1971-1979.

After relocating to the United States, he attended technical school and graduated with a diploma in Electrical Cluster (Residential, Commercial & Industrial Electricity) and was selected and hired as an electrical instructor for an electrical training program run by the City of New York. Hugh also obtained a certificate in small business management and certifications in Electrical estimator, Fiber Optics, Data, Audio & Video, Fire Alarm Systems, Electronic Security, Electrical Supervision, Structured wiring and Photo voltaic.

He later joined Local Union #3 of the International Brothers of Electrical Workers (I.B.E.W) where he actively served for 28 years working for several union electrical contracting companies and rising through the ranks from a trainee to Electrical Project Manager. Hugh served as Electrical Foreman & Project Manager on electrical, audio visual, fire alarm, telephone and data & security system projects for clients in the



education, medical, sports, real estate, banking, finance and government industries ensuring all projects were completed in accordance to New York State electrical code.

He also successfully owned and managed St. Kitts/Nevis Connection Inc. from 1992 to 2008, an electrical, design and consulting company located in New York.

Hugh served as Nevis' first Commissioner of Electricity from 2008 to 2013 establishing an electrical licensing system for the electrical professionals. He implemented the St. Kitts & Nevis building code section G & schedule 40 PVC as standard requirements for the electrical industry. During his tenure, he conducted training sessions covering topics such as understanding the local building code, electrical design and requirements for residential

building & grounding and electrical inspection for architects, electricians and

general contractors.

In 2012, he founded HITeK Electrical Design & Consulting Services, Nevis' first full service electrical contracting company. HITeK Electrical offers electrical design and installation, fire alarm design and installation, data, voice over internet protocol, (V.O.I.P) procurement and electrical supervision services. HITeK Electrical has provided design and consulting services for electrical, audio visual, fire alarm, telephone and data & security system projects for clients in St. Kitts & Nevis including the Tamarind Cove, a condominium development, the Bank of Nevis and Social Security.

Hugh has dedicated his life to electrical continuing education including learning and training and has demonstrated his wide knowledge of electrical codes and standards, which govern the electrical construction business. He is a trained and certified electrical instructor and has conducted a successful electrical training program on Nevis for the last four years. He is a member of St. Kitts Nevis Association of Professional Engineers, (SKNAPE), National Fire Protection Association, (N.F.P.A) of Boston, USA and other professional organizations.

Hugh currently resides in Cades Bay, Nevis; he is married to Audrey Maynard Charles of Butlers and has four children.

IN THE LIMELIGHT WITH TONI FREDERICK - ARMSTRONG

Toni likes to say that she was 'nearly born in Nevis.' Her family lived at Fothergills Estate in Gingerland for years, but moved back to Basseterre (St. Kitts) just before she was born.

"One more month, and I would have been Nevisian," she tells Back II Back, with a grin.

Her family moved to Montserrat when she was still a toddler and she grew up near Radio Montserrat (ZJB), where at just three years old she did her first radio commercial.

"I had to say, 'Mommy, there's no more Colgate!'"

By the age of eight Toni was co-hosting a children's radio programme, with ZJB's station manager. She later moved on to another youth programme on Radio Antilles and remained a part of 'The Children's Hour' until her family migrated to Canada just before her 17th birthday.

There she completed a diploma in Radio Broadcasting at Humber College, and then decided to head back to University where she earned a degree in Anthropology (Archaeology Specialist).

Returning to St. Kitts and Nevis in 1998, she took up a position teaching history at Basseterre High School.

"It was probably the most emotionally fulfilling job I've ever had," Toni says.

"The best part for me is that I have maintained relationships with a number of my 'kids' over the years. I have stood with them during the rough patches and celebrated the successes. It's the relationships that made teaching rewarding, back then and now," she asserts.

With school loans to pay off back in Canada, it was only a matter of time before she was lured into the private sector. She took up the post of Organizational Development Manager at Delisle Walwyn.

A few years later her then boss, knowing her background in radio, urged her to be a news reader at the soon-to-be-opened new radio station, WINN FM. She was invited to an interview only to discover that she was being recruited for a fulltime position.

"I was really torn. I liked my job in HR, I liked being responsible for helping people to develop professionally. But in a chance conversation with a colleague (coincidentally, on a day-trip to Nevis), I told her that what I liked the most about my job was helping 107 people. She replied casually, 'In radio, you could be helping 1007 people.'"

"To this day, she doesn't believe that it was that remark that pushed me to make the decision to give this radio gig a try," she says.

Toni tried her hand at all aspects of the media business both on air, behind the scenes and in administration. Officially she was a Senior Broadcast Journalist and Weekend News Editor at WINN FM, but she also anchored the



morning show for years, "Breakfast with Toni" and hosted the popular mid-morning call-in show "Voices," among others.

"At some point I think I hosted every single programme on WINN, in addition to doing news and outside broadcasts. Oh, and I did all my own technical and production work as well," she adds with a laugh.

Toni's decades-long interest in heritage preservation naturally evolved into a passion for environmental conservation. She used her position as a broadcaster to raise awareness of environmental issues through programmes, interview segments and news features.

In 2011 she won the Excellence in Caribbean Agriculture Journalism Award (radio), was one of 50 journalists from around the world who was selected by the U.S. State Department to cover the Presidential elections in 2012. In 2013 she was a presenter on 'Online Safety and the Journalist,' at the UNESCO World Press Freedom Day Summit in Curacao, and on International Women's Day in 2014 she won an award for her contribution to media in St. Kitts and Nevis.

But after nearly 15 years behind the microphone, she hung up her hat as a full-time broadcast journalist.

"I was quite a ride. I have had the opportunity to work with and meet some amazing people and to witness some pretty incredible (and sometimes surreal) events up close. I laughed a lot and I cried quite a bit. It was an experience I wouldn't trade for the world, but it is time to move on," she explained.

"I was tired. My journalist friends understood. You can never ever get away from the job. There is never any down time. You work under

constant deadlines, incredible pressure to get the story, and get it right. It is relentless and mostly thankless. You never have a minute to revel in 'a story well done' because you are already tracking down sources for your next, and of course you never sleep well, because your mind is clocking over thinking about all the things you have to follow up on."

"Some people love the constant adrenaline rush, and the drama and urgency of the news business, but the older I got the more I craved calm. It was time for me to bow out.

It was a long time coming, but a few weeks later, I finally got to dust off that archaeology degree and put it to use for my country."

Toni has had the opportunity to work on archaeological digs in Canada and the Caribbean.

Her first was during her undergrad years at the University of Toronto, on a First Nations site in an Ontario forest, and later she worked as a teaching assistant's assistant on the same site. She then volunteered on an Amerindian dig in Antigua and later on the 2000-year old Trants site in Montserrat. She even managed to work on a dig at Wingfield Estate in St. Kitts, during her stint at Delisle Walwyn.

"The ankles aren't what they used to be, so I think my digging days are over, but with my new job I finally, finally get to immerse myself in all things historical...full time!" she says, of her position at the St. Christopher National Trust.

In January 2017, she took up the post as the Director of Visitor Experience at the Trust, tasked with managing the visitor experience which includes the day to day operations of the National Museum. She also works with the Executive Director in promotion, public relations and event planning.

Since joining the team at the Trust, Toni has also managed to complete a University of the West Indies programme in Museum Studies and has her eye on furthering her education in that area.

"Working in a field I've always been so passionate about, has been very exciting so far," she says.

Since taking on the management of the museum, the Trust has mounted several special exhibits including one of a 200-year old Slave Register, one on Statehood and one that explored the 100-year period following Emancipation. She also developed an annual summer children's heritage storytelling series.

"I inherited my fascination with the past and how it shapes the present and future, from my father who was a founding member of the Montserrat National Trust. I feel as though now, I have come full circle."

Toni is married with four cats.

IN THE LIMELIGHT WITH ESTHER BROOKS

Born to Floretta Estella Greene and Allen Nisbett, November 27 in the early fifties, on the Island of Nevis, is Esther Veronica Brooks.

Due to her talkativeness and intellect, Esther was sent to the private school of Teacher Dina in Bath Village at the tender age of 3 years. Teacher Dina not only thought Esther academics but also music. Esther remembers enjoying her classes, as she would always get all of her work correct. She also loved staying after school to practice piano with her teacher. It seems as though the arts was imbedded into Esther's DNA as she was told by an older sibling that at a very young age she make her very own guitar with a sardine can and thread.

When Esther moved to the Island of Antigua, she continued her music lessons but hated it due to the fact that her teacher was cruel and would hit her knuckles if she made a mistake. Her Mom was unaware of this, as Esther didn't divulge that info to her. Esther continued leaving home under the guise that she would be attending music class but hung out with her class mates instead. That facade went on for a few more lesson periods until her mom was informed of the deception. Needless to say those unattended music lessons came to a stop. Esther's attention was switched to reading, writing poetry and short stories. A hobby she still enjoys today.

Esther continued to excel in academics in Primary school at Cobbs Cross, English Harbour, Antigua. Her teachers there acknowledged her music abilities and she was asked to perform for the schools' end of the term concert. She then went on to land a role in Shakespeare's Hamlet. Theatre then became a part of her life as she worked with her friend Aubrey to produce Christmas pageants for the community in which she lived.

Esther's high school years took her to the neighboring village of All Saints where she continued doing well in her studies. She wasn't sure at that time what profession she wanted to embark on but knew a secretarial position in an office was not her cup of tea. She also knew she wanted to be an entrepreneur. However, those were the times that a

young woman would either become a teacher or a nurse. Teaching appealed to Esther more so than nursing and so she was hired at a private pre-school where she realized that teaching and learning were her strong suits.

Her marriage at a very young age changed directions in Esther's life, as she had to give up teaching to become a Mom. During those years, she began learning the art of crochet but found it time consuming so she jumped to the more fulfilling craft of sewing. Esther continued teaching herself the craft but would on occasion request guidance from her mom who was a master seamstress. As her skill developed Esther realized that she derived pleasure from the complements she would receive when her clothing were admired. The decision was then made that she would go to the United States of America and professionalize her skills becoming a better seamstress than her mom and make a name for herself. Some of those dreams were realized for Esther when she migrated to the US in the early 70's. Esther's years at Fashion Institute of Technology afforded the opportunity to work at private label fashion companies on Fashion Ave in New York City. Her skills and abilities were applauded and she kept climbing the ladder of success in the Fashion Industry. While there, Esther returned to her first love of writing which propelled her to register and attend Fordham University annex at Lincoln Center in Manhattan. There she majored in English Lit and minored in Theatre. Because her studies required her attendance at numerous Broadway plays, read a wide variety of plays and write reviews, Esther picked up her pen (so to speak) and began writing her own plays.

When Esther moved back to the Caribbean her first stop was Antigua where she joined a long-standing drama group there. She performed with them in one of Trinidadian playwright Freddie Kissoon's play. After eighteen months in Antigua, Esther returned home to Nevis where she worked for the Nevis Island Administration as a Consultant of the Arts from 2004 to 2008. During those years Esther called on actors in Nevis to join

her as she created the group "The Nevis Theatre Guild". The group performed plays during Culturama for many years and throughout the year. The group also performed one of their beloved plays in St. Kitts, "The Burial of Miss Faithlyn" written by Mr. Francis Urias Peters of Grenada.

Esther herself have performed in some of her productions and performed in a major film produced in Antigua.

When Esther's tenure at the Nevis Cultural Development Foundation ended in 2008, she returned to the United States. There Esther chose to return to college where she garnered high praise from faculty and administrators as she received two (2) Deans' list certificates. In 2013 Esther returned to Nevis, worked with Nevis Island Administration for a little over a year as the Artistic Manager before returning to her beloved drama group Nevis Theatre Guild of which she is the Artistic Director.



continued from page 8

University of the Virgin Islands (1999 – 2005)

- Chair of Business Division, University of the Virgin Islands (2001 – 2004)
- Professor of Accounting, University of the Virgin Islands (2005 – 2015)
- Dean, School of Business University of the Virgin Islands (2010 – 2013)
- Chairman of the Board of Governors, Clarence Fitzroy Bryant College (CFBC; 2012-2015)
- Companion of the Star of Merit (CSM) 2008 National Award Recipient for Contributions to Education

His academic career since his secondary education included a BA (Hons.) English (1966), University of the West Indies, Mona Campus; MBA (1982) University of Illinois, Chicago; PhD in Leadership and Policy Studies (1995), University of Washington, Seattle; Masters in Taxation (2006) Florida Atlantic University (FAU); and the professional certifications, CPA and CGMA awarded by the American Institute of Certified Public Accountants (AICPA).

He is the proud father of eleven children (Sharon, Gayle, Lorna, Therese, Sean, Craig, Anderozzi, Ron, Ashanda, Akhil

and Aumri) and grandfather of nine. His greatest pride is that all of his children have made a profession of faith in Jesus Christ and most are professionals in their own right. Their professions include four managers/supervisors in large organizations like NIKE, Fred Meyers and the City of Seattle, one lawyer, one investment advisor, one mechanical engineer, two medical doctors, one real estate agent and one stay-at-home mother who believes that raising her two boys is more important than a pay check from corporate America.

Eustace recently retired as Professor from the University of the Virgin Islands but has transitioned into other areas of endeavor. In 2014 he spearheaded the founding of Sons of Unlimited Light, a not-for-profit organization to mentor young males and lead them away from anti-social activities like gangs, guns and drugs. The organization functions with a branch in both St. Kitts and Nevis. More recently, he has returned to a passion he had since youth but never had the time to practice with consistency. He has taken up farming on three acres of land located in Saddle Hill, Nevis. In the short seven months since the land was cleared and the first seedling planted, the farm has made great strides that he attributes only to the favor of God. In some small way he believes that this venture will

contribute to the food security of Nevis and by extension the Federation.

Far from being a bed of roses Eustace's life has been a terrain of rugged hills and precipitous valleys, missteps and bruising falls. One of his greatest regrets on the journey is not pursuing with consistency the persistent call to the pastoral ministry that he strongly felt since he was sixteen years old. Had he done so, the narrative of his life would have been very different. However, he likes to think as Shakespeare said, probably paraphrasing what the Apostle Paul said in different words, "There is a divinity that shapes our ends, rough hew them how we will".

His philosophy is that God must be central in every individual life not only because it is the only foundation for true success but more importantly because as the Creator, Jehovah deserves to be praised and worshipped. This is by no means any indication that his life and behavior have been perfect or a consistent attitude of worship and obedience – not by a long shot! However, he claims with certitude that irrespective of personal failings and frailty, Jehovah's grace through His Son, Jesus Christ has been, is, and always will be sufficient. It is a testimony that anyone who submits to Jehovah and His Son will experience.



BACK II BACK MAGAZINE AVAILABLE IN BOOKSTORES AND VARIOUS OUTLETS



IN THE LIMELIGHT

WITH CURTIS ETHAN MORTON SR

Curtis Ethan Morton Sr can be considered 'a man of many seasons.'

A master of many trades and jack of some.

He is fond to say that he has one job and in that regard, he makes reference to his other 'assignments' as HOBBIES.

His professional career commenced way back in 1977 when he received his first temporary job as a Junior Clerk in the Nevis Island Administration, just fresh from Secondary school.

After initially applying for a position at ZIZ radio, he landed the position of Public Health Inspector and worked with distinction from 1977 until 1996 when he resigned from the position.

During that period, he worked under the direct tutelage of the late, Mr. Crispin Fahie, a Senior Public Health Inspector with much merit and in the company of some other distinguished sons of the soil: The late Carlylse Hobson; Stedroy Williams and Anthony Webbe.

That same year, having resigned from the Public Health Department, Morton immediately picked up a new assignment as an Inspector at the St. Christopher and Nevis Social Security Board.

He served in that capacity until the year 2000, when he was appointed as Manager of the Nevis Office of Social Security and one of the Public Relations Officers, for the Social Security Board.

Very early in his tenure, Morton initiated and hosted two critical outreach programs: A radio program 'Social Security Five' and a television program 'Social Security and You.' These two programs helped in a huge way to inform the general public about matters pertaining to the workings of the Social Security Board and the requirements of individuals and businesses within the Federation of St. Kitts and Nevis.

He soon became known as 'the face and voice of Social Security', even though many of his coworkers assisted with the hosting of the programs.

In 2008, Morton resigned his position as Manager of the Nevis Office of Social Security and went into full time Self-employment, as a Taxi driver at the prestigious Four Seasons Resort.

Unfortunately, Hurricane Omar, badly affected the Resort in October 2008 and it remained closed for two years.

In order to survive, Morton reapplied for employment with the Nevis Island Administration and has served in the capacity of Senior Communications Officer, within the Ministry of Social Development, from 2009 until present.

His main responsibility, along with his assigned staff, is to cover all related activities within the Department, which incorporates seniors' events; Youth activities; all sports related activities, just to name a few.

Coverage is provided via video; written stories, which are shared with local media houses and a Department newsletter, which is done on a quarterly basis.

Additionally, he currently acts as PR person for the Nevis Solid Waste Management Authority (NSWMA) and hosts a radio program on Radio 20/20 Vision called 'Refuse News', on Wednesday mornings from 10.00 to 10.30 am and a television program SWEEP, which is aired on Wednesday evenings, sometime after the evening's news on NTV channel 8.

He also hosts a weekly Sports program on NTV channel 8, aptly dubbed 'NTV Sports', which is aired on week days and a sports feature on Thursday nights on the same channel, which either features his popular 'Sports Menu' program, which he started in 1989 with Carlisle Powell, or a complete highlight of recent activities, which could be Athletics; Cricket; Football; Basketball; Tennis, or any other sports related event.

Speaking of 'Sports Menu,' it is a program which was the brain child of Morton and Powell, as mentioned previously, with each individual contributing half of the name of the program. Powell quit after about two years but Morton has continued ever since.

Between 1993 and 1996, Morton organized the first official female Cricket league on Nevis which was a huge success story and drew hundreds of spectators to the games. Out of this tournament, Nevis female cricket teams were able to participate in regional tournaments in Barbados; Antigua, St. Kitts and Grenada, to name a few islands. Several top players were produced from this tournament and of special mention, is the late Ruby Chapman, who was a prolific allrounder.

On the more social side of life, Morton has a keen sense of humour and loves a lot of 'stupidniss'-clean 'stupidniss', as he detests vulgarity. He has been the MC at many programs across the island and is known for his quick wit and clean jokes.

Morton has also served as the longstanding President of the Queen City Taxi Association from 1998 until present and does Taxiing on a part time basis.

In another life, Morton featured as a prominent Calypsonian on the island.

He would be quick to say that he had his good times and bad, but was crowned Carnival King in Nevis in 1978 and again in 1979. In 1980, with Carnival now a thing of the past in Nevis, a festival was organized and he also crowned for that competition.

He was never that fortunate at Culturama time and felt that committee members were making

him a specific target.

After placements of third runner up and second runner up, Morton, aka SANDOPEY, thought that he had things pretty much wrapped up in the Kaiso finals in 1981, with his two mega hit songs-NICKNAMES and LEY WE GO; which totally rocked the huge audience at the then Grove Park.

He was even more so convinced, when his closest rival, GINGER, 'BUS' in the second round.

To his chagrin and shock, the judges not only crowned his friend GINGER as King, but placed him as second runner up. Even though he went back on stage when called, he had made up his mind then and there, that that would be his last Kaiso competition.

Shortly after, he journeyed to St. Lucia to pursue a course of study in Public Health and while there, four of the island's top Calypsonians contacted him, requiring songs for the upcoming Culturama festival. That was the year 1983.

Morton, in trying to prove a point, did not tell any of the Calypsonians that others had requested songs as well and wrote songs for all four. One song each for two and two songs each for the other two.

He proved his point. They were placed in this order: Dis and Dat -King; Meeko-1st runner up; Flamingo -second runner up and Beno-third runner up.

He could not win a Culturama crown when he was present but took the four top spots in his absence!

He also wrote songs for many other calypsonians in Nevis and St. Kitts. Worthy of note, were the two songs he penned for the popular King Pharaoh: 'As the world rotates' and 'Accept Me for what I am'.

Pharaoh placed 1st runner up to the renowned King Eli Matt and there were many present who thought that the judges had done the 'Egyptian', a huge injustice.

Since then, Morton has become a Seventh Day Adventist Christian and is proud to be known as a child of God and has demonstrated a firmness in standing up for his beliefs, in spite of the odds.

He is the first to admit that he is not perfect and points out that God is still working on him, despite his many flaws.

His intention though, is to seek to improve daily and by God's grace, make it to heaven at last and take as many others who are willing, along with him.

In the meantime, he is busy serving his island and community, helping others; writing skits, poems, stories and some jingles and songs, as time allows and just enjoying life with his wife Judy.

He is also proud of the progress of his son Curtis Morton Jr, who is also making quite a name for himself.



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Whether you are saving for a wedding, a house deposit or you have another big financial commitment in the pipeline, giving up your annual summer holiday may seem like a simple way to cut back. But doesn't it seem like there is always something big to save up for? The great news is you don't have to deprive yourself of sun this year. If you liked my budget hacking tips, you will love these creative ways of topping up your travel fund as you save for those big life events.

Find the Leaks in your Finances

The chances are you are aware of your monthly outgoings but a full financial audit and taking out time re-evaluate your banking can really help you to identify any leaks in your finances. You know, those subscriptions that you forgot to cancel (Netflix I'm looking at you), the insurance for that dvd player you no longer have and the unused gym membership. If you have ever signed up for a free trial of an App or subscription service and forgot to cancel it, you will know how these small fees can go unnoticed. Assess your direct debits and make sure

you only keep the ones that are absolutely necessary. Writing down what you spend each day can really help you to identify the areas where you tend to over-spend and simply being conscious of this can help you to free up funds for your next holiday.

Workout For Free

Are you getting the most out of your gym membership? A simple test would be to work out how much you pay each month and divide it by the amount of times you have attended the gym. You may be surprised at the cost per session. Swap that pricey gym membership for a fitness app or even better, a free workout channel on YouTube (Yoga with Adrienne is one of my favorites) and deposit the difference directly into your travel fund each month. A gym membership can be anything from \$8 per month to \$50 and over time that could mean the difference between a hotel room or a fancy suite.

Change Your Energy Supplier

When was the last time you paid any attention to those energy bills?

If you have a direct debit set up, it is all too easy for that money to fly out of your bank account unnoticed. However, every once in a while it is wise to keep a note of what you currently pay and look around for cheaper deals. Changing your energy supplier could save you hundreds of dollars per year and sites like Choose Energy can help you to identify the cheapest plan in seconds. Use these savings to top up your travel fund

Try a No Spend Challenge

If you read this blog regularly you will know that I love a money challenge (read all about February's week three no spend challenge [here](#)) and it's my favorite way to free up some funds. Pick a month and try a no spend challenge and put the money you have saved into your travel fund. It's amazing how much you can save in one month. A simple money challenge could be the difference between spending New Year at home and spending it somewhere exotic.

TAKE MY HAND PRECIOUS LORD, IN THIS, MY 4TH JOURNEY

By Dr. Jessica Bardales-Essien



“When we are fighting fears that feel like sure defeats, when our souls are weary and our spirits dry, OUR LORD never leaves our side. In every storm, my heart will give you praise.”

A month ago my peaceful universe was abruptly shaken once more. After surviving co-infected malaria (2 deadly species) in the middle of Hurricane Irma in September 2017 that got complicated with pulmonary edema and possible thromboembolism, I finally traveled overseas to get my bi-annual checks. I was glad that all the tests done to rule out cancer activity were negative. I was told to check in six months images that looked like inflammatory changes due to the malaria parasite.

Because I was experiencing unusual rashes on my neck, exhaustion after simple chores and the tactile sensation of an enlarged lymphatic node in my armpit, I sought medical care before the time advised. I wanted to be wrong but I can smell the devil!! A contrasted CT scan showed a bunch of enlarged nodes in my axillary and pectoral area. They did a biopsy right on the spot. My oncologist was

having a hard time going straight to the point. At that time I thought “Thank God I have a compassionate doctor.”

The biopsy came positive for cancerous cells. That means I have a recurrence of the original breast cancer tumor. This time there are not only 2 tiny areas like in 2016 when I was ordered 15 radiotherapies as a treatment. This time there is a cluster of enlarged lymphatic nodes in the same area (pectoral area) where I had the first surgery six years ago. I need to do further testing of a strange image in my spine and a “lump” of sudden growth in the middle of my neck.

Brother and sisters, I am human, a simple human. My soul abandoned me for an entire 72 hours. Everything seems like in a terror movie. Fear and anguish took over every atom in my body to the point that I could not breathe. I was too devastated to see my children, to call my husband, to face the world. I had heard those

emotions from my patients but I had never experienced them to that extent. Is the most accurate word to describe it deep depression? Maybe numbness or death in a living body? I do not know how to describe those feelings. I pretended to be my old, strong self and called my close family and informed them. It was my same way of walking and smiling, the same voice was coming from inside of me saying words, calming everybody but IT WAS NOT ME. Even though I was surrounded by my loved ones, who are suffering immensely because they can do little, nothing was bringing me back. I sank incredibly deep into hopelessness and despair. I forgot for some hours WHERE TO GO, WHO TO REACH.

Down again? Hadn't I just survived pulmonary edema, thromboembolism and two types of malaria less than 8 months ago? Didn't I survive a surgery to completely remove my breast and lymphatic

continued on page 17

nodes of that area, the removal of my ovaries, gallbladder, removal of my uterus, repair of my bladder, 8 months of two types of chemotherapies, 25 radiotherapies, 6 months of oral chemotherapy and daily hormonal therapy that gives me so many side effects? Again? Am I am not doing my part? Must I fight again? Do I have any physical or mental strength left?

My sister was lovingly and silently at my side at all times during those first hours of consternation and desolation. She dragged me outside, it was almost 8 p.m.

Do you believe in God's signs? I saw a bird, in the highest building singing in a unique way, I wish I had reacted fast enough to record it. I did not invent it. He was there singing FOR ME! My sister and niece were there to testify that it happened. I replied to the bird and I started laughing uncontrollably, feeling an immediate, indescribable peace. All of a sudden, a cloudy day gave space to the SUN! At 8 p.m.! I am in Sweden, and even if they tell me that it usually happens here, I know that it was our Lord who spoke to me once more. I am back!! I welcomed my body again. This Inca body that has been accompanying me for almost 50 years. This body that has tried with a sincere heart to help wherever it goes. The one that gave birth and breastfed two amazing children, the one that loves souls and not bodies. This body that helped me to get countless experiences in so many countries, that helped me to be a 'trillionaire', enriched by the number of remarkable persons I got to know from all walks of life, giving me the opportunity to be part of their lives as a doctor, but better, as a friend. This body that screams at the top of her lungs at the sight of a simple flower or cries inconsolably during a cartoon movie. I am back and I am OK. I'll not abandon this body that the Lord created until HE

DECIDES, He, the Great Physician. I am so thankful for my LIFE. I am sorry for not doing more for YOU, but my Lord knows I tried, I tried very hard. I apologize for being silent for a while.

Even when I was physically and spiritually fragile, God never abandoned me. He was carrying me. HE is doing it now and forever.

Isaiah 66:9: "I will not cause pain without allowing something new to be born, says the Lord."

Jeremiah 29:11: "For I know the plans I have for you, plans to prosper you and not harm you, plans to give you hope and a future."

On several occasions I felt my death so close to the point of thinking that if I went to sleep I may not wake up. The Lord has given me so many blessings and miracles that I am compelled to share some. Mark 16:15: And He said to them, "Go into all the world and preach the gospel to every creature."

I am not adding anything at all to make it more appealing as story tellers do. I am telling you real, honest experiences.

During my malarial infection, on the second night at our local hospital and feeling a lot better, I convinced my Dr. Essien to rest at home and not in a chair next to me. During my peaceful sleep, I woke up not able to breathe. It was past 11 p.m. I was in a small private room, no nurses around, the telephone far from my reach. I was dying alone with no hopes of being heard as I was not capable of making any noise. I still cannot believe how unexpectedly Essien opened the door at that precise moment, switched on the light and found me drowning. I had developed pulmonary edema (water in the lungs) so rapidly. He quickly alerted our colleagues and nurses. My body fought to remain alive. What made Essien come back in the middle of the night, at that precise moment? It was our Lord's work. AMEN!!

The pure, sincere energy of so many persons in our wonderful community had been helping me to reach this far. A lady, who brought me breakfast in our Alexandra Hospi-

tal, held my hand and sang a beautiful Christian song soothing my soul which was in more need than my body. After attempting to lower my high fever with conventional medications, but not seeming to get a response, one of our nurses bathed me. It was not the bath, it was her soothing voice and the LOVE her hands transmitted that ensured the fever never came back.



tal, held my hand and sang a beautiful Christian song soothing my soul which was in more need than my body. After attempting to lower my high fever with conventional medications, but not seeming to get a response, one of our nurses bathed me. It was not the bath, it was her soothing voice and the LOVE her hands transmitted that ensured the fever never came back.

My unexpected arrival at the I.C.U unit at the J. N. F General Hospital in St. Kitts, where I stayed for almost a month, was enriching. I was interacting, for the first time, in some cases, with so many loving and qualified colleagues, nurses, lab technicians and other hospital staff. I am eternally thankful.

Those days were insanely rough. I was experiencing shortness of breath and palpitations almost double my normal range. This prevented me walking any further than

my protests, to comb my hair and wash my clothes. WE DO NOT NEED TO BE A DOCTOR or part of any organization to give our LOVING LIGHT TO OTHERS.

I am preparing to start a new set of treatments to deal with this new recurrence. How am I feeling? My strength and faith are back! I am ready to fight! My children are cancer-aware in all senses of the word. We do not want to think about the staging or the meaning of another recurrence, but focus on our today. My love for my "J's" and their love for me bounce me back each time I slump. "I need you, you are my everything". "Fight, mommy, please, promise me you will never get tired of fighting" they say.

After reaching out for prayers and advice from some of my cancer warriors (at one point, some were my patients and are now my guides), and also to my dear sisters, members

A Moment

With DR. DAIL CRAWFORD



Dr Dail Crawford was born and raised in a small village called Molineux by his late grandparents Renfrew and Rosana Welcome. His grandparents were involved in farming throughout their lives and so his life was built on this foundation from a very tender age. His grandparents were his moral and emotional builders as they thought him about the values of life and the importance of hard work. He attended the Joshua Obadiah Primary School formally known as Molineaux Primary School. He remembers vividly that every morning around 7am he had to take his grandfather's breakfast to him at the farm. It was really a task going to the mountain every morning before going to school but that was one of his chores. His grandfather was very strict about waking up at mornings. His favorite proverb was "early to bed early to rise makes a man healthy, wealthy and wise". His primary school days were very productive and successful. He had a rich learning base mixed with fond memories of teachers and former classmates.

He graduated from primary school and went on to Cayon High School to start his secondary education. His school life at Cayon High School was very rich and exciting. His teachers were very dedicated to helping him learn and his former classmates had the zeal for learning. He did not escape his grandparent's farm while in secondary school. Every afternoon after school he had to report to the farm to carry out various duties such as watering the plants or reaping crops. He graduated from Cayon High school in 1991.

After graduating from Cayon High School he furthered his education and went to the Sixth Form which is currently known as the Clarence Fitzroy Bryant College and was enrolled in the Art and Science Division. During his years at Sixth Form he took on

a bigger role in his grandparents farming business. Every Saturday morning around 5am he had to accompany his grandmother to the public market to help sell agriculture produce on a regular basis. This experience was very good for him as he was interacting with many people of varying age groups and he was also learning business skills. He stills remember those old market days when the public market used to be filled with persons selling their produce. He graduated Sixth Form in 1993.

After his successful completion of Sixth Form he entered the teaching profession at Cayon High School. He was happy to return to the school where he got his secondary education to make a valuable contribution. He taught as a teacher from 1993 to 1999 in subjects such as Maths, Geography and Agriculture science. During those years he tried to impact and encourage his students to take their education seriously. He was instrumental in forming a Christian group named "Radicals For Jesus" where young people were allowed to attend devotional sessions during the latter part of their lunch break each school day. On several occasions he would invite different pastors to give words of encouragement to the group members. This group was formed to help fulfill the spiritual needs of the students. He tried his utmost best to guide his students to develop positive thinking and encouraged them to aspire for greatness no matter their socioeconomic status. His grandmother played a pivotal role in his spiritual upbringing. He was raised in a Christian home where regular attendance to church and Sunday school were a norm. At one time his grandmother's house was actually used as a place for church meetings. This strong spiritual

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A Moment

With DR. GLENVILLE LIBURD

Meet the Doctor Who Envisions Nevis as a Medical Mecca

St. Kitts and Nevis anaesthetist Dr Glenville E. Liburd is a busy man. In addition to being a husband and father to his 17 year old son, the sixty-one year old enjoys reading, traveling, tending his vegetable garden along with studying and discussing philosophy and current affairs.

He also spends a great deal of time at Alexandra Hospital, Nevis and Eureka Health Services Ltd. Since 1996 Dr Liburd has been a consultant anaesthetist at the hospital and a principal at Eureka Health Services, which is a private health care advocacy & family practice clinic in Nevis.

At a point in life where many begin to wind down their careers and look to spend more time with their friends, family and hobbies, Dr Liburd is busy pursuing his visions for Nevis and the other Organisation of Eastern Caribbean States (OECS) countries. (The OECS consists of Antigua and Barbuda, Commonwealth of Dominica, Grenada, Montserrat, St. Kitts and Nevis, Saint Lucia,

St Vincent and the Grenadines, British Virgin Islands, Anguilla and Martinique.)

As is natural for someone who has dedicated his educational and professional career to medicine both of his visions deal with the well-being of others.

His overarching vision is to see Nevis become the Mecca for health care. Dr Liburd also hopes to see the establishment of a vibrant community of Anaesthesia practitioners in Nevis and OECS countries Islands as the cornerstone of a sustainable modern healthcare system.

During the course of his education and career Dr Liburd has held positions at some of the top hospitals and clinics in Nevis, the OECS and the world. The list includes Princess Margaret Hospital Dominica, Hughes Medical Center and Princess Alexandra Hospital Anguilla, Tapion Hospital St Lucia, Glasgow Royal Infirmary in Scotland, and Queen Elizabeth Hospital Barbados.

Dr Liburd is particularly active in providing care and treatment for those who are afflicted with disabilities and in developing programs to help with their rehabilitation.

In addition to presenting a number of papers on the topic worldwide and participating in clinical research and trails for these patients, Dr Liburd is an active participant in several groups who focus on the needs and rehabilitation



of these patients.

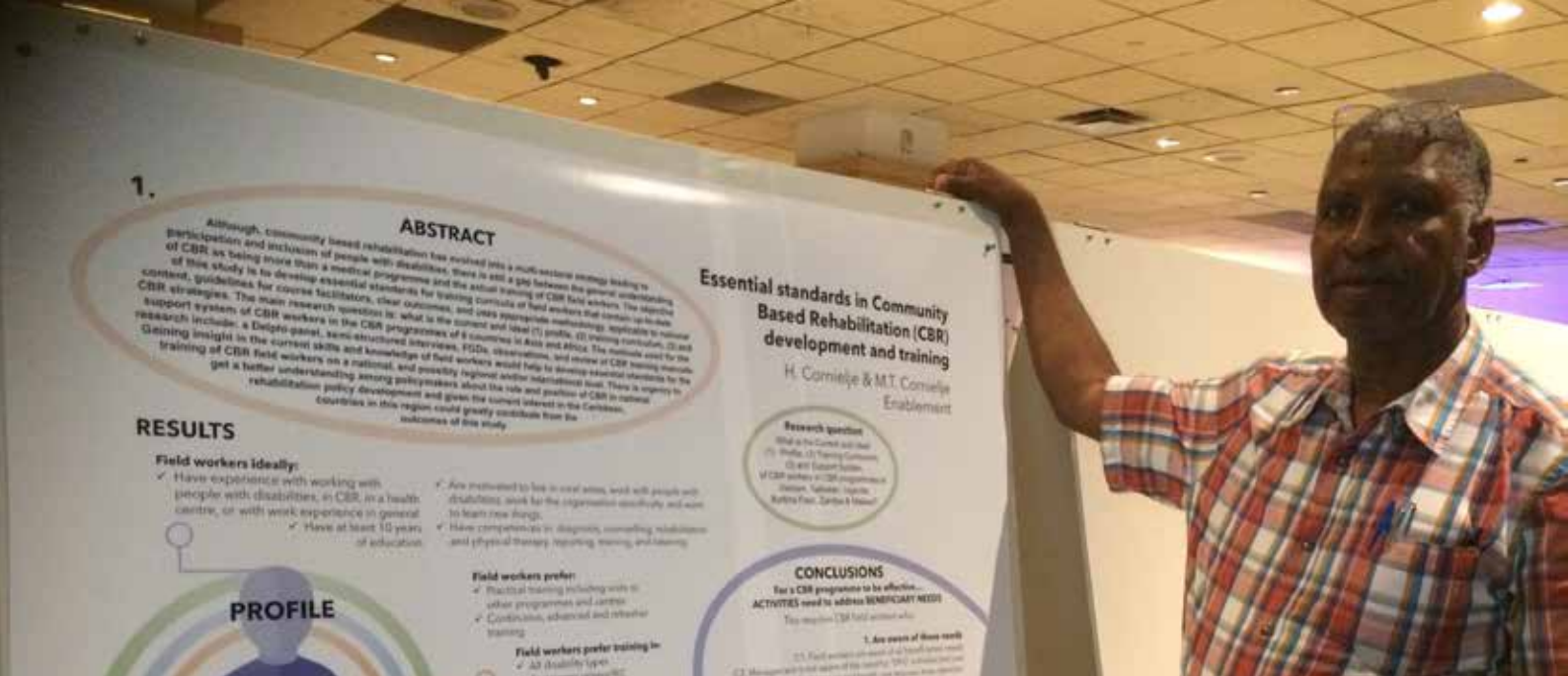
Since 1996 he has held the position of Medical Consultant and Assessor for Disability Benefit Claims with the St Kitts-Nevis Social Security Board. In 2014 he was a joint founder of the Caribbean Network of Community Based Rehabilitation (CBR). In that year he was selected as the inaugural Chair for the network and position he still holds.

The Groups Facebook page provides a comprehensive overview of the network's goals and mission.

We are building a Caribbean Network of like minded individuals with an interest in the Rehabilitation of Persons with Disabilities (PWD's) for their full inclusion or re-inclusion in mainstream of livelihood and social activities through the strategies of Community Based Rehabilitation (CBR). The WHO CBR Guidelines (2010) gives structure to these strategies and substance to the Principles of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). Through this medium we hope to share plan collaborate for the development of programs guided by evidence and best practice towards these goals.

Dr Liburd also volunteers with a number of Nevis advocacy groups including the Nevis Mental Health Association and Nevis Blind Light and Visually Impaired Society.

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His outreach program has included a number of radio and television programs designed to educate citizens and the medical profession of the importance of health awareness. He was also the host of the Eureka Health Watch Program, which discussed topical health issues, on Choice Radio 105.3 FM Nevis. He is also a frequent guest public lecture on the topic of health awareness and resources.

Dr Liburd is aware that achieving his goal of Nevis becoming a health care Mecca requires active participation now and in the future. To that end

he has hosted nursing students from around the world, presented papers throughout Asia and Africa, and jointly organized a CBR Sensitisation and Implementation Workshop in Antigua.

He has also served as a Participant Employer in Summer Job Attachment Program organised by Nevis Island Administration. Through the program high school students experience the world of work that is attached to his medical practice, no doubt in hope that they will help his vision to become a reality.



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background has been the source, strength and success of Dr Crawford today.

In 1994 he was given the opportunity to attend the St. Kitts and Nevis Teacher's Training college as there was a pilot programme of in service training for teachers. The programme lasted for three years and he graduated as a trained teacher in 1997. He returned back to Cayon High School once again where he taught for some two years after which he went to Cuba to pursue a career in medicine.

Dr Crawford started his academic journey in Cuba in 1999 and he successfully completed all his studies in 2011. He received a diploma in Spanish in 2000 subsequently pursued a degree in general medicine from 2000 to 2006. After graduating in 2006 as medical doctor he worked for 6 months as a medical officer in St. Kitts. He returned to Cuba in January 2007 where he completed a specialty in Community Medicine 18 months later and then completed the Gynecology and Obstetrics speciality in November of 2011. The Cuban experience was challenging but it was fruitful as he was able to interact with many Caribbean students and other persons from across the world. The culture was different and he embraced the lessons he learnt while living among the Cubans. The Cuban people have always favored unity and resilience amidst the challenges in life.

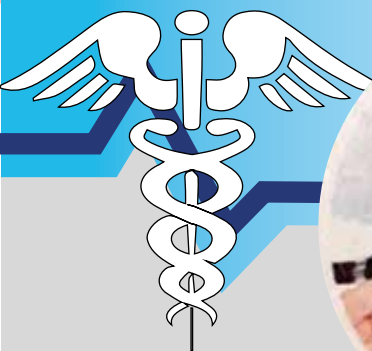
He is currently practicing as a Consultant Gynecologist/Obstetrician and also as a General Practitioner in St. Kitts. He is married to his beautiful wife Dr Cherrilyn Warde – Crawford a Clinical Psychologist for 21 years and has fathered two children. He has attributed all of his success to God who continues to be the architect of his life. He is a community person; he was a former member of the 4H Club and the former president of the St. Kitts Cuban Alumni Association. He also has a level one basketball coaching certificate and he has coached both the Molineux senior and junior Basketball teams. He loved mathematics and he taught it at evening classes in his community, Molyneux and helped many persons to pass Mathematics at CXC level. He has facilitated numerous presentations for both medical and spiritual topics to various community groups radio programs. He loves playing dominoes and throughout the years he has participated in many domino competitions.

He would like to encourage young people to passionately go after their dreams despite the challenges they may encounter. He believes that the road to success may not be easy however with determination and discipline success is possible.

Dr Crawford is convinced that in everything we do we ought to put God first.

Dr. Dail Crawford

Gynaecologist/Obstetrician General Practitioner



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of the "Nevis Maternal Health Fund", I felt as if they were literally forming a circle around me and will help me to resist this year of treatment. I will fight with the help of my Almighty to remain in the life of my children, my family and you who I may be able to serve.

A "lump" of rapid growth and hard consistency in the middle of my neck, alarmed my oncologist and me. They did several tests and booked me for a possibly removal or guided biopsy. All were seriously concerned as it is close to vital vessels. While waiting for the biopsy, I decided to wear turtle neck blouses and not to look in the mirror as the lump was reaching an alarming size in a short period, causing me to be constantly dizzy and uncomfortable. The ambulance came once as I fainted. During that week of waiting, all I did was to eat healthier (a lot of natural juices), exercise and PRAY. I know miracles happen. I did not look at the mirror as promised. When the day of the biopsy came, the radiologist called more and more colleagues in disbelief. It had completely disappeared!! I KNEW IT! They sent me home and I happily obeyed. 2 weeks after, another oncologist said that she needed to address it properly as she could not find a rational explanation. She sent me to see an ear, nose and mouth specialist. After more exams and tests, she also concluded: IT IS NOT THERE. There is nothing to mask the described lump. What happened? They do not understand. I DO. It was my Lord's intervention!

Five weeks have passed since I started writing to you. The image of my spine was negative, my lungs are clear; the lump in my neck is gone. I am started the second month of treatment to hopefully obtain regression of the spreading of disease in the lymphatic nodes. I need to be honest, the treatment is tough. I am getting two injections every 15 days and three tablets daily. My little body felt so many indefinable sensations, that I joked about being in an interminable rollercoaster but my passion for life makes me treasure each day with gratefulness to our almighty.

A cancer diagnosis and the subsequent journey launches a family into the unknown, but four words link the heart to the anchor of God's steadfast love: No matter what happens. I give thanks. Gratitude, no matter what happens, helps me every day to roll up my sleeves, like most of us women, mothers around the world, and find inner strength to be a present figure in the life of my family and in society. Gratitude is a current that will run forever in my blood. If my life is meant to be in constant combat with the devil, I will be the most valiant warrior. I seem to be losing my hair once more, I do not care, it can go but never my faith.

Dear brothers and sisters. We need to try very hard to reduce our exposure to modifiable behavioral risk factors to influence health outcomes, physical inactivity, unhealthy diet and harmful use of alcohol are among them. Psychological stress is common in many physical illnesses and is increasingly recognized as a risk factor for disease onset and progression. Do not wait until it is too late to make drastic, positive changes in your life. Our health

is our responsibility.. Our time on Earth may be shorter than what we wish or expect. Life is unpredictable and only our Lord holds the future, let's not wastes our time in hurting each other. A loving word, a loving touch can be more powerful than all medications together. You may leave a store, offices or hospital not remembering complicated names but the attitude, the friendly smile of an employee, a nurse, a doctor or a cleaner can save lives.

There were two events in the past year that distracted me as they caused me great disappointment and pain. They depleted me as much emotionally as cancer itself. Our NGO, The Nevis Maternal Health Fund (NMHF), has being serving with honesty and transparency, discreetly or openly, especially during times of need of specialized medical attention. We are determined to carry on our work of love in the community but with more judiciousness and prudence. We are determined to continue working with our authorities to enhance rapid response in health emergencies for all in St. Kitts and Nevis as the one I urgently needed.

This humble servant is always there for you, to put to your use my professional skills, my cancer wisdom and my eternal love. I will never stop believing in the goodness of people. If I do, I better die. I am of the conviction that there is so much greatness in this world.

My love for you has denuded me of my shyness and overcome language barriers, in my unstoppable efforts to exhort you to make time to promote a healthy living now, that you are strong. Avoid being in this site of the road. If you are, do not be afraid to forgive yourself for moments of despair. Every battle is unique, not all bodies take diseases the same and not all have a loving person next to them. Let's be an angel for someone else. If you are feeling down today, for whatever reason in life, it is ok. Cry and scream but remember where to turn. He is always there. As the songwriter says: "I'm only human, I'm just a woman ... Lord, for my sake teach me to take one day at a time."

That there is power in individual or collective prayers is undeniable. All of us are in need of them for different reasons in life. Can we pray sincerely for one another? Our valiant, exceptional, spirited Lea Parris-Cambridge needs it. Her bravery is remarkable and inspiring. Do not feel pity. Peace and gratitude filled our hearts. The love and mercy of our almighty are in control. I also ask for your prayers. I need them.

I am going to rest and imagine myself in the serenity of our Caribbean sea with the assurance that God is bigger than anything.

Much love

Jessica

I created a blog: "Facing cancer with faith" to share my journey with you at:

<https://cancerjnevis.blogspot.com/>

The logo for Avalon Medical Laboratory features the name "AVALON MEDICAL LABORATORY" in a large, serif font. Below it, in a smaller font, is "For Private & Confidential Services". To the right of the text is a circular graphic containing a yellow caduceus symbol, surrounded by colorful puzzle pieces. Below the circle is an image of a hand in a blue glove holding a red test tube, with several colorful pills scattered nearby.

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6 Ways to Eat Healthily Without Breaking the Bank

I recently published a piece on how to save money and get freebies. To follow on from this, I thought it would be nice to share with you some ways on how you can save money by eating healthily too.

I think that one of the most budget friendly types of food is actually Asian cuisine, especially Chinese and Thai which is evident when you look on Hungry House. Excellent examples on just how inexpensive it is can be easily spotted and you can also see it is completely possible to eat delicious, filling and healthy Chinese and Asian cuisine for as little as \$25 a month.

Part of the reason that Chinese cuisine is so inexpensive to prepare at home is to do with its tradition and philosophy. Traditionally, Asian cultures have a no-waste approach to food. Meat is used sparingly (the typical Chinese recipe calls for about 140 grams of meat) and in season vegetables are a staple.

Here are some examples for you to try out:

Green Bean Stir Fry

Green Bean Stir Fry is a Chinese staple and usually contains a bit of meat or tofu. When green beans are in season, the dish is inexpensive. You can also prepare this dish with any vegetable you like and one which you can find for a bargain.

Pocket Eggs with Soy-Sesame Sauce

During the Chinese Cultural Revolution food was often scarce and rationed. Pocket eggs, which are served over noodles or rice, became a staple in many areas.

Beef with Rice Noodles

You can make this dish with either fresh or frozen veggies, which makes it easy to take advantage of whichever is the best bargain at the market. This meal also typically cost about \$1.50 per serving.



Fried Rice

The multiple methods of preparing fried rice means that you have lots of options. Fried rice is actually at its best when made with leftovers. (The secret to good fried rice is to use day-old rice.) You can make a more than ample serving of fried rice for about \$1.50.

Stir-Fry Beef with Gravy

This dish, which comes from The Chinese Cookbook uses green pepper, mushrooms, sprouts, and peas and costs about 41c a serving.

Marinated Broccoli Stems

This recipe makes a nice side dish, using what is typically the worst part of fresh broccoli and costs about 6c a serving.

So, these recipes serve as just a few examples of just how inexpensive Chinese food can be when you prepare it at home. There are a number of excellent Chinese cookbooks out there, but of course you can easily find the recipes online.

In addition to helping your budget, Chinese and Asian food in general is incredibly healthy as the dishes contain lean meats, a very small amount of healthy oils and lots of healthy vegetables. Considering this, Chinese food is likely to remain a part of your regular diet even when you're not trying to save those pennies.

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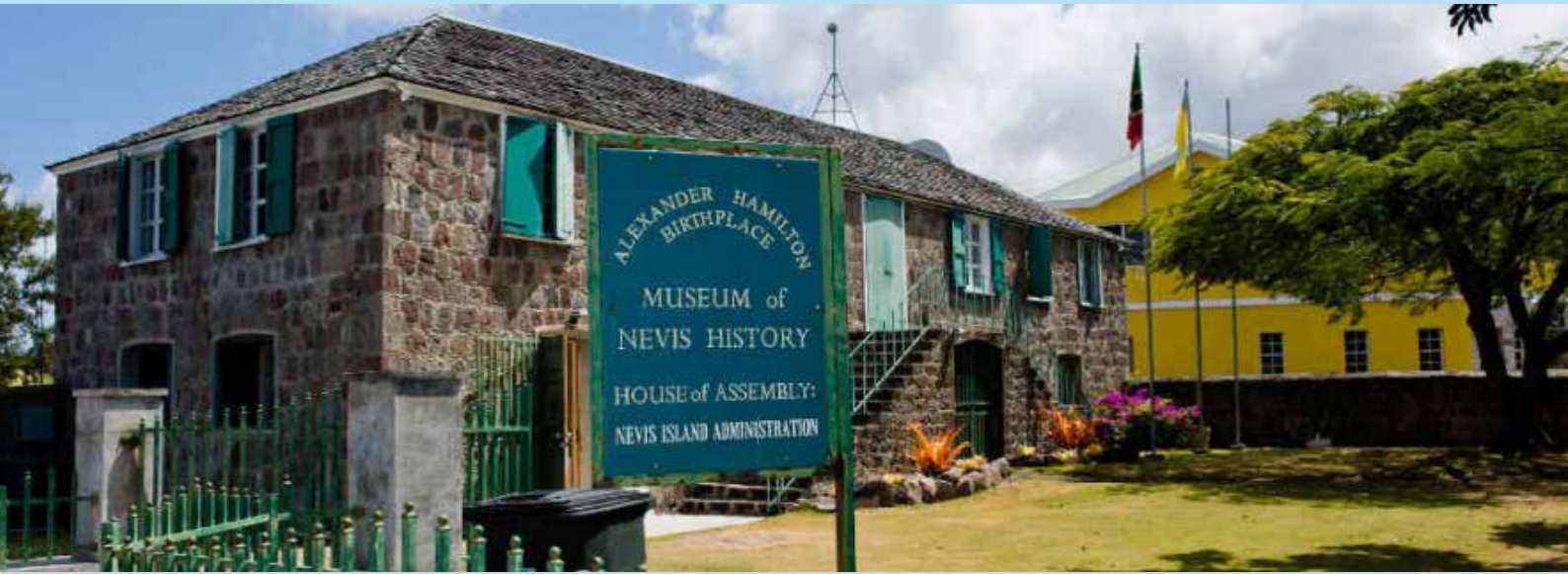
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NEVIS HISTORICAL AND CONSERVATION SOCIETY



Nevis is an island of great historical significance and scenic beauty. Visitors will have lifetime memories if they connect with Nevis Historical and Conservation Society (NHCS).

The first attraction that many visitors come across once they reach on the Nevis shores is the site on which Alexander Hamilton was born on 11th of January, 1757. NHCS is the custodian of Alexander Hamilton Museum. The Museum is housed in a Caribbean Georgian building that was built on the

remains of the foundation of the structure where Alexander Hamilton was born.

One of the most creative ways the NHCS has made it easy for visitors, locals and residents to tour Nevis is to offer them the Nevis heritage trail sites guide.

Fort Charles (c.1628) - the largest fort on Nevis, it protected Charlestown.

Bath Hotel and Bath House (c.1670). This hotel is one of the oldest in the Caribbean

The Jewish Cemetery (c.1670) - A thriving Jewish community made up of 25% of the population of Charlestown in the 1720s; a synagogue was located nearby.

Alexandra Hospital (Queen's House) - Once housed the Governor and visiting Royalty.

Hamilton Estate - One of the most complete plantation factories in the Caribbean.

Charlestown Methodist Church - Built by freed Blacks following Emancipation in 1834.



Nevis Slave Market (c.1670s) - On this site newly arrived slaves were sold to plantation owners from various islands.

St. Paul's Anglican Church and School (c.1689)- Site became center of education of former slaves.

Baobab Tree and Montravers Estate (18th c) - Dates to around 1859 and defines the entrance to Montravers Estate.

St. Thomas Anglican Church and School (c. 1643) - The oldest active Protestant church in the Caribbean/

Fort Ashby-Jamestown (17thc). Site of Jamestown. Nevis's earliest settlement that was destroyed by a tidal wave in 1680.

Nelson's Spring - Place where British Naval hero Horatio Nelson collected water for his ships.

Cottle Church (c. 1824) - This was the first church in the Caribbean built for all people, regardless of colour to worship together.

Nisbet Plantation - Once home of Frances "Fanny" Nisbet who married Horatio Nelson in 1787.

St. James Anglican- Church (c.1750) One of only three churches in the Caribbean to have a black crucifix.

New River-Coconut Walk Estates - Site of largest sugar mills on Nevis and Arawak archaeological sites.

Eden Brown Estate - Location of a well known local ghost story about lost love.

Golden Rock Estate (c1801)Some of the most beautiful stone building and gardens on Nevis.

Gingerland Methodist Church (c.1901) - An unusual cut stone building in an octagonal shape



Old Manor Estate Hotel - An attractive site enhanced with remains of the Great House and Estate Buildings.

St. George's Anglican Church (c.1842) - Site of many historic graves and imported head stones.

Hermitage Estate - (c. 1640) Believed to have the oldest existing wooden house in Caribbean.

Montpelier Estate - Site of Horatio Nelson and Fanny Nisbet's wedding in 1787.

Saddle Hill Fortress (c. 1740s) "Nelson's Look-out". The best preserved fortress on Nevis

St. John's Figtree Anglican Church (c.1680) Site of the recording of Horatio Nelson and Fanny Nisbet's marriage.





Advancements and New Models Show Why This May be the New Age of EVs

Electric vehicles are not a new concept; the first electrically powered automobiles were introduced in the late 1890s. In the early 1900s, electric cars were the car of choice due in part to their ease of operation, lack of exhaust fumes, and quiet operation. That all changed when Henry Ford introduced his mass produced Fords which cost less than half as much as their electrically powered competitors.

For almost 100 years the petrol

power car was the undisputed king. However starting in the late 1970s as a result of fuel shortages, rising fuel prices, and the growth of the environmental movement, engineers and inventors once again began to look for renewal fuel alternatives to fossil fuels.

One of the drivers of the current electric vehicle movement is the need to address climate change. About 14% of all greenhouse gases are the direct result of auto emissions. Even as the effects of climate change are becoming evident the willingness of drivers to switch to fossil fuel alternatives hinges

on costs and convenience.

Advances in battery technology along with innovations and improvements with the electric vehicles themselves may further help to capture the car-buying public's attention.

Battery Advancements

The cost and the efficiency of the battery has been a major hurdle in the acceptance of electric vehicles. In less than a decade battery costs has dropped almost 75%. Tesla and other companies continue to make major investments in the lithium ion battery and have also increased efficiency as well



as lowering costs.

Additionally other researchers are looking at new battery technology. A startup named StoreDot is looking to using nanotechnology to provide incredibly fast charging batteries in the next few years. Automaker Renault, Qualcomm and Vedecom are testing a dynamic electric vehicle charging (DEVIC) systems which charge vehicles by generating an electromagnetic field in the roadway which charges the vehicle while it is moving. Purdue University is testing "flow" batteries which operate on a safe electrolyte solution that can be stored in the vehicle for long trips or in the driver's home.

Another boost for the future of electric vehicles is the proliferation of charging stations, making EVs better suited for long-distance driving.

Individual companies, often with the aid of government grants, have undertaken ambitious goals to provide charging stations along motorways along with traditional fuel stations and auto repair shops.

While improved battery efficiency and lower costs play a part in the growth of EV acceptance, perhaps the improvement most responsible for bring in new converts is the improvements in the cars themselves.

Many of the early model EVs seemed to be designed with the singular goal of providing a utilitarian alternative fuel vehicle with little choices in styles or options. The current models cover the entire gamut from a basic first car to high end luxury models and ultra-expensive performance models.

continued on page 32



The Chevy Bolt and Kia Soul are examples of what is often called the “everyman” EV.

The Soul offers a nice roomy interior and a number of nice extras like heated and cooled seats, touchscreen navigation, and others aimed at the younger driver. The Soul has one of the best warranties available. The range is a bit lower than most, but fits perfectly into the driving habits of its target market.

The Chevy Bolt offers a nice range of about 238 miles making it well suited for the daily commuter as well as ideal for weekend getaways. The Bolt is situated nicely between the EVs that feature limited range and amenities and those with the top end ranges and top-of-the line amenities. The Bolt is attractively price, roomy and with the modern touches today’s car buyers want.

Those who desire and can afford a luxury EV now have several attractive options as well with the Tesla Model 3 and the BMW i3.

Most critics consider the Tesla Model 3 as simply the best electric vehicle on the market.

The Model 3 showcases the company brilliant technology and offers a range of over 300 miles. The Model 3’s modest exterior styling is more than made up for by the luxurious interior which offers an excellent combination of style and function. The Model 3 features most up-to-date semiautonomous driving aides. Many features of the Model 3 are updated via Wi-Fi.

The BMW i3 is best suited for drivers that are not only looking for a renewable powered vehicle but who are also making a statement. The i3 sports eco-friendly and cutting edge materials and construction throughout the vehicle include a carbon-fiber reinforced plastic body, and an interior trim made from a plant based material. The car is incredibly comfortable, fun and easy to drive, and offers all the luxury extras a luxury car owner could desire.

These models and advancements are just the beginning of what appears to be the dawning of the new age for electric vehicles. Dozens of new models are scheduled to hit the market in the next year or so and numerous startups are testing battery and power technologies.

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ST. KITTS UNDER 20 EDGE OUT NEVISIAN COUNTERPARTS IN A THRILLER

One of the pre independence activities for 2018, excited a small but vociferous crowd at Warner Park on the evening of Saturday 8th September. It was a St. Kitts 20 and under Cricket team, coming up against their Nevisian counterparts.

Included in the members of the crowd, was the chairman of the Independence committee, Hon. Shawn Richards; President of the St. Kitts Cricket Association, Mr. Phillip and other members of the St. Kitts Cricket Association. The match started shortly after 6 pm and the home team won the toss and elected to bat on the solid looking track. They were soon in early trouble and at 53 for 7, it looked as if everyone was in for an early night.

Enter Rashid Eddy. he took a particular liking to the off spin of Trishawn Francis and proceeded to blast him over the straight boundary, not once, not twice, but four emphatic times. He swung his bat lustily right down to the last over, when he eventually departed via the run out route, trying to hog the strike.

He however got his team to a defendable 103 all out in 19.3 overs. Even then, it still seemed as if it would be an early night, as after the early loss of Captain Ross Powell, Jamie Cornelius and Shelton Forbes, proceeded to pepper the St. Kitts bowlers to all parts of the Park. At 72 for 1, with lots of overs in the bank, the Nevisian supporters were already celebrating.

However, cricket remains a funny old game and the proverbial fat lady was still all the way at Fort Street. Once the spinners, Pemberton and Wadhwa came into the attack, the game suddenly turned on its head. 72 for 1 soon became 72 for 2—then 73 for 3; 73 for 4; 80 for 5 and suddenly the St. Kitts team and their supporters, started believing again. The Nevis team, continued to buckle under the pressure and at 99 for 9, the tension at Warner Park, cut like a sharp knife. It came down to 5 runs required from the last 6 balls.

The first ball, Sharma turned neatly into the onside and set off for a sharp single. He appeared to be well inside of his crease when a direct hit, tumbled the bails, but umpire Nisbett raised the dreaded finger, much to the dismay of the Nevisian supporters and much to the joy of the Kittitian die hards. N’Cosie George then took strike. Five runs required from five deliveries. Ball two, swing and a miss. Ball three—swing and a miss. Ball four another lusty swing; mid-off stops cleanly, but the batsmen scamper for 2 crucial runs. Three required from two. Ball five—swing and a miss. One ball to go; two runs to tie and three to win.

Swing and a miss—the Kittitians and their supporters went wild. St. Kitts under 20 had won! Immediately after the match, Hon Shawn Richards presented medals, trophies and cash prizes to the deserving teams and outstanding players. Pemberton of the St. Kitts team for his 24 and 2 wickets, was adjudged the man of the match.

Summarized scores: St. Kitts under 20: 103 all out in 19.3 overs: Rashid Eddy 38; Pemberton 24 Trishawn Francis 3 for 33; Carlon Tuckett 2 for 5; Boognarine Sharma 2 for 17 and Tewan Prentice 1 for 19 Nevis under 20: 101 for 9 in 20 overs: Jamie Cornelius 38; Shelton Forbes 20 Wadhwa 3 for 8; Pemberton 2 for 16; Newman 1 for 14 and Smith 1 for 27 St. Kitts under 20 won by 2 runs



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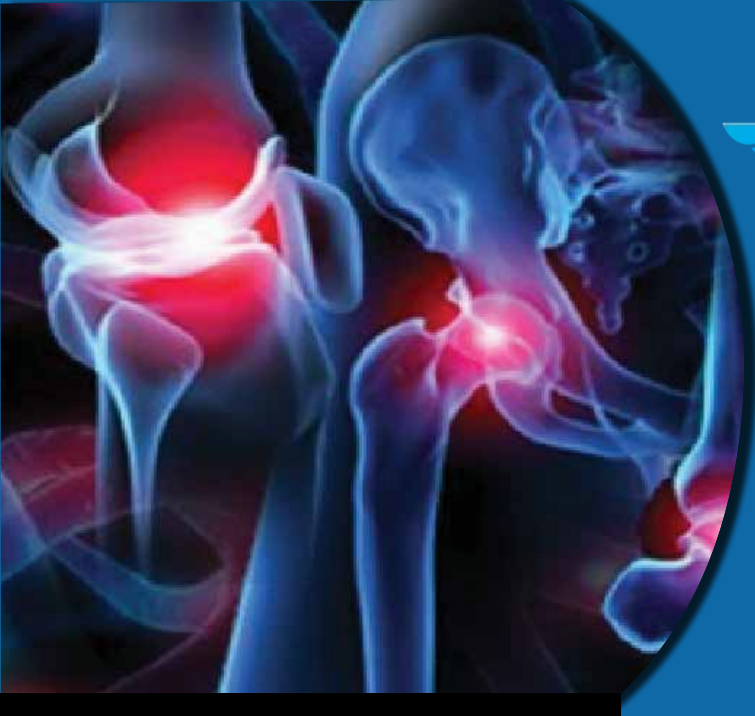
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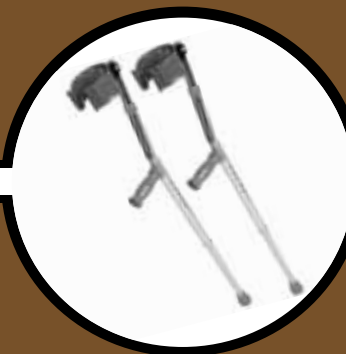
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