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**Life & Style**  
OUR LIFE - OUR STYLE - OUR ISLANDS  
MAGAZINE

VOL. 29 January - March 2023

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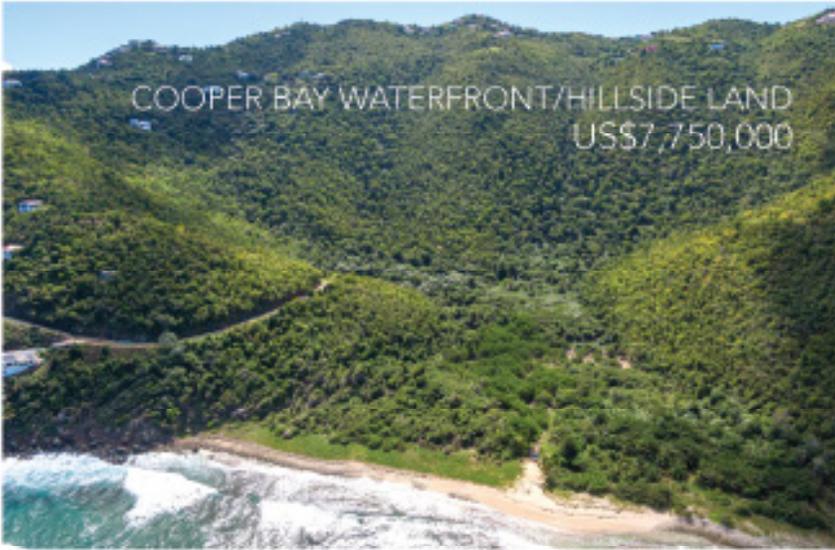


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Bougainvillea Clinic  
Pain Specialist



**IN OUR NEXT ISSUE**

**Life & Style**  
OUR LIFE - OUR STYLE - OUR ISLANDS MAGAZINE

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# THE BIG PICTURE

## FEATHER IN THE SUN

Dried sea feather on the bay creates a curtain sunset of Jost Van Dyke, and Little and Great Tobago in the distance.

Photographer:  
**Elton Callwood**





# Outdoor Adventure

LET'S TAKE A TOUR OF OUR ISLANDS

## Historic Main Street

Main Street located in Road Town on the beautiful island of Tortola, the largest island in the British Virgin Islands archipelago, can easily be underappreciated by both visitors and citizens unless we pause and consider its underappreciated beauty and its role as the nucleus of business in the territory. Main Street has birthed many businesses over the years and remains a key area in Tortola's economy.

In the 60s, the BVI experienced a transition from a place deemed as a bird sanctuary to a thriving economic centre. BVIlanders began to draw on their ingenuity to create services and make space for innovations that would drastically improve the lives of its people. So, if you want to understand how Main Street became a major player in this economic renaissance, press your clothes, put on your working shoes and walk with me down memory lane.

Step right into BVI history as you take the trek along the one-way street from the Junction of the Governor's Office up to where the cemetery meets the entrance of Joes Hill.

What is most enthralling about most of the buildings is that they have sheltered many families who grew up in the midst of Main Street, became businessmen/women developing Main Street and expanded their horizons into various sections of the British Virgin Islands. Tailors, Carpenters, General Store, Rum Shop and Night Club Owners, Butchers, Bakers, Teachers, Lawyers and Doctors to name a few. In those days, the Proprietor and his/her family would live upstairs and the shop would be housed downstairs. These included families bearing the surnames Smith, Scatliffe, Nibbs, Bacon, Peebles, McKetney, Donovan, Pickering, Shirley, De Castro, Hanley, Norman, Georges, Scott, Dawson, Simmonds, Winter, Peets, Benjamin, Wheatley, Rhymer, Creque, Penn, Abbott and Titley. These persons and their offspring are people we know and love living in the Virgin Islands and they have contributed massively to the territory for generations and continue to do so in key industries.



**Governor's House**

residential care facility for the indigent and elderly in the Virgin Islands..

After two minutes of walking, you will meet the old Tortola Times building. Quite worn-down by the 2017 hurricanes but let's acknowledge its legacy. This side on Main Street is considered to be the back of the building and the front is now on Water Front Drive currently owned by the Richardsons which operates Richardson Rigging.



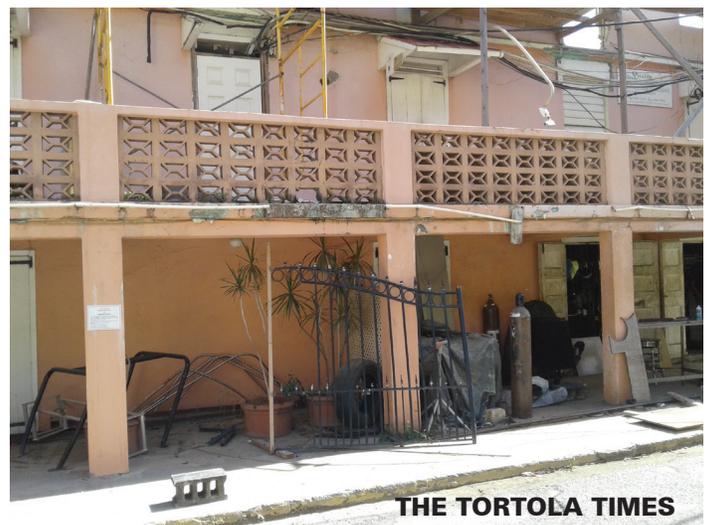
**Peebles Hospital**

**Peebles Hospital:** As you venture past the hospital – the territory's medical history jumps out at you. It was first called Cottage Hospital and over time it became Peebles Hospital. Major Herbert Walter Peebles was responsible for constructing the Cottage Hospital amongst the ruins of William Rogers Isaacs' former great house adjacent to Cameron Lodge [now Government House] in 1922. In the 1950s, the hospital was renamed after Major Peebles. During the early 90s, the name was briefly changed to the H.R. Penn Hospital, paying homage to Howard Reynold Penn OBE, a member of the Territory's First Legislative Council. The name was quickly reverted back to Peebles Hospital. In 2014, a new hospital was built and in 2019 it was named in honour of Dr Daniel Orlando Smith OBE, BVI Chief Minister from 2003-2007 and Premier from 2011-2019.

**Adina Donovan's Home:** On the other side of the street resides Adina Donovan's Home which was the nursing quarters for the then Peebles Hospital. It is now the primary government-owned



**Adina Donovan's Home**



**THE TORTOLA TIMES**

The name Norman Fowler (American) is remembered for setting up **THE TORTOLA TIMES** here in the rear of this building. In the front part of the same building were the offices and vault of his bank, The Tortola Trust Company and Upstairs The Tortola Theatre, a hundred-seat cinema having four performances a week of cowboy pictures.  
<http://www.hillmanweb.com/everitt/builders/fowler.html>

**History in the making.** Interestingly FedEx, Dr Tattersall, Jack Smith-Hughes, Bank of Nova Scotia, and Mr Barker's Office all had their beginnings in this very building.

The other current buildings on this street is still owned by most of the families, but have been refurbished.



**The Old Post Office:**

**The Old Post Office:** Within five minutes you should meet the old Administration Building, fondly called the Old Post Office.

This majestic building – even in its state of disrepair – was born in 1866. It had heavy foot traffic until 2001 when the upper storey was destroyed by fire. Any person old enough to remember the old stencil machines used to prepare government circulars, typewriters and the printing press would also remember how proud Civil Servants were to be part of the Virgin Islands Public Service. The building not only housed the Post Office, but several other offices resided at the Administration Building including the Legislative Council from 1867 to 1902. Certainly, with some renovations, this building could be made into a Virgin Islands Museum. Pause and take a few pictures to have of this treasure.

**J. R. O'Neal Building:** To the left is a building owned by Mr. J. R. O'Neal, a noted BVIlander, entrepreneur and environmentalist.

The J. R. O'Neal Building now houses several offices including the

Complaints Commissioner's Office. However, it also housed the J.R. O'Neal Pharmacy which sold pharmaceutical and beauty products. It also included a dental service space and a photo shop. Adjacent was a larger-scale general merchandising enterprise, the J.R. O'Neal Hardware Store. The building is currently being leased as a commercial space.

<https://jomaproperties.com/organization/>

### **Sir Olva Georges Plaza**

What many would consider the heart of Main Street would perhaps be the Sir Olva Georges Plaza. Besides the prestige the namesake brought to the Territory as the only BVIlander to be honoured with a knighthood; he was the recipient of the Territory's first state funeral in 1976 and served in the Legislative Council.

The area represented the economic hub of Main Street as it bordered the waterfront. Many people would also remember several Government offices being accommodated at the plaza along with the famous Esme Bookstore which provided a good read for those hungry for literature. Some even remembered when the horses and donkeys were tied between the Old Post Office and the Pharmacy to keep them safe as persons enjoyed the market day before returning to the country. The plaza has long



**J. R. O'Neal Building**



**Sir Olva Georges Plaza**

been the meeting place for the farmer’s market and is still home for this activity in 2023. On early Saturday mornings, you can see vendors chatting merrily with each other and getting ready to show off their produce and other wares. On the opposite side, facing the Eastern Caribbean Court Building is where you can meet the fisherfolks from Anegada on Tuesday and Thursday mornings to purchase lobsters, conchs, and fish, once they are in season. These days, if you listen keenly you can hear the full-blown dialect of the BVI people. This would certainly take you back to yesteryears, watching men and women hustle across the street to load and unload laden sloops with all manner of goodies on the waterfront. Ever heard about the Home Industry? It’s a conversation to have with your grandparents.

<https://www.caribbeanislands.com/british-virgin-islands/>

**The H. R. Penn Building:** The H. R. Penn Building is located on the right. It has a new look and bears no. 90 Main Street. Mr Penn along with being a builder and general store owner has served his country as a member of the first Legislative Council. Visualize walking into a wooden treasure chest where every corner is bursting with an array of items required by every household.



**The H. R. Penn Building**



**BVI Architecture:**

photography by Yory  
www.caribbeanislands.com

**BVI Architecture:** The vibrant and beautiful BVI architecture is reflected all along Main Street. The brightly coloured exterior with the shuttered windows reflects the spirit of the people and is an ode to West Indian-styled architecture heavily influenced by European settlers.



**BVI Folk Museum**

**BVI Folk Museum:** A walk down memory lane is allowed as Irma and her sister Maria relocated this building and its contents. The foundation with the beautiful bricks still stands and if luck would have it, maybe one day, we may come upon the Arawak and Carib pottery and stools, some artefacts from the Wreck of the Rhone and other BVI treasures in some other part of the island of Tortola.



**Island Sun Newspaper**

To the very end of the street, not more than another two minutes walk on your left-hand side is the island’s oldest newspaper - **The Island Sun Newspaper**.

**The Island Sun Newspaper** commenced

operations on June 23rd, 1962, and was located 2 houses down from Midtown (close to Joyce Titley Craft Shop owned by Norwell Harrigan before it moved to its present location. It was managed by Carlos Downing and his wife Esme De Castro. Mr Downing served as Chief Editor but was not deterred by the closure of the Tortola Times founded by Fowler. With much community support and hardly any public or financial backing, they slowly made their mark. Of the many honours bestowed upon Carlos Downing, none ranked higher than the honorary BVI citizenship presented to him in 1983 by the then Chief Minister of the British Virgin Islands, H. Lavity Stoutt. The success of the newspaper saw the creation of Sun Enterprises (BVI) Ltd (a locally owned and managed company) which became the official publisher of the oldest-running newspaper of the BVI.

Carlos Downing continued as Editor for a short while and then Vernon W. Pickering became Chief Editor. Between 1986 and 1989, The Island Sun published a mid-week edition which came out on Wednesdays. The quaintness and size of the building cannot properly demonstrate the magnitude of work completed under its roof. It boasts that during the first 50 years of uninterrupted publishing, contributing writers and columnists included among others British aviation pioneer and hero Sir Alan Cobham, Dr Norwell Harrigan, Dr Pearl Varlack, Godfrey deCastro, Dr Pierre Encontre, McW. Todman, QC, Sir. Ronald Sanders, Dr Quincy Lettsome, Dr Giorgio Migliavacca and Clarence Christian.

Under Mr Pickering's tutelage, the Island Sun fully developed into not only a dependable source of reference but has become a household name in the process too. Its publication each week is always eagerly awaited, and it developed a growing worldwide distribution network. In 1997 The Island Sun became the first Virgin Islands (US and British) newspaper to have its website. A recent survey of the daily traffic on The Island Sun website has shown an average of 3,500 visits per day, and on certain days as many as 18,000 accesses have been reported.



In 2002 the BVI Postal Authority issued two stamps to commemorate the 40th anniversary of The Island Sun depicting the front page of the 25th-anniversary edition and other front pages including the first one, the newspaper's founders: Carlos Downing and Esme DeCastro-Downing were pictured on the other stamp. The colors on the building are as vibrant as the personalities that have kept this business alive here at No. 112. Be sure to get the number of the building in your next picture.

<https://www.islandsun.com/the-island-sun-story-1962-2019/>



**OLD CUSTOMS BUILDING**

**Old Customs House:** Forming the corner of the street is an old relic, recently renovated due to Irma and Maria, but holding just as many memories, is the Old Customs House also known as the Point.

This Building currently houses Hucksters and Island Roots Coffee Shop, but many of the older folks will remember it as a warehouse for the storage of sugar. A different generation of folks will describe the boats that would dock right at the back of the building before the reclamations. If you slide your hands along the walls you can almost hear the Smith's children's laughter. Quite a lot of his history in those old walls as it was also home to a few shops.





**BVI Architecture**



**BVI's longest running restaurant**



**H.M Prison Museum**



**Joshua Smith Building**



Stay tune for a little more about the Social Inn, (the little guest house) that was housed in the area of Sunny Caribbee owned and operated by the Creque's. Some recall the Judgement Day Hotel. The history of Main Street is as long as the road is long and will take some telling. Stay tune!.



**Sunday Morning Well**



A moment in BVI  
**HISTORY**



# *Island Life*

OUR LIFE, OUR STYLE, OUR ISLANDS

## The art of Rubbing/bone setting **Leoneal Callwood-Jack**



To many, the name “Mama” is usually a term of endearment most likely associated with a close relative. However, if you traverse Tortola and ask people for “Mama”, more often than not, they will point you to a two-storey house in Pasea Estate. She got the name Mama because she was the oldest of 12 children and acted like a second mother to all her siblings before and after their mother passed away.

**H**ere the reputable ‘lady of healing hands’ Leoneal Callwood-Jack lived. There is hardly a household that does not speak fondly of their many interactions with her and the peace and contentment a worried mother of a sick man would feel after such visits.

Family members spoke with VI Life&Style Magazine to discuss the legacy of Mama’s healing hands. While it is uncertain at what age Mama’s hands started to give relief to family and community members, it is understood that her gifts and talents were passed down from her great-grandmother Betty and her grandmother Iris Cameron from Carrot Bay.

Being a small and closely knit Caribbean territory, the BVI has a deep and rich history of midwives and ‘bone setters’, who have minimal formal training but has been a bedrock in communities for minor health issues. While most of these informal medical practitioners were women, there have been men, such as Daniel Fahie from Brandywine Bay, who engaged in these practices. However, most people know if you wanted a gentler hand and more comfort in those moments, Mama provided that.

Traditional bone-setting is classified as a type of folk medicine where practitioners engaged in joint manipulation. Traditionally, the practice is done without much formal training in accepted modern medicine. Nonetheless, the bonesetters often reduce joint dislocations and

massaged overworked, pain ridden muscle mass to reduce muscle spasm and pain.

Mama became entrenched in the art of bone-setting and massage in her early 40s. Around this time, she became a Prison Officer, and she began to develop the practice and business. However, she was introduced to the concepts at an earlier age.

There's no doubt this type of job is not for the faint of heart. Physical strength, dexterity and stamina were demonstrated daily. Callwood was short in stature, roughly 5'6 inches tall. However, many people described her as being built like a Chevy truck, "tough and built to last". Coupled with those characteristics, with her faith and integrity, she would make quick assessments of anyone who came to her. Most would not have the ability to adequately pay for her services but rest assured, she never refused anyone in need.

As time went by, Mama did a bit of training in massage therapy in Minnesota where she completed a certificate in Professional Massage. Still, she and many of her customers believe her concepts, techniques and practices were hereditary and spiritually intuitive (Gift from God). She also, travelled internationally to attend competitive events to display her gift and talent while also picking up a few tricks.

Being a caring person, Mama was a keen listener. She ensured she listened carefully to her client's concerns and created an atmosphere for healing through a candle-lit prayer before performing any massage. From the time you shout at her and tell her you need her, even on her poor days she would say "mi child I ain't feeling too good you nah but come let me see what I could do". Clients would be shouting from the road announcing their arrival because her beloved dogs would be on the porch guarding her and she would speak to them softly showing her approval for you to feel comfortable in their presence. They stayed close, never really leaving her side.

She was always careful with her clients and ensured that any clients with serious conditions beyond her capabilities would consult with medical professionals. Sport is a favourite pastime in the Virgin Islands and as such, a lot of Mama's clientele included athletes thus she employed several techniques when conducting her massages.

She would watch your posture and the way you moved your limbs as you walk towards her. Her learnings were easily seen as she rubbed and stretched your body. You can see her taking time to trace the veins, and arteries protruding under the pressure. She would follow your body contour to give herself a sense of compass, as to where to begin. Sometimes as you begin to describe the pain, you would see her nod her head. Her effleurage and petrissage stoke were on point, like every good masseuse to prepare the body for heavier movements.

Cupping of the chest and friction rubbing strokes to loosen those canons sure could make you catch your breath or even cry. But oh the sweet release when she lifted her big thumb and say "ok that one is gone", let's see what else we have". She had a way of distracting you when she knows hurt was on the way, you had to admit she was slick at getting you to relax under her fingers to make the work easier and less painful for the client.

She was an encyclopedia when it came to the use of local bushes and



liniments in daily life. She fed off the energy exuding from each person and understood the safeguards that were required for caregivers and clients alike. In general, she had life advice and you could sense her love of family as she spent so much of her time fielding calls all day to make sure everyone behaved.

When you were silly enough to pull so hard that you opened our back or chest, she had the fingers. No matter how thick you were, or how heavy, Mama would tell you to sit still and she would brace her body, encircle yours with her fingers and slowly close the gap, releasing her grasp with a satisfying pop as your body respond under her hands. Many women might have become good friends with the cup she would use to fetch the womb back in place, and many have brought newborn babies by to visit and say thank you.

This tradition like many others in the British Virgin Islands is slowly dying, but she has kept up her end of the bargain in this regard. As Mama slowed down, she engaged her oldest son Ellis as her second. Ellis quickly learnt the craft as well as other alternative therapies such as Reiki.

A legend to be sure and a nomination for heroine day. While not wearing a politician hat, she served not only her country in the capacity of Prison Officer, but she has contributed like many others in the medical profession to the longevity and growth of our nation. We salute you Mama, our fallen soldier.



A promotional graphic for Bambooshay Restaurant &amp; Lounge. It features a logo with a palm tree and a person. Below the logo, it says "RESTAURANT &amp; LOUNGE". The text below the logo reads: "Stop in and try our SPECIALTY DRINKS including our OWN SIGNATURE DRINK, BAMBOUSHAY FIZZ! Also enjoy our TAPAS MENU ranging from SMOKED CHICKEN BREASTERS to MUSSELS and much more." At the bottom, it provides the phone number "284-494-4365 or 284-499-2862" and the address "Water Front Dr. Road Town, Tortola, VI".



By Patricia Hodge



# ICE CRYSTAL

an excellent choice for a young entrepreneur.

“Ice Crystals,” to many might sound like an exquisite drink created by one of the Virgin Islands finest mixologist or a fancy piece of jewellery from one of the many jewellers on the island. However, this is the chosen name for the carwash business owned and operated by 27-year-old Shoko Isaac otherwise called ‘Ice Clear’.

**H**e noted the name stuck because he visualized making vehicles shiny as a newly minted penny once it leaves his establishment. It's not uncommon for people living in the BVI to have a car washing business as it is a small territory, and the best mode of transport is through private vehicles, making this an excellent choice for a young entrepreneur.

### **So, who exactly is Shoko Isaac, the man behind Ice Crystals?**

Shoko grew up in the heart of Fat Hogs Bay and like most boys, he got into his fair share of trouble – minor troubles, that is. He attended Althea Scatliffe Primary School and did very well at school. During Summer Breaks, Shoko was fortunate, like many youths in his area, to attend the Youth Empowerment Project (YEP) at age 13. From there, he fell in love with Basketball and began competing with the District

Seven Basketball Team. Throughout his life, he dealt with a lot of challenges and high school was one such thing.

He attended the Technical Vocational Institute (Tech Voc) in Baughers Bay where he studied Air Conditioning and Computers. He finished his studies in 2012. He attributed his success in high school to his teachers and Principals such as Mrs Cynthia Brannigan and Mr Elmore Stouff who mentored him and encouraged him to be the best that he could be. However, he admitted at the time he did not take those lessons seriously and could pose a bit of distraction in class. Nevertheless, the mentorship by his teachers would prove to be a guiding light for him as he navigates his way through life.

Immediately after completing his programme at Tech Voc., his first job was at a car wash in his village. He stayed in that job for three years. Little did he know that his first work out of school would set the foundation for his journey in entrepreneurship. After leaving that job, Shoko dabbled a bit in construction to make some extra cash but that was not a long-

term venture.

Isaac loves playing pool and this love for the sport brought him into contact with one of the managers at Burkes Garage in 2019 where Shoko expanded his knowledge in Auto Mechanics. He got a job there where his job entailed not only working in the office but also learning about bodywork and assisting customers with washing their vehicles. However, Shoko could not see himself spending his young life “working for people”.

He spoke fondly of his friend Marshal Thomas, who along with his partner Amanda Debique was the catapult in pushing him to make his dream of having a car wash a reality. He recalled Marshal begging him to get up off the porch and start clearing the yard. Shoko sprang to attention the day he saw Marshal in the yard, pulling weeds to make way for the car wash, and with Amanda, he went into overdrive.

The very next day they put their savings together and hired a backhoe and a three-

yard truck to clear the yard and get the gravel, and step by step they kept pushing forward. Shoko was motivated, he was unemployed and felt he wasn't fulfilling his desire to be financially independent. He had Amanda's support, but he wanted to fulfil his role in the relationship. His mom (and cheerleader) also stepped in and assisted with the start-up capital and the proud owners of Ice Crystals opened for business on February 23, 2022.

Now, 27-year-old Shoko is the proud father of two; Shamoy and Shaheem Isaac, and runs the car wash with Amanda at his side. The old people always say behind every good man is a good woman and Shoko appreciated having her full support. Shamoy and Shaheem serve as his constant motivators; His hobby is reading and spending time with the boys. As a family man, he carries them to the beach every Sunday and makes time to play with them with their toys.

According to Shoko, “To be honest I see what it is to be a businessman now”.

Waking in the morning, being accessible for customers, having proper inventory on hand, ensuring water is available etc. Shoko's increased financial stability made his quest to succeed stronger. He explained, "I am making it at all costs; so I can say this is a big help for me. This can help me halfway in things I want to do and be”.

He wants to encourage every young person to never give up. They can start as small as possible. It might not be the best and it might not be big like others, but continue working hard until you make it. “Every little thing count. Don't focus on the bad-minded people; always do good and try your best, and work hard, no matter what. Your attitude determines your altitude. That's your key to success; your attitude and your personality and your appearance” declares Shoko

No matter how rough the start is, it's how you finish. And according to Shoko, the race isn't finished, he has bigger dreams he wants to pursue, step by step.



# COREA'S

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## RENTAL SPACES AVAILABLE.



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## The Gift, Magic and Mystery of Waistbands

Sensual! Sexual! Feminine! Luxurious! Seductive! It's the game of the mind. Prayers! Meaning! Spiritual! Purpose! Powerful! These are many of the feelings I get when I wear the customized gifted waist bead made by my dear friend Ama McKinley of Ilium Wing, Waist Jewelry. She reminded me that "beauty is because of what's inside, not the beauty itself". Wearing waist beads evoke courage that rages from within. It's in the way the hips sway, the flow of the beads when the body moves, and the secrets being held.

**A**ma lost a budding career in 2019 and was quickly caught up in the storm of COVID-19, as so many, in 2020. Some might think this was rock bottom for Ama but in 2019, she lost her father. Although things seemed gloomy for her, things quickly began to change for the better. She had created a piece for Bosom St. John [the former Global Chief Marketing Officer of Netflix] which was shared on social media. This ignited a spark that was within her, and her passion and courage returned. The positive reaction from social media gave her the boost she needed to step in her faith and launch Ilium Wing. Since then, things have taken a positive turn for Ama. She recently accepted a scholarship to study at the Gemological Institute of America where she hopes to expand her knowledge and expertise in traditional jewellery. In addition, pieces from her collection were featured in the Marvel Cinematic Universe's latest global hit film Black Panther: Wakanda Forever.

When asked about her brainchild, Ama said Ilium Wing is a mind game. She explained that the premise of her collection is to remix

and rethink one's thoughts and perspective on oneself and the world at large. Her pieces of jewellery are personalized to each wearer, and they are intentional and thought-provoking. Her jewellery consists of 14k gold, natural gemstone beads [hand cut in India], diamonds and bones, paying homage to the early days of jewellery making. This ensures each piece created tells a story that matches the client's temperament and character.

"So, yes... Sleep and wake up in diamonds. They decorate you, not the other way around. Waist beads are a ministry. They are prayers... that is why every gem has a meaning," she explained further about her pieces.

As we take a step closer to our wonderful Virgin Islands shores, we look at a local waist bead designer that hopes to follow in the footsteps of Ama. Natasha Penn, affectionately called Nana, has been crafting waist beads in the BVI for many years through her company Iyahni. Nana sat down with BeYond BeauTi to tell us more about her journey, passion, and entanglement with her calling.

**BB:** Share with our readers who and what is Iyahni- Holistic Healing Jewlz.



**NN:** Iyahni is a creator to help others to tap into and know their spiritual selves better, even if it starts with one body of jewellery at a time. The wearing of body beads originated in Africa and is connected to our spiritual selves. So, my ideal clientele is kings and queens who have had a spiritual awakening or are on a spiritual journey.

**BB:** What led you to your journey in Holistic Healing?

**NN:** I believe that this was something that has been inside of me from creation but the Highest usually puts you through something for you to see your purpose. I know we have the power to heal ourselves and everyone needs to know this.

**BB:** What is the significance or meaning behind your pieces and products?

**NN:** Healing! Whether it's emotional, mental, physical or spiritual we can all be healed, and we are the ones to do it.

**BB:** How long have you been a holistic healer?

**NN:** I have been a healer for as long as I can remember but have been creating tangible pieces for 2 months shy of 3 years.

**BB:** What sort of products or services do you



offer?

**NN:** I offer Crystal/Gemstone jewellery (Anklets, Bracelets, Waist beads, Wire Wrapped Crystal Pendants, Necklaces, Earrings, Nose cuffs, Rings et cetera.), Spiritual cleansing pieces, (Sage, Palo Santo, Incense, Florida water, Essential oil blends for positive mood/ energy).

**BB:** What is the premise of the products and services you offer?

**NN:** The premise of the products I offer is from a holistic approach, to bring balance and high vibrations to your overall well-being through thought and intentions.

**BB:** Focusing on waist beads, tell our readers what materials are used in your waist beads.

**NN:** Some of the materials are Strings (plastic, cotton/nylon, wire), Seed beads, Crystals, Gemstones, and Charms.

**BB:** What is your process for creating a piece for a client?

**NN:** For customized waist beads, I request the client's waist measurement (measured at wherever you would like it to fall. i.e., stomach, hips, or thighs), colour preference, and a two-week time frame.

**BB:** Share with us what waist beads symbolize to you.

**NN:** To me, waist beads symbolize femininity and connection with one's inner self.

**BB:** What are some of the benefits of wearing waist beads?

**NN:** Some benefits of wearing waist beads are awareness of waistline and body weight. They can serve as a waist trainer, (as a reminder to fix posture or simply breathe correctly.) They improve body image both physically and emotionally. They can consist of healing properties and are set with intentions to help the wearer achieve whatever they desire.

**BB:** What energy should your clients receive from you with each waist bead you created?

>>> cont'd on page 21

# We wining deh whole year!

With Claudia Hodge

'Tis the season for gatherings, but why not make the entire year? The same Virgin Islands thirst quenchers that made it to your table can be enjoyed throughout the year? Here are our top 4. In no particular order!



## Good morning, good morning ah come feh' meh Guavaberry!

Guavaberry Liqueur is a Christmas staple in households across the Virgin Islands. The Liqueur is homemade with each family keeping their cherished family recipes close to their hearts. During the holiday season, it is common that there are Guaveberry

Competitions to crown the best-tasting brew in the Territory. With each family holding on to their secret ingredient, the known basic ingredients include rum, spices like nutmeg and cinnamon, sugar and of course, guavaberries.

Traditionally, it is known that the best liquor is one that has been stored in a dark place and aged for years, marrying all the ingredients to create the perfectly smooth, lips-smacking liquor. The liquor gets better with age. It keeps visitors and serenaders (carolers) to any home asking "weh deh guavaberry" and for just "one more glass." A large glass demijohn (some wrapped in basket weaves) stores all the ingredients where they are left to soak in the sweet, bitter, woody notes of the guavaberry fruit. It comes in a range of colours such as yellow, orange, red and dark wine (black to Virgin Islanders).

In preparation for the Christmas Season, the demijohn is pulled from its storage space and families come together to reminisce on the year's activities with music, laughter, sharing cultural experiences, storytelling, history, food and guavaberry tasting as the secret ingredients perfect the liquor for the holiday table.

## Hibiscus Wine

Every Virgin Islands' home garden is blessed to have ongoing blooms of beautiful red hibiscus flowers. The hibiscus wine is not as common today, as it was for generations, but it is an added wine

option to your holiday table. Unlike guavaberry liquor, hibiscus wine does not require prior storage, although prior storage is known to create a much richer flavoured wine. Like guavaberry, each family has a secret ingredient that is added to hibiscus flowers, rum, spices, and yeast. The wine is light and perfect for sipping during the chilly Christmas season.



## Have you tried Miss Blyden (not your friendly neighbour next door, but the wine)



What is Miss Blyden and where did the name come from? Miss Blyden is made from the prickly pear tree, a tree that originated in Mexico. Miss Blyden, however, is native to the Virgin Islands. We are still awaiting research information on when the wine was first made and how the name came about. Stay tuned. The wine is made from the

fig (flower/bud) of the prickly pear tree, rum, spices, and sugar. The juice from the fruit, rum and other ingredients ferments to a beautiful, rich, and fizzy drink that tickles the roof of your mouth with each sip.

### Maubi - The Ugly Sweater in the bunch

Being the holiday drink that is not coloured in the holiday spirit, Maubi is a local favourite on the holiday table and is not so ugly after all. It is a bittersweet, refreshing drink that is known to be at its best consumption time



when the froth flows over the mouth of the bottle housing the brew. Traditionally, long-neck bottles are used to allow space for the "Maubi to wuk" and ferment as it ages. Maubi is known in many Caribbean islands, with each island having recipes that are traditional to their culture.

In the Virgin Islands, Maubi bark, cinnamon, cloves, sweet marjoram, rosemary, dried orange peel and other spices are brought to a boil in a deep dutch pan. Once cooled, yeast is added to the mixture and tossed together. Maubi is quite special as it requires a starter, which we call leaven to make the batch. And with each batch made; a starter is saved to make the next batch.

In addition to being refreshing, Maubi is also known for its many health benefits such as lower cholesterol, good for arthritis, treating diarrhoea and may also help fight diabetes. Feeling lightheaded can be attributed to too much Maubi, therefore it is often called a "grown-up" drink.

We are certain that Maubi will grace most holiday tables in the Territory.

A Virgin Islands holiday table is filled with rich culture, history, family traditions and love. Tables are spread to receive friends and family with traditional dishes such as tarts, sweet bread, sweet potato pudding, ham, local stewed goat meat, local stewed beef, dove pork, more treats and holiday drinks. If you are lucky, you will find all four drink options at a holiday day table you visit. You can join in the Virgin Islands tradition of making a batch of each and blessing the homes you visit with a bottle. Connect with a senior, one of our Cultural Icons to get a full recipe, as we are not yet ready to share ours.

### Cont'd from page 19

**NN:** My clients would receive the feeling of gratitude for already receiving whatever they desired by wearing it. Along with lots of excitement and appreciation.

**BB:** What are some of the myths about wearing waist beads?

**NN:** Some myths about wearing waist beads are you must be African to wear them. You must be skinny or have a flat stomach or they have an evil or religious meaning.

**BB:** What are some recommended ways to wear waist beads?

**NN:** I would say there are no recommended ways to wear waist beads. It is totally up to the wearer and the intention they initially set in it. It depends on if they want to wear them inside or outside of their clothes or if they want to wear them on their stomach, hips, or thighs, or they can choose to wear them only at nighttime while being intimate or maybe just during the day (at the beach, travelling or occasionally). There is no right or wrong way to wear them once it feels right to the wearer.

Waist beads date to ancient Kemet (Egypt) and were called girdles. They have long been an important part of many West African cultures, such as Nigeria, Senegal, Ghana, and Liberia and are today part of many cultures across the world. There are many reasons and purposes in different cultures for wearing waist beads but in Africa, they symbolize femininity, attraction, and sexuality. Whatever the reason for wearing waist beads, wear them with joy, and embrace the energy they bring. Be free and Connect with your inner self! Ready for that customer piece? Both, talented and gifted designers await the opportunity to create that piece that is perfect, for you!

#### Connect with

**Ama McKinley** at [ama@iliumwing.com](mailto:ama@iliumwing.com)  
- [www.iliumwing.com](http://www.iliumwing.com). [iliumwing](http://iliumwing.com)

Connect with Nana at 2844412156 (Phone and WhatsApp) - <https://linktr.ee/holistichealingcenter> - [holistichealingjewlz](http://holistichealingjewlz.com)

Email us at [beyondbeautivi@gmail.com](mailto:beyondbeautivi@gmail.com) to be featured

# Beaches

## TORTOLA

- 1 Trellis Bay, Beef Island
- 2 Long Bay, Beef Island
- 3 Little Bay
- 4 Josiah's Bay
- 5 Lambert Bay
- 6 Trunk Bay
- 7 Rouges Bay
- 8 Brewers Bay
- 9 Cane Garden Bay
- 10 Apple Bay
- 11 Long Bay, West End
- 12 Smuggler's Cove
- 13 Brandywine Bay

## VIRGIN GORDA

- 14 St. Thomas Bay
- 15 The Baths, National Park
- 16 Devil's Bay, National Park
- 17 Spring Bay, National Park
- 18 Mahoe Bay
- 19 Trunk Bay
- 20 Little Dix Bay
- 21 Savannah Bay
- 22 Pond Bay

## JOST VAN DYKE

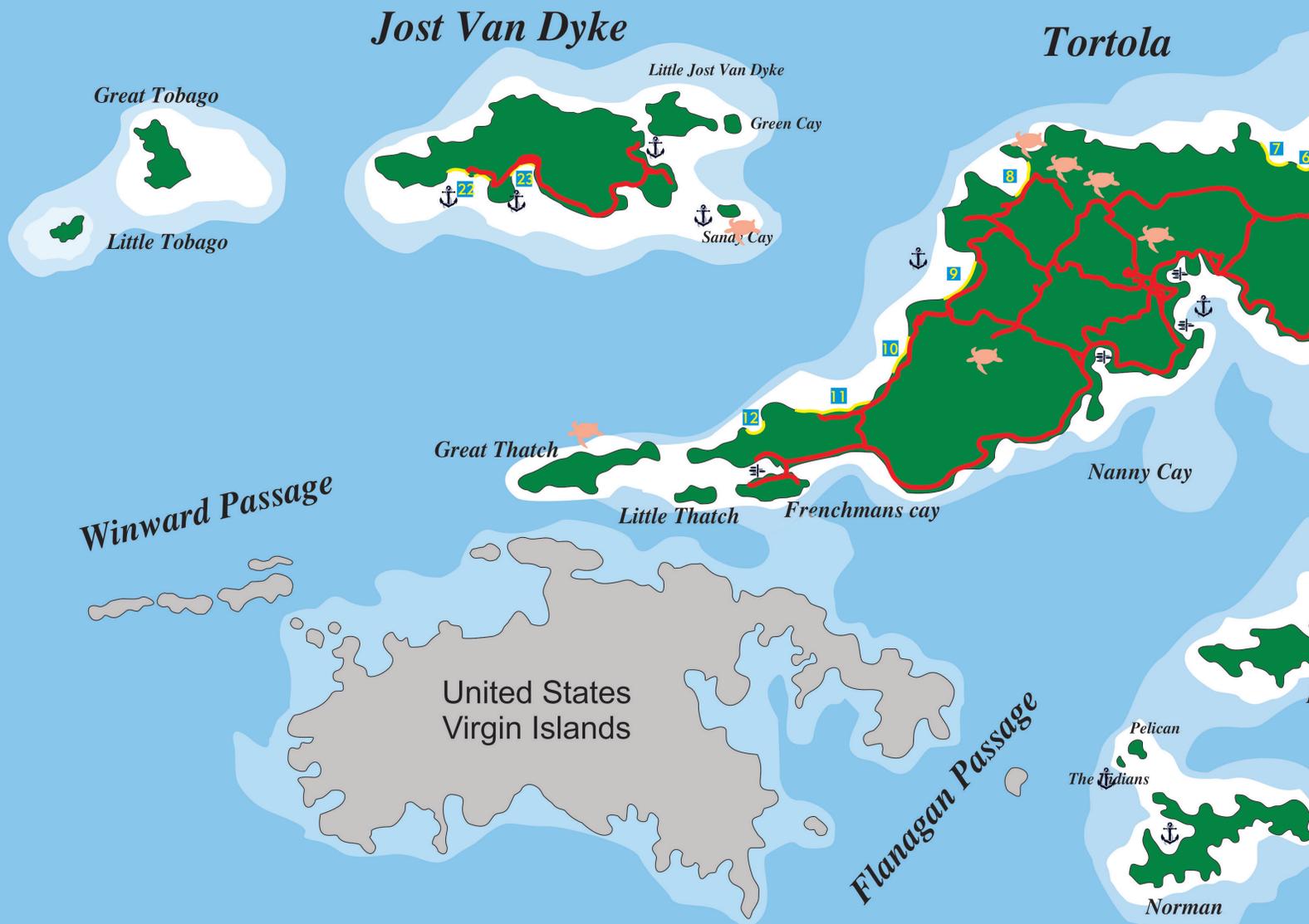
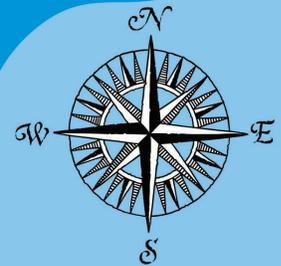
- 22 Write Bay
- 23 Great Harbour

## ANEGADA

- 24 Cow Wreck Beach
- 25 Loblolly Bay
- 26 Jack Bay

## SISTER ISLANDS

- Norman Island
- Peter Island
- Cooper Island
- Prickly Pear
- Sandy Cay
- Sandy Spit







## BANKING SERVICES

There are several major banks in the British Virgin Islands: Banco Popular de Puerto Rico, FirstBank Puerto Rico, CIBC-First Caribbean International Bank (Cayman) Limited, National Bank of the Virgin Islands (formerly Development Bank), Republic Bank (British Virgin Islands) Limited and VP Bank (BVI) Limited. Hours vary, but most are open Monday through Thursday, from 8:30 a.m. to 3 p.m. They all have extended hours on Fridays. Banco Popular opens a teller drive-through window from 8:30 a.m. to 3 p.m. weekdays, and 9 a.m. to 1 p.m. Saturdays. FirstBank is open Saturdays from 9 a.m. to noon.

## BUSINESS HOURS

Most businesses open at 8:30 a.m. and close at 5 p.m. Many merchant stores, including pharmacies, are closed after 1 p.m. on Saturday and all day on Sunday; but a few open if cruise ships are in port. Supermarkets open earlier and close later, and most are open on weekends and holidays. Bobby's Supermarket in Road Town is open from 7 a.m. until midnight every day. Call a specific business for its hours of operation.

## CLIMATE

The islands benefit from the trade winds that keep humidity low, but temperatures rarely go above 95 F or below 75 F. The wettest months are between September and November, coinciding with the height of the hurricane season.

## CREDIT CARDS

Many BVI establishments accept credit cards, generally MasterCard or Visa; some, but not all, take American Express. There is an American Express office at Romney Associates in Road Town. There are several ATM machines on Tortola located in Road Town, Cane Garden Bay, West End and at the Terrance B. Lettsome

International Airport on Beef Island. There are no banks or ATM machines on Virgin Gorda, Anegada, Jost Van Dyke or Peter Island. Please note that there is a 10-cent stamp duty charged on all cheques, including traveller's cheques.

## CURRENCY

U.S. dollar is the only legal tender in the BVI. Major credit cards are accepted in many, but not all, establishments. It's advisable to travel with U.S. traveller's cheques.

## MONEY TRANSFERS

MoneyGram and Western Union provide services to receive and send money worldwide.

## VISITOR REQUIREMENT

Passports are required by all. Return tickets are required for visitors and those coming on work permits.

## DEPARTURE TAX

After you have checked in at the airport or at any sea-port, look for the departure tax window. Every air travel passenger must pay a \$20 departure tax in cash or by Visa or MasterCard (cheques are not accepted). For those leaving by sea, during the second half of 2013 departure tax from sea ports increased to \$20 for visitors and \$15 for residents. Cruise ship passengers pay \$7.

## DIVING AND SAILING

Many diving and yachting companies specialise in helping you take advantage of BVI's excellent diving sites and the fact that it's the Sailing Capital of the World.

## DRUGS

Recreational drugs are strictly forbidden. Their possession, sale, use or distribution is a criminal offence punishable by law. Conviction can lead

to heavy fines and jail sentences.

## ELECTRICITY

Electricity is supplied by the BVI Electricity Corporation. The standard electrical current is 110 volts on all the islands.

## FISHING

Non-British Virgin Islanders need a recreational fishing permit to remove any marine organism from BVI waters. There are closed seasons for harvesting certain species of fish and other seafood. Call the Conservation and Fisheries Division at 494-5681 for information. Recreational fishing permits will be issued at all ports of entry for \$45. A licence is required for every adult on board who will be fishing.

## 2023 PUBLIC HOLIDAYS

New Year's Day - Jan 2nd in lieu	Sun. 1st
H. Lavity Stoutt's Birthday	Mon. March 6
In lieu of Tuesday 7 th March	
Good Friday	Fri., April 7
Easter Monday	Mon., April 10
Whit Monday	Mon., June 6
Sovereign's Birthday	Fri., June 9
Virgin Islands Day	Mon., July 7
Festival Monday	Mon., August 7
Festival Tuesday	Tues., August 8
Festival Wednesday	Wed., August 9
Heroes' & Forefathers Day	Mon., October 16
Commeration of 1949 March	Mon., Nov. 27
Christmas Day -	Mon., Dec 25
Boxing Day	Tues., Dec 26

## PETS

Pets are allowed into the Territory only after an import permit is obtained from the Department of Agriculture. For regulations concerning animal importation, contact the Department of Agriculture, Paraquita Bay, Tortola; tel. 495-2532 and fax 495-1269.

## INTERNET

There are several places throughout the islands that offer Internet access. Most have free Wi-Fi and can be found at the following locations: Saba Rock, North Sound, Virgin Gorda; Trellis Bay Market, Beef Island; Lambert Beach Resort, Tortola; Nanny Cay Marina, Tortola; Village Cay Marina, Road Town; Myett's Garden Inn and Grille, Cane Garden Bay; Foxy's, Jost Van Dyke; The Watersports Centre, Jost Van Dyke; Anegada Reef Hotel, Anegada; Big Bamboo, Anegada.

## ISLAND INFORMATION ONLINE

The BVI Tourist Board's website (bvitourism.com) offers printable online information about each island, useful schedules and much more. The BVI Chamber of Commerce & Hotel Association (BVICCHA; bvihotels.org, BVI Government, VI Life&Style magazine, Property and Yacht magazine, two local newspapers also host helpful links to other web-sites belonging to various individual hotels and organisations. You may also want to visit [experiencethebvi.com](http://experiencethebvi.com) for useful information about the islands.

## MEDICAL

Dr. D. Orlando Hospital is the main general hospital in Road Town, Tortola; but health clinics are available at villages on Tortola, Virgin Gorda and other sister islands. There's also a government dental clinic in the hospital in Road Town. Dr. Adamson, Smile Dental, Premier Dental, Dr. Rhymer and B&F Medical Complex, VI Medical – Manual Reef, pro-vidé experienced general dental services, whilst Vision Center offers advanced eye care.

## POST OFFICES

The main post office on Blackburne Highway also has a philatelic counter. There are sub post offices on Beef Island (Airport), and West End on Tortola, and on the larger sister islands. Most hotels and resorts offer daily mail pickups. Virgin Islands' stamps are worldwide collectors' items. The BVI Philatelic Society (494-7789) organises an annual stamp exhibition, usually held in the spring, that attracts a wide range of enthusiasts.

## RADIO AND TELEVISION

Local radio stations, most of which are available on-line, include ZBVI (780 AM), ZKING (100.9 FM), ZROD (103.7 FM), ZCCR (94.1 FM), 100.5 Tola Radio and ZVCR (106.9 FM). Local cable channels include 1, 51, 52 and 55. Public service channels include 12 (VVCJX, St. Thomas, USVI) and 25 (BBC World). A few channels broadcast in Spanish, including Channel 4 (Azteca). News and entertainment are also available on cable channels beamed from numerous U.S. cities and satellites.

## SMOKING

Smoking in public places such as restaurants, bars, shopping malls, recreational facilities, offices, public transportation terminals, etc.

is forbidden, in accordance with the Tobacco Products Control Act of the BVI. It's also forbidden to smoke within 50 feet of these public spaces. A person found smoking tobacco in a public place will be subject to a fine. In the BVI, it's illegal to sell cigarettes to persons who are under 18 years old.

## TIPPING

A 7 percent government tax is usually added to your hotel bill, as well as a 10 percent hotel service charge. Additional tipping is optional. It's customary to include a 15 percent tip when dining out. Most restaurants automatically include this on the bill as a service charge.

## TRANSPORTATION

**Air:** Regional airlines connect Beef Island with international hubs (e.g., San Juan, Puerto Rico, and Antigua) and other Caribbean islands. Small planes fly between Beef Island and Virgin Gorda and St. Thomas, USVI. Charter planes are also available to the outer islands and the U.S. Virgin Islands from the airport on Beef Island.

**Land:** The British Virgin Islands have 150 roads, of which 118 are paved. The two main roads on Tortola are Blackburne Road, which runs along the seashore from the eastern to the western end of the island, and Ridge Road, which runs centrally over the hills. Both offer spectacular scenic views of the islands.

**Buses:** Mini and safari bus outings are usually arranged by the hotels and are also available for other extended group trips and scenic sightseeing.

**Car Rentals:** Renting a car is both economical and convenient. There are several agencies offering reasonable rates, unlimited mileage, emergency services and additional insurance. If visiting for more than a month, a temporary licence must be obtained from the Department of Motor Vehicles in Pockwood Pond. The cost is \$10. Bring your passport and a valid driver's licence from country of origin. Driving is on the left-hand side of the road.

**Ferry Services:** The main ferry docks on Tortola are in Road Town and at West End. Inter-island boat services operate several times per day between Tortola and several other islands in the BVI (including Marina Cay, Scrub Island, Virgin Gorda, Peter Island and Jost Van Dyke) and the USVI (St. Thomas and St. John). Ferry services to Anegada are available daily except on Saturday. Departure and arrival information can be obtained at the front desk of your hotel.

**Taxis:** Taxis are available at the airport, hotels, taxi stands and other venues throughout the islands. Some hotels have a franchised taxi arrangement for guests or will quickly order a taxi from the front desk. Taxi drivers usually provide running commentaries on local history and other useful information. New government rates are now in effect. It's a good idea to check the fare with your driver in advance.

## TAXI CONTACTS

West End Taxi Association – 284-543-4241  
Nanny Cay Taxi Association – 284-394-2512  
Waterfront Taxi Association – 284-494-4959  
Road Town Taxi Association – 284-494-8755  
Quality Taxi Association – 284-422-0353  
BVI Taxi Association – 284-494-2322  
Moorings Taxi Association – 284-393-2331  
Beef Island Taxi Association – 284-495-1982  
Valley, Virgin Gorda Taxi Association – 284-540-6482

**Taxi Rates** Tortola: A fare for one person from the airport to Slaney is US\$30. A chartered taxi from Road Town to any of the villages can range from \$15 to \$27 for one person depending on the distance, and the regular fare around town is \$5. Farther out to the suburbs is \$6, and the fare from Road Town to West End is \$27. From the cruise ship dock to most beaches, the range is from \$24 to \$27 for one person, but for three or more people the fare ranges from \$8 to \$12 each. Virgin Gorda: From The Valley to The Baths is \$6, and from Gun Creek to the Yacht Harbour is \$30. **Anegada:** From the airport to Loblolly Bay is \$7, whilst to Setting Point is \$14.

**Jost Van Dyke:** One person going from Great Harbour to White Bay pays \$10, and to Bubbly Pool, \$20. Three or more people going to Bubbly Pool pay \$10 each.

**Tours:** A one-hour tour for up to two people is \$55 (fixed rate), whilst for up to three people the cost rises to \$70. A group of five persons is \$100 (each additional person over the five pays \$15). A two-hour tour starts at \$110 for up to two people. Waiting charges: First 15 minutes are free, but every subsequent block of 15 minutes is \$10. Tour costs are the same for all islands. Children three years or younger travel at no cost, children ages 4-10 pay half fare, and children 11 and over pay the full fare. Between 11 p.m. and 7 a.m. there is a sur-charge of 30 percent on all fares. Always discuss the rates with your driver in advance. There is limited bus service running from Road Town to East End. The fare is \$3.

## TELEPHONE NUMBERS

Emergency Telephone Numbers  
Ambulance 311  
Fire or Police 311  
Hospital 494-3497  
VISAR 494-4357 (Virgin Island or 767 (SOS) Search & Rescue)  
Airlines  
Air Sunshine 495-8900 Cape Air, Ltd. 495-2100, Fly BVI 495-1747, Island Birds 495-2002  
Seaborne Airlines 340-773-6442

## Other Useful Telephone

BVICCHA - (284) 345-3513  
BVI Red Cross 494-6349  
BVI Tourist Board (284) 494-3134  
CADA (Drug Information)  
Family Support Network (FSN) (284) 540-2085  
Humane Society of Tortola (284) 494-2284  
BVI General Post Office (284) 468-5160  
Medical HOTLINE (284) 852-7650

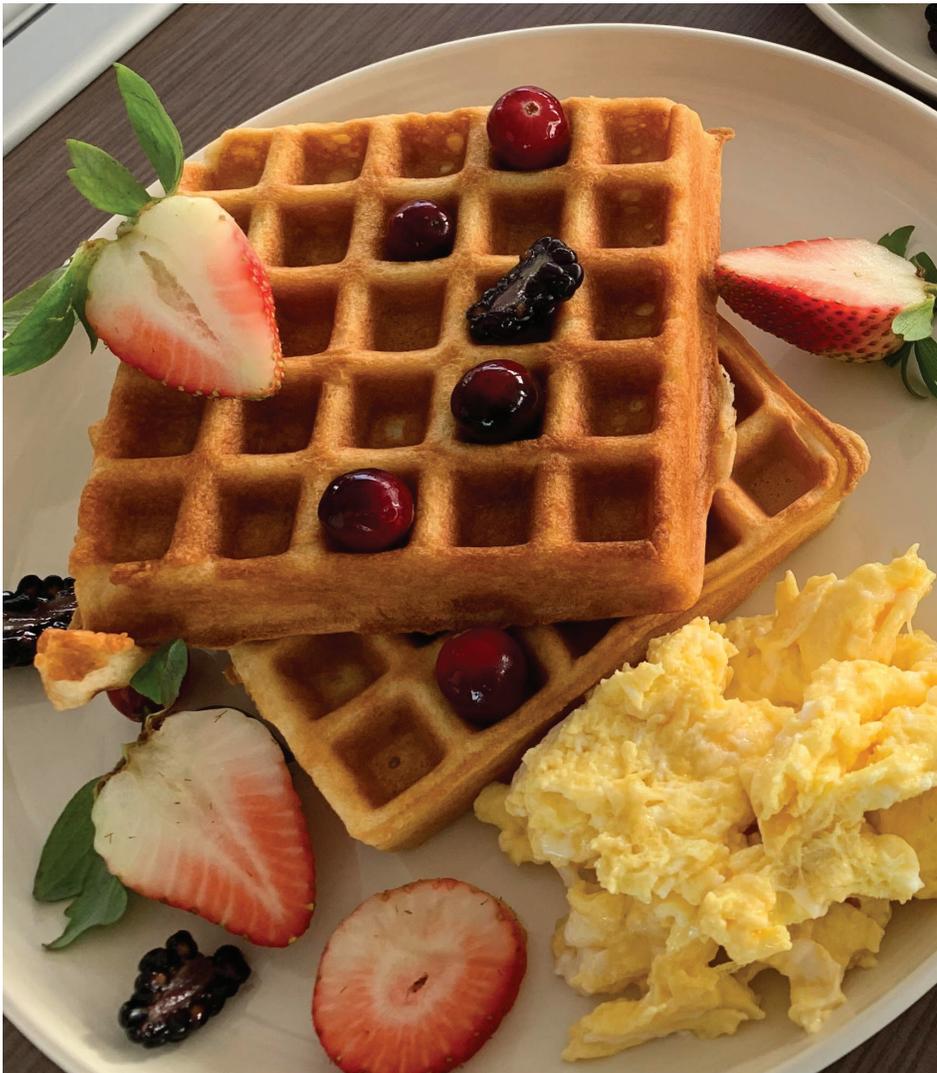


# Taste of the VI!

Cooking with Chef Ashley Miller  
**Breakfast Edition**



Recipes by  
Chef Ashley Miller T: (284) 341-2333



## Belgian Waffles

### Ingredients

- 2 ¼ Cups All Purpose Flour
- 1 Tablespoon Baking Powder
- 3 Tablespoons Sugar
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 2 Large Eggs Separated
- ½ Cup Vegetable Oil
- 2 Cups Milk
- 1 Teaspoon Vanilla Extract

### Instructions

Preheat your waffle iron, spray with nonstick cooking spray and set aside.

In a large bowl whisk together the flour, baking powder, sugar, salt, and cinnamon. In a medium bowl beat the egg whites with a hand mixer until stiff peaks form. Set aside. In a separate medium bowl mix together the egg yolks, vegetable oil, milk, and vanilla extract.

Add the egg yolk mixture to the dry ingredients and mix well.

Fold in the egg whites.

Pour the batter onto your hot waffle iron and cook according to manufacturer's directions\*\*

Serve immediately with butter, syrup, powdered sugar or any other favorite toppings.

\*\* makes 8 waffles from batter

# Fruit parfaits

## Ingredients

- 3 cups vanilla nonfat yogurt (chobani is a great brand)
- 1 cup fresh or defrosted frozen strawberries or any fruit of choice. I prefer to use berries like strawberries, blue berries, blackberries and raspberries. Feel free to mix it up!
- 1 pint fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

## Instructions:

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted/ fresh strawberries or fruit of choice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.



# Smoothie Bowls

## Ingredients

- 2 Cups Papaya Chunks
- 1/2 cup strawberries
- 1 Banana
- 3/4 cup of plant based milk
- 2 tbsp of coconut milk

## Toppings

## Instructions

1. If your papaya, strawberries and bananas aren't frozen, cut into chunks and frozen for at least a couple of hours before making this recipe.
2. Put all ingredients besides the toppings into the blender and blend until smooth. If you want to make sure it's a really thick smoothie bowl, start out with 1/2 cup of the plant based milk and add more as needed.
3. Pour smoothie into two bowls and top with fresh granola, pumpkin seeds, blueberries, cranberries, a slice of strawberry and fresh mint for aesthetics.



# Japanese Pancakes

## Ingredients

- 1 egg yolk
- 1 tbsp. sugar
- 2 tbsp. milk
- 3 tbsp. flour
- 1/4 tsp baking powder
- 2 large egg whites
- 1/8 tsp cream of tartar
- 1.5 tbsp. sugar

## Instructions

Whisk the egg yolk with 1 tablespoon of sugar until pale and frothy. Mix the milk in batches. Sift the flour and baking powder over the yolk mixture and whisk well making sure everything is combined thoroughly.

Whip the egg whites with the cream of tartar until frothy and pale, adding in the sugar a bit at a time until the whites are whipped into a glossy thick meringue that holds a peak. Be careful not to over whip.

Take 1/3 of the whipped egg whites and whisk it into the bowl with the yolks until completely incorporated. Add half of the remaining whites and whisk into the yolk batter, being careful not to deflate. Transfer the egg yolk mixture to the remaining egg whites, whisk and then use a spatula to fold together.

Heat up a large nonstick frying pan (with a lid over low heat. Very lightly brush with oil and use a paper towel to rub it around. You want a very light film. Using an ice cream scoop or measuring cup, scoop the batter onto the pan. Unless you have a very large pan with a lid, it's probably best to make these two or even one to a pan. Scoop the batter onto the pan, cover and cook for 4-5 minutes. If you have a crepe maker or griddle with a lid that will cover the entire thing without touching the pancakes, use that on the lowest setting. Remove the lid and add some more batter on top of each pancake. Cover and continue to cook for 4-5 more minutes. Lift the lid and use a spatula to gently peek under the pancake. The pancake should release easily – don't force it.

If you still have any batter left, pile it on top of the pancakes and then gently flip. Cover and cook for 5-6 minutes. The pancakes will grow even taller and fluffier when they're done. Once the pancakes are golden and cooked through, gently remove and serve on a plate with powdered sugar, butter, whipped cream, and maple syrup. Enjoy immediately!

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**WEEKEND SCHEDULE**

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 with Rotating DJ's

**Saturday**  
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 7pm - 11pm

**Sunday**  
 Chill Day with  
 Menu Specials

**Daily  
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 4pm - 6pm

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# *Just 4 Health*

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spirit at **DRIFTWOOD SPA**

**Words and photos by Ravenna Narizzano**

Driftwood Spa is the best spa in the Virgin Islands. They have the most effective massage therapists and offer a full range of specialized spa treatments. With two locations and outcall availability there is no excuse not to feel great and look your best this holiday season and every day.



“Give us your body we will give you back your mind!” Odila says to me.

“Fact!” I respond remembering how I walked into Driftwood Spa grimacing last year in so much pain my shoulder was almost in my ear.

The massage therapists worked their massage therapy expertise on me - my shoulder dropped to proper position and my pain was relieved.

From the moment I walked into Driftwood Spa it is as if I entered a calmer and better world. Relaxing spa music and sweet aromas, flowers, lit candles and a massage therapist greeted me smiling as I opened the door.

Driftwood Spa is beautifully decorated. The ambiance has been thoughtfully created for comfort, health and rejuvenation.

Everyone comes to Driftwood Spa to feel and look their best. Whether for pain relief; body maintenance; or beautification. Driftwood Spa is a safe, secure and comfortable space. Women, men and children of every walk of life become healthier, better adjusted and happier.



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## ***Just 4 Health***

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Driftwood Spa offers: massage therapy; body treatments; scrubs; wraps; facials; sauna; yoga; waxing; manicures; pedicures; acupuncture and more. Perfect presents for anyone – including yourself.

Driftwood Spa is the dream and passion of Odila Weeks. She envisioned, created, and built it from the ground up. Then like a strong Phoenix who rises from ashes — built it again!

Early September 2017 Driftwood Spa was getting ready to open its doors for the first time. The Windows were covered with paper intended to be torn out for the big reveal at the opening. Instead, Hurricane Irma busted up the whole territory- including Driftwood Spa.

Odila is a first responder and went to work - helping everyone in the immediate area. All extra linens were collected, and a shelter set up in the old Digicel warehouse next door.

They did not stop to look in Driftwood Spa. They did notice that the bathtub was out the door and spa chairs had flown all the way down the road. Yet they kept helping people as priority.

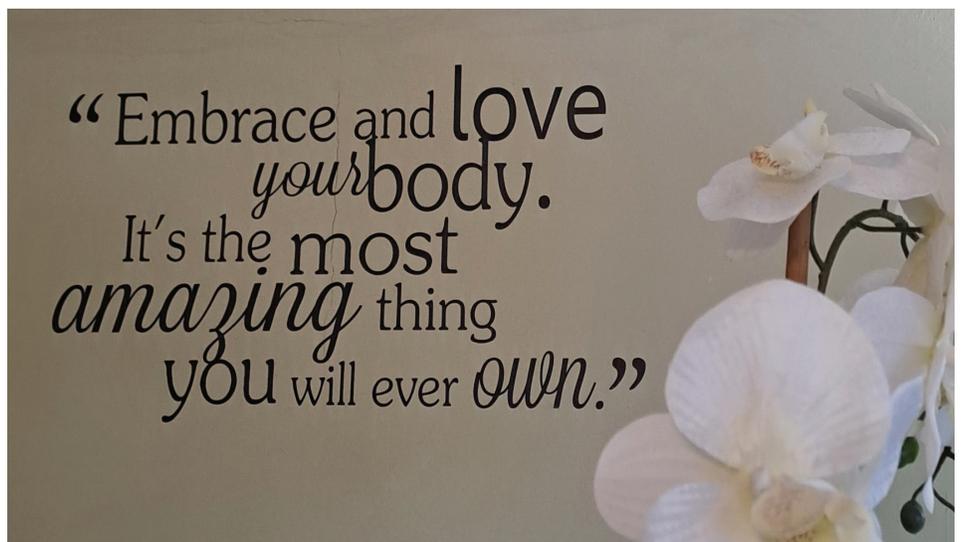
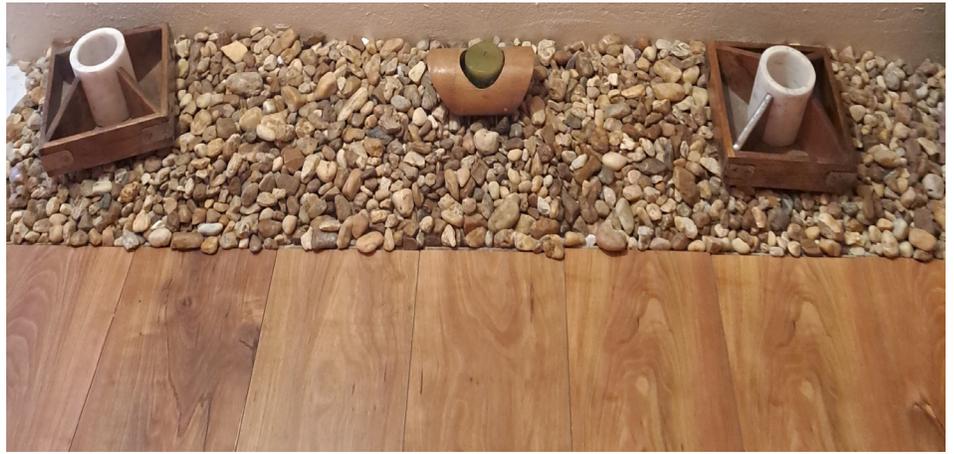
Everyone was stressed and needed massage therapy. The surviving massage table was carried by jeep to wherever there was a bit of a roof and not too much generator sound.

Hard work and determination made dreams reality. May 12th 2018 Driftwood Spa officially opened in West End and expanded to Soper's Hole in 2020.

### **“What do you enjoy most about your work?”**

“Helping people. Everyday someone walks in very stressed out and needing to unwind, in pain, walking irregular and walks out, unstressed, straightened up, smiling and pain free – this is what matters most!”

Walk-Ins are welcome. Appointments are highly recommended. Driftwood Spa 540-1526





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Dr. Stephanie G. Vanterpool:

# Targeted Pain Treatment

**HERE IN THE BVI**

## Painful Statistics

Did you know that 1 in 5 adults live with some form of chronic pain? Chances are that you or someone in your household or close family circle deals with some form of pain on a regular basis.

## THERE'S GOOD NEWS!

Now the people of the BVI have access to see and be treated by a pain specialist, right here on island! Keep reading to find out why that's important, and how you or your loved ones can get the pain management services they need through Targeted Pain Treatment.

### What is Targeted Pain Treatment?

Targeted Pain Treatment is the process of accurately identifying the cause(s) of your pain, and then coming up with a specific plan to treat all of those causes and get you back to living life again. A pain management specialist is a physician with extra formal training in understanding and treating the specific cause of your pain. We provide advanced, minimally invasive treatments designed to target the causes of your pain, and get you moving again!

### There are four main components to a Targeted Pain Treatment evaluation and plan:

**1. Accurate diagnosis** - Your pain management specialist will first work with you to figure out exactly what is causing the pain you are experiencing. This is done by getting a thorough history, physical exam, and any necessary imaging or tests. A history is an explanation of your pain, symptoms, how it started, how it's affecting you, what you have tried in the past, and how it is working for you. The history helps us understand the most about your pain, so the more details the better! Next, the physical exam helps identify what anatomic structures may be contributing to your pain. Are there specific

muscles or nerves that are involved? What functional limitations are present that are stopping you from doing what you enjoy. Finally, if necessary, the specialist will order and review any tests or advanced imaging. This can show which anatomic structures (bones, nerves, muscles, ligaments, etc.) are contributing to the pain you're experiencing, and also show us if it is safe to target them with minimally invasive procedures, or other treatments.

**2. Targeted Treatment:** This involves specifically Treating the SOURCE of your pain and all underlying causes. Importantly, this is not just covering it up with medication alone, some of which may be addictive or cause liver or kidney problems, but instead using multiple treatment options together to address the cause of your pain. Targeted Treatment may include advanced but minimally invasive injections designed to put medicine right at the source of the problem (such as nerves in or around the spine, muscles in the back and neck, etc.). These procedures are done with imaging guidance, such as x-ray or ultrasound, to ensure accuracy, safety and efficacy of the procedures. We may also recommend specific medications designed to strategically target the way that your body transmits the pain signals, while monitoring for safety of those same medications to ensure they do no harm. Physiotherapy

is another very important component of targeted pain treatment. Your pain specialist will often recommend physiotherapy in addition to medications or injections, in order to address the specific functional limitation, you're experiencing.

**3. Focus on Function:** You and your pain management specialist will work to identify what functional goals you want to achieve, and what we need to do to treat the pain that's stopping you from achieving them. Do you want to get back to your morning walks? Maybe you want to be able to sleep through the night without waking up in pain. How about being able to play with your children or grandchildren? Or stand through the praise and worship at church? Once we identify the way in which pain is limiting your function the most, we will come up with a plan together to address and improve your function through Targeted Pain Treatment.

**4. Education and Empowerment:** Throughout the entire evaluation and treatment process, you and your physician specialist will work together to be sure we understand the "Why, How and What", of your Targeted Pain Treatment plan - Why you're hurting, How the different treatment options work to improve your function, and What specifically we need to do about it. You as the patient are ultimately in charge of which

## Is pain slowing you down?

### What is it that you or your loved one can no longer do because of pain?

- ...go for (and enjoy) your morning walk?
- ...play your favorite sport?
- ...what about going out with friends?
- ...participating in church activities?
- Are you not able to effectively focus at work because you're distracted by pain?
- Is your pain waking you up at night and you can't get enough rest?

### How does that make you feel?

- ...like you're missing out on things?
- ...that you are not performing at work at your best?
- ...like you're a burden to your loved ones?
- ...like you're slowing THEM down?



Dr. Stephanie G. Vanterpool:

treatments we use. You are empowered to make the decisions and do your part to regain the function that chronic pain has taken away.

### How can I access Targeted Pain Treatment here in the BVI?

Pain management services are now available at the Bougainvillea Clinic, right here in Road Town, Tortola. The same state of the art treatments, procedures, and physiotherapy that once required a flight to Puerto Rico, or a boat to St. Thomas, are done right here in the BVI. At the Bougainvillea Clinic, our visiting pain management specialist will perform comprehensive evaluations, order any necessary advanced imaging (MRI, CT scan, Ultrasound), and perform minimally invasive, image-guided injections as necessary to help improve your function and relieve your pain. We also have outstanding physiotherapists who work with you to optimize your pain relief and function.

### Easy as 1, 2, 3!

**Step 1:** Request a referral for a Targeted Pain Treatment evaluation - your GP or other clinician can write a referral and send it to the Bougainvillea Clinic- Attention Pain Management Clinic.

**Step 2:** Call to schedule an appointment - Call the Bougainvillea Clinic at 284-444-2181 or 284-442-0117. Our scheduling team will work with you to get your consultation appointment and any procedure appointments scheduled when the pain specialist is on island.

**Step 3:** Bring any pain-related medical records/imaging reports or CDs of images to your first appointment. This is important to allow the specialist to have all the information needed to make an informed, accurate diagnosis, and start the Targeted Pain Treatment process.

At the Bougainvillea Clinic, we continue to strive to advance healthcare in the Caribbean.

Targeted Pain Treatment is just one of the many services we offer to help improve the health of the people of the BVI and surrounding islands. Call today to schedule your consultation!

### About our Pain Management Specialist - Dr. Stephanie G. Vanterpool:

Dr. Stephanie G. Vanterpool is a Targeted Pain Treatment clinician, researcher and advocate. She is the Director of Comprehensive Pain Services, as well as an Assistant Professor of Anesthesiology for the University of Tennessee's Graduate School of Medicine. She is a proud BV Islander, the daughter of Dr. Heskith Vanterpool and Mrs. Jean Vanterpool, and returns to the BVI regularly to provide specialized pain management services at the Bougainvillea Clinic. "I am honored and humbled to use my skills and knowledge to serve my people of the BVI and help them find relief from pain" says Vanterpool.

Dr. Stephanie G. Vanterpool received her MD from Duke University School of Medicine and completed her anesthesiology residency at the University of North Carolina, Chapel Hill, and subsequently completed a pain fellowship at Carolina's Pain Institute/Wake Forest University. She then entered private practice for several years before returning to Duke's Fuqua School of Business to obtain her MBA. She is a Fellow of the American Society of Anesthesiologists and board certified in both anesthesiology and Pain medicine. She is recognized as a regional and national leader in pain management education, practice and policy. She serves on the board of directors and holds multiple leadership positions within state and national organizations. Most recently Dr. Vanterpool was appointed to serve on the Tennessee Opioid Abatement Council by the State's Speaker of the House. She also directs an annual continuing medical education conference teaching other clinicians how to evaluate and treat pain through Targeted Pain Treatment. Her professional passion is to create a paradigm shift in how pain is assessed and treated through awareness, application and advocacy.



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Medical Director



**Dr. Stephanie Vanterpool**  
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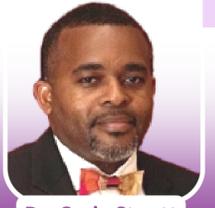
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# REMAINING FIT DURING AND AFTER THE HOLIDAY SEASON

By Ria Garcia-Frett

I can safely assume a lot of individuals made promises that they would get fit and remain fit for the New Year. These New Year's Resolutions we make to ourselves about changing our diet and exercising and living a healthy lifestyle. But is it wise to eat carelessly over the holidays only to have to change our wardrobe a size up for the next birthday?

**W**ith all the gurus that we follow and goal setting, it has become a tradition, to write down a New Year's Resolution, create a collage of our dreams etc. to push us to accomplish a personal goal, or

otherwise improve our lives.

It is time to change one's perspective and start now. As the popular saying goes "There is no time like the present". Instead of waiting, let's create better habits that lead to a healthier version of ourselves.

There are a few small changes that can be

made to minimize weight gain and create healthier habits as you navigate life during the holidays and beyond. The goal would be to continue these habits and build on them as the New Year comes along and there are fewer temptations around to distract one from these goals. The following are a few tips to help you along your journey to a better you.

## Dieting During the Holidays

The first tip is to prioritize protein in each meal. Instead of feasting on macaroni pie, potato salad, stuffing, and rice on your plate. Fill your plate with foods higher in protein such as turkey, ham, and chicken. Opting for leaner cuts of meat will also help to decrease the number of calories consumed.

Secondly, do not neglect eating vegetables. Foods that are higher in fibre are more likely to keep you full for a longer period. Increasing the amount of protein and vegetables on your plate means foods higher in calories are less likely to be consumed. The goal is to not eliminate from your diet but rather to consume in moderation.

Increase water intake during this time and limit the amount of alcohol and fruit juices consumed. Alcohol and juices are filled with excess calories, which does not leave the body feeling satiated. Thus you are more likely to consume more foods in addition to high-calorie drinks.

### **Make Movement Fun**

Find ways to incorporate movement into your daily life. That can be starting a new fitness class, joining a walking group, or simply challenging yourself to walk 5 to 10 minutes every hour to accumulate those steps. All forms of activity would help improve one's overall health.

During this time of year, we often gather to eat and drink, play games and enjoy one another's company. It may be time to focus less on the food and drinks and to begin creating new traditions such as hiking, playing team volleyball or going to the beach for a swim. Living a sedentary life lead to all types of health challenges. And it is crucially important to ensure that you take your body through its full range of motion to minimize joint stiffness. Even though you might work at a job that is taxing on your body physically, this does not mean that all the major muscle groups are being utilized. A little planned exercise goes a long way.

### **Make Time for Yourself**

Prioritize your sleep as sleeping impacts the body more than we think. Getting a good night's rest can improve brain performance, mood and eating behaviours. Sleep depravity is linked to poor food habits choices and lack of energy which can influence our exercise behaviours. Sleeping for a minimum of 7 hours

of sleep is healthy, with the optimal range falling between 7 to 9 hours for adults. To help improve one's sleep pattern, it is best to keep a consistent sleep schedule and create a relaxing bedroom environment. This might include shutting off the television and the lights. There are also a variety of relaxing music available on the internet or on DVD's that would help you relax and get your zzzz's.

Take time for "de-stressing", the holidays can be hectic. During this time, do something that you enjoy which helps to calm your mind and help you relax. Still have that book on the bed side table you have been trying to read for weeks? What about the knitting needles or embroidery thread still stashed in the corner? Now is as good a time as any.

When creating new goals to achieve, it is imperative to create goals that are small and specific, realistic, and planned. The tips mentioned above can be used as a guideline for how one would like to engage in behaviour change and form new habits. Challenge yourself to a better You!



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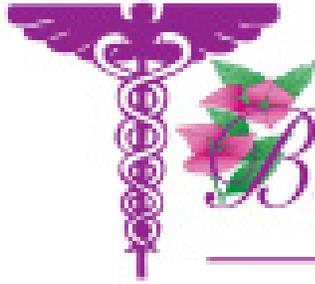
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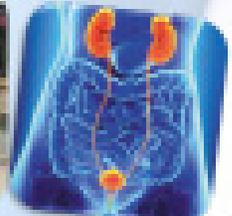
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# Benefits of Sea Moss

Sea moss, or Irish moss, is a type of sea algae that people can add to food or take as a nutritional supplement. Sea moss is naturally rich in minerals and vitamins, and may have some potential health benefits with regular use.

Sea moss typically refers to a specific type of algae or seaweed called *Chondrus crispus*, also known as Irish moss. It is a spiny, edible plant, and has some similarities to other edible seaweeds such as kombu, dulse, or wakame.

Sea moss grows naturally in waters and tide pools along rocky coasts, such as coasts of the northern Atlantic Ocean. Common sea moss is a red seaweed, though it can grow in different colors as well, depending on factors such as the local climate and water temperatures.

## NUTRITIONAL INFORMATION

According to the U.S. Department of Agriculture (USDA) FoodData Central<sup>Trusted Source</sup>, 2 tablespoons (tbsp) or a 10 gram (g) serving of sea moss contains approximately:

- calories: 4.9
- protein: 0.2 g
- fat: 0 g
- carbohydrates: 1.2 g
- sugars: 0.1 g

The same serving of sea moss also contains these vitamins and minerals:

- calcium: 7.2 milligrams (mg)
- magnesium: 14.4 mg
- phosphorous: 15.7 mg
- potassium: 6.3 mg
- iron: 0.9 mg
- zinc: 0.2 mg
- copper: 0.02 mg
- manganese: 0.04 mg

Red seaweeds also have antioxidant properties<sup>Trusted Source</sup>, which may help prevent oxidative damage in the cells.

Similar to other sea vegetables, sea moss is a natural source of the mineral iodine. Research posted to the *Journal of Medicinal Food* notes that sea moss contains about 47 mg of iodine per gram.

## POTENTIAL BENEFITS

Sea moss may have the same benefits as other types of sea algae, as they share similar compounds.

However, the current research into sea moss has limitations, and scientists still need further evidence to back any health claims. Those include:

### Supporting weight loss

Seaweeds may help support weight loss. In a 12-week study<sup>Trusted Source</sup> of 78 adults, those who took 1,000 milligrams of red seaweed extract per day had a significant reduction in total body fat mass and body weight than the placebo group.

Weight loss effects may vary with each type of seaweed, and much of the research focuses on isolated compounds, rather than the effects of sea moss generally.

## USES

Sea moss has a history of use in cultures close to where the moss naturally grows. Sea moss is a natural source<sup>Trusted Source</sup> of a thickener called carrageenan. This can make it a good addition to soups, stews, or other foods that need thickening.

Some companies still harvest and sell the dried sea moss itself; it is also common to find sea moss in the form of a dietary supplement, but it is more common to find sea moss through local vendors selling it as a drink.



## Supporting thyroid health

Diets rich in iodine may support thyroid health. The thyroid needs this mineral to create and use important hormones in the body. Without enough iodine, the thyroid may not function properly and could cause metabolic issues.

As a natural source of iodine, types of sea algae such as sea moss may help prevent iodine deficiency.

## Supporting gut health

Sea moss may have prebiotic effects which could play a role in improving the health of the gut microbiome.

Research posted to BMC Complementary Medicine and Therapies Trusted Source notes that sea moss is rich in dietary fiber and oligosaccharides such as carrageenan. The sea moss seemed to support gut health by feeding the healthy bacteria in the intestines.

This was an animal study, though. Researchers would need to do further human studies to support these findings.

## Supporting immune health

The gut relates to the immune system. A diet rich in prebiotic, fiber-rich foods such as sea moss may help promote a healthy immune system.

## Helping in the fight against cancer

Compounds in some algae may help fight against specific cancers. Research posted to Cancers Trusted Source notes that fucoxanthin, found abundantly in some algae, may help fight against specific markers of colorectal cancer or reduce risk factors.

With this said, the research focused heavily on high concentrations and extracts of fucoxanthin. More research into sea moss itself could show if the same benefits apply.

## Supporting muscle and energy recovery

Sea moss may play a role in helping the body recover from workouts or help relieve fatigue.

A study in the Asian Journal of Medical Sciences involved 80 adults over the age of 40 with musculoskeletal symptoms. The research found that people given certain types of sea moss had reduced fatigue, exhaustion, and pain levels. This may be due to the high levels of amino acids and total proteins present in the plant.

## Supporting fertility

There is not much formal research to back up the claim that sea moss will promote fertility. Sea moss may make up part of fertility treatment in traditional medicinal systems, and anecdotally some people claim the algae helps their fertility. More formal research is needed to evaluate this claim.

## Supporting healthy hair and skin

Some anecdotally claim that taking sea moss regularly improves the look and feel of their skin and hair. Researchers need more evidence to support this claim.

## Healthier Mouth Wash

Sea moss is rich in iodine, which is known to promote oral health. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of gingivitis and other periodontal diseases.

## Healthier Drink Option

Sea moss is a good source of vitamins and minerals, which makes it a healthy drink option. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of disease.

## Improved Bath Time

Sea moss is rich in minerals, which can help improve the quality of your bath. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of skin conditions.

## Expels Mucus from Body

Sea moss is rich in iodine, which is known to promote the expulsion of mucus from the body. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

## Reduces Inflammation

Sea moss is rich in vitamins A, C, and E, which are known to reduce inflammation. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of chronic diseases.

## Cleanses Your Blood

Sea moss is rich in vitamins A, C, and E, which are known to cleanse your blood. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

## Improved Love Life

Sea moss is rich in minerals, which can help

improve your love life. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of STDs.

## Relief For Colds and Flu

Sea moss is rich in vitamins A, C, and E, which are known to relieve colds and flu. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

## Effective for Fighting Prostate Enlargement

Sea moss is rich in minerals, which can help fight prostate enlargement. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of prostate cancer.

## Prevents Kidney Stones

Sea moss is rich in iodine, which is known to prevent kidney stones. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of kidney disease.

## Reduces the Impact of Radiation Poisoning

Sea moss is rich in vitamins and minerals, which can help reduce the impact of radiation poisoning. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of cancer.

## SIDE EFFECTS

There are some possible downsides or side effects from eating sea moss.

Even in supplement form, the nutritional content, and therefore potential benefits, from sea moss can vary. Factors such as growing region, temperature, and minerals in the water may affect the nutrient levels in sea moss.

Varying levels of iodine in sea moss may also put a person at risk for iodine deficiency if sea moss is the person's only source of iodine.

Some people who eat large quantities of sea moss or other seaweeds that are very rich in iodine may get too much iodine in their diet. Overconsumption of iodine may put a person at risk for iodine poisoning or thyroid problems.

Contamination may be another potential risk for seaweeds such as iodine. Seaweed and algae may accumulate minerals and metals from the environment. If there are heavy metals in the area, they may be in the algae as well.

Ref: <https://www.medicalnewstoday.com> and  
Dr. Amber Smith



**L&S**  
MAGAZINE

*Business*

# *Business Life*

LOCAL BUSINESSES - GLOBAL EXCHANGE



## **Bougainvillea Clinic** state-of-the-art facility, **NOW READY**

The Bougainvillea Clinic has been under renovation for the last 10-12 years. This was a love project as the owners Dr. Heskith Vanterpool, and Mrs. Jean Vanterpool decided to make it a state-of-the-art facility for the people of the BVI and the Region, i.e. the other Caribbean islands surrounding us.

**T**he facility now is a five-storey building with clinical space occupying every level. The first floor houses the imaging department; the second floor – the dietary departments; third floor is the inpatient unit; and the fourth floor is the operating theatre and cardiac lab suites. On the fifth floor, which is the newest department, is the clinic, where their specialist physicians see patients, as well as the physiotherapy department. This area is state-of-the-art. It gives you



a feeling of being one of those in the United States or even better facilities.

The waiting rooms are comfortable, spacious, airy, and unbelievable beautiful. The decor is also exquisite. On the other end is the clinic. The physician rooms are all decked out to facilitate the care of patients that are seen on a daily basis. There is also a beautiful mini operating theatre where surgical procedures can be carried out and this is possible under sedation or local anesthetic, and this is fully equipped to take care of all patients should the need arise. The administrative department is also on the fifth floor. This is where you'll find the manager, the accounts department, claims billing and insurance department and this area handles all operational matters.

The fifth floor is accessed by stairs or a brand new spanking glass elevator which on your way gives you the view of the whole Road Town Harbour and the environs as far as your eyes can see. You can actually sit in the foyer and while you wait to see your physician, or physiotherapist, or waiting to be picked up by family members,

visualize what is happening in the City.

The reception area boasts a Chinese architectural look and the Chinese artistry was taken from the old hotel and preserved, refurbished, and placed to maintain the look that the hotel once had. For those clients who have not seen it yet, you will be pleased when you arrive; Rave reviews by current patients, who have said to us "Oh, this is this is really a beauty".

This place is just so beautiful. It gives the staff an air of love and a feeling that is beyond any. They are happy to come to work in such a beautiful building and the staff at Bougainvillea are very happy to share that with you, our patrons. So come on in and get your medical needs met. Visit the Specialists, make an appointment. They are ready to help you and give you the medical care required to advance health care in the BVI.

Coming soon is the opening of the cafeteria and a coffee shop where you can come in and get snacks, coffee and juices. The space is already decked out and will soon be opening.

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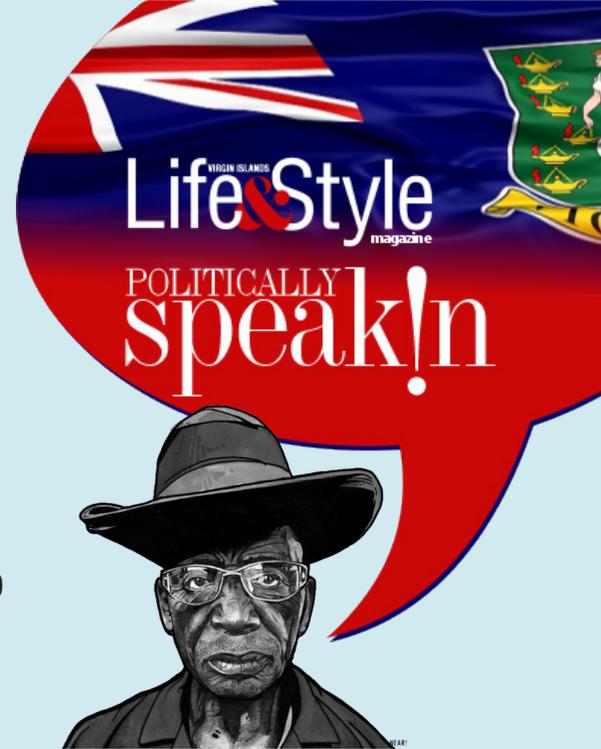
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with Pepe Bucky

# Who Yo Fah?

Lord dem youn people aint easy, look ruckus in deh chuch yard. I had a luwly harwest, til thing bruk up wen ole man Arthur ask a young man from the Eas who he fah. Every ole person in deh plas bow dem head wen dem hear how deh bouy speak to Arthur. Is lik he undress he with each unkin word.

**D**e bouy tel Arthur he too licky likky and how ole people jus always wan be up in people business. Arthur only hear de bouy say he related to the Malones up eas and Arthur geh excited to hopefully chat with one of his kin folk. Since Arthur buy land and mov Bruise Bay, he aint getting to know he kin folks like before.

Bouy thins really chang. Dem youn people now spit in your eyes and much as look at you. Dem wont stop help you cross the road or say a proper good mornin to you, dem figure if you ain dem momma or papa you keep walken.

I haw to say we ain do all bad; becaus its another woman Katherine, Ms. Edna 40 year old granddaughter who apologis to Arthur and explain to de youn man who we find out afterwards name Kadeem, tha Arthur was only trying to fin out the family history. She beg he doan go on so wid the ole folks because them trying to help build bridges and clos some of the family gaps. It ain fun wen your gran son start to lik a gurl and he brin home cousen to family.

Boh com to think about it, moh and moh families trying to track dem family tree becaus dem branches ain growing strait; it

go all the way back after the slave master time, wen dem turn off leave the bird sanctuary and we pick up, wha da big word is again entrepenship. Every man who had skill got busy, making floops and sail to a new life else where in the Caribbean to send home money and cloths. God knows we won ha mak it den without da level of trading. But oiy must also call a spade a spade. Only de brav man them come home and tell wifey bout children dem leave behind. Dem man wen to pik cotton and pik cotton with other frock tail.

I nuh a lot ah people who dos mak it dem business to attend funral so dem cud visit family. you evah stop to think where else you cud meet first, second and third generation in one place so easy? Ewen dem newer generation wha you sening skool now coming back married; wife and pickney in tow. Laud hawe murcy on we. Ah wonder if it good or bad because we culture lorse and dem new comer wife and pickney ain aclimatizing good unless dem have strong family ties weh dem come from and understand why dem need to understand to tek time with de ole people dem inherit. I remember a friend a mine, laud he loiked to gossip, so I ain goin mak it soun lik dem

all got good intention wen dem question off your children, but be scarce wih de harsh word becau it could well be great great grand uncle who stop you. Lawdy sometimes you really haw to stop dem old peeply in dem tracks, caus dem speak to eweryboidy lik dem still children.

Bouy me and Arthur lauf about it aftewards wen he heart cool off. He beg he children to brin home any Frett, Malone, Thomas, Skelton, Potter, Lettsome, Stoutt, Todman, George for inspektion to keep the branch dem growing strait. Oiy hope aiyo se deh angle I comin from. Loik ah seh ah redy, oiy een educated, but oiy een stupid eider. If de youn peeply don tek time to talk wid de ole one dem and learn some history, the fruits dem produce goin be sour. Don't you tink it mek sense to try for eweryone sake. I tink dah should be deh common sense ting to do, but as dem seh, "common sense aint so common."

We don't nuh wah deh future hold and ah old man loike me don't even nuh if oiy goin liwe to see another great gran chil, but whether dem liv in the eas or the wes or move a foreign, if God spear my loife, oiy goin hope de youn peeply go brin dem come say hello so Father God cud smile on we agen.

# How Does it Feel to be a Problem?

W.E.B. Dubois in his book, *The Souls of Black Folk*, shared that “between me and the other world there is ever an unasked question: How does it feel to be a problem?” Dubois further expressed that “being a problem is a strange experience”.

**By Arlene Callwood**

**T**he first time I read Dubois’ words, I interpreted and connected with them based on my experience as a black woman. But the second time I read his words, I interpreted and connected with them based on my experience as a teacher. During that time, I was struggling to understand the negative narrative about teachers coming from every angle in society. These collective voices sounded like a stakeholder’s ambush against teachers. As I read Dubois’ words describing black people being labelled a problem, I was seized with the realization that teachers too were being described as a social and political problem.

As a social problem, teachers were being critiqued by their perceived substandard pedagogical ability which was producing

negative results on students’ academic and professional performance. As a political problem, it was determined that the distribution of power within the educational system should flow top-down (from educational leaders to teachers) rather than horizontally (with educational leaders in partnership with teachers). This power differential cancelled teacher autonomy and rendered the expert knowledge of the classroom teacher as negligible. Moreover, the architects of this top-down strategy leverage their educational power through a widely accepted bottom-up strategy of blame – blaming educational failures on the classroom teacher while effectively bypassing many systemic failures in educational structures or leadership.

Therefore, when Dubois wrote about the spiritual world black folk live and strive in

as they responded to being a problem, I thought about the spiritual world in which teachers live and strive and their response to being a problem. When Dubois wrote about the struggles and hopes of millions of black folks, I thought about the struggles and hopes of millions of teachers. When he wrote about what black folk need, I thought about what teachers need.

The spiritual world teachers live and strive in and their reactions to the experience of being a problem is often like Dubois’ observation of black folks’ reaction to being black. We can collect these experiences from various social media platforms or a brief conversation with any teacher. This strange experience includes teachers feeling “shut-out (unheard), contempt, silent hatred, mocking distrust, imprisoned, powerless, dismayed, speechless, defeated,

disrespected, and half-hearted in their professional duties”.

Many teachers have responded to this strange experience by resigning or retiring. Resigning and retiring for some teachers was their final act of “educational disobedience” in their struggle for economic, social, and political freedom from a system that seems to disregard their presence and efforts. In this spiritual world wherein, teachers live and strive resides souls yearning desperately to capture the hearts and minds of their students. For this yearning to be overlooked by a system for which many toil, emotionally and financially, is a betrayal felt deeply by teachers.

Amidst the struggles teachers hope to inspire students to see a bigger, better version of themselves regardless of their circumstances. Teachers hope to help students develop the character and attitudes of mind and conduct to adequately prepare them as productive scholars, workers, and

citizens. Teachers hope to turn student disconnection into student participation. Teachers hope to turn student potential into peak performance.

Teachers struggles and hopes intersects with their needs. A recent nationwide survey of 4,103 PreK-12 teachers conducted by Adopt A Classroom concerning teacher challenges, highlighted teacher’s needs. Teachers shared that they needed “classroom supplies, higher salaries, to be trusted as education experts, autonomy to select more supplies and classroom resources, increased mental health support for students and staff, and increased support staff”. In higher education, professors are concerned about the “record numbers of students checked out, stressed out, and unsure of their future” and need help navigating this unfamiliar territory.

To be described as a problem when collectively teachers are desperately trying to be a solution is insulting and damaging.

Many are using personal resources and personal time in their dedication to meet the needs of their students. This continuous negative narrative is breaking down the leadership-teacher relationship. The pressure of this toxic relationship is affecting the teacher-student relationship and consequently educational outcomes. Being a problem when you think you are a solution is a strange experience. At this time in educational history teachers need care more than criticisms.

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# 12 GOAL-SETTING TIPS to Help You Get **WHAT YOU WANT** this Year

Every new year brings with it a flurry of goals and aspirations for the year ahead. Yet, if the statistics are correct, 9 out of 10 people will give up on those well-meaning goals by February. You don't have to be one of them. Follow the tips below to join the illustrious 10% of people who go on to achieve their goals this year.

## 1. Choose One Word

Before you jump into setting your goals, start with a single word that will become your personal 'word for the year'. According to WebMD, "the idea is to pick a single word that will inspire you throughout the year to move in a direction that's important to you." I have chosen a word for the year every year for the last eight years or so, and I use my one word as the starting point for my goals. For example, if my word for the year is "seek" I think of how the word "seek" can influence the various areas of my life. In what ways do I want to "seek" in my career, social life and so on.

Choosing a word for the year is a wonderful way to keep your goals front and center throughout the year. Consider displaying your word somewhere you will see it often as a reminder of the transformation journey that you're on.

## 2. Keep it balanced

When setting your goals consider the various aspects of your life. A big goal-setting mistake is focusing on one thing at the expense of everything else. If you set all your goals around your career, it's very likely

that other areas of your life will pay the price. You are more than just your job, so your goals should reflect the complete person you are. As a starting point, consider these eight (8) areas of your life:

1. Spiritual
2. Family
3. Emotional
4. Personal Growth
5. Physical
6. Career
7. Social
8. Financial

You don't have to set goals for all of them, but I recommend starting with three areas for the first three months or so. As you gain some traction and start to see progress in those areas, you can switch your focus to other areas later in the year. This momentum will help you remain positive throughout the year.

## 3. Write your goals

Once you have an idea of what you want your goals to be, it's time to get those goals out of your head because research shows that written goals are more likely to be accomplished. When we write our goals, we start to commit to them and increase

the chances of achieving them. While you can type your goals, handwritten goals are ideal as our brains start to connect with our head and hands, making the connection even stronger. Guess what I'll be doing? Writing my goals down!

## 4. Tell someone

In addition to writing down your goals, another great way to stick with them is to tell someone else. Whether it's because we want to keep our word, or would rather avoid the embarrassment of failure, sharing your goals with someone is a great motivator. Of course, you'll want to share your goals with someone you trust, someone I call a dream defender who will encourage you along the way – which brings me to the next point.

## 5. Choose an accountability partner

Another big reason why goals fall apart is due to lack of accountability. Now, when I use the word accountability, I'm not talking about someone chastising you if you don't achieve your goals. Accountability is more like having a cheerleader – someone who will cheer you on and encourage you on your journey, especially when you're tempted to give up. Give some careful thought about who can fill that role and ask if they're willing to help you stick with your goals. It may also mean that you have multiple persons holding you accountable based on the various goals you've set. The person who helps you stay on track with your health goals might be different from your accountability partner for your career, and so on.

## 6. Get a coach

Having a coach is a fantastic way to get clear on your goals and stick with the things you said you will do. A coach will help you identify what you want to achieve, how you're going to get there, and help you overcome the roadblocks along the way. Coaching could be one-to-one (just you and the coach) or in a group setting where you benefit from your own transformation as well as that of others. (For more about coaching visit: [marvasmith.com/coaching/](http://marvasmith.com/coaching/)) And like accountability partners, you can find a coach to help you with different areas of your life, depending on your specific goals

## 7. Create a Vision Board

A vision board is a compelling visualization tool to help you achieve your goals. Vision boards can be created for your overall life goals or just one area of your life. It is a powerful motivator as it creates a mental image of your desired life and inspires you to keep moving forward to achieve it. Your vision board can be a collage of words, images, or a combination of the two. But beyond the actual physical board, think of it as a visual road map of where you want to be.

## 8. Keep your goals in front of you

The saying is true: out of sight is out of mind, even when it comes to goals. Whether it's your vision board or a typed or handwritten list of your goals, keeping your goals literally in front of you is one more way to improve your chances of achieving them. Just think of how powerful it would be to see a framed version of your hand-written goals sitting on your desk where you can see it every day. Or your vision board displayed on your bedroom wall. Having your goals prominently displayed where you can see them regularly makes it hard for you to forget about them.

## 9. Make it a date

Goal setting is not a 'set it and forget it' type of thing, so don't wait until the end of the year to assess how you're doing with your goals. Instead, plan for monthly or quarterly reviews to check your progress. I encourage



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Marva is a work and life strategist with a passion for helping women thrive in all areas of life. She's the BVI's first local female architect and former Chief Planner. In 2012, after 26 years in the Public Service, she successfully transitioned careers and founded the management consulting firm, MatrixSpark specializing in strategic management, training and coaching. Following her calling, she became certified as a life breakthrough coach to address the growing work-life balance challenges facing women.

Marva is the author of the best-selling book, *Time to Thrive: A Busy Woman's Devotional Journal*. You can find her writing about work-life synergy and intentional living on her website [www.MarvaSmith.com](http://www.MarvaSmith.com).

you to pull out your calendar or your calendar app right now and make an appointment with yourself. All the better if you can make it a fun time that you look forward to every month, maybe over a nice latte or glass of wine – whichever you prefer. Just make it a date with yourself that you won't break, because after all, your goals and dreams are worth it.

## 10. Hold your plans loosely

One of the biggest reasons many people give up on their goals is because they get discouraged when things don't go the way they planned. If you're going to achieve your goals, having a plan is necessary, but so is the need for flexibility. When the unexpected comes up, instead of thinking that life somehow got in the way, I invite you to keep a bigger picture in mind.

The Bible reminds us that there is a place for our plans, but there's also God's plan.

A man's heart plans his way,

But the Lord directs his steps.

Proverbs 16:9 NKJV

By now, you have a good idea of what you want to accomplish this year, but I have learned that God's plans are always best. So, be willing to accept (even embrace) the detours that come and see them as God's way of preparing you for bigger and better things.

## 11. Pivot, pause or pack it up

As you review your goals during the year, you may find that some of them are no longer relevant or even realistic. Maybe the time isn't right, or the anticipated resources never materialized. Whatever the reason might be, it may be necessary to adjust along the way. Is it possible to pivot while keeping your end goal in mind? Perhaps now is not the time to pay down your debt if a medical emergency has come up, but I'll bet it's still a valid goal. You can make changes such as adjusting the timeline for your goal (does it need to move to next year?) or adjusting your expectations. You can also choose to put your goal on hold or discard it altogether. If you're not sure what to do, pray about it and seek advice from your coach or accountability partner before making any snap decisions. Then once you've decided, choose to be at peace with it so you can move forward without guilt or regret, and use your energy for the goals you are still committed to.

## 12. Celebrate your wins

For the final tip, I encourage you to celebrate your wins, big and small. You don't have to wait until you've lost all 50 pounds. Celebrate every 5. Celebrate that step you took to register for the class, even if you haven't passed it yet. Celebrating your wins could be as simple as sharing the good news with a friend or as big as going on a much-needed vacation after a big project. The key is to recognize your efforts and allow the little and big wins to inspire you.

Now that you have all tips, you're off to a running start, and you're not leaving any goals behind. This could be the year that you finally achieve those goals you've been wanting to accomplish for the longest time. Let's beat the odds and crush our 2023 goals together!

# Confidence in God

It is that time again when nostalgia is the order of the day for many, especially those who cannot move as quickly as in years past, or those who lack the resources to create the environment they dream about. Sadly, more serious than the occasional bout of nostalgia is the very real prominence of depressive and self-destructive thoughts and tendencies. This comes primarily from the lack of certain factors, including but not limited to (love, care, relationships, family, resources, communication, hope, joy, and peace...). Let me hastily add that it's not all doom and gloom, but just wanted to acknowledge the 'not so bright corner' to which we should pay particular attention because if we look closely, they are often under our roof.

On the cheerful side, there is no lack of merriment, serenading, expressions of joy and promises of a bright future. In all this, we have one thing that equalizes and levels the table, and it is Confidence in God.

Confidence in God gives hope to the hopeless and temperance to the exuberant. This is so because God promises to lift the downtrodden and give moderation to all, through the self-control found in the fruit of the spirit.

## Galatians 5:22-23 AMP

"But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things, there is no law."

## James 1:9-10 AMP

"Let the brother in humble circumstances glory in his high position [as a born-again believer, called to the true riches and to be an heir of God]; and the rich man is to glory in being humbled [by trials revealing human frailty, knowing true riches are found in the

grace of God], for like the flower of the grass he will pass away."

When we learn to apply rather than just religiously repeat the promises in the Word of God (Bible), a revolution takes place, things change in our lives in line with the Word! Two scriptures spring to mind from the Amplified Bible.

## John 6:63 AMP

"It is the Spirit who gives life; the flesh conveys no benefit [it is of no account]. The words I have spoken to you are spirit and life [providing eternal life]."

## Job 22:28-29 AMP

"You will also decide and decree a thing, and it will be established for you, And the light [of God's favour] will shine upon your ways. When you are cast down and humbled, you will speak with confidence, And the humble person He will lift and save."

The sooner that more of us begin to practice what has already been given to us individually and corporately, the circumstances will change in both spheres. God has built into each person the faith, ability to love, hope, believe, decree/declare, trust, and speak the Word of Faith, which will not return to Him void, but will accomplish what it was sent to do. So then, the temporary status is changed according to the power working in us by faith. Those who are down need not remain in that state, those who are exalted can equally become moderate in their expression of life.

As we wind down one year and look forward to the next, let us reset our thinking, belief, and methods by first praying earnestly, believing fervently, and looking positively for God's best no matter our temporary situation. We have these assurances in the Word of God.

## Romans 12:1-2 AMP

"Therefore I urge you, brothers and sisters, by the mercies of God, to present



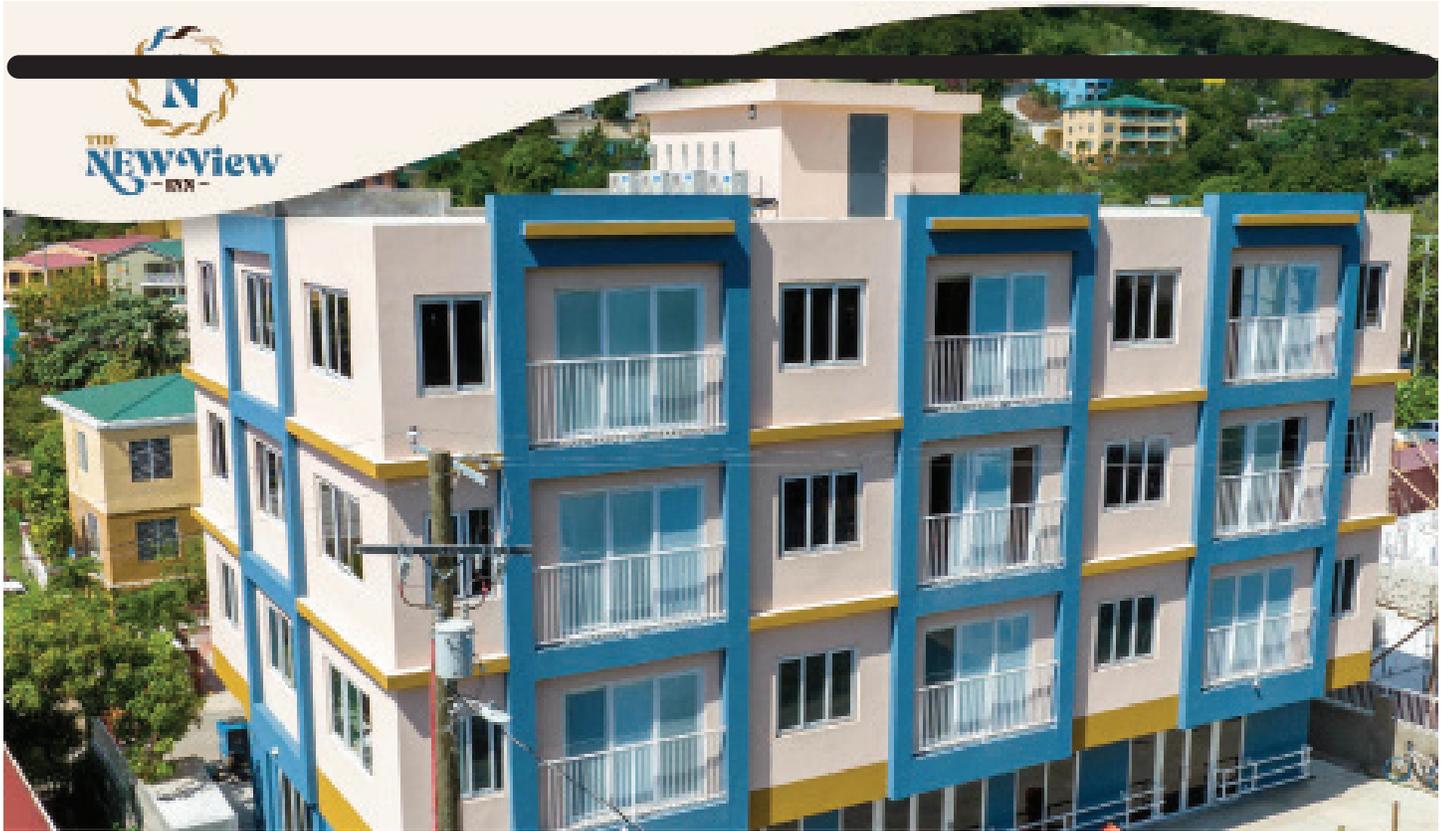
**Rev. Michael U. Anthony**  
is the Eastern Caribbean District  
Superintendent of Apostolic Faith Churches  
Author and Business Owner

your bodies [dedicating all of yourself, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."

## Ephesians 3:19-20 AMP

"and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God's presence in your lives, filled and flooded with God Himself]. Now to Him who can [carry out His purpose and] do super abundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us,"

Life has always been challenging in every era of human existence. We cannot escape the reality of our challenges, rather we can embrace the delivering, overcoming, victorious promises which bring confidence in God through His Word. Put it to the test for this year and the rest!



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# Home & Garden

DEVELOPEMENT, STUFF WE LOVE, RESOURCEFUL LIVING

## INCREASE YOUR HOME VALUE with these 5 simple tricks

Words by Kézia Allen

**A**s you may know, renovations to your home make it more appealing to buyers and increases the value. Not all homes sell as quickly; and most sellers are now forced to ask what really sells a house. Is it a well experienced realtor or an eye-catching house? While a great realtor is vital, the house should be able to market itself. Sprucing up your home doesn't have to drain your pockets; but be aware that cheap is sometimes expensive. Avoiding renovations can lead to selling your house at a steal-of-a-deal price. The valued estimate of your home should have some bases on its appeal to buyers. With that in mind, here are a few ideas on how to improve and remodel your home to increase its market value.

### LANDSCAPING

A home should be gorgeous both inside and out. An investment in your home surrounding is the first attraction to buyers. A simple landscape includes flowers, a well mowed lawn, and maybe a lovely seating area. You don't need to go to extra lengths of putting up structures like gazebos or water fountains. It is okay to play it safe; avoiding big structures allows for creativity of the new owners to make it their own.



### INTERIOR RENOVATIONS

Occupancy of spaces over a long period of time generally causes the space to look worn. As a result, sellers should ensure that rooms are well renovated before placing the home on the market. Renovations can be as major as changing the flooring and cabinetry, or as simple as repainting and updating light fixtures. Subtle changes automatically make your home look new and presentable. Another great idea to



consider is reinventing spaces to perform certain functions; basements can be turned into a second living area or a game room for the benefit of appealing to the buyer.

### LIGHTING & AIRFLOW

Natural lighting is a highly valued aspect in any home; it is one of the top sort-after features. Most homes with good windows do not require much artificial lighting. Skylight windows will illuminate the room but rarely offers the same quality or appeal as windows do. Good ventilation is also needed, especially for homes that lack adequate windows. The right air conditioning is always helpful. Ensure that air is well circulated within the rooms of your home- nothing puts buyers off more than musky smells in a room.

### KITCHENS & BATHROOMS

The kitchen is the heart of a home. If the tiling or cabinetry looks old, worn out or cracked, it is best to have it redone. Buyers are always excited to see a well-done kitchen. Do your maximum to make the kitchen presentable, ensure to fix the sinks or any water leakages left undone. Homes with two bathrooms will generally sell faster than those with one. This is most likely because the extra bathroom creates privacy for when guests are over. However, the most important thing is to ensure your bathroom is sparkling clean. Dirt stained tiles will put off anyone, including me.

### EXTERIOR AESTHETICS

As mentioned earlier, potential buyers need to be initially attracted to the home from the outside. What most people do not realize is that painting can make or break a deal in selling a home. If the roof or exterior finishes has ugly peelings, clogged gutters, or moss-covered water marks, no one will suppose the inside looks any better. Home improvement and remodelling is bliss once you set your mind to seeing your home through the eyes of the buyers, and the increase in its value.

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**The Reverend**

**Esther Georges**

is an Episcopal Priest and Retired Deputy Director of the National Parks Trust of the Virgin Islands

# Our Roots Run Deep Our History, Our Culture, Our Caribbean Food

**“Whether culture, tradition or simple sustenance, food is a central part of human life. It also carries great symbolic value. To share a meal goes beyond the food itself; it extends to an experience of togetherness and community,”**

*Yesim Zaim*

Caribbean cuisine is a unique blend of the traditional dishes of the indigenous people coupled with the traditional foods of Africa, Asia and Europe. The discovery of this archipelago of nineteen islands originally inhabited by the native people, Arawaks, Caribs and Taino, resulted in an influx of Europeans seeking ‘El Dorado – The City of Gold’. Instead, they found verdant mountains, waterfalls, green fields, and a deep blue sea teeming with marine life.



on culinary culture. In the other islands, the emerging food culture was also influenced by the Dutch and Spanish and to a lesser extent the Portuguese colonizers.

One universal example of an imported staple is salted codfish which originally formed the main protein in the diet of the African slaves and is still a major part of our breakfast menu together with fried bakes or Johnny (journey) cakes.

Although small variations exist on different islands, the essential ingredients are the same. The protein content

The Europeans brought with them their own cultural identity and with eventual exploitation, those of African slaves, Indian and Chinese indentured labourers. The inevitable result of the blending of these food cultures is the unique flavours we now call Caribbean Cuisine.

Based on the availability of ingredients, each island developed its recipes for food preparation. The prevailing recipes were influenced by the predominant racial identity of the slaves and the indentured workers. In Trinidad and Tobago and Guyana, African and Indian cuisines are the major influences

consists mainly of animal protein including poultry, fish, and red meats, such as pork, beef, lamb and goat.

The mainstay of carbohydrates is rice, macaroni, ground provisions, green bananas and plantains. Here in the Virgin Islands, our vegetables are again mainly imported, and



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we eat whatever the supermarkets choose to import based on the most profitable items. The multicultural populations also brought with them a wide variety of herbs and spices which influenced the flavour of the dishes we now enjoy.

In the Caribbean, over time we have come to love and respect each other through our links with food. Consequently, our recipes have crossed many racial and cultural barriers. Our cuisine is a fusion of local ingredients from the different islands and the ingredients and cooking techniques brought by a myriad of cultures.

During the last century, many Caribbean people migrated to North America and the United Kingdom taking with them their culinary identity. As a result, what was once solely Caribbean cooking is now widely available in many other countries.

As Caribbean people, our culinary history is a unique treasure that should be nurtured and passed on to succeeding generations as part of their cultural identity.

In any discussion on Caribbean food culture, we must acknowledge the influence of the native Amerindians, such as the Kalinagos and Tainos, on our Caribbean culinary identity. In the region, as everywhere else food forms a major part of our cultural identity. It is out of our difficult and painful past that our diverse and rich flavours have emerged.

Wherever the dreaded pair of colonization and exploitation occurs, the effects on native people were devastating. Very few of the original native populations in the Caribbean still exist and much of their culture and traditions have been lost forever.

The emergent rich cultural cuisine has been influenced mainly by the invaders and their slaves and indentured labour. In these Virgin Islands, we continue to import over ninety per cent of what we eat. Basic food items such as ground provisions, bananas, plantains and other food items that used to be grown locally are now imported from other islands. Over the years successive governments have provided little or no incentive to our local farmers to produce food.

A few of our farmers continue to provide locally produced food once per week at the Sir Olva Georges Plaza. This is well received but is not enough. So now is the time for our government to take our food security more seriously, and provide the support required for our farmers to provide natural ingredients from the ground up. This action can significantly reduce our dependence on the importation of tropical fruits and vegetables and ground provisions.

Tropical agriculture has developed over the years with new and exciting techniques to assist farmers to produce food in large quantities. Our islands which were once the food basket of the US Virgin Islands is now the importer of the same foods we exported.

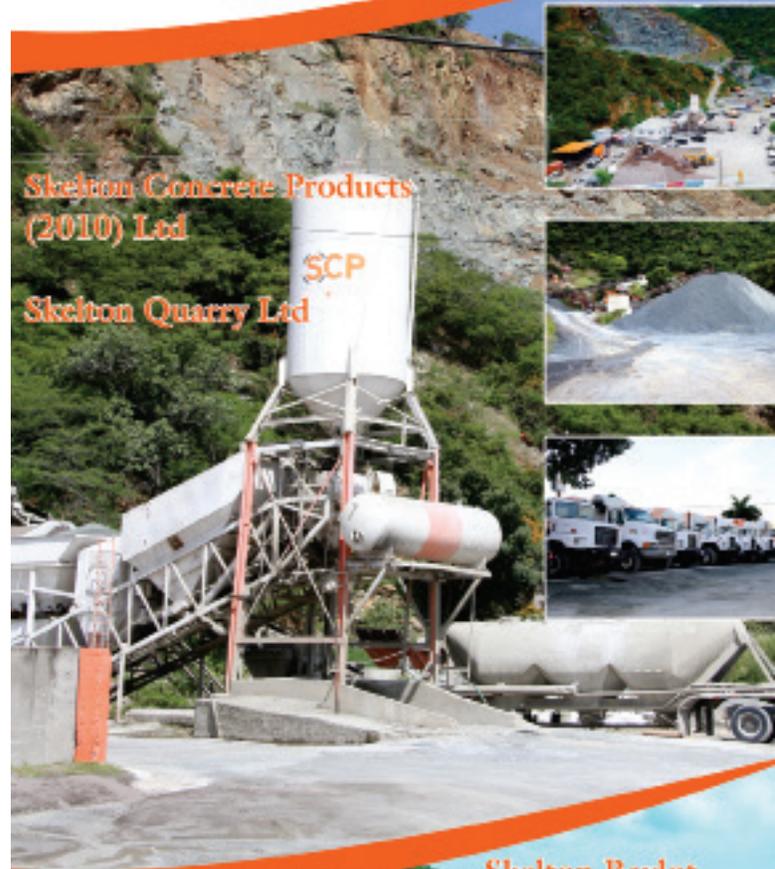
In recent years these islands have experienced an explosion of culinary diversity as speciality restaurants now provide a range of menus. Unfortunately, most of the ingredients used are imported. If we wish to develop our tourism industry as a main source of income, then we will have to find innovative ways to provide unique foods that excite the palates of our visitors with the proud label – Grown in the BVI.



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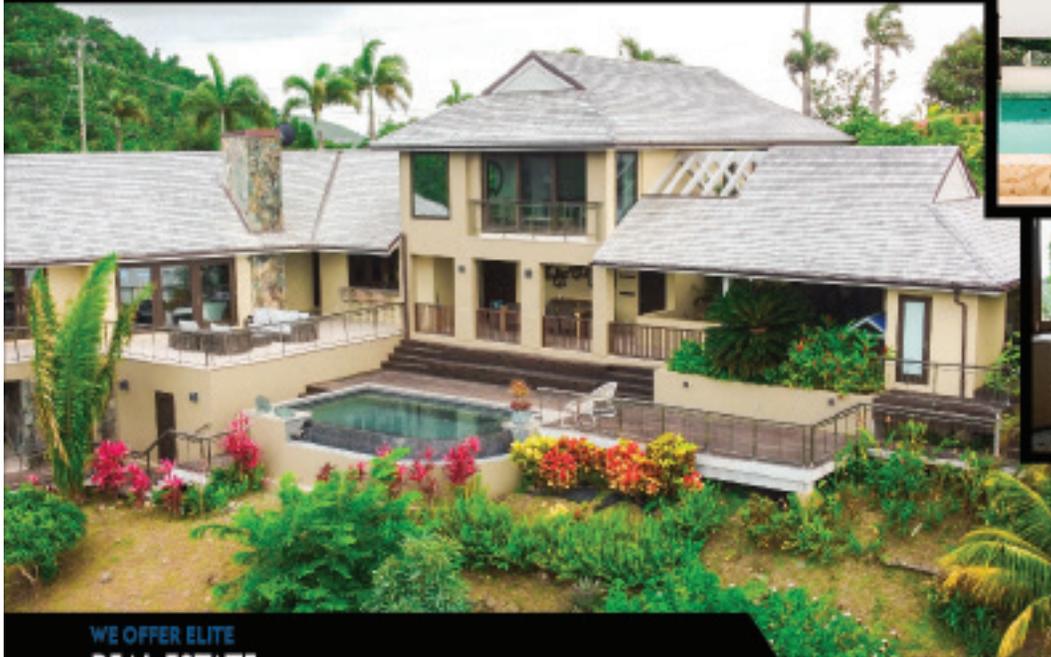
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