

## STETHS ALUMNI CONNECTION NEWSLETTER

Volume I # 2  
Summer 2021

### LINCOLN LITTLE, M.D.

Lincoln Little, a Santa Cruz-based medical doctor, sits in his office chair with a calm and humble demeanor. With his hands resting on his legs, and a stethoscope around his neck, this friendly and down to earth physician

FINISH READING ON PG. 4



### Winsome Waite, PhD

Dressed in a cute floral dress, wearing her earth-tone glasses, with her white ear pods hanging from each ear, a sociable person -- who was once shy and considered herself an introvert.

FINISH READING ON PG. 9



Steths Alumni Connection  
NEWSLETTER

### THANK YOU ALUMNI MEMBERS AND FRIENDS

For over 20 years the STETHS Alumni Association USA Inc has awarded a grant in the name of former principal,

FINISH READING ON PG. 2

Steths Alumni USA Inc.



## WELCOME

The STETHS Alumni Connection (SAC) Newsletter Board is pleased to present our quarterly newsletter. This year marks 25 years of STETHS Alumni Association (Inc.) and 60 years since inception of our alma mater. As we celebrate and learn to adapt to a changing world, we hope SAC helps you to reconnect, renew and strengthen those ties formed decades ago, or more recently, at the foot of the Santa Cruz Mountains. Please enjoy our features of two fellow alumni who have distinguished themselves and contributed much to society on the national and international stage, current students and more... Happy reading!

### SAC Newsletter Team

**Exec. Editors:** Dannel Parchment, Wesley Wright & Gary Samuels

**Co-Editor:** Dr. Cecil Wright

**Finance:** Audrey Brown & Gary Samuels

**Public Relations:** Belinda Haughton & Tracey Newsome-Bostick

# STETHS ALUMNI ASSOCIATION USA INC

## Tablet Project 2021

John Pottinger scholarship. Over the last four years this grant has been in the amount of US \$3,000. With the world on lockdown due to COVID19, and the dire need for laptops and tablets among students all across Jamaica, we decided to use part of the John Pottinger Grant to purchase tablets and award US \$1600 to four students. Our expectation was that we would purchase 15 tablets from the allocation for the grant.



Thanks to the generosity of our alumni members and friends, we were able to exceed our goal and order 25 tablets, and even then the donations kept on coming. In the end, we sent a total of 40 tablets, valued at US \$5,160 to STETHS and added two laptops valued at US \$608, as well. The laptops were for use in the staffroom. Additionally, due to our relationship with the Union of Jamaican Alumni Association USA Inc, (UJAA), we did not incur any customs duties. The estimated savings on duties was over US \$1,000.

This was truly a collaborative effort as over 25 alumni members made contributions towards the cost of the tablets. On behalf of the executive team, I would like to say a big thank you to everyone who contributed and made this donation of 40 tablets and two laptops possible

Donovan Wilson  
Alumni President 2020-2022





### Report from the Student Council Body

February 22- 28, 2021 was designated as Student Council Week. The week was launched during devotions under the theme, "Navigating Change, Unearthing Potential". This was a way to welcome back the 7th and 9th grade students who had been learning virtually since October, 2020. Activities for the week included a lunch raffle sponsored by Goofah and a radio program aired at lunch time under the electrifying name, "STETHS BUZZzzz FM".

STETHS BUZZzzz FM gave the students and teachers a chance to send greetings and birthday wishes, as well as to select a song to be played. The Student Council body also hosts a PUBG tournament online. The Student Council body is committed to upholding our motto: "Work and Integrity" and to promoting fun activities, in an effort to help students maintain mental health and wellness during these trying times of the pandemic.

Damoun Dunkley

Student Council President, 2020-2021



# Dr. Lincoln Little, M.D.

## Fulfilling A Higher Purpose

BY: SHIRDENE MICHAEL



likes to laugh, loves to give jokes, is very expressive, genuine, has a great personality, and treats everyone he comes into contact with like family. But behind his smiles and polite conversations, is a past filled with pain, depression, financial hardships, loss and adversities that would've broken a lesser human being. However, these adversities that broke him, have also built him, and inspired him to always maintain a constancy of purpose, which has become his life's motto.

Lincoln was born in Blackness, located in Burnt Savannah, Westmoreland. He comes from a large family, and was the eighth child of nine siblings. From humble beginnings, he knew that there had to be a better way. He wanted to be able to achieve more and make a better life for himself. That opportunity came when his older brother, who became his role model, began to attend St. Elizabeth Technical High School (STETHS), and excelled in school. It was no wonder that after graduating from Mount Grace All-Age School, seeing his brother's

success, and hearing about the reputation that STETHS had in academics and sports, he was eager to pack his bags. In 1974, Lincoln headed to the one place that provided hope, a bright future, and a sense of purpose. He wanted to become a true Stethsonian.

At STETHS, Lincoln became a cricketer and played on the school team for two years. In 1979, the team won the Headley Cup for the first time. This brought him to the realization that he could make any dream come true. He smiled as he remembered also, that he was never beaten in long jump from first to fourth form, because he was a competitive and hard-to-beat athlete. He also competed in triple jump at the Western Athletics Championships, and excelled in that as well. Lincoln was focused and wanted to do well not only in sports, but also in academics. His decision to major in science, which would lead him into pursuing medicine, became the ultimate goal. For Lincoln, this meant that he could create a lifelong career in helping people from all

walks of life. But his true passion for medicine also came with a deep sorrow and a pain that was unbearable. He remembers this experience as if it had happened the day before.

“I lost both parents in 1969-1970, when I was 9 years old. My father died first in December, and three months later, my mother died in March of 1970. My mother died in my arms as a nine year old child. That had a great impact on me and so I felt that if I could have helped her, if I had the power or the training to help her, it could’ve made a difference. She had a massive brain hemorrhage at the age of 40. To know that my father had just died and now 3 months later my mother died, leaving nine children in a little two bedroom board house, this was hard to understand.”

Lincoln grew up in a depressed, poverty-stricken and crime-plagued area. With both parents gone and all he had were his eight other siblings to depend on, things became even more difficult. He and his siblings had to find some solutions quickly. They had to grow up fast. As “With my mother dying right in my arms, I could never forget that moment. That’s what influenced me to go and do the sciences – to do medicine.”

Lincoln recalls those hard times in a way only a Jamaican could truly understand, “Mi used to tell people seh wi didn’t grow up, wi drag up.” Seeing the situation in which he lived, STETHS became a more positive

opportunity to look forward to. After all, he was now living in a house with conveniences and sleeping on a comfortable bed. As Lincoln expressed, “You have a bathroom inside, a toilet inside, so you come here and you are like this is a better way of life, compared to where I’m from, so you basically want to move ahead.”

**As my father always  
said to me and my  
brothers and  
sisters:**

**“You have to be  
better. You have to  
do better than how  
me and your  
mother did.”**

**~ Dr. Lincoln Little**

Coming to St. Elizabeth was indeed a better way of life for Lincoln and he was extremely grateful to persons like Mr. Linton and Ms. Samuda, who were instrumental in offering encouragement and care during those difficult emotional times. The early realization that this was a way out, meant that he kept on striving, moving forward and doing extremely well in school. It was no wonder when Lincoln was the only one to achieve a distinction in Engineering Science after taking the course for only four months prior to graduating in 1978. In 1979 he returned to STETHS to complete A-levels. He then went on to the University of the West Indies (UWI), but due to financial hardships, he had to pause his dream of completing the courses he was taking. The constancy of purpose that drove him, however, came to the fore in 1980, when he became the recipient of an Indian Government Cultural Scholarship; all expenses paid to pursue medicine at King George’s Medical University. Lincoln completed his internship between 1986 and 1988; he also did a surgical residency course during that time, but worked at the Mandeville Hospital from 1986 to 1990. He saw himself as a General Practitioner, working at the community level, and decided to venture out and open up his own private practice in 1990.

Today, Lincoln Little is a role model in the Santa Cruz and nearby communities. He is the father of three sons and a daughter. He loves to play golf and dominoes and loves being entertained. What most people don't know is that he is also very shy, but uses humour to conceal his

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***~ Dr. Lincoln Little***

shyness. As a professional, he knows that he has a responsibility to himself, his family, and the community. Even though he came from humble and poor beginnings, he continues to set an example for all who know him or interact with him. He reminds every student at

STETHS, friends and family and even his patients that consult with him that, "no matter where you are in life today, that's not important. What is important is what lies ahead." Lincoln Little is a living witness to that truth and still maintains that, "the constancy of purpose is the key to success."

(Ad Below)



The advertisement is a vertical rectangular graphic. The top half features a photograph of a beach with two lounge chairs and a beach bag. The bottom half features a portrait of a smiling woman, Marcia Jones Blake, wearing a white jacket over a striped shirt. A large red banner with white text is positioned between the two images.

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# Health and Wellness

## **Herbal Medicines/Teas**

A quick definition: Herbal teas (also called tisanes) are made from (or infused with) spices, herbs, flowers, dry fruits, and other plant materials. Unlike other types of tea, tisanes are not made with tea leaves. Herbal teas are currently categorized as green tea, black tea, and oolong (traditional Chinese) tea. Herbal tea was founded in 1000 BC in the Middle East and China. Rather than using the word tea, Europeans use the word tisane to describe herbal teas, which is slightly more precise because herbal tea is an infusion or blend of leaves, fruits, bark, roots, or flowers of almost any edible tea plant, which is then extracted in hot water. Drinking herbal tea allows you to reap all the plant's benefits in a form that is easy to digest.

Some herbal teas contain caffeine, while others do not. The caffeine content in certain herbal teas can give you a boost of energy, while others will help you relax after a hard day at work. They can be used for a variety of reasons, including relaxation, soothing your stomach, and even fighting inflammation. They are great to enjoy both hot and cold, making them a versatile beverage for every season.

### The Main Benefits of all Herbal Teas

The health benefits of various herbal teas depend on their composition; some teas contain a single ingredient, while others contain a combination. There are a lot of different types of herbal teas, but many have similar benefits. One of the main ingredients of many herbal teas is antioxidants that benefit your body in several ways.

Antioxidants neutralize free radicals and oxidative stress to nurture a healthy lifestyle and give you the boost of energy you need to get through your busy day.

Herbal tea is used to treat a wide range of diseases such as tuberculosis, memory problems, stress, headaches, prostate cancer, and treatment and prevention of the common cold. Drinking herbal tea can help your skin look young and fresh and more importantly, it can curb cholesterol and high blood sugar in your body.

Drinking herbal tea on a regular basis without sugar or honey helps decrease body weight and body mass index (BMI). It may also help reduce the risk of a heart attack and reduce blood sugar.

Below is a list of common herbal teas and their benefits; some of the medicinal values are common among the various herbs/teas and are not listed individually.

Herb/Herbal Tea	Benefits/Medicinal/Nutritional Value
Peppermint	Cools the body in cases of fever, a great remedy for gastrointestinal issues, eases nausea and may prevent vomiting, helps with digestion
Spearmint	Helpful in treating colic and gas, improves digestion and nutrient absorption, repels infections when used topically
Sage	Improves memory, alertness, and attention in healthy adults, prevent asthma attacks, helps prevent Alzheimer's disease
Ginseng	Known for its anti-carcinogenic components, helps fight obesity, eases digestive problems and constipation
Lavender tea	Helps to calm the nerves, promotes better sleep, improves skin health
Green tea	Reduces free radicals, reduces the risk of cancer, helps prevent heart disease, assists with weight loss
Ginger	Helps relax the intestines in the case of irritable bowel syndrome, prevents heartburn, reduce the loss of brain cells
Hawthorne Berry	Regulates blood pressure, heal skin ailments, provides an energy boost, helps with digestion
Hibiscus	Helps reduce blood pressure, fights cancer, decreases anxiety and calms the nervous system, promotes weight loss by reducing the body's ability to absorb sugar
Cinnamon Spice	Improves cognitive speed, increase focus, calms upset stomach and improves digestive health
Dandelion	Helps with weight loss, improve digestion, helps promote strong bones, helps protect against anemia
Lemongrass	Helps the body rid itself of cholesterol, toxins, fats, and uric acid, helps relieve fluid retention, a rich source of vitamins A and C, improves the health of your skin and hair
Chamomile	Calms the parasympathetic nervous system, supports digestion, boost your immune system
Senna Leaf	A mild laxative and internal cleanser, improves skin health
Cerasse (Jamaican)	Lowers Cholesterol, lowers blood sugar and blood pressure, kill parasites and worms, relieves constipation, upset stomach and aid digestion, rich in vitamin A, B (1,2,3 and 9) and C, folate, fiber, Potassium, Calcium, Magnesium, Zinc, Iron, Phosphorous, alkaloids, and antioxidants

Herbal teas are a great complement to the DASH (Dietary Approaches to Stop Hypertension) Diet which has been proven to reduce blood pressure. The DASH diet emphasizes the consumption of fruits, vegetables, low-fat dairy products, whole grains, poultry, fish, and nuts while limiting saturated fats, total fat, cholesterol, red meat, sweets, and sugar-containing beverages.

References: Study: Diet to lower blood pressure also improved other factors in cardiac health: [https://www.eurekalert.org/pub\\_releases/2021-05/bidm-sdt052021.php](https://www.eurekalert.org/pub_releases/2021-05/bidm-sdt052021.php)

Nine healthy herbal teas: <https://www.31daily.com/healthy-herbal-teas/>

Thirty Types of Herbal Teas and Their Benefits: <https://www.developgoodhabits.com/herbal-tea/>

Ten Health Benefits of Sage: <https://facy.com/lifestyle/wellness/10-health-benefits-of-sage/>

RxList – Senna: <https://www.rxlist.com/senna/supplements.htm>

# Dr. Winsome Waite PhD



## Time To Connect and Elevate

had a great big, warm and welcoming smile. As she reminisced about her humble beginnings and the experiences that made her into the ambitious and motivated woman she has become, Winsome's core mantra in life becomes evident: work with people from all over the globe, bring out the best in them, and create the kind of change to connect and elevate. It was this idea to make a difference in the lives of those she had an impact on, and wanting to leave a legacy in the personal and academic lives of those she came in contact with, that led this country girl from Munro, St. Elizabeth in Jamaica, to capture the attention of city life in Washington D.C., in the United States of America. An Entrepreneur, Founding Principal, Leader, Business Woman, Senior Advisor, Researcher, Educator, CEO and Owner, Founder, Administrator, Senior Program Director, Department Chair, Visionary, and best of all, a devoted Mother, Winsome Waite has worn many hats.

"Going to school at Hampton would not have been the same as going to school at STETHS in Santa Cruz. Santa Cruz afforded me the school itself and all the experiences within the campus."

Being the third child of 11 siblings, and born a true Gemini with great perception, charisma, and an unreserved curiosity, Winsome was a girl who loved the countryside, but was always curious about and inspired by moving to a bigger city. It came

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**"Going to school at Hampton would not have been the same as going to school at STETHS in Santa Cruz. Santa Cruz afforded me the school itself and all the experiences within the campus."**

**~ Dr. Winsome Waite**

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as no surprise to her friends and family that when she took the common entrance exam, passed it, and graduated from Epping Forest All-Age School, she was especially excited to attend St. Elizabeth Technical High School (STETHS) in Santa Cruz. This was a step that aligned with her goals and paved the way personally, socially, and academically. This changed the direction of her life in a more positive and meaningful way. "I loved being at STETHS where I could go into the town and into the market." As she casually smiled, she continued by saying, "Especially when I was a senior, my friends and I boarded in Santa Cruz, so that experience of just going to their homes and studying together, and walking out and getting a beef patty or just some shrimp, all of those experiences have just lived in my memory. I wouldn't have had that experience at Hampton School, so it lined up really well in terms of how I grew up into becoming an adult." It was an experience that allowed her to blossom where she was planted. This meant that she was going to become a well-rounded student, connect with those around her, and elevate to new heights, using what was in front of her.

For that to happen, Winsome became very involved in activities like being in the Debate Club, led morning devotion, participated in clean-up day, did a lot of planting and painting, volunteered her time to clean up the Home Economics Center, played volleyball, and even ran track. Winsome reflects, "I think being so involved goes back to where community was, which is very different from today. The experience at STETHS allowed me to pay attention to what's around me, to be engaged, and to see the fruits of my labor." It was this need to stay engaged and elevate herself to a different standard of excellence that kept her busy and grounded and catapulted her desire for success throughout her life.

Winsome graduated from STETHS in 1975 with a Business certificate, and decided to apply to the College of Arts, Science and Technology (CAST), where she was accepted into the Business program. However, due to limited spacing, she had to wait a year to start the program. While waiting to start the Business program at CAST, Winsome decided to move to Montego Bay and work temporarily at the St. James Parish Council as a clerk for a year. While working in the office of the Superintendent, she saw an advertisement in the newspaper seeking applicants for the new wing expansion at Moneague Teacher's College in St. Ann. Becoming a Teacher had never crossed Winsome's mind, but she knew she wanted to continue her education and achieve her goals. Initially, she had the idea that she would complete the basic courses and then go to C.A.S.T to get her

***"My job, in terms of my theory of influence, my theory of action, my theory of change, and all the theories in life, revolve around the fact that we were each placed here for a purpose!"***

Business Degree, but fate had a different plan and calling for her life. As she recalls, "I responded to the ad and decided to just go for it." Winsome applied to Moneague Teacher's College and was accepted into the teaching program. "This says a little about my personality type," Winsome added, "When I start something, I like to finish it." "My job, in terms of my theory of influence, my theory of action, my theory of change, and all the theories in life, revolve around the fact that we were each placed here for a purpose!

~ Dr. Winsome Waite

Winsome migrated to the United States in 1980, and continued to soar in achieving academic excellence. She obtained her licensing and certifications from the Maryland Department of Education, a Master's of Education Degree in Curriculum and Instruction, and a Doctor of Philosophy (Ph.D.) in Educational Leadership and Administration. She is currently the Senior Program Director at The Opportunity Institute in Washington D.C., the Founding Principal of WP Education Services, and just recently took on another venture of being the Senior Advisor

that helped to form the Globe of Science of Education Network. She plays a strong role at the intersection of K-12 research, policy, and practice, and has combined her experience and expertise by bringing together a network of people in the same space, to merge education and community. Her work has had a positive impact mainly in communities of color and marginalized communities. "I have landed on that it's much more to it than just doing this narrow piece of work because it's way bigger than that," Winsome explained. "I'm now enjoying this space where I can now be a leader, provide expertise, and I can maneuver or use what I consider to be a lot of experience that I have brought with me especially in K-12." It's no wonder that her work in Neuroscience has allowed her to focus on how research policy and practice comes together to make a change in the lives of young people, especially adolescents. She has left her mark and continues to impact the lives of students in the United States, Jamaica, and all over the world.

Winsome likes to work hard, but she plays even harder. Known as a very sociable and outdoors person, she loves going to summer festivals, walk in the park with her closest friends and get a good laugh at a comedy show with her sister. From restaurant-hopping in D.C, to travelling all over the world with her daughter, she finds great pleasure in learning about art, food, music, and various cultures. Over the years, she's definitely lived up to her motto to connect and elevate in all aspects of her life. Her way of contributing her God-given skills and talents have been instrumental in the work she is currently doing in the United States of America. She is proactively conducting Professional Development workshops as an alumnus at STETHS, and

is giving back in a way to better humanity and mankind universally. She has always believed that we are all here for a purpose and there's something in all of us that's designed by nature to make the world a better place.



### Firm Overview

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## STETHS Local News: Students view Point... (Continued)

Over the years, the school has excelled in the areas of sports, practical and technical academics among other achievements. However, as of March 12, 2020 when the campus was shut down due to perils in the form of a Coronavirus or COVID-19 pandemic. The school had to assess the inconvenience and decide the best way forward. It was decided by the Ministry of Education that all schools should avert from regular face-to-face learning, and adapt to online modalities. The ambitious pupils and versatile staff quickly adjusted and the exemplar school began to function as nonpareil once more. Here are the stories from the students' perspective. Their perspectives are diverse and impassioned and mirror the diversity of the impact of this pandemic.

**Gabrielle Granville**

For me, the starting of online classes in May 2020 was exciting as I had always wanted to engage in that type of learning. As a result, I took on the most studious approaches and for the most part was the first person to join my Zoom and Google Meet classes, always submitting my assignments on time, sometimes even a week before the due date, and was the first to open my mic and give a response to my teachers' questions. Two months later, I was exhausted. It was as if the weights of a global pandemic, uncertainty of a future I had planned to the T and my regular anxiety, came crashing down on me all at once. COVID-19 had caused the latter parts of my Grade 10 year to be cut short and so instead of the fun, sunny summer I had planned, night classes and several due dates were my reality. I was tired, unmotivated and sure I would fail all eight of my upcoming CXC examinations. I had lost hope and suddenly the bright, school-loving part of me died. September 2020 I started the most exciting school year. I had waited and worked assiduously for five long years to enter Grade 11 and to my misfortune it had to happen online. I was no longer excited to get up in the mornings just to have been house-ridden because of the curfew and lockdown orders given by the government, but my eternal Saviour and tender-hearted parents whom I owe a plethora of gratitude, kept me going by encouraging me every day main medium of my learning bearing all that I had done for school career had crashed unexpectedly on its own accord and all my data, including diagnosed with to provoke me further. I was hopeless once more but my ever faithful God and my loving parents kept me afloat. I was given medicated glasses and renewed faith that carried me to the end of a dreadful year. It is now almost the end of February 2021 and I haven't lost hope yet.

**By: Sue-Ann Coombs**

to stare at my computer screen for 5 hours, nor was I thrilled backups were gone. It provoked me further that my phone had reappeared in Chinese, a language I was totally unfamiliar with. So, not only did I lose my cell-phone which I had insisted on referring to as my lifeline, but I had also lost my sight. I was not completely blind, however, I was diagnosed with Myopic Astigmatism, an illness I was sure did not exist and I was only the entirety of my online and by being with me through my many depressive and anxious episodes. October was better because of the speck of hope my parents had instilled in me and the glee of becoming sixteen as it is my birth month. The unstoppable me was back, COVID-19 could not trounce me. Then came fateful November. November was when I started having severe headaches. I knew I was overwhelmed but it was still the strangest experience for me as I knew I did not have any medical illness such as migraine that would account for the level of pain I was feeling. I became more observant and realised that the headaches did not start until my classes were completed for the day. I also noticed that staring at screens to read had become impossible and that the headaches came with an unbearable throbbing of my eyeballs. I likened the pain to that of the scourging out of the eye with a fork. Also, my cell-phone which had become the



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**2020** was no ordinary year. The last time the world had experienced such a phenomenon was in 1919 – the Spanish Flu. You can well imagine then that none of us, neither adults nor children, knew how to navigate this crisis. The COVID19 virus appeared on the world stage, determined to make its presence felt in every corner of the Earth. Needless to say then, the St. Elizabeth Technical High School was also severely affected by the unforeseen and persisting effects of the COVID19 virus. On March 12, 2020, the school was forced to cease all physical learning activities and seek to provide the students with the usual solid education via online mediums. This was fraught with challenges. As a Grade 11 student, I can speak intimately of what some of those challenges were for us Grade 11 students. With our external exams about a year away, we felt as if we had hit an iceberg, drowning in the pits of anguish.

When asked how the change had affected his learning, a student of Grade 11 passed the heartfelt remark, “Mi lost. Worse like how me hear that CXC is not giving us only Paper 1 but Paper 2. Mi stressed.” Another student who, although able to access the online learning platforms and has an excellent performance record, expressed herself by saying, “My learning has been affected tremendously, mainly because I am a kinaesthetic and visual learner. I cannot learn without being in person communicating and performing.” The strenuous task at hand, then, seemed unfeasible.

This was a crucial point of our lives. Albeit the desire and understanding we had cultivated in order to persevere and do our utmost to cope with such circumstances, we certainly could not steer clear of each and every obstacle thrown in our way. Numerous students had no access to any of the online mediums as they were residing in remote areas with poor connections. Several were unable to use mobile data as they did not have the financial means by which to continuously stay online. Others lacked operable devices to work in the virtual classroom. Even more so, students were simply, as it were, anchored to the sea floor by the hands of depression. This online learning modality required a greater amount of self-discipline and motivation, which some students critically lacked. Subsequently, the academic performance of students had decreased in the span of three months.

It has weighed us down with some restrictions, but in the same breath, it has taught us to jettison weighty distractions so that we can sail on lighter to the harbour of successfully completing our final year in high school.

**By: Arrianna Bagaloo**

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Enter November 2020. The Ministry of Education, Youth and Information had begun to explore the possibility of accommodating schools under the e-COVID-19 face-to-face pilot reopening of schools. The pilot for the reopening of physical classes involved six thousand students at selected schools, all located in nine parishes. You can imagine how blissful we were when it was affirmed that the St. Elizabeth Technical High School was listed as one of the schools involved in this assessment. It was as if we had hoisted new sails. We understood that we were still in a serious situation, but given the near-to-impossible feat of completing School Based Assessments (SBA's) and the rest of our syllabi virtually, we embraced the proposition. Clearly, all parties involved would need to play their part for this face-to-face part of the voyage. The school implemented a slew of protocols that had to meet the Ministries' of Health and Education requirements. We were required to do our part as well, such as wearing our masks, observing physical distancing and sanitizing frequently. Did the valiant effort of all unearth any pearl? Numerous. Too numerous to mention. Students who been left behind are now able to gain greater ground in completing their SBA's and other work. Being able to see and interact with each other face-to-face gave many the needed mental lift. Needy students were sure of at least a solid meal of the day, something they could not be sure of at home. There have been fewer distractions in learning face-to-face in comparison to the online teaching. Teachers now have an opportunity to reach out to students they could not contact online. In regards to health, there was less suffering from eye strain, headaches and other related conditions. Physical activity increased, and with this, the falling away of the barnacles of lethargy. Notwithstanding these gains, however, we had to temper our speed with good sense. As the COVID19 cases spiked, we had to ease up on face-to-face modality and return to online learning.

The corona virus took us all by shock and each of us responded differently. We felt cheated of our senior year and we knew nothing of the future we were about to experience. We started our school year with online school and there were many of us who were unable to access the information. Though this method of schooling was new to us, we did our best in the circumstances to achieve our goals which were not to be easily attained. As Cape students we were expected to use the teacher's information as a skeleton and do our personal research. This was tedious, combined with the Internal Assessment with its many parts and analysis. In contrast to CXC, we only have 6 months at most to prepare for the CAPE examinations. As we had not fully understood how crucial our time was, when we finally got some time to be in physical school, it was evident that a lot of us were behind. Not to be ignored is the expectation to be ready for the working world. This means we must have extracurricular activities, leadership roles, voluntary service and many other experiences that will help to prove our worthiness for the jobs we seek. Being online because of the Corona Virus prevents us from accessing these roles. Regardless of the negative impact it has on our social lives and mental health, it is very important to mention that St. Elizabeth Technical High has taken the initiative and prepared the various mediums whereby we receive our education. Despite the circumstances, there are many platforms where we can be creative and hone our social skills.

**By: Current student**



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# Sports Update ... CHAMPS 2021 Recap & OLYMPIC Qualifiers

Jamaica College on Saturday dethroned Kingston College to win the boys' title for the first time in 10 years at the 2021 ISSA/GraceKennedy Boys' and Girls' Athletics Championships, which ended on Saturday (May 15<sup>th</sup>) at the National Stadium.

On the girls' side, Edwin Allen High won their seven straight title and eighth overall.

See the points standings for the top 12 schools below:

## BOYS - Team Rankings after 42 Events Scored

- 1) Jamaica College (328.50)
- 2) Kingston College (313)
- 3) Calabar High (241.50)
- 4) St. Elizabeth Technical (181)**
- 5) St. Jago High (129)
- 6) Edwin Allen High (76)
- 7) Wolmer's Boys School (68.50)
- 8) Excelsior High (58)
- 9) Vere Technical (23)
- 10) Maggotty High (21)
- 11) Cornwall College (18.50)
- 12) Bellefield High (18)

## GIRLS - Team Rankings after 46 Events Scored

- 1) Edwin Allen High (340)
- 2) St. Jago High (309.50)
- 3) Hydel High (301.50)
- 4) Holmwood Technical (160.50)
- 5) Vere Technical (128)
- 6) St. Catherine High (75)
- 7) Rusea's High (70)
- 8) Wolmer's Girls School (57)
- 9) Excelsior High (42.50)
- 10) Clarendon College (40)
- 11) St. Elizabeth Technical (30)**
- 12) St. Mary High (24)

CHAMPS 2021 was STETHS best ever performance for the boys in recent years; both in points (181) and overall placement-finishing 4<sup>th</sup>. The best performance for the girls was in 2016 when they placed 7<sup>th</sup> with 72 points.

The table below highlight Steths 's performance at CHAMPS 2021

Event	Name	Finish	Time
Class 2 Girls (15-16) 100 m Hurdles	Shackelia Green	3rd	31.95
Class 3 Boys (10-13) 100 m Hurdles	Ricoy Hunter	2nd	13.19
	Jordain Thompson	4th	13.45
Class 2 Boys (14-15) 110 m Hurdles	Allem Pinto	1st	13.55
Class 3 Boys (10-13) 100 m Dash	Tramaine Todd	1st	11.03
Class 2 Boys (14-15) 100 m Dash	Orlando Wint	1st	10.76
	Javorne Dunkley	3rd	11.01
Class 1 Boys (16-19) 100 m Dash	Sachin Dennis	1st	10.53
	Conroy Jones	3rd	10.68
Class 2 Boys (14-15) 400 m Hurdles	Shamer Blake	2nd	52.16
Class 1 Boys (16-19) 400 m Hurdles	Kemaro Neil	4th	53.43
Class 2 Boys (14-15) 400 m Dash	Jasauna Dennis	4th	48.28
Class 3 Boys 800 m Run	Rashid Green	1st	1:59.24
Class 3 Boys (10-13) 4x100 m Relay	1. Xavier Allen	1st	43.01

	2. Kimani Phillips 3. Raejhaum Riley 4. Allan Wright		
Class 1 Boys (16-19) 4x100 m Relay	1. Oshane Blackwood 2. Alicke Cranston 3. Gavayne Smith 4. Sanjay Solmon	2nd	39.75
Boys 14-19 Open Sprint Medley	1) Vijay Benjamin 2) Lushane Blake 3) Rajaun Brooks 4) Rajay Collington 5) Ronaldo Johnson 6) Adrian Nethersole	1st	3:26.19
Event	Name	Finish	Distance
Class 1 Boys (16-19) Long Jump	Jhavor Bennett	4th	7.46 m
Class 1 Boys (16-19) Triple Jump	Jhavor Bennett	2nd	15.31

#### STETHS Performance at CHAMPS since 2014

Year	Points (Boys)	Overall Standing	Points (Girls)	Overall Standing
2014	123	5th	65	8th
2015	132	5th	51	9th
2016	100	5th	72	7th
2017	114.5	5th	28	15th
2018	95	5th	30	15th
2019	90	5th	38	13th
2020	*	*	*	*
2021	181	4th	30	11th



#### JOA/JAAA Olympic Destiny Sires 1 at National Stadium

(Photo: Joseph Wellington)

Eight days after winning the Class One boys' 100m at the ISSA/GraceKennedy Boys' and Girls' Athletics Championships, schoolboy Sachin Dennis of St Elizabeth Technical High Schools (STETHS) returned to National Stadium to run a blistering 10.15 seconds and win the men's 100m at the first of the JOA/JAAA Olympic Destiny Series.

Sachin Dennis (centre) of St Elizabeth Technical High School gets the better of Javoy Tucker (right) of MVP Track Club and Kenroy Anderson at the JOA/JAAA Olympic Destiny Sires 1 at National stadium

## JA's Olympic Team to Tokyo!



We are pleased to share that six past students have been named to Jamaica's Olympic team to Tokyo! This is the most from any one High School in Jamaica!

Congratulations to:

**Ronald Levy**

**Nigel Ellis**

**Kemar Mowatt**

**Leonardo Ledgister**

**Stacey-Ann Williams**

**Junelle Bromfield**

Congrats also to the coaches and staff members who worked with these athletes while they attended Steths!

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PRESENTS

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12PM-7PM  
SATURDAY  
**JULY 17**  
TWENTY 21

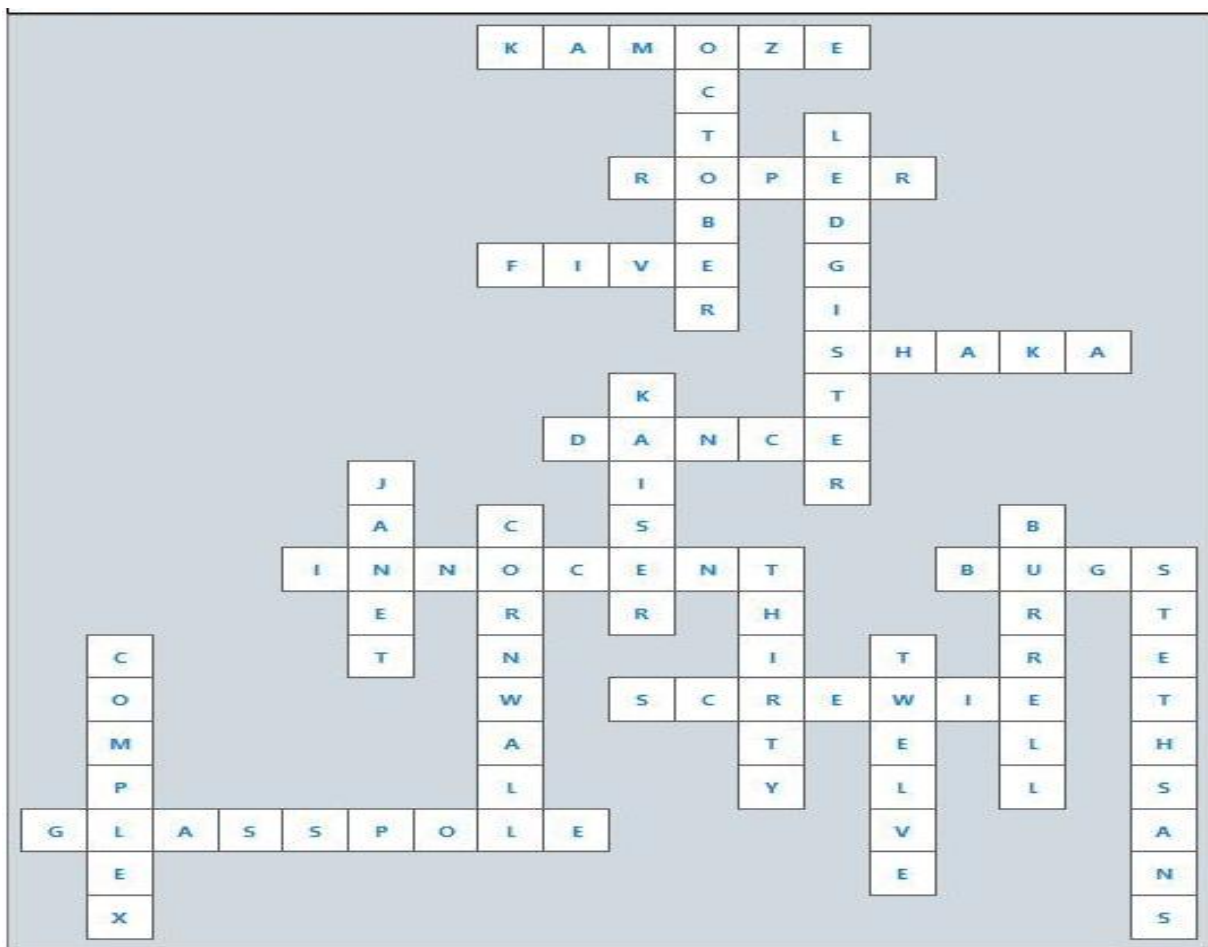
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# BRAIN TEASER (Answers)... KNOW YOUR STETHS TRIVIA!



**\*\*The Answers above from the previous publication.**

By: Wesley Wright

## Crossword Puzzle Clues Below:

### Across

1. STETHS alumnus recording artist who topped Billboard 100 in 1994
4. Mr. E. G. \_\_\_\_\_ was first Principal of STETHS
5. STETHS has won the DaCosta Cup \_\_\_\_\_ times
6. Nickname of Principal who took over the reins at STETHS in 1987
8. A khaki social is a \_\_\_\_\_
12. Last name of dub poet who graduated from STETHS in 1992
14. Nickname of STETHS Principal when the first DaCosta Cup was won
18. Longtime STETHS Groundsman
19. Last name of Minister of Education when STETHS was opened

### Down

2. What month was STETHS officially opened?
3. Last name of the first student to take A levels at STETHS
7. The land on which STETHS was built was donated by the \_\_\_\_\_ Bauxite Company
9. A favorite tuck shop lady
10. The county where STETHS is located?
11. Last name the JFF President who went to STETHS
13. STETHS has won the Headley Cup \_\_\_\_\_ times
15. Name of the Reggae band formed at STETHS in the 1970s
16. The soccer, track & field and cricket facility is called the STETHS Sports \_\_\_\_\_



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