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VOL. 30 - NO. 238 THURSDAY - OCTOBER 12TH, 2018 75 CENTS

SUNWING PULLING OUT

More bad news for Grand Bahama's economy

BY BERTHONY MCDERMOTT
Journal Staff Writer

The Sunwing Travel Group announced bad news for Grand Bahama yesterday as it will be pulling out of The Bahamas as of 2019.

In a statement the Canadian travel group said, "although Sunwing Airlines has over delivered on its promise each year by exceeding the number of customers brought to the island, we are sad to report that we have unfortunately

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Eleutherans Support Disney's Proposal

BY BERTHONY MCDERMOTT
Journal Staff Writer

Prime Minister Dr. Hubert Minnis told Eleutherans that he will make a decision on whether to approve Disney's proposal to create a cruise port at lighthouse point, South Eleuthera next week.

It is an assurance he gave residents of that island Wednesday evening during a town meeting in Green Castle that saw the majority of participants in full support of the development.

Disney proposes to create a cruise ship port on the privately owned 700-acre peninsula that sits at the southern tip of Eleuthera.

The company contends that what it is planning is a significantly smaller and less dense development than what was previously proposed for the site.

In recent interviews with reporters, Disney Cruise Line president Jeff Vahle touted the economic benefits for Eleutherans. This is exactly what many Eleutherans are hoping for.

Dressed in neon colored tees with the words, "We

See **DISNEY** / page 3...

Senate Welcomes Visitors

BY JAMEELHA MISSICK
Journal Staff Writer

The Senate is an open door for the public, but many are not aware of this, which is why Senate President, Katherine Forbes – Smith, said the upper house is upping the ante with their public and community engagement.

"You'd be amazed at the amount of people who don't come to the Senate because they think it's a closed door session and they're not invited, but this is just like the House of Assembly, it's the peoples' parliament," she said.

"So we wanted to use the International Day of the Girl Child to start our public engagement, which is why we invited the young girls to come in and hear the significance of the day and what some of the organizations are doing for girls on a local and national level.

"We do have a program with the Ministry of Education; we're starting October 9 where we're

See **SENATE** / page 3...

Mrs. Elma Garraway receives Lifetime Achievement Award

‣ The Ministry of Youth, Sports and Culture honoured Mrs. Elma Garraway with a Lifetime Achievement Award, on October 10, 2018, during the National Youth Awards 5th Annual Nominee Medal Pinning Ceremony, at Government House Ballroom. During the ceremonies, Governor General, Her Excellency the Most Honourable Dame Marguerite Pindling also pinned more than 130 youth nominees from various islands, and stakeholder representatives.
(BIS Photos / Eric Rose)

PM addressing Eleuthera Town Meeting

‣ Prime Minister, Dr. the Most Hon. Hubert Minnis addresses the Town Meeting on Lighthouse Point property, South Eleuthera. He met with a full house of residents who aired their opinions, Wednesday, October 10, 2018 at Green Castle Primary School.
(BIS Photos/Yontalay Bowe)

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International day of the girl celebrated

BY JAMEELHA MISSICK
Journal Staff Writer

International Day of the Girl Child – a day the United Nations launched some six years back to promote girl's empowerment and fulfilment of their human rights, was recognized yesterday.

It also highlights the challenges girls all over the world face.

Yesterday morning at the Senate, Social Services Minister, Frankie Campbell shared the importance of The Bahamas joining in the celebrations.

"It is important on two fronts," he said.

"One, it's important that we are living up to an international convention that we've signed on to, but more importantly, and I always say, we don't want to do the right thing for the wrong reasons," he added.

"So we don't want to do things like this for the benefit merely of a convention, we want to do it for our own people, and the convention will just find that we are in compliance.

"It is important that we empower our young girls and young women to be able to make consequential decisions, to be able to have the financial independence to allow them to remove themselves from a toxic situation or relationship if they want to and not be forced to stay because there is some financial dependence on the person who may be abusing them.

Minister of Social Services, Frankie Campbell **(Journal file photo)**

"It's important to empower our young women just to be able to say no if they don't want to."

In honour of this year's celebrations, the Senate released several balloons.

"What we did is we decided that, we had four orange balloons and orange is the color to bring awareness [for] violence against women," said Senate President, Katherine Forbes-Smith.

"Pink, obviously we're in breast cancer month and so we released seven balloons not just from the Senate but also in Grand Bahama at six schools," she added.

"And the seven balloons represent the 700 islands and cays in the Bahamas and the girls that live within our country and that's what we're representing and commemorating today."

According to the United Nations, this year alone, 12 million girls under 18 will be married, and 21 million girls aged 15 to 19 years will become pregnant in developing regions.

SUNWING PULLING OUT

Continued from / *PAGE 1...*

reached an impasse with the government which does not make it viable to continue with our flight operations to Grand Bahama.

"Therefore, we will no longer be operating to the island in 2019. As a result, we understand many of our hotel partners will be closing for some or all of the summer months and reducing staff dramatically."

The statement added that the group has invested the last six years and tens of millions of dollars of its own money in the revitalization of Grand Bahama island.

The company noted that it is unfortunate for the island and the people of Grand Bahama that after all this hard work, tourism is now going to go backwards to its lowest levels in decades.

Pineridge Member of Parliament Frederick McAlpine who refused to comment on the matter when contacted.

Tourism Minister Dionisio D'Aguilar is off the island and unavailable for comment, and calls made to the Director General's office were not returned up to press time.

For the past four years, Sunwing has been operating flying programs from key Canadian and American cities, representing the largest increase in passengers in the history of Grand Bahama Island.

The USA summer program was a huge success, operating with a 90 per cent load factor and allowing many hotels to remain open and keeping people employed on a year round basis.

The previous operator of this program ran flights that were more than half empty, costing Bahamian tax payers millions of dollars annually while failing to deliver local tourism revenue.

GOT NEWS?
Please call The Bahama Journal's News TIP LINE at 356-7254 and let us know!

NOTICE
Addendum

The Royal Bahamas Defence Force invites bids to the Tenders Board for insurance coverage for The Royal Bahamas Defence Force's Patrol Crafts. In addition, the coverage must include the vessels transiting the Caribbean and the East Coast of the United States.

2. Specifications and schedules of assets can be obtained from the Ministry of Finance, Monday through Friday between 9:00 am and 5:00 pm.

3. The quotes must be itemized to show the following:

a) The Hull and Machinery
b) War Risk
c) Increased Value
d) Protection and Indemnity

4. In providing quotations, in respect to the Patrol Crafts for the Royal Bahamas Defence Force, the date for commencing coverage is the 31 October 2018 to 30 31 2020. The final date for submission is Tuesday 16 October, 2018.

5. All submissions are to reach the Ministry of Finance by 10:00 am on or before the above-mentioned date and to be addressed to the:

Financial Secretary
Cecil Wallace-Whitfield Center
P.O. Box N-3107
West Bay Street
New Providence, The Bahamas

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Eleutherans Support Disney's Proposal

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love Disney," "Disney Loves Eleuthera," and "Disney Respects Me," one by one, many of them took the microphone promoting the benefits of the project.

According to one of the residents, Eleutherans have the chance to get it right and you cannot allow those who already have, he said, to allow you to remain in the category of the have nots.

He added that this is not about politics, but that the government must approve the multi-million dollar project.

Another resident reasoned that the Disney project is the most promising in years with spinoffs for others to come.

He added that this despite what local conservationists have to say - these kinds of developments only destroy the ecological and cultural assets of local environments.

The One Eleuthera Foundation has made an offer to own the property. The Prime Minister said that will be considered when the group makes its presentation.

He stressed that the voices of the residents will be a determining factor in cabinet's decision.

Senate Welcomes Visitors

Continued from / *PAGE 1...*

going to be doing educational tours to the Senate; so as I said, this is part of our public and community engagement."

Mrs. Forbes-Smith's comments came yesterday at the Senate, as the upper house celebrated International Day of the Girl Child.

PSYCHOLOGISTS ENCOURAGED TO SPEAK UP FOR YOUTHS

Dr. Valerie Knowles, **Clinical Psychologist** (Journal file photo)

Psychologists were urged to become "more intentional" in joining the public discourse on issues important to the mental health of youths. Even if they are constrained by the mandates of their employment as public servants or private practice professionals.

"More voices of psychologists are needed in the public domain," said clinical psychologist, Dr Valerie Knowles in delivering Wednesday's keynote address at the World Mental Health Day Conference.

"Those who spend their lives pulling others back from the psychological edge must find the time to join others in waging war on the unhealthy norms, values and other culturally supported behaviors that could lock our youths into self-destructive life patterns," she told a room filled with psychologists, psychiatrists, social workers, guidance counsellors and representatives from government ministries.

"We have become afraid to go on radio and television shows in times of controversy because of potential back lash. You risk your boss coming to you the next day and pulling out that clause in General Orders which says that only the permanent secretary has power to make public utterances. This system has muzzled us as individuals," she said.

Held under the theme, "Culturally-Relevant Interventions to Promote Youth Mental Health," the one-day event was hosted by the Bahamas Psychological Association in partnership with the faculty of Social & Education Studies of the University of The Bahamas, the Ministry of Education, Science and Technology, The Bahamas Institute for Child, Adolescent Mental Health (BICAMH) and the Sandilands Rehabilitation Centre.

"Children don't just wake up and suddenly begin manifesting deviant behaviours overnight. However, when we start to explain how elements in society are supporting the dysfunctional behaviour, some folks become upset. When you show that some of the very things they complain about can be traced to their own behaviour, that too can cause discomfort, especially if they are not ready to accept or receive that interpretation," said Dr Knowles, who moments before her presentation was honoured with the Tim McCartney Award for Outstanding Contribution to Psychology in The Bahamas.

"Culture is a double-edged sword," she said. "Children at birth meet cultural standards, attitudes, beliefs and behaviours in place that could either kill or cure them, either initiate and sustain mental illness or mental wellness. 'We culture' is not inherently good."

According to Dr Knowles, while some elements of our culture can be inspiring, certain aspects of Bahamian culture nurture and support an affinity for high risk lifestyles – sex, violence, poor eating habits, poor problem-solving mechanisms and even wasteful leisure time management. She said psychologists could ill afford the luxury of promoting ignorance of the Bahamian sociocultural reality, and its potential impact on youths' mental illness or wellness.

"We know for sure that some of those behaviours that are problematic for us are behaviours learned from us and are well supported by large elements of the Bahamian society," said the former section head of the Psychological Services Unit of the Ministry of Education's Special Services Division covering schools in New Providence and Grand Bahama.

"Bahamian psychologists as a culture group have been too silent in The Bahamas. We have not screamed loudly enough about the cultural elements that initiate and sustain ill health in our children and youth. Our culture of silence needs healing as we seek to assist the cultural healing of our youth. We need to sound the alarm and keep the mental health needs of children and youth at the forefront with all important national issues."

Dr Knowles who has over two decades of experience as a child and adolescent specialist pressed psychologists to continue to offer guidance and seek to more forcefully bring data to inform policy decisions affecting children and their mental health issues.

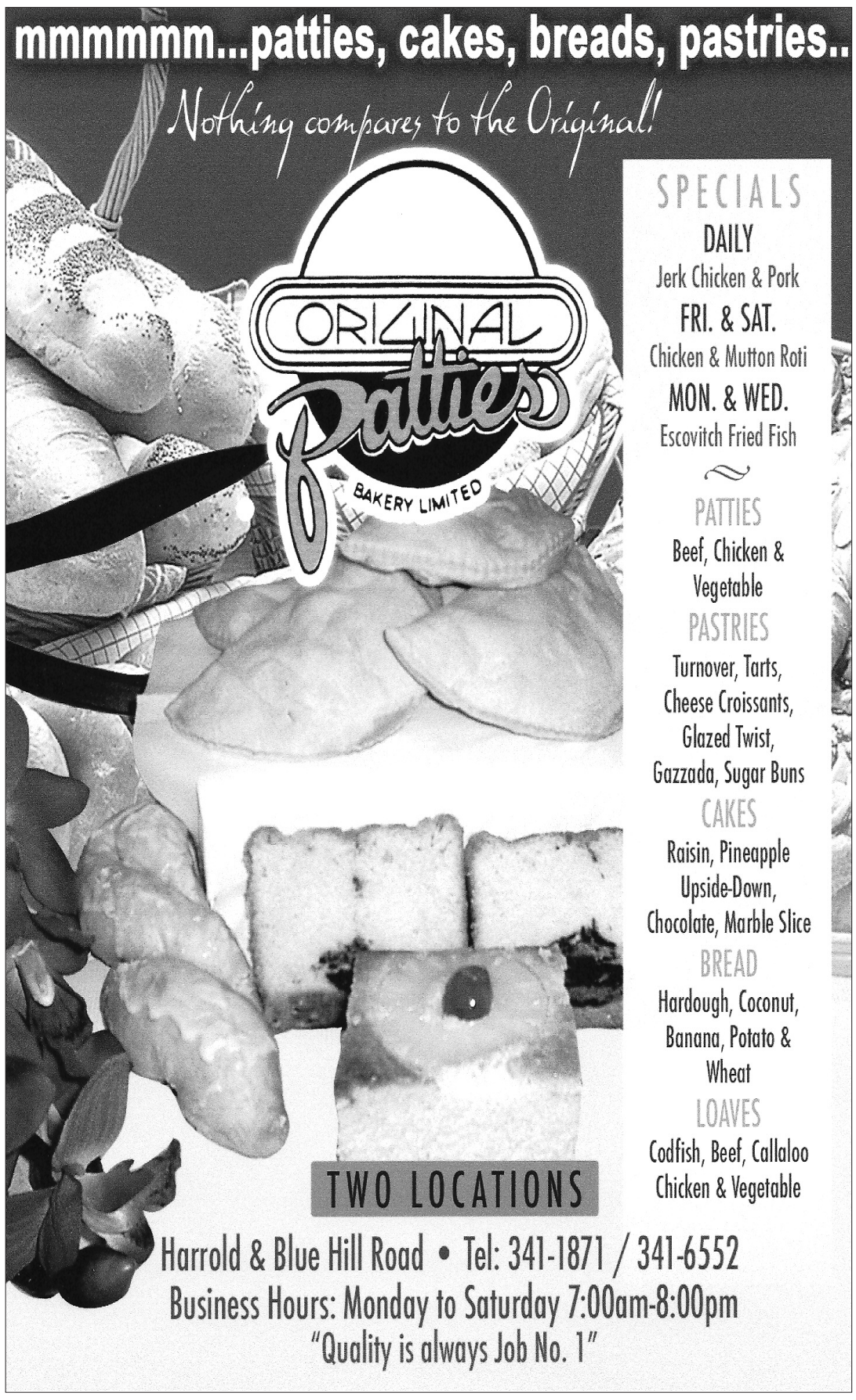
Pointing to pigmentocracy (skin bleaching), nepotism (priority given to friends, family and lovers versus meritocracy), fantasized aggression (where violence is a legitimate form of dispute resolution), Dr Knowles said there is no shortage of cultural elements which exercise influence on youths, inducing and sustaining ill health.

> *"Bahamian culture is a double-edge sword," says noted psychologist,* ***Dr Valerie Knowles***

"For some of our young ladies, what you look like, how many boys you can get, can earn you more status and attention, than your academic or character qualifications. For some of our youth no other skill, personality trait or characteristic is more important than their sex appeal," said Dr Knowles.

Likewise, she noted many young men have learned to have little appreciation for their intellectual, spiritual, social and emotional charac-

See **PSYCHOLOGIST** / page 7...



GOVERNMENT NOTICE
INVITATION FOR BIDS: SALE OF TUGBOATS

The Government of The Bahamas is inviting bids on the following vessels owned by the Port Department, Ministry of Transport & Local Government.

-Sale of the Tugboat "Snapper" and Tugboat "Amberjack"
Sold Where Is, As Is

Interested parties may view the said vessels at the following location from 24 September 2018 to 5 October 2018 between the hours of 9:00 am and 5:00 pm, Monday thru Friday:

Port Department
Prince George Dock
Nassau, The Bahamas
Telephone No. (242) 322-8832

Bids are to be submitted in triplicate (3) in a sealed envelope marked "Bid for the Sale of **Tug Snapper and Tug Amberjack**, addressed to:

The Chairman
Tenders Board
Ministry of Finance
Cecil V. Wallace Whitfield Building
Cable Beach
P. O. Box N-3017
Nassau, The Bahamas
Telephone No. (242) 372-1530

No later than 5:00 pm on the 12th day of October, 2018.

Bids will be opened at 10:00 am on the 16th October, 2018 at the office of the Tender's Board, Ministry of Finance.

THE GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS.

E. Raymond King, EdD
Commander, RBDF
Port Controller (Acting)
Port Department

BNT Secures Sustainable Finance Agreement to Support Management of Exuma Cays Land and Sea Park

The Bahamas National Trust (BNT) along with Albany and its parent company, NEXUS Luxury Collection, Ltd. (NEXUS) are excited to announce the launch of a new joint venture to support the management of the Exuma Cays Land and Sea Park (ECLSP). The collaboration will support necessary financing of the world's first Land and Sea Park – The ECLSP, the first "no take" marine reserve in the wider Caribbean.

BNT, a not-for-profit organization with a legislative mandate to manage the country's National Park System, manages 32 national parks, covering more than 2 Million acres of land and sea across the archipelago. BNT is pursuing innovative public and private partnerships across the Bahamian National Park System as part of a strategy to develop sustainable finance mechanisms to support necessary National Park management and protect the irreplaceable scenic venues across the Commonwealth of The Bahamas. This approach replicates successful public-private joint ventures operating across the world that increasingly play a significant role in financing of national park management.

The ECLSP costs $750,000 to operate annually but currently runs at an annual deficit of approximately $300,000. There is much needed ongoing development of park infrastructure including new buildings and laboratory space, repairs to existing structures, additional vessels, and new energy and communications systems which will require a capital investment of several million dollars in the near future.

As a part of the agreement, NEXUS will invest the required capital to develop a food and beverage experience, water catchment system, a utility and general support building, and improved infrastructure to support and enhance the visitor experience to the park. NEXUS will also build accommodations to support future marine biology camps and retreats. In addition, NEXUS is committed to hosting an annual gala in support of BNT Park management.

The partnership intends to provide an educational component to the Warderick Wells experience, leveraging the BNT's vast wealth of knowledge about the environment. These will be in the form of excursions and guided tours on a daily basis and also camps that will be open to school children from The Bahamas who can stay for a week at a time to learn and assist the BNT in its research and mandate to keep the ECLSP pristine.

This vital sustainable financing will provide much needed funds to ensure the efficient and effective operation of the park and safeguard the natural resources that it was created to protect. The concession will have a small and light footprint on Warderick Wells at the park headquarters located at the centre of the 176 square mile Exuma Cays Land and Sea Park.

BNT President Janet Johnson noted: "BNT is excited to announce this first major commercial collaboration in a National Park. Our National Parks are entrusted to the BNT to protect natural resources, and to ensure public access to these incredible places. BNT has been careful in the negotiations and will not compromise the responsibility entrusted to us to protect the environment of our national parks" the BNT President added. "Our partnership with NEXUS in no way changes the use and enjoyment of Warderick Wells and the ECLSP for both Bahamians and international visitors. The partnership will allow us to enhance the visitor experience while providing valuable financing support."

The BNT believes that this joint venture will support the broader economy in the Exuma's through jobs and expanded services to the sustainable tourism industry.

"NEXUS feels privileged to partner with the BNT on this exciting venture at Warderick Wells in the ECLSP, the first no-take land and sea park in the world, and an area of incredible natural beauty," said Christopher Anand, managing partner of NEXUS. "Our goal is to provide much needed capital to the BNT and this magnificent ECLSP area, while enhancing the experience for all guests that visit Warderick Wells."

Under this agreement, the BNT will continue to have complete management of the park and have absolute authority at Warderick Wells as it relates to resource protection, park operations, safety and security of park visitors. The BNT will also retain full control of all park assets and no land will be leased, sold or made exclusively available to NEXUS under the agreement, rather the Joint Venture company will enter into a land use agreement for the related facilities to make Warderick Wells a destination for guests to visit.

"We are excited to partner with NEXUS to provide services and facilities to be enjoyed by visitors to the park, BNT members and guests of Albany. Said Eric Carey, BNT Executive Director. "The park already generates fees from moorings, anchorages, and tour operators, but has the potential to do so much more. We need become more creative about identifying ways in which both the BNT and private sector can work together to derive not only social and ecological benefits, but also economic benefits from protected areas. "

The BNT is excited to be in the forefront by setting the standard for operating a financially sustainable national park, a model that can be replicated to benefit local communities throughout the country. This is the future for protected areas.

Letter to the Editor

Dear Editor:

Please allow me space in your newspaper to share my thoughts on the Lighthouse Point proposed development by Disney Cruise Line.

One of the reasons I am a marine biologist and environmental planner is because of the many hours I spent on the Bay in Savannah Sound, Eleuthera whenever I visited my grandmother, Lillian Culmer. I spent many summer breaks and holidays in Eleuthera. I consider it my second home. There are few places on this planet that are as beautiful with so many pristine areas.

Too often we only couch development in terms of mega-developments. Our government has signed on to implement the Sustainable Development Goals (SDGs). If they are truly committed to these goals and not just paying them lip service as they have done for so many issues since coming into office, they will move away from mega-developments like the one proposed by Disney for Lighthouse Point. And yes, it is mega-development, not because of the beach chairs, but because of the SIGNIFICANT dredging that will need to occur to accommodate the cruise ships and the sheer numbers of people that will descend on the site. Not to mention the emissions – solid waste, greenhouse gases and sewage.

As a Small Island Developing State, The Bahamas possesses a number of characteristics, including fragile ecosystems and dependence on foreign sources of finance. We need to seek to develop our country in such a way that considers these characteristics to improve our resilience, not make us weaker. Low-impact development that has minimal environmental footprint is key. Maybe you can replant trees, but it takes literally millions of years to achieve the diversity and size of some of the coral reefs found in The Bahamas.

Sustainability is not just about the environment. It is about the economy and social issues as well. We need to strengthen our economy and try to stop the leakage of millions of dollars leaving the tourism sector every day. Part of stopping the leakage is ensuring Bahamians have more ownership in the sector, that they run the businesses, including hotels, restaurants and services. We need to address our social issues, such as unemployment, but look to create jobs that are sustainable and profitable. Why work for $250 per week when you can own a business bringing in $1,500 per week? We also need to seek to increase equity in terms of the wealth in this country. That is not going to happen with the cruise ship model which has taken so much from so many countries and gives so little other than environmental damage and waste. We need to focus on attracting tourists who are going to stay overnight for days spending hundreds of dollars rather than ones that come for 2 hours and may spend $50. We need QUALITY not QUANTITY in our tourists. We have focused on numbers of visitors to our country's detriment without focusing on attracting those who will spend with Bahamian businesses. Our government needs to say NO to the 3-for-$10 tourists for good.

Eleuthera means freedom. We need to free ourselves from these old, failed models of tourism to develop our country into one where our children own the wealth in terms of natural resources, culture and money.

Signed
Stacey Moultrie
Proud descendant of Eleuthera

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WHEN THE COMPETITION HAS YOU ON THE ROPES

The 2018 series salutes fashion mogul Peter Nygård's Golden Jubilee detailing his rags to riches story and incredible business success over these past fifty years. The Clifton Review will take an inside look at how he did it.

THE CLIFTON REVIEW

By P. J. Malone

The Clifton Review is a bi-weekly column that examines the question of the Clifton project along with the evolution of the war between two billionaires, the links to unsavory characters, the use of the courts for personal agendas, the involvement of the Government opposition party (the FNM), and the attacks on the Government of The Bahamas.

Is new competition threatening your business survival?

Competition is a challenging reality for businesses. Therefore, it is an appropriate business threat to use to demonstrate the business principles we have been discussing.

In providing a practical example for applying these principles, let's begin by setting a SMART (specific, measurable, achievable, relevant and time-bound) goal to address this threat to many businesses. In setting the goal, we have to determine exactly what it is we want to achieve.

In this case, you want to keep your percentage of the market. In other words, you don't want to lose customers to the new competition. Another way to view it is that you don't want a lower income because you are losing business to the new competition. In actuality, these are two different things. You have to determine your specific focus to be able to decide on a goal.

If you have already lost customers to the new competition, then your focus should be on increasing income or profit levels so as not to suffer income losses due to the loss of customers.

Yet, this focus on increasing your income can also be your goal even if you have not yet lost customers. If, for example, the competition is offering a similar product using new technology that you couldn't possibly hope to compete with, and you are sure you are going to lose customers going forward, then you may want a goal focused on increasing income.

The reason your specific focus matters is because your goal will drive your business strategy. The strategy you identify has to be geared towards what you are trying to achieve.

For example, if your goal is to increase business income because you've lost customers to the competition, a business strategy of focusing on customer loyalty may stop the bleed to the new competition, but it won't necessarily achieve your goal of increasing the business income.

Before we identify the best strategy/ies, let's describe the goal in SMART terms. So if our focus is on keeping your existing customers—not losing them to the new competition—then here is what the goal would look like:

'Maintain business customer base of 150 current customers throughout the current fiscal year.'

Is it SMART?

Specific – This goal focuses on keeping a specific number of customers.

Measurable – This goal is measurable in that the number of customers the business has can be counted.

Achievable – This is achievable for the simple reason that the customers are already doing business with the company, which means they likely already like doing business with this company, or at the very least, desire the product/s and or services they are purchasing.

Relevant – This goal is relevant in that it seeks to avoid losing customers to the new competition, which speaks to the core threat to the business.

Time-bound – This goal is set to be achieved for a fiscal year.

If the business has already lost customers, then a focus could be on increasing income so as to not suffer financially from the loss of customers to the competition. A SMART goal for this focus could look like the following:

'Increase the business income by 20% for the upcoming fiscal year.'

Once again, this is specific in terms of 'increasing income'; it is measurable since income can be measured; it is achievable in that it is a relatively low percentage to aim for; it is relevant in that increasing income can make up for the income lost from the customers who went over to the competition; and it is time-bound with a focus of achieving the goal over a fiscal year.

Next, we will identify strategies that could be used to achieve these goals and discuss a strategy that fashion mogul Peter Nygard successfully used when faced with a business threat.

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The Bahama Journal
Quo Vadis, Bahamas?

Wendall K. Jones
Publisher/Chief Executive Officer

Kimaley P. Jones
Vice President/Operations

EDITORIAL

This Charade

It's becoming a sort of community-wide charade.

The allusion we make here has to do with that large and growing extent to which so very many of our people routinely sing about how they aspire to move forward, onward, upward and together.

The truth of the matter is surely that reality where selfishness and crass greed now pervade social life at all levels of today's deeply challenged Bahamas.

And thus, instead of working together, we have in our midst men and women who think nothing of ripping off, way-laying and despoiling the lives of their fellow-Bahamians.

It is against this bleak backdrop we humbly suggest: No matter how you cut it, things are bad in today's deeply challenged Bahamas; but sadder still are all those facts which suggest that practically no one seems to have any idea as to how we might get out of the mess left behind by so-called 'successive' political regimes.

But yet, if the truth be told, the troubles we now experience are all rooted in ways of living where practically no one seems prepared to make the real steps which could –if given a chance-lead to the achievement of what we have described as 'the common good'.

Alas! Experience suggests that ours is that kind of hard place where practically everyone seems fixated on getting as much of the social surplus for themselves and their cronies!

Indeed, facts readily available can and do attest and affirm the obvious as regards food, nutrition and the extent to which what we eat has a tremendous amount to do with the current crises far too many now face as they battle with this or that chronic non-communicable disease.

And thus, all those conjoined crises which now threaten to up-end an already deeply burdened public health care delivery system.

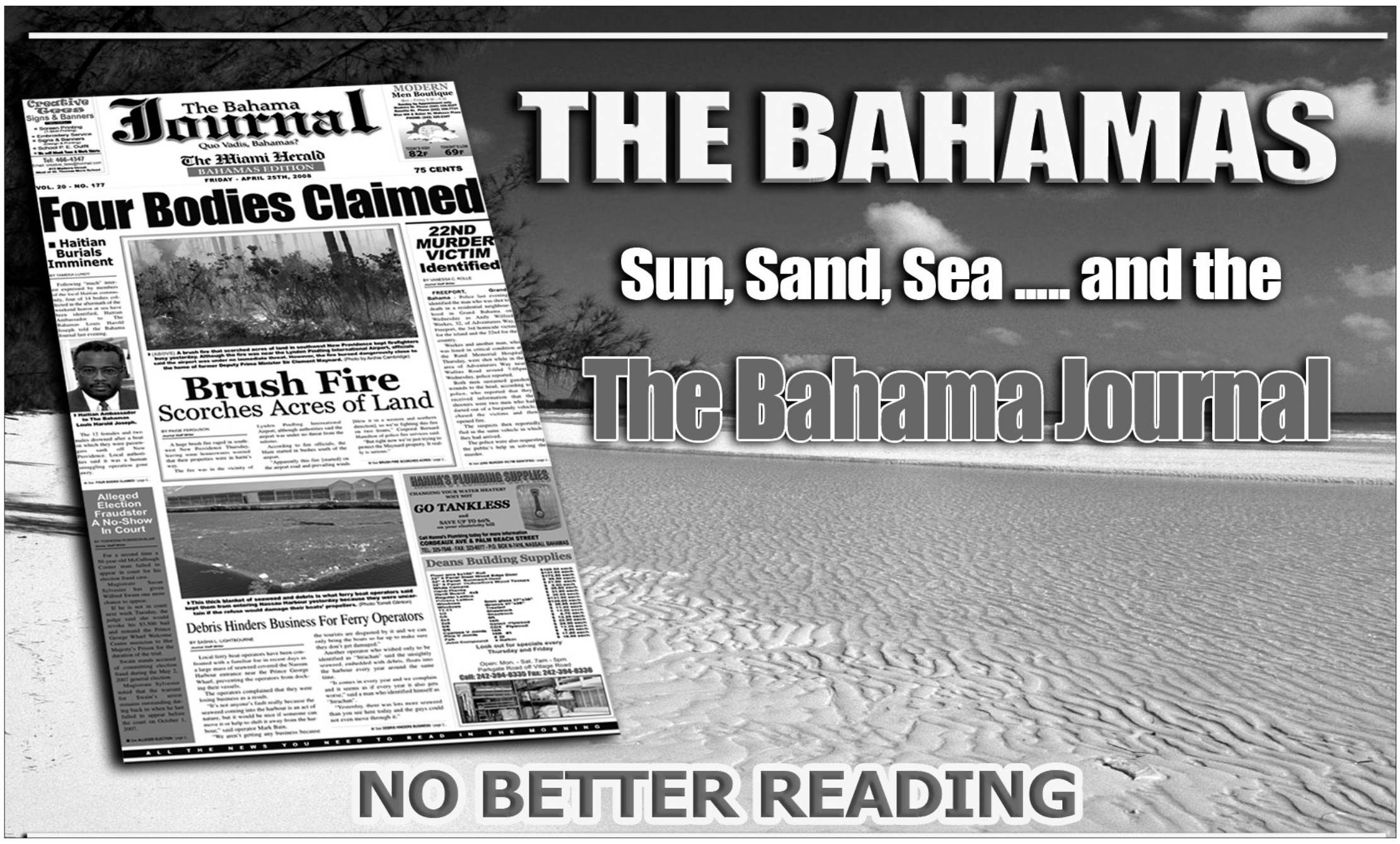
Reference here might be made to certain reports concerning this matter where [as we have learned]:

Health statistics indicate high incidences of chronic non-communicable diseases such as diabetes, hypertension, chronic respiratory disease, heart disease and cancer. For example, 45% of deaths in 2003 were due to chronic non-communicable diseases.

We also learn that: Preliminary data from the National Chronic Non-communicable Disease Survey, March 2006 (1,424 persons surveyed in 637 households in New Providence, Grand Bahama and Long Island): 21% had been diagnosed with high blood pressure; 26% of those measured had elevated blood pressure; 7% had been diagnosed with diabetes; 12% had impaired and elevated fasting glucose on measurement (often used as an indicator for diabetes); 70% were overweight; 8.8% were current smokers; 64.5% described themselves as sedentary in leisure time; 47% did not eat at least 1 fruit every day; 51% did not eat vegetables every day; and that 33% had "fast food" 2 or more times per week.

Evidently, this is the stuff of which a national health care crisis is made!

And for sure, once you reach this point on the road to hell, any and all efforts to reverse things come charged with intimations of rank failure.

And yet, there is some small room for a mite of hope where [as we know]: Often times, chronic non-communicable diseases can be avoided through the adoption of healthy lifestyles. Far too many residents continue to make poor lifestyle choices that adversely affect their health and the health of their families. This more often than not translates into decreased quality of life and financial stress due to increased health burdens.

A healthy lifestyle can be defined as a way of life that promotes and protects health and well-being. This often includes practices such as eating nutrient rich foods that are moderate in calories and fat, exercising on most days, avoiding tobacco, drug and alcohol abuse and proper stress management.