

## **Annotated Bibliography: Websites on Cuba**

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### **HEALTH CARE**

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#### **Cuba's health care system is helping the world's poor by Sarah van Gelder**

<http://www.yesmagazine.org/issues/latin-america-rising/cubas-cure>

In English. Yes! Magazine is a non-profit organization that strives to get people involved in global issues of justice and sustainability. Interesting site; easy to navigate.

#### **Cuba's health care policy: prevention and active community participation**

<http://www.ncbi.nlm.nih.gov/pubmed/2315760>

In English. This site is a health-related site that uses a number of databases and offers a multitude of peer-reviewed and scholarly articles.

#### **National Policy Analysis**

[http://www.nationalcenter.org/NPA557\\_Cuban\\_Health\\_Care.html](http://www.nationalcenter.org/NPA557_Cuban_Health_Care.html)

In English. This site (The National Center for Public Policy Research) offers a conservative approach to solving current public policy issues in America. Examples of current topics discussed include: Environment, Global Warming, Health & Retirement, Fuel Economy. This website shows a counter approach to Michael Moore's film, *Sicko*, where he showed how wonderful Cuba's health care system is. In reality, this site shows that Cuba has two different versions of healthcare.

#### **Health Care in Cuba**

<http://www.digitalfieldguide.com/blog/4634>

This website shows a firsthand encounter of one's travels to Cuba and what he came across during his stay in Cuba. As well, shows the interactions he faced in Cuba's health care system.

#### **The real Cuba**

<http://www.therealcuba.com/Page10.htm>

This website gives you the true story of what Cuba's health care system really entails. It gives descriptions of how Cuba has two different health care systems, one for foreigners and one for the locals.

### **History of Cuba: The New Boxing Superpower**

<http://www.pinsnmore.com/Cuba2.html>

The reason I chose to use this site is because it had good information about Cuba, and how well recognized boxing is in Cuba. While searching through this site I thought it had very good points that I could use when presenting in class. I had no idea that Cuba has won more gold medals in boxing than any other country.

### **Capturing Lost Cuban Boxing Glory**

<http://www.eastsideboxing.com/news.php?p=18883&more=1>

The reason I chose to use this site is because it talked about boxing and how Cubans' passion for boxing is huge. This site also mentioned popular champions in the past, and I thought it was quite interesting that in the past there was only one boxing organization per weight class. Overall, this site helped me understand how much boxing really means in Cuba, it's amazing how much respect champions get in Cuba.

### **Cuban Boxers Eye Return to Glory**

<http://edition.cnn.com/2009/SPORT/07/24/cuba.boxers/index.html>

The reason I chose this site is because CNN is a very reliable source, and I wanted to make sure the information I will be presenting is accurate. This site mostly talked about boxing regarding the Olympics. Cuba being smaller than the U.S. and Russia, it's amazing it has twice as many medals as we do.

### **A tribute to Cuban Baseball**

<http://www.cubanball.com/>

A great website so much information on Cuban baseball very easy to navigate.

### **Baseball's collaborative encyclopedia**

[http://www.baseball-reference.com/bullpen/Cuban\\_Winter\\_League](http://www.baseball-reference.com/bullpen/Cuban_Winter_League)

Great tons of stats on players and info on Cuban players

### **Aroldis Chapman**

[http://en.wikipedia.org/wiki/Aroldis\\_Chapman](http://en.wikipedia.org/wiki/Aroldis_Chapman)

Actually a great source with the most information on this pitcher I could find on the internet.

## CUISINE

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### **Casa Cuba Fun & Culture - Food & Recipes. Casa Cuba Home Page.**

[http://www.casacuba.org/fun\\_recipes.html](http://www.casacuba.org/fun_recipes.html)

This site introduces and explains how certain Cuban dishes are made. Dishes include Cuban sandwich and “Arroz con pollo”

### **Cuban coffee 101**

<http://www.miami.com/cuban-coffee-101-article>

This site tells the history of Cuban coffee, how it is made, and how it is served. This site also explains how strong and potent Cuban coffee is compared to American coffee such as Folgers.

### **Traditional Cuban Food: Typical Cuisine of Cuba**

<http://www.tasteofcuba.com/traditional-cuban-food.html>

This site discusses how many families will have backyard barbeques and serve large pigs cocked with juices, garlic, and onions.

## HISTORY

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### **Source: History of Cuba Timetable**

<http://www.historyofcuba.com/history/time/timetbl4.htm>

This timetable depicted an all-inclusive history of Cuba from 1492 when Christopher Columbus sailed from Spain to the new territory of the Caribbean and what is presently known as Cuba. The timeline shows all of the political, religious, historical movements that have occurred up unto the present.

### **Fidel Castro and the 26<sup>th</sup> of July Movement**

<http://www.haciendapub.com/castro24.html>

This source depicts the mindset of Castro before, during, and after the assault on the Moncada Barracks. On March 10, 1952 General Fulgencio Batista led a bloodless coup d'état in which he seized the Cuban government from Carlos Prío Socarrás of the Cuban Revolutionary Party. In an attempt to rally Cuban citizens against Batista, who was a ruthless dictator in relationship with the United States, Castro formulated a plan to attack a remote military base to set an example. On July 26, 1953, Fidel Castro, along with his brother Raúl, attacked the barracks with 160 men and killed 22 enemy soldiers. Batista retaliated and killed 56 of Castro's men. Though the battle did not fulfill the objective of securing the barracks, and indeed led to the capture of Castro; the attack became a symbolic movement against Batista. The 26<sup>th</sup> of July Movement would be their rallying cry throughout the remaining six years of on-and-off warfare.

### **History Will Absolve Me, Castro Internet Archive**

<http://www.marxists.org/history/cuba/archive/castro/1953/10/16.htm>

This source captures Castro's defense of his actions from the assault on the Moncada Army Barracks to the judges of the Cuban courts. Within his defense are the five revolutionary laws that Castro planned to initiate once he defeated Batista and gained control of Cuba. The first law stated that a return of power was to be given to the people until the people should decide to modify or change it. The second law gave ownership of land to all tenant and subtenant farmers. The third law granted workers and

employees 30% of the profits of all the large industrial, mercantile and mining enterprises. The fourth law granted all sugar planters the right to share 55% of sugar production. The fifth law ordered the confiscation of all holdings and ill-gotten gains of those who had committed frauds during previous regimes. At the end of Castro's fiery speech he claimed, "Condemn me. It does not matter. History will absolve me." This was to depict that even in the face of prison and certain exile, Castro would not allow aggressors the pleasure of ending his dream of a unified Cuba without U.S. interference.

### **Landing of the Granma**

<http://www.historyofcuba.com/history/granma.htm>

From this source is the history of Fidel Castro's exile to Mexico City after being released from Cuban authorities in May 15, 1955. While Castro was in Mexico, he was introduced to Ernesto "Che" Guevara (an Argentine physician) who would later be his right hand man and leader of the guerilla war against Batista. Before that took place however, Castro had to secure funding, weapons, and military support. After Castro recruited 82 men and weapons they set out in a yacht named the Granma. Though the yacht was sea worthy, it was inadequate to deliver Castro and his men on time to fight Batista's army. The Granma was spotted by a helicopter and was forced to land prematurely. The ensuing battle that took place left Castro's group without food, low on ammunition, and killed off all but twelve of his men as they escaped to the Sierra Maestra Mountains. The overall landing was a decisive failure, however it did allow for Castro to reassert himself in Cuba. Castro triumphantly stated, "We will win this war, we're just beginning to fight!"

### **Fidel Castro Biography**

<http://www.biography.com/articles/Fidel-Castro-9241487>

This site gives a detailed description of Fidel's life from birth all the way to current activity.

### **Fidel Castro History Archives**

<http://www.marxists.org/history/cuba/archive/castro/>

Contains many historical documents and hold many of the speeches he has given throughout his career