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**2015  
APRIL**

**EDITION**  
A MONTHLY  
NEWSLETTER BY





  
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- The Daily Herald
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# MIGHTY SPARROW

## 2 TIME WINNER OF THE CALYPSO KING OF KINGS



Slinger Francisco (born July 9, 1935), better known as Mighty Sparrow, is a calypso singer, songwriter, and guitarist of Trinidadian citizenship. Known as the "Calypso King of the World", he is one of the best-known and most successful calypsonians. He has won Trinidad's Carnival Road March competition eight times, Calypso King/Monarch eight times, and has twice won the Calypso King of Kings title.

### CAREER

Slinger Francisco was born in the fishing village of Grand Roy, Grenada, West Indies on July 9, 1935. He moved to Trinidad with his mother, his father having relocated there in 1937. He grew up in Port of Spain. He began singing as a small child, but his love of calypso was discouraged while at Newtown Boys Catholic School, where he sang in the choir. At the age of 14 he joined a steel band comprising neighbourhood boys, and performed with the band at Carnival.

He received his performing name "Little Sparrow" during his early career, as a result of his energetic stage performances:

Your calypso name is given to you by your peers, based on your style. In the old days they tried to emulate British royalty. There was Lord Kitchener, Lord Nelson, Duke. When I started singing, the bands were still using acoustic instruments and the singers would stand flat footed, making a point or accusing someone in the crowd with the pointing of a finger, but mostly they stood motionless. When I sing, I get excited and move around, much like James Brown, and this was new to them. The older singers said "Why don't you just sing

instead of moving around like a little Sparrow." It was said as a joke, but the name stuck.

—Mighty Sparrow

After a couple of years he changed his stage name to "Mighty Sparrow" On leaving school he began working for the government Control Board, but continued to perform calypso, which became the better paid of the two, and his residency at the Lotus Club made him a star locally.

### CALYPSO KING

His first performance as a carnival singer came in 1954 with "The Parrot and the Monkey". In 1955, Sparrow made his first recordings "Missing Baby (Ruby)" "High Cost Of Living" and "Race Track" for Vitadisc, which were included on the Royalties Of Calypso Kingdom compilation a few years later. In 1955 and 1956, he also recorded "Give The Youngsters A Chance", "Family Size Coke",

"Goaty", "No Doctor No", "Clara Honey Bunch" and "Yankee's Back Again" for GEMS, "Jean And Dinah" and "The Queen's Canary" for Kay, and "Sailor Man" for Veejay Special Ace.

In 1956, Sparrow won Trinidad's Carnival Road March and Calypso King competitions with his most famous song, "Jean and Dinah" (aka "Yankees Gone", a song celebrating the departure of US troops from Trinidad). A live performance of "Yankees Gone" was included in the album Jump Up Carnival in Trinidad. His prize for winning the Calypso King title was \$40. In protest of the small sum (the winner of the Carnival Queen beauty contest won \$7,500), he wrote the song "Carnival Boycott" and attempted to organize other singers to boycott the competition. About half of the singers followed, including Lord Melody. Sparrow claims credit for succeeding improve-

**CONTINUED ON PAGE 11**

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## SPACELESS GARDENS, TZU CHI TEAM UP FOR ECO AGRICULTURAL LEARNING



*Kids sow seeds at their seed germination classes. The goal is to have classes with the students at the learning center at least once a week. As the center stabilizes, classes will increase for student at the learning center and ACE School. More photo on this in May edition.*



*Recycled plastic containers used for growing vegetables*



*6 weeks into ornamental and vegetable plant production*



*Kalalu patch in Grow area 3, this grow area has been going through soil preparation with plans to grow more great crops.*

**STANDING BEHIND** saving the planet, Tzu Chi Foundation and Managing Director of Spaceless Gardens Denicio Wyatte, have embarked on a journey to build the consciousness of recycling and agriculture amongst pupils and in the community with an Eco Tourism Agricultural Learning initiative.

For the initiative, Tzu Chi and Spaceless Gardens are using recycled large yellow plastic bottles for agricultural purposes.

The yellow plastic bottles, which were originally used to store cooking oil, were initially reused in a gardening recy-

cle project embarked upon by All Children's Education (ACE) Foundation and Tzu Chi with the help of American University of the Caribbean School of Medicine volunteers last year. The sides of the bottles were removed, soil placed in them and various crop planted in them. The bottles with plants were placed on space-saving, plant "risers" made from used wooden pallets, for them to grow.

However, due to lack of understanding how to take proper care of the plants, the project did not reap the intended results, which discouraged some

pupils and teachers.

The Tzu Chi Foundation and Spaceless Gardens intend to try the project again to give teachers and pupils the proper knowledge to help them achieve their goals and make the project a success. The project, which will be an ongoing one, recently started with ACE pupils and teachers.

"We are sure people are now familiar with the yellow plastic bottles that use to sit out front of the ACE Foundation school across from Cake House on L.B. Scott Road," Wyatte said. "The idea to take back up the bottles and replant in them came from

my colleagues at the Tzu Chi Foundation. The bottles were just sitting around and made no sense to just let them pollute the very ground we intend to reap food from. Once again it was a joy to share ideas and help each other towards making the outcome successful."

Wyatte said "it's always interesting to try new ways of gardening using items that may be reused instead of being thrown away. Even though this is not a new trend, we still love to continue building the awareness towards agricultural development here on our beautiful island."



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# CHIPPIE

### NESTAS – A UK FOUNDATION: NEIGHBOURHOOD CHALLENGE OVERHAULED THE IDEA OF A NEEDS ASSESSMENT BY MAPPING ASSETS THAT ALREADY EXIST

**THE NEIGHBOURHOOD CHALLENGE** programme has invested in 17 communities with ambitions to test out innovative ways of involving new people in locally led action.

Many people who work within communities are used to doing a needs assessment to begin a new relationship or project; however, many of the groups in the Neighbourhood Challenge programme over the past year have turned this concept on its head and began by mapping the strengths and 'assets' that already exist in the local area. Groups actively searched for and connected up a variety of existing local assets whether that was unused buildings or equipment to new ideas, or people with the skills, talents or time to support locally led change.

This approach isn't about ignoring needs, it is about finding strengths first. Most communities have considerable unrecognised assets that can be used and built upon, given flexible, supportive investment.

Brixham YES in Devon made the most of many different types of local assets, and had great success in generating new relationships and start-up ideas in their local area. First, they identified an unused building, then worked with the community to refurbish it using local skills and new volunteers to turn it into a creative café and social centre. The space is run in a very open way, by the community, for the community. The group ran a local prize to find new ideas to benefit Brixham, which were led by a wide range of local people. Not only did this draw in and support a set of good ideas to receive catalytic seed funds, it also cemented many new relationships and brought people together around the skills and talents they wanted to share with others.

This is not about parachuting in experts to do things for the local neighbourhood, but about finding those with skills and creative ideas, and linking what is already there more effectively, facilitating new connections, supporting idea development and providing small, catalytic investments. This approach enables communities to draw more effectively on their own strengths and develop more resilient networks for themselves, based on their own, locally-defined interests. Groups still face very real challenges but the new connections are less reliant on expensive, top-down delivery from external agencies, and far more dependent on local facilitation and active collaboration with and leadership from local people.

Many community groups have been working in this way for some time. For example, Darwen Academy have taken an enterprising approach to find and connect skills and talent – taking a travelling living room out into the community to meet people on their own terms to find ideas to turn into enterprising new projects.

Shiregreen in Sheffield, and the Mill in Walthamstow are showing how an asset-based housing association and community centre of the future could operate.

At a time when so much reform effort is focused on localism there is a demand for knowledge and learning about what really works in practice, particularly for areas with low social capital that run the greatest risk of being left behind. We have learned a lot from the experience of the Neighbourhood Challenge groups, and believe that now is the right time for a huge increase in this type of community led innovation.

Given the scale of the challenge facing local communities and public services, neighbourhoods need to be more resilient and use all their assets. We are also seeing increasing support for this way of working from organisations like Big Lottery Fund, and a commitment from government to support civil society and activism at a local level.

We have never needed to know and use our collective strengths more than we do now and the conditions are right for doing so. The question is, how will funding and support organisations meet the demand from a new wave of community innovators like the Neighbourhood Challenge groups, who want to work creatively, collaboratively and flexibly both with local people, and external agencies?

**MORE ON THIS TOPIC IN MAY 2015 EDITION**







# 65 HEALTH RISKS OF GM FOODS PT 6

**GM crops may increase environmental toxins and bioaccumulate toxins in the food chain**

**6.1** Glufosinate-tolerant crops may produce herbicide "inside" our intestines

1. Some crops are engineered to withstand glufosinate-based herbicide.

2. The crops transform the herbicide into a compound regarded as nontoxic, called NAG, which remains in the plant.

3. Once humans

or animals consume NAG, gut bacteria can revert some NAG back into toxic herbicide.

4. The herbicide has known toxic effects, acts as an antibiotic and may kill off or disturb gut micro-flora.

5. If the herbicide-tolerant gene transfers to gut bacteria, it could magnify the problems.



**6.2** Herbicide-tolerant crops increase herbicide use and residues in food

1. Herbicide-tolerant crops increase the use of their associated herbicides.

2. Increased herbicide residues in crops can promote the toxic effects of these chemicals on humans, animals

and their offspring.

3. Increased herbicide use can also alter nutrient content, such as flavonoids, making GM crops less nutritious.

4. The accelerated emergence of herbicide-resistant weeds has resulted in the increased use of even more toxic varieties of herbi-

cides.

**6.3** Tiny amounts of herbicide may act as endocrine disruptors

1. Certain chemicals may disrupt endocrine function at extremely low concentrations.

2. Research on Roundup suggests it may be such a chemical, disrupting endocrine activity related to human sex hormone production, but more research on this and other herbicides is needed.

3. The increased use of Liberty and Roundup, due to GM crops, may expose the population through food and water to these low-dose effects.

**6.4** GM crops may accumulate environmental toxins or concentrate toxins in milk and meat of GM-fed animals

1. FDA scientists warned that GM crops may concentrate toxins, such as heavy metals and

herbicides, from the environment.

2. There is evidence of heavy metals in GM soybean oil.

3. FDA scientists also said that toxins in GM feed might concentrate in milk or meat.

4. GM DNA fragments were found in milk.

5. While very little research has been done on this, small amounts of Roundup may be retained in the body of animals and affect sperm quality.

6. The overuse of Roundup and Liberty herbicides on GM crops magnifies these types of risks.

**6.5** Disease-resistant crops may promote new plant viruses, which carry risks for humans

1. Virus-resistant transgenes protect crops from one target virus, but may increase susceptibility to other plant viruses.

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**MORE ON THIS TOPIC IN MAY 2015 EDITION**

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# PANEL DISCUSSION ON MARIJUANA INDICATES MOST IN FAVOUR OF LEGALIZATION

**GREATBAY---**The prohibition of marijuana on St. Maarten got its first major organized challenge on Saturday night when a panel of legal, medical and business minds highlighted the many benefits, including economic and medical use of cannabis.

Medical marijuana is already in use in many countries and in what seems to be a global revolution against the prohibition of marijuana, it has been legalized in 25 states in the US to date, and many other countries and islands have begun hosting discussions similar to the one held on Saturday at the Belair Community Center. The panel consisted of attorney and former Public Prosecutor Cor Merx, Dr. Don Johnson a brain doctor from the US, Dr. Steven Golden, a doctor from the US, Dr. Ruth Douglas, archeologist Dr. Jay Havisier who is also of the SMIARC organization, local businessman Arun Jagtiani and taxi driver Johnan Romney.

It was noted and agreed by panelists that the marijuana industry already exists locally and that persons who are interested in finding marijuana know where to find it. "Now is the time to have rational professional, public discussions about cannabis and to re-evaluate our approach towards this plant and its potential for those individuals that choose to use it and now is the time for the courage to make bold decisions about reform that can have positive economic and judicial impact on our society," Dr. Havesier told those gathered. Like some of the other panelists he advocates legalizing marijuana and using some of the proceeds garnered through taxes levied on this product and some of the profits from the businesses selling marijuana towards education and other social programs. Panelists were also in agreement that should marijuana be legalized, it should be mandatory that each business involved must contribute financially towards education campaigns geared at the youth to discourage them from getting involved in smoking. Research has shown that the effect of smoking marijuana on young brains can be adverse and all panelists were in agreement that there should be a legal age set for the use of

marijuana.

Dr. Steve Golden disclosed that he had a very conservative Southern Baptist upbringing where alcohol and any type of drug are prohibited. While he is still antidrug, he no longer views marijuana as being harmful and said he has come across instances in his own life that changed his views on marijuana use. "Over the years I have come to the conclusion that there are medical benefits to this. In the case of persons suffering from cancer, wasting from HIV and some other diseases there quality of life can be improved by using this and sometimes it's not about how long you live, it's about your quality of life. We need to understand that this is something that can be used as an adjunct to the other medicines and therapy. I am not saying this is for everybody, I am saying that it helps some people and I think those people deserve a chance," Dr. Golden said.

Businessman Arun Jagtiani spoke on the many economic possibilities of legalizing marijuana, all of which he sees as being beneficial to the island. "I am not claiming to be an expert on cannabis by any means but I am able to recognize a good business opportunity when it's staring me right in my face. The time is very interesting. Right now globally we are witnessing a revolution against the prohibition of marijuana and I believe here in St. Maarten we have a very unique opportunity to create a very lucrative industry almost overnight. The fact of the matter is that the industry already exists—it's just operating on the black market. Everybody within our society—tourist or local-- who would like to purchase a small quantity of marijuana can do so with relative ease and with no major risk of being punished for that. Anybody who is denying that is a bit naive at this time. So again the industry already exists so I think it's time we make it a legitimate industry and start collecting some tax revenue. This will diversify our tourist product, create jobs and we can use some of that revenue towards an awareness campaign. I am certainly not sitting on this panel with any hidden agenda either. If our government were to head in the di-



The Mc and Group of panelist heading the discussion at the Belair Community Center on April 18, 2015



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CONTINUED ON PAGE 11



SEE THE BEAUTY OF BACKLIGHT IN THIS WATERCOLOR PAINTING



**IT WAS A HARSH** winter here in the Midwest. My view was limited to the ground covered in white snow, to an ashen gray of the sky, with teasing glimpses of brilliant sunrises and sunsets here and there throughout the weeks. I tried to focus on the whimsical way the untouched snow sparkled with light reflected off of the individual flakes, but was easily distracted by the freezing wind—and the solid ice that grew over my car nightly. And so I hope you feel as refreshed as I do after viewing the life-filled watercolor paintings of Karlyn Holman. We can be reminded that other seasons await, and that a life filled with color is not far off. In her landscapes that I've featured here, for example, we can see the sun peeking from behind the trees, its rays of warmth reaching out reassuringly. "Don't worry," this says to me, "everything

is temporary." "Whether I'm painting an abstract or realistic landscape, my goal is to convey the same sense of wonder and beauty that I experienced while on location," says Holman (tweet this!) in *Watercolor Artist* magazine. "Generally, my realistic paintings are based on subjects from my native area around Lake Superior or from my travels around the world. I'm always looking for ways to create a fresh, loose look for my landscapes. I usually have a plan, but I love when accidents happen, offering a dash of spontaneity in an otherwise controlled effort." "One of my favorite scenes to paint is a backlit woodland landscape," she continues. "The light filtering through the trees is an experience not soon to be forgotten—and one that painters love to re-create."

**By Cherie Haas**  
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**CHIPPIE**





## THE MIGHTY SPARROW... FROM PAGE 2

ments in the conditions of calypso and steelband musicians in Trinidad, as well as the formation of the Carnival Development Committee, a musicians' assistance organization. Sparrow refused to officially participate in the competition for the next three years, but he continued to perform unofficially, even winning another Road March title in 1958 with "P.A.Y.E." He did perform at the 1957 carnival in the Young Brigade Calypso Tent, where the four songs he performed were recorded and later released on the album *Calypso Kings and Pink Gin*.

Sparrow went on to have local hits in 1956 and 1957 with singles such as "Jack Palance", "No Doctor No", and "Sailor Man", before beginning a musical slanging match with Lord Melody, each releasing singles attacking the other. The rivalry went on for several years. In 1957, Sparrow recorded his first album, *Calypso Carnival 58*, released the following year on the Balisier label.

He again boycotted the carnival in 1959, choosing instead to tour extensive-

ly, and early that year released the album *Sparrow in Hi Fi* before signing a deal with RCA, for whom he recorded eleven albums between 1960 and 1964.

### TAKING CALYPSO ABROAD

Calypso music enjoyed a brief period of popularity in other parts in the world during the 1950s. Trinidadian expatriate Lord Kitchener had helped popularize calypso in England, and Sparrow also found some success there. In the United States, interest in calypso was sparked largely by Harry Belafonte's 1956 album *Calypso*, the first LP to sell over one million copies. In January 1958, Sparrow, along with long-time rival Lord Melody, travelled to New York City seeking access to the American music audience. Sparrow had already been recording with Balisier and Cook Records, and with Belafonte's help he also began to record for RCA Victor. He did not achieve the success he had hoped for; he said in a 2001 interview, "When nothing happened for me, I went back to England and continued on with my career."



In 1960 Sparrow returned to the Calypso Monarch competition, winning his second Kingship and third Road March title with "Ten to One Is Murder" (an autobiographical song about an incident in which Sparrow allegedly shot a man) and "Mae Mae". He also began recording for his own label, National Recording. He won the Road March title in 1961 with "Royal Jail" and won his third Calypso King title in 1962 with "Model Nation" and "Sparrow Come Back Home".

**CONTINUED IN MAY 2015 EDITION**

## PANEL DISCUSSION ON MARIJUANA INDICATES... FROM PAGE 9



*The gathering crowd was all smiles and very pleased to received the positive information - Photo Cultural Xpression*

rection of creating a cannabis industry I would certainly apply for a business license because I think it makes good business sense. But I think it's very important that if we are going to have such an industry that it must be done in a very responsible manner," Jagtiani said.

Neuro-psychologist Dr. Don Johnson also agrees that marijuana should be legalized and he sees this as an opportunity for medical marijuana to bring in major revenues for the island while providing persons in need of the herb for medical reasons the opportunity to use it and obtain it legally. He noted that there is a lot of fear associated with the legalization of marijuana and that is mainly

based on myths and inaccurate information. "I pride myself on really seeking out rational scientific conclusions for how I treat my patients and this is about options. This is too much of a plant to be relegated to a controlled substance.

The data to make it a harmful plant has been overturned consistently every time it has been looked at for over a hundred years. I am here as a pro legalization of marijuana to assist with the medical treatments of patients on St. Maarten. It's time that we make these choices based on real rational information scientifically derived, not fear, not misperceptions. Fear is a trick that makes you think things

that aren't real and there is so much fear about this out there and my experience is that education always overcomes fear," Dr. Johnson pointed out.

Cor Merx meanwhile pointed out marijuana should be legalized because "there is no important reason to make it illegal. In the United States sugar has more victims in the United States than smoking and other drugs but there is no prohibition on sugar so for my part we should legalize it." Panelists Johan Romney said he has been smoking since the 1976 and has only had good experiences with the herb especially as it regards dealing with pain. "If anybody knows what pain is, you could ask me I will tell you what pain is. Pain like when somebody tries to touch you to help you your whole body hurts, I know what that is. Ganja good for that," Romney pointed out. All panelists received the opportunity to ask a number of questions related to marijuana and provided to the best of their ability answers on questions of how marijuana became an illegal job.

Dr. Douglas gave perhaps the most popular answer based on some research conducted prior to the panel discussion. "The use of cannabis and repeated attempts to regulate it and curtail it reflects changes, especially uneven sets of social norms practiced that reflect the outlook and strategies both

of users and various religious bodies that have sought to marginalize it. In India colonial organizations began to associate cannabis with criminality at about the same time that they began to tax the industry of Indian hemp products. More efficiently once a product becomes the substance of a state levy, it becomes a problem because people want money.

It becomes associated with who is going to get the money when this thing becomes legal. And that is why it became an illegal drug as long as a particular group cannot make the whole gross of it and that is where the history of illegality of hemp or cannabis came in."

The judicial advantages of legalizing marijuana were also discussed with attorney Cor Merx pointing out that it would mean the police can tackle real criminal issues as opposed to spending time arresting young persons on marijuana charges and it would also mean less young people in jail where they are at risk of rape and other atrocities and exposed to hardened criminals, simply because they were arrested and sentenced for the possession of marijuana.

Organizers of the panel discussion are currently making plans to host a referendum to find out what portion of the population are in favor of decriminalizing or legalizing marijuana. - **Today Newspaper**





# CULTURAL EXPRESSION Xpression

## Celebrating 1 Year

I MUST SAY it has been quite a year, the trials, tribulation and experiences only makes us stronger. When I started this news letter one year ago, I never thought the impact on the surrounding communities would have been so strong. Throughout the pass months I have gotten great feed back from people all over the island on how they have implemented allot of the useful information in their day to day lives. This was the not the main goal in the beginning, but as time passed I noticed that the information played a great role in peoples lives and stared to direct it more to the people. With that intention in mind we will continue to be a portal for and to the unheard, unspoken, uneducated, weak, strong, poor, wealthy and those seeking to make better choices in their lives.

Cultural Xpression will always be a FREE newsletter and will always get better as I believe good information should always be free, it only become valuable when you decide to use it in the right manner.

I encourage everyone to get involved with Agriculture for it is the only option left for the future of our children.

Sending out blessings to everyone as I continue on my journey,  
ONE LOVE - Mr D. Wyatt

### THANK YOU FOR YOU SUPPORT

- City Mall St Maarten ( Cosmetic , Accessory Store )
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- Boardwalk Jazz Festival
- Pica Pollo ( Local Food )







# ROLE OF ECO-TOURISM IN SUSTAINABLE DEVELOPMENT PT 1

**ECOTOURISM IS A SUB-COMPONENT** of the field of sustainable tourism. Ecotourism’s perceived potential as an effective tool for sustainable development is the main reason why developing countries are now embracing it and including it in their economic development and conservation strategies. Ecotourism, as an alternative tourism, involves visiting natural areas in order to learn, to study, or to carry out activities environmentally friendly, that is, a tourism based on the nature experience, which enables the economic and social development of local communities. It focuses primarily on experiencing and learning about nature, its landscape, flora, fauna and their habitats, as well as cultural artifacts from the locality. A symbiotic and complex relationship between the environment and tourist activities is possible when this philosophy can be translated into appropriate policy, careful planning and tactful practicum. Carefully planned and operated ecotourism sites, especially if it is village-based and includes local participation, is able to provide direct benefits that might offset pressure from other less sustainable activities that make use of natural and cultural resources. Eco tourism, natural resources, cultural heritage, rural lifestyle and an integrated tourism is a type of local economic activities. Therefore, ecotourism in nature and cultural areas was carried out with a number of elements in their natural landscape and cultural landscape (water, vista, topography, vegetation, clean air), as well as in the variety of recreational activities suitable for all kinds of environments. Therefore, ecotourism and its natural assets and raw materials to create, as well as directing people to travel is an attractive force.

Ecotourism helps in community development by providing the alternate source of livelihood to local community which is more sustainable. Its aim is to conserve resources, especially biological diversity, and maintain sustainable use of resources, which can bring ecological experience to travelers, conserve the ecological environment and gain economic benefit. However, achieving the aims in ecotourism depends on whether they are environmentally and ecologically sustainable and economically applicable. Ecotourism helps in involving local community for the conservation of the ecology and biodiversity of the area that biodiversity in return provides the economic incentives to the local community. Eco-tourism contributes to conservation of biodiversity; sustains the well-being of local people; involves responsible action on the part of tourist and the tourism industry; promotes small and medium tourism enterprises; requires lowest possible consumption of natural resources; stresses local participation, ownership, and business opportunities, particularly for rural people; and above all includes the learning experiences.

In order for ecotourism to encourage patterns of sustainability, which can benefit local communities, protect the environment, and be economically viable, it must be comprehensive and account for the complexity of issues that have been mentioned in this paper.

This chapter has revealed that there is a need for sustainable development in tourism, and the connection between tourism and environment is much stronger than in other sectors. Ecotourism must account for social, economic and environmental implications, in order to succeed. The purpose of this study look at ways in which ecotourism and sustainable development can be evaluated; and suggest ways to improve current ecotourism practices. In parallel with this purpose, it was aimed at looking for an answer to questions of: What is Ecotourism? “What might be the effects of ecotourism?” What are the impacts and challenges of ecotourism? What are the possible benefits that ecotourism can bring? Within this scope, we focused on ecotourism’s definition, its objectives, the reasons of its emergence and development, its principles, its types, its environmental, social and economic impacts; ecotourism and sustainable development and on the examination of approaches to ecotourism in Turkey and Europe.

**WHAT IS ECOTOURISM AND ITS TYPES?**

Ecotourism, a unique subset of the tourism industry, is focused on the enhancement or maintenance of natural systems through tourism. Ecotourism means different things to different people. To some, it is the general term that encompasses nature-based, adventure, soft adventure, and cultural tourism. The term ecotourism was coined in 1983 by “Hctor Ceballos Lascurain” a Mexican environmentalist, and was initially used to describe nature-based travel to relatively undisturbed areas with an emphasis on education. Ecotourism guarantees the sustainable use of environmental resources, while generating economic opportunities for the local people.

**WHAT IS ECOTOURISM AND ITS TYPES?**

Ecotourism itself is meant to be a sustainable form of natural resource-based tourism. Even though ecotourism lacks a concrete definition, there are many wellrecognized definitions that have formed a clear picture of its core principles, which are shown in Table 1. **MORE ON THIS TOPIC IN MAY EDITION**

Ecotourism itself is meant to be a sustainable form of natural resource-based tourism. Even though ecotourism lacks a concrete definition, there are many wellrecognized definitions that have formed a clear picture of its core principles, which are shown in Table 1. **MORE ON THIS TOPIC IN MAY EDITION**

Ceballos Lascurain (1987) (Joshi, 2011)	Ecotourism is defined as travelling to relatively undisturbed natural areas with specific objective of studying, admiring and enjoying scenery and its wild animals and plants as well as existing.
Conservation International (Ziffer, 1989).	A form of tourism inspired primarily by the natural history of an area, including its indigenous cultures. The ecotourist visits relatively undeveloped areas in the spirit of appreciation, participation and sensitivity. The ecotourist practices a non-consumptive use of wildlife and natural resources and contributes to the visited areas through labor or financial means aimed at directly benefiting the conservation of the site and the economic well-being of the local residents.
The National Ecotourism Strategy (1994) (QuickStart Guide to a Tourism Business, 2006)	Ecotourism is nature based tourism that involves education and interpretation of the natural environment and is managed to be ecologically sustainable. This definition recognises that ‘natural environment’ included cultural components and that ‘ecologically sustainable’ involves an appropriate return to the local community and long term conservation of the resource.
McCormick, 1994	Purposeful travel to natural areas to understand the culture and natural history of the environment, taking care not to alter the integrity of the ecosystem, while producing economic opportunities that make the conservation of natural resources beneficial to local people
World Conservation Union (Brandon, 1996)	Environmentally responsible travel and visitation to relatively undisturbed natural areas, in order to enjoy and appreciate nature that promotes conservation, has low negative visitor impact, and provides for beneficially active socio-economic involvement of local populations.
Honey, 1999	Travel to fragile, pristine, and usually protected areas that strive to be low impact and (usually) small scale. It helps educate the traveler; provides funds for conservation; directly benefits the economic development and political empowerment of local communities; and fosters respect for different cultures and for human rights.



## PRACTICING SELF ACCOUNTABILITY IN BUSINESS

ac·count·abil·i·ty      noun    \ə-kaun-tə-'bi-lə-tē\

Oz Definition of ACCOUNTABILITY .....

**Accountability is a personal choice to rise above one's circumstances and demonstrate the ownership necessary for achieving desired results; to See It,® Own It,® Solve It,® and Do It.®**

**ST. MAARTEN** is a country of entrepreneurs. From musicians to retail owners to service providers this island is fueled by the efforts of aspiring business success stories. However, with ambition comes failure and it's the way that people handle this failure that separates the thrivers from the survivors. When it comes to tackling hurdles and set backs in business there is no more powerful resource than self-accountability.

Being self-accountable simply means to take ownership of one's decisions and actions. But why is it so important to maintain accountability in business?

The opposite of self-accountability is blame. Blaming external circumstances on the results of your business takes power away from you. Once you see yourself as powerless in any situation, that makes it easier to relinquish motivation and effort. Your business is having a problem, you blame something out of your control, so obviously there is no point to taking responsibility to combat the challenge at hand... right?

However, when you blame your slow sales on low season, or unreliable clients, what you're actually doing is robbing yourself of the opportunity to critically investigate what you as an entrepreneur can do better. This psychologically relieves you of the obligation to take further action. In other words not taking accountability makes it easier for a business owner to sit back with their hands in the air and leave their success up to chance.

Entrepreneurship is not for the faint of heart and external challenges are inevitable. It's how you navigate these challenges that will determine success. Self-accountability is that magic element which motivates a person to deal with these challenges. For example: Your sales may in fact have slowed down in the off-season, but that doesn't prevent you from develop-

### TAKE RESPONSIBILITY



## TOP BUSINESS TIPS FOR 2015



James Watt

**AS ONE CALENDAR YEAR** draws to a close, and another is set to be begin, many business leaders are thinking about their challenges for the next 12 months.

They are weighing up any number of

potential choices and factors; from expansion plans, to new products, whether to change suppliers, and how everything fits into the economic backdrop.

It is the time of year when forward planning comes to the forefront of people's minds.

Here we will highlight business leaders profiled in 2014 for the BBC's The Boss slot, share their top tips on running or setting up a company in 2015.

#### **JAMES WATT, CO-FOUNDER OF SCOTTISH BEER FIRM BREWDOG**

Work like a demon, work stupid, stupid hours. So make sure you are enjoying yourself. Running your business shouldn't feel like work, it should feel like a hobby. This is what sustains you if things are ever difficult. And only employ amazing people. You need to get the most out of your staff, so don't employ anyone you aren't sure about.

Don't be scared to take risks [in growing your business], as the biggest risk to your company is when you stop.

Yet at the same time, you need to be forensic with your finances. This is something that a lot of small firms don't pay enough attention to, and therefore risk failing. It isn't the fun or sexy part of running a company, but it is vital, and you need to be clued up about it.



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**SPORTING PERFORMANCE... FROM PAGE 16**

65 and 70 per cent.

More recent advice also provides guidelines for carbohydrate and protein based on grams per kilogram (g/kg) of body weight. The current recommendations for fat intake are for most athletes to follow similar recommendations to those given for the general community, with the preference for fats coming from olive oils, nuts, avocado, nuts and seeds. Athletes should also aim to minimise intake of high-fat foods such as biscuits, cakes, pastries, chips and fried foods.

**Carbohydrates and exercise**

During digestion, all carbohydrates are broken down into sugar (glucose), which is the body's primary energy source. Glucose can be converted into glycogen and stored in the liver and muscle tissue. It can then be used as a key energy source during exercise to fuel exercising muscle tissue and other body systems. Athletes can increase their stores of glycogen by regularly eating high-carbohydrate foods.

If carbohydrate in the diet is restricted, a person's ability to exercise is compromised because there is not enough glycogen kept in storage to fuel the body. This can result in a loss of protein (muscle) tissue, because the body will start to break down muscle tissue to meet its energy needs, and may increase the risk of infections and illness.

**Carbohydrates are essential for fuel and recovery**

Current recommendations for carbohydrate requirements vary depending on the duration, frequency and intensity of exercise. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the athlete's diet. More refined carbohydrate foods (such as white bread, jams and lollies) are useful to boost the total intake of carbohydrate, particularly for very active people.

Athletes are advised to adjust the amount of carbohydrate they consume for fuelling and recovery to suit their exercise level. For

**MORE ON THIS TOPIC IN MAY 2015 EDITION**



**PHILIPS SET TO ERUPT.... FROM PAGE 16**

his trainer. "Malcom, he is not just a coach to me. He has helped raise me. He has taught me obedience. My coach is part of my family."

Philips is preparing for this opportunity to step in the ring and show the Island and all her

visitors what he can do. "Right now I'm working on my technique and speed," said Philips. On May 30 he plans to make the best out of this opportunity.

"He definitely has what it takes," said Roumou.

- **The Daily Herald**

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# SPORTING PERFORMANCE AND FOOD

**GOOD DIET** and nutrition can enhance sporting performance. Carbohydrates should form the basis of the sportsperson's diet. For most athletes, a varied healthy diet will provide vitamins and minerals, as well as protein, to promote growth and repair of muscle tissues. Adequate fluid intake is essential to help performance and prevent dehydration.

The link between good health and good nutrition is well established. Interest in nutrition and its impact on sporting performance is now a science in itself.

Whether you are a competing athlete, a weekend sports player or a dedicated daily exerciser, the foundation to improved performance is a nutritionally adequate diet.

### Daily training diet requirements

The basic training diet should be sufficient to:

provide enough energy and nutrients to meet the demands of training and exercise

enhance adaptation and recovery between training sessions include a wide variety of foods like wholegrain breads and cereals, vegetables (particularly leafy green varieties), fruit, lean meat and low-fat dairy products to enhance long term nutrition habits and behaviours enable the athlete to achieve optimal body weight and body fat levels for performance provide adequate fluids to ensure maximum hydration before, during and after exercise promote the short and long-term health of athletes.

### The athlete's diet

An athlete's diet should be similar to that recommended for the general public, with energy intake divided into:

more than 55 per cent from carbohydrates about 12 to 15 per cent from protein.

less than 30 per cent from fat.

Athletes who exercise strenuously for



more than 60 to 90 minutes a day may need to increase the amount of energy they get from carbohydrates to between

**CONTINUED ON PAGE 15**

## PHILIPS SET TO ERUPT IN MAY RIGHT HERE IN ST MAARTEN

**ST. MAARTEN** boxer Malcolm Philips will make his amateur debut in the ring as part of the pro-am card, Eruption in Paradise at L.B. Scott Sports Auditorium May 30. Philips is being trained by Winston "Killer" Roumou.

"I was born here in St. Maarten and my opponent is coming here to my home town with intentions to defeat me," said 20 year old Philips. "I just want to let



*My apponant thinks he will defeat me in my home land "I just want to let him know that's not going to happen. He is going down!" Philips (left)*

him know that's not going to happen. He is going down!"

Philips has been training for his first fight for six years. His trainer, Roumou, has a proven track record. As a fighter Killer was never defeated fighting first in the Caribbean and then moving to Netherlands. He returned to St. Maarten in 1984 and started coaching. His prize pupil was the highly successful Shawn "Pitbull" Blair.

Roumou smiles and recalls, "All that I've travelled with have brought back silver

and gold medals to St. Maarten."

While Philips will not have to travel any great distance to reach the ring in the Sports Auditorium, Roumou is confident of a victor.

"I have to give back to St. Maarten with boxing because I was one of St. Maarten's champions for a long time," said Roumou. "I was a champion before I left here so I came back to make someone else a champion."

Philips has been working hard and appreciates the time and effort of

**CONTINUED ON PAGE 15**

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