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## Celebrating 1 Year

**P2 -P3 CULTURE**

**P4-P5 AGRICULTURE**

**P6-P7 COMMUNITY**

### P5-FRUITFUL SXM

"FROM THE GARDEN TO YOUR PLATE - JAMAICAN KALALOO PATTIES AT CAKE HOUSE"



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GREGO TOURS & PRODUCTION

TV CARIB

### P8-9 - HEALTH

WHY DO PEOPLE BECOME VEGETARIAN  
HEALTH BENEFITS OF CINNAMON BASIL

### P10 -ARTS

HOW TO USE COLOR TO ENHANCE  
YOUR DESIGNS

### P11&12 - ENTERTAINMENT

A-STATIC RELEASES NEW VIDEO  
SXM JAZZ FESTIVAL

### P13 - TOURISM

ECO-TOURISM  
IN ST KITTS AND NEVIS

### P14 - BUSINESS

THE ENTREPRENEUR  
CORNER WITH  
MS JOANNA SIMOEN

### P15-16 - SPORTS

ENCOURAGING A POSITIVE  
ATTITUDE TO SPORT  
SXM INTERNATIONAL MODEL  
CAR CHAMPIONSHIPS

**2015  
JUNE  
EDITION**  
A MONTHLY  
NEWSLETTER BY





*Denicio Wyatt*

*Editor*



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Home Remedies  
Pineapple Pete's  
The Daily Herald  
SAGAN  
Magueda Jackson  
Energise for life  
Community Tools  
Poverty Reduction  
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Cultural Xpression  
Newsletter

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# BUSSA'S REBELLION

(14-16 APRIL 1816) WAS THE LARGEST SLAVE REVOLT IN BARBADIAN HISTORY.



**BUSSA WAS BORN** a free man in West Africa of possible Igbo descent and was captured by African slave merchants, sold to the British, and transported to Barbados in the late 18th century as a slave. Not much is known about him and there are no records of him prior to this date. Since slave owners almost never bothered to keep detailed records about the lives of their slaves (who were considered property), virtually no biographical information about Bussa is available. Records show a slave named "Bussa" worked as a ranger on 'Bayley's Plantation' in the parish of St. Philip around the time of the rebellion. This privileged position would have given Bussa more freedom of movement than the average slave and would have made it easier for him to plan and coordinate the rebellion.

### Revolt

The revolts arose at a time when the British Parliament was working on schemes to ameliorate the conditions of slaves in the Caribbean. Preparation for this rebellion began soon after the House of Assembly discussed and rejected the Imperial Registry Bill in November 1815, which would have registered colonial slaves. Historians believe that slaves interpreted some of the parliamentary proposals as preparatory

to emancipation, and took action when freedom did not take place.

Among Bussa's collaborators were Washington Franklin, John and Nanny Grigg, a senior domestic slave, and Jackey on Simmons' Plantation, as well as other slaves, drivers and artisans. Jackey was a Creole driver who was an important figure. The planning was undertaken at a number of sugar estates, including Bailey's plantation, where it began. By February 1816, Bussa was an African driver, one of the few in his position. He and his collaborators decided to start the revolt on 14 April, Easter Sunday.

Bussa, King Wiltshire, Dick Bailey, and Johnny led the slaves into battle at Bailey's Plantation on Tuesday, 16 April.

He commanded some 400 freedom fighters, both men and women, most of whom were believed to be Creole, born in the islands. He was killed in battle. His forces continued the fight until they were defeated by superior firepower of the colonial militia. The rebellion failed but its influence was significant to the future of Barbados.

### Legacy

- Bussa remains a popular figure in Barbados.

- In 1985, 169 years after his rebellion, the Emancipation Statue, created by Karl Broodhagen, was unveiled in Haggatt Hall, in the parish of St Michael.

- 1998, the Parliament named Bussa as one of the ten National Heroes of Barbados. [



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**CULTURAL XPRESSION NEWSLETTER**  
**CELEBRATING 1 YEAR APRIL 2015 - CULTURAL XPRESSION NEWSLETTER** - The new monthly Newsletter called "CULTURAL XPRESSION" created by St Maarten Local young businessman Denicio Wyattte can now be viewed online @ [www.stmaartenagriculture.com](http://www.stmaartenagriculture.com).  
 Cultural Xpression is geared to build awareness amongst the various communities in St Maarten in the sector of Culture, Agriculture, Community Development, Health, Arts, Entertainment, Tourism and Sport. Thanking everyone that made this possible: 37 sq Miles The Affiliate Team, The Daily Herald Printery and most of all THE MOST HIGH!!! Always remember to give thanks for the little you have ! Wishing everybody a strength while trying to accomplish their dreams ! - D Wyattte

## Why Community Gardening and Agricultural is so important for St Maarten

Understanding the need for Food Security and Sustainability on the island as everything at the current moment is based on importation, we have long been over due to research and test our options within the Agricultural sector here on our beautiful island of St Maarten.

By understanding the need for food security and the great relief it may bring to the buying and spending power of a community, this over the course of time may also be a great asset to the decrease in poverty and eventually a decrease in crime.

This at the end of the day will overall add to the sustainability of the tourism market that we cater and rely on here on St Maarten. Understanding the need to keep our tourism market at it's peak , Agriculture plays one of the greatest role within the Tourism economy. Agriculture is just not about planting food, but its about the culture behind it, this is what most tourist leave their country to admire and be enticed by what our Caribbean, South American countries and other world wide nations in diverse cultures have to offer and share.

The community Garden will be one that would attract our visitors and locals to, learn a little bit more about our community, interact with community members, learn about plant types here on the island and get a chance to taste what we locally produced. This same procedure could be implemented in other communities throughout the island. This also creates entrepreneurship and jobs.

The main focus is to get more people involved in community gardening, but we first have to develop a way to get others to understand the possibilities, and in a world like today , most people are convinced by seeing....

By Developing a community Garden we will be able to practice to art of cultivation in many forms while focusing on producing one main crop. This community garden will act as a mini agricultural station , where members of any community on the island will be able to come and obtain information and help on how to develop and maintain a garden in their back yard or community , be able to provide seedlings at the capacity of 10000 every four weeks, dispense cultivated food amongst the less fortunate community members, create 2 job opportunities and create an environment where community member can come and enjoy a well organized, educated garden experience.



## Reviews



**TZU CHI ECO AGRICULTURAL LEARNING CENTER**  
 By Developing the Eco-Tourism Agricultural learning center we will be able to practice the art of cultivation in many forms while focusing on producing a few main crops. This Eco-Tourism Agricultural learning center will act as a mini agricultural station , where schools and members of any community on the island will be able to come and obtain information or help on how to develop and maintain a garden in their back yard or community. The Eco-Tourism Agricultural learning Center may be able to provide seedlings at the capacity of 5000 seedlings every four weeks, dispense cultivated food amongst the less fortunate community members, create job opportunities and create an environment where community members can come and enjoy a well organized, educated garden experience...



**TZU CHI**  
**ECO AGRICULTURAL**  
**LEARNING CENTER**



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#### Vegetarian Products

Discover the culinary delights of vegetarian meals. Try the line of vegetarian products *Cake House Bakery & Supermarket* introduced to St. Maarten. From delicious "ham", "chicken" to "shrimps", many of the animal products the human palate has become accustomed to are available as vegetarian substitutes.

As *Cake House* actively promotes a healthy and environmentally conscious lifestyle, genuine vegetarian and vegan alternatives have been researched and made available to consumers. Please take a few minutes of your time and look at the company's mission statement; the huge benefits of a vegetarian diet are presented on this page.



#### Vegetarian Meatballs



Whether used in linguine or spaghetti, Vegetarian Meatballs are perfect in any pasta dish. These meatballs are also great in soups or simply by themselves with white sauce.

*Ingredients: Soybean Fibre, Water, Soybean Oil, Wheat Protein, Soy Sauce, Raw Cane Sugar, Sea Salt, Natural Vegetarian Flavour, Carrageenan, White Pepper Powder.*

#### Vegetarian Chicken Tenders



Slightly spicy and sprinkle with black pepper, these Vegetarian Chicken Tenders are crispy on the outside and juicy on the inside.

*Ingredients: Soybean Fibre, Water, Whey Protein, Casein Protein, Soybean Oil, Raw Cane Sugar, Sea salt, Black Pepper Powder, White Pepper Powder, Spices, Natural Vegetarian Flavour, Yeast Peptone Powder, Starch, Sweet Potato Powder, Soy Sauce, Chilli Powder.*



## ST MAARTEN IS MORE THEN FRUITFULL AND READY FOR PRODUCTION



A display of the Grow areas and irrigation system at the Tzu Agricultural



Teachers and grown at the Tzu Agricultural Learning Center



Kalaloo grown at the Tzu Agricultural Learning Center



Choy Sum grown at the Tzu Agricultural Learning Center



Bannana's grown at the Tzu Agricultural Learning Center



Bak Choy grown at the Tzu Agricultural Learning Center



Ackee grown at the Tzu Agricultural Learning Center



Home made Jam made from the Mango's at the Tzu Agricultural Learning Center

# 10 WAYS TO SERVE YOUR COMMUNITY



**BY RANDALL S. HANSEN, PH.D.**

Performing community service is a worthy endeavor that brings people and communities closer together and improves the wellness of those volunteering their time and effort.

As we stand on the cusp of a new dawn of understanding, a new era of valuing one another, a new period of love and respect, let's make a pledge to help heal ourselves and those around us by committing to something larger than ourselves -- by committing to give back in whatever way we can.

A key component of wellness is embracing and celebrating that we are part of a larger community. Whether you see your community as your apartment building, your neighborhood, your town or city, your state, your country, or the entire world, it's now time to take a bigger role in that community's well being -- ensuring that the people in that community are loved, supported, valued.

We can all make a difference in changing and improving the lives of others -- while improving ourselves and serving as a role model for others. It's time to put the community back into community service.

How do you get started performing community service? Perhaps you have wanted to serve your community, but didn't know how to get started. Or maybe you thought community service was only for young people. Or just maybe you felt like you did not have the time to commit to serving.

The good news is there really is a plethora of opportunities to serve your commu-

nity, from very small one-time gestures to massive efforts -- and you can decide how much and what type of service works best for you. So, here are 10 ideas to help you reach out to those in your community, and in doing so, improve your overall wellness and well-being. At the end of the article, you'll also find a few inspiration quotes about volunteering and community service.

Before jumping into your community service plan, remember to think about a few issues, such as how much time you have to commit, the skills you can provide, and the types of volunteering you most desire.

**10 Ideas for Helping Your Community**  
Volunteer your time and effort with one or more of these community service ideas.

**1. Reach out to a neighbor in need.** Every neighborhood has people or families in need, from elderly or handicapped shut-ins to struggling single-parent households.

**2. Perform an act of random kindness.** Buy healthy snacks for your office or the teachers at your child's school. Pay the tolls for several people behind you. Give an umbrella to someone stuck in the pouring rain. Learn more ideas here: Random Acts of Kindness Foundation

**3. Mentor children at your local school, library, or neighborhood center.** All organizations that deal with children need adults of any age to work with the children in a variety of ways, from after-school tutoring to recreational and sports activities.

**4. Serve at a local soup kitchen or**

**food bank.** There is no greater gift than helping feed those in your community who are down on their luck and would go hungry if not for the service provided to them.

**5. Donate blood.** You can help save the life of one or more people simply by giving a pint of your blood at your local blood bank or during bloodmobile visits to your community, school, or office. (And if you can't give blood, help organize a blood drive for those you can donate!)

**6. Volunteer at the local animal shelter,** rescue group, or humane society. The animals are part of our communities too, and many of these shelters and rescue organizations need much help to achieve their missions.

**7. Visit a volunteering-related Website to find multiple opportunities to serve.** One of the greatest benefits of the Internet is the amount of Websites that can help connect people with local organizations that desperately need help. Find these volunteering sites on our sister site, QuintCareers.com: Volunteering and Non-profit Resources.

**8. Pick up trash along the road, at a local park, or along the banks of a river, stream, or lake.** Many times there are organized efforts to clean some of these locations, but there is nothing stopping any of us from picking up litter when we see it. And smokers? Put the butt in the trash, not on the ground.

**9. Help build a home with Habitat for Humanity.** Working with Habitat not only literally builds the community, but also helps welcome a needy family who would not have a home without the help from people in the community. No building skills are necessary to volunteer.

**10. Contact your local United Way, Red Cross, or Salvation Army for discovering new service opportunities.** These and other local aid organizations are clearinghouses for many opportunities to serve in your local community, making a difference in the lives of your neighbors.

**Final Thoughts on Community Service**  
Helping people in your community makes that community stronger and healthier -- and makes you stronger and healthier in the process. Performing community service is a very worthy endeavor that helps bring neighbors and others together, helping us all see the bigger picture of life we often miss in living our daily lives.

Finally, an added benefit of volunteering is the new people you'll meet, the new connections you'll make. By helping better others, you may end up bettering yourself in ways you never imagined. You may also learn new skills and obtain additional training -- all of which could help you discover a new career or find a better job.



## HOW TO REACH OUT AND HELP YOURSELF AND YOUR COMMUNITY

**HAVE YOU HEARD** of "Paying it Forward?" It's based on Karma. The idea that if you do something good it will come back to you.



**What talents do you have that will make people's lives happy?** May be you are a cook who can teach cooking classes at the boys and girls clubs.



**Where can you put your effort?** Maybe the place you work for can have a community event in their parking lot. That way we can do something for the community. People are attracted to fun people.



**Improve your skills.** You may need to brush up on my skills. You can learn a talent that can reach out to others. You can work to develop that talent.



**Talk to your boss,** and explain 'The Give to Get Method'. It is that you shall reap what you sow and that you cannot reap if you do not sow. If they are looking for a way to make new contacts, this is the way.



**Learn the attitude** that what you do comes back to you.

**Know that you have the capacity to cause change.** We are not hopeless and our efforts can make a difference in all our lives.

**Take action.** Go forth and do, take the actions needed to make all our lives better. In the process you will find yourself, and you may be surprised to see you have a smile on your face.

# WHY DO PEOPLE BECOME VEGETARIANS

**NON-VEGETARIANS** often wonder: why do people become vegetarians? They just can't fathom why anyone would want to give up meat and question what vegetarians eat to be nourished as well as satisfied. The truth is there are a number of reasons people decide to become vegetarians and with these different reasons you'll find a variety of types of vegetarians.

Being a vegetarian isn't a cut and dried brand, like everyone is exactly the same. Are all meat eaters the same? Some may not eat pork, others may not eat chicken. It's a matter of personal preference or conscience. It's no different for those who choose to give up meat for the vegetarian lifestyle.

**Ethical Reasons**

One reason people decide to become vegetarian is because they learn about how animals raised for food are treated and forced to live in overcrowded, inhumane

conditions before the slaughtering process. For example, chickens are obligated to live in very small cages and are de-beaked. People who believe this is wrong and don't want to support these abhorrent practices choose a vegetarian lifestyle for ethical reasons.

Vegetarians known as vegans choose to not only give up meat but take it a step further. In their efforts to protect animals from being raised for food, they give up all animal products including:

- Yeast
- Wearing wool or leather
- Dairy products including eggs
- Dietary Preferences

Other people become vegetarian because they don't like the taste or texture of meat. Some give up meat for health reasons such as the fact that meat is often injected with hormones or preservatives, or because meat is high in cholesterol.



**Environmental Reasons**

A smaller number of people become vegetarian because of the impact that eating meat has on the environment. For examples, farmers deforest land to create more grazing lands, or vegetarians may cite the amount of grain fed to produce animals for food. This grain could be used to feed thousands of people. Vegetarian Health Benefits

Many vegetarians hold a combination of the above beliefs, and while some people look at vegetarianism as extreme, the health

benefits cannot be denied. Former Surgeon General C. Everett Koop pointed out that 70 percent of Americans suffer from ailments and diseases related to what they eat. Studies confirm that there are advantages to eating vegetarian foods like fresh fruits, vegetables, grains and soy. They promote a healthier, longer life. Other benefits derived from a healthy vegetarian diet include:

**Promotes heart health:** Cardiovascular disease is the top cause of death in the U.S. Statis-

tics show that men who eat a meat-based diet have a 50 percent chance of not only developing heart disease but dying from it. If a man chooses to cut meat from his diet, he can reduce his risk of cardiovascular disease by 15 percent. The risk drops to four percent if he cuts meat, dairy and eggs from his diet. This is because a plant based diet doesn't contain saturated fat or cholesterol and yet it provides an abundance of antioxidants and vitamins.

**Reduces grocery budget:** While buying fresh produce may seem expensive, if you replace meat with produce estimates say you can save an average of \$4,000 annually.

**Reduces Cancer Risks:** A study published in The International Journal of Cancer associated red meat with breast cancer. The institute also claims that women who eat meat everyday increase their risk of breast cancer by four times that of non-meat eaters. It's

not just about giving up meat either, because women who eat at least one serving of vegetables daily decrease the risk of breast cancer by 20-30 percent. Studies also indicate that eating a vegetarian diet also helps to protect you from:

- Prostate cancer
- Colon cancer
- Skin cancer

**Maintain a Healthy Weight:**

Even vegetarians can eat too many sweets or starchy carbohydrates which can pack on unwanted pounds. However, overall vegetarians maintain a healthier weight than people who eat meat. This is due to the fact that a plant-based diet contains vegetable proteins and is lower in calories and fat when compared to the Standard American Diet. Because of this, vegetarians decrease their risk of weight related health problems such as:

- Heart disease
- Stroke
- Diabetes

**Cleanses the Body:**

Instead of "doing a cleanse" to detox your body, changing to a vegetarian diet will help clean your body of toxins.

If your family and friends ask, "Why do people become vegetarians?", you can let them know there are a variety of reasons, but the outcome is a healthier and longer life.

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## WHAT ARE THE BENEFITS OF CINNAMON BASIL?

**THOUGH BASIL** herb has several varieties, it is the

### CINNAMON BASIL

type which is considered to be the most beneficial one owing to its medicinal and culinary properties. The plant should be grown in an area where the acidic levels of the soil lie between 6.0 and 7.5, as per the recommendations of the experts from the University of Minnesota. This article tries to gain further insight on this topic.

What are the Beneficial Properties of the Cinnamon Basil?

The most active ingredient in this herb is the compound Cinnamate. The presence of this valuable natural substance is responsible for providing relief from ailments like diarrhea, constipation, kidney problems, cough, headache and warts. The cinnamon flavor of the herb is reason behind



the usage of this herb in Thai and Italian cuisines.

The tea of this herb is the best possible form to consume it and is one of the time-tested ways of enjoying the benefits.

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# HOW TO USE COLOR TO ENHANCE YOUR DESIGNS

**PEOPLE ARE PHYSICALLY**, psychologically, and socially influenced by color. Color has been found to have connections to health and it can help set the mood through which your designs are seen.

Color communicates meaning and so we need to be conscious of what meaning we're conveying when we choose to use one color over another. It's not enough for a designer to use a color simply because he or she likes that color.

Color is a tool in the designer's toolbox much the same as a grid or whitespace and it's important to understand how to use that tool.

Last week on vanseodesign.com they talked about the color theory and how you could represent color and choose different color schemes. This week they'll take a look at the meaning colors communicate, how we can better control our designs through our color choices and finally how to go about choosing a color scheme that reinforces the message your design aims to communicate.

## Color Meaning

The first and perhaps most important thing to understand about the meaning of color is that there is no substantive evidence that support a universal system of color meaning. It's not that colors themselves have specific meaning, but rather that we have culturally assigned meanings to them.

While some color symbolism exists globally (red as the color of a stop sign, yellow for caution), color symbolism tends to be more common within a given culture than across different cultures (white is used for weddings in Western cultures and for funerals in Eastern cultures).

Even within a single culture individual differences will exist. You and I will not necessarily be affected in the same way by

seeing the same color.

The above means that it's important to understand who your target audience is and how your audience attaches meaning to color. Again it's not that a color has a specific meaning on its own. It's that we've culturally assigned meaning to colors. Keep that in mind as you read some of the specifics about the colors mentioned below.

**Warm Colors:** For the sake of simplicity let's define warm colors as red, orange and yellow. These are the colors of fire. They radiate warmth. Warm colors are more often associated with passion, energy, impulsiveness, happiness, coziness, and comfort. They draw attention and have the advantage of being inviting and harmonious.

**Cool Colors:** Again for the sake of simplicity let's define cool colors as green, blue, and violet. These are the colors of water. Cool colors are more often associated with calm, trust, and professionalism. They are also associated with sadness and melancholy. They have the advantage of being professional and harmonious, but can also turn people off by the coolness they radiate.

**Note:** The demarcation point between warm and cool colors falls somewhere between yellow/green and violet red. Green and purple don't fall neatly into either warm or cool camps. They tend to take on the properties of one or the other based on the surrounding context.

**Red:** is the color of fire and blood. It's emotionally intense. Red is associated with energy, war, danger, strength, power, determination, action, confidence, courage, vitality, passion, desire, and love. It can enhance metabolism, increase respiration, and raise blood pressure. Red has a high visibility and advances to the foreground. It is often used for buttons in order to get people to take impulsive action.

**Yellow:** is the color of the sun. Bright yellow attracts attention, though it can also be distracting when overused. Yellow is associated with joy, happiness, wisdom, and intellectual energy. It stimulates mental activity and generates muscle energy. Yellow produces a warming effect, arouses cheerfulness and is often used to evoke pleasant feelings. Shades of yellow can become dingy lessening the pleasing effect.

**Blue:** is the color of the sky and the sea. It has the opposite effect of red and slows metabolism, breathing, and heart rate. It's seen as a masculine color. Blue is associated with trust, loyalty, wisdom, intelligence, expertise, confidence, stability and depth. It creates a calming effect, suppresses appetite and has been considered to be beneficial to both body and mind. Blue is often used for corporate sites given the previously mentioned associations.

**Orange:** combines the energy of red with the happiness of yellow. It's not as aggressive as red and calls to mind healthy food (citrus). Orange is associated with joy, sunshine, the tropics, enthusiasm, happiness, fascination, creativity, determination, attraction, success, encouragement, stimulation, and strength. It can increase appetite and evokes thoughts of fall and harvest.

**Green:** is the color of nature. It symbolizes growth, hope, freshness, and fertility. In countries with green money such as the U.S. it evokes thoughts and feelings of financial wealth. Green is associated with healing, stability, endurance, harmony, safety, life, and well being. It can sometimes signify a lack of experience and is often used to indicate the safety of drugs and medical products in advertising.

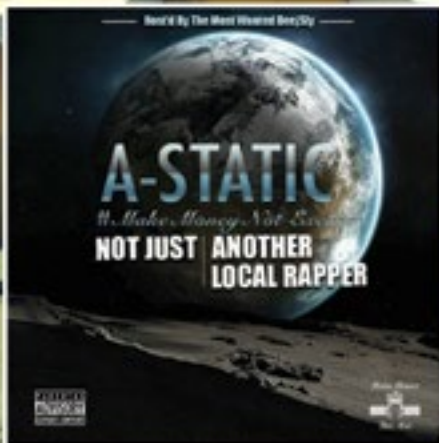
**MORE ON COLORS IN JULY 2015 EDITION**





## NEW VIDEO RELEASE BACHELORS PARTY

**YOUNG ASPIRING** rap artist A-Static has been rather busy for this year 2015 With new music & video releases off his recent mixtape "Not Just another Local Rapper" Topping the charts with his 3rd debut music video for this year "Bachelors Party" filmed by young local creative group Soualiga Media in the Dominican Republic. This can be found on YouTube by searching A-Static GVMMA to subscribe now. Be on the lookout for more exclusive music & videos by A-Static & His team Make Money Avenue Entertainment. Be sure to like A-Static's Facebook page on A-Static GVMMA where you can stay updated with what's his next big move.



1. GET ON BOON
2. ORGANIC
3. HOOD HIGH (STREET DOLLER)
4. WHY WE TRY
5. LET'S GO
6. HOME TOWN
7. MY NIGGA (REMAKE)
8. 2100 INC.
9. B-100 (REMAKE)
10. EXCHANGE RATES
11. EYES WIDE OPEN
12. EARTHQUAKE
13. MY NIGGA (REMAKE)
14. BLEEDING EYES
15. D-R
16. IMAGINATION'S BURNIN' (REMIX)
17. BACK TO BRICS
18. ANOTHER LEVEL
19. LESSON LEARNED

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DBCCA PRESENTS



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Jazz Festival  
St. Maarten

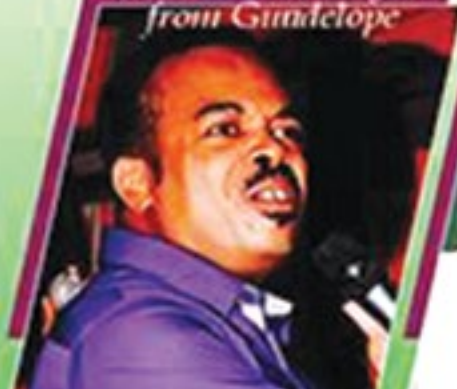


Illustration by Loic Bryon

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PIER JETTY**  
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ST. MAARTEN

**CARIBBEAN JAZZ  
PROJECT**

*with Patrice Coyou  
from Guadeloupe*



**BANKIE BANKS**  
*from Anguila*



**GREGORY HOBSON**  
*from St. Maarten*



**JAZZSECO SURINAAMS  
KASEKO BAND**  
*with Patrice Austin*





# ECO TOURISM IN ST. KITTS & NEVIS

## WELCOME TO OUR UNDERWATER WORLD

Writer Cris Lesser goes off the deep end in St Kitts.

You've probably never heard of anyone bragging about his or her scuba diving trip to St. Kitts and Nevis. Indeed, if you aren't aware the twin islands boast diving on par with any other Caribbean destination, you are certainly not alone.

As the diving here isn't as well publicised as more commercialized dive destinations, it is exactly that anonymity that has helped preserve what is a worldclass diving destination made up of virgin reefs, un-crowded dive sites and unparalleled customer service.

Whether you're a novice diver or a seasoned pro, the underwater world surrounding St. Kitts and Nevis has something for everyone.

There are dozens of easily accessible dive sites in the area and four local dive operators—three in St. Kitts and one in Nevis— with a combined century of experience to get you there and back safely.

Even if you've never so much as strapped on a snorkel, all the dive operators here are internationally certified to offer special training courses that will have you diving

sites up to 40 feet deep in just a day's time.

Kenneth Samuels, owner of Kenneth's Dive Centre, guesses he has trained hundreds of divers over the years. At 60 years old, Samuels is the granddaddy of scuba diving on St. Kitts, although you'd never guess his age—40 years of scuba diving has kept him looking much younger than his years. His eyes still light up when he talks about diving with groupers that eat out of his hand and remora fish so friendly he can rub their belly like a dog. "I wish I was an underwater photographer, because I've seen a lot of amazing things down there," he said.

Asked about his favorite dive site, he just laughed. "It could be just four feet of water," he said. "Get me in it and I'm going to enjoy myself."

St. Kitts' three dive shops all are centrally situated around Basseterre harbor—just minutes away from most hotels. But more importantly, the shops are all just a short boat ride from the most popular dive sites, which means less time bouncing around on top of the waves and more time underneath them.

"Being so close to the dive sites lets visitors get the most out of their time here," said Austin Macleod, owner and operator of Pro Divers, Inc.

"On some islands you might have to deal with a two hour crossing to get to a site," he said. "Here we can go out in the morning for a two-tank dive and be back in plenty of time to do something else in the afternoon, or have lunch and get back out on the water."

One of the area's best dive sites, the River Taw, a 144-foot-long freighter retired to the bottom of Basseterre harbor in 1985, is also one of the easiest to get to. The Taw was split in half by Hurricane Hugo in 1989 and now lies in two pieces under just 50 feet of water.

The wreck is encrusted in colorful hard and soft corals and is home to lobster, octopus, docile Southern Stingrays and the occasional sea turtle.

Seeing turtles during the day isn't guaranteed. But on night dives you're almost certain to find Greenback, Hawksbill or Leatherback turtles slumbering at sites like the River Taw.

Even if you don't spy a turtle, there are more than 700 species of fish in the Caribbean, ranging in size from inchlong sea horses and soccer-ball sized puffers to six-foot-long nurse sharks and 10-foot-wide flying Eagle Rays.

Colorful hard and soft corals abound on the islands' many reefs and wrecks, and evidence of the area's volcanic past can be found in ancient lava tracks, black coral trees and hot water vents.

Another popular dive site is a twosquare-mile coral atoll known as Monkey Shoals. Situated in the channel between the two islands, the open water allows for visibility of up to 100 feet and the large expanse teems with enough marine life to keep divers busy for days on end.

For Ellis Chadderton, who has seen other dive shops on Nevis come and go since he started Scuba Safaris there in 1984, the name of the game is customer service.

"What we sell is a good experience," said Chadderton. "From the funny cynical commentary on the way out, to a relaxing rum punch on the way back in."

Chadderton said one of the best dives of his life was at a popular site off St. Kitts' South East Peninsula called Nag's Head.

"It just decided to blow your mind that day," he recalled. "The visibility was good and we had lots of minnows and bigger fish coming in and feeding on the smaller fish. And then a dolphin decided to show up and then an Eagle Ray chose to swoop in and make

reoccurring passes. Everything just fell into place, and that's what diving is all about."



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**SXM Thrift SHOP**  
Don't Trash it, Cash it

**The Entrepreneur's CORNER**

An interview with  
**Joanna Simeon**

**THRIFT STORE** (U.S., Canada), hospice shop, resale shop (unless meaning consignment shop [U.S.]), or opportunity shop (Australia/N.Z.). Thrift shops are a type of social enterprise. They sell mainly used goods donated or bought from members of the public. Because the items for sale were obtained for free or at low costs, the items can be sold at competitive prices. After costs are paid, all remaining income from the sales are used in accord with the companies purpose. Costs include purchase and/or depreciation of fixtures (clothing racks, bookshelves, counters, etc.), operating costs (maintenance, municipal service fees, electricity, telephone, limited advertising) and the building rental fee or mortgage.

**Cultural Xpression** kicked off The Entrepreneur's Corner last month in May's Edition. This section of the paper will be a Q&A format geared towards highlighting St Maateners Locally and Abroad about their direction, goals, struggles and life while working towards building their careers and business. This In this months edition we got a chance to interview Local entrepreneur Joanna Simeon about her plans and ambitions to open a Local Thrift shop.

**Who are you, where are you from ?**

My name is Joanna Simeon, hailing from SXM

**What was your original career choice or What inspired you to undertake this career or entrepreneurship?**

My official career choice was Finance, but having children taught me to be more vigilant in spending money, one day I was interested in getting second hand items and noticed that there was not a thrift store on the Dutch half of the island and going to the French side to buy second hand in euros was like buying new on the Dutch side, so I decided to start my own store on the Dutch side.

**Why open a Thrift Shop and where is it located ?**

Having a Thrift shop helps persons whom are not able to purchase household items new since the cost of living is so high in St. Maarten, in addition, if a young person has just started the journey of life and has his/her new apartment buying second hand is a great start on a budget. SXM Thrift Shop is located on St. Peters Road # 67A and can be contacted at 1-721-548-4698 or 1-721-554-7783

**Who or what inspires you?**

I am inspired by the persons that visit the store and the joy they feel when they are able to buy a fridge stove and furniture for a fraction of the cost of a new one which is also in great condition.

**What are your short term or long term goals for your business?**

My long term goal for this business is to be able to use it as a gateway to help the less fortunate children on the island, and create jobs for persons with special skills such as carpenters etc.

**What do you look forward to mostly in the field of interest when it come to business?**

I look forward to seeing progress in my business on a monthly basis.

**What are some of the challenges you face while running a thrift shop ?**

One of my greatest challenges is to make persons understand that the items are used and there is no need to sell it for the original price that it was purchased for since it would be handed down to someone who really needs it.

**Have you ever been discouraged in your line of work and how did you deal with it?** When I first started with the business I was told that this was not a business that would succeed in St. Maarten since people here were not prone to purchasing used goods. They were wrong!

**Where do you see yourself in the next 5 years in terms of your business?** In the next 5 years I expect to have several other locations on the island.

**What has been some of your greatest accomplishments thus far?**

One of my greatest accomplishments was making the transition from being an employee to an employer.

**What do you do to get and stay creative?**

Since I was inspired by this idea, the creativity just pops up as I go along.

**What do you think about St Maarten current unemployed situation or students who come back who are over qualified to work, also how do you think our government should handle this situation?**

First of all there are no opportunities here on the island for persons who come back home and want to set up their own business, the banks here are not flexible and so persons who come home qualified to do their own thing has to struggle to make it happen. In the interim they become frustrated and leave returning to the place that they left, since there is more opportunity there. I do not think that anyone is over qualified for a job I just think that here in St. Maarten that excuse is used since they are not willing to pay these qualified persons what they are worth. Many persons in St. Maarten settle for minimum and so when students return home they are not willing to settle and so they are considered OVER QUALIFIED.

**What do you want to accomplish overall in life?**

I would like to be able to retire comfortably, and own a home.

**What do you do in your spare time for fun?**

I enjoy reading, spending time with my children and also learning new crafts.

**What is your favorite movie or music or sport?** My favourite movie is fun with dick and jane, my favorite music is music of the 70s and 80s, I'm not a sports fan.

**If you could be somewhere in the world right now where would you be?**

If I had to choose a place to be in the world right now it would be Australia.

**Does nature, spirituality and culture play a role to you?**

Yes it does in many ways.

**What are your thoughts about Agricultural development for St Maarten ?**

I think that agriculture should be deeply considered here on St. Maarten, right now in this time, people are becoming more and more health conscious and if we are able to produce organic products, we would be giving an opportunity to many people to have their own gardens and provide for example organic eggs, meat, fruits and vegetables etc. in turn an opportunity for income.

**What advice would you share with others, that may just be starting their own business?**

Starting a new business is very hard, time consuming, and takes a lot of dedication and determination, always think of your business as large as you can imagine, and don't stop trying.

# HOW TO BE A SUCCESSFUL YOUTH SPORTS PARENT

## A Parent's Greatest Strength And Weakness

It is no easy task to be a parent of a young athlete. Hard enough are the tasks of helping the child learn how to handle the ups and downs of competition. But perhaps most challenging are the demands on your own coping skills - learning how to manage emotions that are repeatedly tested under trying conditions.

As a parent, you experience a rush of positive emotions when your child triumphs, a deflating sense of emptiness when they lose. This emotional process can almost become addicting. Instead of focusing on the child's goals, you can get caught up in seeking more experiences where you can feel that rush of positive emotions. You can begin to focus on your own fantasies for your child - fantasies of success, fame, and recognition.

A common problem is that your love of your child may lead you to behave in ways that ultimately hurt the child's development, or hurt their relationship with you.

The paradox of being a par-

ent is that the good reasons we have for pushing our children to succeed can, at the same time, lead to behaviors that teach our children to be selfish and grasping instead.

A parent's greatest strength - their unwavering emotional support of their child and their willingness to make sacrifices for their child's athletic advancement - is thus also their greatest weakness.

## The Parent Trap

Unfortunately, parents get caught in this trap all the time. It shows itself in the following ways:

**Over-identification.** You naturally identify with your child, but over-identification may lead you to ignoring your child's feelings and focusing instead on your own.

**Selfish dreaming.** It is normal, as a parent, to dream of your child's future, but sometimes parents get so attached to their own dreams that they lose sight of what the child wants.

**Confusing investment with sacrifice.** As a parent, you love your children so much that you



are willing to make tremendous sacrifices on their behalf, spending money to support the child's sport and taking the time to be there for the child. But parents may come to see these sacrifices as investments and then expect that the investments will pay off and yield tangible benefits.

Competing with other parents. You want your child to excel but it easy to get caught up in competing with other parents, pushing your child to succeed and hoping that the

other children will fail, giving your child a chance to shine.

The Positive Versus The Dark Side

Watching parents who do a great job of supporting their child's development in sports, and watching those who fall into the trap of pushing their child beyond the limits, I have seen that the difference between them is whether they can put their own desires aside (Dark Side) and focus on what their child wants (Positive Side).

## ENCOURAGING A POSITIVE ATTITUDE... FROM PAGE 16

your child's self-esteem, if it makes her think she's not good at sport.

But if you look and sound like you're positive and having fun, this can help your child feel the same way.

### As your child gets older

As children get older, the emphasis in sport shifts to a more adult, winning-focused style. This can leave some children behind.

If your child isn't enjoying her sport anymore, you can help her think about ways to stay involved - for example, changing to a new team or sport. This might mean she can still get the benefits of sport.

### When your child doesn't want to play sport

If your child doesn't want to play sport anymore, it can help to find out why he's feeling this way.

Your child's reasons for dropping out might be easy to overcome. Or they might give you ideas for other options. You might want to talk about whether she wants to get out of a particular sport or team, or wants to stop sport completely.

Some common reasons children give for stopping sport include:

- not being as good as they want to be, or feeling they're not as good as others



- wanting to play another sport or do something else with their time
- not having enough fun or being bored
- being forced to play and not liking the pressure
- not liking the coach or other players or finding the training too hard
- not getting as much playing time as other children
- losing often.

If your child does want to stop competitive sport, there are lots of other fun ways he can stay physically active. Examples include:

- walking or bushwalking with parents or friends
- youth groups - for example, Scouts or Guides
- bike riding, skateboarding or rollerblading

- dancing
- beach activities, like snorkelling or bodyboarding
- flying kites
- going to the gym (for teenagers).

### Modified sport

Many popular sports in Australia have modified versions for children. This can give children a pathway into adult sport through a simpler, easier, safer version of the game. For example, they might have a smaller court or field size, smaller team sizes, different equipment, different rules, or group children by their size and not their age.

For example, tee ball is a modified version of softball and baseball. There's no pitcher, and the ball is hit from a stand ('tee') so it is easier to hit. Other popular modified sports include In2CRICKET, Aussie Hoops basketball, NetSetGO netball, Come and Try Rugby, and Auskick football.

Some organised sports shift the focus away from competition by getting rid of ranks or finals. This helps to emphasise participation, rather than results. They might use participation certificates rather than end-of-season trophies, and ask coaches and umpires to take a positive approach.



# ENCOURAGING A POSITIVE ATTITUDE TO SPORT

**BY RAISING CHILDREN NETWORK**  
<http://raisingchildren.net.au>

**KIDS AND SPORT**

– it's a great mix. Playing sport helps kids build healthy minds, healthy bodies, friendships and life skills. By teaching your child how to be a good sport from early on, you help him get the most out of being part of the game.

**Kids and sport: trying their best**

One minute your child is racing for the finish line, shooting for goal or hitting a six. The next minute she can't believe she was pipped at the

post, missed the net or got caught on the boundary.

The great thing about junior sport is that your child gets the chance to experience these emotional highs and lows in a safe, appropriate and structured environment. Sport can give your child the chance to learn about being part of a team, winning well, bouncing back from a loss and coping with unpleasant experiences such as injury.

Sport also teaches your child about how important it is

to try hard, even if this doesn't always mean winning. For example, your child might do a great job of running and kicking the ball, but his soccer team might still lose the match. It's all about how you and your child see the experience.

**Encouraging a positive sporting attitude**

Your child loves to please you, make you proud and gain your approval. You can send your child a powerful message about what makes you proud. Will you be proud because your child tried his hardest, or because



of the number of goals he scored?

**At home**

You are your child's most important role model. This includes

in sport.

When you're watching sport together, it can help to be aware of your comments. You can encourage a positive sporting attitude by cheering on your team for their efforts, even if they're losing badly. Abusing a team, umpire or anyone else for a loss can send a negative message to your child.

It might also be an idea to point out and praise athletes who don't come first. You can talk to your child about how hard the athlete tried, despite the result. You might like to give some examples of athletes you admire who don't always win, but are known as good sports.

**On the sideline**

When you go to

sporting events, your behaviour has a big impact on your child. Whether that impact is positive or negative depends on how you behave, speak, sound and take part on the sidelines.

For example, think about how your child might feel if you shout something like 'Oh, how could you miss that?' or 'Can't you run faster?'

Compare those feelings to how he might feel if you say, 'Great shot – better luck next time!' or 'Keep going, mate – you're almost there.'

Your tone and body language often have a big impact on your child too. If your child thinks you're angry with her for missing a shot, it can take the fun out of sport.

It can also affect

## SXM INTERNATIONAL MODEL CAR CHAMPIONSHIPS

**THE ENGINES**

were started and racers from around the world are running their cars at the St. Maarten Speedway on the Great Bay Promenade. The group was prepared for the second annual SXM International Model Car Championships June 22 to 28. The racers from as far away as Germany to Australia were practicing Monday and Tuesday from 1:00 to 10:00pm. The first race was



set for Wednesday at 5:00pm. The first race was the G12 class and will include several

Friendly Island drivers. The faster Pro 27 group take to the track Wednesday at 7:00pm. Racing

continued Thursday and Saturday starting at 5:00pm. The super-fast cars run Saturday. Sunday the Pro G7's will compete and the awards ceremony is set for 8:00pm.

*The Daily Herald*

**CONTINUED ON PAGE 15**

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