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CULTURAL EXPRESSION



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SPORT PARENTS

**2015
AUG
EDITION**

A MONTHLY
NEWSLETTER BY





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Pineapple Pete's
The Daily Herald
Energise for life
Community Tools
Poverty Reduction
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More Bacchanal
TZU CHI Foundation



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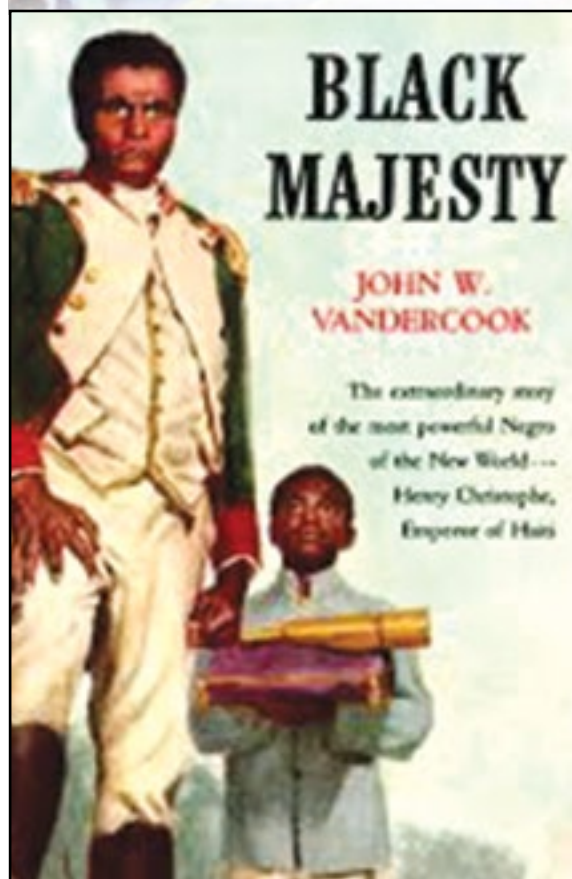
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HENRI CHRISTOPHE

(6 OCTOBER 1767 / 8 OCTOBER 1820) FORMER SLAVE AND
KEY LEADER IN THE HAITIAN REVOLUTION PT2



State and kingdom of Haiti

Following a power struggle with Pétion and his supporters in the South, Christophe retreated with his followers to the Plaine-du-Nord of Haiti, the stronghold of former slaves, and created a separate government there. Christophe suspected he was also at risk of assassination in the South. In 1807 he declared himself "président et généralissime des forces de terre et de mer de l'État d'Haïti" (English: President and Generalissimo of the armies of land and sea of the State of Haïti). Pétion became President of the "Republic of Haïti" in the south, where he was backed by General Jean-Pierre Boyer, a gens du couleur who controlled the southern armies.

In 1811 Henry declared the northern state of Haïti a kingdom and had himself crowned by Corneil Breuil, the archbishop of Milot. The 1 April 1811 edict gave his full title as Henri, par la grâce de Dieu et la Loi constitutionnelle de l'État Roi d'Haïti, Souverain des Îles de la Tortue, Gonâve, et autres îles adjacentes, Destructeur de la tyrannie, Régénérateur et bienfaiteur de la nation haïtienne, Créateur de ses institutions morales, politiques et guerrières, Premier monarque couronné du Nouveau-Monde, Défenseur de la foi, Fondateur de l'ordre royal et militaire de Saint-Henri.

Henry, by the grace of God and constitutional law of the state, King of Haiti, Sovereign of Tortuga, Gonâve, and other adjacent islands, Destroyer of tyranny, Re-

generator and Benefactor of the Haitian nation, Creator of her moral, political, and martial institutions, First crowned monarch of the New World, Defender of the faith, Founder of the Royal Military Order of Saint Henry.

He renamed Cap Français as Cap-Henri. (It was later renamed as Cap-Haïtien.)

Christophe named his legitimate son Jacques-Victor Henry heir apparent, giving him the title of Prince Royal of Haïti. Even in documents written in French, the king's name was usually given his preferred English spelling. His second son was a colonel in his army.

Christophe built for his own use six châteaux, eight palaces and the massive Citadelle Laferrière, on a mountain near Milot. With the remains of the Sans-Souci Palace, it has been designated as a UNESCO World Heritage Site. Nine years later, at the end of his monarchy, Henry increased the number of designated nobility from the original 87 to 134.

The two parts of Haiti struggled to increase agricultural production to recover from the expensive and damaging wars. The United States had only recently ended its arms and goods embargo against Haiti, and began war with Great Britain in the War of 1812. Christophe had to choose whether to enforce a version of the slave plantation system to increase agricultural production, or to subdivide the land into parcels for peasants' subsistence farming. The latter was the policy of President Pétion in the South. King Henry chose to enforce corvée plantation work, a system of forced labor, in lieu of taxes, but also began his massive building projects. During his reign, Northern Haiti was despotic but the sugar cane economy generated revenue for government and officials.

He made an agreement with Britain that Haiti would not threaten its Caribbean colonies; in return the British Navy would warn Haiti of imminent attacks from French troops.

In 1807 the British Parliament passed the Slave Trade Act of 1807 to abolish the importation of African slaves into British territories. Because of increased bilateral trade with Britain, Christophe's government earned an enormous sum of British pounds for his treasury. By contrast, Pétion's Southern Haiti became much poorer because the land-share system reduced agricultural productivity, and exports fell.

Nobility and heraldry

As king, Christophe created an elaborate Haïtian peerage (nobility) of his own design, originally consisting of four Princes, eight Dukes, 22 Counts, 40 Barons, and 14 Knights ("chevaliers"). Christophe founded a College of Arms to provide armorial bearings for the newly ennobled.

Europeans mocked his creation, and there the term "Haitian nobility" became a synonym for any improvised aristocracy created by a new government.

END OF REIGN

Pierre Nord Alexis, 17th President of Haiti

Despite promoting education and establishing a legal system called the Code Henry, King Henry was an unpopular, autocratic monarch. His realm was constantly challenged by Pétion's government of the South, in which gens de couleur held power. Toward the end of Christophe's reign, public sentiment opposed what many considered his feudal policies of forced labor, which he intended to use to develop the country. Ill and infirm at age fifty-three, King Henry committed suicide by shooting himself with a silver bullet rather than risk a coup and assassination. His son and heir was assassinated 10 days later. King Henry was buried within the Citadelle Laferrière.

His descendants continued to be among the powerful of Haiti. Pierre Nord Alexis, President of Haiti from 1902–1908, was Christophe's grandson.



It's funny how life throws a curve ball some-time, in life we have still not master the craft of expect the unexpected, thats because we live everyday with hopes that all will be well, while straying away from the fact that times and people have drastically change pertaining to their situation that lies before them, Its called evolving. In this time of drastic evolution, we have to ask our self " Whats is our role to play? In the blink of an eye the whole world around you can sae to exists. Never take for granted the time we have on this earth to impact each others lives. Weather good or bad, let us take them all as life's lessons to be learned so that we don't not walk the unrighteous path twice, but rather pave a new road so that way may guide others off the path on which they need not be.

We lost 2 good friends in the past few years, first Mark , then you It's hard to cope with the fact that we aint even living past 40 in these times, but hope that we can all one day watch our grandchildren grow and tell about all the great times we had in our times as youths .

Things are not the same anymore, before we use to fight, and after a few days every-body cool again. Now you have to wonder if you have an argument with somebody, you might not live to see tomorrow. Sad, but true ! We have to find a solution to this problem that overcoming our common ground. I hope we all can take the time to look within ourselves to find inner peace with ones self for thats the only way we may be able to make peace amongst our neighbors.

We wish his family all the best , and know that his sprit live on amongst us all..
One Love RIP

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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.

SIMPLE GUIDE TO HOME COMPOSTING PT 1



The kids at TZU CHI Learning center kick off the new year by gathering leaves and organic item from around the garden to begin their own compost compiling using recycled items.

COMPOST is the single most important supplement you can give your garden soil.

Composting is a simple way to add nutrient-rich humus which fuels plant growth and restores vitality to depleted soil. It's also free, easy to make and good for the environment.

COMPOSTING BENEFITS

Soil conditioner: With compost, you are creating rich humus for lawn and garden. This adds nutrients to your plants and helps retain moisture in the soil.

Recycles kitchen and yard waste: Composting can divert as much as 30% of household waste away from the garbage can.

Introduces beneficial organisms to the soil: Microscopic organisms in compost help aerate the soil, break down organic material for plant use and ward off plant disease.

Good for the environment: Composting offers a natural alternative to chemical fertilizers.

Reduces landfill waste: Most landfills in North America are quickly filling up; many have already closed down. One-third of landfill waste is made up of compostable materials.

You can also add garden soil to your compost. A layer of soil will help to mask any odors, and micro-organisms in the soil will accelerate the composting process.

Do not compost meat, bones or fish scraps (they will attract pests), perennial weeds (they can be spread with the compost) or diseased plants. Do not include pet manures in compost that will be used on food crops. Banana peels, peach peels and orange rinds may contain pesticide residue, and should be kept out of the compost. Black walnut leaves should not be composted. Sawdust may be added to the compost, but should be mixed or scattered thinly to avoid clumping. Be sure sawdust is clean, with no machine oil or chain oil residues from cutting equipment.

For kitchen wastes, keep a container with a lid and a handle under the sink. Consider using a stainless steel compost

pail with air filter, or the ceramic model. If you don't mind occasional smells, use an old ice-cream pail. Chop up any large chunks before you toss them in. When the container is full, take it out to your composter and toss in the contents.

With yard and garden wastes, different composting materials will decompose at different rates but they will all break down eventually. If you want to speed up the composting process, chop the larger material into smaller pieces. Leaves and grass clippings are also excellent for compost, but should be sprinkled into the bin with other materials, or dug in to the center of the pile and mixed. Avoid putting them on in thin layers - they will mat together and reduce aeration, which slows the composting process.

HOW TO COMPOST

1. Start your compost pile on bare earth. This allows worms and other beneficial organisms to aerate the compost and be transported to your garden beds.

2. Lay twigs or straw first, a few inches deep. This aids drainage and helps aerate the pile.

3. Add compost materials in layers, alternating moist and dry. Moist ingredients are food scraps, tea bags, seaweed, etc. Dry materials are straw, leaves, sawdust pellets and wood ashes. If you have wood ashes, sprinkle in thin layers, or they will clump together and be slow to break down.

4. Add manure, green manure (clover, buckwheat, wheatgrass, grass clippings) or any nitrogen source. This activates the compost pile and speeds the process along.

5. Keep compost moist. Water occasionally, or let rain do the job.

6. Cover with anything you have - wood, plastic sheeting, carpet scraps. Covering helps retain moisture and heat, two essentials for compost. Covering also prevents the compost from being over-watered by rain. The compost should be moist, but not soaked and sodden.

7. Turn. Every few weeks give the pile a quick turn with a pitchfork or shovel. This

aerates the pile. Oxygen is required for the process to work, and turning "adds" oxygen. You can skip this step if you have a ready supply of coarse material, like straw.

Once your compost pile is established, add new materials by mixing them in, rather than by adding them in layers. Mixing, or turning, the compost pile is key to aerating the composting materials and speeding the process to completion.

Note: If you want to buy a composter, rather than build your own compost pile, you may consider a buying a rotating compost tumbler which makes it easy to mix the compost regularly.

CARBON/NITROGEN RATIO

All compostable materials are either carbon or nitrogen-based, to varying degrees. The secret to a healthy compost pile is to maintain a working balance between these two elements.

Carbon - carbon-rich matter (like branches, stems, dried leaves, peels, bits of wood, bark dust or sawdust pellets, shredded brown paper bags, corn stalks, coffee filters, conifer needles, egg shells, straw, peat moss, wood ash) gives compost its light, fluffy body.

Nitrogen - nitrogen or protein-rich matter (manures, food scraps, green lawn clippings and green leaves) provides raw materials for making enzymes.

A healthy compost pile should have much more carbon than nitrogen. A simple rule of thumb is to use one-third green and two-thirds brown materials. The bulkiness of the brown materials allows oxygen to penetrate and nourish the organisms that reside there. Too much nitrogen makes for a dense, smelly, slowly decomposing anaerobic mass. Good composting hygiene means covering fresh nitrogen-rich material, which can release odors if exposed to open air, with carbon-rich material, which often exudes a fresh, wonderful smell. If in doubt, add more carbon!

MORE ON THIS TOPIC IN SEPT 2015

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A & A

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Saving the planet one tree at a time

Spaceless Gardens and the St. Maarten Tzu Chi Foundation are working together to help save the planet one tree at a time by promoting recycled gardening amongst youngsters and educators.

The two have collaborated for an Eco Tourism Agricultural Learning project at All Children's Education Foundation (ACE) school.

The project is a spinoff from an earlier project embarked upon by Tzu Chi volunteers and American University of the Caribbean (AUC) students, who had planted 180 vegetable and fruit plants in recycled plastic bottles and constructed 10 "risers" from discarded wooden pallets as part of a garden recycling project for ACE School in 2014.

The intention was to use recyclables to create gardens, while at the same time teaching pupils the value of growing locally. For the volunteer effort, Tzu Chi and AUC transformed large plastic oil bottles into plant pots. The pallets were used to construct plant "risers", with shelves on them, on which the plants in the recycled plastic bottles will be placed to grow.

The range of vegetables and fruits planted included tomatoes, hot peppers, sweet peppers, sweet basil, green onions, celery, carrot tops, baby bok choy, okra, potatoes, sweet potato, passion fruits, melon, papaya, lime, grapefruit, mango, avocado and noni.

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 Managing Director Denicio Wyattte have restarted the project to give teachers and pupils the proper knowledge to help them achieve their goals and make the project a success.

Wyattte wants to help build the consciousness of recycling and agriculture amongst pupils and in the community with the project. The initiative will be an ongoing one, starting with ACE pupils and teachers.



GAINING WEIGHT WITH RAW AND VEGAN FOODS PT 1

By Choosing Raw

Since I started blogging last year, I've consistently been asked to write a post on how to healthily gain weight with raw and vegan foods. I've avoided the question so far, mostly because I think that people who have significant amounts of weight to gain or lose should be working closely with a medical doctor or an R.D. It's not a process that should be guided by reading food blogs.

With that in mind, I thought I'd offer a few of my thoughts on ways to gain small amounts of weight with raw and vegan foods.

My experience so far has suggested that there are two groups of people who have a hard time gaining weight with vegan or raw lifestyles: the first is composed of people who simply need to eat more calories, and could use some tips on squeezing those calories in. The second includes people who are sabotaging weight gain efforts by clinging to restrictive eating patterns.

Obviously, it's much easier to discuss the former group. If you'd like to gain some weight with vegan and raw foods (either because you're quite slender to start with, or because

you've lost weight since exploring veganism), the fundamental thing you need to do is eat more calories.

Weight gain is mostly a matter of calorie expenditure vs. intake. When I mention this, many people who eat plant based diets balk, and remind me that all calories are not created equal. I know this! The quality of the foods we eat contributes to weight release or storage, just as surely as caloric density does. (So eating a Big Mac will keep the pounds on far more reliably than eating six hundred calories worth of rice, beans, vegetables, and avocado.) And yet, when it comes to weight gain or loss, it's the ratio of calories eaten versus calories burned that ultimately governs the process. How healthy a person feels will have to do with a lot more than calories—getting a high portion of vegetables, eating meals that are whole and unprocessed, etc. But if you want to gain weight, you'll need to start eating more calories, either by increasing portion size, eating more calorically dense foods, or, ideally, both.

The goal is to do this without eating foods that are



laden with sugar, low-quality fats, and simple carbs. Believe me when I say that this is far, far easier than it sounds! It's a myth to think that weight gain necessitates junk food; it doesn't. In fact, the following small efforts should point you in the right direction:

Make an effort to eat more fats. if you suspect that healthy fats make up less than 25-40% of your overall food intake for the day, you should try eating more. no, you don't have to do this with a spreadsheet or a calculator: just do a quick mental comparison of how much fat you tend to eat (versus the whole bulk of what you eat), and see if the ratio could use a boost.

Seek our foods that are rich in calories, like nuts and nut butters, avocados, certain whole grains, and coconuts. these foods will easily add caloric density to your meals, making it easy to take in more energy without eat-

ing more food than you can stomach.

Snack on foods that are calorically dense. i recommend either a) calorie-rich snack bars (such as probars or raw revolution bars) or b) a nutrient dense smoothie. you can try making one with a banana, 2 tbsp nut butter, a smoothie infusion (such as the vega brand), and fresh nut milk. oatmeal is also great for tossing into smoothies! these snacks offer energy without too much bulk, and therefore make it easy to get more calories in.

Begin increasing the size of your meals. try eating 50% more of each meal than you already do (so, if you typically eat a sandwich at lunch, eat a sandwich and a half; if you tend to have a cup of soup with a cup of quinoa, have one and a half cups of each). over time, this will add up to positive results.

These tips make it easy for anyone to get more energy and nutrition in without junk foods or empty calories. You'll simply be getting more nutrition, more of the time.

Of course, that advice is directed to men and women who are genuinely committed to

weight gain. Unfortunately, many of the people who write to me about weight gain are sabotaging their own efforts, whether they mean to or not. They want to gain weight—or rather, they've been told they should gain weight—but they refuse to do what it takes to make it happen. Time and again, I hear from women who are "trying" to gain weight, but who seem riddled with counterproductive food phobias. They include:

Paranoia about eating a well balanced diet, or the exclusion of certain food groups (e.g., "i'm scared of grains," "i'm scared of nuts," "i don't eat oils," or "i can't have any sugar")

Religious adherence to food combining practices

Refusal to eat calorie-rich foods resulting from an imbalanced fear of "density" (i typically hear this from people who have become overly caught up in cycles of fasting or abstinence)

If any of those patterns describe you, I can only say this: weight gain isn't likely if you're fixated on abstinence or a terribly limited swath of foods.

Listen up kids: if you choose to be a vegan, you're already limiting your diet more than a lot of people do. I think that my blog is a testament to the fact that eating a conscious vegan diet that includes

a ton of raw food needn't be limiting. As long as you're making room for the major vegan food groups—veggies, legumes, grains, a bit of high-quality soy (fermented if possible), sea veggies, fruits, and nuts/seeds—you have no reason to suffer from unwanted weight loss. But if you begin slipping into a mentality wherein you fear all foods that aren't vegetable juice, green smoothies, or avocados, you may quickly find yourself becoming thinner (or less vibrant) than you want to be.

I know plenty of high raw foodists who feel terrific eating two green salads and a smoothie each day. I've met lots of others who fail to thrive with those eating habits. If vegetables and juice are working well for you—if you weight is stable, your energy good, your elimination solid, and your health vibrant—well then, that's terrific. If they aren't working, you need to go back to the drawing board, and remind yourself that loving raw food should not mean sacrificing variety. I, for one, couldn't get the kind of dietary balance I need if I didn't eat grains, legumes, and a very moderate amount of soy in addition to all of the raw veggies I eat and juices I drink.

MORE ON THIS TOPIC IN SEPT 2015

The Daily
Herald
ST. MAARTEN

Thank You
for your
support

HEALTH BENEFITS OF COCONUT OIL

THE HEALTH BENEFITS of coconut oil include hair care, skin care, stress relief, cholesterol level maintenance, weight loss, boosted immune system, proper digestion and regulated metabolism. It also provides relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV, and cancer, while helping to improve dental quality and bone strength. These benefits of oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and their respective properties, such as antimicrobial, antioxidant, anti-fungal, antibacterial and soothing qualities.

Coconut oil is used extensively in tropical countries especially India, Sri Lanka, Thailand, Philippines etc., which have a good production of coconut oil. At one time, the oil was also popular in western countries like the United States and Canada, but there was a strong propaganda campaign in the 1970s spread by the corn oil and soy oil industry against coconut oil. Coconut oil was considered harmful for the human body due to its high saturated fat content until the last decade (2000s) when people began to question the claims of the propaganda. Next, let's look into some more details of how coconut oil works in our body.

HOW IS LAURIC ACID USED BY OUR BODY?

The human body converts lauric acid into monolaurin, which is supposedly helpful in dealing with viruses and bacteria that cause diseases such as herpes, influenza, cytomegalovirus, and even HIV. It also helps in fighting harmful bacteria such as *listeria monocytogenes* and *helicobacter pylori*, and harmful protozoa such as *giardia lamblia*.

As a result of these various health benefits of coconut oil, although its exact mechanism of action was unknown, it has been extensively used in Ayurveda, the traditional Indian medicinal system. The Coconut Research Center has compiled a list



of potential benefits of coconut oil in both traditional and modern medicine.

Before we move on to the benefits of coconut oil in detail, we should first understand its composition.

COMPOSITION OF COCONUT OIL:

More than ninety percent of coconut oil consists of saturated fats (Don't panic! It's not as bad as it sounds, read to the end of this review and your opinion may change), along with traces of few unsaturated fatty acids, such as monounsaturated fatty acids and polyunsaturated fatty acids. Virgin coconut oil is no different from this.

Saturated fatty acids: Most of them are medium chain triglycerides, which are supposed to assimilate well in the body's systems. Lauric acid is the chief contributor, representing more than forty percent of the total, followed by capric acid, caprylic acid, myristic acid and palmitic.

Polyunsaturated fatty acids: Linoleic acid.

Monounsaturated fatty acids: Oleic acid.

Poly-phenols: Coconut contains Gallic acid, which is also known as phenolic acid. These polyphenols are responsible for the fragrance and the taste of coconut oil and Virgin Coconut Oil is rich in these polyphenols.

Certain derivatives of fatty acid like betaines, ethanolamide, ethoxylates, fatty esters, fatty polysorbates, monoglycerides and polyol esters.

Fatty chlorides, fatty alcohol sulphate and fatty alcohol ether sulphate, all of which are derivatives of fatty alcohols.

Vitamin E, vitamin K and minerals such as iron.

HEALTH BENEFITS OF COCONUT OIL HAIR CARE:

Coconut oil is one of the best natural nutrients for your hair. It helps in healthy growth of hair and gives your hair a shiny quality. It is also highly effective in reduc-

ing protein loss which can lead to various unattractive or unhealthy qualities in your hair.

Coconut oil is extensively used in the Indian sub-continent for hair care. Most of the people in those countries apply coconut oil on their hair every day after bathing or showering. It is an excellent conditioner and helps the re-growth process of damaged hair. It also provides the essential proteins required for nourishing and healing damaged hair. Research studies indicate that coconut oil provides better protection to hair from damage caused by hygral fatigue.

By regularly massaging your head with coconut oil, you can ensure that your scalp is free of dandruff, even if your scalp is chronically dry. It also helps in keeping your hair and scalp free from lice and lice eggs.

Coconut oil is therefore used as hair care oil and is used in manufacturing various conditioners and dandruff relief creams. Coconut oil is normally applied topically for hair care.

HEART DISEASES

There is a misconception spread among many people that coconut oil is not good for heart health. This is because it contains a large quantity of saturated fats. In reality, coconut oil is beneficial for the heart. It contains about 50% lauric acid, which helps in actively preventing various heart problems like high cholesterol levels and high blood pressure. The saturated fats present in coconut oil are not harmful as you commonly find in vegetable oils. Coconut oil does not lead to increase in LDL levels, and it reduces the incidence of injury and damage to arteries and therefore helps in preventing atherosclerosis.

SKIN CARE

Coconut oil is an excellent massage oil for the skin as well. It acts as an effective moisturizer on all types of skin, including dry skin. The benefit of coconut oil on the skin is comparable to that of mineral oil. Fortunately, unlike mineral oil, there is no chance of having any adverse side effects on the skin from the application of coconut oil. Coconut oil therefore is a safe solution for preventing dryness and flaking of skin. It also delays the appearance of wrinkles and sagging of skin which normally accompany aging. Coconut oil also helps in treating various skin problems including psoriasis, dermatitis, eczema and other skin infections.

For that exact reason, coconut oil forms the base ingredient of various body care products like soaps, lotions, and creams that are used for skin care. Coconut oil also helps in preventing premature aging and degenerative diseases due to its well-known antioxidant properties.

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"OUR MIND IS LIKE A GARDEN; IF NO GOOD SEEDS ARE SOWN,
NOTHING GOOD WILL GROW FROM IT" - MASTER CHENG YEN



THE VALUE OF ARTS AND CULTURE TO PEOPLE AND SOCIETY PT1

THE GENERAL VALUE of arts and culture to society has long been assumed, while the specifics have just as long been debated. Try to imagine society without the humanizing influence of the arts, and you will have to strip out most of what is pleasurable in life, as well as much that is educationally critical and socially essential.

“When we talk about the value of arts and culture, we should always start with the intrinsic – how arts and culture illuminate our inner lives and enrich our emotional world. This is what we cherish.”

Life without the collective resources of our libraries, museums, theatres and galleries, or without the personal expression of literature, music and art, would be static and sterile – no creative arguments about the past, no diverse and stimulating present and no dreams of the future.

Of course the inherent value of arts and culture is, in part, a philosophical assertion that can't be measured in numbers. Quantifying the benefits and expressing them in terms of facts and figures that can evidence the contribution made to our collective and individual lives has always presented a problem, but it is something that arts and culture organizations will always have to do in order to secure funding from both public and private sources.

When we talk about the value of arts and culture, we should always start with the intrinsic – how arts and culture illuminate our inner

lives and enrich our emotional world. This is what we cherish. But while we do not cherish arts and culture because of the



impact on our social wellbeing and cohesion, our physical and mental health, our education system, our national status and our economy, they do confer these benefits and we need to show how important this is.

We need to be able to show this on different scales – on individual, communal and national levels – so that we can raise awareness among the public, across the cultural, educational and political sectors, and among those who influence investment in both the public and private sectors. We need this information to help people think of our arts and culture for what they are: a strategic national resource.

We also need this information to see where the impact of our work is felt, and where we don't yet reach. We want to understand how we can do better, so that arts and culture can be truly enjoyed by everyone.

As this evidence review shows, there is a considerable body of research literature available – but there are also many gaps. There is a lack

of data, for example, about the economic benefits of museums and libraries, and about the importance of the arts to the creative industries, particularly in regard to innovation.

We lack longitudinal studies of the health benefits of participation in arts and culture, and comparative studies of the effects of participation in the arts as opposed to, say, participation in sport.

We cannot demonstrate why the arts are unique in what they do.

And when it comes to crime, we have little knowledge about the effect that participation in the arts may have on reducing the numbers of people who re-offend.

The general value of arts and culture to society has long been assumed, while the specifics have just as long been debated. Try to imagine society without the humanizing influence of the arts, and you will have to strip out most of what is pleasurable in life, as well as much that is educationally critical and socially essential.

In some areas, such as the environment and sustainability, and science and technology, we have a general lack of suitable research – yet these are areas in which our own experience and common sense tell us that the arts play an essential educational and communication role.

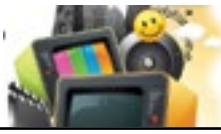
“We won't solve this problem overnight; such studies take time. But if we can work together, we will in time articulate a new language of cultural value that will help all of us to understand better the essential contribution that the arts make to our lives.”

This evidence review is an important stage in making 'the holistic case' for arts and culture – the argument that arts and culture have an impact on our lives in complex, subtle and interrelated ways, and that each benefit relates to a cluster of other benefits.

This was also the theme of last year's series of seminars we organised in partnership with the Royal Society of the Arts, 'Towards Plan A: A new political economy for arts and culture'.

Sir Peter Bazalgette
Chair, Arts Council England
MORE ON THIS TOPIC IN SEPT EDITION 2015





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Musician Paul Emanuel

WHO ARE YOU

My name is Paul EM-MANUEL. I grew up in la Savane on the French side where I reside to this day.

Also, where I chose after my return to the island from pursuing my studies to install the Paul Emmanuel's school of music, aim to offer the best in music education.

I graduated with honors from the Berklee College of Music of Boston, Massachusetts, USA. I also received an award from the Bass Department for Outstanding Bass Player.

HOW DID YOU GET TO BE WHO YOU ARE

I was born in a family of self taught musicians. My father plays guitar. My uncle Butcher, a well known taxi driver on both sides of the island, who passed away, was a great trumpeter. My three older brothers imparted a great deal in me musically as well since my early teens.

I wanted to be an architect. However, one of my teachers noticing my talent in music advised me to pursue it as a career. Through the years, she and

many others have been to me an invaluable source of help and mentorship in furthering that sole objective.

WHAT ARE YOU DOING

I am a Pro Art Musician and a Private Music Teacher at my own school. I teach on many instruments

such as piano, violin, drums, guitar, saxophone and steel pan. However, I am mainly a jazz bass player. I facilitate general music education. I have a repertoire of classical and contemporary pieces.

I conduct private music lessons with groups and individuals. I teach music to school aged children and adults. I track progress and collaborate with parents. I also work with the students to prepare them for contests, exams and special concerts at the end of the school year.

WHAT ARE YOUR PLANS FOR THE FUTURE

As Mentor Teacher, I want to fo-

cus on artist development. Provide guidance, mentoring and motivation. Gaining recognition as professional musician. Spearhead implementation of professional development initiatives in support of forming new instructors, with emphasis on multi-cultural themes and multidisciplinary approaches based on guidelines and techniques from my own personal experiences and successful world musicians.

Apart from the school, I am a freelance bassist known on the local jazz scene alongside Anastasia Larmony, Carlyle Bariteau, and many others. Occasionally I performed with some of the local bands. I song-write and compose. Furthermore, I arranged and produced two CDs for the last two years labeled "Christmas" and "The spirit of Christmas".

However, my proudest accomplishment is having a few of my students attending the five weeks summer program at Berklee University. Whereas the best is one of my past student who is now a

graduate in music at the Houston University in Texas.

In fine, through the La Bonne Note Association which I am part of, the students play on official occasions and entertain at special gatherings such as Christmas at the Bethany home and other venues.

ARTIST BIO VIVENE JAMES

MY NAME IS VIVENE JAMES, born on the 18 October 1984 from the district of water lane clarendon in Jamaica. I started singing at the age of 10 in local churches and school choirs. My first big challenge was when I enter my parish school festival competition at the age of 15 for my local school which I made it into the semifinal. I come from a family of singers, my father was a great singer and also my mother. I enjoy singing and I have a great love for Jazz music. Performing on the Jazz Festival show as the female vocalist at this level is a dream come true and a opportunity of a life time. My heart desire is that this Jazz Festival will help me to achieve my goal in becoming a more professional singer, my ambition is to release my first album soon. I pray that each and everyone will come out and support the next Jazz Festival event.



Singer Vivene James

ECO TOURISM IN COSTA RICA

COSTS

Ecotourism has contributed significantly to Costa Rica – as both a country and an economy. However, it is also a prime example of 'ecotourism gone wrong'. In the initial stages of ecotourism in Costa Rica, all stakeholders benefitted from this type of tourism and attention was being paid to the conservation of nature because of the amount of money that was flowing into the country as a result of it. However, as the amount of profit from ecotourism started to rise, the matters of protection of local environment and nature became secondary issues with all the attention focused on profit maximization.

Visitor overcapacity is one of the biggest threats Costa Rica's natural environments. Although policies in Costa Rica direct eco-tourists into areas designated specifically for that purpose, thereby alleviating the pressure on other more fragile environments, the fact is that even the ecotourism designated environments are becoming more and more fragile. That reality is precisely one of the reasons so many people converge to such areas; they cannot experience such unadulterated nature in their own countries.

Inadequate enforcement, including limited finances, inadequate local expertise and corruption, has contributed significantly to passive conservation efforts. Oftentimes, because developing nations do not have the resources to train the personnel necessary to efficiently regulate and protect a national park, it results in the progression of environmental degradation to which no one can be held accountable. For example, "44% of the 3.2 million acres marked for protection remain in the hands of their previous residents and owners. Logging in these areas is often hard to detect or prevent leading some to argue that Costa Rica's natural resources are protected only on paper" (Dulude, 2000). There are extreme shortages in the amount of money necessary to support adequate park management, infrastructure, and programming. Lack of funding, in this respect, has led to problems such as trail deterioration, habitat disruption, pollution, and litter becoming more common.

EFFECTS ON THE ECONOMY

BENEFITS

Costa Rica has turned to ecotourism as its key to economic development. Since 1984, international tourism receipts have grown from \$117 million to \$136 million in 1987, and \$577 million in 1993. Such phenomenal growth has made tourism the leading source of foreign exchange in Costa Rica.

The growth linkage possibilities of ecotourism development have had, consequently, far reaching effects on other sectors of the economy. For example, "a visit to the Carara Biological Reserve entails not only a \$15 entrance fee and possible additional donation, but also a flight into San José's International Airport, a bus ride to the park, a stay in a local hotel, dining in the town's restaurants, and the purchase of souvenirs from street vendors" (TED). To this extent, the ecotourism industry has had a trickle-down effect, bringing added revenues to rural and previously disadvantaged areas. Less obvious growth linkages of ecotourism can affect everything from the communications industry to agriculture. The successes of Costa Rica's ecotourism industry have also helped breathe life into the nation's sagging coffee market. Tourists consume an average of two cups of the nation's

gourmet coffee a day adding up to approximately 22 million cups of coffee a year, which, at 75 cents per cup, brings in about \$16.5 million. Therefore, as many Latin American nations are losing jobs and revenue to falling coffee prices caused by an influx of cheaper Asian brands into the market, Costa Rica has managed to stay afloat with this increase in domestic consumption.

With a rise in ecotourism and benefits to other industries, locals were relocated and logging industries shut down and Costa Ricans were able to turn to the tourism industry for employment. This would not have been possible if Costa Rica had adhered to former protectionist measures that tended to wall off protected areas from the public.

Ecotourism in Costa Rica has also helped "diversify the national economy, which previously depended upon the exportation of a few agricultural products, namely coffee, bananas, meat, and sugar, for 65% of its exports." Like many countries in Central America, Costa Rica's small internal market and scarcity of raw materials make industrialization a slow and difficult process without much room for expansion.

COSTS

Ecotourism can be source of generating economic development at a local level; however, quite often, it has also resulted in the disruption of local economic activities. As history has shown, ecotourism has not only disrupted local economic activity, but oftentimes, the economic benefits of ecotourism in a particular area do not accrue to the local community. Instead of locals being compensated for switching to professions in the tourism industry, they oftentimes receive jobs that are low paying (although better paying than farming) and limited in their potential for upward mobility as managerial positions go to foreigners or urban-educated elites. Profit leakage and exploitation are other possible factors that could affect the economic viability of Costa Rica tremendously in the future. Many developing nations do not have the resources to construct the infrastructure necessary for tourism development, which leads them to turn to foreign corporations and international donors (Hicks, 2001). The widespread involvement of foreign investors can lead to a leakage problem in which the profits earned by the tourism sector do not stay in the country (Hicks, 2001). This case has been seen to unfold in Costa Rica, where investment is low but new infrastructure is needed, leaving the government no other choice but to resort to foreign aid.

POTENTIAL SOLUTIONS

The key to a successful ecotourism industry in Costa Rica, which must prevail in all of its individual facets, comes down to better implementation, monitoring and evaluation around the region. In detail, "there needs to be the establishment of a system that considers all aspects of ecotourism ranging from the biophysical to the social". The complexities surrounding a successful ecotourism industry cannot be understood or solved over night as there are numerous stakeholders involved and various opinions to take into consideration; there must be a mutual understanding amongst all parties involved as to what a successful ecotourism industry looks like. With that said, more scientific studies related to the biodiversity of the parks, habitat and its disruption, park carrying capacities, pollution, visitation, and other similar issues will need to be conducted. There is no standard set of guidelines for ecotourism; it is vital that the government of Costa Rica works alongside certification programs to ensure a prosperous environment and economy for the sake of the nation's future. To illustrate, "the lack of certification poses a significant problem, for it means that ecolodges and other establishments are not answerable as far as the extent and success of their environmental efforts. Recycling programs, promotion of low-impact tourist activities, and support for conservation efforts are entirely voluntary once minimum existing environmental standards have been met".



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HOW TO MAKE THE RIGHT FINANCIAL DECISIONS



HAVING LIVED through the thrill of victory (the late 1990 bull market) and the agony of defeat (the 2000-2002 bear market), many people today find it increasingly difficult to know which is the “right” step to take. They wonder: “Is this a good time to buy stocks?”

“Should I sell some of my employer’s stock in order to diversify?”

“How much of my retirement plan should I put in stocks versus bonds?”

“If I sell this losing investment and buy something else, will I be better off?”

Since we cannot know the future with certainty, it’s obvious that no investment portfolio will ever be perfectly positioned to profit from upcoming events. As the future unfolds, it will always be possible to point to ways we could have made more money than we did and some of them will appear incredibly obvious in retrospect! This means that it’s pointless to think of the “right” investment portfolio simply in terms of maximizing profits. If that is your approach, you will always be frustrated and second-guessing your decisions.

The “right” portfolio is one that realistically faces where you are right now, looks years ahead to where you want to go, and has a very high probability of getting you there on time. Let’s look at some of the characteristics of the “right” steps to take.

- The right investing decision is one that is consistent with a specific, biblically sound long-term strategy you’ve adopted. One common trait that I find among many of those I counsel is that their current investment portfolio tends to be a random collection of “good deals” and assorted savings accounts. Each investment appears to have been made on its own merits without much thought of how it fit into the whole.

I find savings accounts (because the bank was offering a “good deal” on money market accounts), company stock (because buying it at a discount is a “good deal”), a savings bond for the kids’ education (because they read an article that said they were a “good deal” for college), a universal life policy (because their insurance agent said it was a “good deal” for someone their age), a real-estate partnership (which their broker said was a “good deal” for people in their tax bracket), and 100 shares of XYZ stock (because their best friend let them in on this really “good deal”).

I want you to become an initiator (one who develops an individual investing strat-

egy tailored to your personal temperament and goals) rather than a responder (one who reacts to sales calls, making decisions on a case-by-case basis). Then you can select the appropriate investments accordingly. The right investment step is the one that you seek out purposefully, knowing where it fits into the overall scheme of things.

- The right investing decision is one where you’ve taken plenty of time to pray and to seek trusted, experienced Christian counsel. Because your decisions have long-term implications, you should take all the time you need to become informed. Don’t be in a hurry; there’s no deadline. A good friend once commented to me: “The Christian life isn’t a destination; it’s a way of travel.” Likewise, you’re not under pressure to predict the best possible portfolio for the next six months or make next year’s big killing. Your goal is to settle into a comfortable investing lifestyle that will serve you well for decades. You need time to pray, ask for the counsel of others, and reflect. You should consider the alternatives, examine your motives, and continue praying until you have peace in the matter. If you’re married, you should pray with your spouse and talk it out until you reach mutual agreement. You’re in this together and, rain or shine, you both must be willing to accept responsibility for the decision. This will add to your steadfastness during the occasional rough sledding along the way.

- The right investing decision is one that you understand. This typically involves at least two things. First, it’s relatively simple. It’s not likely that your situation requires exotic or complicated strategies. In fact, the single investment decision of greatest importance is actually pretty easy to understand. It’s deciding what percentage of your investments to put in stocks (where your return is uncertain) as opposed to bonds and other fixed income investments (where your return is relatively certain). This one decision has more influence on your investment results than any other.

And second, you’ve educated yourself on the basics. When you’re able to give a simple explanation of your strategy to a friend and answer a few questions, you’ve probably got at least a beginner’s grasp. The right investment step is the one where you understand what you’re doing, why you’re doing it, and how you expect it to improve matters. That’s the least you

should expect of yourself before making decisions that can dramatically affect your life and the lives of those you love. Sound Mind Investing’s Fund Upgrading and Just-the-Basics portfolios are good examples of effective, yet easily understood, strategies.

- The right investing decision is one that is prudent under the circumstances. Does it pass the “common sense” test? How much of your investing capital can you afford to lose and still have a realistic chance of meeting your financial goals? The investments that offer higher potential returns also carry greater risks of loss. The right portfolio for you is not always the one with the most profit potential.

For example, it’s usually best not to have a majority of your investments in a single asset or security. For that reason, people who have large holdings of stock in the company they work for often sell some of it in order to diversify. If the stock doubles after they sell it, does that mean they did the “wrong” thing? No, they did the right thing. After all, the stock could have fallen dramatically as well as risen (ask the former employees of Enron). What would a large loss have done to their retirement planning? The right investment step is the one that protects you in the event of life’s occasional worst-case scenarios. Generally, this moves you in the direction of increased diversification. Many people seem to find investing to be a nerve-racking, if not downright scary, experience. Making investment decisions, and then watching the results unfold, can be stressful. Do you become anxious when circumstances compel you to make important investing decisions? Most of us do to one degree or another. If my mail is any indication, a great degree of financial fretting is common. Three recurring comments lead the list of ways my readers express their concerns.

“There’s so much at stake. I’m afraid I’ll make the wrong decision.” “I don’t have much experience. I’m afraid I’ll make the wrong decision.” “My savings aren’t making enough now, but if I make a change I’m afraid I’ll make the wrong decision.” What is the “wrong” decision, anyway? If you feel a wrong decision is like saying $2+2=5$, then you’re off track; such thinking implies investing decisions can be made with mathematical certainty. They can’t. This doesn’t mean the economy and investment markets are completely random, only that you’re dealing with probabilities, not certainties and predictable events. Scientists can predict with great accuracy when the next eclipse of the sun will occur decades into the future, yet they can’t tell you if the sun will be eclipsed by a thunderstorm and ruin next week’s football game.

All of this is actually good news. It means anybody can play. It’s like learning to drive a car. After a couple of lessons, you know enough to travel around town if you follow a few basic safety guidelines.

DO'S AND DON'TS FOR SPORT PARENTS

and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.

- Show interest in their participation: help them get to practice, attend competitions, ask questions.
- Provide; a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behavior is unacceptable during practice or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when need. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, so will your child.
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY**

WIN OR LOSE!!!

DON'T FOR YOURSELF:

- Base your self-esteem and ego on the success of your child's sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

DON'T WITH OTHER PARENTS:

- Make enemies of other parents.
- Talk about others in the sports community. Talk to them. It is more constructive.

DON'T WITH COACHES:

- Interfere with their coaching during practice or competitions.

7 THINGS PARENTS DO ... FROM PAGE 16

6. They live through their kids.

Some parents were not good athletes growing up, so the fact that their children are very athletic amuses them. But sadly, there are parents who were super athletic growing up who expect their children to be just like them. When they're not, the parents push, berate, and voice their disappointment. Find a way to let your kids shine. If it's the sport you or your spouse love, great. If it's not, accept your child and his preferences as is.

7. They don't look out for their kids.

If your child is being treated badly by a coach, you need to step in. There is a right way to talk to your child's coach, so be sure to take that approach. But by all means, don't let anyone belittle your child to the point that their confidence is shaken and their spirit is broken.



2. Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what they may get out of sports.

DON'T WITH YOUR CHILDREN:

- EXPECT YOUR CHILDREN TO GET ANYTHING MORE FROM THEIR SPORT THAN A GOOD TIME, PHYSICAL FITNESS, MASTERY AND LOVE OF A LIFETIME SPORT, AND TRANSFERABLE LIFE SKILLS.
- Ignore your child's bad behavior in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sports participation as an investment for which you expect a return.
- Live out your own dreams through your child's sports participation.
- Compare your child's progress with that of other children.
- Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to hate you.
- Expect anything from your child except their best effort.
- NEVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU! !**

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7 THINGS PARENTS DO TO MAKE THEIR KIDS HATE SPORTS

SPORTS FOR KIDS—whether its baseball, soccer, or lacrosse—can be great at teaching them teamwork and discipline. But that benefit can quickly be lost when a mom or dad puts too much pressure on their child. Avoid these 7 things parents do to make their kids hate sports.

1. They forget their children are kids.

It's easy to get caught up in the pressure of turning our kids into super athletes. But when that happens, we start to expect our children to train like adults. Well, they're

not adults. Yes, they should be focused on doing their best, but their bodies are not able to bear the strain of grown-up size repetition. Plus, the joy of sports is having fun. If you expect your 8 year old to have the focus and work ethic of a high-schooler, you're expecting too much.

2. They embarrass their kids.

I just read an article about a father who would yell out to his son, "You're playing like a girl!" at his son's games. In front of everyone. Parents also embarrass their kids when they coach from the stands, yell at um-



3. They compare their kids.

You might not even realize you're doing this one. If you say, "That Abby has amazing ball control," your child is hearing, "My

mom thinks I'm not as good as Abby." More blatant examples of hurtful comparisons include, "Why can't you move around the bases like Jack?" "If only you practiced as much as Sophia, you'd be good too."

4. They don't show up.

Sports are a big commitment, so if you sign your children up to play, make sure you're all in. That means making every game you can. It may seem like you're spending all of your free time at the field, but you're also building memories and showing your children that you believe in them.

5. They over-schedule their

kids.

It's common these days for kids to join travel teams as early as 8 years old. You'll hear the parents say, "He loves soccer so much. It was his idea." It might have been your child's idea, but you are the one who can wisely weigh the cost to your child. Is it really wise to let your children stay up late several nights a week at practices and games? Is it best for him and your family to spend all weekend traveling to tournaments? Many travel team kids are burned out by the time they're in middle school. Just something to think about.

DO'S AND DON'TS FOR SPORT PARENTS

DO FOR YOURSELF:

1. Get vicarious pleasure from your children's participation, but do not become overly ego-involved,
2. Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
3. Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels

and performs.
4. Have a life of your own outside of your child's sports participation.

DO WITH OTHER PARENTS:

1. Make friends with other parents at events. Socializing can make the event more fun for you.
2. Volunteer as much as you can. Youth sports depends upon the time and energy of involved parents.
3. Police your own ranks: Work with

other parents to ensure that all parents behave appropriately at practices and competitions.

DO WITH COACHES:

1. Leave the coaching to the coaches.
2. Give them any support they need to help them do their jobs better.
3. Communicate with them about your child You can learn about your child from each oth-

er. 4. Inform them of relevant issues at home that might affect your child at practice.

5. Inquire about the progress of your children. You have a right to know.

6. Make the coaches your allies.

DO FOR YOUR CHILDREN:

1. Provide guidance for your children, but do not force or pressure them.
2. Assist them in setting realistic goals for participation.
3. Emphasize fun, skill development

CONTINUED ON PAGE 15

CONTINUED ON PAGE 15

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