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SPORT PARENTS

**2015
NOV
EDITION**
A MONTHLY
NEWSLETTER BY

GRANTLEY HERBERT ADAMS

(28 APR 1898 / 28 NOV 1971) Barbados National Heroe



GRANTLEY HERBERT ADAMS was born at Colliston, Government Hill, St. Michael, on 28 April 1898. He was the third child of seven born to Fitzherbert Adams and the former Rosa Frances Turney. Grantley was educated at St. Giles and at Harrison College in Barbados. In 1918 he won the Barbados Scholarship and departed the following year for his undergraduate studies at Oxford University. Adams played a single match of first-class cricket for Barbados during the 1925-26 season, as a wicket-keeper against British Guiana in the Inter-Colonial Tournament.

Adams was married to Grace Thorne in 1929 at St. John's Church. Their only child, Tom, himself won the Barbados Scholarship, and attended Oxford to become a lawyer. Tom Adams would later be elected as Barbados' second Prime Minister in 1976.

POLITICAL LIFE

Adams was president of the Barbados Workers' Union (BWU) from 1941 to 1954. While being a staunch supporter of the monarchy, Adams and his party also demanded more rights for the poor and for

the people. Progress toward a more democratic government in Barbados was made in 1942, when the exclusive income qualification was lowered and women were given the right to vote. By 1949 governmental control was wrested from the planters.

Adams became the Prime Minister of the West Indies Federation, defeating Ashford Sinanan by two votes. (Sinanan went on to serve as Leader of the Opposition of Trinidad's Democratic Labour Party.) Adams served this role from 1958 to 1962; Barbados was one of the ten provinces of the West Indies Federation, an organisation doomed by nationalistic attitudes and by the fact that its members, as British colonies, held limited legislative power.

As Premier of Barbados, his leadership failed in attempts to form unions such as the BWU, and his continued defence of the monarchy was used by his opponents as evidence that he was no longer in touch with the needs of his country. Errol Walton Barrow, a fervent reformer, became the new people's advocate. Barrow had left the BLP and formed the Democratic Labour Party (DLP) as a liberal alternative to Adams' conser-

vative government. Barrow instituted many progressive social programmes, including free education for all Barbadians, and the School Meals system. By 1961, Barrow had replaced Adams as Premier and the DLP controlled the government.

LEGACY

Grantley Adams International Airport, formerly Seawell Airport, located in Christ Church, Barbados, was named after the former Prime Minister in 1976. A statue in honour of Adams is located in front of Government Headquarters at Bay Street, St. Michael.

Adams is one of Barbados' National Heroes.

He was the father of Barbados' second Prime Minister following independence, the late J. M. G. "Tom" Adams.

Grantley Adams was buried in Bridgetown, Barbados, at the churchyard of the Anglican Cathedral Church of Saint Michael and All Angels on Saint Michael's Row.

The former home of Sir Grantley Adams located on Roebuck Street, Bridgetown today functions as headquarters of the Barbados Labour Party political group.

Adams is featured on the front of the Barbados \$100 bill.



Created BY: 

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Contributors

- Home Remedies
- Pineapple Pete's
- The Daily Herald
- Energise for life
- Community Tools
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ST PETERS COMMUNITY GARDEN SOON A REALITY

DOCTORS-IN-TRAINING at American University of the Caribbean (AUC) School of Medicine and St. Maarten Tzu Chi Foundation volunteers helped bring the St. Peters Community Garden project closer to reality on Saturday, when they helped prepared the land for the major agricultural project.

Minister of Education, Culture, Youth and Sports Rita Bourne-Gumbs, who read about the volunteer exercise on Facebook, also came out on her own accord and helped plough the land and encouraged project leader Denicio Wyattte.

A total of 33 volunteers turned out to assist including 13 AUC students, a large number of Tzu Chi volunteers and Wyattte and his family and friends. Volunteers as young as three-years-old and as old as 80, were busy helping in whatever way they can to help the project inch one step closer to reality. AUC students came out as part of their annual Community Action Day volunteer exercise.

The St. Peters Community Garden, which is located next to the Hillside Christian School in St. Peters, is geared towards creating a model version of the first St Maarten Agricultural Station, where members from the surrounding communities can go to get vital information, help and items related to agriculture and community back-yard garden development. The mission is create an umbrella where persons below the poverty line can get the right education and help with whatever is needed for agriculture that will be able to assists with their living situation.

On Saturday Oct 19, 2015, volunteers assisted with the preparation of the farming area by removing rocks and grass from potential crop areas; painted the recycled palette fence; assisted with the general clean up of the premises by removing unwanted grass, weeds and pruning and beautification of the surrounding fruit trees and helped in the construction of the wooden Green house located on the property.

A heavy downpour of rain during the exercise did not deter volunteers, who used the downpour to take a much needed "community break," and got right back to work when the rain stopped.

Tzu Chi provided vegetarian snacks and lunch for participants. Freshly made bush tea was also available made with fresh herbs from Wyatt'e Garden.

President of AUC's Asian Students Medical Association Elliott Chen said at the end of the exercise that it was a good experience for the students to get out in the community to help. He said he personally enjoyed the activity. He said it is one thing to go into a supermarket to get your fruits and vegetables; but it is quite another to actually experience some of the hard work that actually goes into farming to produce these things.

Student Wade Licup said he too enjoyed the exercise. He said it's easy for a student to get stuck in academia, but it's good to go out to help and keep a healthy balance. He said too that it is important to make better use of the land.

Bourne-Gumbs thanked volunteers for backing the agricultural initiative. The minister said the project is a good example of how communities can help to build themselves without the assistance of government and also help build each other. She was happy to see young children amongst the volunteers, as they too are getting a chance to learn about the importance of agriculture as well as a chance to learn about a local tradition.

Wyattte enlightened volunteers about his vision for agriculture and his plans for the project

Wyattte, thanked all the volunteers for coming out to help in the project. Although everyone was covered in mud, after the rain, the exercise was fun, beneficial and very rewarding for everyone.



Fresh Greens from the St Peters Community Garden like Dill, SXM wild Basil and Callao were available on St Maarten's Day at St Peters street fair..



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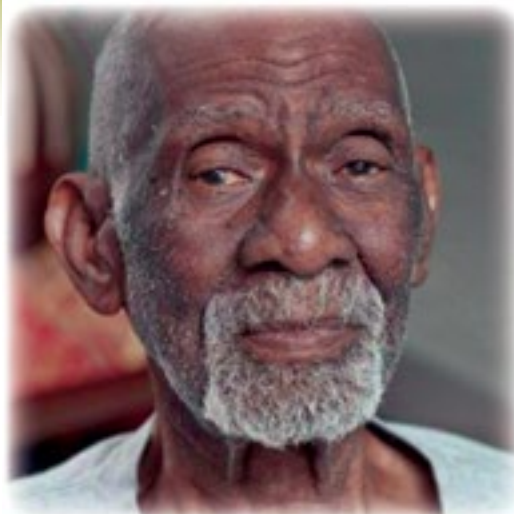
PHOTOS ST. MARTIN DAY

St Peters
Community



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St Peters Community Council

WHAT IS ELECTRIC FOOD? HOW DOES EATING ELECTRIC FOODS BENEFIT THE BODY?



"All of the African Bio-mineral Balance compounds are comprised of natural plants; which means its constitution is of an alkaline nature. This is important - and instrumental in our success in reversing pathologies - because disease can only exist in an environment that is acid; thus it is inconsistent to utilize inorganic substances when treating disease because they are of an acid base. Only consistent use of natural botanical remedies will effectively cleanse and detoxify a diseased body, reversing it to its intended alkaline state." - Dr. Sebi

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BY 9thmind.com

AN ELECTRIC food is food that is completely natural, completely ingenious of the Earth and 100% living. Our bodies are alive, which make human beings dependent on a living life force. Energy makes us move. Electrical food animates our electric bodies. Sadly, about 80% of the common foods that are the norm in the American diet is not electric. To top it off, almost 93% of the food that makes up the normal American diet is not even real.

Most of us are overweight because we are starving on a cellular level. Why? It's because we are not receiving the proper vitamins & nutrients that we need. When this happens we continue to eat, because our biological system is still in need and this causes us to become overweight.

The nutrients we need are not in the proper form from most of the foods we eat. When these nutrients are listed on the nutritional labels, typically on "organic" labeled foods - these vitamins & minerals most likely are not in the proper state for which our bodies can assimilate (meaning we are not absorbing the nutrients we eat)!

93% of the vegetables and fruits in a typical American diet are hybrids. This means they were created or engineered by Man. Hybrid foods do not produce seeds to naturally recreate. Hybrids are sterile. Erectile dysfunction central. Flaccid.

These foods are not indige-

nous of the Earth. Hybrid foods are also highly acidic. High acidity, which is the opposite of alkalinity, causes a block in the absorption of nutrients on a cellular level. Imagine a gas tank full of debris. Hard, calcified debris. This is your body on the average American diet.

This is not a educational-how-to post. I am very upset and very hurt of the realization of this. America has created a whole system that sets up the people for dis-ease, stress & bad health. It makes me sick.

However, removing ignorance from the mind solves all.

It saddens me because the Vegan - even though beyond their pure effort & honest discipline, still inhales things that are no good for them. More than likely, they may even consume more hybrid and pseudo-foods than the typical meat eater. That's depressing. What are some examples of hybrid food? The carrot, the grapefruit, seedless grapes, the orange orange, the pale potato, almost 80% 90% of the worlds corn & rice, almost 95% of the large tomato (except the small cherry tomato), the non-whole-grain wheat, the soybean... and the list continues.

Find yourself allergic to certain fruits? Allergic to soy? Allergic to wheat? Allergic to gluten? Allergic to the orange orange (like myself)? You are not weird. It's just your body's way of rejecting what is not natural. Its a signifier that

something is not right.

Many Vegans chow down on tofu, which is made from the genetically engineered soybean. They believe they need it because of "Protein". However, what they do not realize is that the essential amino acids that make up the cellular strand of "protein" is not in the proper state for the body to assimilate in tofu, nor the soybean. Same with the black bean, due to the acidity (anything above the pH level of 7 is alkaline).

Studies have shown what happens to the body when cooked foods are consumed. The number of white blood cells dramatically increase when you eat anything that is cooked. White blood cells attack anything foreign in the body. They grow in number when something new is introduced into the body to protect the body. So if this happens simply when you eat cooked food, imagine what happens when you consume a diet of synthetic, processed and non-natural foods.

Think about it. There is plenty of iron in a rock, right? But if you ate it, the iron inside is oxidized. The body can not assimilate the iron in that state at all.

The damage that capitalistic civilization has placed on the people of the world is disturbing. And it is only getting worse. If we do not have access to real food, we will starve. We will not grow properly. We won't have enough mental megahertz to really understand what is happening in the world.

My Teacher has opened my eyes and I owe much to his dedicated service to the world.

His contribution has renewed my mind.

"Be transformed by the renewing of your mind..." That passage in the New Testament was not a fairytale. If we are open to renew our minds, we can make a sudden change in our lives, "in a twinkling of an eye... they will be caught up & transformed." I believe knowledge was what that passage was referring to.

ELECTRONIC FOODS LIST

Vegetables

Amaranth Greens, Avocado Asparagus, Bell Peppers, Chayote, Corn Chips & Air Pop Corn, Cucumber, Dandelion Greens, Garbanzo Beans, Green Banana, Izote (Cactus Flower), Jicama, Kale, Lettuce (Except Iceberg), Mushrooms (Except Shiitake), Mustard Greens Nopales (Mexican Cactus), Okra, Olives, Onions, Poke Salad, Sea Vegetables, Squash, Spinach (Use sparingly), String Beans, Tomato (Cherry and plum only), Tomatillo, Turnip Greens, Zucchini.

Fruits

Apples, Bananas, Berries, Cantaloupe, Cherries, Currants, Dates, Figs, Grapes (Seeded), Limes (Key Limes), Mango, Melons (Seeded), Orange (Seville or sour preferred), Papaya, Peaches, Pears, Plums, Prunes, Raisins (Seeded), Soft Jelly Coconut, Soursops, Sugar Apples (Cherimoya)

Herbal Teas

Allspice, Anise, Chamomile, Cloves, Fennel, Ginger, Lemon Grass, Raspberry.



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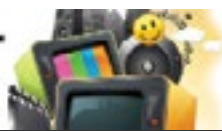


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Duration : 30mn

SECOND ACT : SXM LATIN JAZZ ENSEMBLE

A brand new latin jazz band composed with the finest jazz musicians of the Island, with Jose Vulbeau, piano, Franco, guitar, Julien Seguret, percussions, Eupemio Rubio, vocal, Antoine, trombone...

Duration : 1 hour

MAIN ACT : INFUZION JAZZ QUINTET

The idea of this musical project is to celebrate the genius of MILES DAVIS, and other great musicians such as PAT METHENY, THE BRECKER BROTHERS, LARRY CARLTON, MARCUS MILLER and many more....who bring the colors of modernity to the JAZZ MUSIC....

The band is composed with KENNETH BRUCE on bass, ALBAN CHARTON on guitar, RAYMOND GREGO on drums, ROLLAND CLAXTON on saxophone and CHRISTIAN AMOUR on keyboards...

Duration : 1hour 30min



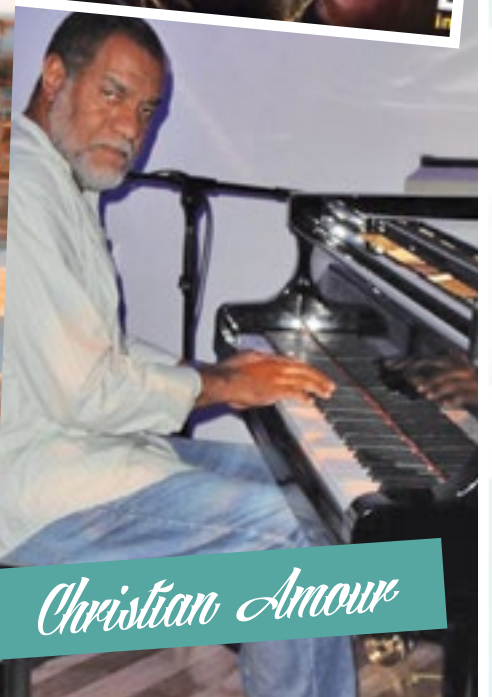
Ray



Kenneth Bruce



Cardyle Barreiteau



Christian Amour



Bobo Claxton



Paul Emanuel



Alban Charton

CHRISTIAN AMOUR & MORE

THE IMPORTANCE OF ART IN DAILY LIFE

THE WORD 'ART' is most commonly associated with pieces of work in a gallery or museum, whether it's a painting from the Renaissance or a modern sculpture. However, there is so much more to art than what you see displayed in galleries. The truth is, without being aware of it, we are surrounded by art and use it on a continual basis. Most people don't realize how much of a role art plays in our lives and just how much we rely on art in all of its forms in our everyday lives.

Art in the Home

Chances are you will have some form of art in your home. Obviously the first things that might come to mind will be a painting, print or photograph on the wall. If you don't have any of these things adorning your walls, don't panic, you'd be surprised at how much art you actually have in your home if you look around! Art is not purely for looking at and admiring, a lot of it is functional too, especially when it comes to our homes. Everything from a delightfully patterned quilt on the bed, decorative tea towels or that cute pink heart covered teapot to the sleek computer case or angle-poised desk lamp can be considered a form of art.

The Joy of Art

You may be wondering why all of these things are so important to our daily lives and that you could probably survive just fine with essential items that were non-artistic. That is just the reason why art is so valuable! While art may not be vital to fulfill our basic needs, it does make life joyful. When you look at a painting or poster you've chosen to hang on your living room wall, you feel happy. The sculpture or figurines on the kitchen windowsill create a sense of joy. These varieties of art forms that we are surrounded by all come together to create the atmosphere that we want to live in, which is personable to us.

Art and Music

The importance of art in our daily lives is very similar to that of music. Just like art, music can make life extremely joyful and can

have a huge effect on our mood. In the workplace in particular, music is something that can help people set the mood for what they are about to do. If you have something hard or difficult to work on or are feeling tired, an energetic song will likely wake you up and add some enthusiasm to the situation. Similarly, when stress is high, many people find that relaxing to calming music is something that eases the mind.

Inspirational Art

Inspirational art, such as posters are often found in work spaces to encourage employees to continue being productive. There is now an increasing amount of companies using art in their offices, as well as playing background music, as it is proven to actually work in making end results far better quality.

There may be a piece of art that you own that you personally find motivational. Perhaps a print with a positive affirmation or quote beautifully scrolled on it or a painting of a picturesque scene of where you aim to travel to one day. I've even heard of people who put up posters of their favorite singer or Hollywood actress to motivate them to go to the gym!

Art is everywhere, influencing us on a daily basis, whether we realize it or not. With the art that we are surrounded by, whether it's a painting, music or even videos can have a huge impact on our mood and emotions. Of course some art is very dark and can cause disturbing emotions, anger or even depression but we can choose what kind of art we want to be surrounded by in our own environment at home to make you feel good. All kinds of art can affect our mood in a positive way, making us feel happier, calmer, or even inspired to do something.

Everywhere you go art is evident. Parks often use sculptures to add interest and to inform people. Posters on walls give information and motivation. Music plays on the radio to keep your energy levels up. Without even realizing it we find ourselves immersed in the power of art most of the time!

ISLANDVIBE SXM

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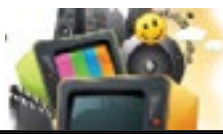
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Wild Statia DISCOVER STORIES OF STATIA'S WILDLIFE IN FREE WILD STATIA EBOOK

by **Hannah Madden
and Mark Yokoyama**

events that entertain, inspire, and inform. The Association is currently accepting new member and corporate benefactor

member applications on its website, <http://www.lesfruitsdemer.com>.

ANYONE WITH an interest in Statia and its wildlife is in for a real treat: a free ebook—Wild Statia—was just released by naturalists Hannah Madden and Mark Yokoyama. The 55-page book is illustrated with captivating photos taken by the authors.

The book's fifteen chapters each take a closer look at a unique aspect of Statia's wildlife, from majestic tropicbirds to extraordinary nocturnal insects, and all the lizards in between. Readers will also discover more about the habitats that support wildlife and the work being done to understand and protect natural heritage. The format of the book emphasizes the fascinating stories that are often left unexplored by scientific publications.

Madden and Yokoyama will be in the field this week doing research for their upcoming guide to the wildlife of Statia, which will be the first book of its type for the island. The authors aim to complete the wildlife guide in 2016. This project is managed by the non-profit association Les Fruits de Mer, with support from the St. Eustatius Tourism Development Foundation and funding from NuStar Terminals, N.V..

In addition to documenting the animals themselves, the authors are excited to learn about wildlife from the people of Statia. According to Yokoyama, "One thing that you will notice in Wild Statia is a passion for connecting natural history with human culture—the names given to animals, the stories told about them and the ways that we have impacted nature over time. If you have any information about wildlife on Statia, we'd love to hear it." Stories, info and names for Statian wildlife can be shared by sending them to info@lesfruitsdemer.com.

Many of the chapters are adapted from articles in Yokoyama's ongoing Wild Statia series in the Weekender section of The Daily Herald. The ebook can be downloaded for free at lesfruitsdemer.com or statiawildlife.com.

ABOUT LES FRUITS DE MER

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture, and sport. The organization carries out this mission through publications, an education program, and special public outreach

ECOTOURISM COLUMBIA

Colombia's tourist industry has languished for decades under concerns about national security, but times are changing. Even the remote La Macarena National Park, famed for its beautiful river and pink plants, in the troubled Meta Province has opened up primarily to eco tourists. The country is an extraordinarily diverse land that straddles Pacific Ocean and the Caribbean Sea, suffers the heat and humidity of the equator, and shivers by night on the rugged peaks of El Cocuy -- all offering eco tourists a world of possibilities.

Lodging
You may have to give up your laptop at the Playa Koralia eco lodge at the foothills of the

Sierra Nevada de Santa Manta on the Caribbean coast. Playa Koralia creates a relaxing atmosphere so that guests may avoid the distractions of Internet, TV and newspapers. Rooms blend with the natural environment and there is a campground on the beach. Pijalba Lodge, one hour's boat ride from Nuqui on the Pacific coast, won Conservation International's Ecotourism Excellence Award in 2000. Between July and October it's possible to spot humpback whales from the beach, and snorkeling and scuba diving is available year-round.

The Amazon
The Amazon River provides eco-adventures to see Amazonian flora and fauna in their wild habitation. Access to the tangled jungle is

through Leticia on the border with Peru and Brazil. Despite its remote location, the city is an embarkation point for the river trip to the Amacayacu National Park where 150 mammal species and over 450 different bird species reside. Lodging options provide a base from which to see pink river dolphins, explore the car-free town of Puerto Nariño and to interact with remote Amazonian tribes who teach visitors about their important connection with the Earth.

El Cocuy National Park
El Cocuy National Park in Colombia's northeast is as wild as the country gets -- a landscape of glacier-topped mountains that soar to 17,000 feet. Travel here is not for th



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- The crackers are soy free too! They offer the right amount of tasty heat from jalapeños for a crunchy, mouthwatering standalone snack, yet they also pair well with a variety of complementary toppings.



- **ENJOY LIFE SEED FRUIT** A yummy medley of sunflower kernels, pumpkin seeds, dried pineapple, apricots and cranberries, Beach Bash® belongs with you at the shore, on the trail or on the go. Nut-free, it's perfect for people with nut allergies and makes a great school-safe classroom snack.

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, Chili Powder.

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MEDICAL CONDITIONS AFFECTING SPORTS... FROM PAGE 16

categorization indicates the comparative likelihood that participation in different sports will result in acute traumatic injuries from blows to the body.

For most chronic health conditions, current evidence supports and encourages the participation of children and adolescents in most athletic activities. However, the medical conditions listed in Table 2 have been assessed to determine whether participation would create an increased risk of injury or affect the child's medical condition adversely. These guidelines can be valuable when a physician examines an athlete who has one of the listed problems. Decisions about sports participation are often complex, and the usefulness of Table 2 is limited by the frequency with which it recommends individual assessment when a "qualified yes" or a "qualified no" appears.

The physician's clinical judgment is essential in the application of these recommendations to a specific patient. This judgment is enhanced by consideration of the available published information on the risks of participation, the risk of acquiring a disease as a result of participation in the sport, and the severity of that disease. Other variables to consider include (1) the advice of knowledgeable experts, (2) the current health status of the athlete, (3) the sport in which the athlete participates, (4) the position played, (5) the level of competition, (6) the maturity of the competitor, (7) the relative size of the athlete (for collision/contact sports), (8) the availability of effective protective equipment that is acceptable to the athlete and/or sport governing body, (9) the availability and efficacy of treatment, (10) whether treatment (eg, rehabilitation of an injury) has been completed, (11) whether the sport can be modified to allow safer participation, and (12) the ability of the athlete's parent(s) or guardian and coach to understand and to review each particular person or child individually .

PHYSICAL ACTIVITY CHOOSING THE ONE FOR YOU



CONGRATULATIONS! You've decided to build physical activity into your daily life. The next step is to choose the right kind of activity for you. The most important thing to remember is to choose an activity that you find fun. Look for a type of physical activity that you're likely to enjoy. Do you prefer to spend time indoors or outdoors? Alone or with people? You are more likely to abandon a healthy lifestyle change if your chosen activity doesn't suit your preferences or lifestyle.

See your doctor for advice, support and a medical check-up before you start any new physical activity program. This is particularly important if you are over 40 years, overweight, haven't exercised in a long time or suffer from a chronic medical condition.

Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you. Ensure you read through the adult pre-exercise self-screening tool before you embark on a physical activity or exercise program.

IDENTIFY YOUR STYLE OF PHYSICAL ACTIVITY

Do you like things organised or prefer a more casual approach? Do you like to do things on your own or to be part of a group-based activity?

Some issues you may like to consider include:

- Exercising alone – are you self-motivated? If so, this is a good option, especially if your busy schedule prevents you from planning a regular time to be active every day.
- Training buddy – you may be more likely to commit to a physical activity routine if you are doing it with someone else, because you don't want to let your training buddy down.
- Team sports and group physical activity programs – organised activities offer the chance to widen your social circle.
- Mixing it up – some people like to combine two or three options. For example, you may choose to exercise alone on two or three days of the week, and train with a buddy or participate in a team sport on a couple of the other days.

Physical activity – decide on your health goals

While any type of physical activity is good for you, different physical activities offer different results. Deciding your health goals will steer you towards the right intensity of activity for you.

For example, weight-bearing activities such as walking, running, weight training or cycling are good choices for weight management because they help burn kilojoules.

IDENTIFY YOUR STYLE OF PHYSICAL ACTIVITY BY ASKING YOURSELF A FEW QUESTIONS.

Do you like things organised or prefer a more casual approach? Do you like to do things on your own or to be part of a group-based activity?

TABLE 1 Classification of Sports According to Contact

Contact	Limited-Contact	Noncontact
Basketball	Adventure racing ^a	Badminton
Boxing ^b	Baseball	Bodybuilding ^c
Cheerleading	Bicycling	Bowling
Diving	Canoeing or kayaking (white water)	Canoeing or kayaking (flat water)
Extreme sports ^d	Fencing	Crew or rowing
Field hockey	Field events	Curling
Football, tackle	High jump	Dance
Gymnastics	Pole vault	Field events
Ice hockey ^e	Floor hockey	Discus
Lacrosse	Football, flag or touch	Javelin
Martial arts ^f	Handball	Shot-put
Rodeo	Horseback riding	Golf
Rugby	Martial arts ^f	Orienteering ^g
Skiing, downhill	Racquetball	Power lifting ^c
Ski jumping	Skating	Race walking
Snowboarding	Ice	Riflery
Soccer	In-line	Rope jumping
Team handball	Roller	Running
Ultimate Frisbee	Skiing	Sailing
Water polo	Cross-country	Scuba diving
Wrestling	Water	Swimming
	Skateboarding	Table tennis
	Softball	Tennis
	Squash	Track
	Volleyball	
	Weight lifting	
	Windsurfing or surfing	



MEDICAL CONDITIONS AFFECTING SPORTS PARTICIPATION

CHILDREN and adolescents with medical conditions present special issues with respect to participation in athletic activities. The pediatrician can play an important role in determining whether a child with a health condition should participate in certain sports by assessing the child's health status, suggesting appropriate equipment or modifications of sports to decrease the risk of injury, and educating the athlete, parent(s) or guardian, and coach regarding the risks of injury as they relate to the child's condition.



sports participation for children and adolescents with medical conditions.

In 2001, the American Acad-

emy of Pediatrics published an analysis of medical conditions affecting sports participation.

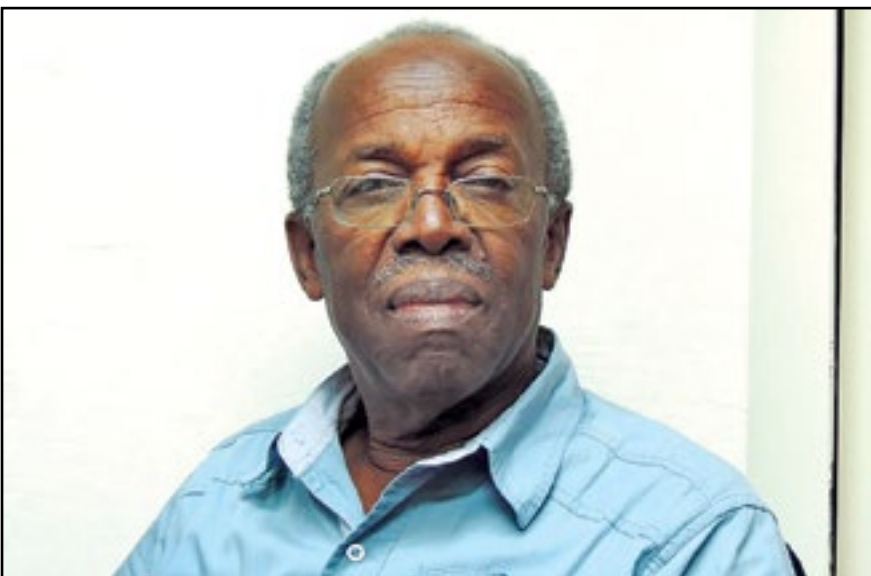
This updated report replac-

es the 2001 policy statement and provides additions and changes to increase the accuracy and completeness of the information. Health care professionals must determine whether a child with a health condition should participate in a particular sport. One way of determining this is by estimating the relative risk of an acute injury to the athlete by categorizing sports as contact, limited-contact, or noncontact sports (Table 1). This categorization may subdivide contact sports into collision and contact sports; although there may be no clear dividing line between the 2, collision im-

plies greater injury risk. In collision sports (eg, soccer, boxing, ice hockey, football, lacrosse, and rodeo), athletes purposely hit or collide with each other or with inanimate objects (including the ground) with great force. In contact sports (eg, basketball and soccer), athletes routinely make contact with each other or with inanimate objects but usually with less force than in collision sports. In limited-contact sports (eg, softball and squash), contact with other athletes or with inanimate objects is infrequent or inadvertent. However, some limited-contact sports (eg, skateboarding) can be as dangerous as collision or contact sports. Even in noncontact sports (eg, power lifting), in which contact is rare and unexpected, serious injuries can occur.

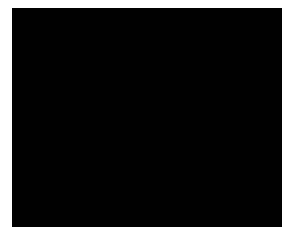
Overuse injuries are related not to contact or collision but to repetitive microtrauma; furthermore, overuse injuries generally are not acute. For these reasons, the categorization of sports in Table 1 insufficiently reflects the relative risks of injury. However, the

BROWN NAMED FFBSC SCOUT



Mr Gabriel Brown, Photo - The Daily Herald

St. Martin's Gabriel Brown, the Eastern Caribbean director of Pony Baseball /Softball, has been appointed as a scout for the French Federation of Baseball Softball and Cricket, (FFB-SC). He will recruit players with French nationality from the area to form part of the French National selection.



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