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DO'S AND DONT'S FOR
SPORT PSRENTS

**2015
SEPT**

EDITION
A MONTHLY
NEWSLETTER BY





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Home Remedies
Pineapple Pete's
The Daily Herald
Energise for life
Community Tools
Poverty Reduction
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Newsletter

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JULIEN FÉDON (? - 1796?), also called Julien "Fedon," "Foedon," "Feydon," and "Fidon," [1] was the leader of a slave revolt that took place in Grenada between March 2, 1795 and June 19, 1796. Thus, the rebellion is known as the Fedon Rebellion. The rebellion broke out in a year that gave rise to various slave revolts in the Caribbean, from Cuba and Jamaica to Coro, Venezuela. While rumors of the existence of rebels on the Trinidad Island was influenced, apparently, by the Grenadian revolt. During the nineteenth and twentieth centuries, Fedon was considered a folk hero in Grenada, and influenced the nationalist leaders and revolutionaries of the island.

BIOGRAPHY

Julien Fedon was born on the island of Martinique. Fedon was the son of Pierre Fedon, a French jeweler who traveled from Bordeaux, France, in 1749 to the island of Martinique. His mother, meanwhile, was a free black slave of Martinica. The family moved to Grenada in the 1750s, when the island was still under French rule. However, according to historian Edward Cox, noted researcher of Julien Fédon, Fédon seem not to have lived on the island in 1772 and

probably he would have migrated to it later.[1] Already in Grenada, he was the owner of the farm in the Belvedere Estate, in Saint John Parish. He was appointed commanding general of the French republican forces in Guadeloupe island.

Fedon began the revolt on the night of March 2, 1795 to abolish slavery, converting slaves into citizens, and eliminate British colonial rule, returning it to the French people. To do this, he fought against the landlords and white British bourgeois, with the help of several troops formed by around 100 freed slaves and mulattoes. The attacks went so coordinate, against the cities of Grenville and Gouyave. The rebels looted and burned houses and dragged into the streets to British settlers, after which they were executed. After returning to the mountains of Belvedere, the rebels joined a large group of slaves who had abandoned the plantations where they worked. In the mountains, Fedon established several fortifications to face the British attacks. Thus Rebellion allowed them to control the whole island except the St. George Parish, the place where stood the seat of government. During those months, about 14,000 of the 28,000 slaves on Grenada at the time were allied to the revolutionary forces, with many French people who had seen that their land, Grenada, was ceded to the British in 1763, and that of French Catholics in the island, excluded from civil and political rights because of their religion, and that wanted oust the British from the island. In the war against the whites, some 7,000 of these slaves were killed.

The April 8, 1796, a brother of Fédon died because to a British attack in its field. To avenge the death of his brother, Fédon ordered the execution of 48 prisoners (of the 53 that he had) who were with him on the mountain, including Governor Ninian Home. Fédon's attack failed when run

against St. George. The historians considered that the failure of this attack was the source of his defeat. Also, on many occasions, Fedon allowed the regrouping and strengthening of the British, without launching any attack on them. Thus, the British were able to defeat the troops of Fédon.

The forces of Fédon were defeated the next day on the steep hills and ridges near Mt Qua Qua. The few surviving rebels flung themselves down the mountain. Fedon was never captured and his whereabouts is unknown after the revolution. It is believed, however, that he may have tried to flee the island by canoe, which could have sunk when it was already at a distance from the island.

IDEOLOGY

Fedon was influenced both by the French Revolution in France, the French Revolutionary leaders on Guadeloupe, and the Haitian Revolution. So, Fedon had a firm intention to make of Grenada a new Black republic, following the Guadeloupe model. Also his followers (notably Jean-Pierre La Vallette, Nogues Charles Besson Stanislaus, Ventour Joahim Etienne and Phillip) were influenced by the French Revolution, developed in the summer of 1789, pursuing freedom, equality and fraternity, of which referred the treaty of this Revolution and stating that all men were equal.

Fedon's revolution and its ideology of the French Revolution also attracted the participation of French-born Grenadian, who had seen that their homeland, Grenada, was ceded to the British in 1763, and that of French Catholics in the island, excluded from civil and political rights because of their religion.

PERSONAL LIFE

Julien Fedon married Marie Rose Cavelan, a mulatto, in 1787, and they settled in the state of Baldivere in 1791, in the Saint John Parish.

SIMPLE GUIDE TO HOME COMPOSTING PT2

SIMPLEST COMPOSTING METHODS

"No-turn" composting

The biggest chore with composting is turning the pile from time to time. However, with 'no-turn composting', your compost can be aerated without turning.

The secret is to thoroughly mix in enough coarse material, like straw, when building the pile. The compost will develop as fast as if it were turned regularly, and studies show that the nitrogen level may be even higher than with turned compost.

With 'no-turn' composting, add new materials to the top of the pile, and harvest fresh compost from the bottom of the bin. This can be easily done in an Aerobin Composter, or a WIBO compost bin.

Composting leaves

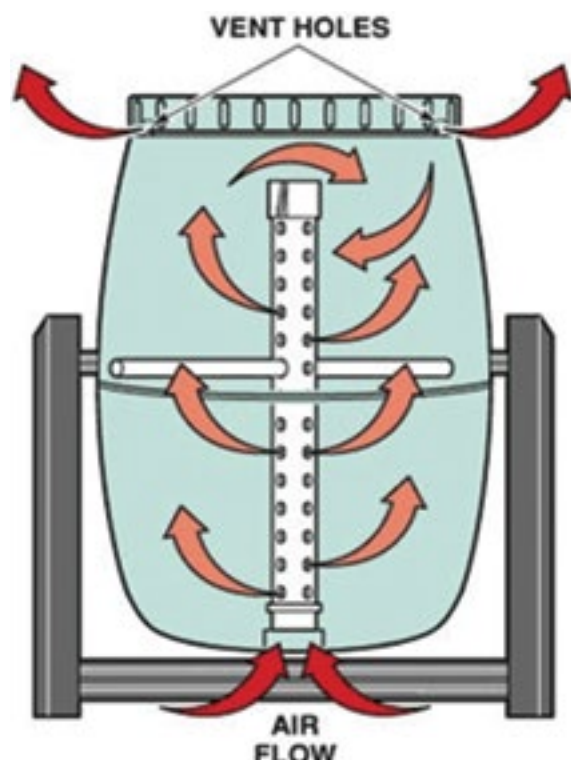
If you have too many leaves to incorporate into the compost bin, you can simply compost the pile of leaves by itself. Locate the pile where drainage is adequate; a shaded area will help keep the pile from drying out.

The leaf pile should be at least 4' in diameter and 3' in height. Include a layer of dirt between each foot of leaves. The pile should be damp enough that when a sample taken from the interior is squeezed by hand, a few drops of moisture will appear. The pile should not be packed too tightly.

The pile will compost in 4 - 6 months, with the material being dark and crumbly. Leaf compost is best used as an organic soil amendment and conditioner; it is not normally used as a fertilizer because it is low in nutrients.

Leaf-mould tea

You can also use leaves to make a nutritious "tea" for your plants. Simply wrap a small pile of leaves in burlap and immerse in a garbage can or large bucket of water. Leave for three days, then remove the "tea bag" and dump contents into the compost. Scoop out the enriched water with a smaller bucket and use to water your plants and



Compost Tumbler,



shrubs.

Enclosed Compost Bins

For small-scale outdoor composting, enclosed bins are the most practical. The least expensive method is to build one yourself from a heavy-duty garbage can. Simply drill 1.5-cm aeration holes in rows at roughly 15-cm intervals around the can. Fill the can with a mixture of high-carbon and high-nitrogen materials. Stir the contents occasionally to avoid anaerobic pockets and to speed up the composting process. If the lid is secure, the bin can be laid on its side and rolled; a length of 2" cedar (use a 2x2 or a 2x4) can be bolted to the inside, running top to bottom, to help flip the material. Without this, the contents tend to stay in place while the bin is rolled.

Another option is a compost bin, sometimes called a 'compost digester'. Compost bins are enclosed on the sides and top, and open on the bottom so they sit directly on the ground. These are common composting units for homes in residential areas where bins tend to be smaller, yet enclosed enough to discourage pests. These bins are inexpensive, but it is difficult to turn the compost, so it can take several months to produce compost. These bins are thin-walled plastic, and may chip along the edges, especially during a freeze.

The most efficient enclosed bin method is the compost tumbler. It's possible to maintain relatively high temperatures in drum/tumbler systems, both because the container acts as insulation and because the turning keeps the microbes aerated and active. An interior "paddle" aids aeration and prevents clumping of the composting materials. This greatly speeds up the composting process.

An enclosed 'tumbler' system offer the following benefits:

- speeds up the composting process
- can compost year-round, due to higher internal temperature
- cannot be accessed by rodents, raccoons, dogs or other critters
- keeps compost neatly enclosed and odor-free, well-suited for residential areas.

TIPS FOR SUCCESSFUL COMPOSTING

Activate your compost

'Activators' can be added to your compost

to help kick-start the process and speed up composting. Common compost activator materials are: comfrey leaves, grass clippings, young weeds, well-rotted chicken manure.

Flying insects attracted to your compost?

Small fruit flies, especially, are naturally attracted to the compost pile. They can be discouraged by simply covering any exposed fruit or vegetable matter. Keep a small pile of grass clippings next to your compost bin, and when you add new kitchen waste to the pile, cover it with one or two inches of clippings. Adding lime or calcium will also discourage flies.

Unpleasant odors from your compost pile?

This can be a concern in urban and suburban areas with small lots and neighbors living close by. Odors can be reduced, or eliminated, by following two practices: first, remember to not put bones or meat scraps into the compost; second, cover new additions to the compost pile with dry grass clippings or similar mulch. Adding lime or calcium will also neutralize odors. If the compost smells like ammonia, add carbon-rich elements such as straw, peat moss or dried leaves.

Is your compost pile steaming?

No problem. A hot, steamy pile means that you have a large community of microscopic critters working away at making compost.

A moveable feast.

The soil beneath a compost bin becomes enriched as nutrients filter down with successive waterings. You can place your bin on a plot of earth which you plan to use for a future vegetable or flower bed, or fruit tree. Each year, you can move the bin to a different area; you'll get a double benefit - the compost from the bin, and a bed of nutrient-rich soil ready for new plantings.

Additive only

Compost should be used as a soil additive, and not exclusively as the growing medium. Compost is a source of rich organic matter which provides nutrients for growing plants, but should be thought of as one component of a healthy garden bed.

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A & A

SUPPLY N.V.

**DONT WAIT,
BE PREPARED THIS
HURRICANE SEASON**





“The more we give, the more we accomplish” ~ Master Cheng Yen

The St. Maarten Tzu Chi Foundation has provided relief supplies and emergency financial aid to the 15 individuals who were affected by the devastating fire in St. Peters on August 2, 2014.

Donated to the families were boxes of clean clothing; 15 envelopes with emergency cash relief and 15 containers each with rice, cornflakes, milk, sugar, oil, spaghetti, face towel, toilet paper, soap, toothbrush, biscuits, peanut butter and bread etc. Six zinc sheets, which had been requested by one of the families whose home had been partially destroyed, were also donated.

Volunteers used the opportunity to share some inspiring words of encouragement to the fire victims.

Tzu Chi St. Maarten Commissioner Sandra Cheung encouraged recipients and their neighbours to look out for each other and not to wait for a disaster to offer a lending hand to others.

The 15 recipients were so touched and appreciative of the kind gesture from the foundation and its volunteers that they pledged to be of assistance to others. Some began the blessing field by donating whatever they could to be able to assist others, even as they themselves were being helped. The devastating fire may have destroyed their homes and belongings, but it did not destroy their conscience, love and care for others. The fire victims have become more compassionate.

At the end of the relief volunteers interacted with the various families with sign language song “One Family.”



GAINING WEIGHT WITH RAW AND VEGAN FOODS PT2



RAW FOODS are the foundation of my lifestyle, obvious, but they don't exclude everything else.

If you're eating mostly raw but finding that you cannot keep your weight stable, ask yourself a few questions:

- do i eat enough? if i were to

compare my energy (kcal) intake to what's considered normal for my weight and height, would i be close, or very far?

- have i crossed off a ton of food groups that i used to eat?
- have i self-diagnosed a food allergy that may or may not be real?

- have i become fixated on food combining to a point where i simply can't fit enough bulk into a meal?

- do i eat often enough?

- do i routinely skip meals?

If you're answering "yes" to more than one of those questions, you may need this wake up call: weight gain and severely limited dietary habits are mutually exclusive. Period. It's not veganism that's the culprit here, or raw foods: it's a fear of variety and heft. More often than not, men or women who tell me that they can't gain weight with vegan foods have reduced either fat or carbohydrate intake drastically; if not, they've severely reduced their portions. And weight gain won't happen until those habits change.

Healthy weight gain tends to come slowly, and slowly, and

then it happens quickly. So if you're at the start of a weight gain journey, remember that consistency and effort will pay off with time and with patience. If you follow some of the tips above—more fats, more caloric density, more energy-rich snacks, and bigger meals—it should ultimately prove simple.

And once again, remember that, if you have a significant amount of weight to gain, these efforts alone may not be enough. Talk to your doctor about how you can expedite the process in a healthy way.

Hope this gives many of you the answers you've been looking for. Veganism shouldn't mean wasting away, and in fact I hate to ever think that it's synonymous in the popular imagination with waifdom. Eat well, eat with balance, and remember that raw foods need not preclude a varied approach!

10 FOODS TO BOOST YOUR BRAINPOWER

1. OPT FOR WHOLEGRAINS

Like everything else in your body, the brain cannot work without energy. The ability to concentrate and focus comes from the adequate, steady supply of energy - in the form of glucose in our blood to the brain. Achieve this by choosing wholegrains with a low-GI, which release glucose slowly into the bloodstream, keeping you mentally alert throughout the day. Opt for 'brown' cereals, wheatbran, granary bread and brown pasta.

2. Eat oily fish

Essential fatty acids (EFAs) cannot be made by the body and must be obtained through diet. The most effective omega-3 fats occur naturally in oily fish as EPA and DHA. Good sources include linseed (flaxseed) oil, soya bean oil, pumpkin seeds, walnut oil and soya beans. They are good for healthy brain function, the heart, joints and general wellbeing. Oily fish contains EPA and DHA in a ready-made form, which enables the body to use it easily. The main sources of oily fish include salmon, trout, mackerel, herring, sardines, pilchards and kippers. Low DHA levels have been linked to a higher risk of developing Alzheimer's disease and memory loss.

3. Binge on blueberries

Evidence accumulated at Tufts University in the United States suggests that the consumption of blueberries may be effective in improving or delaying short term memory loss. Widely available, so there's no excuse.

4. Eat more tomatoes

There is good evidence to suggest that lycopene, a powerful antioxidant found in tomatoes, could help protect against the kind of free radical damage to cells which occurs in the development of

dementia, particularly Alzheimer's.

5. Add vitality with vitamins

Certain B vitamins - B6, B12 and folic acid - are known to reduce levels of homocysteine in the blood. Elevated levels of homocysteine are associated with increased risk of stroke, cognitive impairment and Alzheimer's disease. A study of a group of elderly patients with mild cognitive impairment found that after two years of intervention with high doses of B6, B12 and folic acid there was significantly less brain shrinkage compared to a subset given placebo treatment.

6. Get a blackcurrant boost

Vitamin C has long been thought to have the power to increase mental agility. One of the best sources of this vital vitamin are blackcurrants.

7. Pick up pumpkin seeds

Just a handful of pumpkin seeds a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills.

8. Bet on broccoli

A great source of vitamin K, which is known to enhance cognitive function and improve brainpower.

9. Sprinkle on sage

Sage has long had a reputation for improving memory and although most studies focus on sage as an essential oil, it could be worth adding fresh sage to your diet too.

10. Go nuts

A study published in the American Journal of Epidemiology suggests that a good intake of vitamin E might help to prevent cognitive decline, particularly in the elderly. Nuts are a great source of vitamin E along with leafy green vegetables, asparagus, olives, seeds, eggs, brown rice and wholegrains.

NUTRITIONAL VALUE OF LEMONGRASS

LEMONGRASS is an aromatic storehouse of essential nutrients providing a wide array of health benefits. It is a source of essential vitamins such as vitamin A, B1 (thiamine), B2 (riboflavin), B3 (niacin) B5 (pantothenic acid), B6 (pyridoxine), folate and vitamin C. It also provides essential minerals such as potassium, calcium, magnesium, phosphorous, manganese, copper, zinc and iron, which are required for the healthy functioning of the human body. It offers no harmful cholesterol or fats.

Health Benefits of Lemongrass

Lemongrass contains antioxidants, flavonoids and phenolic compounds such as luteolin, glycosides, quercetin, kaempferol, elimicin, catechol, chlorogenic acid, and caffeic acid, all of which help in providing an impressive range of medicinal aids. The main component of lemongrass is lemonal or citral, which has anti-fungal and anti-microbial qualities, while also providing a distinct lemony smell. Some of the most well known health benefits of lemongrass include:

Cholesterol: Lemongrass possesses anti-hyperlipidemic and anti-hypercholesterolemic properties that support healthy cholesterol levels. Studies have shown that the regular consumption of lemongrass has shown significant results in sustaining healthy levels of triglycerides and reducing the LDL cholesterol in the body. This helps in preventing the accumulation of lipids in the blood vessels and promotes the unobstructed flow of blood in the arteries and prevents various cardiac disorders such as atherosclerosis.

Detoxification: Lemongrass helps in cleansing and flushing harmful toxic wastes out of the body, as a result of its diuretic properties. Detoxification helps in better regulation of various organs of the body, including the liver and kidney, while also helping to lower the levels of



uric acid. The diuretic effect of lemongrass helps in increasing the quantity and frequency of urination, which helps in maintaining digestive health, eliminating accrued fats, and assisting in maintaining a clean system. **Cancer:** Lemongrass is effective in treating various types of cancers without affecting the healthy normal cells of the body. Research conducted to prove the anti-cancerous activity of lemongrass has shown promising outcomes in the prevention of skin cancer. Studies have shown that a certain component, citral, which is present in lemongrass, helps in inhibiting the growth of hepatic cancer cells during the initial phases and prevents any further production of cancerous cells. Another study has provided supporting evidence regarding the anti-proliferative effect of citral in impeding the growth of human breast cancer cells and the induction of apoptosis.

Staphylococcus aureus: Studies have shown that lemongrass essential oil has an anti-biofilm capacity and is beneficial against the infection caused by *Staphylococcus aureus*. Lemongrass contains phenols which possess the capability to spread quickly through the body tissues and cure biofilms located anywhere in the body. Lemongrass disrupts the growth and communication of germs which helps in inhibiting the formation of biofilms. The essential oil of lemongrass is useful for application both topically as well as internally in the diseases diagnosed with biofilms, such as Lyme disease.

Stomach Disorders: Studies have shown that lemongrass essential oil has anti-microbial and anti-bacterial properties which help in fighting the infections caused by various pathogens such as *Helicobacter pylori* and *Escherichia coli*. Lemongrass is beneficial in the prevention of gastrointestinal disorders such as gastric ulcers, helps in stimulating the bowel function, and improves digestion. The anti-inflammatory properties of lemongrass are beneficial for treating constipation, ulcerative colitis, diarrhea, nausea and stomach aches.

Insomnia: Lemongrass aids in calming the muscles and nerves which helps in in-

ducing deep sleep. Research has shown that lemongrass tea has sedative and hypnotic properties which help in increasing the duration and quality of sleep.

Respiratory Disorders: Lemongrass is widely used in Ayurvedic medicine for its healing effects in treating coughs and colds. Along with other beneficial components, the vitamin C content present in lemongrass helps in providing relief from nasal blockages, flu and other respiratory disorders such as bronchial asthma.

Fever: Lemongrass is a febrifuge and is also known as the 'fever grass', owing to its beneficial effects in lowering fevers. The anti-pyretic and diaphoretic effect of lemongrass is extensively used in Ayurvedic medicine for curing fevers by inducing sweating.

Infections: Lemongrass works as an antiseptic and is effective in treating infections such as ringworm, sores, Athlete's Foot, scabies, and urinary tract infections because of its antimicrobial and anti-fungal properties. Studies have shown that lemongrass exerts healing effects on dermatological infections, such as yeast infections, by inhibiting the growth of pathogens. Another study provided supporting evidence that demonstrated the efficacy of lemongrass over thyme, patchouli and cedar wood oil in the treatment of various diseases such as oral or vaginal candidiasis.

Aches: Lemongrass helps in alleviating the pain and discomfort caused by headaches and migraines due to its analgesic properties. The phytonutrients present in lemongrass improve the blood circulation and help in relieving spasms, muscle cramps, sprains, and back aches. Lemongrass is valuable in treating sports wounds, including dislocations, internal injuries and bruises.

Nervous System: Lemongrass is a nerve tonic and has been proven to be an excellent tonic for the nervous system. It stimulates the mind and helps in combating convulsions, nervousness, vertigo and various neuronal disorders such as Alzheimer's and Parkinson's disease. Lemongrass is used in therapeutic baths, which assist in calming the nerves and help in alleviating the symptoms of anxiety and fatigue caused by stress.

Type-2 Diabetes: Lemongrass has been proven beneficial in treating Type-2 diabetes. Studies have shown that the citral present in lemongrass helps to maintain optimum levels of insulin and improves the tolerance of glucose in the body.

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ST. MARTIN NATIONAL CULTURAL PARADE "FACES & TRADITIONS"

ST. MARTIN DAY will be celebrated on November 11, 2015..
A Grand National Cultural Parade is being held in honor of this day.

This year the Parade theme will portray "Faces and Traditions" .

All Citizens, Service Clubs, Schools, Foundations, Church, Organizations and Uniformed Groups are invited and encouraged to participate.

Entities participating are to portray a tradition or Symbols of St.Martin such as:

- Salt Pickers
- Coal kiln-Agriculture
- Fishing-Market Workers
- Cotton Pickers
- National Symbols
- Rock Pickers
- Island's Architecture
- Other.....

ELEGANT WEAR



MARKET
WOMAN & MAN



CULTURAL WEAR SKIRT
WITH SASH ON THE SIDE



FLAG COLOR OUTFIT



PARADE TRADITIONS

Groups are also encouraged to present a Float depicting one of the above mentioned examples.

The intention of the Parade is to show case the various traditions common to St.Martin's History.

All participating groups and persons are to wear a Folkloric attire of St. Martin using floral design material. (see samples) The use of Madras material is not permitted and will not be featured in this Parade at this time. The showcasing of our local and National drinks and cuisine are to be dominant features as well. Radio Personalities of all Radio Stations are encouraged to participate and provide music giving tribute to St.Martin. Poets also have their part to play in this parade as they will be bringing positive messages in honor of the day. Note: All groups are to carry the St. Martin Flag and banner of organization.

For more information meetings are held every Wednesday at the Philipsburg Community and Cultural Center on the Back street nr.50. Time: 6:30pm to 8:00pm. Persons can also visit the Our Creations Arts and Crafts Home on Front Street 121A where samples of the attires are on display. Volunteers are also sought contact Mr. Youmay Dormoy at email: goldentopsm@hotmail.com or cel 5812912

COCAAE FOUNDATION; OUR CREATIONS, ST. MAARTEN ARTS & CRAFTS FOUNDATION; FUNTOPIA PRODUCTION

Women /Men

Structure(of the past)

CULTURAL WEAR SKIRT WITH PANTALONE



CULTURAL WEAR WIDE SKIRT WITH OVER SKIRT



COTTON PICKERS



GIRL'S OUTFIT



THE VALUE OF ARTS AND CULTURE TO PEOPLE AND SOCIETY PT2



WE KNOW there are similar projects. Both the Arts and Humanities Research Council's Cultural Value Project and the Warwick Commission on the Future of Cultural Value will be reporting in 2015. We will work closely with both of these.

But for the first time, the Arts Council will also be committing substantial research grants to plug some of these gaps in our knowledge. One of the main problems is finding the framework and language with which to express these benefits – creating the right lens through which this transforming ghost of art, everywhere but often invisible, at last shows up as an identifiable presence. But we've a lot more work to do in just learning to ask the right questions. In particular we will be looking to form partnerships with the higher education research departments, drawing on their specialist knowledge, facilities and links across the cultural sector.

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.

Businesses in the UK arts and culture industry generated an aggregate turnover of £12.4 billion in 2011.

The subsets of the arts and culture industry's productive activities of book publishing, performing arts and artistic creation are the largest contributors to the industry's aggregate turnover performance – an estimated £5.9 billion of gross value added (GVA) to the UK economy.

The arts and culture industry employed, on average, 110,600 full-time equivalent employees in the UK and 99,500 in England during the period 2008–11. This represents about 0.45 per cent of total employment in the UK and 0.48 per cent of all employment in England.

For every £1 of salary paid by the arts and culture industry, an additional £2.01 is generated in the wider economy through indirect and induced multiplier impacts.

In 2011, 10 million inbound visits to the UK involved engagement with the arts and culture, representing 32 per cent of all visits to the UK and 42 per cent of all inbound tourism-related expenditure.

Overall in terms of culture, the UK is perceived to be the fourth best nation out of 50. This is as a result of Britain being seen as the fourth best nation in terms of having an exciting contemporary culture (eg music, films, art and literature).

There are five key ways that arts and culture can boost local economies: attracting visitors; creating jobs and developing skills; attracting and retaining businesses revitalising places; and developing talent.

Looking at the spillover effects between the commercial and publicly funded arts and culture sectors found that there was high labour mobility between the two. The flow of work is often not one way, with individuals moving between publicly funded and commercial sectors in both directions, potentially more than once, as well as working concurrently in both.

Health and wellbeing

Those who had attended a cultural place or event in the previous 12 months were almost 60 per cent more likely to report good

health compared to those who had not, and theatre-goers were almost 25 per cent more likely to report good health.

People value being in the audience to the arts at about £2,000 per person per year and participating at £1,500 per person. The value of participating in sports is about £1,500 per person per year.

Research has evidenced that a higher frequency of engagement with arts and culture is generally associated with a higher level of subjective wellbeing.

Engagement in structured arts and culture improves the cognitive abilities of children and young people.

A number of studies have reported findings of applied arts and cultural interventions and measured their positive impact on specific health conditions which include dementia, depression and Parkinson's disease.

The use of art, when delivered effectively, has the power to facilitate social interaction as well as enabling those in receipt of social care to pursue creative interests. The review highlights the benefits of dance for reducing loneliness and alleviating depression and anxiety among people in social care environments.

Society

High-school students who engage in the arts at school are twice as likely to volunteer than those who don't engage in the arts and are 20 per cent more likely to vote as young adults.

Employability of students who study arts subjects is higher and they are more likely to stay in employment.

Culture and sport volunteers are more likely than average to be involved and influential in their local communities.

There is strong evidence that participation in the arts can contribute to community cohesion, reduce social exclusion and isolation, and/or make communities feel safer and stronger.

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ECO TOURISM IN ALASKA

ECOTOURISM is a style of tourism that emphasizes engagement with nature while minimizing the impacts associated with travel both to the environment and local residents. To be considered ecotourism it is not enough to just visit nature, it must be done respectfully, minimizing impact, and in a way that can actually benefit nature and host communities.

Alaska receives well over a million visitors a year. More than twice the population of the entire state!

Tourism is now the one of the largest income generators for Alaska and a very important aspect of the Alaskan economy, an excellent alternative to non sustainable resource extractive industries.

In the many years that I have led outdoor adventure tours in Alaska, I have seen the signs of increasing impact from outdoor recreation in the state, including from so called "eco tour" recreation providers. I have seen the development of muddy scars across the fragile tundra left by tour groups; trash cans full of recyclables at lodges and campgrounds, and sometimes an overall disregard for the pristine nature that makes Alaska unique and special.

Impacted landfills, impaired wildlife behavior, and sustainable economic development are a just few of the issues that Alaskans face as tourist numbers continue to grow. This impact threatens to jeopardize the very nature of what makes travel in Alaska so special.

Alaska Outdoors is committed to the health of Alaska and the support of low impact outdoor recreation and ecotourism.

WE BELIEVE THAT THE FOLLOWING ACTIONS ARE SMART AND IMPORTANT BUSINESS PRACTICES AND HAVE INCORPORATED THEM INTO OUR BUSINESS MODEL.

Our small group camping tours are inherently less impacting than other tour offerings

By traveling in small groups and staying at established campgrounds, we consume less water, electricity and fuel than if we were staying at lodges or participating on cruise-based trips. We are better able to monitor our environmental impact and to contribute to the local economy in a more direct and meaningful way.

RECYCLING

We recycle both in the field and at our base camp.

MINIMIZING THE USE OF EXCESSIVE PACKAGING

Efforts are made to purchase products that minimize packaging and utilize recycled content, both for our trips and in the daily operations of the business.

Following Leave No Trace minimum impact camping guidelines Alaska Outdoors is a member of Leave No Trace and all guides

are certified in Leave No Trace principles. Learn more about the principles of Leave No Trace.

USING LOCALLY PRODUCED PRODUCTS WHENEVER AVAILABLE

Including locally grown organic produce, thus supporting farmers in the region and reducing the amount of produce that we import from outside of the state.

USING AND ENCOURAGING THE USE OF LOCALLY OWNED AND OPERATED BUSINESSES

We have excellent relationships with locally owned businesses and partner with them for services and optional activities and encourage their use before and after our tours. We are a member of Buy Alaska, an organization that matches local buyers with sellers. This network of more than 6,000 members facilitates our purchase of locally-produced products and services for use on our tours.

EMPLOYING LOCAL WORKERS WHENEVER POSSIBLE

Not all of our employees are "local" Alaskans. However, we do make a concerted effort to hire locals and preference is given to resident Alaskans.

WE ARE A MEMBER OF THE ALASKA WILDERNESS RECREATION AND TOURISM ASSOCIATION

The Alaska Wilderness Recreation & Tourism Association (AWRTA) is a members-driven trade association formed to be a collective voice for wilderness-dependent businesses. They advocate for the sustainability of Alaska's natural and cultural resources, responsible tourism and tourism planning for communities. AWRTA members abide by the voluntary Ecotourism Guidelines adopted by the membership in 1995.

These are a few of the efforts that we have undertaken to minimize the impacts of our business operations and to contribute to the long-term viability of adventure tourism and ecotourism in Alaska and the overall health of Alaska and its economy.

There are a lot of things that we do to ensure that your trip to Alaska is as enjoyable and as low impact as possible: low group numbers (among the very lowest in the industry), smartly organized itineraries lead by experienced guides, top of the line equipment, and intimate knowledge of the areas we visit are just a few. We know how vitally important your vacation is to you and will go out of our way to ensure that your experience is enriching, seamless, and fun!

And we will do so in a manner that greatly reduces our negative impact on the environment and people that you are here to experience.

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● **MARY'S GONE** Hot 'n Spicy Jalapeño Crackers offer a spicy take on Mary's Gone Crackers® traditional gluten free cracker recipe of organic, wheat free, whole grain brown rice, quinoa, flax seeds and sesame seeds.

● 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.



NEW

● **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, Chilli Powder.



TOWER RIGGING

Cultural Xpression kick off The Entrepreneur's Corner this month in August's Edition. This section of the paper will be a Q&A format geared towards highlighting St. Maarteners Local and Abroad about their direction, goals, struggles and life while working towards building their careers and business. This in this month's edition we got a chance to interview local upcoming businessman Mr. Zephlon Lindo.

Who are you, where are you from and Where did you attend to school?

My name is Zephlon G. Lindo, born on June 23rd, 1984 in Sint Maarten. I attended Sint Maarten Vocational Training School.

I am the managing director of my business called Production Link. This business was established in 2009 and it entails Electrical Installations for homes and businesses and Tower Rigging for the Telecommunications providers.

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

My original career choice is to own an Electrical and Maintenance Business as a young local entrepreneur.

Who or what inspires you, do you have a role model?

I love on-hands work. While I was in High School, I was always interested of an outcome of a thing or object. For example, I wanted to know how to bring electricity to your household.

What are the short term and long term goals?

I've just reached my short term. I recently got married. With her companion, she will guide me through the marketing of my business.

My long term goals are to expand my business, have the Caribbean and the rest of the world to know my business, show other local and young entrepreneurs that you can achieve anything that you want in life, and own my dream house.

What do you look forward to mostly in the field of interest?

I mostly look forward to Honesty and Loyalty. I would want the people to trust me into my business ethics. Not just because I am young, it doesn't mean that I am not capable of achieving your work.

Are there any challenging factors in the business field and give basic idea how they are dealt with them?

One of my biggest challenges are communicating to my clients by making them feel comfortable and having a mutual understanding of where, what, how, and why this is the best way to approach the electrical installation plan for their home or business.

Has rejection ever happen in terms of your career or Have you ever been discouraged and how did you deal with it?

I have been rejected and discouraged. How did I deal with it? I look back onto my drawing board and figure out where I went wrong. With this, I can use a different approach for the next time. In life, there are plenty of risks. I've learned the easy and hard ways. And what I've learned the most is to never lose hope and always keep the faith and positivity around you.

Where do you see yourself in the next 5 years in terms of your career choice?

Having a successful business, build over

100 clients, and have my business known to the neighboring islands.

What is your proudest achievement in your field or describe briefly your greatest accomplishments thus far?

I am proud that my clients and the people are getting to know my business skills and work ethics. My greatest accomplishments are working with the Telecommunications companies and contractors on the island.

What do you do to get creative, Do you have a motto or mission statement or favorite quote that keep your drive going?

Firstly, my kids keep me going. I research a lot to be more creative. My favorite quotes are: "Keeping the Faith" and "Gotta Stay Positive"

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

I understood that our government is in process of organizing a project to bring back our students and providing them a job. I believe it is called "The Brain Gain Project". I do hope that they finalize this project and keep it ongoing because we young people are the New Generation for St. Maarten.

What do you want to accomplish overall in life?

I want to accomplish a successful business, help my children to get a degree, build apartments, own my dream home, and build many clientele.

What do you do in spare time for fun?

I hardly have spare time for fun because of my business. But when I do, I go beach with my kids, movies, and dinner with my wife.

What is your favorite movie or music or sport?

I don't have a favorite movie, but the types of movies that I like to watch are Action, Horror, Drama, Comedy, and mostly documentaries films.

I like to listen to Reggae, Jazz, R&B, Hip Hop, and Rap.

I have very little interest in sports but I'll watch a main event.

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

AFRICA

Does nature, spirituality or culture play a role to you?

Spirituality and Culture plays a great a role to me, keeps me grounded.

What advice would you share with others? Be very strong and know what you want to accomplish in life. Never waste your time because time is short.

TIPS FOR EFFECTIVE ... FROM PAGE 16

a training session can reduce muscle damage and soreness. Unfortunately, though, studies suggest your muscles won't be spared simply by holding a position for 15 seconds after a difficult session, as stretching has little or no effect on short-term muscle soreness.

That's not to say that cyclists shouldn't make stretching a regular part of their training routine. In the long term, flexibility training (prolonged stretching over time) has been shown to reduce the amount of tearing that occurs during intense training, according to a study in the American journal *Medicine & Science in Sports & Exercise*.

Ice baths have also been a highly publicized technique used by the ultra-competitive. Yet, the majority of the studies contest any benefit of their use. A 2007 paper in the *British Journal of Sports Medicine* found that ice baths actually hindered recovery, while some recent papers suggest a small benefit after sprint training. Immersing yourself in a cold bath (around room temperature) and contrasting this with hot water has produced much better results.

Another popular method of reducing muscle soreness and speeding recovery is active recovery, replacing rest time with light exercise. While the science often supports it, active recovery has its drawbacks.

Matheson warns: "Once you raise your pulse, you raise your metabolic rate and once you raise your metabolic rate you're not creating the new proteins or the adaptation that your training has pushed you to achieve. The adaptations that you would get from recovery aren't taking place." So while a gentle warm-down is a good idea, replacing valid rest time with more exercise can prove problematic.



Seniors enjoying a good old ride

ST. MAARTEN MARTIAL ARTISTS... FROM PAGE 16

Weever to 17 year old Pantophlet. Six members of the team have a white belts with a yellow strip while three of the top athletes have earned red belts. Wearing red are Pantophlet, Louisa and Destiny Washington.

St. Maarten squad will compete in sparring, form display or Poomsee's and break tests.

The team, from the King Yen Tae kwon do School will be led by Grandmaster Theo Liu. Also accompanying the team will be a support staff of 11 additional delegates including physical therapist Paulien Vuijst.

Tournament organizers expect in addition to St. Maarten's 14 athletes nearly 700



other competitors.

"This is a wonderful opportunity for a Tae kwon do martial artist to compete in the USA," said Liu. "This tournament will raise the technical and practical knowledge of each student."

Liu, a black belt, has been training athletes and giving them the opportunity to acquire international experi-

ence for nearly four decades. With each tournament the team participates in and wins medals, the group is invited to more prestigious competitions.

Liu with his dedication and indomitable spirit motivates the team to work hard, preparing for a tournament five days a week while still keeping up with the school work.

"Our school was the only Tae Kwon Do school invited to host the Martial Arts of Canada Tournament in the Caribbean in 2014, said the Grandmaster. "Our school was chosen because of the excellent production of athletes and the dedication and professionalism." - **The Daily Herald**



TIPS FOR EFFECTIVE REST AND RECOVERY AFTER CYCLING

EVERYBODY'S heard it said that recovery is as important as training — Peter Stuart looks at what you could be doing to optimise the adaptation process while you're off the bike.

There's no denying it — the time spent off the bike recovering is as vital to an athlete as the time spent training. If you miss the opportunity to repair muscle damage, you can be left with more than just aching legs.

So it is no surprise that scientists have been trying for decades to improve the process of recovery and reduce



search that has been produced can be baffling, contradictory and can lead to you making wrong decisions about your

own training and recovery.

It is with good reason that recovery has increasingly been the focus of science in sport.

the necessary neural responses. If you're tired you're maybe not controlling your knee so well, or the location of your foot. Things are not quite working and you end up with an injury because of it."

Overtraining and injury aren't just limited to the elite either. The reality is that those fitting training around an ordinary lifestyle are most susceptible. "Some people feel compelled to just train and train and train and they just become more and more ill. A lot of people underestimate the need for recovery and the power of recovery," says Matheson. Chances are, if you are a competitive cyclist and a busy professional, you've already experienced more than one symptom of overtraining.

Professional cyclist Liam Holohan explains: "It's the most important bit of training. So many guys go over the top with the training and just don't recover from it — their form gets worse and it's a vicious circle. They think they're doing badly so they train harder and it only makes it worse."

Worse still, failing to recover can cause and aggravate injury. Ken Matheson, former national road coach for the British team, explains that "muscles don't behave normally when they're tired; it's not just the muscles themselves but fatigue in the central nervous system and

FACT OR FAD?

So, how can we speed the process of recovery? There are many tricks that people use in approaching recovery, in an attempt to speed the process and reduce pain, but many have proved to be ineffective. For instance, many think that stretching after

ST. MAARTEN MARTIAL ARTISTS HEAD TO ESPN SPORTS COMPLEX IN FLORIDA



of Sports Complex in Orlando Florida from October 8 to 11.

Making the team are Tyrell Pantophet, Gimora Calmero, Kharman Boasman, Tyrone Washington, Andries Patrick, Joey Narducci, Anna - Lynn Hypolite, Yvyanne Louisa, Destiny Washington, Miquel de Weever, Earl Ryan, Tyrell Richardson, Jaedon Serant and Jayden Harriott.

The group is diverse ranging in age from six year olds Ryan and de

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