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AFRICAN ROYALTY

OSP

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PHILIPSBURG BOARDWALK

July 5

10AM
2PM

DAY OF WORSHIP

Summer 2016

7:30PM
UNTILL

with Michael W. Smith
Benjamin Bell and Friends

MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING MRS MARY EUGENIA CHARLES



Mrs Mary Eugenia Charles

DAME MARY EUGENIA CHARLES, DBE (15 MAY 1919 – 6 SEPTEMBER 2005)

was Prime Minister of Dominica from 21 July 1980 until 14 June 1995. She was Dominica's first, and to date only, female prime minister, as well as the nation's longest-serving prime minister. She was the second female prime minister in the Caribbean after Lucinda da Costa of the Netherlands Antilles, and the first woman elected in her own right as head of government in the Americas. She was the world's third longest-serving female Prime Minister, behind Indira Gandhi of India and Sirimavo Bandaranaike of Sri Lanka, and the world's longest continuously serving female Prime Minister ever. Charles was also Dominica's first female lawyer.

Personal life

Charles was born in the fishing village of Pointe Michel in Saint Luke parish, to a "coloured bourgeoisie" family.

She attended Convent School in Dominica, then, island's only girls' secondary school, and became interested in law while working at the colonial magistrate's court. She worked for many years as assistant to Alastair Forbes. She attended the University of Toronto in Canada, before moving to the United Kingdom to attend the London School of Economics. She was a member of the sorority Sigma Gamma Rho. She passed the bar and returned to Dominica, where she became the island's first female lawyer, establishing a practice specialising in property law.[1]

Charles never married nor had

children. In 1991 she was made a Dame Commander of the Order of the British Empire.

Political Career

Charles began campaigning in politics during the 1960s against restrictions on press freedom. She helped to found the Dominica Freedom Party (DFP), and was its leader from the early 1970s until 1995. She was elected to the House of Assembly in 1970 and became Opposition Leader in 1975.[1] She continued serving after Dominica gained full independence from British rule in 1978.

Charles became Prime Minister when the DFP swept the 1980 elections, the party's first electoral victory. She took over from Oliver Seraphin, who had himself only taken over the year before after mass protests had forced the country's first prime minister, Patrick John, to step down from office. She additionally served as Dominica's Foreign Minister from 1980 to 1990, and also served as chairperson of the Organisation of Eastern Caribbean States (OECS).

In 1981 she faced two attempted coups d'état. That year Frederick Newton, commander of the Military of Dominica, organised an attack on the police headquarters in Roseau, resulting in the death of a police officer. Newton and five other soldiers were found guilty in the attack and sentenced to death in 1983. The five accomplices' sentences were later commuted to life in prison, but Newton was executed in 1986.

In 1981, a group of Canadian and American mercenaries, mostly affiliated with white supremacist and Ku Klux Klan groups, planned a coup to restore former Prime Minister Patrick John to power. The attempt, which the conspirators codenamed Operation Red Dog, was thwarted by American federal agents in New Orleans, Louisiana, and was soon facetiously dubbed the "Bayou of Pigs" after the failed Bay of Pigs Invasion.



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CARNIVAL 2016 IN PHOTOS

A Carnival to Remember



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Wet Fete



Flag Fest



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A Static at International Hip Hop Night



Jouvert Morning

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St. Maarten Carnival 2016 Schedule:
April 14th - May 3rd, 2016

- Saturday, March 19 / Causeway Jump Up & 1st Road to Carnival Party
- Friday, April 1 / Around Town Jump Up & 2nd Road to Carnival Party
- Saturday, April 2 / Senior Calypso Eliminations & Roadmarch competition
- Sunday, April 3 / Junior Queen Show/Junior Calypso Show
- Friday, April 8 / Road To Carnival Party Finale
- Saturday, April 9 / Rio Productions Lighted Parade
- Sunday, April 10 / Survivors Children Balloon Parade
- Thursday, April 14th / Official Opening of Carnival 2015/Carnival Village Opening
- Friday, April 15th / Soca Rumble
- Saturday, April 16th / Caribbean Flag Fest International Concert
- Sunday, April 17th / Junior & Cultural Parade/Village Cookup
- Monday, April 18th / Teen Carnival Queen Pageant
- Tuesday, April 19th / Senior Carnival Queen Pageant
- Wednesday, April 20th / Miss Mature Carnival Queen Pageant
- Thursday, April 21st / Youth Extravaganza
- Friday, April 22nd / Dreamteam Entertainment Concert
- Saturday, April 23rd / Night of the Hit Makers Concert
- Sunday, April 24th / Splash Wet Fete in Carnival Village
- Monday, April 25th / Senior Calypso Finals
- Tuesday, April 26th / International Concert
- Wednesday, April 27 (4am) / Jouvert Morning Jump-Up
- Wednesday, April 27 (8pm) / \$5 Village Night/King & Queen of the Band
- Thursday, April 28th / Fully Loaded III
- Friday, April 29th / Sabor Latino IV
- Saturday, April 30 / Grand Carnival Parade
- Sunday, May 1st / Labor Day Parade
- Monday, May 2nd / Wet & Dry Family Play Day
- Tuesday, May 3rd / Closing/Burning King Momo

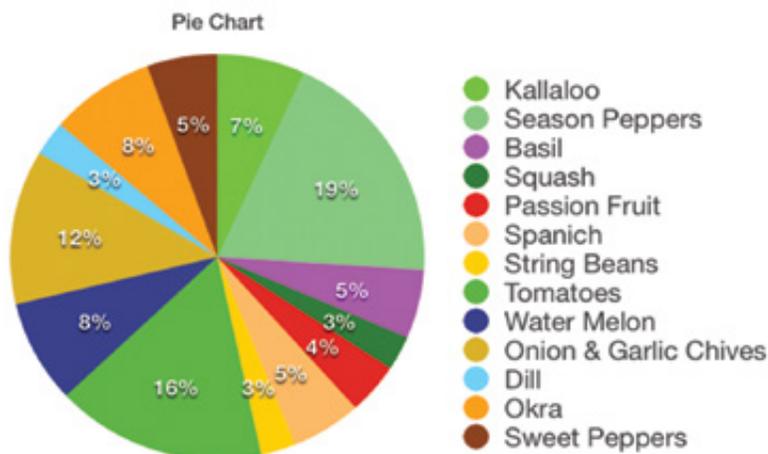
St. Maarten Carnival
Where's the Flex .com

March 2016 MONTHLY HARVEST SUMMERY



Monthly Harvest Analytic Summery:

Monitoring our crop harvest on a daily basis helps us to keep track of the amount of production we reap, production Increase \ Decrease and other useful data that may be handle for future research and development toward agricultural sustainability, This data is gathered based on Organic Edible Produce, all waste or unwanted produce is disregarded from this spread sheet.

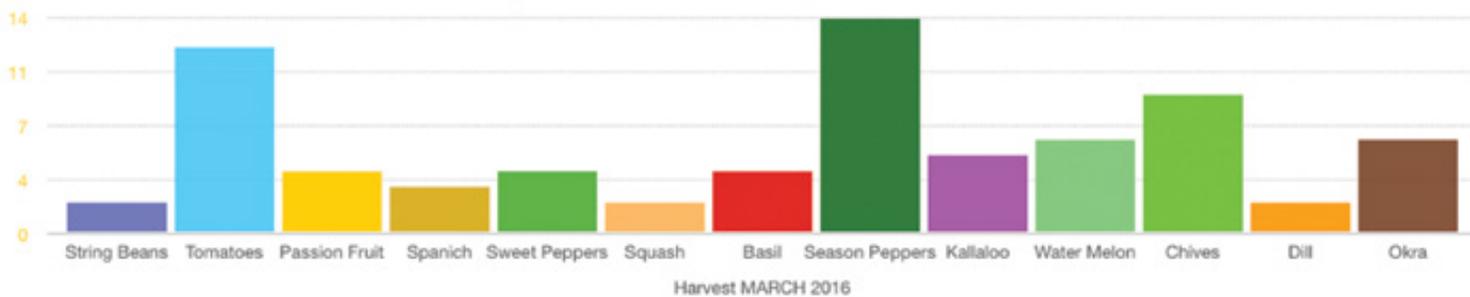


Results by Farm Manager

CROP TYPES	HARVEST JAN 2016	Unit
Kallaloo	5	Kilos
Season Peppers	14	Kilos
Basil	4	Kilos
Sweet Peppers	4	Kilos
Squash	2	kilos
Spanich	3	Kilos
Passion Fruit	4	kilos
String Beans	2	Kilos
Tomatoes	12	Kilos
Water Melon	6	kilos
Onion & Garlic Chives	9	kilos
Dill	2	Kilos
Okra	6	Kilos

String Beans Tomatoes Passion Fruit Spanich Sweet Peppers Squash Basil Season Peppers Kallaloo Water Melon Chives Dill Okra

St Peters Community Garden Research & Development Center Harvest Data MARCH 2016



Harvest MARCH 2016

MONTHLY HARVEST ANALYTIC SUMMERY MARCH 2016:



March 2016 has been another very fruitful month with over 12 kilos of Season Peppers and Chives harvesedt despite the dry weather.

weather took a tole for sometime. Never the less as we progress slowly but surly our mission is now to get a sturdy

water reservoir to compliment our irrigation system. Installing the system will ensure us that crops get the ade-

quate water supply they need to thrive during the warm weather. If you are you company would

like to show support toward the St Peters Community , Please contact My Wyatte at 721 5536300 for

more info on how you can play your role as a community member..

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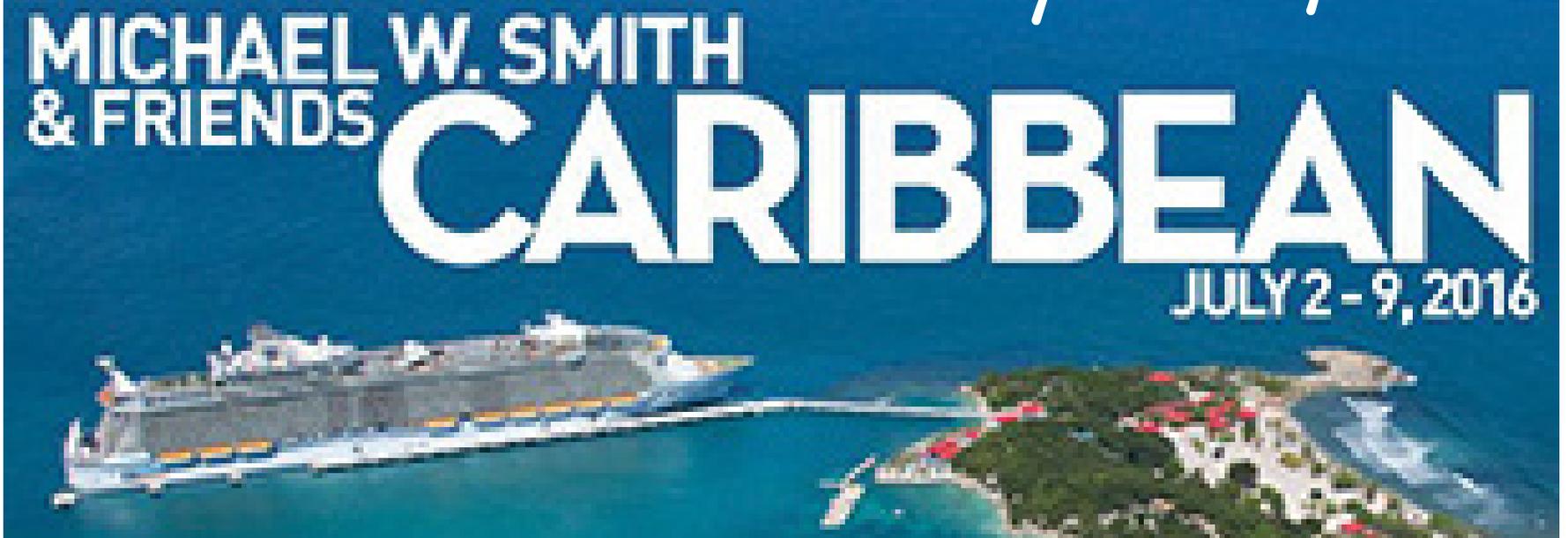
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WHEN WE SCHEDULED our first "Michael W. Smith & Friends" cruise, we didn't know what to expect. Now here we are almost a decade later and each time I get to plan a cruise it's more exciting than the last.

My family and I could have never anticipated what we would experience on a ship with so many friends. The opportunities to connect with new friends and reconnect with old ones are always the most cherished moments. Of course, there's also the amazing ports, sights and chances to experience and explore new places.

It is with all of that in mind that my family, my team and I are excited to invite you to join us for our 2016 cruise to the Caribbean. By the time the ship sets sail it will have been 8 years since we last cruised the Caribbean and we're all looking forward to a cruise in the warm sun.

We are thrilled to be sailing on Royal Caribbean's OASIS OF THE SEAS, one of the highest rated and most popular ships

to ever set sail. This ship will offer more opportunities for my friends and their families to create memories together than any of our prior cruises. In addition to the daily devotions, concerts and events we are planning exclusively for our group - there will be plenty of time built in to enjoy the many shows and other attractions that are a part what makes the OASIS OF THE SEAS so special.

The ports are unique, beautiful and fun to explore... from the gorgeous beaches and delectable restaurants of Dutch St. Maarten and history of San Juan, to Royal Caribbean's private port in Labadee.

As always, we'll be adding some very special guest artists to make the week even more memorable. So, I really hope you will join me, Debbie and our family on what will be an amazing week of worship, exploration and relaxation!

We look forward to seeing you on the ship!

God Bless,
Michael W Smith

SCHEDULE FOR Tuesday, July 5th - Philipsburg, Boardwalk St. Maarten

8:00 am: Arrive in St. Maarten

11:30 am: Choir meet will be given instructions / directions where to meet for performance in Phillipsburg.

1:00 pm to 2:00 pm: Concert for St. Maarten (Choir Members)

Concert is still tentative and being coordinated with a local

St. Maarten ministry team. All guests welcome to attend. More details will be released as they become available.

4:30 pm: All aboard in St. Maarten (Ship departs at 5:00 pm)

6:00 pm: Movie under the Moonlight: Viewing of Mother knows Best

7:30 pm: **BENJAMIN BELL AND FRIENDS** Live in Concert

11:00 pm: Dj Entertainment - CLOSING



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VEGATERIAN AND VEGAN RECIPIES

INGREDIENTS

- 100g** Dairy-free margarine (suitable for baking)
- 1 large Pinch** of Ground Cinnamon
- 1 large Pinch** of Ground Ginger
- 1 Orange** zest
- 10 Thick slices** of quality stale bread
- 100g** Apricots
- 100g** Sultanas
- 5 Tablespoons** Quality thick-cut marmalade

For the custard:

- 1** Vanilla pod
- 800ml** Organic soya milk, unsweetened
- 5 Tablespoons** Cornflour
- 6 Tablespoons** Golden caster sugar or sugar of choice

Method

Preheat the oven to 180°C/350°F/ Combine the margarine, cinnamon, ginger and orange zest in a bowl. Use a small amount to grease a medium oven-proof dish (roughly 20cm x 25cm), then spread the remaining margarine onto the bread.

Halve the bread slices diagonally, then place roughly a third into the dish in a single layer. Roughly chop the apricots, then scatter a third into the dish along with a third of the sultanas. Cover with another layer of bread, scatter with more

Vegan bread pudding

BY JAMIE OLIVER.COM



dried fruit, then cover with the remaining bread. Set aside, reserving the remaining dried fruit for later.

To make the custard, halve the vanilla pod lengthways and scrape out the seeds. Add the seeds to a medium pan with the remaining custard ingredients and 400ml of water. Whisk well until smooth and combined, then place over a medium-low heat. Simmer gently for 6 to 8 minutes, or until the custard is almost boiling and coats the back of a wooden spoon, whisk-

ing continuously.

Pour the custard over the bread then scatter the remaining dried fruit on top. Leave to soak for around 20 minutes, then place in the hot oven for 25 to 35 minutes, or until lightly golden and starting to set.

Meanwhile, gently warm the marmalade in a pan over a low heat. Once the pudding is ready, brush over the warm marmalade, then return to the oven for a further 5 minutes, or until golden and sticky. Allow to cool slightly, then tuck in.

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ARE THERE HEALTH BENEFITS TO BEING

Overweight?



By Carl J. Lavie
BEING FIT is more important than being an ideal weight

First and foremost, I don't promote overweightness or obesity or suggest that normal-size people gain weight. That said, fat isn't always the demon it is made out to be when it comes to a person's long-term health and mortality.

In a perfect world, everyone would be lean, fit and metabolically healthy, maintaining balanced blood-sugar levels, healthy lipid profiles and good blood pressure throughout life. However, this is far from the case in the U.S., where nearly three out of four adults are classified as either overweight or obese.

The good news for those who may be struggling to lose

weight and keep it off is this: As I explored in my book "The Obesity Paradox," there can be surprising benefits to carrying around a few extra pounds. In fact, being out of physical shape and having low overall fitness is actually a far greater danger to health than fat, especially in people who are only slightly overweight.

A major 2013 study published in the Journal of the American Medical Association and led by Katherine Flegal of the Centers for Disease Control and Prevention found that although obesity was associated with much higher risk of death, it was all due to the higher mortality in moderate and severely obese people, or those with body mass indexes (BMIs) greater than 35 and 40, respectively.

The mildly

obese, or those with BMIs of 30 to 34.9, actually had a 5% lower mortality than did the normal BMI subjects, which wasn't quite statistically significant. More important, the overweight people, or those with BMIs between 25 and 29.9, had the lowest mortality and a significant 6% lower mortality than the normal BMI subjects, according to the researchers, who analyzed 97 studies involving nearly 2.9 million adults.

Although the paper was controversial and harshly criticized by some, many obesity experts around the world applauded the results because it supported their data and observations. Furthermore, it got the conversation moving in a different direction—one that must account for the quality of one's fitness and metabolism regard-

less of weight and fatness.

Many overweight or mildly obese individuals can have normal blood glucose levels, lipid profiles and blood pressure, and if these people are physically active and have a good level of fitness, substantial evidence indicates that they can be extremely healthy—more so than lean individuals who are unfit or metabolically unhealthy. So while preventing more severe obesity is indeed a necessary goal, the vital takeaway from the latest scientific literature is: Fitness is more important than fatness for long-term health.

I have emphasized in many of my medical papers that being heavier increases the risk of coronary heart disease, as well as other cardiovascular diseases such as hypertension,

heart failure and atrial fibrillation. However, as numerous reports show, the overweight and even the mildly obese have a better short- and medium-term prognosis and survival compared with normal BMI subjects with these same diseases, a phenomenon called the obesity paradox and possibly better termed an overweight paradox.

When people gain weight, the majority of weight is in fat pounds, but some muscle weight increases, as well, more so if one is exercising. By contrast, a thin person who is physically inactive and physically weak, with poor fitness and low muscle mass and muscular strength, is actually "sicker"

than the heavier person who is fitter. And very thin people (BMI in the upper teens and low 20s and especially less than 18.5, which is considered "underweight"), generally have the worst prognosis and survival for many conditions, partly because they have fewer fat reserves to fall back on when major illness takes a toll on their bodies.

Some critics of the obesity paradox take issue with the fact that many obesity studies don't differentiate between people who have always been normal weight and people who used to be overweight or obese but lost weight (which could be bad if their weight loss was due to illness).

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BLACK FASHION DESIGNERS

You Should Know



Stella Jean: The stunning Stella Jean is one of Milan's rising stars. In 2011, she won Vogue Italia's talent competition, "Who's on Next," and now counts designer Armani and Vogue UK editor Suzy Menkes as fans. Her designs are a true reflection of her and embody ladylike silhouettes. Her prints pay tribute to her mother's homeland of Haiti, as well as West Africa. (Photo via Gareth Cattermole/Getty)



QUINCY "OUIGI" THEODORE: Ouigi Theodore is the founder of Brooklyn Circus/Bkc, a fashion boutique and lifestyle brand. His fashion mission is to globally redefine the image of urban America. With boutiques in Brooklyn and San Francisco and his clothes available all around the world, he's doing just that. (Photo via @maxpoglia)



DURO OLOWU: Nigerian-born designer Duro Olowu began his L fashion line in 2004 in London. It caught the eye of Vogue editor Sally Singer and Julie Gilhart of Barney's New York. He's become famous for his use of bold colors, African prints and '70s tailoring. He and his wife, Thelma Golden, Director and Chief Curator of The Studio Museum in Harlem, make one impressive power couple. (photo via Slaven Vlasic/Getty)



Ituen Basi: Ituen Basi is a Nigerian designer who began her fashion line in 2009. She has won countless awards, including "Most Innovative Designer" and "Emerging Designer of the Year, Africa." Her designs celebrate individuality and feminism, and have ushered in a new era of unique Ankara designs. (Photo via Samir Hussein/Getty)



MAXWELL OSBORNE: Maxwell Osborne is the cofounder, along with Dao Yi-Chow, of cutting-edge fashion brand Public School NYC. The brand has won two prestigious awards from the Council of Fashion Designers of America, as well as the accolades of Anna Wintour. In February 2014, the fashion duo decided to branch off from their menswear line, debuting a women's collection to much praise. (Photo via Dimitrios Kambouris/Getty)

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For Appointments



WE GOT A CHANCE TO INTERVIEW upcoming rising Artist King Vers last year as he just got started to get more comfortable in the soca seat. This year taking St Maarten by storm with tracks like "Getting on Bad and Pressure In dry Muda" The hype via social Media networks was that the Soca Bad Boy truly deserved the Soca Rumble Crown!!!! Once again its a great pleasure to have a sit and chat again with this years Soca Rumble King, King Vers....

How does it feel to be St Maarten Soca Rumble King?

It feels great to see our hard work pay off but more so it's very humbling because I feel the people won me this crown.

What inspired you to make a transition from Hip Hop to Soca ?

Life. I started seeing things differently. I first stripped away the American accent as it's not our true identity. I went through a mental detox. I analyzed myself as well as my music and what I truly wanted to be. Aside from that I just simply fell out of love with hip hop and what it is today. I no longer wanted to be a link in a chain that promotes vanity, applauds negativity and encourages violence etc. Granted I never disrespected women in my songs but overall the hip hop the media promotes only sends our young men and women to the cemetery and prison. Soca for me is more fun. We spread messages of happiness and enjoying life. No negativity what so ever. I rather see people dancing and having fun with smiles on their faces as appose to individuals mean mugging and hyped up to fight.

Did you see yourself facing any challenges being a hip hop artist out here in the caribbean?

Most definitely. Primarily because I had no true identity. I borrowed the accent and style from America but represented St.Maarten to the max. It really doesn't make any sense when you think about. I was lost in the sauce. We might sound good to one another here but to the Americans most of us sound stupid as hell. Words I got from an American. The next challenge that I faced was convincing Caribbean people that you can rap. In the Caribbean Reggae, Dancehall and Soca Kinig not rap. The demographic for rap is small in comparison in the Caribbean.

How do you feel doing soca music instead of Hip Hop?

It feels great. Spreading happy music to the masses and seeing them dance is a wonderful humbling feeling. My fan base has grown tremendously since switching to Soca and the music is spreading out faster than ever.

What was your most challenging time getting prepared for the show?

The last minute preparations. Making sure everything is in order etc.

How does collaborating or having a good team play a role in your current career development?

Without the team the dream can't work period. You need a group of individuals around you that are driven and ready to make sacrifices to put you forward and I have been very fortunate to have an incredible team beside me.

What are your observations of the music scene here on St Maarten and do you think that there are more potential artist locally that have inter-

national potential?

We need to establish the BUSINESS properly. Make it easier for artists to copy write their music and collect royalties etc. We definitely have great artists with international potential. Soon as the door opens many more will follow. We have a great deal to offer the world.

What genders of music do you feel has a great impact on the outside world influenced by our caribbean culture?

These days it seems many artists are sampling traditional dancehall riddims and making hits with them. Major lazer fuses soca with edm. So our music is definitely out there. But we have to be careful and not stray too far away from our sound.

What gender or genders of Music do you think we as St Maartener or caribbean people should focus on to determine a more successful international outcome?

Focus on Reggae or Soca. To me though, Soca is one of the easiest to break into because as Caribbean people we all love soca. But it doesn't mean that you don't have to work your butt off.

What would u like to see change or adapted in St Maarten that will help inspire more local artist to be productive?

The artist have to decide clearly what direction they want to go in. They have to be presentable in all forms. Produce quality music and not the first thing that pops into your head. The promoters have to pay up. Money is a big motivator and you can't expect a man to give you his all for free.

Do you think music out here in St Maarten can be one to uphold a sustainable lifestyle and responsibilities ?

Yes it can. Our focus is to go though the airport every week to perform across the region and abroad. It's impossible to make money here as the place is small so its only so many places you can perform. The only other way is to sing at hotels etc. That's not for me though. I have music to spread to the world and it shall be done.

How was your experience traveling to Europe to tour with Red Eye Crew?

Unforgettable. Great experience. Learned so much and I'm very grateful for the opportunity.

What type of experiences have you gain from performing internationally?

Crowd control. Not being afraid to touch any stage.

What other places in the world would you like to perform?

Almost everywhere. Where ever the music takes me I will enjoy the vibe and thrill of the moment.

Do you listen to other local artist , Mention a few?

Of course. Red Eye Crew, shadow man, King James, Kenyo Baly, Magic and more.

We asked before, but what keeps you motivated currently?

My family first. Seeing the progress and feeling the love I've been getting has added a new fire to me.

Who or what are some of your biggest inspirations?

Life is my biggest inspiration.

Where do you see yourself in the next year?

Living out my dreams. Traveling the world spreading my music and then returning home to defend my crown.

What can St Maarten and the World Expect next from King Vers?

Music videos and more music. Asde from that I would like to establish a foundation aimed at mentoring young boys and girls that come from a single parent home. Especially the ones

CONTINUED ON PAGE 13

**Benjamin Bell
AND FRIENDS
2PM-UNTILL**

**WALTER PLANTZ PIER,
PHILIPSBURG BOARDWALK**

July 5

DAY OF WORSHIP
Summer 2016
with **Michael W. Smith**
10AM-2PM AND FRIENDS



ECO TOURISM IN

St Lucia



EVERY SPRING on the spectacular remote stretch of St. Lucia's northeast coast known as Louvet, leatherback turtles congregate to lay eggs, spawning the next generation for life at sea. A couple dozen volunteers have gathered to collect what's washed ashore, clogging the beach with modern society's detritus—a death sentence for these denizens of the deep. For Donald Anthony, St. Lucia's former chief wildlife officer and a participant in this outing, collecting trash is an innate, visceral reaction to protect the island nation's epic flora and fauna. "Whenever I come back to St. Lucia from a trip abroad and see the lush-

ness and the sea, it almost makes me cry," Anthony says before scanning the sand again. At just 383 square kilometres, St. Lucia is barely a pinprick of volcanic geology in the Caribbean Sea. But the island is astonishingly diverse, spanning six complete bio zones. These zones range from cloud forests clinging to the precipitous Gros and Petit pitons, to the steamy swamps and lowland jungles that border the satin beaches of Louvet. Constricting geography, coupled with a burgeoning tourism economy, which in 2008 grew by another estimated 2,000 hotel beds, means environmental conservation is also good business. For a bi-

ologist like Anthony, Louvet is a wild Caribbean idyll. Beyond the fringe of coconut trees that lines the beach, waterways meander among bay leaf and mango trees where a careful eye might spot the large St. Lucia iguana. In 2008, a property development firm purchased this paradise, which means a glossy resort with infinity pools and manicured golf greens is on its way. But if the following victories are any indication, St. Lucia's stewards are not going away without a fight.

ACCESSIBLE LOCAL CULTURE

Travellers who tire of hanging out with the cruise-ship herd at the waterfront market in Castries can get a unique and authentic perspective on St. Lucia if they know where to look. Lushan Country Life is a home-grown operation that invites visitors onto the Anthony family's property in the undulating hills above Castries. "This is the land that I grew up on," says biologist Donald Anthony, as he

cracks open a coconut and sips the nectar in the shade of the garden. His family has transformed their estate into a living and breathing exhibit of flora and fauna, home to 30 species of birds and trees, like white cedar and mahogany, long used by locals for boat-building and furniture-making. It was Anthony and his brother's love of St. Lucia's natural bounty and history, coupled with a strategic location close to the cruise ship terminal in Castries, that propelled the estate's opening three years ago. Interpretive trails meander through the forest, with medicinal and herbal gardens redolent of turmeric, cinnamon and ginger. Along the way, you can slake your thirst with succulent guava, golden apple or starfruit. The property also provides a glimpse of life prior to European contact: the "Kai Pye" is a traditional Amerindian hut furnished with similar tools and utensils used by the indigenous Carib people.

AN INTERVIEW WITH

King Vers

FROM PAGE 11

with out a present father. Fathers are instrumental in establishing a strong foundation and many of the men don't realize that.

As you know our cultural paper is focus on a number of community awareness building topics, most importantly Agriculture and Community development. What are you thoughts and views of the importance of Agriculture for St Maarten?

You can't put a price on it. I mean which island or country doesn't want to grow their own produce? We have to be self sustaining and can not totally depend on imported goods. What would hap-

pen if a major crisis takes place and ships can't make it St.Maarten?! It is extremely important.

What do you think can bring more community members together to focus on positive development issues for their surrounding communities?

First everyone needs to put aside their ego's. Go at an issue together never separately. Think about our children's future and work towards an improved community.

As we come to the end of the Q and A interview:

Who would like to give a shout out

or some inspirational words for our youngster and upcoming artist that look forward to taking on music as a career possibility !

Special thanks to the entire community of St.maarten. Thank you to all the fans abroad. Thank you to my entire team North Island/Great Music Studios. My family and friends. The love is greatly appreciated and there is no me with you all.

To the youth I say the following. Decide on what you want in life and then go for it with unrelenting determination. Never settle for what people think you should be. You are the master of your destiny. Practice and work hard. Study your craft or career of

choice from all angles. Be fearless. We only get to do this life once. So go at it with all you have. Your present situation doesn't determine your future. I grew up in a violent home and the odds were stacked high above. Still here I am because of my determination to succeed. Live and experience as much as you can in this wonderful world.

All hail King Vers as this is one local artist that truly has the potential to put St Maarten on the map... Much success on you journey forward !!!!

Thank you. Greatly appreciate the love and support. Love alone we need.



THE ENTREPRENEURS CORNER

WITH SHAWN YORK



SHAWN YORK is one of St Maarten's rising clothing designers. Mr York was selected by Cultural Xpression to share a bit more about his passion for creating the brand 37 Square Miles. He took some time to answer a few questions as to what inspired him to start the brand and his plan for the near future.

1. What is the name of your brand?

Established back in 2011, 37 Square Miles sxm is a clothing apparel company based in on Sint Maarten/ Saint Martin. This apparel brand has grown and expanded and is continuing to climb. Printed in red, white and blue, a simple concept and phrase that was able to capture the hearts and imagination of the people

on the island. It even spawned other shirts titled Sunshine City Sxm, another moniker the island is famously known for.

2. What inspired you to start your brand?

This brand is something I do alongside my study. It allows me to apply what I am learning in school as well express my love for my Birthday place. I've learned so much in a short time and hope to continue to do this

3. In which way does your brand inspire or represent St Maarten?

The Mission and Vision statement of 37 Square Miles is: "Embracing and promoting culture through fashion and art. This brand aims to be the top apparel line on the island that

represents the culture and heritage of Sint Maarten/ Saint Martin, as well as collaborate with other organizations to educate the youth and adults about the islands history, culture, extracurricular fun activities that are traditionally marketed toward tourist.

Examples of this is, for the entire month of February our social media pages highlighted the many statues on SXM through photography, also informing the public about the history behind those statues such as One-Tété Lokay and many others. Lastly we introduced new color t-shirts, such as the Hibiscus Red Shirts, Mullet Bay Blue shirts, Coal Pot Black on Black and much more. These shirts are named after bits and pieces of St. Martin

4. What can we expect from you in 2016

I want to open an online store so people from abroad who are constantly emailing me about how they can get t-shirts can now order them. Hopefully internet and banking services improve on the island to make this venture into online store less difficult. Further more in the future I just want to expand and optimize all aspects of the company so I can be a fully functional business with staff

that stays in line with its mission statement which is to Embracing and promoting culture through fashion and art. You can find the cultural Saint Martin t-shirts at Upholstery World on the Bush road (Across from quick bargains) or on the Boardwalk by the Walter Plantz Square (place with the pretty fountain).

5. What would you like to say or share with other creative designer that would like to start their own brand on St Maarten?

Do research, speak to people with experience, try and learn as much as possible about the many aspects of the field you want to enter in. There's a lot of ground to be covered and areas you can optimize. Building a team is also extremely beneficial. You can't do it alone. You can learn so much from others. I read a quote from Warren Buffet, he said the following about learning from others:

"It's better to hang out with people better than you. Pick out associates whose behavior is better than yours and you'll drift in that direction."

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Top 9 Tips for *Moms and Dads...* FROM PAGE 16

1. Set a good example of an active person.

Active parents produce active children. If children see their mom and dad participating in and enjoying sports, then it's going to be more natural for them to want to pursue those activities. On the other hand, if parents are couch potatoes . . .



2. Let kids participate in determining when they are ready for sports.

Children who are forced into sports before they are ready usually have bad experiences. When kids say they are interested, parents should start looking earnestly at it. By involving children in the decision-making process, they feel a sense of ownership in the outcome. This creates a greater sense of commitment: "I'm doing it because I want to do it, not because I'm made to do it."

3. Give priority to your child's own interests.

Most kids develop a sense of their personal interests at

an early age. And although parents might prefer their child be active in sports, maybe the child would rather play a musical instrument. Parents should let their children have a say in determining what tune they march to. Remember that youth sports are about what participation can do for kids, and not what parents get out of it.

4. Don't use sports as a babysitter.

Some parents erroneously believe their involvement merely consists of getting their child signed up and driving them to and from practices and games. But that's

just part of it. Parents not only have a right but a responsibility to oversee their child's sport participation.

5. Emphasize the process of enjoyment rather than the product of winning.

Research on young athletes' motives for playing sports has consistently shown that their primary objective is to have fun. Studies also indicate that the main reason why youngsters drop out of sports is, "It isn't fun any more." Simply stated, children want to play sports for personal enjoyment. And when the fun disappears, so do they.

6. Emphasize striving to improve skills rather than comparing oneself with others.

Growth and development happen at different rates in youngsters, and this should be made clear to them. It is particularly important that children whose skill is lagging not view this as a permanent condition. Parents who praise self-improvement efforts, can help their kids derive pleasure from their progress over time. This creates many worthwhile experiences in sports—even for athletes who never will be stars.

7. Establish and maintain open

lines of communication.

Tell your children what you expect—things like giving maximum effort, listening to their coach, having fun—and ask what they are thinking. Make it very clear you want to know how they feel about what's happening in practices and games. This type of two-way communication is essential.

8. Evaluate your child's coach.

Parents should talk to the coach, regularly go to games, and occasionally attend a practice. Additionally, they should ask themselves the following questions:

Are the young athletes treated with respect?
 Are they being taught?
 Are they given a chance to perform?
 Are they made to feel what they're doing is a fun activity?
 If not, it may be necessary to find another team for your child.

9. Don't live your dreams through your children.

All parents identify with their children to some extent and thus want them to do well. This is natural and healthy. But sometimes parents over-identify, and the child becomes an extension of themselves. Parents who are "winners" or "losers" through their children are experiencing the frustrated-jock syndrome, which places extreme pressure on children. In such cases, the young athlete must excel, or the parent's self-image is threatened. To avoid this, don't define your own self-worth in terms of how good your children are.

By *psychologytoday*

Spaceless Gardens facebook

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New Board FOR BASKETBALL ASSOCIATION

GREAT BAY - A new board has been appointed by the St. Maarten National Basketball Association (SXMNBA).

The new board consists of: President Alex Ferdinand, Vice President Shawn Green, Secretary Duncan Van Heyningen, Treasurer Everonique Levenstone, Public Relations Officer Herbert Martina and Tournament Coordinator Alphonso Missoudan.

With this new board, the SSMNBA continues to realize their vision, which is to provide an environment for the development of young athletes into elite performers. This



New Members take some time out to pose for a picture - Photo 721News

can be done via accomplishment of the SXMNBA goals, which are:

To promote and manage the sport of basketball on St. Maarten;

Supervise, improve and expand on basketball in accordance with all FIBA rules and regulations;

To participate in the Dutch Caribbean

Games, Kingdom Games

CBC Games with further aims to the World Championship Games.

The SXMNBA will be hosting a single

elimination knock-out tournament

May 15-26. This knockout will be in preparation for the SXMNBA Mini Season, which will run from July 4 to Octo-

The SXMNBA believes that basketball on St. Maarten contributes greatly to the wellbeing of the youths, and thus is a responsibility of all. Therefore, the SXMNBA is asking the general public to support their efforts in keeping basketball alive.

The board is counting on businesses and parents to be involved. To assist on any level, contact the board via email: sxmnb@gmail.com or call +1(721)520-2151 or +1(721)520-4664.

By 721News

YOUTH AND SPORTS: TOP 9 TIPS FOR

Moms and Dads

MOST MOTHERS and fathers are productive contributors to their children's well-being in sports. Unfortunately, how-

ever, the negative effects of a small minority of parents are all too obvious. The good news is that incidents of parental

misbehavior are not the norm! In fact the majority of parents are able to channel their genuine concerns and good intentions in a way that heightens the value of their children's sport experiences.

How can you become a successful sport parent? There's no set formula, but the guidelines below are designed to increase the chances of producing favorable results.

CONTINUED ON PAGE 15

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