

**FREE**

# CULTURAL XPRESSTON

**MAY 2016**



## BENJAMIN BELL

An exclusive interview with the Aspiring Artist and Pastor

## THE ENTREPRENEURS CORNER

EXCLUSIVE INTERVIEW WITH SINT EUSTATIUS VERY OWN

## ELIGIO WOODLY

PROUDLY SUPPORTED BY

STM SHIPPING N.V.

PRUDENTIALSBS.COM

ABU G BOOTH 18&19

ST. MAARTEN SXM OPTICAL N.V.

AFRICAN ROYALTY

OSPP

WALTER PLANTZ PIER,  
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 FRANTZ OMAR FANON

Created BY:  
Denicio Wyattte  
Editors  
Photography  
Denicio Wyattte  
Wattzz Publishing  
The Public at Large



The oppressed will always believe the worst about themselves.  
— Frantz Fanon —  
AZ QUOTES

Mr Frantz Omar Fanon

**Contributors**  
Home Remedies  
Pineapple Pete's  
Energise for life  
Community Tools  
Poverty reduction  
Network  
ST Maarten SXM  
Optical N.V.



Cultural Xpression  
Newsletter

King Ashandi Music

Iland Vibez

Spaceless Gardens

St Maarten  
Agriculture

375Q Miles The  
Affiliates Sint  
Maarten

Ziggi Recado Music

*Websites:*  
ilandvibez.com

St Maarten  
Agriculture.com

EMAIL  
wattzzpublishing@  
gmail.com

CEL: 721 553-6300  
OFFICE: 524-4733

**FRANTZ OMAR FANON (20 July 1925 – 6 December 1961)** was a Martinique-born Afro-Caribbean psychiatrist, philosopher, revolutionary, and writer whose works are influential in the fields of post-colonial studies, critical theory, and Marxism. As an intellectual, Fanon was a political radical, Pan-Africanist, and a Marxist humanist concerned with the psychopathology of colonization, and the human, social, and cultural consequences of decolonization.

In the course of his work as a physician and psychiatrist, Fanon supported the Algerian War of Independence from France, and was a member of the Algerian National Liberation Front. For more than four decades, the life and works of Frantz Fanon have inspired national liberation movements and other radical political organizations in Palestine, Sri Lanka, the U.S. and South Africa.

### Martinique and the Second World War

Frantz Fanon was born on the Caribbean island of Martinique, which was then a French colony and is now a French département. His father was a descendant of enslaved Africans and indentured Indians; his mother was of African and European descent, whose white ancestors came from Strasbourg in Alsace. Fanon's family was socio-econom-

ically middle-class. They could afford the fees for the Lycée Schoelcher, then the most prestigious high school in Martinique, where Fanon had the writer Aimé Césaire as one of his teachers.

After France fell to the Nazis in 1940, Vichy French naval troops were blockaded on Martinique. Forced to remain on the island, French sailors took over the government from the Martiniquan people and established a collaborationist Vichy regime. In the face of economic distress and isolation under the blockade, they instituted an oppressive regime; Fanon described them as taking off their masks and behaving like "authentic racists."

Residents made many complaints of harassment and sexual misconduct by the sailors. The abuse of the Martiniquan people by the French Navy influenced Fanon, reinforcing his feelings of alienation and his disgust with colonial racism. At the age of seventeen, Fanon fled the island as a "dissident" (the coined word for French West Indians joining Gaullist forces), traveling to British-controlled Dominica to join the Free French Forces.

He enlisted in the Free French army and joined an Allied convoy that reached Casablanca. He was later transferred to an army base at Béjaïa on the Kabylie coast of

Algeria. Fanon left Algeria from Oran and served in France, notably in the battles of Alsace. In 1944 he was wounded at Colmar and received the Croix de guerre. When the Nazis were defeated and Allied forces crossed the Rhine into Germany along with photo journalists, Fanon's regiment was "bleached" of all non-white soldiers. Fanon and his fellow Afro-Caribbean soldiers were sent to Toulon (Provence). Later, they were transferred to Normandy to await repatriation.

In 1945, Fanon returned to Martinique. He lasted a short time there. He worked for the parliamentary campaign of his friend and mentor Aimé Césaire, who would be a major influence in his life. Césaire ran on the communist ticket as a parliamentary delegate from Martinique to the first National Assembly of the Fourth Republic. Fanon stayed long enough to complete his baccalaureate and then went to France, where he studied medicine and psychiatry.

Fanon was educated in Lyon, where he also studied literature, drama and philosophy, sometimes attending Merleau-Ponty's lectures. During this period, he wrote three plays, which are lost. After qualifying as a psychiatrist in 1951, Fanon did a residency in psychiatry at Saint-Alban-sur-Limagnole

**CONTINUED ON PAGE 3**



# How to Accept and Respect other Cultures - P1

BY HUBPAGES

**REGARDLES OF WHERE** you live on this great, big Earth, chances are you will eventually interact in some way with a culture that is different from your own. When most people consider culture, their first thoughts involve race or ethnicity. Culture goes far beyond that, however. In fact, we are all members of various cultural groups and our cultural identities developed based on the influence of these memberships. Like most things that make you who you are, the development of your cultural identity is an ongoing process. As we are exposed to different sets of beliefs and values we may adapt other cultural beliefs that were not part of our original makeup. In this way, culture is dynamic and complex.

In addition to race and ethnicity, our cultural orientations are influenced by gender, class, physical and mental abilities, sexual orientation, religious and spiritual beliefs, age, and

much more. The individual is a complex mix of many cultural influences woven together. It is, therefore, impossible to define a person by a single cultural label. To further complicate matters, our cultural histories are filtered by individual psychological characteristics and experiences, ensuring that even those sharing cultural similarities are truly unique.

## Elements of Culture

Culture is a system of shared beliefs that are used by a society in order to interact with the world as well as with each other. Often, we think of the food, music, clothing, and holidays shared by a group as their culture. The elements of culture include these things and more. Culture is the customs, values, behaviors, and artifacts of a group. It is a combination of thoughts, feelings, attitudes, and beliefs shared by those of the same racial, ethnic, religious, or other social group. Many of these groups



we are born into (such as racial and ethnic groups) others we choose (such as religious or political groups). Many of us move between cultures, adjusting our ideas and beliefs as we grow and learn. Those who go through cultural shifts

may adopt new customs, but they will also retain elements of their previous cultural experiences.

Breaking culturally accepted norms makes people uncomfortable.

**MORE ON THIS TOPIC IN JUNE 2016 EDITION**

## MAJOR FIGURES - FRANTZ OMAR FANON FROM PAGE 2



under the radical Catalan psychiatrist François Tosquelles. He invigorated Fanon's thinking by emphasizing the role of culture in psychopathology.

After his residency, Fanon practised psychiatry at Pontorson, near Mont Saint-Michel, for another year and then (from 1953) in Algeria. He was chef de service at the Blida-Joinville Psychiatric Hospital in Algeria. He worked there until being deported in January 1957.

### France

In France while completing his residency, Fanon wrote and published his first book, *Black Skin, White Masks* (1952), an analysis of the negative psy-

chological effects of colonial subjugation upon Black people. Originally, the manuscript was the doctoral dissertation, submitted at Lyon, entitled "Essay on the Disalienation of the Black"; the rejection of the dissertation prompted Fanon to publish it as a book. For his doctor of philosophy degree, he submitted another dissertation of narrower scope and different subject. Left-wing philosopher Francis Jeanson, leader of the pro-Algerian independence Jeanson network, read Fanon's manuscript and insisted upon the new title; he also wrote the epilogue. Jeanson was a senior book editor at Éditions du Seuil, in Paris.

When Fanon submitted the manuscript of *Black Skin, White Masks* (1952) to Seuil, Jeanson invited him for an editor-author meeting; he said it did not go well as Fanon was nervous and over-sensitive. Despite Jeanson praising the manuscript, Fanon abruptly interrupted him, and asked: "Not bad for a nigger, is it?" Jeanson was insulted, became angry, and dismissed Fanon from his editorial office. Later, Jeanson said he learned that his response to Fanon's discourtesy earned him the writer's lifelong respect. Afterward, their working and personal relationship became much easier. Fanon agreed to Jeanson's suggested title, *Black Skin, White Masks*.

### Death

On his return to Tunis, after his exhausting trip across the Sahara to open a Third Front, Fanon was diagnosed with leukemia. He went to the Soviet Union for treatment and experienced some remission of his illness. On his return to Tunis he dictated his testament *The Wretched of the Earth*. When he was not confined to his bed, he delivered lectures to

ALN (Armée de Libération Nationale) officers at Ghardimaou on the Algero-Tunisian border. He made a final visit to Sartre in Rome. In 1961 the CIA arranged a trip to the U.S. for further leukemia treatment.

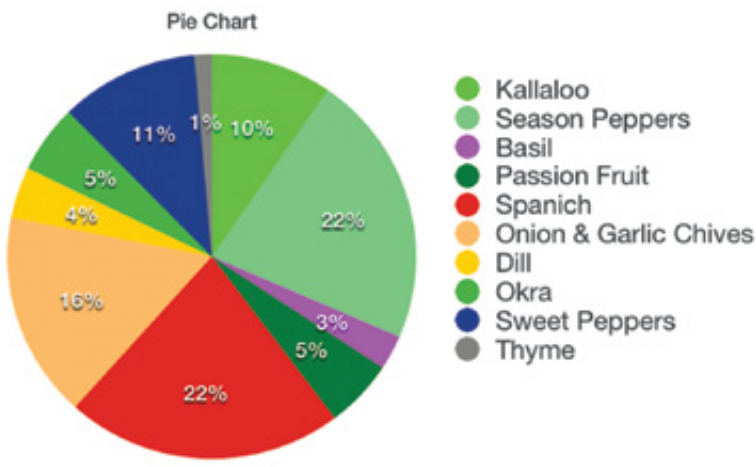
He died in Bethesda, Maryland, on 6 December 1961, under the name of Ibrahim Fanon. He was buried in Algeria, after lying in state in Tunisia. Later his body was moved to a martyrs' (chouhada) graveyard at Ain Kerma in eastern Algeria. Frantz Fanon was survived by his French wife Josie (née Dublé), their son Olivier Fanon, and his daughter (from a previous relationship) Mireille Fanon-Mendès France. Josie took her own life in Algiers in 1989. Mireille became a professor at Paris Descartes University and a visiting professor at the University of California, Berkeley, in international law and conflict resolution. She has also worked for UNESCO and the French National Assembly, and she serves as president of the Frantz Fanon Foundation. Olivier married Valérie Fanon-Raspail, who manages the Fanon website.



## April 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.



■ Passion Fruit ■ Spanich ■ Sweet Peppers ■ Basil ■ Season Peppers ■ Kallaloo ■ Chives ■ Dill ■ Okra ■ Thyme

### Results by Farm Manager

CROP TYPES	HARVEST APRIL 2016	
Kallaloo	7	Kilos
Season Peppers	16	Kilos
Basil	2	Kilos
Sweet Peppers	8	Kilos
Spanich	4	Kilos
Passion Fruit	16	kilos
Onion & Garlic Chives	12	kilos
Dill	3	Kilos
Okra	4	Kilos
Thyme	1	Kilo



April 2016 has been another very fruitful month with over 72 kilos of combined organic produce harvested.

**MORE PEOPLE** ly turn themselves away from GMO and non Organic produce but they try to make better selections based on information gather from fruitful re-sources.. We at the St Peters Community Garden Research and Development Center aim to continuesly help build awareness and find solutions to many common health is-sues through culti-vation of selected crops. For this reason our work is never done.. Support agriculture for St Maarten and find out how you can start your back yard garden today..

**Email us at** [spacelessgardens@gmail.com](mailto:spacelessgardens@gmail.com) for more

**STMN.V.**  
All Matters Shipping

*Why ship with STMN.V.*

STMN.V. Offers you the highest level of personalized customer service. Specializing in LCL Cargo, Consolidation or Direct Shipping. Pick Up and delivery service anywhere in North America and Europe. Delivered to your door.

**100% GUARANTEED**

NO HIDDEN FEES

**OUR RECEIVING LOCATIONS**

**MIAMI**  
**JOHN CASSIDY INTL**  
3680 NW 73rd Street  
Miami, FL 33147  
Tel: 305-836-8218

**PUERTO RICO**  
**NEW WAY SHIPPING**  
Edif. A #30 Mercado Central  
San Juan Port Zone  
Tel: 787-397-2553

**WESTERN EUROPE**  
**IFC**  
Jupilerweg 1a  
4261 RW Moordijk, Netherlands  
Tel: (+31) 168-409494 Cel: (+31) 613-954079  
Email: [martijn@ifc.nl](mailto:martijn@ifc.nl) Web: [www.ifc.nl](http://www.ifc.nl)

**NEED CARGO SHIPPED TO THE USA?**

- PERSONAL EFFECTS!
- RETURNING GOODS!
- NEED TO SEND ITEMS TO REPAIR!
- RELOCATING!

WE SHIP WEEKLY TO THE USA WITH IN-HOUSE CUSTOMS BROKER. WE ARE A "ONE STOP SHOP" SOLUTION OFFERING!

FREE UP TO 100 LBS OF SERVICE  
FREE FACTORY TO DOOR DELIVERY ANYWHERE IN THE USA

**STMN.V. - A.T. Illidge Road # 11  
Phillipsburg, St Maarten  
Tel :721 542-5152 | Fax: 721 5425215**

Web: [www.stmnv.com](http://www.stmnv.com) | Email: [sales@stmnv.com](mailto:sales@stmnv.com)

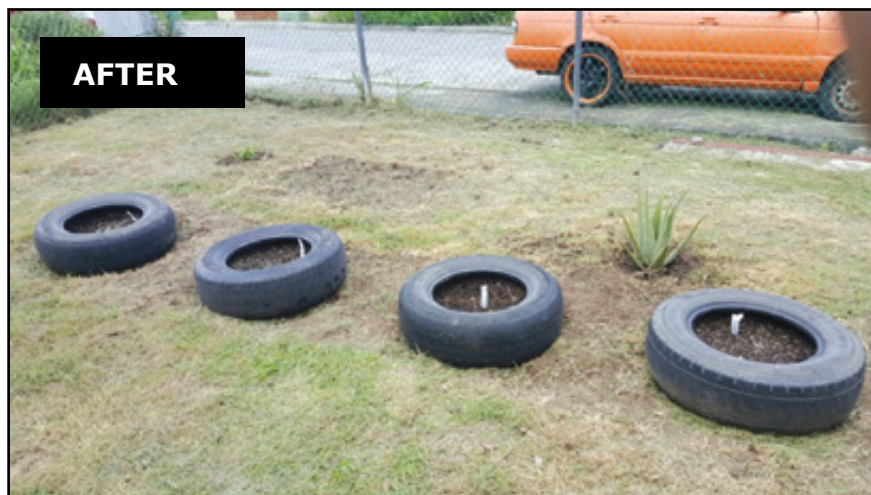


# Community Gardening has *Begin*

VSA and Community Development in collaboration with Spaceless Gardens has been doing a great job implementing the Community Back Yard Garden Program. For members of the surrounding communities that are interested in starting your own little garden in your back yard can sign up at your community helpdesk.. Get registered, Get Involved !



**BEFORE**



**AFTER**

Location St Peters - Retrete Estate

**PRUDENTIALSBS**  
SMALL BUSINESS SERVICES

WWW.PRUDENTIALSBS.COM

WALTER J.A. NISBETH ROAD  
#59, PHILIPSBURG (UPSTAIRS  
CARL'S N SONS ON THE  
PONDFILL) TEL:5427921

## MICHAEL W. SMITH & FRIENDS CARIBBEAN

JULY 2-9, 2016

**SUMMER DAY OF WORSHIP**  
with Michael W. Smith and Friends

**SCHEDULE FOR Tuesday, July 5th 2016**  
Walter Plantz Pier 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
- MORE INFO ON PAGE 12**

## St. Maarten Optical N.V. SXM OPTICAL



A child that sees like this can pass a vision screening.

This is 20/30 vision

**E**  
**FP**  
**TOZ**  
**LPED**

A child that sees like this can pass a vision screening.



A child that sees like this can pass a vision screening.



A child that sees like this can pass a vision screening.



So, is it any wonder why your child can't sit still for 20 minutes to do homework?



Give us a call to book your appointment:  
(1-721)-542-2736

Located only on the Pondfill, Marcus Building, Philipsburg, St. Maarten



REOPENING SOON

GET YOUR DRINK ON @ ABU G 37  
**BAR & LOUNGE SXM**

LOCATED UPSTAIRS ABU G SHAWARMA MADAME ESTATE



ARE YOU AN ARTIST -PRODUCER - DJ  
OR PHOTOGRAPHER?



THEY PAY YOU ROYALTIES AT  
\$0.003 A PLAY

WE PAY YOU  
**\$1 A DAY**

**JOIN TODAY**  
FIND OUT HOW YOU CAN MAKE MONEY  
TO BE CREATIVE  
[WATTZZPUBLISHING@GMAIL.COM](mailto:WATTZZPUBLISHING@GMAIL.COM)

**WEBSITE COMING SOON**

# VEGATERIAN AND VEGAN RECIPIES

## Smashed White Bean and Avocado Club

BY REALSIMPLE.COM

- 2 - 15-ounce cans white beans, rinsed and drained
- 2 - tablespoons extra-virgin olive oil
- 1/2 - teaspoon kosher salt
- 1/4 - teaspoon black pepper
- 12 - slices multigrain bread
- 1 - small red onion, thinly sliced
- 1 - cucumber, preferably hothouse (seedless), thinly sliced (peeled, if desired)
- 1 - 4- to 5-ounce container sprouts (such as alfalfa, radish, broccoli, or a combination)
- 2 - avocados, pitted and thinly sliced

### DIRECTIONS

In a medium bowl, combine the beans, oil, salt, and pepper. Roughly mash the mixture with the back of a fork.

Place 8 of the bread slices on a work surface. Divide the mashed beans among them. Top with the onion, cucumber, sprouts, and avocado.

Stack the open-faced sandwiches on top of one another, avocado-side up, to make 4 double-decker sandwiches. Top with the remaining 4 slices of bread.

Slice each sandwich in half, if desired, and serve.



AVAILABLE AT



ALKALINE WATER

Natural  
health  
Supplements

Detoxing



# HEADACHES: CAUSES, DIAGNOSIS AND

# Treatments -P1



BY MEDICALNEWSDAY  
**HEADACHE** is a broad term that encompasses many different things. Headaches are pains that occur in any region of the head; they can occur on both sides the head or be isolated to a certain location.

Headaches can radiate across the head from a central point or have a

pincering vise-like quality. They can be sharp, throbbing or dull, appear gradually or suddenly and last for multiple days or less than an hour.

There are multiple ways to define headaches. The International Headache Society (IHS) categorize headaches as primary headaches or secondary headaches, depending on what

has caused them.

## CAUSES OF HEADACHES

We will look at the causes of primary headaches and secondary headaches in turn.

## PRIMARY HEADACHES

Primary headaches are stand-alone illnesses caused directly by the overactivity of, or problems

with, structures in the head that are pain-sensitive. This includes the blood vessels, muscles and nerves of the head and neck. They may also result from changes in chemical activity in the brain.

Common primary headaches include migraines, cluster headaches and tension headaches.

Some types of headache can be both primary and secondary as they may be an isolated issue or a result of another condition or illness. Such headaches can involve:

- Direct physical stimuli, such as temperature and external pressure
- Pain over the scalp (epicranial)
- Physical exertion
- Other miscellaneous headaches.

## SECONDARY HEADACHES

Secondary headaches are headaches that are symptoms of another condition that stimulates the pain-sensitive nerves of the head. There are a vast number of different conditions that can cause secondary headaches, ranging in severity from an alcohol-induced hangover to a brain tumor.

In addition to those two examples, the following list should serve to illustrate the variety of different conditions that can cause secondary headaches:

- Blood clots
- Brain freeze (ice cream headaches)
- Carbon monoxide poisoning
- Concussion
- Dehydration
- Glaucoma
- Influenza
- Overuse of pain medication

## (rebound headaches)

- Panic attacks
- Stroke.

As headaches can be a symptom of a serious condition, it is important to seek medical advice if headaches become more severe, regular or persistent.

For example, if the headache is more painful and disruptive than previous headaches, worsens or fails to improve with medication or is accompanied by other symptoms such as confusion, fever, sensory changes and stiffness, a health care provider should be contacted.

## TYPES OF HEADACHES

People experience many different types of headache, affecting a number of areas of the head in myriad ways, with differing intensities and for variable amounts of time. Here are the characteristic symptoms associated with some of the more prominent forms of headache:

## TENSION-TYPE HEADACHES

Tension-type headaches are the most common form of primary headache. They are described as a feeling of having a tight band around the head, with a constant, dull ache felt on both sides. The pain may spread to or from the neck. Such headaches normally begin slowly and gradually in the middle of the day.

Tension-type headaches can be either episodic or

chronic. Episodic attacks are normally a few hours in duration, but can last for several days. In contrast, attacks are considered to be chronic if they occur for 15 or more days a month for a period of at least 3 months.

## MIGRAINE

Migraine is the second most common form of primary headache and has been ranked as the seventh-highest specific cause of disability worldwide.<sup>5</sup> A migraine can last for any amount of time between a few hours and 2-3 days.

A migraine headache may cause a pulsating, throbbing pain on one or both sides of the head. The aching may be accompanied by blurred vision, lightheadedness, nausea and sensory disturbances.

Medical News Today has a Knowledge Center article dedicated to migraines, which can be viewed for further information.

## REBOUND HEADACHES

Rebound, or medication-overuse headaches are the most common secondary headache, caused by the excessive use of medication to treat headache symptoms. They usually begin early in the day and persist throughout, improving with pain medicine but worsening when its effects wear off.

Rebound headaches can cause a number of symptoms, and the pain can be different each day.

**MORE IN JUNE EDITION**

**ABU-G**  
EST. 2004  
ST. MAARTEN  
By Ghazi

MADAME ESTATE

**YOUR SHWARMA**  
TASTE EVEN BETTER @ ABU G!!!

IF IT AINT ABU G  
THEN IT AINT A SHWARMA



WHA YA SAY

**#1 ROOTS & CULTURE SHOP**

**African Royalty**

**OPEN MON - SAT 10:30AM TO 6:30PM**

**PHONE 721-5432108 CELL 721-5861536**

**INSENSE STICKS & OILS**

**MEN AND WOMEN ROOTS WEAR & ACCESSORIES**

**RAW COCOA & SHEA BUTTER**

**TAMS AND HEAD WRAPS**

**ARTS & CRAFTS**

**NATURAL HAIR & BODY PRODUCTS**

**LEATHER SANDLES**

**BE WISE & JUST STEP INSIDE THE RASTA SHOP**

**WHA YA SAY TELL DI TRUTH!**

WITH RAS ITAL

**Legalize it, Don't Criticize it**



Dem start fi discuss legalization of Ganja Few weeks back, WHY ONLY NOW. Dem fi do dat long time. True dem only now start fi realize di healing power if di herb... But truly Dem really nah care about the well benefit it can bring to di people, but more on how much money dem can mek fi dem selves.. Mek sure when ya pass di law dem , dat di farmer man dem get di first preference. Afta all how, ya whaan own hotel, big business, Car dealership, Insurance Company and Banking and Now whaan sell ganja? Naaaah sa, lef fi , di average man whaan eat a food too. Unless dem willing fi give up a piece a steak from dem plate... Ya can keep di steak seen, Rasta and Conscious people naan want dat, Free up di herb, Legalize it and nah Criticize it , All Peter Peter Tash se so..

MADE IN ST MAARTEN | 2016 | 11 | 01 | 2891 | 599

GET BRANDED **TODAY**

ALL OF SXM ENTREPRENEURS UNDER ONE ROOF

[WWW.MADEINSTMAARTEN.COM](http://WWW.MADEINSTMAARTEN.COM)



# 7 STEPS TO INSPIRE *Creativity Within*



by: **Chopra Center Certifications**

**WE OFTEN THINK** of creativity as something that only certain people are gifted with. In fact, we have special words for such people. We often call them brilliant, inspired, or ingenious. These words do signify a true insight. Creativity does spring forth from that part of our deeper being which is truly brilliant and infinitely intelligent. In turn, this deep-level intelligence then manifests to us as inspiration, changed perception, and insight.

The mistake, however, is to think that creativity is something that only special individuals possess. Our wisdom tra-

ditions tell us that creativity is a fundamental aspect of reality itself. It is not the special property of gifted individuals, but an intrinsic dynamic within each of us and within all of nature. Creativity is that process through which the universe continually expresses its infinite self. Creativity is ceaseless and inexhaustible. It is an innate part of who and what we are.

In truth, each of us is actually creating all the time. This is because the world we experience is arising from our own thoughts, beliefs, and intentions. It is stemming from our own consciousness. If we stay focused on our ego, we create experiences of separation,

conflict, pain, and limitation. We also stay stuck in the same patterns—the same ways of thinking, acting, and perceiving.

On the other hand, if we identify with our deeper self we can create experiences that reflect harmony, joy, abundance, and innovation. We do this by letting go of the ego's limited ways of operation. We open instead to our infinite being and its unlimited potential. This is normally the type of creativity we admire in others and that we strive for in ourselves. The good news is that we can move into this type of creativity by intentionally choosing to do so.

## **HERE ARE SEVEN PRACTICAL WAYS TO CULTIVATE INSPIRED CREATIVITY IN YOUR LIFE:**

**Expand your definition of who you are:** Free yourself from any restricted sense of who you are and know that you are a being of infinite potential. It's important to accept your true nature and to consciously work with it. Inspired creativity stems from your true self.

**Cultivate the wisdom of your deeper self:** Release preconceived ideas, habits, and patterns. Let go of all ideas of what is possible or impossible. Meditate and consciously link to your deeper self and surrender to your infinite wisdom. Allow yourself regular periods of silence. Make space for new thoughts and perceptions.

**Set your intentions:** Inspired creativity arises best when you set your intentions with full clarity and awareness. Be fully

conscious of what you want to create. Affirm your intentions and be as clear as possible. Take action to fulfill your intention while releasing any attachment to the outcome.

**Ask how to be of service:** Our deeper self is unified with all of reality. Asking how to be of service taps into that unity consciousness and invites its expression through you for the benefit of all. This dissolves limited and self-centered motivations and harnesses the power of infinity. Before you meditate and throughout the day, silently ask yourself, How can I help? How can I serve?

**Embrace your uniqueness:** As the spiritual Law of Dharma states, you are a unique center of creative activity and you have a creative role to play that no one else can fulfill. Realize that there is an appreciative audience for all your creative contributions.

**See all challenges as opportunities:** Get in the habit of interpreting all problems as opportunities. All problems have win-win solutions when we tap into the creativity of our infinite self. Those solutions always create greater joy and wellbeing for those involved. Consciously seek these universal solutions.

**Rise to the level where there are no problems:** At the highest levels of consciousness, problems do not exist. Everything is always recognized as perfect—exactly as it is. As you cultivate this awareness in all circumstances, you will open the door to inspired creation from the highest levels.

**Tattoo Ink Incorporated**

PAULSXM

TATTOO INKORPORATED SXM

Wellington Rd # 39 Cole Bay | TEL 721 522 7010  
For Appointments



# ASPIRING GOSPEL ARTIST & PASTOR BENJAMIN BELL



**AS JULY 5, 2016** approaches the local christian community is getting prepared for one of the biggest gospel outreach events to touch the shores of St Maarten. Yes Folks, International gospel artist Mr Michael W. Smith and Friends will be here on the island to spread some joy amongst the soil and sand. Also performing that evening is St Maarten's very own, Aspiring Artist and Pastor Mr Benjamin Bell, We got a chance to catch up with Mr Bell during his tight schedule to share with us a bit about his direction of Life, Music and Inspirations.

**Tell Us a bit about yourself, who is Benjamin Bell?**  
I'm a son of the soil, last of six brothers, father of three, husband, pastor and friend to many.

**We heard that you are a pastor, can you please share with us, why u choose this path and the motivation behind it?**

I didn't really choose this path, God choose it for me. I started studying and teaching and my leaders also saw the calling on my life.

**From what age did you start being interested in Music?**

Looking back at my kindergarten report card, I always saw in the comments how much I loved music. So I will say, at a very young age.

**What lead you to make gospel music a main choice of Direction?**

Being that Christianity is part of my life, it was the most obvious choice. Having a love for R&B and jazz music was hard until I understood that Christian music was about the lyrics. I believe that music belongs to God and I will always use it to glorify Him.

**Do you see yourself facing any challenges being a gospel artist out here in the Caribbean?**

Being an artist in the Caribbean is a challenge, being a Gospel artist in the Caribbean is even harder. I measure success by lives that are changed and people that are touched by the music and not by money.

**How do you feel doing gospel music oppose to Hip Hop, Dancehall, Soca?**

There is gospel hip hop which I have produced plenty of with my cousin Eugene Hanson aka Torch who's about to release a gospel Hip Hop album in the near future. Dancehall and Soca I see in the same light, it's about the content.

**How many shows or concerts have you ever performed for?**

Too numerous to mention. Some that are worthy to mention are the Governors Ball, the Ron Kenoly concert, the Andre Crouch concert, Kirk Franklin, William Mc Dowell and Donnie Mc Clurkin shows to name a few, and of course the highly anticipated upcoming concert on the boardwalk with Michael W. Smith on the 5th of July 2016.

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

My challenge will always be the preparation stage. Making sure everything is in place before the show, which allows me to go on stage with as little stress as possible. Also getting the support of our local business community is also very challenging.

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

This is the most important element. If you have a good team and everyone plays their role, it makes it much easier to function at your best.

**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 international potential?**

St. Maarten has a lot of skillfull youths in the arts but they should continue to work on their craft because they cannot make it on their raw talent alone. Hence the reason I have started vocal lessons. These lessons prepares the students for shows and some have even been accepted into the Charlotte Brookson Academy and even college. One student /band member just graduated top of the class from the Leeds school of music in the UK.

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

Reggae is world wide now and soca is also moving into the international scene but we cannot continue to keep ourselves in a box, we should be eclectic for us to be effective but with a Caribbean flavor.

**What genre or genres of Music do you think we as St Maarten or Caribbean people should focus on to determine a more successful international outcome?**

A fusion of different styles is unique and this can be used to be effective for instance; zouk and r&b, r&b and reggae, soca and hip hop or rock and reggae.

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

Have funds available to send people away to learn the art. Invest in locals as you would invest in overseas artist. Support the local artist as you would the international artist. This would help encourage the locals to aspire for more.

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

No, not right now with the support that local artist get. Realistically, the type of money that is needed to make a living from music cannot be attained because we do not have a population that is big enough for

that.

**Have you ever experienced traveling overseas to perform for a concert?**

Yes, I did a concert in Statia, Anguilla, St. Kitts and the US for conferences.

**If so, What type of experiences have you gained from performing internationally?**

Being prepared and being calm and to always have a good attitude.

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

Where ever God takes me to spread the word through music.

**What Can we expect from you and you're Group on for the outreach concert on July 5TH 2016?**

You can expect for us to reach out to the people of St. Maarten, encouraging them. My slogan is singing with passion and that will be the experience of that night, reaching out with passion.

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

Yes I do, Shawn J, Roxy, Piper Laundry for instance.

**What keeps you motivated currently?**

My students and my family.

**Who or what are some of your biggest inspirations?**

The Winans, Fred Hammond, Marcus Cole, Brian Mc Knight, Boys to Men, Joshua Bell, Brandy, Cece Winans etc.

**Where do you see yourself in the next year?**

Expanding the vocal lessons to music lessons. This will include teaching instruments.

**What can St Maarten and the World Expect next from Benjamin Bell?**

Much more great music. It has been long awaited but we are almost there.

**As you know our cultural paper is focused 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?**

We find it very important, to the point where my wife and I have started a small garden of our own. We are trying to grow tomatoes, sweet peppers, cucumbers and watermelons as a start.

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

We have to get back to the family structure and as the saying goes: "it takes a community to raise a child". When we get back to caring for one another, then we can develop community based programs.

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

**Who would you like to give a shout out to and also some inspirational words for our youngster and upcoming artist that look forward to taking on music as a career possibility?**

Shout out to my wife and kids, Tehillah Ministries international and Greg Arrindell for his support of the vision. Don't give up on your dreams, if you fail to plan, you plan to fail!

We wanna thank Mr Bell for taking the time to reach out to your newsletter... We encourage everyone to come out on the 5th of July 2016, to experience the Gospel Outreach Concert of a life time along side Mr Michael W. Smith and Friends!!!!



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

MAAGICAL

JULY 5

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

**WALTER PLANTZ PIER,  
PHILIPSBURG BOARDWALK**



Princess Juliana International Airport





# ECO BIZZ - COSME Suriname

**MY VISIT** to Suriname to attend the 22nd Trade mission and congress was quite an experience. Although there was not much time to do to much exploring of Suriname it self, The Trade mission brought great insight to much possibilities. The trip allowed us to network with many diffrent companies and get a better understanding of the many diffrent products that are being produced in Suriname. There is so much to see but we had so little time to explore more of the Cultural Values Suriname had to offer, hope to return soon ..

The main objective of the 22nd Trade mission and congress

was to promote building business relationships between parties from Suriname, the Kingdom of the Netherlands, the Caribbean and Latin America. For example a company from Suriname could consider by means of a partnership to be active in the Kingdom of the Netherlands, the Caribbean & Latin America or vice versa.

We congratulate the COSME Team consisting of the Team leader, Mrs. Diana Hendrickson-Fleming, Private Sector Development Expert (Dutch OCTs), Mr. Dwight Tjin Kon Kiem and Private Sector Development Expert (British and French OCTs), Mr. Sam Krullner for a job well done.



@ The Bitter Melon, Pumkin and Egg Plant Farm



Nice healthy Cows can be found almost at every farm



@ The Chicken Farm that produces up to 12,000 eggs per day



Taking a tour of the Sheep Farm



Crab, Fish and Shrimp @ The Local Market



Business Men and Women from around the Caribbean that attended the Trade Expo and Congress



**YOUR ELECTRICAL, INSTALLATION,  
AND TOWER RIGGING SERVICES**

**554-6098 OR 527-0914**  
EMAIL: [productionlinkz@gmail.com](mailto:productionlinkz@gmail.com)



# THE ENTREPRENEURS CORNER

ELIGIO WOODLEY



**AS WE KICK OFF** another edition of The Entrepreneur's Corner this month for 2016. This section of the paper will be a Q&A format geared towards highlighting Entrepreneurs from St Maarten and round the Caribbean about their direction, goals, struggles and life while working towards building their careers and businesses. This in this month's edition we got a chance to get a Q&A interview one of St Eustatius promising entrepreneur Mr Eligio Woodley, who is quite a man of many tasks. From being part of the fire department, to running a Chicken Farm he still finds the time to deal with what's most important to him, his Daughter. CX is pleased to introduce you to Sint Eustatius very own Mr Eligio Woodley.

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

MY name is Eligio Woodley a son of the soil, born and raised here on the island of Sint Eustatius. I went to school here on Sint Eustatius finished the GVP school and later on went on to Curaçao.

**Are you currently working?**

Yes, I am currently employed by the Sint Eustatius Healthcare Foundation.

**What are you currently doing to be able to sustain your self or family?**

I work as an Ambulance Driver/Maintenance worker at the Sint Eustatius Health Care Foundation.

**What was your original career choice and What inspired you to undertake your current career?**

I want to be in an agriculturalist but never got to do the opleiding as such, so I did ICT on Curaçao. When I got back to the island jobs in that field were limited and I also found it to be a little relaxed so I started doing a few jobs here and there until I found this line of work. Here I have to chance be someone with a job that not only makes money but also allows me to help people and understand life from more than just the shoes that I am standing in.

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

What inspires me to push for this project is the children that visit the farm with me they like just being there especially my daughter, besides that I grew up not liking the farm life at first but I grew to like it as I start to understand the importance of it. My role model was my grandfather and my uncle.

**What are the short term and long term goals and What do you look forward to mostly in the field of interest or choice of career?**

My short term goals are to get the chicken and pet farm up and established, later on down the stretch I would like to set up a foundation to be able to maybe give small scholarship every four years to students interested in the field of agriculture. For those that come back during term periods to help at the farm would be able to get extra credit in biology.

**Are there any challenging factors in the production and distribution field of your product and give basic idea how they are dealt with them?**

The challenges I face is the expensive importation fees on feeds etc, but recently a few of us farmers went to a trade congress in Suriname and found some new potential partners that should make it easier and cheaper for us.

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

Discouragements for me came from places that I least expected and it took some years to get the drive to overcome those obstacles so to speak. Now here I am 8 years down the line with more positivity following me and I give thanks and praise and I will push harder and harder to develop the agriculture sector here in Sint Eustatius.

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

In five years time I see myself being fully established and at least having the cooperation between the school and the project set up for extra credit in biology for the student to come around and help out on their own free will.

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

My greatest achievement is overcoming my fears and gaining the strength to push and not being down on myself even if it feels like the world is on my shoulder.

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

I am motivated by music, my daughter and my visit to Columbia, Suriname and St. Croix.

**What do you think about St Maarten current unemployed situation or students who come back who are over qualified to work?**

That is a problem that seems to be growing rapidly worldwide, but the bible prophecy must be fulfilled it says wisdom shall increase among men and it will also be the destruc-

tion of the earth it is sad to see but we need to go back to basics a bit, even in these modern times.

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

I would like to live a comfortable life with my family and be able to help out wherever I can and whoever I can, especially in the trying times.

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

I go out with the children, help out in community projects and listen to music.

**What is your favorite movie or music or sport?**

I am multicultural, I listen to all music but I love conscious reggae, lovers rock reggae, Soul, R&B and Soca.

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

I would be just where I am under the circumstances to be able to help my country and its upcoming generation. The only change I would make is the living situation which I find to be a little worse than the countries that we consider to be third world because we depend on import for everything. The only difference is we make more money but we are not resourceful, we put away all our morals and that brought us to where we are now.

**What role does nature, spirituality or culture play in your life?**

I use nature and music as my comfort and therapy.

**What are your views on Agricultural development for Sint Eustatius and Caribbean?**

My views on agriculture for Sint Eustatius and the Caribbean is that we need to boost it to a level that we become a self-sustainable Caribbean and not be dependent on the US or any other place for everything we need from food, come right up to cars. We all have something to offer and we could help each other with providing everything we can and limit the import to make things a bit cheaper for us.

**What advice would you like to share with other young entrepreneurs?**

Even if your faith is like that of a mustard seed all it takes is nurture and time to watch it grow into a tree that's big, beautiful and healthy. Don't grudge or rush, get what you need first and all that you want will follow.

**Roots and Culture Shop**  
 presents  
**Place: Philipsburg Cultural Center**  
**Date: THURSDAY 2nd June 2016**  
**Time: 7:00pm - 9:00pm**  
**Tel: 721 586-1536 for more info.**

**LET YOUR FOOD BE YOUR MEDICINE AND YOUR MEDICINE BE YOUR FOOD**

A Free Cooking presentation, teaching the people how to prepare your vegetarian food. from a simple smoothie, to a Vital Ital (vegan meal).

The Master Chef for this Evening is :  
**The Honorable Priest Kailash Leonce**  
 of The FOOD OF 7 VEGAN RESTAURANT, in St Lucia. And is also the founder of the great Physician International.

We invite you to come and learn how to eat to live.

**Bless Up!**



# Kids and Sports: Can We Keep Our *Eye on the Ball*

BY DR. ELAINE COX

**ORGANIZED SPORTS** are big business in America. We love our teams, wear their apparel and spend millions on tickets, memorabilia and concessions. Professional athletes make millions of dollars in endorsements. Community-run sports leagues for kids seem to be following suit, with as much as \$5 billion going to these groups annually. Families report that nearly 75 percent of young, school-age kids participate. The family income and time are often devoted to the development of the young athlete. We believe, as a nation, that sports have great benefits, even for our children. Is our perspective on target?

It's widely accepted that kids who participate in team sports reap benefits. They have overall improved self-esteem, confidence and the ability to work with others. Multiple studies have shown that children who partake in organized sports tend to have fewer symptoms of depression, social anxiety and distorted body image. Shy youth who play a sport for longer than a year showed decreased social anxiety over time. These young athletes may also show less risk-taking behavior as they age, due in large part to the social support network they build through organized team play. And, as caregivers have claimed for eons, a busy kid can't get into trouble, with rates of teen pregnancy, smoking and substance abuse going down as physical activity and sports involvement increases. Kids' time-management skills may also be honed out of necessity.

The physical health benefits are also often touted as justification for playing sports. Youth who participate in sports grapple less with obesity; have reduced body fat; better bone health; and improved cardiovascular and metabolic health profiles. They are also likely to continue exercising regularly into adulthood, keeping an overall better level of health.

However, the arena of kids' sports is not



nirvana. With all the potential positives, there are often many negatives as well, which is likely at least partly responsible for the great attrition rate in participation in late middle and older adolescence. By late high school, however, fewer than 20 percent of students are participating in athletics. So why do they walk away from such a potentially positive experience?

The first part of the answer is easy. Physical development plays a big role, some of which is beyond anyone's control. As children progress from free play in the very young ages into middle adolescence, stratification of skills begins to occur. Having some athletic gifts at a young age is not predictive of future success. During puberty, teens will experience changes in their bodies. Coordination may decline; flexibility certainly becomes more limited; and balance, due to a changing center of mass, may result in poor play.

In addition, the threat of sports injuries, some of which will be "career enders" for children, is very real. The most common injuries are due to overuse. Because of the developmental phases children go through

from kindergarten to high school, which are marked by times of rapid growth and changes to growth plates, they are more vulnerable to injury. In fact, between ages 5 to 24, generally thought to be the upper limit of adolescence and young adulthood, there are 2.6 million emergency department visits related to sports injuries, resulting in a health care expenditure of about \$2 billion per year. That's not all. The lack of rest in between injuries, preventing a full recovery; intense and repetitive exposure to the offending movements; and playing while injured can result in long-term bodily harm. Concussions and heat stress are also becoming all too common in our young athletes.

The second reason, although harder for people to discuss, is the influence adults have on the negative aspects of kids' sports. There is often a disconnect between the athlete's reasons for engaging in sports, such as to have fun and make friends, versus the parent or coach's perception that kids play because they want to win. In this instance, we are applying adult expectations onto the milieu of kids, who are not ready for such constraints.

**Spaceless Gardens**

facebook

BREAD 6AM-8AM

OPEN MON - SAT 11:00-8:00pm  
TEL: 721 5536300 | 5245746 | 5244733

AGRICULTURE

WWW.STMAARTENAGRICULTURE.COM

WWW.MADEINSTMAARTEN.COM

ORGANIC FRUITS AND VEGETABLES  
IMPORTED FRUITS AND VEGETABLES ALSO AVAILABLE  
PLANTS FOR SALE

FISH FRY SATURDAY'S

SANDWICHES - PASTRIES  
FINGER SNACKS  
SEA FOOD & VEGETARIAN  
LUNCH SPECIALS

HOT FRENCH BAGUETTE BREAD \$1.50

\$2

HOT & ICED NATURAL BUSH TEAS  
FRESH FRUIT JUICES SMOOTHIES



OUR KIDS & SPORTS

How to MAKE FITNESS AND SPORTS A DAILY ROUTINE

**ADDING FITNESS**

and exercise into your daily routine is an ideal way to benefit your health, especially after you have made fitness a consistent habit. When your life is busy enough as it is, and you already have a daily routine in place, the act of adding fitness into your life may seem complex. However, with the proper goals and mindset, you can take steps to make fitness a daily routine. Continue reading this article to learn about the many ways you can add exercise into your life and stay consistent with your fitness.

**1.** Designate a specific time for fitness. You can adhere to a routine if you set aside specific daily times for exercise. Without a scheduled timeframe, you may be more likely to stray from your daily fitness commitment.



Choose a time that compliments your daily schedule. For example, if you join a gym located near your place of work, you can exercise early in the morning before you go to work, or in the afternoons or evenings following your work shift.

Give yourself at least 20 minutes per day for fitness and exercise. Although the time you spend on fitness and exercise may vary depending on the activities you perform, at least 20 minutes of vigorous exercise (such as

running, swimming, or basketball) is required for an optimal workout.

**2.** Set fitness goals. In most cases, goals will force you to establish a routine in order to meet those goals. For example, if your goal is to lose a certain amount of weight within a specific timeframe, you will more than likely have to exercise consistently on a daily basis to meet your weight goal.

Consult with a certified fitness trainer or expert to help you set realistic fitness goals if you are unsure of the

timeframe in which you can achieve your goals.

**3.** Choose a fitness activity you enjoy. You will be more likely to establish and adhere to a daily routine if you genuinely enjoy the activity you are performing. For example, if you enjoy playing a specific sport, join a team or league for that sport in your neighborhood or at a gym.

**4.** Perform short, less intense exercises in the beginning. If your routine is too strenuous or intense up front, you may dread exercising; however, if you feel comfortable and satisfied

with your initial exercise routine, it may increase the likelihood of fitness becoming a permanent daily routine.

Walk up and down flights of stairs instead of taking elevators or escalators, and park your automobile in the farthest spot away from your destination to increase your daily activity in the beginning.

Work your way slowly up to your exercise goals. For example, if you want to make running part of your daily fitness routine, start out by walking at a brisk pace until your body feels comfortable and ready for jogging or running.

Prepare your fitness equipment in advance. This will allow you to attend your workout without taking the extra time to prepare or pack your equipment, which can be helpful if your daily schedule is extremely busy.

Pack your gym bag for the following day on a nightly basis, or keep your fitness equipment in your car or in a locker at the gym.

**5.** Take breaks as needed. If you exercise on a daily basis even on days when you are especially tired or sore, you may become resentful of your fitness routine and lose the motivation to work out.

Allow your body to rest and recover 1 or 2 days per week. If you feel guilty about missing a workout, or want to maintain a routine even when you are tired, perform a milder activity such as housework or strolling around your neighborhood.

**GALAXY FASHION**  
Your #1 Urban Store

2 Emmaplein Store #8  
Philipsburg St Maarten  
(Across from Jump Up Casino)  
Tel: 721 542-5050  
WEBSITE: COMING SOON

OPEN EVERYDAY  
**CARNIVAL 2016**  
**20% OFF**  
Your Favorite SHEOS & CLOTHING

**AIR MAX** **JORDAN XI**

FACEBOOK: Payless St Maarten #79 Back Street Philipsburg, St Maarten

TAKE A PIC OR CUT ME