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RISING ARTIST

A STATIC

An exclusive interview with Mr Real Love P.11

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AN EXCLUSIVE INTERVIEW WITH INTERNATIONAL GOSPEL ARTIST P.14

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REMEMBERING STUART MCPHAIL HALL P2 (CULTURAL THEORIST)



Mr Stuart McPhail Hall

CONTINUED FROM JUNE 2016 EDITION
The Encoding and decoding model:

Hall presented his encoding and decoding philosophy in various publications and at several oral events across his career. The first was in "Encoding and Decoding in the Television Discourse" (1973), a paper he wrote for the Council of Europe Colloquy on "Training in the Critical Readings of Television Language" organised by the Council & the Centre for Mass Communication Research at the University of Leicester. It was produced for students at the Centre for Contemporary Cultural Studies, which Paddy Scannell explains: "largely accounts for the provisional feel of the text and its 'incompleteness'". In 1974 the paper was presented at a symposium on Broadcasters and the Audience in Venice. Hall also presented his encoding and decoding model in "Encoding/Decoding" in Culture, Media, Language in 1980. The time difference between Hall's first publication on encoding and decoding in 1973 and his 1980 publication is highlighted by several critics. Of particular note is Hall's transition from the Centre for Contemporary Cultural Studies to the Open University.

Hall had a major influence on cultural studies, and many of the terms his texts set forth continue to be used in the field

today. His 1973 text is viewed as marking a turning point in Hall's research, towards structuralism and provides insight into some of the main theoretical developments Hall was exploring during his time at the Centre for Contemporary Cultural Studies. Hall takes a semiotic approach and builds on the work of Roland Barthes and Umberto Eco. The essay takes up and challenges longheld assumptions on how media messages are produced, circulated and consumed, proposing a new theory of communication. "The 'object' of production practices and structures in television is the production of a message: that is, a sign-vehicle or rather sign-vehicles of a specific kind organized, like any other form of communication or language, through the operation of codes, within the syntagmatic chains of a discourse".

According to Hall, "a message must be perceived as meaningful discourse and be meaningfully de-coded before it has an effect, a use, or satisfies a need". There are four codes of the Encoding/Decoding Model of Communication. The first way of encoding is the dominant (i.e. hegemonic) code. This is the code the encoder expects the decoder to recognize and decode. "When the viewer takes the connoted meaning full and straight and decodes the message in terms

of the reference-code in which it has been coded, it operates inside the dominant code". The second way of encoding is the professional code. It operates in tandem with the dominant code. "It serves to reproduce the dominant definitions precisely by bracketing the hegemonic quality, and operating with professional codings which relate to such questions as visual quality, news and presentational values, televisual quality, 'professionalism' etc." The third way of encoding is the negotiated code. "It acknowledges the legitimacy of the hegemonic definitions to make the grand significations, while, at a more restricted, situational level, it makes its own ground-rules, it operates with 'exceptions' to the rule". The fourth way of encoding is the oppositional code also known as the globally contrary code. "It is possible for a viewer perfectly to understand both the literal and connotative inflection given to an event, but to determine to decode the message in a globally contrary way." "Before this message can have an 'effect' (however defined), or satisfy a 'need' or be put to a 'use', it must first be perceived as a meaningful discourse and meaningfully de-coded." Hall challenged all four components of the mass communications model. He argues that (i) meaning is not simply fixed or determined by the sender; (ii) the message is never transparent; and (iii) the audience is not a passive recipient of meaning. For example, a documentary film on asylum seekers that aims to provide a sympathetic account of their plight, does not guarantee that audiences will decode it to feel sympathetic towards the asylum seekers. Despite its being realistic and recounting facts, the documentary form itself must still communicate through a sign system (the aural-visual signs of TV) that simultaneously distorts the intentions of producers and evokes contradictory feelings in the audience.

Distortion is built into the system, rather than being a "failure" of the producer or viewer. There is a "lack of fit", Hall argues, "between the two sides in the communicative exchange". That is, between the moment of the production of the message ("encoding") and the moment of its reception ("decoding"). In "Encoding/decoding", Hall suggests media messages accrue a common-sense status in part through their performative nature. Through the repeated performance, staging or telling of the narrative of "9/11" (as an example; but there are others like it within the media) a culturally specific interpretation becomes not only simply plausible and universal, but is elevated to "common-sense".



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How to Accept and Respect other Cultures - P3

Examples of Differences in Cultural Norms

Elements of Culture	Mainstream American Culture	Other Cultures
Sense of Self and Space	Informal Handshake	Formal, hugs, bows, handshakes
Communication and Language	Explicit, direct communication w/ an emphasis on content	Implicit, indirect communication w/ emphasis on context
Dress and appearance	Wide range of accepted dress. A "dress for success" ideal	Religious rules to dress, dress often seen as a sign of wealth, prestige, or positions
Food and eating habits	Fast food - eating as necessary	Religious rules to food and eating. Dining is often a social experience
Time and time Consciousness	Linear. Time consciousness is exact. Value on promptness w/ a "time equals money" ideal	Elastic. Time consciousness is relative. More time spent on enjoyment of relationships
Relationships	Focus on immediate family. High responsibility for self and value on youth. Age seen as a handicap	Focus on extended family. Responsibility is to family. Age gives status and respect
Values and Norms	Individual orientation, independenc, and preference for direct confrontation during conflicts	Group orientation, conformity, and preference for harmony
Beliefs and attitudes	Egalitarian, destiny controled by the individual, gender equality, challenging of authority	Hierarchial, respect for authority, different roles for men and women, individuals accept their destinies
Mental processes and learning styles	Linear, sequential, and logical. Focus on problem solving	Lateral, holistic, and accepting of the difficulties of life
Work habits	Emphasis on tasks, work has intrinsic value, and reward is based on achievement	Emphasis on relationships, work is a necessity of life, and rewards based on seniority



- Tips for Fostering Tolerance**
1. Live by the golden rule: Do unto others as you would have them do unto you.
2. View differences as positive.
- Learning about diversity and cultural differences can be fun. Rather than being fearful and critical of people who are different, learn about their differences.

Understanding Rasism P1

THE IMPORTANCE of culture, language and identity

“Understanding others makes possible a better knowledge of oneself: any form of identity is complex, for individuals are defined in relation to other people - both individually and collectively - and the various groups to which they owe allegiance, in a constantly shifting pattern.”

Understanding and valuing cultural diversity are the keys to countering racism. All individuals must feel free to explore the uniqueness of their culture and identity while developing understandings of the cultural diversity that exists in the world around them. Denying cultural expression means limiting the expression of unique perspectives on life and the transmission of knowledge from generation to generation. Culture is a defining feature of a person’s identity, contributing to how they see themselves and the groups with which they identify. Culture may be broadly defined as the sum total of ways of living built up by a group of human beings, which is transmitted from one generation to another. Every community, cultural group or ethnic group has its own values, beliefs and ways of living.

The observable aspects of culture such as food, clothing, celebrations, religion and language are only part of a person’s cultural heritage. The shared values, customs and histories characteristic of culture shape the way a person thinks, behaves and views the world. A shared cultural heritage bonds the members of the group together and creates a sense of belonging through community acceptance.

Language is intrinsic to the expression of culture. As a means of communicating values, beliefs and customs, it has an important social function and fosters feelings of group identity and solidarity. It is the means by which culture and its traditions and shared values may be conveyed and preserved.

“Language is fundamental to cultural identity. This is so for people everywhere. For Bininj, their unique world is expressed in their language. For this reason, it is important that people keep their own language alive.”

MORE ON THIS TOPIC IN AUGUST 2016 EDITION

By hubpages
WHAT IS TOLERANCE?
Tolerance is another very important concept when learning to respect and accept other cultures. But what is tolerance and why is it so important? Generally speaking, tolerance is the recognition of the universal human rights and freedoms of others. Tolerance is not a pas-

sive concept. it does not equate to indifference or indulgence. Instead, it is a freely given acceptance of the differences of others. It is the recognition of the value of those differences without judgement. It is a respect for diversity and many believe that it is also the very virtue that makes peace possible.

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Back Yard Community Gardening *Continues*



BEFORE



AFTER

Kids get involved as we continue our Community Gardening Program

AS WE CONTINUED AND COMPLETED a number of Community Gardens over the past few weeks. Its was a great accomplishment to have the kids get involved as we helped out one of the community members that signed up for the program through VSA.. I will continue to share some more of the great photos as we continue our journey. Stay posted to the Community Development section of this News Magazine for the upcoming months. In the mean time

if you are interested in setting up a small Garden in your back yard , contact us at Spaceless Gardens or check out your Community Help Desk for more information on the Community Back Yard Gardening Program.

Don't forget to give us a like at Spaceless Gardens , St Maarten / St Martin Agriculture and Cultural Xpression News Magazine on Facebook as we continue to build agricultural and health awareness throughout our surrounding communities... One Love

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VEGATERIAN AND VEGAN RECIPIES

Vegan Lasagna

BY ALLRECIPES

A RESCUE RECIPE for when there's nothing in the fridge, or when you fancy something cheap, delicious and filling

Ingredients

2 tablespoons olive oil
 1 1/2 cups chopped onion
 3 tablespoons minced garlic
 4 (14.5 ounce) cans stewed tomatoes
 1/3 cup tomato paste
 1/2 cup chopped fresh basil
 1/2 cup chopped parsley
 1 teaspoon salt
 1 teaspoon ground black pepper
 1 (16 ounce) package lasagna noodles
 2 pounds firm tofu
 2 tablespoons minced garlic
 1/4 cup chopped fresh basil
 1/4 cup chopped parsley
 1/2 teaspoon salt ground black pepper to taste
 3 (10 ounce) packages frozen chopped spinach, thawed and drained

Method

Make the sauce: In a large, heavy saucepan, over medium heat, heat the olive oil. Place the onions in the saucepan and saute them until they are soft, about 5 minutes. Add the garlic; cook 5 minutes more.

Place the tomatoes, tomato paste, basil and parsley in the saucepan. Stir well, turn the heat to low and let the sauce simmer covered for 1 hour. Add the salt and pepper.

While the sauce is cooking bring a large kettle of salted water to a boil. Boil the lasagna noodles for 9 minutes, then drain and rinse well.

Preheat the oven to 400 degrees F (200 degrees C).

Place the tofu blocks in a large bowl. Add the garlic, basil and parsley. Add the salt and pepper, and mash all the ingredients



together by squeezing pieces of tofu through your fingers. Mix well.

Assemble the lasagna: Spread 1 cup of the tomato sauce in the bottom of a 9x13 inch casserole pan. Arrange a single layer of lasagna noodles, sprinkle one-third of the tofu mixture over the noodles. Distribute the spinach evenly over the tofu. Next ladle 1 1/2 cups tomato sauce over the tofu, and top it with another layer of the noodles. Then sprinkle another 1/3 of the tofu mixture over the noodles, top the tofu with 1 1/2 cups tomato sauce, and place a final layer of noodles over the tomato sauce. Finally, top the noodles with the final 1/3 of the tofu, and spread the remaining tomato sauce over everything.

Cover the pan with foil and bake the lasagna for 30 minutes. Serve hot and enjoy.

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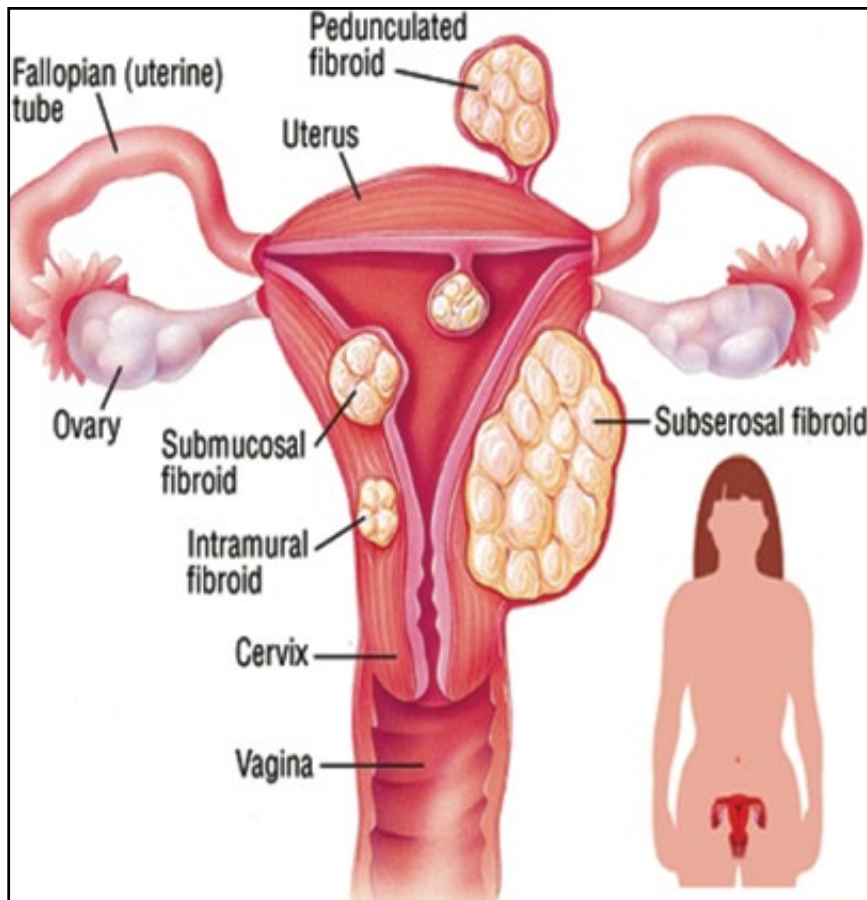
WAYS TO HEAL OR PREVENT FIBROIDS

Fibroids -P1

FIBROIDS ARE EXTREMELY COMMON. In fact, about 75 percent of women experience them at some point in their lives. Ranging in size from a few millimeters to the size of watermelons, fibroids are responsible for more than 200,000 hysterectomies each year.

What are fibroids?

They're non-cancerous tumors found within the uterine walls, often resulting in a change in the size or shape of the uterus as well as several unpleasant symptoms. However, they can also be symptomless. So whether you know you have fibroids or not, it's a great idea for any woman to do things to naturally prevent these



common growths in the uterus.

Studies have shown that avoiding high blood pressure lowers the risk of developing

them. According to research from the Harvard Medical School and Harvard School of Public Health, there's a strong and inde-

pendent association between blood pressure and risk for fibroids in premenopausal women.

Some risk factors for fibroids are out of your control, but there are many you can manage. These includes things like eating higher-quality beef, working more leafy green vegetables into your diet and drinking less alcohol. There are also a lot of things you can do to balance your hormones naturally, which is a key part of natural fibroid treatment.

Natural Treatments for Fibroids

1. Avoid Foods that Make It Worse

This includes: **High-Fat, Processed Meats.** High-fat, processed meats are some of the worst food choices for women when it comes to fibroids. Foods high in unhealthy

fats like non-organic meats are processed meats can increase inflammation levels and often contain chemical additives. (Think hamburgers and processed breakfast sausages.) When you eat beef, you should always opt for grass-fed beef.

Conventional Dairy. Non-organic dairy is very high in steroids and other chemicals that can alter hormones and encourage the development and growth of fibroids.

Refined Sugar. Consuming refined sugar can increase pain and reduce immune function in the body. It may also lead to weight gain and hormonal imbalance, two factors that encourage the development of fibroids. Studies have even shown that a high dietary glycemic index is associated with higher risk of uterine fibroids in some women.

Refined Carbohydrates. Managing hormones not only involves the elimination of sugars from the diet, but also refined carbohydrates. Refined carbs cause insulin levels to spike and hormones to become out of whack. Consuming processed grains like those in instant hot cereals and commercial breads causes a sharp rise in insulin. These refined carbohydrates have been stripped of everything but starch, so they offer negative health consequences and no good nutritional value.

Alcohol. Overdoing it in the alcohol department increases inflammation throughout the body, reduces immune function and encourages hormonal imbalances. By reducing or eliminating alcohol, you can help to get your hormones back on track and hopefully shrink those fibroids fast.

Caffeine. Too much caffeine is taxing on your body, especially your liver. When you give your liver more work to do than it ideally should have, it isn't going to do as good of a job at keeping your hormones in check. Drinking more than two cups of coffee daily may boost estrogen levels in women and could worsen conditions with a hormonal basis like fibroids. The more you can keep your alcohol and caffeine consumption down, the easier it is for your liver to detoxify your body and keep your hormones in proper, fibroid-discouraging balance.

2. Eat Foods that Heal Fibroids

The following foods should be included in your diet to keep your fibroids at bay:

Organic Foods. Eating organic foods can help to prevent and shrink fibroids. Pesticides impact estrogen and other hormones levels. Since hormonal balance is key to natural fibroid treatment, you want to reduce your pesticide intake as much as possible.

MORE ON THIS TOPIC IN AUGUST 2016 EDITION

WHA YA SAY



PRIEST CALLS ON MINISTER MEYERS TO PROVIDE ANSWERS ON DUMP

PHILIPSBURG--Recommendations that the intended Waste to Energy Plant be built in the Cay Bay area to allow easier transfer of the electricity produced by the plant to the grid of NV GEBE, that the communities in Philipsburg be educated on actual conditions of the dump and that an escape plan be introduced in the event of a disaster, have been put forward to Vromi Minister Angel Meyers by the One St. Maarten People Party—OSPP. The OSPP also propose town hall meetings outlining the various solutions that are being tabled.

Leader of the OSPP Lenny Priest said he learnt from media reports that dating back to May 2016 Minister Meyers visited a Renewable Energy Facility in West Palm Beach and a Waste to Energy Plant in New York with the intention of constructing a Waste to energy plant. Unconfirmed reports have given the site for this proposed plant as Pond Island. Priest notes that the report also mentioned the signing of a memorandum of understanding with the New York Company was in the works and posed several questions to Minister Meyers. "Can you inform the general public how far you have reached in finalizing the memorandum of understanding with the New York Company as you have indicated it would take three years before the plant is up and running? What are your immediate plans for the dump at this moment? In case of an explosion what remedies are in place? Do you have any ideas what kinds of contaminants we are to be exposed to? What exit and evacuation plans are in place for the community especially those people living in the area? What will happen to the waste that's buried all those years since it would remain a hazard? Where will this new facility be built? Do you agree that a new temporary location has to be identified, set up properly and manage to facilitate the waste to energy plant when it is built?" Priest questioned while calling on the minister to keep the public informed.

He chastised the minister for indicating in press releases that an MOU is being considered without informing the people of



OSPP Leader Mr Lenny Priest - Photo Island-times

what will happen in the interim, dubbing this as irresponsible. According to Priest the residents and land owners of Cay Bay must also be informed and educated as to what to expect in their community and not be made to feel that the government is moving a waiting time bomb from Philipsburg to their area. "We have identified three parcels of land in Cay Bay in close proximity of NV GEBE where the landfill could be moved in that area to be properly managed and to meet all international environmental rules and regulations. We also recommend that the Waste to Energy Plant should be built in that area which makes it much easier for the electricity produced by the plant to be transferred to the grid of NV GEBE. The same goes for the establishment of a solar panel park in the same vicinity to provide energy that is more environmental friendly. We understand that the emission produced by the Waste to Energy Plant will be less than the emission currently coming from NV GEBE at the moment and would therefore cause no harm to the residents of Cay Bay," Priest explained.

"It is of utmost importance that we deal with the situation of the dump post haste. This site is a bomb waiting to explode at any time and no one can predict when, including having no preventative measures and escape plan in place. If and when this happens, can anyone imagine what this will mean for the people in the area? What emergency strategies are in place? How will this be handled? This would be a major

catastrophe in the history of St. Maarten that would be beyond our imagination. The impact of it and the after effect we would not be able to measure. This matter is one of St. Maarten most serious issue and requires the government attention now more than ever," Priest stated in his most recent letter to Minister Meyers.

**WHA YA SAY TELL DI TRUTH !
Di Dump
A real waste**

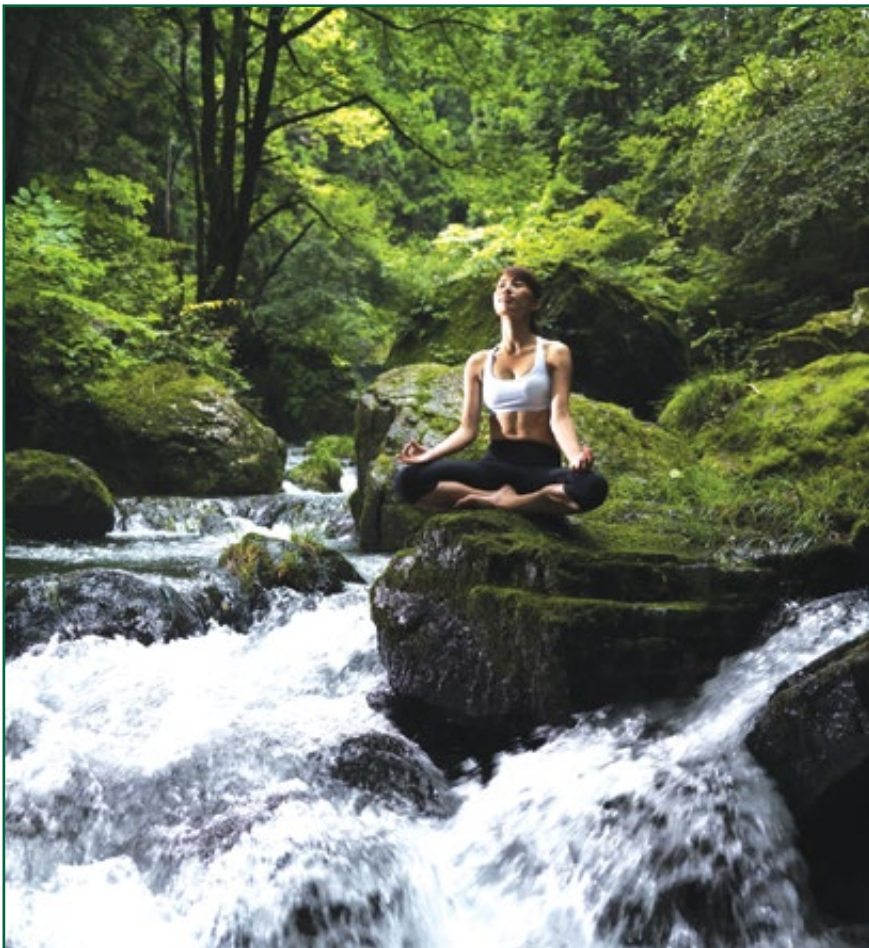


RAS ITAL

Righta now I man can use most of that organic waste fi I man Ital Garden. More time, if ya tek and seperate the solids from di organic waste and ya hand dem nahh pin on wrong, ya find one little corner inna ya yard, dig a likkle hole fill it up with all di skin dem wha ya a save haalll week and throw little dirt pun it. Every few days tek a shovel and turn it up likkle, ya can think a Popcaan song "WAAAY UP" fi help ya get lil energy. It sad but ya see dem same one dem who dem say want fi save St Maarten , A di same one dem who throw St Maarten pun di Dump.

Now ya really think dem could'nt think about a Waste to Energy plant long time? Nah dem love to much to WASTE DI PEOPLE DEM TIME AND ENERGY. Watse Management tender was a hoax, nothing dem mention fi do such as getting the residence fi recycle from dem homes or Public Awareness was executed. STOP WATE DI PEOPLE TIME AND DO SOMTHIN!!! And we nah want no Apartment complex pun mount dump either..

CREATIVE BENEFITS OF SPENDING TIME IN Nature P1



BY INSPIREPORTAL

There's nothing more nourishing than spending time in nature. Nothing that is more nurturing to our spirit and soothing to our soul than being in the natural world. Our creative expression becomes more instinctive when immersed in the stillness of a forest or the invigorating seascape of a beach. Just as creativity is a natural part of being human, spending time outdoors is the most effortless and beautiful way to inspire your innate creativity.

Our fragile and immaculate earth is rich with inspiration. Many people feel more creative and free from restraints in nature. Even the most resistant of writers and artists find that their creativity is enhanced, passion reignited, and insight awakened by spending time in natural world.

Just as we are part of nature, our bodies and their internal rhythms are tuned to the rhythms of our earth. The sights and sounds, scents and feel of being outside – whether in a humble garden or a grand national park – can rejuvenate and inspire quite unlike anything else. If you're feeling uninspired or a little disconnected from your own adventure, reignite your passion and purpose by stepping outside.

"Nature is the great visible engine of creativity, against which all other creative efforts are measured," said Terrance McKenna in a talk in the early nineties. "Nature's creativity is obviously the wellspring of human creativity. We emerge out of nature almost as its finest work of art. The productions of nature. And human creativity emerges out of that."

CREATIVE INSPIRATION

One of the strongest forces of in-

spiration is the natural world. The delicate balance between spirit, mind and body can get disrupted in our demanding, on-call society. Leaving manmade environments to linger in natural ones reconnects us to our deeper selves, grounds us, and centres us, which is healing for our entire being. Disengaging yourself from your daily routine and taking time to observe the cycles of nature naturally inspires creativity.

In the same way your body needs to be nourished with healthy foods in order to function optimally, think clearly and create, your spirit can feed on beautiful landscapes, from the stillness of forests, to peaceful mountain treks and the splendour of the ocean. Taking a moment to pause and contemplate while outside also teaches us to be more loving and peaceful, and is as invigorating for our being as it is for our writing and art.

No matter how tethered we are to the demands of our lives, looking far away in the distance can make us feel free. Observing the beauty of nature led humans to develop and reveal their spirituality in the form of art. From painting cave walls to writing haiku poetry, we have always searched for and found inspiration by observing our earth, its seasons and natural wonders.

CREATIVITY AND PROBLEM-SOLVING

Great authors and artists have always been drawn to natural surroundings though aside from their obvious loveliness, it's been shown to have a massive effect on our ability to be creative.

A study conducted by the University of Kansas found that just four days of disconnecting from technology and spending time

immersed in nature increases performance on a creativity, problem-solving task by a full 50 percent. So taking your writing or art outside may help your process and projects too.

"There's a growing advantage over time to being in nature," said Ruth Ann Atchley, associate professor of cognitive/clinical psychology at the University of Kansas, who led the study. "We think that it peaks after about three days of really getting away, turning off the [mobile/cell] phone, not hauling the iPad and not looking for Internet coverage. It's when you have an extended period of time surrounded by that softly fascinating environment that you start seeing all kinds of positive effects in how your mind works."

Ruth goes on to say that the constant distractions and stimulations of modern life a threat. "They sap our resources to do the fun thinking and cognition humans are capable of — things like creativity, or being kind and generous, along with our ability to feel good and be in a positive mood. Nature is a place where our mind can rest, relax and let down those threat responses. Therefore, we have resources left over — to be creative, to be imaginative, to problem solve — that allow us to be better, happier people who engage in a more productive way with others."

RECONNECTION TO OUR ENVIRONMENT

Everything we know was learned by carefully observing nature around us, yet we enclose our-

selves deeper and deeper inside towns and cities, further cutting our already slender and fragile connections with nature. Wild and undisturbed environments are becoming more vulnerable and we too are feeling the effects of being cut-off from the natural world.

In the video *Loving Life, Loving Earth* Tara Brach echos the Kansas study and states that like many countries in the Western world, Americans spend too much time inside with 90% of their time disconnected from nature. Of that inside time, Brach wonders how much is spent behind a screen, and notes that living in this 'alternate reality' affects us in profound ways. We become separated from the earth as we're often living in a 'trance' in which we deny our true nature.

"We feel separate, inadequate, and unworthy. To defend against these feelings, we look outside ourselves for something to dull the pain. And our culture is all too happy to help. Buy more. Eat more. Get a bigger house, a bigger car... All of this over-consumption provides us a short-term fix (just like a drug) but causes long-term damage to our planet."

Instead of filling this void with unhealthy habits or over consumption, spending more time outdoors can soothe this modern epidemic and make us more mindful of earth. Seeing the beauty of the planet also makes us want to protect it.

MORE ON THIS TOPIC IN AUGUST 2016 EDITION

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For Appointments

WE GOT A CHANCE to interview upcoming rising Artist A-Static who took timeout of his busy schedule to share with us a bit more about his progress and hard work as an upcoming Hip Hop Artist here on St Maarten. From songs like "Bachelor Party" to "Real Love" which you've probably heard on our local radio station, you can tell he is an artist that grows with his craft. Working as an IT Technician by day, at night it seems like he stays connecting the dots when it comes to being consistent in the current music scene. With his new video "Real Love" on the way and the Video Premiere release that was held on July 22, 2016 at Blue Mall deemed to be a success, there is no telling what A-Static will come up with next.. The video "Real Love" highlights the beautiful scenic ambiance of St Maarten while telling a story of the love a man share for his soul mate. The video also features what we love to call our other local celebrities such as Ms Dee (the mistress in the video) of the Suppa Dupa Morning Show and local RNB/Soul artist Michael Parris. The Video was directed by Soulga Media and sponsored by local Record Labels such as Make Money Ave. Entertainment and Wattzz Publishing.

What is your name and how did you come about the name A-Static?

Addison Walters is my name and I came up with A-Static in high school. "A" represents My first initial and "Static" is the energetic push that's behind it.

How long have you been doing Music as a hip hop artist?

About 8 years ago I started recording as a hip hop artist.

What inspired you to focus on this particular genre?

Because I do it so well. Hip Hop needs a positive light on it, excluding all the hype what the media wants you to believe.

Do you face any challenges being a hip hop artist out here in the Caribbean?

Of course there's challenges, that's what makes the victory even sweeter! I don't compete with no one but myself and I work hard enough to better my latest hits despite the fact of limitations in the Caribbean.

Would you consider yourself to be a versatile type of artist, do you find comfort in recording any other genres of music?

Sure I do! I won't limit myself to one genre. I've dabbled around with Spanish music and reggae/dancehall before and I had a great time doing it.

We notice that you performed for this year's International Hip Hop night Carnival 2016, What was your most challenging time getting prepared for the show?

I must say that my most challenging part of the preparation was selecting the playlist and practicing the performance routines. That takes a lot of time and energy as if it's the real deal each time you rehearse.

Have you ever performed internationally?

No not internationally but I performed in front of international crowds right here in St. Maarten. I will be announcing any international gigs when scheduled.

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

Most definitely a dedicated team plays a major role in my career. We are small but we push each other to the limit. We try to collaborate with the best at what they do, that's what make us stand out with our quality product.

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?

I can see almost every day what potential our locals have especially in the music scene. However most

of us are too laid back about our crafts and I hope that I can someday inspire my peers to get up and get out there with the big kids and represent our Island in many outstanding ways from an international stand point.

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

In the Caribbean we have influenced the world to the luxury of reggae/ dancehall, soca & Zouk..

What gender or genders of Music do you think St Maarteners or Caribbean people should focus on to determine a more successful international outcome?

Personally I cannot recommend what my Caribbean people should focus on music wise. I'd say stick to what works well for you and if you have a passion for it, then keep doing it. Eventually it will become successful.

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

I'd like to see way more support from our people and not by being selective of what part of the island you're from. We are all one so more support will definitely inspire more locals to be productive.

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

Yes it can if done the right way.

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

Yes I do look out for a number of local artists such as Tha Hot Shot, Michael Parris, Entry & many more.

What keeps you motivated currently?

I am constantly reminded that nothing good in life comes easy. My motivation is the responses my fans give me whenever I do something good. The positive feedback from the listeners.

Who or what are some of your biggest inspirations?

I get inspired by my surroundings of everyday life. My surroundings have changed a lot over the past few years. From loitering at the corner shop to working amongst professionals and gaining access to broader networks. I'm inspired by those who struggled for greatness, those who are determined to make it by any means. I do this for you all.

Where do you see yourself in the next year?

Honestly, I might not be around the Caribbean for too long, hence the fact that I will be pursuing my career as an international Rap artist.

What can St Maarten and the World Expect next from A Static?

Hard work, perseverance and quality music. Live performances as much more!

If you could be anywhere in the world right now, where would it be?

On vacation? Hahah just kidding. I would be right here In SXM. I believe everything happens for a reason so I won't choose to be where I didn't make plans to go.

As you know our Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community development. What are your thoughts and views of the importance of Agriculture for St Maarten?

I think it is very important that we know the benefits of agriculture as well as teaching it in our elementary schools. Agriculture is where it all began in terms of barter but we tend to get easily distracted by technology now of days.

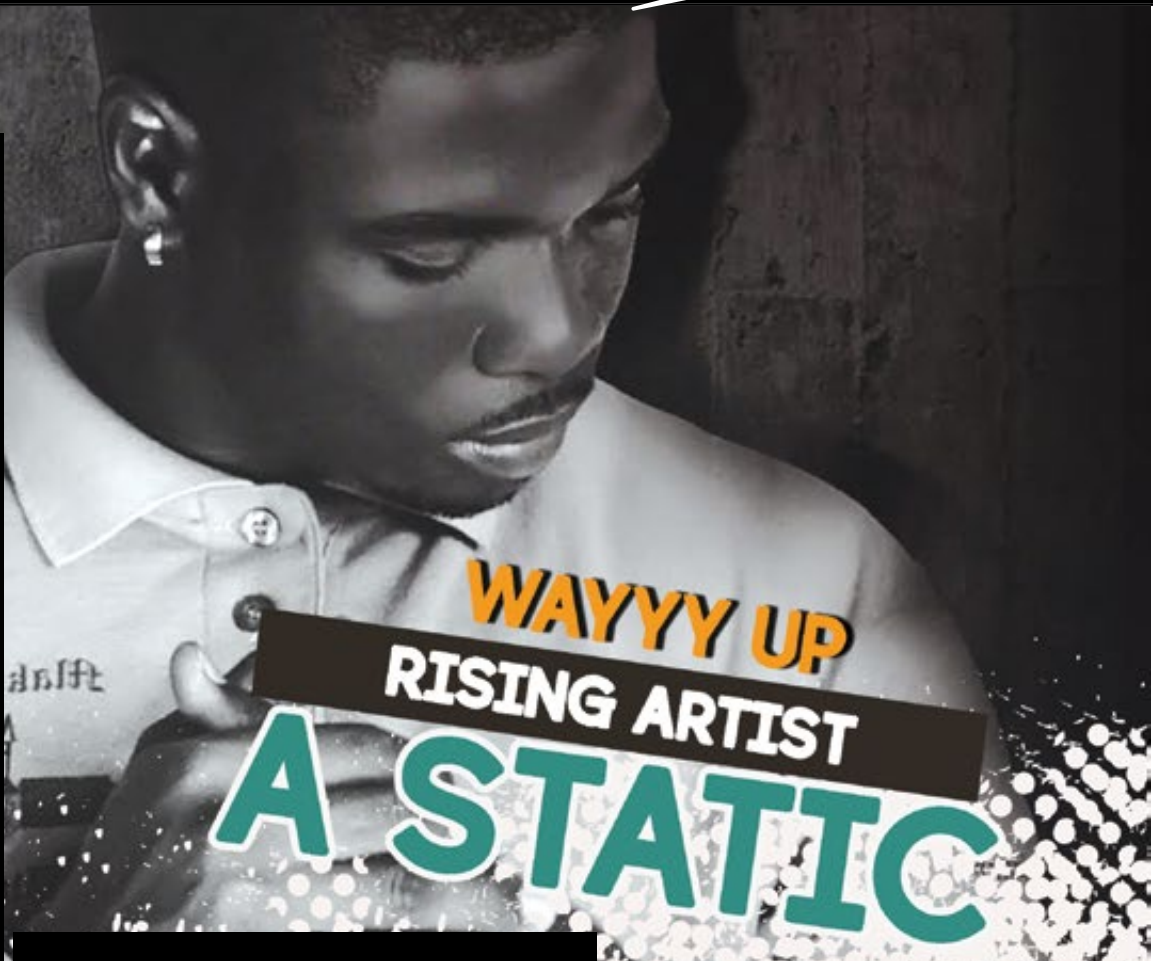
What do you think can bring more community members together to focus on positive development issues for their surrounding communities?

Simple. By formulating community meetings where everyone gets a chance to be heard and taken seriously.

As we come to the end of the Q and A interview, who would like to give a shout out to and also some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility!

I would like to shout out The Cultural Expression newspaper for this interview. I also want to big up all the local youngsters to keep the faith and stay positive. You can always reach out to me and I'm more than willing to help in any way I can. Thank you

Nuff Respect goes out to A-Static , one of St Maarten next rising stars... Much success on your journey forward!!!!



MICHAEL W. SMITH AND BENJAMIN BELL GOSPEL OUTREACH CONCERT IN PHOTOS



Michael W. Smith



Benjamin Bell



Crowd awaiting the concert to begin



Crowd awaiting the concert to begin



200 Choir members



The crowd enjoying themselves and music



The crowd enjoying themselves and music



A packed Walter Plantz Square

ST PETERS COMMUNITY GARDEN RECEIVES OFFICIAL ADDRESS AND GEBE WATER SUPPLY



Newly installed water meter at St Peters Community Garden

IT'S TIME NOW for us to take the Community Garden a step further. The community Garden can now be located by the official address of Strawberry rd#16, St Peters St Maarten.

Spaceless Garden Man Dir Mr Wyattte has been embarking on a journey for the past few years building the continuous awareness of the importance of Agriculture and its possibilities for St Maarten. Over the past 7 months the development of the St Peters Community Garden has been slowly getting off the ground, with hopes to take a great turn in the near future. The past few months alone they have been able to harvest over 500 Kilos of food and deemed

their research a success. The past few months have slowed down the garden due to little or no rain fall, so also getting a main water connection from GEBE in place also plays a very important role.

The community garden has survived solely on the Support of Spaceless Gardens and a few local companies and supporters that believe in the cause and cry out for gradual change throughout the surrounding communities. The community garden has served in the past few month as a research and development compound where they were able to research and exercise their findings when it comes quality organic food

production and waste management for St Maarten. Their research has also brought us to the conclusion of not only quality food production but what Agriculture on a whole can do for our Island. Agriculture has more then enough possibility to create new job opportunities, stimulating the buying and spending power of our community, building health and community awareness, neutralize property, build food security, enhance education curriculums and save our tourism economy, it is definitely time to give it some attention.

Together we can achieve more then to sit and wait on those that have promised so much for years and have not delivered. We have to ask our self truly "What have we done for our community lately?". This question helps to stimulate ones mind and causes the body to act, even if it's the slightest implementation of just cleaning a side walk on your street, the feeling of you doing your part for your community is quite overwhelming. Lets not waste today for the time is now, it couldn't have been a better time for us to start to act, not because we are tired of hearing

the same old stories of change for a better tomorrow, but because a better tomorrow can be determine by what achieved today. In the next few weeks we will be announcing our community Fish Fry and Action day to offer members of the surrounding community to come out and give a helping hand on getting the project off the ground. On the day of the event there will be Natural Ice teas and Pumpkining Coconut cream Soup for the volunteers and also Fry Fish and other Natural Juices on sale to help gather funds for the development of the project. There will also be great music throughout the day provided by one of our community Dj's.

In th mean time we are currently looking for more contributors to show your support, every little counts on making this effort a reality for the next generation to come. To find out on how you can make your personal or corporate contribution towards to ongoing development of the St Peters community Garden Research and Development Center contact Mr Wyattte @ 721 553-6300 or email to spacelessgardens@gmail.com. We welcome your support.

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AS WE KICK off another edition of The Entertainment section this month for July 2016 in our Cultural News Magazine, we are please to get front seat ride along into the life of world renown Christian Music Artist Michael W. Smith. This section of the paper is a Q&A format geared towards highlighting Local and International Artist about their direction , goals , struggles and life while working towards building their careers. This In this months edition we got a chance to get a Q&A interview International Christian Music Artist Michael W. Smith. This interview was obtained after our last edition was printed before the initial concert. So we thought it would be still great to share a bit more with you from the man him self Mr Michael W. Smith.. The concert was a great success and many are awaiting another one of its kind.

Tell Us a bit about yourself, Where are you originally from and who is Michael W. Smith?

I was born and raised in a very small town.....Kenova, West Virginia. I moved to Nashville shortly after High School so I consider Nashville my home. It's where my wife Debbie and I have raised our family.

We have observed that you are a world renown Christian Musical Artist, can you please share with us, why u choose this path and the motivation behind it ?

When I started singing and writing songs - - I just started writing about my own life experiences. I don't know that I ever set out to be a "Christian songwriter" as much as I just wanted to write about what was important to me and what motivated me.

What are the challenges that gospel artist may face in the International Market ?

There's a saying that "Music is a Universal language" and in some senses that's true. I've been very fortunate to travel the world

doing concerts. It never ceases to amaze me when a crowd in a foreign country starts singing one of my songs in language. I remember doing an outdoor concert on a beach in Brazil and the crowd of over 50,000 started singing Agnus Dei in Portuguese - - it was so beautiful. I quit singing and just listened to them.

There are many genres of Christian Music how do you define your style?

I tend to be interested in a lot of different styles and sounds. I've recorded albums that would be considered Pop. I've done two Instrumental records with large Symphony Orchestras, I've recorded Worship records and my last two projects have focused on old Hymns. I actually like them all - and my audience seems to like the variety as well.

What are your views on today fusion of christian Hip Hop, Dancehall, Reggae and Soca?

Ultimately I enjoy any music that pushes artistry and a positive message. I love how music can be used to reach people no matter what genre it falls into.

Do you listen to other genres of music and who are some your favorite Artist, Mention a few?

I listen to a lot of music and have a great deal of respect for artists like U2 and Coldplay. After PRINCE died, I started re-listening to a lot of his music and was reminded what a musical genius he was. I think there are some great Christian bands (Leeland in particular) that make great music.....and move you in a powerful way. And I'm always blown away by the compositions of composer John Williams. His music is epic!

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

I've been fortunate to have some great people around me. I'll al-

ways be indebted to Amy Grant for the opportunity she gave me. Starting out as Amy's Musical Director and piano player certainly gave me a head-start in getting noticed early on in my career. And my team (manager, agent, the staff at The MWS Group, future thinkers, etc) are incredible and amazing on so many levels. You have to have a great team to keep moving forward... And that's exactly what I have.

Have you ever observed any music artist here on St Maarten and do you think there are potential artists locally that have international potential?

Great music is great music - wherever it comes from. I know some other artists are on the program there in St Maarten and I really look forward to hearing them!

Can you recall how many shows or concerts you ever performed for?

I've been touring and playing concerts for over 30 years now. Honestly I have no idea how many I've played. It's definitely over 4,000 concerts.

Name a few places and one of your best experiences traveling overseas to perform for a concert?

It would probably be a shorter answer to name the places I HAVEN'T played! I've literally had the opportunity to play all over the world. And I don't say that with any arrogance or pride. It's been a privilege and I couldn't have orchestrated any of it! It's truly been a God thing to get to play concerts in

South Africa, Japan, the Middle East, all over Europe - - literally all over the world!

St Maarten is ready and on its toes to feel the energy you and your team will be bringing to the Walter Plantz Square on July 5th 2016. What can we expect from you and your Group on the day of the outreach concert on July 5TH 2016?

We will be in St Maarten as a stop on the Michael W. Smith and Friend's Cruise. Close to 200 of the people on the cruise have signed up to be in a Choir with me. So I won't be up there all alone! I'll have a couple hundred friends with me! We did a similar thing a couple years ago in Juneau, Alaska and it was powerful. And that's my prayer for this concert - - that it not be just a "concert" but that I really be a blessing for everyone who hears these voices.

Where do you see yourself in the next year and What can the World Expect next from Michael W. Smith?

I believe the next chapter will be something completely different and unique than anything I have ever done... I cannot elaborate much further because I'm still in the process of dreaming... Which is very exciting. A great adventure lies ahead!

What keeps you motivated currently, what are some of your biggest inspirations?

Concerts like what we're going to do in St. Maarten on July 5th are exciting to me and keep me motivated. And what inspires me? The World, My Kids, My Grandkids, Seeing lives moved and changed through Jesus.

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

Who would like to give a shoutout to anyone and also some inspirational words for our youngster and upcoming artist that look forward to taking on music as a career possibility!

I would simply like to thank all of the people of St. Maarten who have worked so hard to make this concert happen. We are very excited to get there on the 5th of July and share some music with you. Anyone who wants to lead worship should follow where they're led with all of their heart.

WHAT'S BETTER: INDOOR OR OUTDOOR

Sports
Play P1

KICKBALL. SOCCER. Mud-pies. Climbing Trees. Is there anything more fun in the world than playing? Pure, child-like freedom where anything is possible and anything goes. Nowadays, much of play is indoors. Computer games. TV. PS3 (or whatever version they're on now). Something seems to be missing: Joy? Shared connection? The carefree laughter has been replaced by the quick jabs of a controller.

Recent studies tell us why indoor play is detrimental to children's growth.

Outdoors, a child learns

on multiple levels with each new adventure (Burdette and Whitaker, 2005). With all of the imaginary castles, lands, creatures, the brain develops at a much faster rate than for those who play indoors. There are numerous effects. Not only do they become better learners, and do well in school, but they are more fun to be around (i.e. they make more friends)--everyone wants to play with the kid with the active imagination! Consequently, children will be much happier because, hey, they're smart and they have a lot of friends. All of this comes



from just playing outside; you can bake many loaves in the same oven.

Not only are there mental advantages to playing outside, there are even more physical advantages. Obviously, if a child is playing outside he/she will be way more active than the child that stays indoors. The great thing about this is that it can have long-lasting effects (Cleland, et al., 2008). Years down the road, the child will still be more active and less likely to be overweight. If you think about this, it makes perfect sense; teach a child when they're young to love the outdoors and they will love it forever.

Now here's what the experts say about the disadvantages of indoor play. The worst news first. Researchers have found a disorder called "Nature Deficit Disorder". Basically, this means that not playing outdoors and with nature (e.g. hiking or camping) is really detrimental for kids. Researchers have even gone so far as to study whether how close parents are to nature affects their children. They found that children who lived closer to nature and had more opportunities to be in the natural world were less stressed out with life (Wells and Evans, 2003).

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

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THE FASTA SHOP

The Nature OF SPORTS

FROM PAGE 16

systems, etc.)

Psychological demands of the sport (skill, anxiety control, goal setting etc.)

Sport can provide the basis for a lifelong participation in regular exercise, and the development of mental and moral qualities, including team spirit, sportsmanship, self-discipline, cooperation, commitment, and competing within a framework of agreed rules. Sport can help channel people's energy and aggression in a controlled and constructive way.

The relationship between PE and sport

Physical Education (PE) and sport are closely linked. Whilst Physical Education is a part of the process of education that aims to improve human development and performance through physical activity and Sport is about a range of structured physical activities, the two shared close relationship.

Physical education curriculum places great emphasis on sport and team games, in an effort to raise the importance of these in school life.

Both are concerned with physical performance and through them health benefits can be gained; there is the opportunity to push oneself physically and discover strengths and weaknesses about oneself when given challenges or competition. However, there are also differences that set the two apart. Physical education is about the development of the individual, whereas sport is about the development of excellence. Sport is often about winning and success while PE is concerned with preparation for leisure and a healthy lifestyle.

Most of our great professional sportsmen and women began their development in physical education classes.



The Nature AND MEANING OF SPORT

BY Jennifer Ellison-Brown,

Sport is about a range of specific activities which involves competition and requires physical conditioning and skills. A good way to define it would be to say, "It is a structured physical activity, usually competitive, that requires complex skills and a high level of individual commitment and motivation". Let's look at what this mean:

- Structured physical activity-structured means it is organised. All sports have governing bodies that set rules and arrange events. It also requires physical preparation to some extent.

- Competitive-all sport have a competitive element, either between individual and team.

- Requires complex skills-skills have to be learned for an individual to



kids playing outdoors - Photo The Jamaican Gleaner

become a performer. Basic skills have to be learned first, which are later developed into more complex skills.

- High level of individual commitment and motivation - top athletes get to where they are by training for long hours for many years and often have to make sacrifices. This of course leads to rewards, such as winning, a sense of achieve-

ment, prize money or wages, which make all the hard work worthwhile.

Throughout history, sport has played a variety of important function in society: as a form of recreation, as a preparation for war or the hunt; or later as a substitute for war. Some sports such as wrestling, date back thousands of years, others have arisen and

being adapted from other activities. Today there are hundreds of different sports and the job of defining what a sport becomes very difficult. However, a number of characteristics that are shared by all sports can be identified.

Common Features of Sport

Most of the world's sports contain the following features:

- Competition between individual or team
- Physical activity
- Winners and

losers (in some sports you can have a draw)

- Rules to ensure fair competition
- A special place to play (e.g., a pitch, court, or ring)
- Special equipment

There have been many attempts to divide sport into groups. Let's examine a few:

- Game - in this group of sports, you win by out-thinking your opponents, dominating territory, and scoring in some way,(coinci-

dence, anticipation, avoidance), e.g. Soccer, Hockey, Badminton etc.

- Gymnastic - in this group of sports, you win by producing movements which are performed as perfectly as possible when compared to a pre-set standard (movement replication), which are marked by judges, e.g. gymnastics, trampolining, etc.

- Athletic - in this group of sport you win by producing more power than your opponents (power optimisation), e.g. running, jumping, weightlifting, etc.

Specific sports in each of the three types can be analysed by investigating their:

- Structure (rules and organisation)
- Strategies (plans made to win)
- Techniques
- Physical demands of the sport (fitness, energy

CONTINUED ON PAGE 15

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