

FREE

A MONTHLY CULTURAL NEWSMAG BY WATZZ PUBLISHING

CULTURAL XPRESSION

JUNE 2016



RISING STAR

DR RUM

An exclusive interview with Dr Rum P.11

THE ENTREPRENEURS CORNER

EXCLUSIVE INTERVIEW WITH EXQUISITE CUISINE CHEF P.14

DWANE SANCHO

PROUDLY SUPPORTED BY

STM SHIPPING N.V.

PRUDENTIALSBS.COM

ABU G SHAWARMA

ST. MAARTEN SXM OPTICAL N.V.

AFRICAN ROYALTY

OSPP



7:30PM
UNTILL

WALTER PLANTZ PIER,
PHILIPSBURG BOARDWALK

DAY OF WORSHIP

Summer 2016

with Michael W. Smith
Benjamin Bell and Friends

July 5

10AM
2PM



MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING STUART MCPHAIL HALL (CULTURAL THEORIST)



Mr Stuart McPhail Hall

JAMIACA - Stuart McPhail Hall, (3 February 1932 – 10 February 2014) was a Jamaican-born cultural theorist, political activist and sociologist who lived and worked in the United Kingdom from 1951. Hall, along with Richard Hoggart and Raymond Williams, was one of the founding figures of the school of thought that is now known as British Cultural Studies or The Birmingham School of Cultural Studies.

In the 1950s Hall was a founder of the influential New Left Review. At the invitation of Hoggart, Hall joined the Centre for Contemporary Cultural Studies at Birmingham University in 1964. Hall took over from Hoggart as acting director of the Centre in 1968, became its director in 1972, and remained there until 1979. While at the Centre, Hall is credited with playing a role in expanding the scope of cultural studies to deal with race and gender, and with helping to incorporate new ideas derived from the work of French theorists like Michel Foucault.

Hall left the centre in 1979 to become a professor of sociology at the Open University. He was President of the British Sociological Association 1995–97. Hall retired from the Open University in 1997 and was a Professor Emeritus. British newspaper The Observer called him "one of the country's lead-

ing cultural theorists". Hall was also involved in the Black Arts Movement. Movie directors like Isaac Julien or John Akomfrah also see him as one of their heroes. He was married to Catherine Hall, a feminist professor of modern British history at University College London.

Biography

Hall was born in Kingston, Jamaica, into a middle-class Jamaican family of African, British and likely Indian descent. In Jamaica he attended Jamaica College, receiving an education modelled after the British school system. In an interview Hall describes himself as a "bright, promising scholar" in these years and his formal education as "a very 'classical' education; very good but in very formal academic terms." With the help of sympathetic teachers, he expanded his education to include "T. S. Eliot, James Joyce, Freud, Marx, Lenin and some of the surrounding literature and modern poetry," as well as "Caribbean literature." Hall's later works reveal that growing up in the pigmentocracy of the colonial West Indies, where he was of darker skin than much of his family, had a profound effect on his views of the world.

In 1951 Hall won a Rhodes Scholarship to Merton College at the University of Oxford, where he studied English and

obtained an M.A., becoming part of the Windrush generation, the first large-scale immigration of West Indians, as that community was then known. He continued his studies at Oxford by beginning a Ph.D. on Henry James but, galvanised particularly by the 1956 Soviet invasion of Hungary (which saw many thousands of members leave the Communist Party of Great Britain (CPGB) and look for alternatives to previous orthodoxies) and Suez Crisis, abandoned this in 1957 or 1958 to focus on his political work. In 1957, he joined the Campaign for Nuclear Disarmament (CND) and it was on a CND march that he met his future wife. From 1958 to 1960, Hall worked as a teacher in a London secondary modern school and in adult education, and in 1964 married Catherine Hall, concluding around this time that he was unlikely to return permanently to the Caribbean.

After working on the Universities and Left Review during his time at Oxford, Hall joined E. P. Thompson, Raymond Williams and others to merge it with The New Reasoner, launching the New Left Review in 1960 with Hall named as the

founding editor. In 1958, the same group, with Raphael Samuel, launched the Partisan Coffee House in Soho as a meeting-place for left-wingers. Hall left the board of the New Left Review in 1961 or 1962.

Hall's academic career took off after co-writing The Popular Arts with Paddy Whannel in 1964. As a direct result, Richard Hoggart invited Hall to join the Centre for Contemporary Cultural Studies at the University of Birmingham, initially as a research fellow and initially at Hoggart's own expense. In 1968 Hall became director of the Centre. He wrote a number of influential articles in the years that followed, including Situating Marx: Evaluations and Departures (1972) and Encoding and Decoding in the Television Discourse (1973). He also contributed to the book Policing the Crisis (1978) and coedited the influential Resistance Through Rituals (1975).

After his appointment as a professor of sociology at the Open University in 1979, Hall published further influential books, including The Hard Road to Renewal (1988), Formations of Modernity (1992), Questions of Cultural Identity (1996) and Cul-

CONTINUED ON PAGE 3



Editors

Photography
Denicio Wyatt
Wattzz Publishing
The Public at Large

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

Ilana 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

721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

How to Accept and Respect other Cultures - P2

BY HUBPAGES

HOW TO BE CULTURALLY RESPONSIVE

The ability to learn from and relate respectfully to people of your own culture as well as other cultures is known as cultural responsiveness. Being culturally responsive requires openness to the viewpoints, thoughts, and experiences of others. Cultural responsiveness is not about changing others to be more like you. Instead, it is about exploring and honoring the differences of others. Developing a cultural responsive attitude is a life-long journey. It includes:

1. Developing cultural self-awareness

What influenced your own cultural identity? What values and beliefs do you hold and why? Understanding your own cultural makeup is the first step to understanding that others hold different values and beliefs and believe in them as much as you believe in yours.

2. Learn to appreciate the value diverse views

Do not judge views that differ from yours as wrong. Instead, just accept that they are different and even try to understand other points of view.

3. Avoid imposing your own values

Once you are aware of cultural differences, you may find that the cultural norms of some groups make you uncomfortable.



Again, it is important to resist the urge to judge. Instead, make a conscious effort to understand the other perspective.

4. Resist stereotyping

Avoid all stereotypes whether "negative" or "positive." Statements such as blondes are dumb or Asians are good at math will never be true of all individuals within that population. Furthermore, there will always be individuals outside of that population who will also fit that statement. Stereotypes are there for unreliable and untrue.

5. Learn what you can

Reading about other cultures, visiting celebrations of friends, or talking with members of another culture is a great way to increase your knowledge and overall acceptance of the cultural norms of others.

6. Accept your own naivete

Cultural responsiveness may require your to forgive your own mistakes and ignorance. Don't dwell on them. Instead, learn from them.

MORE ON THIS TOPIC IN JULY 2016 EDITION

MAJOR FIGURES - STUART MCPHAIL HALL FROM PAGE 2

tural Representations and Signifying Practices (1997). Through the 1970s and 1980s, Hall was closely associated with the journal *Marxism Today*; in 1995, he was a founding editor of *Soundings: A Journal of Politics and Culture*.

Hall retired from the Open University in 1997. He was elected Fellow of the British Academy (FBA) in 2005 and received the European Cultural Foundation's Princess Margriet Award in 2008. He died on 10 February 2014, from complications following kidney failure a week after his 82nd birthday. By the time of his death, he was

widely known as the "godfather of multi-culturalism".

Ideas

Hall's work covers issues of hegemony and cultural studies, taking a post-Gramscian stance. He regards language-use as operating within a framework of power, institutions and politics/economics. This view presents people as producers and consumers of culture at the same time. (Hegemony, in Gramscian theory, refers to the socio-cultural production of "consent" and "coercion".) For Hall, culture was not something to simply appreciate or study, but a "critical site of social action and intervention, where



power relations are both established and potentially unsettled".

Hall became one of the main proponents of reception theory, and developed Hall's Theory of encoding and decoding. This approach to textual analysis focuses on the scope for negotiation and opposi-

tion on the part of the audience. This means that the audience does not simply passively accept a text—social control. Crime statistics, in Hall's view, are often manipulated for political and economic purposes. Moral panics (e.g. over mugging) could thereby be ignited

in order to create public support for the need to "police the crisis". The media play a central role in the "social production of news" in order to reap the rewards of lurid crime stories.

Hall's works, such as studies showing the link between racial prejudice and media, have a reputation as influential, and serve as important foundational texts for contemporary cultural studies. He also widely discussed notions of cultural identity, race and ethnicity, particularly in the creation of the politics of Black diasporic identities. Hall believed identity to be an ongoing product of history and culture, rather than a finished product.

Hall's political influence extended to the Labour Party, perhaps related to the influential articles he wrote for the CPGB's theoretical journal *Marxism Today* (MT) that challenged the left's views of markets and general organisational and political conservatism. This discourse had a profound impact on the Labour Party under both Neil Kinnock and Tony Blair, although Hall later decried New Labour as operating on "terrain defined by Thatcherism".

The Encoding and decoding model:

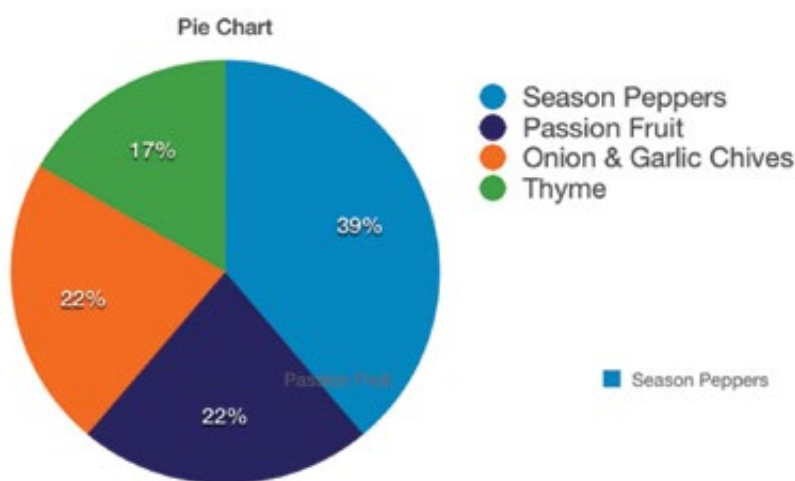
MORE ON STUART MCPHAIL HALL IN JULY 2016 EDITION

May 2016 MONTHLY HARVEST SUMMERY



Monthly Harvest Analytic Summery:

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



Results by Farm Manager

CROP TYPES	HARVEST APRIL 2016
Season Peppers	7 Kilos
Passion Fruit	4 kilos
Onion & Garlic Chives	4 kilos
Thyme	3 Kilo

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



SINCE the month of March 2016 our production rates started drastically decreasing, but not to worry for it is not the reason of St Maarten rocky soil not being able to produce high standard quality Organic food. The main reason for this decline is the consistency of water supply to the crops. The past few months have brought little rain fall resulting in our water storage container not being able to reach the supply and demand of the selected crops that we had already implemented. The past few month have yielded very successful results at the center with over

600+ Kilos of food harvested varying from Sorrel to Watermelon. As a research and development center water is one of our most essential properties to ensure the livelihood of the selected crops. At this point we are currently restructuring and getting ready for our main water connection from GEBE to be installed, this will help us a great deal on maintaining the next set of selected crops that we plan on cultivating.. We look forward on once again inviting the general public to visit us as we are up and running again by August 2016.

In the mean time we encour-

age the surrounding communities to get more involved in understanding the importance of Agriculture and Food Security for St Maarten. Please feel free to contact us anytime for further information on how you may be able utilize our services in setting up a Kitchen garden in your backyard. Remember your contributions are very important as it helps us continue our research and development of the St Peters Community

Garden.

Together we stand strong and can make a change one person at a time..

Contact us for more information on how you maybe able to make a contribution by utilizing our services @ spaceless-gardens@gmail.com and also don't forget to give us a like on Facebook at Spaceless Gardens and St Maarten \ St Martin Agriculture..



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

STM N.V.
All Matters Shipping

Why ship with STM N.V.
STM N.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

NEED CARGO SHIPPED TO THE USA?
-PERSONAL EFFECTS?
-RETURNING GOODS?
-NEED TO SEND ITEMS TO REPAIR?
-RELOCATING?

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

OUR RECEIVING LOCATIONS

MIAMI
JOHN CASSIDY INTL
3680 NW 73rd Street
Miami, FL 33147
Tel: 305-636-6216

PUERTO RICO
NEW WAY SHIPPING
Edif. A #30 Mercado Central
San Juan Port Zone
Tel: 787-391-2553

WESTERN EUROPE
IFC
Jupilerweg 1a
4261 RW Moordijk, Netherlands
Tel: (+31) 168 - 499494 Cel (+31) 613 - 954679
Email: marjng@ifc.nl Web: www.ifc.nl

WE SHIP WEEKLY TO THE USA WITH IN-HOUSE CUSTOMS BROKER. WE ARE A "ONE STOP SHOP" SOLUTION OFFERING!
CALL UP SERVICES
JUNE SUPPLY DELIVERY
DELIVERY ANYTIME BY THE USA

Web: www.stmnv.com | Email: sales@stmnv.com

Back Yard Community Gardening *Continues*



BEFORE

Location Sucker Garden - The Keys



AFTER

Location Sucker Garden - The Keys

WE COMPLETED a number of Community Gardens this month. Here are some more photos from one we completed few weeks ago.. Have allot more of great photos to share so stay posted to the community development section of the paper 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 as we continue to

build agricultural and health awareness throughout our surrounding communities... One Love

St. Maarten Day of Worship Summer 2016 with Michael W. Smith & Benjamin Bell & *Friends*

GREAT BAY, - The Boardwalk July 5th 2016. From 10:00am until late that evening international as well as local gospel



St. Maarten Optical N.V. SXM OPTICAL

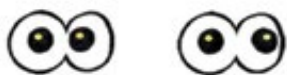


A child that sees like this can pass a vision screening.

This is 20/30 vision

E
F P
T O Z
L P E D

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

artists will host a free concert for the general public and tourists at the Walter Plantz Pier, Downstreet in Philipsburg.

Michael W. Smith, renowned gospel singer and worshipper from the U.S.A. and a 200 member voice choir will be making a stop in St Maarten aboard the Royal Caribbean Oasis of the Seas. During this stop Michael will perform on the Boardwalk. We can expect him to sing some of his well-known hits such as Above All, Here I am to Worship, Agnus Dei, and Awesome God.

The event which carries the name St. Maarten Day of Worship Summer 2016 will offer a total gospel and cultural experience. Besides the many local gospel artists and DJ's there will be an exhibition and sale of local arts and crafts as well as a lot of local foods to savor and to purchase. This gospel festival is an all-day even that culminates with a grand worship concert by aspiring local artist, Benjamin Bell & Friends.

Worship Summer 2016 is being organized by the Sint Maarten United Ministerial Foundation (SMUMF) and the Federation of Churches of

Saint Martin (FEDOC) in collaboration with Grego Tours and Production. The organizers are expecting a crowd of approximately 1000 - 2000 people to experience this all day gospel event on the Boardwalk. An event like this will certainly help to boost our local and tourism product on the Boardwalk and consequently increase the revenues to locally owned businesses and restaurants along the Boardwalk. In addition, such an event will also help to build a network between local and international gospel artists and musicians.

Special thanks goes out to the Voice of the Caribbean Radio, Cultural Xpression and Its About Time Radio show for their promotional effort toward the event. Special thanks also goes out to the St. Maarten Tourist Bureau, Port of St. Maarten, Genesis Music group, Grego Tours and Production, The Down Street Business Community Council & Association, Walter Plantz Square, Princess Juliana International Airport and Displaying Truth Foundation for making this event possible.

Pastor Jerome Thomas
Coordinator

ARE YOU AN ARTIST -PRODUCER - DJ
OR PHOTOGRAPHER?



THEY PAY YOU ROYALTIES AT
\$0.003 A PLAY

WE PAY YOU

\$1 A DAY

INQUIRE TODAY

FIND OUT HOW YOU CAN MAKE MONEY
TO BE CREATIVE

WATTZZPUBLISHING@GMAIL.COM

CBC IMAGING PRESENTS

SXM BULLIES

MEET AND GREET PHOTOSHOOT

PHOTOS BY CBC IMAGING

DATE: SAT JULY 2, 2016
PLACE: MULLET BAY BEACH
TIME: 10AM UNTILL 4PM
PHOTOS \$20
WITH YOU AND YOUR BULLIE

FRY FISH AND DRINKS ON SALE

A vertical promotional poster for 'SXM Bullies'. At the top, it says 'CBC IMAGING PRESENTS'. Below that is a large, bold title 'SXM BULLIES'. Under the title is the text 'MEET AND GREET PHOTOSHOOT'. The poster features a man on the left wearing a black hoodie, sunglasses, and a gold chain, holding a camera. To his right are two polaroid-style photos of dogs: one of two small dogs and another of a white dog. At the bottom, there is a black box with white text providing details about the event: 'DATE: SAT JULY 2, 2016', 'PLACE: MULLET BAY BEACH', 'TIME: 10AM UNTILL 4PM', 'PHOTOS \$20 WITH YOU AND YOUR BULLIE'. There is also a small logo for 'CBC IMAGING' and a barcode.

WATTZZ

JOIN THE CARIBBEANS

TOP50

MUSIC CHART

A horizontal promotional graphic for 'WATTZZ TOP50 MUSIC CHART'. On the left is a green frog wearing large headphones. To the right of the frog is the text 'JOIN THE CARIBBEANS' in a small font, followed by 'TOP50' in large, bold, blue and green letters. Below 'TOP50' is the text 'MUSIC CHART'. The background is a colorful, abstract design with vertical stripes in yellow, green, blue, and red. There is also a small logo for 'WATTZZ' at the top left and a barcode at the bottom right.

WEBSITE COMING SOON

VEGATERIAN AND VEGAN RECIPIES

Curry Kidney Beans

BY BBCGOODFOOD

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

Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- Thumb-sized piece of ginger, peeled and finely chopped
- 1 small pack coriander, stalks finely chopped, leaves roughly shredded
- 1 tsp ground cumin
- 1 tsp ground paprika
- 2 tsp garam masala
- 400g can chopped tomatoes
- 400g can kidney beans, in water
- cooked basmati rice, to serve

Method

Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.

Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil. Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the basmati rice and the coriander leaves.



AVAILABLE AT



ALKALINE
WATER

Natural
health
Supplements

Detoxing

Natural Health Center

Location: Walter Nisbeth Rd, #71 Pondfill

Tel: 721 543-0302

HEADACHES: CAUSES, DIAGNOSIS AND *Treatments* -P2



MEDICAL NEWSDAY

Cluster Headaches

Cluster headaches are a relatively uncommon form of primary headache that affect less than one in every 1,000 adults. They strike quickly, once or more daily at the same time each day and often without warning. They usually last between 45-90 minutes and

persist for the duration of a cluster period, normally 4-8 weeks.

The pain caused by cluster headaches is severe, often described as sharp or burning, and is normally located in or around one eye. The affected area may become red and swollen, the eyelid may droop and the nasal passage on the affected side

may become stuffy and runny.

Diagnosis of headaches

The health care provider will usually be able to diagnose a particular type of headache through a description of the condition, the type of pain and the timing and pattern of attacks. It can be helpful for those experiencing headaches to keep a di-

ary detailing their symptoms and any possible triggers; this can help both the patient and the health care provider in establishing the precise nature and possible cause(s) of the headaches.

If the nature of the headache is particularly complex, a health care provider may request tests to eliminate other possible causes. Further testing could include blood tests, X-rays and brain scans, such as computerized tomography (CT) and magnetic resonance imaging (MRI). Treatments for headaches

The most common methods recommended for treating headaches are rest and pain relief medication. Generic pain relief medication can be bought over the counter, or health care providers can prescribe preventative medication, such as tricyclic antidepressants, anti-epileptic drugs and beta blockers.

It is important to follow the advice of health care providers as overusing pain relief medication can lead to rebound headaches. The treatment of rebound headaches involves the reduction or cessation of pain relief medication. In extreme cases, a short hospital stay may be required in order to manage withdrawal safely and effectively.

Self-care

There are a number of steps that can be taken to adjust daily routines so as to reduce the risk of headaches and to ease the pain of headaches that do

arise:

- Apply a heat pack or ice pack to your head or neck (avoid extreme temperatures)
- Avoid stressors where possible and develop healthy coping strategies for unavoidable stress
- Eat regular meals, taking care to maintain stable blood sugar
- Exercise regularly
- Get enough rest and regular sleep
- Have a hot shower (although there is a rare condition where hot water exposure can trigger headaches).

Alternative therapies

In addition to the treatment methods mentioned above, several alternative forms of treatment for headaches are also available.

It is best to consult a health care provider prior to beginning any alternative forms of treatment.

Such treatments include:

- Acupuncture
- Chiropractic treatment
- Cognitive behavior therapy
- Herbal and nutritional health products

- Hypnosis
- Meditation.

In some cases, headaches may arise as a result of a deficiency of a particular nutrient or nutrients, especially magnesium and certain B vitamins. Nutrient deficiencies can be caused by an overall poor quality diet, underlying malabsorption issues or other medical conditions.

As such, it is important for anyone with a suspected nutrient deficiency to work with a qualified health professional to correct the deficiency in a sustainable and holistic way where possible, rather than simply relying on an isolated supplement.

The WHO report that 50% of people with headaches are self-treating. This means that many people that develop headache disorders do not receive optimal care. The WHO is currently involved with the Global Campaign against Headache; an initiative that aims to raise awareness of headache disorders and improve access and standards of care worldwide.



WHA YA SAY



Motions sent to The Parliament of St Maarten During the 2016 Budget debate from One St Maarten People Party

OSPP MOTION INCREASE MINIMUM WAGE AND OLD AGE PENSION 2 CONSIDERING:

- That on December 3, 2013 the Parliament of St. Maarten voted unanimously for the Minister with responsibility for labor and Social Affairs to within sixty days carry out a survey to determine the level of a "living wage" for Sint Maarten and to report back to Parliament.

- That the government of St. Maarten at that time and subsequent governments failed to carry out the instructions of the Parliament of St. Maarten of December 3, 2016.

- That the Parliament of St. Maarten at that time for the period 2010 – 2014 and the subsequent parliament of St. Maarten also failed by not following up and making sure that the government conducted that survey.

- That, two years later without the survey being conducted the cost of living on St. Maarten has increased tremendously but the minimum wage has remained the same.

- That every civilized society has increased or is in the process of increasing its' minimum wage to a living wage.

- That various reports have indicated that poverty on the St. Maarten is very rampant and that something needs to be done to eradicate or minimize it.

- That the business community will be the first to come out screaming that an increase in the minimum wage can result in the loss of jobs.

- That the government of St. Maarten that owns 100% our energy company NV GEBE and the Harbour Group of Companies will lower the cost of energy and the containers fees which would result in a higher profit margin for the same businesses.

RESOLVES:

- To request the Government of St. Maarten to prepare legislation in support of an in-



OSPP Leader Mr Lenny Priest - Photo Island-times

crease from the present minimum wage to a living wage of One Thousand Eight Hundred Guilders (NAF 1,800.00) a month.

- The proposed legislation should also state that this living wage is exempted from wage tax.

- For the government of St. Maarten to submit this draft legislation to the Parliament within ninety (90) days.

OSPP MOTION GENERAL PENSION FUND 2

CONSIDERING:

- That many of our citizens have been working for years and were not able to save for when they reach the pensionable age to take care of their needs due to the low salaries that they were earning.

- That in particular the minimum wages and old age pension (AOV/AWW) have never been adjusted on a timely manner for inflation.

- That the cost of living in St. Maarten is rising constantly without any type of control mechanism.

- That all the workers of the government of St. Maarten are obligated by law to join the General Pension Fund (APS) after days of entering the government Civil Service putting them in a good financial position when they reach the pensionable age.

- That it is the law that all civil servants are part of the pension plan (APS) however it is not mandatory by law for such a pension

plan to exist in the private sector.

RESOLVES:

- To instruct the Government of St. Maarten to prepare a proposal to establish a General Pension Fund that would require all employers in the private sector and their employees to pay in to this pension plan.

- For the government of St. Maarten to submit the general pension fund proposal to the Parliament within ninety (90) days.

**WHA YA SAY
TELL DI TRUTH !
No Intention
Fi Pention**



RAS ITAL

Mi Really whaan fi know how comes most politician have a secure plan fi dem future, but dem forget fi work on a plan fi di people who help dem fi get dem plan sort out? More time mi loose confidence in di system , tru dem like di stock market, ya never know when dem go crash and ya loose everything, even wha ya granny pikney work hard fa. Ya Can't trust in a system that ya naan overstand how it really work, worse if it nah stable. Now check a system that works, Ya now if ya give di rastaman a little work mi can show the I dem how fi hide little money in a bottle every month under one two yellow yams ya have inna ya garden.. Be wise , Keep some money outside.. Now that wha di rata man a call FOOD SECURITY with long term benefits.. Now mi give ya a little tip mi fi change mi stash spot. Some boyyy to spy, but them nah know mi work fi di RIA (Rasta Intelligence Agency) and me still want fi eat mi yellow yam dem.

THE SOCIAL SIGNIFICANCE OF RAP & HIP-HOP *Culture*



Jamaican-born Kool DJ Herc

IN RECENT years, controversy surrounding rap music has been in the forefront of the American media. From the hype of the East Coast-West Coast rivalry that shadowed the murders of rappers Tupac Shakur and Notorious B.I.G. to the demonization of modern music in the wake of school shootings in Littleton, Colorado, it seems that political and media groups have been quick to place blame on rap for a seeming trend in youth violence. However, though critics are quick to point out the violent lyrics of some rappers, they are missing the point of rap's message. Rap, like other forms of music, cannot be understood unless it is studied without the frame of its historical and social context. Today's rap music reflects its origin in the hip-hop culture of young, urban, working-class African-Americans, its roots in the African oral tradition, its function as the voice of an otherwise underrepresented group, and, as its popularity has grown, its commercialization and appropriation by the music industry.

Hip-hop music is generally considered to have been pioneered in New York's South Bronx in 1973 by Jamaican-born Kool DJ Herc. At a Halloween dance party thrown by his younger sister, Herc used an innovative turntable technique to stretch a song's drum break by playing the break portion of two identical records consecutively. The popularity of the extended break lent its name to "breakdancing"--a style specific to hip-hop culture, which was facilitated by extended drumbreaks played by DJs at New York dance parties. By the mid-1970s, New York's hip-hop scene was dominated by seminal turntablists DJ Grandmaster Flash, Afrika Bambaataa, and Herc. The rappers of Sugarhill Gang produced hip-hop's first commercially successful hit, "Rapper's Delight," in 1979.

Rap itself--the rhymes spoken over hip-hop music--began as a commentary on the ability--or "skillz"--of a particular DJ while that DJ was playing records at a hip-hop event. MCs, the forerunners of today's rap artists, introduced DJs and their songs and often recognized the presence of friends in the audience at hip-hop performances. Their role

was carved out by popular African-American radio disc jockeys in New York during the late 1960s, who introduced songs and artists with spontaneous rhymes. The innovation of MCs caught the attention of hip-hop fans. Their rhymes lapped over from the transition period between the end of one song and the introduction of the next to the songs themselves. Their commentaries moved solely from a DJ's skillz to their own personal experiences and stories. The role of MCs in performances rose steadily, and they began to be recognized as artists in their own right.

The local popularity of the rhythmic music served by DJs at dance parties and clubs, combined with an increase in "b-boys"--breakdancers--and graffiti artists and the growing importance of MCs, created a distinctive culture known as hip-hop. For the most part, hip-hop culture was defined and embraced by young, urban, working-class African-Americans. Hip-hop music originated from a combination of traditionally African-American forms of music--including jazz, soul, gospel, and reggae. It was created by working-class African-Americans, who, like Herc, took advantage of available tools--vinyl records and turntables--to invent a new form of music that both expressed and shaped the culture of black New York City youth in the 1970s.

While rap's history appears brief its relation to the African oral tradition, which provides rap with much of its current social significance, also roots rap in a long-standing history of oral historians, lyrical fetishism, and political advocacy. At the heart of the African oral tradition is the West African idea of *nommo*. In Malian Dogon cosmology, *Nommo* is the first human, a creation of the supreme deity, *Amma*, whose creative power lies in the generative property of the spoken word. As a philosophical concept, *nommo* is the animative ability of words and the delivery of words to act upon objects, giving life. The significance of *nommo* in the African oral tradition has given power to rappers and rap music within many African-American communities.

Rap's common designation as "CNN for black people" may result from the descent of rappers from griots, respected African oral

historians and praise-singers. Griots were the keepers and purveyors of knowledge, including tribal history, family lineage, and news of births, deaths, and wars. Traveling griots spread knowledge in an accessible form--the spoken word--to members of tribal villages. Similarly, in the United States, many rappers create songs that, through performances and records, spread news of their daily lives, dreams, and discontents outside of their immediate neighborhoods. Rappers are viewed as the voice of poor, urban African-American youth, whose lives are generally dismissed or misrepresented by the mainstream media. They are the keepers of contemporary African-American working-class history and concerns.

Additionally, rap's potential for political advocacy stems from the function of its predecessors, African-American rhyming games, as forms of resistance to systems of subjugation and slavery. Rhyming games encoded race relations between African-American slaves and their white masters in a way that allowed them to pass the scrutiny of suspicious overseers. Additionally, rhyming games allowed slaves to use their creative intellect to provide inspiration and entertainment. For example, by characterizing the slave as a rabbit and the master as a fox, "Bre'r Rabbit tales" disguised stories of slaves outwitting their masters and escaping plantations behind the facade of a comical adventure. Hip-hop journalist Davey D connects the African oral tradition to

modern rap: "You see, the slaves were smart and they talked in metaphors. They would be killed if the slave masters heard them speaking in unfamiliar tongues. So they did what modern-day rappers do--they flexed their lyrical skillz." Rap has developed as a form of resistance to the subjugation of working-class African-Americans in urban centers. Though it may be seen primarily as a form of entertainment, rap has the powerful potential to address social, economic, and political issues and act as a unifying voice for its audience.

Rap shares its roots with other forms of traditionally African-American music, such as jazz, blues, and soul. Rap may also be closely linked to reggae music, a genre that also developed from the combination of traditional African drumming and the music of the European ruling class by youth of limited economic means within a system of African economic subjugation. In an ironic circle of influence, Jamaican reggae was played on African-American radio stations in New York in the 1960s. DJs used rhymes to introduce reggae songs. These AM stations could be received in Jamaica, where listeners picked up on the DJs' rhyming styles, extending them over reggae songs to create "dub"--another forerunner of rap. Kool DJ Herc, before introducing his innovative turntable style, brought his dub style to New York, but it failed to gain popularity. He concentrated on developing his DJing skills, which later allowed for the acceptance of MCing and, eventually, rap.



WE GOT A CHANCE to interview upcoming rising Artist Dr Rum for the June 2016 Edition of CX, who took time-out of his busy schedule to share with us a bit more about his progress as a rising upcoming artist originally from St Maarten. From being selected to take part in the Voice of Holland to working with International grammy award winning producers, Dr Rum surly has the potential to inspire our youths that may seem to think that the artist expression of music can not be a pillar stable enough to walk on. Its a great pleasure to get a chance to hear a bit more from the one and only him self Dr Rum.

First off we must ask lol, What is your name and Where did the name Dr Rum come from?

My name Jernaldo "Dr.Rum" Thielman. The name Dr.Rum came from the a combination of things. The fact that I'm from St.Maarten and we have our own Guavaberry Rhum so I kinda wanted to be the new version of Rum from St. Maarten. And I consider my self a Dr when it comes to music I produce my own music and beats I write my own lyrics and I mix and master. So when it comes to the music and creating the music I'm involved and find it important to know. Just like a doctor knows the body and and the body parts and knows what medicine to use when u have a particular pain or sick.

What Genre of music do you represent or focus on ?

Well I was raised around alot of different types of music like rap,hiphop,pop,r&b,reggae and dancehall. So I represent all these different types of music. I wanna focus on the aspect of living free and not putting yourself in a box. So I encourage all artist to make the music they like and be free don't put urself in a box and make one type of music. Make the music you love and the people will give It a place in the industry. But all-in all I rap and sing with the above mentioned influences.

What inspired you to focus on this particular genre ?

The fact that I was raised up listening to these types of different genres inspired me to mix them all in my music and inspire the world to make the music they live and feel.

You now live in Rotterdam for some time where your music career has taken a great turn for the better, was there any challenges you faced being a hip hop artist out here in the caribbean?

In the caribbean it was a little hard being a hip hop artist. But coming to the Netherlands was one of my best move in could of done. I studied at a music academy to gain the knowledge about the whole music scene. After going to school and learning about the music industry I decided to change my approach I didn't want to be seen and labeled as a stereotype Rapper. So I decided to focus on being a performer and entertainer.

We see that you a very versatile type of artist, What other genres of music do you find comfort in recording ?

Hahaha thank you for the compliment. I find comfort in experimenting. I love rapping but I also love Singing. So I find comfort in combining the two with alittle bit of Caribbean influences.

We notice that you were also selected for the Voice of Holland, What was your most challenging time getting prepared for the show?

While being on The Voice I faced many different challenges one of them being staying true to yourself and not getting to caught up in the limelight. It was a bit challenging learning a song within a couple days,dancing and still focusing on the cameras. But it was all a great experience and fun.

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

I think having a good team is very important to your career everyone focus on a particular roll management,

bookings ect. Collaborating is the fun and inspiring part because u get to experiment and work with different artist that you can learn from. Your never too good or too old to learn something new.

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?

My observations on the music scene is that too much of our artists are focus on following the latest trend and enough local artists are focus on setting the new trend and integrating the island sound. I think that sxm have artists with potential to do great things internationally.

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

I think that reggae music has a major and great impact on the outside world.

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

I personally don't think music is about genres. Take Michael Jackson for example he made the music that he liked and they didn't know where to place his music in the industry. So that's why they created pop music but pop is not even a genre pop is short for popular music. So what I'm trying to say is that the Caribbean have a vibe that everyone loves it even have a sound even when we talk. So we just need to integrate that in our music.

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

I would like to see more artist experimenting with they're island sound and more collaborations. The older artist sharing the knowledge that they know would also be a great thing for the music culture.

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

With the right connections and moves I think anything is possible. If we educate ourself in the music industry I think we will be able to come up with some new ideas and opportunities for artist on sxm.

How was your experience traveling to American to work with Grammy nominated producers?

Going to the US was also another amazing experience I learned so much when it comes to music. And I build up a very good friendship with Needlz.

What type of experiences have you gain from performing internationally and working with international producers ?

Working internationally thought me how important character and respect is. It also thought me how to work better under pressure and what being professional is really about.

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

I've performed in St.Maarten,Netherlands and US (Atlanta). I would love to perform more in the U.S also in the UK and do a world tour one day.

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

Yes I do listen to a few local artist. O3, Emagine,Young Phenom, D Kullus, Guilda and Snipes

What keeps you motivated currently?

I really love making music and the love for music keeps me motivated honestly. I just want to grow and be better than I was yesterday. My mom once told me

choose a profession you love and you'll never work one day in your life. I just want to inspire my people.

Who or what are some of your biggest inspirations?

Michael Jackson,Bob Marley,Usher,Dr Dre, Tupac, Eminem Nelson Mandela,Marting Luther King and Obama the list can go on and on I love to see greatness and people who are not scared to break barriers and chase and believe in they're dream. But most of all God.

Where do you see yourself in the next year?

I see myself doing great thing in and for music. Not only outside but in sxm also and for the people of sxm. What ever God has in store for me so shall it be.

What can St Maarten and the World Expect next from Dr Rum?

One thing I can say is that you all can expect nothing but greatness from me because not even me myself know what to expect from myself. I'm always trying to break barriers and challenge myself

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

I agricultural is good for everywhere especially sxm because our main income is based off of tourists and we important everything we consume so I think this is a very important factor to take a look at.

If we was to focus on some more agricultural we would not only stimulate the economy but also the people of sxm at the same time.

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

I think group consciousness is something to think about when we talk about communities the more people we get involved the better. We need to pay attention to how the media works and learn a thing or two and put it to use positively. When a group of people talk about something and it is all over (radio, news paper ect) you'll be surprise how it spreads like a wild fire. We can use some of these methods but with structure not just do it for doing it sake but do it with a reason and with structure.

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

Who would like 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 !

I want to thank you guys for the interview and I want to thank God for blessing me with every single opportunity ever presented. And then I wanna thank all the fans everyone who is inspired by me and who follow me on my musical journey.

My message is always the same to everyone. FOLLOW YOUR DREAMS don't let anyone tell you that you can not achieve something in life ANY AND EVERYTHING IS POSSIBLE

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

**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**



ECO BIZZ - COSME St Maarten

My visit to Suriname was one of great experience. While being there and gathering information, a great idea came to me. How about establishing a traders network amongst us business individuals from the different countries we represent? What was transferred from my mind to paper was submitted to the COSME TEAM leader for evaluation. From the first week I got back, I got some feedback that the initiative placed before the team leaders was one to consider. 4 weeks later the COSME TEAM brought a few of the other parties representing Saba, Eustatia, and Tortola to St Maarten for us to brainstorm more on the concept... Aruba couldn't make it on short notice, so we hope to get them on board to also share their thoughts in the near future..These are the few Business owners and island

representatives I briefly spoke to while in Suriname about the idea and all showed some positive feedback... It was a great milestone achieved today and a greater feeling to know that people from outside your country are able to embrace your vision or idea while most representatives of your local government don't even try to listen to its people and community representatives... Like I always say, together independently we can achieve more... Question is "what are we waiting for? In these trying times I don't have time to waste energy on who doesn't do what, but more energy on doing what I can get done with hopes to set a structure that will encourage others to get involved. I never do this for myself always for my kids and family first and then the country and people I love most. ST MAARTEN...



Building business relationship with Company owners in Suriname



Mr Wyatt and Mr. Dwight Tjin Kon Kiem (COSME Private Sector Development Expert, British and French OCTs) at Walter Plantz Square, St Maarten in June 2016.



Last week was a blessing as we catered for 19 members that came to visit our garden from the Prince Bernard Cultuur funds and St. Maarten Nature Foundation. We got some great feedback and lots of satisfied smiles from our visitors about the vegetarian food that was prepared for them..



PRUDENTIALSBS
SMALL BUSINESS SERVICES

WWW.PRUDENTIALSBS.COM

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



REOPENING SOON
GET YOUR DRINK ON @ ABU G 37
BAR & LOUNGE SXM
LOCATED UPSTAIRS ABU G SHAWARMA MADAME ESTATE



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 months edition we got a chance to get a Q&A interview with rising Chef and promising entrepreneur Mr Dwane Sancho who has a strong belief in "prepare to heal".

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

Dwane Sancho Originally from Georgetown Guyana. I attended north Georgetown secondary school and St Johns collage were I gain 5 cxc subjects.

Are you currently working?

Currently for the past number of years I reside in St Maarten with my wife and kids. I work part time at the Stone Restaurant and also part time at Douzon catering.

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

I do private catering and small event

We know that being a chef is your field of choice at the moment, did you have an original career choice and What inspired you to undertake your current career?

My first career choice was to be a computer technician, but after watching my mother and grandmother in the kitchen preparing meals for the family it sparked something in me. My grandmother use to make snacks to sell, but my greatest inspiration from my wife when she thought me how to cook at the age of 15, from there I elevated myself.

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

My role model would be my fa-

ther knowing where he came from and the kind of person he was. I gained more inspiration when I saw that I could express myself through food. Later on in my career when researching various food item for a menu I came across an article stating that 60% to 70% of people living in the Caribbean and North America are diagnose with diabetes. From that point on I took the task as a student of culinary arts to have a moral responsibility to give consumers food that would heal them not harm them.

What are your short term goals and What do you look forward to mostly in your field of work?

Starting a catering company and restaurant that will consist of gelato (ice cream), vegan & vegetarian dishes. I also plan to have something for the meat lovers but in a balance and healthy way, I am looking to changing the way people eat and revolutionizing the way people see food..

The Kitchen is like your playground, are there any challenging factors in your line of work as a chef, give a basic idea and how you deal with them?

The challenges in the kitchen is keeping up with demands of the customers and competing restaurants. My way of dealing with all of that is to stay focus and listen to my teammates.

Does having a good team in the kitchen play an important role in your career?

Yes! Imagine your body, if your heart dose not pump blood trough your veins then it will not be able to take the necessary nutrients and oxygen to the parts of your body that needs it, this how important every member of my team is, if one is a affected it affects the entire restaurant.

What is your proudest achievement in your field of work or describe briefly your greatest accomplishments

thus far?

My greatest accomplishment comes when a customer enjoys one of my creations, a good expression on their face is worth more than gold to me. Most people today eat with their eyes, What do you do to get and stay creative in the kitchen? I spend a lot of time on the internet researching dishes from around the world and creating new recipes every week.

From your view point, what would be the ideal Tourist attraction in terms of dining?

The ideal tourist attraction would be a restaurant that highlights Caribbean culture and only prepare dishes from all corners of the Caribbean this way you highlight the beauty and culture of the islands. From what I have experience with tourist, they come from North America, Europe, and all corners of the globe they don't want to see what they left behind, they're here for a new experience and to get that island vibe.

What makes what you bring to the table as a chef different from others?

what I bring is me raw and uncut, let's say I'm going to make you a Peas and rice it would not be your traditional dish as I would infuse my creativity and for the most part of it you're going to have a healthy meal.

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

From my point of view the leaders of this great land are not promoting

the concept for young people to become managers, CEO's and bosses, I say this because most of the programs that are available are mainly for lower level job opportunities so it's no surprise that when someone comes back from overseas they can't get a job. Bosses today are not going to hire someone that's qualify and would have to receive more pay because there are persons that are not qualify and are willing to take less money to do the same job, so it goes back to government and what they are doing for the people of St Maarten.

As you know our cultural paper is focus 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?

Agriculture plays one of the greatest roles in today society, we have to eat to gain energy to go out and work, to make money to pay our bills, buy food to eat and also deal with our currently responsibilities, so in any event no country should be without an established agricultural foundation.

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 youngster and upcoming artist that look forward to taking on music as a career possibility!

Make your dreams a reality, work hard and never give up.

Spaceless Gardens

BREAD 6AM-8AM

OPEN MON - SAT 11:00-8:00pm

TEL: 721 5536300 \ 5245746 \ 5244733

AGRICULTURE

WWW.STMAARTENAGRICULTURE.COM

ORGANIC

FRUITS AND VEGETABLES

PLANTS FOR SALE

FISH FRY SATURDAY'S

SANDWICHES - PASTRIES

FINGER SNACKS

SEA FOOD & VEGETARIAN

LUNCH SPECIALS

HOT FRENCH BAGUETTE \$1.50

\$2

HOT & ICED NATURAL BUSH TEAS

FRESH FRUIT JUICES SMOOTHIES



4 SPORTS THAT STIMULATE THE

THE MOST powerful brain boosters are activities that combine both aerobic activity and coordination. The aerobic activity spawns new brain cells, and the coordination exercises strengthen the connections between those new cells so your brain can recruit them for other purposes, such as thinking, learning, and remembering. Here are the combo activities that I recommend.

Table tennis is a real great combo activity. It also happens to be the world's best brain

sport. Most people refer to it as Ping-Pong, though that's a trademarked name. Table tennis is a better aerobic exercise than you might imagine, and it gives your brain one heck of a workout. A fascinating brain imaging study from Japan found that just 10 minutes of table tennis increases activity in the prefrontal cortex and cerebellum.

It's like aerobic chess. It's great for hand-eye coordination and reflexes (cerebellum and parietal lobes). You have



to focus (prefrontal cortex) so you can track the ball through space (parietal lobes and occipital lobes), figure out spins (parietal lobes and occipital lobes), and plan shots and strategies (prefrontal cortex and cerebellum). Then you have to follow through and execute those tactics successfully (prefrontal cortex and cerebellum).

All the while, you have to stay calm so you don't get too nervous on game point (basal ganglia). And you can't dwell on the point you blew a few minutes ago (anterior cingulate gyrus) or blow your top when you make a mistake (temporal lobes).

Dancing is highly aerobic and is especially good for your brain if you are learning new

steps rather than just grooving to the music. Taking classes in ballroom, hip-hop, or jazz dancing where you have to memorize routines is ideal.

Tennis and basketball both require good hand-eye coordination, quick reflexes, and an ability to see the entire court and plan your shots.

Martial arts actually enhance the brain's physical structure. Researchers in Brazil found that people who participated in a form of martial arts had significantly higher gray matter tissue density than nonparticipants.

Of course, this only applies if you don't engage in any sort of contact that could result in a brain injury (e.g., mixed martial arts).

Less

#1 ROOTS & CULTURE SHOP

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

PHONE
721-5432108
CELL
721-5861536

INSENSE STICKS & OILS

NEW ARRIVALS ROOTS WEAR & ACCESSORIES

THE FAST SHOP

BE WISE AND JUST STEP INSIDE

The Mental BENEFITS

FROM PAGE 16

participation and leadership qualities. Because of the opportunity to train, try, win, or lose together, people involved in sports are naturally more inclined to adopt a "team mindset" in the workplace and in social situations. The team mindset leads to strong leadership qualities over time.

Benefits for Young Children

Sports can benefit children in many of the same ways that they benefit adults. The biggest difference is that when children start participating in sports at a young age, they are far more likely to stay active as they grow older. The same source suggests that participating in a team sport improves academic performance, leads to better scholastic outcomes, and results in more after school participation.

What to Keep in Mind

Concussions and Sports Injuries

Some popular team sports, including American football and ice hockey, commonly result in injury. Some frequently reported sports injuries include sprains, contusions, and broken limbs. Most sports injuries will result in a complete recovery if proper medical attention is received. However, some injuries, such as brain trauma and concussion, can cause permanent, lifelong damage to the athlete.

Concussions have gotten more attention from the sports community in recent years as their occurrence has increased. The CDC has specific guidelines about how to avoid and recover from concussions related to sports activities. Repeated head trauma can completely reverse the benefits of sports participation, leading to depression, reduced cognitive function, and suicidal tendencies. So choose your sport participation wisely.



The Mental BENEFITS OF SPORTS

BY HEALTHLINE

Sports have always been known for their physical benefits. In recent years, research has also found that sport participation can positively affect your mental health.

Sports Improve Your Mood

Want a burst of happiness and relaxation? Get involved in a physical activity. Whether you are playing sports, working out at a gym, or taking a brisk walk, physical activity triggers brain chemicals that make you feel happier and more relaxed. Team sports in particular provide a chance to unwind and engage in a satisfying challenge that improves your fitness. They also provide social benefits by allowing you to connect with teammates and friends in a recreational setting.



Sports Improve Your Concentration

Regular physical activity helps keep your key mental skills sharp as you age. This includes sharp thinking, learning, and using good judgment. Research has shown that doing a mix of aerobic and muscle strengthening activities is especially helpful. Participating in this kind of activity three to five times a week for at least 30 minutes can provide these mental health benefits.

Sports Reduce Stress and Depression

When you are physically active, your mind is distracted from daily stressors. This can help avoid getting bogged down by negative thoughts. Exercise reduces the levels of stress hormones in your body. At the same time, it stimulates production of endorphins. These are natural mood lifters that can help keep stress and depression at bay. Endorphins may even leave you feeling more relaxed and optimistic after a

hard workout on the field. Experts agree that more quality research is needed to determine the relationship between sports and depression.

Sports Improve Sleep Habits

Sports and other forms of physical activity improve the quality of sleep. It does this by helping you fall asleep faster and deepening your sleep. Sleeping better can improve your mental outlook the next day, as well as improve your mood. Just be careful not to engage in sports too late in the day. Evening practices with-

bedtime may leave you too energized to sleep.

Sports Help You Maintain a Healthy Weight

The Centers for Disease Control and Prevention (CDC) recommend sports participation as a healthy way to maintain weight. Individual sports, such as running, cycling, and weightlifting, are all particularly effective ways to burn calories. Staying within a recommended weight range reduces the likelihood of developing diabetes, high cholesterol, and hypertension.

Sports Boost Your Self-Confidence

The regular exercise that comes with playing sports can help boost your confidence and improve your self-esteem. As your strength, skills, and stamina increase through playing sports, your self-image will improve as well. Sports provide you with a sense of mastery and control, which often leads to a feeling of pride and self-confidence. With the renewed vigor and energy that comes from physical activity, you may be more likely to succeed in tasks off the playing field as well as on it.

Sports Have Been Linked to Leadership Traits

Team sports such as soccer, baseball, and basketball are breeding grounds for leadership traits. Studies done in high schools reveal a correlation between sports

**CONTINUED ON
PAGE 15**

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
PAYLESS
TAKE A PIC OR CUT ME

GREAT DEALS
2016
20% OFF
Your Favorite SHOES & CLOTHING

AIR MAX

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



CULTURAL XPRESSION

SPACELESSGARDEN | MADE IN ST MAARTEN | ST MAARTEN AGRICULTURE

JUNE
2016