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AGRICULTURAL SKILL

A COMMUNITY INITIATIVE BY SPACELESS GARDENS P.12

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AFRICAN ROYALTY

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MAJOR FIGURES IN AFRO-*Caribbean History*

REMEMBERING CYRIL LIONEL ROBERT JAMES P1 (AFRO-TRINIDADIAN HISTORIAN)

Cyril Lionel Robert James (4 January 1901 – 31 May 1989), who sometimes wrote under the pen-name J. R. Johnson, was an Afro-Trinidadian historian, journalist and socialist. His works are influential in various theoretical, social, and historiographical contexts. His work is a staple of subaltern studies, and he figures as a pioneering and influential voice in postcolonial literature. A tireless political activist, James's writing on the Communist International stirred debate in Trotskyist circles, and his history of the Haitian Revolution, *The Black Jacobins*, is a seminal text in the literature of the African Diaspora.

Characterized by one literary critic as an "anti-Stalinist dialectician", James was known for his autodidacticism, for his occasional playwriting and fiction — his 1936 book *Minty Alley* was the first novel by a black West Indian to be published in Britain — and as an avid sportsman. He is also famed as a writer on cricket, and his 1963 book, *Beyond a Boundary*, which he himself described as "neither cricket reminiscences nor autobiography", is often named as the best single book on any sport, ever written.

Early life in Trin-



Mr Cyril Lionel Robert James

idad

Born in Tunapuna, Trinidad, then a British Crown colony, James was the first child of Elizabeth James and Robert Alexander, a schoolteacher. In 1910 he won a scholarship to Queen's Royal College, the island's oldest non-Catholic secondary school, in Port of Spain, and after graduating he worked there as a teacher; among those he taught was the young Eric Williams, who would become the first Prime Minister of Trinidad and Tobago. Together with Ralph de Boissière, Albert Gomes and Alfred Mendes, James was a member of the anticolonialist "Beacon Group", a circle of writers associated with *The Beacon* magazine, in which he published a series of short stories.

British years

In 1932, James left Trinidad for the small town of Nelson in Lancashire, England, at the invi-

tation of his friend, West Indian cricketer Learie Constantine, who needed his help writing his autobiography *Cricket and I* (published in 1933). During this time James took a job as cricket correspondent with the *Manchester Guardian*.

In 1933 James moved to London. The following year he joined a Trotskyist group that met to talk for hours in his rented room. Louise Cripps, one of its members, recalled, "We felt our work could contribute to the time when we would see Socialism spreading".

James had begun to campaign for the independence of the West Indies while in Trinidad. His *Life of Captain Cipriani*, published with financial assistance of Constantine, and the pamphlet *The Case for West-Indian Self Government*, published by Leonard and Virginia Woolf's Hogarth Press, were his first important

works. He became a champion of Pan-Africanism, and was named Chair of the International African Friends of Abyssinia, later renamed the International African Friends of Ethiopia (IAFE) — a group formed in 1935 in response to the Italian fascist invasion of Ethiopia (the Second Italo-Abyssinian War). Leading members included Amy Ashwood Garvey, Jomo Kenyatta and Chris Braithwaite.

When the IAFE was transformed into the International African Service Bureau in 1937, James edited its newsletter, *Africa and the World*, and its journal, *International African Opinion*. The Bureau was led by his childhood friend George Padmore, who would be a driving force for socialist Pan-Africanism for several decades. Both Padmore and James wrote for the *New Leader*, published by the Independent Labour Party

(ILP), which James had joined in 1934 (when Fenner Brockway was its General Secretary), finding its anticommunist socialism compatible with his views.

In 1934, James wrote a three-act play about the Haitian revolutionary Toussaint L'Ouverture, which was staged in London's West End in 1936 and starred Paul Robeson, Orlando Martins, Robert Adams and Harry Andrews. That same year saw the publication in London by Secker & Warburg of James's novel, *Minty Alley*, which he had brought with him in manuscript from Trinidad. (Fenner Brockway had introduced him to Fredric Warburg, co-owner of the press.) It was the first novel to be published by a black Caribbean author in the UK.

Amid his frenetic political activity, James wrote what are perhaps his best known works of non-fiction: *World Revolution* (1937), a history of the rise and fall of the Communist International, which was critically praised by Leon Trotsky, George Orwell and Fenner Brockway; and *The Black Jacobins: Toussaint L'Ouverture and the San Domingo Revolution* (1938).

MORE ON THIS TOPIC IN SEPT 2016 EDITION

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Understanding Rasm - P2

RACISM is the result of a complex interplay of individual attitudes, social values and institutional practices. It is expressed in the actions of individuals and institutions and is promoted in the ideology of popular culture. It changes its form in response to social change.

Racism has its roots in the belief that some people are superior because they belong to a particular race, ethnic or national group. The concept of race is a social construct, not a scientific one.

Racist attitudes and beliefs are misconceptions about people based on perceived racial lines and are often founded on the fear of difference, including differences in customs, values, religion, physical appearance and ways of living and viewing the world. This includes negative attitudes towards the use of different languages, 'foreign' accents or the use of non-standard variations of a dominant community language.

Racist attitudes may be manifested in a number of ways including common expressions of racial prejudice towards and stereotyped assumptions about other cultures as well as more extreme forms of prejudice such as xenophobia. These beliefs are reinforced by prevailing social attitudes towards people who are seen as different and are often a reflection of the values which underpin social relations and institutional practices.



These attitudes and beliefs find expression in racist behaviors, both in the actions of individuals and in the policies and entrenched practices of institutions. Where these behaviors involve unequal power relationships between individuals or groups from different cultural backgrounds, racist actions on the part of members of the dominant culture have the effect of marginalizing those from minority groups. Examples of racist behavior include ridicule, racist abuse, property damage, racial harassment, racist propaganda, racial vilification and physical assault. It also includes practices that exploit or exclude members of particular groups from aspects of society. Extreme examples of racist behavior include ethnic cleansing and genocide.

Racist behavior may be direct (overt) or indirect (covert) in nature. Direct racial discrimination is the unfair or unequal treatment of a person or a group on racial grounds. An example would be an employer who won't hire someone on the basis of their cultural or linguistic background. This

type of discrimination is typically deliberate. Indirect racial discrimination is seemingly equitable on the surface, but in practice disadvantages people from particular groups. For example, a rule that says that all students must not wear anything on their heads could result in discrimination against students whose religion requires the wearing of headwear. Indirect racial discrimination can occur even when there is no intention to discriminate.

Institutional racism

(Or systemic racism) describes forms of racism which are structured into political and social institutions. It occurs when organizations, institutions or governments discriminate, either deliberately or indirectly, against certain groups of people to limit their rights. This form of racism reflects the cultural assumptions of the dominant group, so that the practices of that group are seen as the norm to which other cultural practices should conform. It regularly and systematically advantages some ethnic and cultural groups and disadvantages and marginalizes others.

Institutional racism is often the most difficult to recognize and counter, particularly when it is perpetrated by institutions and governments who do not view themselves as racist. When present in a range of social contexts, this form of racism reinforces the disadvantage already experienced by some members of the community. For example, racism experienced by

students at school may result in early school dropout and lower educational outcomes. Together with discrimination in employment, this may lead to fewer employment opportunities and higher levels of unemployment for these students when they leave school. In turn, lower income levels combined with discrimination in the provision of goods and services restrict access to

housing, health care and life opportunities generally. In this way, institutional racism may be particularly damaging for minority groups and further restrict their access to services and participation in society. So let's treat each other with love and remember that blood runs through all over veins so need to discriminate because of our skin tone. Respect is Key!!!

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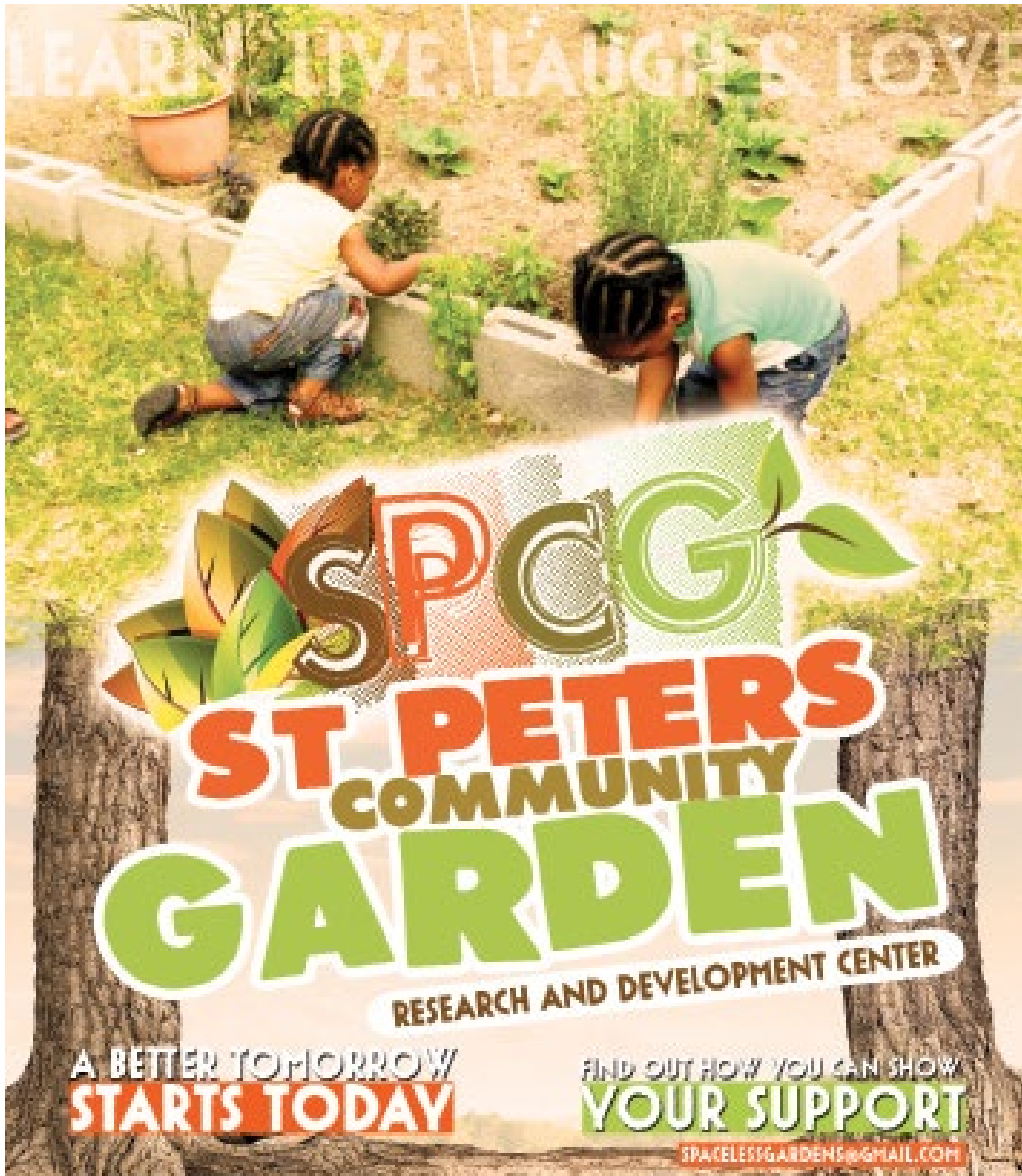
WEEKDAY SCHEDULE

- THE SUPPA DUPPA MORNING SHOW**
W/ SUPPA & DEE | WEEKDAYS 7AM - 10AM
- THE AM/PM WORKLOAD SHOW**
W/ GEE MONEY | WEEKDAYS 10AM - 2PM
- THE POWER HOUR**
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM
- SAGAN'S PLAYGROUND**
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

- DIRTY DUTCH MUSIC**
W/ CHUCKIE | FRIDAYS 10PM - 11PM
- DI-NAMIX TOP 40 COUNTDOWN**
W/ JOE WARRICK | SATURDAYS 3PM - 6PM
- A STATE OF TRANCE**
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT
- WADE-O RADIO SHOW**
W/ DJ WADE-O | SUNDAYS 12PM - 2PM
- FEEL RADIO**
W/ KP LONDON | SUNDAYS 3PM - 4PM

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A COMMUNITY OBJECTIVE BY



Fresh Greens available at St Peters Community Garden



THE WEATHER never seemed better to get back in the garden. Over the past few months due to the dry weather season of the summer we were unable to cater to our crop the way we intended to because of the lack of water to the farm. Never the less we were able to get our GEBE water meter installed to assist with water shortage when necessary. The focus over the next few weeks is to get the Community Garden up and running to the standard where we will be able to invite community members and surrounding schools to have a better understanding of the possibilities and importance of agriculture for St Maarten. The Community Back Yard hardening Program and Budgeting program organized by the VSA Social Development Department leaders Ms Aida Holaman and Mr Byron Isebia concluded

its first segment on Thursday August 25, 2016 with an award ceremony for the ember that completed the program..

We commend members of the Community development sectors and their team for making small initiative like this possible for the upliftment of our people.

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



Participants of Budgeting and Back Yard Gardening Program

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VEGATERIAN AND VEGAN RECIPIES

Enchanted Vanilla pancakes

BY THE VEGAN SOCIETY

Pancakes are an easy breakfast treat. These are enchanted with the nutritional power of beans and full of whole-grain goodness! Try them with the chai-spiced peach compote for an over-the-top experience.

Dry Ingredients

- 1 cup (120g) whole wheat pastry flour/plain flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Wet Ingredients

- 1 1/2 cups (269g) cooked white beans or 1 can (425g), rinsed and drained
- 1 1/2 cups (355 ml) unsweetened non-dairy milk (vanilla, if possible)
- 1/2 cup (40g) rolled oats
- 2 tablespoons (28ml) olive oil
- 2 tablespoons (26g) sugar or (40g) agave nectar
- 1 tablespoon (14g) ground flaxseed mixed with 2 tablespoons (28ml) warm water (this is optional: you can use three tablespoons of whisked aquafaba instead)
- 1 teaspoon vanilla extract

Peach compote ingredients

- 5 peaches
 - 1 teaspoon cinnamon
 - 3/4 teaspoon cardamom
 - 1/4 teaspoon allspice
 - 1/4 teaspoon nutmeg
 - Sweetener of your choice, to taste
- Method

To prepare the dry ingredients, mix all the ingredients in a large bowl.

To prepare the wet ingredients, add all the ingredients to



a food processor and purée. Add the purée to the dry ingredients. Mix with a wooden spoon until thoroughly combined. Heat a non-stick pan over medium heat. You can cook a few at a time, but make sure not to crowd them in the pan. Cook until you can see a few bubbles on the top and the edges are dry, then flip and cook a few minutes more until the pancake is cooked through.

To prepare the peach compote: Cut the peaches in half, remove the stone, and remove the peel. Cut into small pieces. Add all of the compote ingredients to a saucepan and bring to a simmer over medium-high heat. Decrease the heat to low, cover, and cook for 15 to 20 minutes, until the fruit is cooked through.

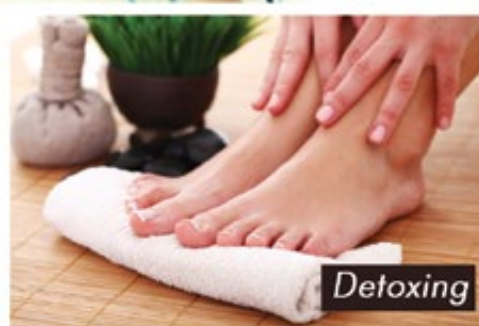
This recipe is adapted from The Great Vegan Bean Book.

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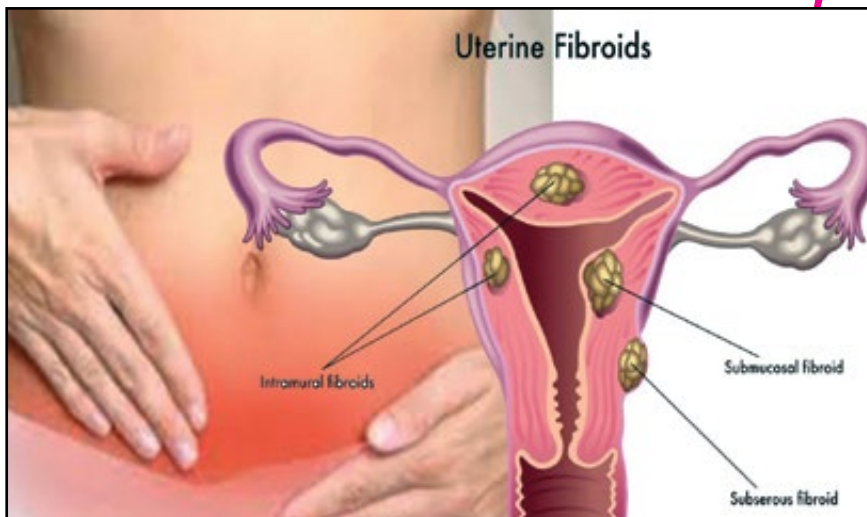
WAYS TO HEAL OR PREVENT *Fibroids* -P2

GREEN LEAFY VEGETABLES.

Green leafy vegetables discourage the growth of fibroids in a woman's body. These vegetables are vitamin K-rich foods. This vitamin aids in clotting and helps control control of menstrual bleeding.

Cruciferous Vegetables.

Cruciferous vegetables support detoxification of your liver and balance estrogen levels. Research has shown that high consumption of broccoli, cabbage, Chinese cabbage, tomato and apple seems to be a protective factor for uterine fibroids. A greater intake of cruciferous vegetables (and fresh fruits) is believed to be capable of reducing the incidence of uterine fibroids in



women. (5)

Beta-carotene Rich Foods. Upon digestion the human body turns beta carotene into vitamin A, which promotes the growth of healthy tissues as well as the repair of tissues, which can both be very helpful for healing fibroids. Some foods high in beta-carotene include carrots, sweet potatoes, kale and spinach.

High-Iron Foods. Fibroids sometimes cause some women to lose more blood during their monthly menstruation. This can lead to anemia. To replace the excessive loss of iron, include high-iron foods like grass-fed beef and legumes in your diet to help replace that lost iron and prevent anemia.

Flaxseeds. Flaxseeds help balance

estrogen levels in the body, which can help to shrink fibroids. You should aim for at least two tablespoons per day if you have fibroids. You can sprinkle flaxseeds on oatmeal, in your smoothies or simply eat the seeds by themselves.

Whole Grains. Instead of refined grains, opt for healthier whole grains like millet, spelt, brown rice,

buckwheat, rye and oats.

3. Try Supplements that Aid in Fibroid Reduction

Be sure to check with your doctor before introducing new supplements into the mix. These supplements have a strong reputation for creating better hormone balance:

Vitex (4,00mg 2 times daily). Vitex or chasteberry reduces estrogen levels by promoting the production of progesterone. For best results, vitex should be taken for at least six months.

Fish Oil (1,000 milligrams daily) or Flaxseed Oil (1 tablespoon daily). The essential fatty acids found in fish oil and flaxseed oil can help reduce inflammation in your

body, which may play a part in fibroid growth.

B-complex (50 milligrams daily). If B vitamins are lacking in the diet, the liver is missing some of the raw materials it needs to carry out its metabolic processes and regulate estrogen levels.

Progesterone Cream (1/4 teaspoon, days 6-26 of cycle). Applying progesterone cream topically can help balance out low progesterone. When treating fibroids, it's important to work with a doctor who has tested your hormone levels so you can be best advised if natural progesterone cream is the right option for your body.

MORE ON THIS TOPIC IN SEPT 2016 EDITION

WHA YA SAY



PRIEST URGES COOLER HEADS TO PREVAIL

G R E A T B A Y — Amidst news that the director of the Central Bank of Curacao and St. Maarten is under investigation and may face criminal charges over irregularities at the Central Bank and allegations of funds from Ennia Insurances being invested leaving policy holders uncovered, leader of the OSPP Lenny Priest urges cooler heads to prevail.

He reiterated his earlier call that the parliament of St. Maarten convene a meeting with all parties involved—Central Bank of Curacao and St. Maarten, Central Bank of Holland, Governments of St. Maarten and Curacao and with the management of Ennia --to air out truths and iron out solutions.

"It is unfortunate

that once again the name of our young country St. Maarten is being tarnished. It is particularly hard to stomach because it could have been avoided. In June of 2015 when all of these allegations first came out our name was tarnished. We urged our government to put an end to it and avoid further negativity aimed at our island by hosting a meeting with all parties and fixing the situation before it got out of hand. This first step is so easy that even a first grade student would have realized they must speak to each person together if they are ever to figure out the truth of this situation. Yet our parliament felt it unworthy in its simplicity and today we are again being mucked



through the mud," the OSPP leader said in a press statement. He appeals to all parties involved to organize a meeting and find solutions to any discrepancies and instill safeguards to ensure it doesn't happen again. " Our officials have to put personal loyalties, personal obligations or indeed personal debts aside and do the job they were elected to do. The coalition supporting the government refused to call the meeting and we can only conclude that it was not done due to the fact that it is alleged that the Central Bank under the leadership of Mr. Tromp assisted in putting the entire package deal together regarding the completion of the government building. It is also alleged that the Ennia bosses have been financing the campaigns of the traditional parties over

the years and therefore they are refusing to ruffle their feathers. Thirdly, the bond issue for the construction of the Cause way bridge it is also alleged that the Central Bank orchestrated that entire bond issue resulting in the opposition United People Party refusing to request a meeting of parliament to iron out the allegations made by the Dutch Central

Bank about the functioning of the Central Bank of Curacao and St. Maarten. This has gone far enough.

Now that the director of the Central Bank of Curacao and St. Maarten is under investigation the OSPP is calling once again for the parliament of St. Maarten to do their job and organize a meeting of all institutions involved regardless to their friendship with them or any financial contribution they may have received now or anytime in the past. The fact that an election is taking place is no excuse not to continue to perform their duties, after-all they continue to collect their full salaries at the end of every month. The people want to know that an institution as important as the Central Bank of Curacao and St. Maarten should not be embroiled in any type of allegations of corruption.

I am demanding that the entire parliament, those supporting the government and the opposition to organize this very important meeting to find solutions to any

discrepancies in the report of the Dutch Central Bank regarding this entire Ennia affair. Secondly, it is important for St. Maarten to meet the new management of the Central Bank of Curacao and St. Maarten and not wait for another year. The Central Bank of Curacao and St. Maarten is to important for the further development of the economy of St Maarten to allow all these allegations to continue without our elected officials having a say in this matter.

Over the last six years the image of St. Maarten has been dragged through the mud with our elected officials embarrassing us time after time. We have had more integrity reports done in six years than many nations that exist for years. We are young, we are still learning, but we cannot afford to repeat the same mistakes over and over," Lenny Priest concluded. It is time for us to grow up and focus on securing the future of the next generations to come. We owe them that much.

WHA YA SAY TELL DI TRUTH !

Mi Khaki Pants Stain up !!!!

RAS ITAL



One thing mi Caan really stand is when mi get a pen stain pun mi brand new Kahki Plants, why it nahh come out. Na matta wha me do it nah come out. Same thing when Mi look at how di outside world a look at we (St Maarten). We name stain and it nah come out... A time fi dat change. Mi nah worry to much about how dem a run dem election, mi worry bout wha mi can do fi my people and family, cause no matta wha di people a vote fa, dem a still run di country fi di hand that provide fi dem. More time thats why mi nah credit nothing from di shop, cause when di bleach or detergent nah get out di stain , me whaan mi money back!!!! So more time mi still a wonder where mi go cast my vote, If down a river or down a sea shore, one thing fi sure no matta way mi cast it, mi must get a fish fi eat.... hahah Rasta...

CREATIVE BENEFITS OF SPENDING TIME IN *Nature* P2

6 Benefits of Exercising in Nature

1. Fresh air has more oxygen
2. Greenscapes raise serotonin level
3. Triggers primal regions of our brain and psyche
4. More sensory stimulation
5. Increases feelings of well-being and lowers depression
6. Sun exposure increases Vitamin D levels and helps optimize hormones



BY INSPIREPORTAL MOOD-ENHANCER AND STRESS-RELIEF

Nature was once our home and this seems to be embedded in our being. Returning to nature can feel like returning home. Although our lives are vastly different, our soul still resonates with that of the outside world. Allow your spirit to feel nurtured and inspired by the presence of natural settings by disconnecting from your daily routine and taking time to observe and follow the cycles of nature.

Even if you only have five minutes, just being outside lifts your mood and releases tension, allowing stress to drop away. "Nature is a huge healer," says natural health expert and author, Jane Alexander. "There can be nothing more soothing than simply lying down on the earth and visualizing all your negative thoughts and feelings oozing out of you and into the earth."

A study published in the International Journal of Environmental Research and Public Health echoed this: being around nature can lower stress levels and boost your mental health too.

The American study showed that those who lived closer to trees, grass or flowers had less stress, anxiety and depression than those who lived in neighborhoods with less than 10 percent tree canopy, who were more likely to report symptoms of stress, anxiety and depression.

If you cannot get outside, you can still benefit from simply looking at images of natural scenes. A study by Berto (2005) found that just viewing pictures of natural scenes had a restorative effect on cognitive function. People's performance was restored by picture of trees, fields and hills, but not by streets, industrial units or even

complex geometric patterns. Filing your workspace with plants, photographs of our beautiful world, and natural objects are all calming to the spirit and nurturing to your creativity.

INNOVATIVE THINKING

More recent research in the Journal of Environmental Psychology has shown that feeling connected to nature is related to innovative thinking. Exploring the link between connectedness with nature and cognitive style, Carmen Lai Yin Leong at Victoria University of Wellington, found that being connected with nature was associated with innovative thinking – the ease with which we can break free of convention and think about things in novel ways.

"Venturing into the natural world often involves physical demands (such as hiking), risks (such as getting lost) and opportunities for uplifting experiences (such as the viewing a sunrise from a mountain summit)," says Carmen. "To connect with nature, therefore, people often must be open to new experiences and embrace a sense of adventure. Similarly, innovative thinkers must be open-minded to embrace novel ideas."

They also found that it enhanced holistic thinking, which takes into account the interconnectedness of all parts of a creative problem. "An understanding of nature also teaches us that all things in the natural world (including life cycles and ecosystems) are interrelated. Similarly, holistic thinkers emphasize the interconnectedness of ideas within a system." Both of which unsurprisingly enhance creative thinking.

MORNING INSPIRATION
Often writers and artists use

nature's wisdom for creativity. Many choose to wake up early in the morning to experience the serenity and fresh creativity that arises at this beautiful time of the day. The rustling of leaves, the chirping of birds and pattering of raindrops are some of the inspiring sounds of nature.

As you observe the darkness seeping away and the world coming to life, you become at one with the miracle of life. There are also many health benefits from rising early in the day, which can only be enhanced by stepping outside too. If you are blessed with the use of your legs, use them. Taking walks in the morning and seeing the sun's first rays embrace the flowers is immaculate and indiscriminating in its creative inspiration.

NATURE WALKING FOR CREATIVITY

A study conducted by University of Kansas found that those who hiked through nature and were peaceful and calm in their approach scored a full 50 percent higher than the other test groups. "Taking a walk, especially out in nature, among trees, can release a great deal of stress," says Taoist practitioner, author and teacher, Stuart Alve Olson.

"Taoists developed very specific techniques for walking as a method to improve health. They developed what they referred to as 'walking like a cat' because they considered cats, especially the tiger, to be the most adept walkers." Alternatively, taking your tai

chi, chi kung or yoga practice outside as the sun rises is a beautiful way to start your day. It leaves your body and mind rejuvenated, allowing you to start your writing and creative work with renewed clarity and calm.

CONNECTION, SPONTANEITY AND THE TAO

In the Taoist philosophy, an emphasis is put on the duality of the natural forces and the microcosm within our bodies reflecting the macrocosm around us in our world. "Nature and Silence, suggest ways in which Tao is observable every day. Just as the ancients were inspired by nature to seek Tao, so too can we begin to understand Tao through the world around us," says Ming-Dao Deng, author, teacher and martial artist.

As we discover more about the world we leave in, and can explore the infinite of possibilities, igniting our creativity and spontaneity. "Those who follow Tao have always considered humanity to be a part—and a subordinate part at that—of nature. Therefore, to begin on the path of Tao is to observe nature and understand that we are a part of it. Nature is not wholly synonymous with Tao but it is completely a part of Tao and thus a perfect way to glimpse Tao. They love nature and spend time in the wilderness learning from the seasons, studying animals, and absorbing the lessons of nature's creativity."

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WE GOT A CHANCE to catch up with one of St Maarten Top Underground studio producers and engineer Big Black who took time out of his busy schedule to give us an interview. Big Black has been working hard for a very long time and has inspired and helped many Local artist develop their craft. As the music scene on St Maarten is growing at a vast pace Big Blacks looks forward on making a grand impact on the way the world listening and appreciates the music coming out of St Maarten. So with no further introduction we present to you local Producer, Song Writer and Studio Engineer Big Blacks..

What is your name and the name of the group / groups you perform with?
Florent Aspilaire Aka Big Black of Caution Music Click

Where are you from or represent ?
I was born in St marten & raised on the dutch side of St Maarten.

What is your artistic talent ?
Well I'm multitalented. I'm a rapper, singer, songwriter, engineer (mix/mastered) & Producer and soon to be video director and editor....

What inspired you to get involved with music, and What is your first memory of music?
My good friends King melody and Ice inspired me and motivated me to get involved with music. My first memory was in melodies recording studio way way back in ebenezzer recording our first track with Ice From SXM, Don Dada & myself.

What was the first song you ever performed , where was it and What was that experience like?
The first song was called "We going make it", was Me and Ice From SXM. It was an awesome experience for the first time. We performed at Solo Soldier album release party at the time.

What made you realize you wanted to pursue a career in music?
I was born to do this, I breath music and working with different people make it seems like a part of my destiny to influence so many. Who know one day i may be able to make one hit single that millions can relate to.

If music doesn't work out, what would you use as your creative outlet or job career choice?
Good question, if rap don't work I will sing or write songs, produce something that plays a big role in the music industry at the end of the day with consistency one thing will work out.

What or Who is one of your biggest inspirations in life?
My father God

What artist or music do you enjoy listening to ?
Alicia keys is one of my favorite artist and the name of the song is "Falling".

Are you inspired by other local Artist and who would you like to work with ?
Yes so many of them, also underground female artist like Karma and Chantal, Kilo Gotti, D Kullus and many more. Anybody who got mad skills and willing to take the music industry to another level..

What can people expect from you in the next months to come?
Good productions collaborating with Local Record Label, Multimedia, Marketing and Distribution company Wattzz Publishing

What do you want to be remembered most for as an artist?
A Legend in what i love to do and thats make good music!!!

Where would you like to see yourself in 5 years?
Global, meeting new people doing what i love to do.

What has been your biggest musical opportunity so far?
I mixed couple of tracks for artist like, Mateo, Ceceile, Ja vinchi, Bush Boys, D kullus and many more...

Where can people follow you or find your music?
Just google me, Big Blacks SXM

As an artist, how would you define success?
Anybody can have a talent and don't do nothing with it, skills beat talent, work hard towards your goals and one day you will be successful !

What is your advice for any musicians looking to follow in your footsteps?

Never give up, believe in what you do, invest in yourself because nobody else will. Do your research, take notes, tutor yourself and prepare yourself because one day that day will come.

What is one thing you would change about the music industry?
Music is a very powerful tool, positive music positive message so the youth can move forward in life because they are the future.

If you only had five minutes to perform one song to leave an impact on the world, what would it be?
Michael jackson "They don't really care about us" lol.

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 you thoughts and views of the importance of Agriculture for St Maarten? It is One of the most important things to consider because we all have to eat everyday..

What do you think can bring more community members together to focus on positive development issues for their surrounding communities?
Community awareness activities, getting out and meeting one another to share positive messages and inspirational things to each other.

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 would like to give a shout out to everyone working hard out there to make their dreams come true, keep working hard and never give up on your dreams..

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

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HAITI IS AN ENDLESSLY FASCINATING JOURNEY



Pictured from left: Mr. Escipi3n Oliveira, Deputy Executive Director of Caribbean Export. Mr. Jean Claude Merine, Deputy Programme Manager, Binational Programme Trade Component. Ms. Johanne Barthelemy, Haiti's Ministry of Tourism and Creative Industries. Ms. Maryse Noel, General Director of Haiti's Ministry of Tourism and Creative Industries. Ms. Melany Rodriguez, Binational Project Team Coordinator, Caribbean Export SRO

By Carib Export

The rich flora and fauna, spectacular waterfalls, and mountainous landscape, are all features of Haiti's tourism product that were presented at the 19th edition of the Binational Ecotourism Fair held in Comendador (Elías Piña Province) a border-zone town in the Dominican Republic from the 7th to the 15th of November 2015.

The Caribbean Export Development Agency (Caribbean Export), within the framework of the 10th European Development Fund (EDF) Haiti-Dominican Republic Binational Programme, sponsored the participation of Haiti's Ministry of Tourism, and Haitian artisans to showcase the diversity and talent that the country has to offer.

Eight Haitian artisans in different handicraft sectors (metalwork, stonework, beading, textiles, etc.) participated

alongside the Ministry of Tourism and under the coordination of co-organizer FONDTAH – the Foundation for the Haitian Foundation for the Development of Alternative Tourism. FONDTAH's President, Mr. Jean Camille Bissereth, has been co-organizing the Binational Fair with his Dominican counterpart for over a decade, and acknowledged the importance of Caribbean Export's support in the sector stating "With the help of Caribbean Export, the Haitian handicraft sector has the potential to supply all of the Caribbean region with creative and quality craft works that can be inserted in the tourism supply chain."

The Binational Ecotourism and Production Fair also served as the stage for the launch of the Binational Programme's visibility component – both National Authorising Officers – Mr. Charles Jean Jacques of Haiti



(BONFED) and Mr. Antonio Vargas of the Dominican Republic (DIGECOOM) together with European Union Ambassadors, Ambassador Vincent Dégert (EU Delegation in Haiti) and Ambassador Antonio Navarro (EU Delegation in Dominican Republic) voiced the importance of supporting binational collaboration where culture, commerce and solidarity is exchanged between the two island-sharing nations.

HAITI IS AN ENDLESSLY FASCINATING JOURNEY

The idea of ecotourism in the Seguin area is to promote sus-

tainability. Most importantly, it is an important model of improving the local economy and preserving our natural treasures.

In spite of obvious challenges, one of Haiti strongest asset remains its great potential for tourism, especially eco tourism. It's pristine natural setting and wildlife hold the key to promote sustainability in the region while improving the local economy. However, some visible changes need to be supported to effectively make plan for boosting eco tourism in Haiti.



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Become a Millionaire before 30



BY ENTREPRENEUR.COM

THERE ARE so many people today who think that their twenties are a time where they must struggle financially. However, this doesn't have to be true. There are in fact ways to become a millionaire before you hit 30. If you dream of becoming a millionaire in your twenties, here are five of the most important things to keep in mind to achieve financial success beyond what you may have never dreamed possible.

1. Ignore traditional industries.

Lawyer or doctor is not on a path to becoming a millionaire in your twenties. Those professions require many extra years of schooling, which costs a lot of money. You will likely be re-

paying your student loan debt well into your thirties, or even later. Plus, individuals with these jobs often have a very real earning ceiling that is difficult to break through. You may never reach millionaire status.

Focus on new industries, such as Internet marketing. In today's social media-centric world, jobs such as Internet marketing do not have an earning ceiling and don't require a lot of training or education. Consider the balance between cost of education and earning potential.

2. Don't focus on making millions.

If your focus is making millions, or how much money you can make from a venture, you

will never achieve as much success as you could by focusing on making the best company that you can. Plus, if you put that quality product or service out into the public and eventually earn millions, you will start to feel very proud of yourself for the product you made, the work you did and the reward you received for this type of hard work. Focus on making the best product and service possible.

3. Keep educating yourself.

Study and read as much as possible. If you are tackling a new industry where everyone already wants to be king, it's crucial for you to have an advantage. The best way to do this is simply to read as much as possible. I have a number of millionaire students invested in my program. None of us (myself included) are particularly gifted at math. We are not the smartest people on the planet. However, we do work our butts off. We read, we educate ourselves and we work around the clock to be the best versions of ourselves that we can be.

Forget, 9-5 jobs, we are all about the 15-18 hour days. Every day.

4. Be willing to make sacrifices.

You need to be make sacrifices to make this much money this early in life. You need to spend less time hanging out with your

friends and family. You also need to put a lot of things second and your career first.

Relationships, starting a family and hanging out with friends, need to come second. Work needs to come first if you want to thrive in today's demanding economy by making superior products and services that will earn millions. Everyone wants that perfect work/life balance, but you have to accept that it won't ever be the perfect balance if you want to be in the top tax bracket at the end of the year.

5. Focus on what you love and fix a problem.

To fully invest yourself in an industry and make millions, be sure you are focusing on what you love so it doesn't seem like work and sacrifice to get your business off the ground. Focus not only on the right industry for you but on fixing a problem within that industry, so you know it has value to your consumer base.

Don't allow a lack of technical skills to hold you back. You can always find technical skill. What you can't just "find" is true passion or heart. Regardless of what niche you choose, make sure you are in love with it first. You would be surprised by how far true passion can take you. It just may be able to take you to that million dollar status you have been dreaming of.

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The Mind BODY AND SPORT

FROM PAGE 16

field. In all, this publication is designed to help athletics departments, campus mental health providers, and all sport stakeholders promote and develop effective strategies to understand and support student-athlete mental wellness. The chapters address:

Stressors specific to student-athlete identify, such as transition, per-

formance, injury, academic stress and coach relations. Overview of clinical diagnoses, including depression, anxiety, eating disorders, substance abuse and gambling.

Key components in developing best practices for constructing mental health services for student-athletes

The role and perspective of sports



medicine staff in identification and referral

Cultural pressures and impacts on minority groups

How sexual assault, hazing and bullying affect men-

tal health

This publication is the most comprehensive overview to date of college student-athlete men-

tal health, and we hope this becomes a springboard for addressing mental health in the continuum from youth sport to intercollegiate sport and beyond. NCAA member institutions have committed to supporting student-athlete health and safety and ensuring that athletics departments are an integral part of the institutional mission for more than 100 years.

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THE FASTA SHOP

WHAT'S BETTER: INDOOR OR OUTDOOR *Play* P2

Children who had a more natural day-care setting (e.g. camps) had better motor coordination and could better concentrate/pay attention (Wells, 2000), back to what we were talking about up top. This makes sense though because nature can provide an outlet to get away from life's stress-

ors like our fast-paced, technological world. Nature slows us down, lowering blood pressure, as we appreciate its natural beauty (Wells, 2000). So basically when kids don't play outside in the natural world, they miss the great benefits that nature provides.

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The Mind BODY AND SPORT

By Dr. Brian Hainline

When I began my tenure as NCAA Chief Medical Officer in January 2013, my first task was to connect with NCAA stakeholders and constituents to understand their concerns. I have since met with hundreds of student-athletes and dozens of student-athlete groups to ask them their primary challenges from a health and safety standpoint. Almost to a person, the No. 1 response is student-athlete mental health and wellness.

That may surprise people whose only contact with student-athletes is from watching them compete on television. It's just a game, after all – what could be so hard about that?

But those of you in the trenches working with student-athletes on a daily basis know the challenges they face – and you know that while student-athletes may play games, being a stu-

dent-athlete isn't a game at all.

Student-athletes are college students, with all the challenges and opportunities presented to emerging adults, and with an additional role – as sports performer and in many cases campus celebrities, wearing the colors of their school and representing hopes and expectations of their campus and community.

College students in general represent a healthy cohort among same-aged peers, and student-athletes an even healthier subpopulation, buttressed by a discipline, commitment and attention to exercise and nutrition required to meet the demands of their sport. As such, and rightly so, athletics departments have developed sports medicine services that increasingly engage a multitude of resources



and expertise to address student-athletes' injuries and illnesses to ensure they are in the best condition to compete.

But there's more to being a student-athlete than just physical preparation and performance. As more media coverage, commentary and public scrutiny are devoted to what student-athletes do off the field, along with the accompanying pressures to perform (and win games) on the field, student-athletes are inundated with factors that may affect their mental health and wellness. And the "culture" of

athletics may inhibit student-athletes from seeking help to address issues such as anxiety, depression, the stress associated with the expectations of their sport, and the everyday stress of dealing with relationships, academic demands, and adjusting to life away from home.

Student-athletes themselves have begun to speak out about issues and resource needs. Consider the insightful words from former Notre Dame football player Aaron Taylor. Aaron completed his undergraduate degree in three and a half years, was a two-time All-American, won the esteemed Lombardi Trophy as college football's top lineman, and was a first-round NFL draft pick.

As Aaron says, his was the classic story of the quintessential overachiever whose success was the result of equal amounts of talent

and hard work. But in his words, his experience wasn't as rosy as it appeared. Hidden just behind the accolades, trophies and championships was a young man suffering from anxiety and depression.

Here's what he told us:

"I later discovered that many of my issues stemmed from the internal pressure I placed on myself to reach some unattainable level of greatness as a way to mitigate the effects of an early childhood divorce and a variety of other challenges. I brought these issues with me to campus, but no one was the wiser, as my 'game face' helped hide my condition with relative ease... even from myself.

"Beginning in college and throughout my professional career, I battled depression with the same regularity as blitzing defenses, but the external opponents were much

easier to deal with than the internal ones. Due to fear of looking weak or being judged, I hid my condition from those closest to me, including my coaches and teammates. Even though I lived my life in the spotlight, I was suffering in silence."

Aaron is not alone, which is why we have developed this resource to present a comprehensive look at the student-athlete experience from a mental health perspective – from the relationships with faculty, peers, administrators, coaches and fans to the struggles student-athletes may face in their sport. Some struggles are immense, including pain and injury that preclude competition; criticism and blame for poor sport outcomes; and prevailing attitudes that asking for help demonstrates weakness of spirit and drive.

We've selected Aaron's story to lead off the publication as a first-person account of the inner life underneath the toughness that student-athletes are conditioned to show on the surface. We've also sought advice from dozens of experts in the

CONTINUED ON PAGE 15

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