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SEPT 2016



MIND SET ON AGRICULTURE

WYATTE

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AFRICAN ROYALTY

MAJOR FIGURES IN AFRO-*Caribbean History*

REMEMBERING CYRIL LIONEL ROBERT JAMES P2 (AFRO-TRINIDADIAN HISTORIAN)

MR CYRIL JAMES'S L'Ouverture and the San Domingo Revolution (1938), were a widely acclaimed history of the Haitian Revolution, which would later be seen as a seminal text in the study of the African diaspora. James went to Paris to research this work, where he met Haitian military historian Alfred Auguste Nemours.

In 1936, James and his Trotskyist Marxist Group left the ILP to form an open party. In 1938, this new group took part in several mergers to form the Revolutionary Socialist League (RSL). The RSL was a highly fictionalized organization. When James was invited to tour the United States by the leadership of the Socialist Workers' Party (SWP), then the US section of the Fourth International, to facilitate its work among black workers, one Trotskyist, John Archer, encouraged him to leave in the hope of removing a rival. [citation needed] James's relationship with Louise Cripps had broken up after her second abortion so that intimate tie no longer bound him to England.

Meeting Trotsky
James travelled to the United States in late 1938. After a tour sponsored by the SWP, he visited Trotsky in Coyoacán, Méx-



Mr Cyril Lionel Robert James

ico in April 1939. He stayed about a month and also met Diego Rivera and Frida Kahlo, before returning to the USA in May 1939. A key topic that James and Trotsky discussed was the "Negro Question". Whereas Trotsky saw the Trotskyist Party as providing leadership to the Black community, in the general manner that the Bolsheviks provided guidance to ethnic minorities in Russia, James suggested that the self-organized struggle of African Americans would precipitate a much broader radical social movement. [20]

US and Johnson-Forest Tendency

He then stayed in the USA until he was deported in 1953. By 1940, he had begun to doubt Trotsky's view of the Soviet Union as a degenerated workers state. He left the SWP along with Max Shachtman, who formed

the Workers' Party (WP). Within the WP, James formed the Johnson-Forest Tendency with Raya Dunayevskaya (his pseudonym was Johnson and Dunayevskaya's was Forest) and Grace Lee (later Grace Lee Boggs) to spread their views within the new party. While within the WP, the views of the Johnson-Forest Tendency underwent considerable development. By the end of the Second World War, they had definitively rejected Trotsky's theory of Russia as a degenerated workers' state. Instead, they classified it as state capitalist, a political evolution shared by other Trotskyists of their generation, most notably Tony Cliff. Unlike Cliff, the Johnson-Forest Tendency was focusing increasingly on the liberation movements of oppressed minorities, a theoretical development already visible in James's thought in his 1939

discussions with Trotsky. Such liberation struggles came to take centre stage for the Johnson-Forest Tendency. After the Second World War, the WP witnessed a downturn in revolutionary sentiment. The Tendency, on the other hand, was encouraged by the prospects for revolutionary change for oppressed peoples. After a few short months as an independent group, during which they published a great deal of material, in 1947, the Johnson-Forest Tendency joined the SWP, which it regarded as more proletarian than the WP.

James would still describe himself as a Leninist despite his rejection of Vladimir Lenin's conception of the vanguard role of the revolutionary party. He argued for socialists to support the emerging black nationalist movements. By 1949, James rejected the

idea of a vanguard party. This led the Johnson-Forest Tendency to leave the Trotskyist movement and rename itself the Correspondence Publishing Committee.

In 1955 after James had left for Britain, about half the membership of the Committee withdrew, under the leadership of Raya Dunayevskaya, to form a separate tendency of Marxist-humanism and found the organization News and Letters Committees. Whether Dunayevskaya's faction had constituted a majority or a minority in the Correspondence Publishing Committee remains a matter of dispute. Historian Kent Worcester claims that Dunayevskaya's supporters formed a majority, but Martin Glaberman claims in New Politics that the faction loyal to James had a majority.

The Committee split again in 1962, as Grace Lee Boggs and James Boggs, two key activists, left to pursue a more Third Worldist approach. The remaining Johnsonites, including leading member Martin Glaberman, reconstituted themselves as Facing Reality. James advised the group from Great Britain until it dissolved in 1970,

CONTINUED FROM PAGE 2

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Tracing the roots: African heritage and history in the Caribbean

TRAVELERS visiting the Caribbean are going to be immersed in African culture, whether they realize it or not. They'll dine on dishes that were first developed by African slaves, such as jerk cooking in Jamaica. In the music of the Caribbean, they'll find traces of Africa in the rhythms and beats, call and response vocals, and instrumentations. And of course, they'll find it in the Caribbean people themselves, many of whose ancestors of generations ago were

pulled from their homes in Africa and forced into slavery.

Those with an interest in African/Caribbean history have a number of options for exploration, including historic sites, dedicated museums, and in one case, a whole town created by freed slaves from the United States.

Haiti was the site of the first successful slave revolution in the Caribbean, when in the uprising of 1791-1802, slaves wrested the country away from the French. Haiti



After their successful rebellion, the liberated slaves of Haiti were inspired to create the most impressive stone fortress in the Caribbean, the Citadelle Laferrière, which commands a mountaintop position on Haiti's northern coast, 3,000 feet above sea level. (Photo: Rafaella Castera, Haiti Office of Tourism)

became a symbol of successful defiance for other slave communities in the Caribbean, especial-

ly Jamaica, which followed with its own, less successful slave rebellion in 1831. The liberated slaves of Haiti were inspired to create the most impressive stone fortress in the Caribbean, the Citadelle Laferrière, which commands a mountaintop position on Haiti's northern

coast, 3,000 feet above sea level.

The Citadelle, which took 15 years to construct and was completed in 1820, was armed with 365 cannons. In 1982, the fort was declared a UNESCO World Heritage Site. Reaching the Citadelle takes a bit of effort, since travelers climb a

4.3 mile trail with a final mile so steep there's the option to continue on horseback. Once they reach the top, however, they'll be treated to awe-inspiring views of the sea and surrounding landscape.

La Savane des Esclaves | Martinique

La Savane des Esclaves is an open-air museum in Martinique chronicling the contributions of African slave labor to the island's agriculture. The museum is the work of one man, Gilbert Larose, who painstakingly recreated a village circa 1800, complete with traditional huts featuring cane-leaf roofs and earthen floors.

MORE ON THIS TOPIC IN OCT 2016 EDITION

MAJOR FIGURES IN AFRO

REMEMBERING CYRIL LIONEL ROBERT JAMES P2 CONTINUED FROM PAGE 2

against his urging.

James's writings were also influential in the development of Autonomist Marxism as a current within Marxist thought. He himself saw his life's work as developing the theory and practice of Leninism.

Return to Britain

In 1953, James was forced to leave the US under threat of deportation for having overstayed his visa. In his attempt to remain in America, James wrote a study of Herman Melville, *Mariners, Renegades and Castaways: The Story of Herman Melville and the World We Live In*, and had copies of the privately published work sent to every member of the Senate. He wrote the book while being detained on Ellis Island. In an impassioned letter to his old friend George Padmore, James said that in *Mariners* that he was using *Moby Dick* as a parable for the anticommunism sweeping the United States, a consequence, he thought, of Americans' uncritical faith in capitalism.

Returning to Britain, James appeared to Padmore and his partner Dorothy Pizer to be a man adrift. After James started reporting on cricket for the *Manchester Guardian*, Padmore wrote to American novelist Richard Wright, "That will take him out of his ivory tower

and making his paper revolution...."[23] Grace Lee Boggs, a colleague from the Detroit group, came to London in 1954 to work with him, but she, too, saw him "at loose ends, trying to find his way after fifteen years out of the country.

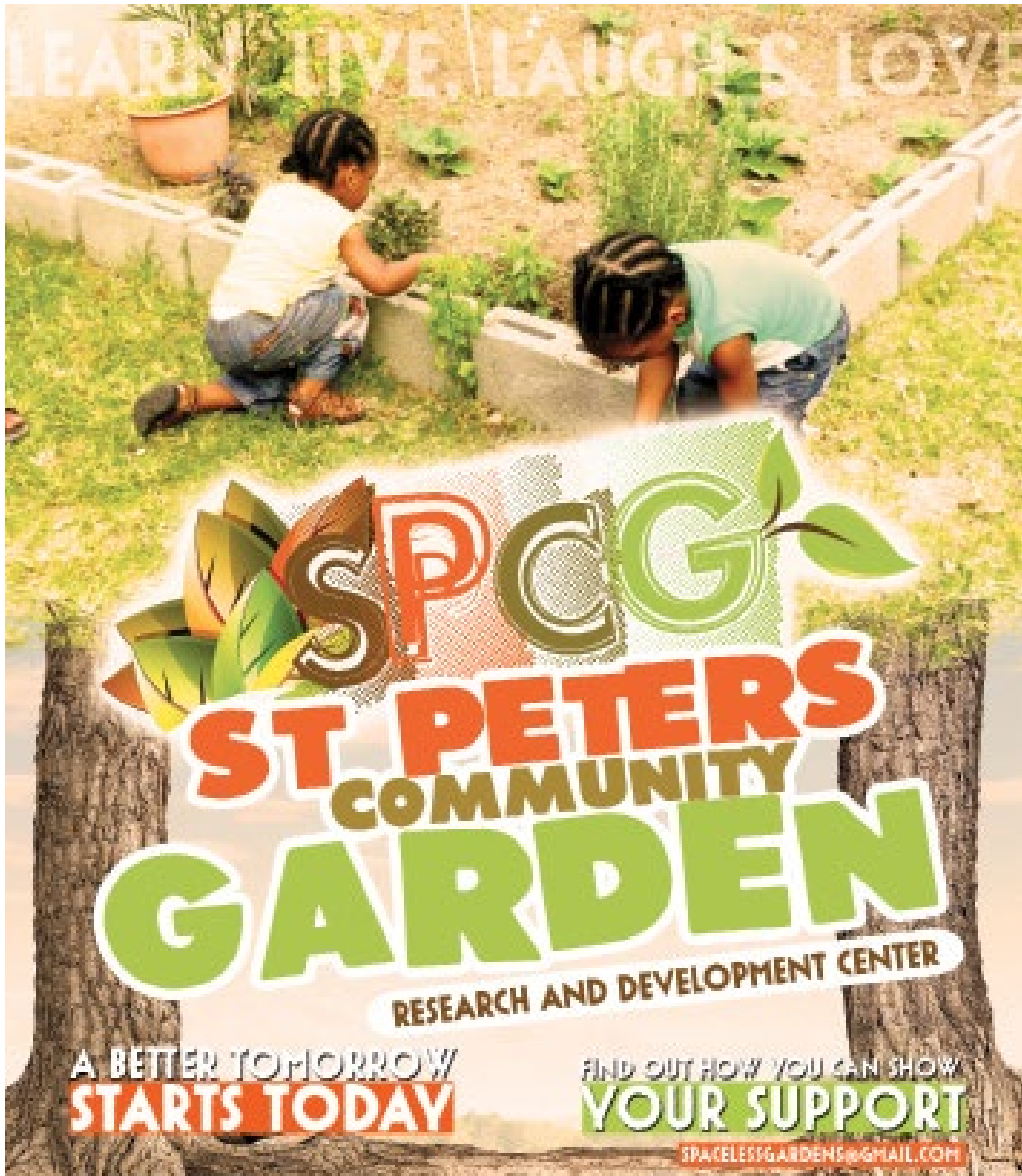
In 1957, James travelled to Ghana for the celebration of its independence from British rule. He had met Ghana's new head of state, Kwame Nkrumah, in the United States when Nkrumah was studying there and sent him on to work with George Padmore in London after the Second World War; Padmore was by this point a close Nkrumah advisor and had written *The Gold Coast Revolution* (1953). Writing from Ghana in 1957, James told American friends that Nkrumah thought he, too, ought to write a book on the Convention People's Party, which under Nkrumah's leadership had brought the country to independence. The book would show how the party's strategies could be used to build a new African future. James invited Grace Lee Boggs, his colleague from Detroit, to join in the work, though in the end, James wrote Nkrumah and the Ghana Revolution on his own. It was not published until 1977 (by Allison & Busby), years after Nkrumah's overthrow, exile and subsequent death.

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- MID-MORNING**
W/ MIXMASTER PAULY
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- TOKÉ LATINO**
W/ SUPER RICKY & EL CHICO PARTY
WEEKDAYS 2PM-6PM
- NOTICIAS Y MAS**
W/ MAXIMO CASTRO
WEEKDAYS 6M-6:30PM
- LA MAQUINA DEL TIEMPO**
W/ EL MUÑECO
SATURDAYS & SUNDAYS 10AM-2PM
- MIX ANTIANO SHOW**
W/ J.C. ANTONIA
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SPACELESS GARDENS

~Sxm is a top place for Organic food production~

By Claudienne Peterson

ic food production." St. Maarteners have so much to be proud of, but when I heard the above statement, I couldn't be more proud. St. Maarteners love food, we love to eat, it's a large part of our culture, Caribbean culture. Hey! We even sing about food, but let me focus here on an interview with Denicio Wyatt from St. Peters Community Garden and Spaceless Gardens, who is of the opinion that St. Maarten can be dubbed one of the top places in the Caribbean for organic farming. Read more to find out why!

As I entered the farm, rows of onion and garlic chives greeted me, as well as seasoning peppers and a few other veggies that I wasn't quite sure of. I spent my time there trying to absorb all the bits of information that Wyatt was sharing with me. They grow four kinds of basil; I smelled and tasted three kinds. Cinnamon basil is "da bomb" by the way!

St. Peters Community Garden is an initiative that started last November. "It was more of a research and development project to find out what fertilizers and pesticides work best in an organic fashion here." It's not super easy like one may think. Since November last year, they have only been utilizing rainwater. "We use 500 gallons of water a day." That's whether it's dry season or not, which it had been for many weeks until about two weeks ago (the time of this interview/visit).

Spaceless Gardens is not just a farm, the heads are focused on eco-tourism and "developing new concepts to sustain our food security; in the next few months, we will be doing some interesting stuff," said Wyatt, referring to their Skill Enhancement Program that is funded by UNESCO.

Skill enhancement program
For this program, four men who are currently unemployed will be compensated while learning various skills, such as masonry and farming. "With this program, we are hopefully inspiring

others to be compensated while giving us a hand. This is a program that ends off with a community market." Wyatt wants to improve the lives of the first four-five guys with the program, and he hopes that one or two of them will "stick with us and the program."

Embracing old methods with new
Wyatt works the farm with his father and uncle. His father is "very old school" so they don't always agree on implementing new technologies for farming, but as long as Wyatt can show his father that certain things can be done faster without tampering with the food being organic, then he lets him go ahead, while still doing things his old-school way.

I personally felt very strongly that it was important to do a farming/agriculture/gardening edition of Health & Beauty for many reasons, but Wyatt really put it into perspective for me when he explained, "Agriculture is about our traditional family setting, this is something we have lost; there is no time to instil/embed into our kids as they are left to watch TV and nobody is home. Family structure, values and traditions are very important. Because of the struggle, we have a real "selfish" mentality, whereas there was more unity before; we all worked harder, together." There is a lot that Wyatt wants to do for the community, he sees all the various aspects intertwined with each other. Not too long ago, a friend back in the Netherlands urged him to start his own publishing company so he could empower Caribbean artists and entrepreneurs, to expose the small artists.

Wyatt answers my questions below:

What is Spaceless Gardens?
Spaceless Gardens specializes in edible landscaping and agricultural development. We also started out as a research and development centre to see what's possible and what's not.

Who are your typical clients?
Most of them are members of the surrounding community, but really we get all kinds of people

purchasing our goods; it basically fluctuates.

What does Spaceless Gardens produce?
In the past six months, we have produced over 500 kilos of food. We grow a lot of different things such as broccoli, chives, jalapeno pepper, lettuce, cabbage, passion fruit, seasoned peppers, hot peppers, callaloo and pumpkin. We have been a bit dormant for the past two months because of the weather/time of year (hurricane season).

In your experience, what grows well here on St. Maarten?
A lot of things grow well here; seasoned peppers, hot peppers, chives, callaloo.

Is the soil on St. Maarten good and fertile enough to grow our own crops?
Our soil is great. The fact that it hasn't been touched over the past 65 years means that St. Maarten can be dubbed one of the top organic soil terrains around here in the Caribbean - a top place for organic production in the Caribbean.

Wyatt talks about community
"Gradually changing small things in our community can inspire more changes in other Sint Maarten communities." Also from a community perspective, it's important to "provide food cheaper to my community so we are trying to encourage organic and healthy living." Looking to the near future, Wyatt explains: "We would like to get the project to the point where we can influence; where people can come out and purchase, not just fruits, herbs and vegetables, but also seeds, fertilizers and pesticides, and learn about these things." UNESCO and the Prins Bernhard Cultural Funds are positive initiatives that I can confirm are supporting us; people are watching us and giving us the opportunity to prove ourselves, we recognize that."

Towards the end of my tour of the farm, I tasted regular spinach as well as the richer, heartier Chinese spinach, the flower of which is edible and tasty, explained Wyatt. His father also



Check out the Spinach!



Check out the cabbage



Denicio Wyatt holding Chinese Spinach

pointed out a "paracetamol plant" - it apparently helps relieve pain in the body, especially headaches. I've never heard of such a plant, but I definitely will look it up when I find out the official name. Like a kid in a candy store, I also felt like buying a pot of everything there. I did come away with some Caribbean cherries and a bag of mangoes which I am very grateful for. I look forward to visiting again!

No matter what happens, we know Wyatt will continue to preach health awareness and consciousness, and that agriculture sustains everything!

St. Peters Community Garden Research and Development Center. Strawberry Road #16 (past Hillside Christian School). Call 553-6300 for more information.

Sugar Lettuce

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**NEW
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VEGATERIAN AND VEGAN RECIPIES

Spiced Spinach Bread

BY SWEETLANCEY.COM

AS A REGULAR READER of recipe blogs would know, there aren't many things I rate more highly than bread (schnauzers, maybe?). I'm always looking for new ways to eat it, and this recipe makes a lovely, spicy bread that sure beats the experience of sitting on your bed, alone, eating dry toast (no judgement). Add extra spices if you desire, serve with dinner or eat on its own. It could easily be made gluten free, too, so what are you waiting for?

Ingredients

- 2 cups flour
- 1 tsp salt
- 2 tsp sesame seeds
- 2 tbs olive oil
- 1 cup water
- 1 tbs olive oil
- 1/2 - 1 tsp chili flakes
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 2 tsp minced garlic
- 2 carrots
- 1 red onion
- 2 cups spinach
- Sesame seeds, extra
- Salt and pepper
- Oil, for frying

Instructions

1. Place flour, salt, sesame seeds, oil and water in a stand mixer fitted with a dough hook, and mix at a medium speed for approximately 5 minutes, or until mixture has come together
2. Place in a well oiled bowl, cover with a tea towel and leave to rest for 1/2 an hour
3. Meanwhile, in a frying pan, heat olive oil
4. Add chili, cumin, mustard and garlic, and cook until aromatic and starting to brown



5. Add onion and cook until soft and starting to brown
6. Add carrots and cook until soft
7. Add spinach and cook for a further minute, or until spinach is wilted.
8. Remove mixture from heat and set aside
9. Divide dough into 4 pieces, spray lightly with olive oil and roll into circles
10. Place spinach mixture into the middle of each piece of dough. Fold dough over itself to enclose, top with sesame seeds and season
11. Using the same frying pan, heat oil and cook dough until brown on both sides
12. Enjoy hot or save for later! cover, and cook for 15 to 20 minutes, until the fruit is cooked through.

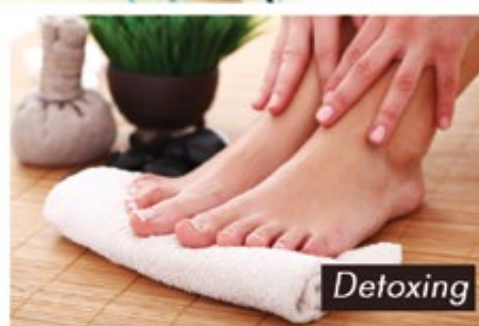
This recipe is adapted from The Great Vegan Bean Book.

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WAYS TO HEAL OR PREVENT *Fibroids* - P3

HOW TO HEAL FIBROIDS NATURALLY

When I found out I had I uterine fibroids several years ago, they were small and inconsequential. But over time, my fibroids quietly grew and I started to get a lot of unsolicited questions about my "baby bump."

That's the sneaky thing about these non-cancerous tumors (more than 99 percent of fibroid cases are benign.) They can grow slowly, rapidly, or remain the same size. They range from pea-size seedlings to bulky masses that distort the shape of the uterus. Now my biggest fibroid is a whopping 12 cm, about the size of a grapefruit.

According to The Mayo Clinic, 3 out of 4 women have uterine fibroids some-



time during their lives. African-American women are at an increased risk and suffer the most complications from fibroids.

While the cause of fibroids is unknown, their growth has been linked to an imbalance of the hormones estrogen and progesterone, and heredity. So if your mother or sister has fibroids, you're likely to develop them, too.

Although some fibroids shrink on their own, especially after menopause, when they're huge

like mine, most doctors recommend surgery--either a myomectomy to remove the fibroids or a hysterectomy to remove the uterus, with the possibility of removing the ovaries and fallopian tubes.

How to heal fibroids naturally

But why not consider a natural alternative? Natural health practitioners believe there are natural ways to prevent and shrink fibroids, and ease sometimes debilitating symptoms

such as heavy and prolonged periods; frequent urination; constipation; and lower back pain.

Hormone-balancing foods

Research shows there's a relationship between diet and developing uterine fibroids. Eating foods that are high in fiber helps to significantly decrease estrogen levels, which in turn may cause the fibroids to shrink.

In *Healing Fibroids Naturally: A Doctor's Guide to Natural Care*, Dr.

Allan Warshowsky recommends a diet rich in fruits, dark leafy vegetables, whole grains, legumes, nuts and seeds and cold-water, deep-sea fish like salmon and tuna.

Women with fibroids should reduce or eliminate red meat, dairy products including eggs, wheat and gluten, soy, alcohol, and foods high in sugar, caffeine and saturated fat from their diet.

Detoxifying herbs

Herbs like milk thistle, chasteberry (vitex), burdock, yellow dock, red clover and artichoke help the liver detox, balance hormones, and reduce excess estrogen and inflammation.

Other herbs effective in treating fibroids include black cohosh, Siberian ginseng, Echina-

cea, goldenseal, red raspberry, licorice root, motherwort and dong quai. But women experiencing heavy bleeding should avoid dong quai, as it could increase blood flow. The herb is also not recommended for nursing or pregnant women.

Castor oil packs

Naturopaths believe placing a warm castor oil pack prepared with hexane-free castor oil and a white flannel cloth (both available in health food stores) over your abdomen several times a week is another effective method to shrink fibroids and relieve pain. While relaxing with the pack, this is the perfect time for meditation and positive visualization exercises to reinforce the desire for optimal health.



MIND SET AND READY FOR AGRICULTURE

NOW THAT politics is over and reality has settled in, we have to now wonder what is our next step? As many have been awaiting me to publish my views on the 2016 Political masquerade vs Agriculture this year i choose not to waste to much energy on what could have been, but more now on what could be . This year I choose to take a diffrent approach, this year I choose to talk less and do more and being contented with making use of the little I have and being grateful for it.

Many have also wondered why i choose not to express my views on the Tzu Chi Foundation and Cake House Situation when they decided to try and silence me for just standing up for my

rights...

Many believe that the summons of silence sent to me by their lawyer was what actually made me stay quite about the situation. NO ONE CAN SILENCE ME, BUT MY SELF !!!! Truth is i decided to stay quite because of growth and the lost of energy of fighting against those that stand in a position of power and would spend their money to rather not see you become successful, then to pay you what is rightfully owed to you. It is sad how money can manipulate the finest of people to do someone else's dirty deeds.

In the end I was grateful for the experience as it thought me a vital lesson and also allow me to restruc-



Denicio Wyatte founder of Spaceless Gardens

ture my thoughts on many things. Being and feeling free comes at a cost, a cost many cant afford, a cost that seem to require much sacrifice, when all it is is a state of mind. Letting go of things like the want for money even thought it may

be needed for something you set to get inplace , if you don't have it, settle for what you may NEED

for the moment and be contented. With hard work, the right mind set and energy, one can take themselves to a much higher level..

It is important to surround yourself with people of progress and vision that will help you to see your vision clearer. My vision is clear now more then ever thanks to great motivators, supporter and visionaries that always say never give up no matter the struggle, for if you mean well, one day better must come!!!

My Vision for agricultural sustainability and

Eco Tourism for St Maarten is not one of illusion , but one of great potential. It grants us a chance to revitalize our culture and heritage, a chance to secure food for our country, a chance to help offset the current high food prices, a chance to create new job opportunities, a chance to irradiate poverty and a chance to take back control of our health..

I know we don't like taking to much chances, but Agriculture is one i am willing to take for all of you'll.. ONE LOVE MY PEOPLE



In September 2016 we harvested 21 kilos, of season peppers, 17 Kilos os Sweet Peppers, 12 Kilios of Egg Plants and 24 Kilos of Star Fruit.

WHA YA SAY TELL DI TRUTH !

Mi Khaki Pants Stain up !!!!

RAS ITAL



More time ya cant trust ya own shaddow. Some time me turn di light up bright just so me nah see him. Rasta will always be contented with the little i man have, from time me have my girl fi get a likkle wine and my herb fi make her feel fine, NOT A BUMBA CLAAAT CAN MEK I MAN FEEL SAD.. If me mind a drift to much, me just pull up a hand brakes , grab a bottle of roots rum and sellte pun di corner wid di elda dem... More time if ya a look inspation, seek within thyself!!!

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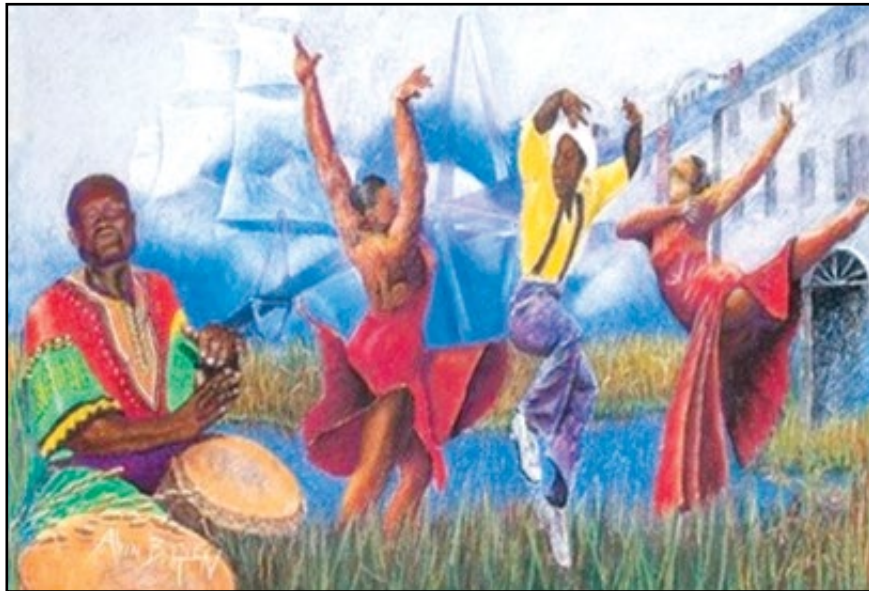
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AFRO-CARIBBEAN ART - 1914 TO Present P1

By **petrinearcher.com**

MANY STYLISTIC influences overlap within Caribbean art, so its history often requires social and cultural references to contextualise its diversity. The mainly Spanish, French and English speaking island populations colonised by Europeans from the 16th century still reflect the cultural mix that the Atlantic trade in sugar, spice and slaves provoked. Most Caribbean's of African descent have some Asian, Middle Eastern or European heritage. Caribbean art of this century is similarly hybrid.

Afro-Caribbean art can be called modern because, aside from the work of European itinerant artists, there is sparse evidence of local art production in any of the islands prior to the 20th century. With the exception of Haiti, the schizophrenic nature of colonial societies meant that art was created by European visitors concerned with exhibiting their works back in their home



The 2014 MOJA Arts Festival official poster titled "Wali," by Alvin B.

Glen countries. Up to 1900, they largely ignored regional institutions and ideas about Creole identity.

Afro-Caribbeans, however, were more inclined to look to these institutions and were more comfortable with their Caribbean identity. But plantation economies could ill afford art in the leisurely sense, so their early forms of expression were manifested in performance art such as carnival. Afro-Caribbeans have only recently seen

what they do as art. Caribbean populations took long to recognise the value of black creativity that had been promoted by Europeans in Paris, New York and London after 1914.

By 1920, the Caribbean became a vogue muse to Europe, as did Africa and other so-called "primitive" cultures. It attracted artists such as Edna Manley in Jamaica, Richmond Barthe there and in Haiti, and Wifredo Lam in Cuba; all keen to capture as-

sentiments, Pan-Africanism, and the "new negro" philosophies of the Harlem Renaissance that swept through American cities in the 1930's. By the 1940's, the perception of the Caribbean changed from exotica to that of an accommodating cultural hub for America and Europe, where both black ideas about Africa and European ideas of the "primitive" could safely interact.

Early Caribbean art was an uneasy mix of styles. Loosening colonial ties and a more rooted Creole community's desire for autonomy, encouraged local themes. Some artists bowed to the rigours of traditional figure and landscape painting. Others flirted with relatively modern impressionist and post-impressionist styles for painting, or art deco forms for sculpture. Still others explored spiritual concerns inherited from African art. Often, all these styles converged in a single art work. The result was a cultural expression that was tense, inelegant, technically incompatible but nevertheless challenging.

Apart from this mainstream trend towards a local aesthetic, there was a parallel resurgence of creativity by artisans and craftsmen, normally of peasant or lower class backgrounds. The work of these self-taught artists relates more closely to African art that is traditional and spiritual and often reliant on an inner vision of reality. It is characterised by a tendency to overall patterning, a varied and integrated use of colour, flatness of forms reminiscent of textile design and the inclusion of written narratives. In Caribbean sculpture, African approaches are also visible in the techniques for selecting, honing, dyeing and polishing woods. The function of such art is similar. In Africa, carvings are perceived as objects of power. In the Caribbean, their medicinal and spiritual meanings are heavily disguised in the unorthodox Afro-Christian religions of Obeah, Santeria, Rastafarianism and Voodoo.

MORE ON THIS TOPIC IN OCT 2016 EDITION

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NOT JUST another local rapper as he proclaims himself to be, is at it again. This time with the new video "Open Letter" which is a creative aspect of his phenomenal talent that highlights the disadvantages St Maarten is faced with when it comes to our political leaders, decisions and choices.

The video which first hit Facebook for 2016 election season gain allot f attention as it could be related to by many who share the same views of St Maarten political agenda. This video highlights numerous places and

community members that are effected by poverty one way or another. It also displays the many talented young men which take up dancing as a freedom of expression to escape today harsh realities.

The video was also featured and got some support from former political nominee Conrad Richardson on the DP slate who

embrace the message of the video and decided to collaborate with the artist.. In the end the collaboration yield great result for both parties as the positive message spread through the air waves. Stay posted to Wattzz Publishing SXM on Facebook for the Official Video release of of the "Open Letter" will dropping this October 5th 2016...



Scenes from OPEN LETTER VIDEO, A Static embrace by community members



A Static and Michael Parris before the performance



A Static performs Open Letter at DP'S Rally night in Simpsonbay



Scenes from OPEN LETTER VIDEO featuring Mr Conrad Richardson



A Static and Michael Parris performs "Real Love" at DP Rally night in Simpsonbay

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ECO-ADVENTURES IN GUADELOUPE

SHAPED LIKE the wings of a butterfly, covered in greenery and brimming with diverse species of flora and fauna, the islands of Guadeloupe exemplify natural perfection in every respect. For intrepid travelers, that means a visit to Guadeloupe can be so much more than just time spent on the beach. Whatever your idea of good green fun is, chances are Guadeloupe's got it. There's no better place to hike than the islands of Guadeloupe, where volcanoes, rainforests, and waterfalls mark your trail. La Soufrière, the highest peak in the Lesser Antilles, is an active volcano on Basse-Terre popular with adventurous visitors. Though the volcano is active and the air smells of sulfur ("La Soufrière" actually means "the sulfur mine"), it's perfectly safe to hike - a modern observatory monitors the volcano's activity to make sure hikers aren't in danger. At the top, craters and rock formations lend the landscape an other-worldly air, and hikers are rewarded for their effort with views of the Caribbean, the nearby les Saintes islands, and the island of Basse-Terre below. Nature lovers will

find reasons to return again and again to the Parc National de Guadeloupe, stretching over the mountainous island of Basse-Terre (also known as the "Emerald Isle"). Its lush green landscape covers nearly 43,000 acres of rainforest, the famous trio of waterfalls known as the Chutes du Carbet, and more than 9,000 acres of protected coral reefs, marshlands, and mangrove swamps. The park is home to over 300 species of trees, 270 types of ferns, and 100 varieties of orchids, not to mention 38 species of birds, 17 species of mammals, and the endemic black woodpecker. After a long hike through the tropical heat, take break to refresh yourself with a dip in a natural pool under a waterfall. Across the archipelago, mountain-biking trails will take you everywhere from the tropical rainforest to the sugar-cane fields that produce some of the world's finest rums. Explore the island of Grande-Terre on cycling routes from Sainte-Anne to Saint-François, or traverse the islands of Marie-Galante or La Désirade. If that's not quite your speed, take the reins on a horseback ride along the



coastline or into an undiscovered corner of the forest. Canyoneering enthusiasts will find a natural playground on Basse-Terre, where rivers, waterfalls, and hiking trails comprise an ideal terrain. Anyone looking for an even more extreme way to experience the sight of the islands' landscapes can sail through the forest canopy on a zip-line, hover overhead in a helicopter, go river rafting through the rainforest, or rumble through banana orchards and sugar-cane fields on an all-terrain vehicle.

From the mountainous Basse-Terre to the flat terrain of Grand-Terre, Guadeloupe offers travelers diverse landscapes and rich eco-tourism and camping opportunities. Most travelers interested in eco-tourism head to Basse-Terre, home to a national park.

Parc National de la Guadeloupe (www.guadeloupe-parc-national.com/) on the southern part of Basse-Terre is an expansive UNESCO Biosphere Reserve that covers more than 74,000 acres and includes exhilarating hiking trails, views, and waterfalls. Additionally, the active volcano of La Soufrière sits majestically inside of the

park. Travelers interested in camping in the national park should contact the tourist office for additional information.

Popular campsites are located along the northwest coast of the island near Deshaies. Campground with facilities can be found at both Grand Anse Beach and Pointe-Noire. Chalets are available at St-Claude, Goyave, and other locations. Several companies in Guadeloupe also rent camping cars with which to tour and camp on the island.

Eco-tourism flourishes on Basse-Terre's abundance of preserved and unspoiled land. With over 186 miles of marked trails, Parc National de la Guadeloupe is a popular hiking destination. In particular, hikes to several of Basse-Terre's waterfalls or up La Soufrière will reward travelers with refreshing swims and stunning views. Guides are available from tour companies, and travelers can also arrange to rent 4x4 vehicles or horses on their trail adventures. Other popular eco-tourism activities in Guadeloupe include sea kayaking, canoeing, scuba diving, rappelling, and canyoning.



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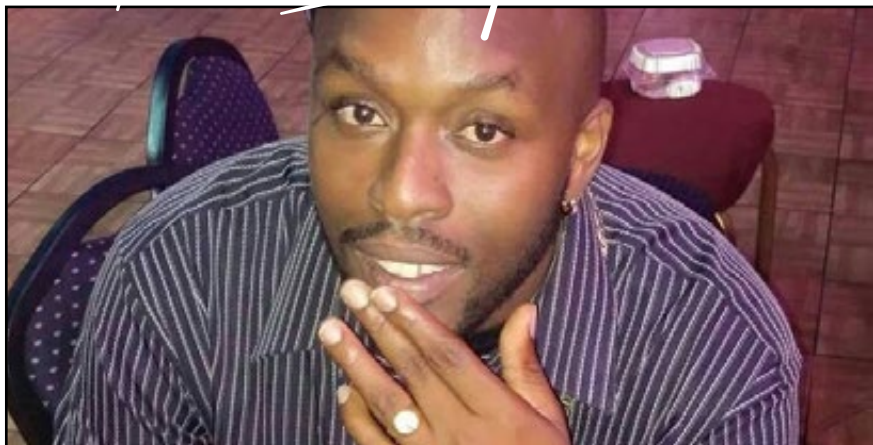
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The Entrepreneurs Corner with Mr Edsel Gumbs



MEET MR. EDESEL GUMBS the Chamber of Commerce's Business Plan competition biggest winner. Edsel Gumbs took place in the annual competition with business plan titled "Business Fertilizer" for reference to the company's duty to make other businesses grow on St. Maarten. This young, innovative entrepreneur grabbed the rather young judges' attention with his twist to marketing compared to what the marketing tradition here is on the island. He explains that he doesn't understand how roughly 80% of our economy is based on Tourism; yet, we tend to only use marketing and advertising strategies that usually reach no further than the

shorelines that surround our island. His presentation started off showing a candle and a lightswitch; explaining that it's about time that we blow the candle out and upgrade to the light switch.

Edsel expressed his great passion for marketing; mainly for the psychological aspect to it that persuades a group's action to react. He said that he is result driven and mainly love tasks that can be measured. He added that he likes to look back at his work and be able to envision a before and aftermath scenario. He said even if it was to cut grass, there's always that great feeling at the end where he could look back and clearly see the results comparing it to

how it was.

Edsel said without a doubt that 2016 has been one of the best years of memorable milestones for him. He got married to his wonderful wife Dalith Gumbs, he graduated with his Bachelor's Degree in Business management that he majored in Marketing and he won the business plan competition that he believes has set a foundation for his near future. He said that the entire platform of 2016 began with a total rearrangement of his mindset and perceptions.

After being asked about his nearest future and its plans ahead, he stated that who knows him knows his diehard eternal vision for a better St. Maarten.

He said that right now, the economy is a threat to that vision and outcome so he stands proudly to explain that he knew

he found his career when he realized that he could blend his two passions into one with his Marketing and Advertising Consultancy and his passion for St. Maarten's wellbeing. He will practice marketing for the businesses that will in turn lead to a well nurtured St. Maarten while working at his current employer; The Windward Islands Bank. WIB supports his growth in both his banking and marketing careers.

Edsel left with his last words thanking the Chamber of Commerce, the competition sponsors and all the people that played a role in the competition and my motivation once again.

Sxm! Look out for this young professional. He is destined to great things. You can find him on Facebook and LinkedIn where he does most of his networking by his name (Edsel Gumbs).

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Athletes and ASTHMA

FROM PAGE 16

That way you can take it if you have a flare-up.

Talk with your doctor about your plans to play sports or work out. Your doctor might add some work-out strategies to your asthma action plan. These may be things like: skipping outdoor workouts when pollen or mold counts are high

wearing a scarf or ski mask when

training outside during the winter

breathing through your nose instead of your mouth while exercising

making time for a careful warm-up and cool-down

Make sure your coach and teammates know about your asthma. That way they'll understand when you

need to stop working out or have a



flare-up. After a while, you'll be-

come good at listening to your body so you'll know how to avoid or handle asthma problems at a game or practice.

It is a well-recognized adage of our modern, mostly sedentary society that exercise is good for you. Regular exercise can reduce your risk of heart disease, lower your cholesterol, help to control your weight, and improve your body image. But what are the effects of exercise if you have asthma? Sometimes, exercise can set off your asthma and cause wheezing, chest tightness, cough, and shortness of breath. Some persons experience their asthma almost exclusively when they exercise and are said to have "exercise-induced asthma." Is it also good for persons with asthma to exercise?

It has been recognized for hundreds of years that exercise can bring out asthmatic symptoms. In the last 20 years scientific research into exercise and asthma has shed light on what it is about exercise that stimulates narrowing of the bronchial tubes in persons with asthma. Much of that research

was done at the Brigham and Women's Hospital.

It turns out that exercise triggers bronchial narrowing in asthma by bringing large volumes of air deep into the chest. When breathing quietly, about one gallon of air enters the lungs during each minute. The air that enters the lungs is warmed and has moisture added to it by the nose and mouth and throat. By the time the air reaches the bronchial tubes inside the chest, it has nearly the same temperature and moisture as the walls of the bronchial tubes themselves. On the other hand, if you run to catch the bus or to catch a fly ball in baseball, your level of breathing may double or triple to two or three gallons per minute or more. Then you exceed the ability of the nose and mouth to warm and humidify completely the inspired air.

During vigorous exercise, the bronchial tubes themselves are called upon to give up warmth and moisture to the incoming air. In persons with asthma, cooling and drying of the bronchial tubes causes the bronchial muscles to con-

tract, narrowing the air passages and making it difficult to breathe. You have probably noticed that if you exercise on cold days, you are more likely to set off your asthma than if you perform the same exercise on a warm day. The colder (and drier) the air that you breathe during exercising, the more warmth and moisture the bronchial tubes give up and the greater the stimulus to contraction of the muscles that surround the bronchial tubes.

It has long been said that swimming is the best exercise for persons with asthma, and with good reason. The air that you breathe while swimming is usually warm and moist and so the effect of exercise on the breathing tubes is less.

Wheezing, chest tightness, and cough often come on just after you stop exercising. If you simply rest, the symptoms usually go on their own after about 30-60 minutes. If you use your inhaled bronchodilator, the asthmatic symptoms go away immediately. Unlike other triggers that set off asthma, especially allergic triggers like dust and cat dander, exercise has no lingering effect on the bronchial tubes. After you have recovered back to normal, there are no late effects that night or the next day. The effect of asthma on your breathing usually goes away after 30-60 minutes.

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Athletes and ASTHMA

By kidshealth

PEOPLE with asthma can do more than play sports: They can be really good at them. Lots of elite athletes have asthma, and some have won Olympic gold medals.

Even if you don't want to be a professional athlete, you benefit from being active and playing sports. Sports keep you fit. They help you to stay at a healthy weight. Exercise also strengthens the breathing muscles in your chest. If you have asthma, this is very important because it can help your lungs work better.

Sports have great emotional benefits, too: Exercising causes the body to produce endorphins, body chemicals that can help people feel more peaceful and happy. Exercise helps some people sleep better. It can even help with problems like mild



depression: People who feel strong and powerful can see themselves in a better light.

Which Sports Are Best?

Some sports may be better choices for people with asthma. Golf, yoga, and gentle biking are less likely to trigger asthma flare-ups. Sports like baseball, football, gymnastics, and shorter track and field events tend to be good for people with asthma, too.

Some sports may be more challenging for people

with asthma. These include endurance sports like long-distance running or cycling or sports that demand a lot of energy without a lot of rest time (like soccer and basketball). Cold-weather sports like cross-country skiing or ice hockey also can be difficult. But that doesn't mean you can't do these sports if you truly enjoy them.

Many athletes with asthma have found that with proper training and the right dose and use of medicine, they can play any sport they want.

Heading Off Problems Before playing

sports, your asthma must be under control. In other words, you shouldn't be having lots of flare-ups. The best way to get asthma under control is by following your action plan and taking all asthma medicines that your doctor prescribes.

If you take long-term control medicine, you'll need to use it even when you feel OK. Skip-

ping these daily medicines can make symptoms worse. Forgetting to take your medicines before exercise can lead to severe flare-ups. You may even need to go to the ER.

Have your quick-relief medicine with you at all times, even during workouts.

CONTINUED ON PAGE 15

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Thank You!

