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# CULTURAL XPRESSTION

**DEC 2016**

**FEB 2017**

DATE CHANGED: 1ST ANNUAL AGRICULTURAL  
FOOD, ART AND MUSIC FESTIVAL... P5

ACHA TOUCHING THE SCENE WITH NEW NAME

**IYAH PIKNEY P11**

NEW EP - DIGITAL VYNALS ON THE WAY

**PHOTO UPDATE P4**

AGRICULTURE PROGRESS IN ST PETERS

**PAGE 7**

ASK PRIEST KAILASH  
ASK ABOUT YOUR COMMON HEALTH  
PROBLEMS AND GET REAL ANSWERS

**PAGE 10**

EXPRESSED BY LATOYA  
EXPRESSION OF SPOKEN WORD POETRY IS  
IS INFLUENCED BY MANY THING ESPECIALLY  
LIFE'S EXPERIENCES



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# MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING SAMUEL "SAM" SHARPE (JAMAICAN FREEDOM FIGHTER)

Created BY:

*Denicia Wyattte*  
 Editors  
 Photography  
 Denicia Wyattte  
 Wattzz Publishing  
 The Public at Large

*Contributors*  
 Home Remedies  
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*Website:*  
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EMAIL  
 wattzzpublishing@  
 gmail.com

CEL: 721 553-6300  
 OFFICE: 524-4733

**SAMUEL "SAM" SHARPE, OR SHARP,** National Hero of Jamaica (1801 – 23 May 1832), was the slave leader behind the widespread Jamaican Baptist War slave rebellion of 1832 (also known as the Christmas Rebellion).

**Biography**

Samuel Sharpe was born into slavery in the parish of St James, Jamaica. He was allowed to become well-educated. Because of his education, he was respected by other slaves.

Sharpe became a well-known preacher and leader in the Baptist Church, which had long welcomed slaves as members and recognized them as preachers. He was a deacon at the Burchell Baptist Church in Montego Bay, whose pastor was Rev. Thomas Burchell, a missionary from England. Sharpe spent most of his time travelling to different parishes in Jamaica, educating the slaves about Christianity, which he believed promised freedom.

**Baptist War**

Slaves learned that the British Parliament was discussing abolition of slavery; those who could read followed such news closely. In the mistaken belief that emancipation had already been granted by the British Parliament, Sharpe organized a peaceful general strike across many estates in western Jamaica to protest working conditions. As this was the harvest of the sugar cane, it was a critical time for the plantation owners: generally the workforce had to work overtime to process



Mr Samuel Sharpe

the cane quickly at its peak. The Christmas Rebellion (Baptist War) began on 27 December 1831 at the Kensington Estate. Reprisals by the plantation owners led to the rebels' burning the crops.

Sharpe's originally peaceful protest turned into Jamaica's largest slave rebellion. The colonial government used the armed Jamaican military forces to put down the rebellion, suppressing it within two weeks. Some 14 whites were killed by armed slave battalions, but more than 200 slaves were killed by troops. Afterward more reprisals followed. The government tried, convicted, and hanged many of the ringleaders, including Sharpe, in 1832. A total of 310 to 340 slaves were executed through the judicial process, including many for minor offenses such as theft of livestock.

Just before Sharpe was executed for his role in the rebellion, he said in his last words: "I would rather die among yonder

gallows, than live in slavery." The rebellion and government response provoked two detailed Parliamentary Inquiries. The Jamaican government's severe reprisals in the aftermath of the rebellion are believed to have contributed to passage by Parliament of the 1833 Slavery Abolition Act and final abolition of slavery across the British Empire in 1838.

**Legacy**

In 1975, the government of independent Jamaica proclaimed Sharpe a National Hero, with the posthumous title of Rt. Excellent Samuel Sharpe.

Also in 1975, Sam Sharpe Teachers' College was founded and named in his honor in Granville, a suburb of Montego Bay.

Sharpe's image is used on the modern Jamaican \$50 bill. Samuel Sharpe was the main instigator of the 1831 Slave Rebellion, which began on the Kensington Estate in St. James and which was largely instrumental in bringing about the abolition of

slavery.

Because of his intelligence and leadership qualities, Sam Sharpe became a "daddy", or leader of the native Baptists in Montego Bay. Religious meetings were the only permissible forms of organised activities for the slaves. Sam Sharpe was able to communicate his concern and encourage political thought, concerning events in England which affected the slaves and Jamaica.

Sam evolved a plan of passive resistance in 1831, by which the slaves would refuse to work on Christmas Day of 1831 and afterwards, unless their grievances concerning better treatment and the consideration of freedom, were accepted by the state owners and managers.

Sam explained his plan to his chosen supporters after his religious meetings and made them kiss the Bible to show their loyalty. They, in turn took the plan to the other parishes until the idea had spread

throughout St. James, Trelawny, Westmoreland, and even St. Elizabeth and Manchester.

Word of the plan reached the ears of some of the planters. Troops were sent into St. James and warships were anchored in Montego Bay and Black River, with their guns trained on the towns.

On December 27, 1831, the Kensington Estate Great House was set on fire, as a signal that the Slave Rebellion had begun. A series of other fires broke out in the area and soon it was clear that the plan of non-violent resistance, which Sam Sharpe had originated, was impossible and impractical.

Armed rebellion and seizing of property spread mostly through the western parishes, but the uprising was put down by the first week in January.

A terrible retribution followed. While 14 whites died during the Rebellion, more than 500 slaves lost their lives – most of them as a result of the trials after.

Samuel Sharpe was hanged on May 23, 1832. In 1834 the Abolition Bill, was passed by the British Parliament and in 1838, slavery was abolished.

Sharpe had said: "I would rather die upon yonder gallows than live in slavery".

On March 31, 1982 the Right Excellent Sam Sharpe was conferred the Order of the National Hero as per Government Notice 23 Jamaica Gazette along with Nanny of the Maroons.

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# CARIBBEAN CRUCIBLE: HISTORY, CULTURE, AND GLOBALIZATION PT.1

By Kevin A. Yelvington

In the present age of globalization, it is often forgotten that these world-encompassing processes were initiated with European expansion into the Caribbean beginning more than five hundred years ago. We now see the proliferation of overseas factories enabling owners, producers, and consumers of products to be in widely distant locales. It seems to us that in the search for profits, commercial activity has recently spread to every corner of the earth. We observe that the continual movement of humans across borders results in new forms of hybrid and creolized cultures. And, we feel that the world around us is moving faster and faster: the rapid circulation of images and information, the advent of cheap long-distance travel, and the attendant quickened workplace demands all give us the impression that time is actually speeding up.

Rather than the beginning of something new, these global processes can be traced to when the Caribbean became the site of Europe's first industries, starting in the sixteenth century. At that time, industrial techniques and a rational approach to time management were applied to the production and export of sugar, tobacco, and other commodities to be consumed by the burgeoning European urban bourgeois, artisan, and working-classes. These industries, in the forms of plantations and haciendas of various sizes, presaged and enabled Europe's Industrial Revolution.

These new enterprises were worked



Photo by DCCCD

by millions of enslaved Africans hauled from diverse West African societies from present-day Senegal all the way down to Angola; before them, by thousands of native slaves and European indentured workers; and, after them, by hundreds of thousands of indentured workers from Africa, Europe's periphery, India, China, and even Java. Not only was it in the Caribbean where the first sustained European external colonizations occurred, but these colonies required and stimulated the creation and marshaling of far-flung trade and governmental networks—a truly global undertaking—with the aim of enriching imperial treasuries and creating dependent territories in their service.

Reconsidering the Caribbean as an origin-point of the modern global system means more than an understanding of the Caribbean's role in the world. It means understanding the world's role in the Caribbean, the constant back and forth movement of people, ideas, and things, and the intricate interplay of forces at work in shaping economies, societies, and cultures. It means donning a perspective that allows or, better, forces one to simultaneously reckon the larger processes and the historical specificities of this complex world region.<sup>1</sup>

## Conquest and Colonization

"In fourteen-hundred and ninety-two, Columbus sailed the ocean blue" begins the children's rhyme. Not always, however, do the North American children who recite it or their teachers who teach it acknowledge the gravity of Columbus's project or the world transformations that came in his wake. For North Americans, the emphasis on Columbus's voyage has involved chiefly the settlement of their continent. This leads to a failure to realize that the primary axis of colonial expansion was decidedly to the south, where populations of indigenous peoples were ill-equipped militarily to completely deter the invaders and possessed no resistance to the diseases the Europeans brought with them. Columbus, hopelessly geographically confused, referred to the native inhabitants as "Indians" and characterized some as noble savages and others as bloodthirsty cannibals, thus justifying European intervention, Christian conversion, enslavement, and colonization.

The Caribbean was fortuitously situated in terms of soils, climate, and location to facilitate the westward development of the nascent European sugar industry from Sicily, Spain, and the Atlantic islands. Columbus brought the first sugar cane to the Caribbean on his second voyage in 1493; he brought it from the Spanish Canary Islands. It is

likely that enslaved Africans from Spain also accompanied him on that voyage, foreshadowing the African-slave-sugar-commodity connection. In the Western hemisphere, sugar was first grown in the present-day Dominican Republic and shipped back to Europe around 1516. With the rapid destruction of the native populations, enslaved African laborers were imported shortly after the first canes were

planted, thus paving the way for the proliferation of the widespread and centuries-enduring plantation complex and the rapid transformation of tastes and consumption in Europe.

One by one, at least six European powers entered the fray and wrestled with each other over the riches to be obtained from the region under colonization. Caribbean islands were exchanged as part of peace negotiations

after European wars, and sometimes captured outright by those countries that could muster the naval power so far from their shores. The source of this wealth was the fruits of the labor of enslaved Africans. Commercial and military intervention on the African coast ensured a supply of captive laborers for the plantations. The slave trade represented the largest capital investment in the world, meaning that the slaves themselves were valuable commodities, and was promoted and patronized by the royal families and leading merchants and politicians of Europe.

**MORE ON THIS TOPIC IN JAN 2017**

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# PILOT PROJECT ON AGRICULTURE IN ST. PETERS



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## AMUSEUM NATURALIS RETURNS WITH HOLIDAY PREVIEW NIGHTS

**DECEMBER 19, 2016** — Grand Case—St. Martin's only natural history museum is back and better than ever. Amuseum Naturalis is jump-starting its 2017 season with holiday preview nights every Tuesday and Thursday evening from 4-8pm starting Tuesday, December 20th. As always, the museum is completely free and open to guests of all ages.

The Les Fruits de Mer association has done a complete refresh of the museum for the 2017 season. Popular attractions from last year, like the exhibits featuring St. Martin's freshwater and cave ecosystems have been enhanced. New exhibits will be launching throughout the season, starting with Kingdom of the Night, an interactive experience that allows guests to orchestrate their own symphony using the sounds of St. Martin's nocturnal animals.

In addition to the new exhibits, the holiday preview nights will feature new short nature documentaries in the Amuseum Naturalis theater space.



Photos by The K1 Britannia Foundation

Created by Les Fruits de Mer, these documentaries take the viewer to some of the island's most fascinating spots to meet some of the most intriguing creatures living here.

On the Amuseum Naturalis website, guests can learn more about the exhibits and see the team working to bring "New wonders every week!" to the museum. Local businesses and individuals are also encouraged to become Friends of the Amuseum by donating 100€ to fund exhibit materials, educational materials for kids and special events at the museum.

Created by Les Fruits de Mer, these documentaries take the viewer to some of the island's most fascinating spots to meet some of the most intriguing creatures living here.

Amuseum Naturalis is open on Tuesday and Thursday evenings from 4-8pm. It is completely free for the public and created entirely by volunteers. Developed by Les Fruits de Mer, it is made possible by the support of Delta Petroleum and over a dozen local businesses and individuals who have become Friends of the Amuseum. For more information, visit <http://amuseumnaturalis.com>.

**About Amuseum Naturalis**  
Amuseum Naturalis is a free, public

pop-up museum of the natural history of St. Martin and the Caribbean, created by Les Fruits de Mer and made possible by the generous sponsorship

of Delta Petroleum. Amuseum Naturalis is located at 96 Boulevard de Grand Case in Grand Case. Amuseum Naturalis is currently open Tuesday and Thurs-

day evenings from 4-8pm. For the latest information about exhibits and special events, visit <http://amuseum-naturalis.com>.

### About Les Fruits de Mer

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture, and sport. The organization carries out this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform. The association is currently accepting new member and corporate benefactor member applications on its website, <http://www.lesfruitsdemer.com>.

## TIPS FOR USING SOCIAL MEDIA TO BOOST COMMUNITY DEVELOPMENT WORK PT.1

By Elizabeth Duffrin

Using social media is a lot like going to a high school dance, according to the Community Media Workshop in Chicago. Both make people nervous. It takes effort to get a conversation going.

But if you put yourself out there, "there's a payoff in popularity," said Nora Ferrell, vice president of the Chicago-based Workshop, which provides communication coaching to non-profits.

At a minimum, every non-profit should at least experiment with Facebook, Twitter, video and blogs, she said.

"Organizations that aren't using these tools are missing out on opportunities to grow their audience."

Even non-profits



that use these tools could probably use them more strategically, Ferrell observed.

Here are some ideas for using social media to boost your group's profile.

### Post it.

Given that the majority of people who log onto Facebook do so daily and for hours at a time, "it's a great way to get people to see something you're working on, as opposed to just hoping that somebody finds your website," said Ferrell.

Facebook posts should generally be a sentence or two in length and may in-

clude a photo.

Asking readers a question about a priority issue (e.g., "What kind of transit options would you like to see in your neighborhood?") is a good way to jump-start a conversation. But make sure to direct readers to leave comments on your website by following a link to a related post and comment space there. If the conversation stays on Facebook, they'll miss out on all the other interesting information your website has to offer.

"The main purpose of social media is to drive traffic to your website and spread the news about your work," Ferrell explained.

"What you do should be represented on your website."

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# Ask The Priest

Email: [contact@wattzpublishing.com](mailto:contact@wattzpublishing.com)

Ask the Honorable Priest Kailash about your common and severe health problems and get advise on how to best address them. Question will be answered in next months Edition.

## BREAKING THE CYCLE

**HOW DO WE** now break this cycle of pain, disease and death? We need to return to "THE BIBLICAL DIET" and begin to consume the "BIBLICAL MEDICINE"; the fruits, nuts, grains and vegetables for food and the leaves of the tree for medicine. Some people find it hard to believe that just eating pineapple and papaya will rid them of fibroids, yet still it is a known fact that vitamin C deficiency (scurvy) will destroy 75% of all those affected however this same dreadful disease can be cured by drinking a cup of orange juice or by eating a couple of guavas. The majority of the drugs utilized in the pharmaceutical industry are isolated from plant sources. Digitalis, a drug prepared from digitalin,

a glycoside obtained from the common foxglove, is used in medicine. With techniques of modern pharmacology, about a dozen steroid glycosides have been isolated from the leaves. These medicines strengthen the force of contraction and, at the same time, slow the heart beat so that the period of relaxation between beats is lengthened. The heart muscle thus obtains more rest even though it is working harder.

Aspirin, a synthetic chemical compound, scientifically known as acetylsalicylic acid, is made from salicylic acid, found in the bark of the willow tree.

It is not unlikely then that we can heal diabetes naturally with herbs and food. We should thus concentrate on building up the system, naturally increasing the cells' sensitivity to insulin and insulin production by the pancreas. The cure is a day at a time process that must be followed loyally.



**Fasting and Praying**  
When we feast we naturally indulge in the foods that were created by our creator for our consumption. When the letter "e" is taken from the word feast we have fast. Fasting is the voluntary abstention from food allowing the digestive system to rest and the system to naturally go through a cleansing process. When we feast the majority of the blood in our system is diverted to our digestive system to provide energy for the breaking down of the food.

When dead animals are consumed or when the food is not chewed properly we increase the workload of the digestive system. Hence more energy has to be expended to break down and liquefy the food, leaving the system tired and the individual often feels sleepy. Fasting will cause a gentle contraction of the stomach and intestines increasing the peristaltic movement of the food in the digestive tract. Fasting also promotes the secretion of enzymes along the alimentary tract; these enzymes will break down the waste in the alimentary tract and enhance their elimination. The blood flow will not be concentrated in the digestive system thus the other organ systems will be operating more efficiently.

When you are faced with a demanding or life threatening circumstance your nervous system responds by releasing a flood of stress hormones, then be able to meditate on their condition and harness the strength to do what it takes to eradicate their disease. Prayer and meditation comes hand in hand, and one must be able to meditate in order to pray. Fasting allows one to focus on the God in him facilitating communication and soliciting the strength of the entire universe to aid him on his journey to well being.

One should fast at least three times each strong (week); Mondays, Wednesdays and Saturdays. For example if fasting on Monday, no food must be consumed from 6:00pm Sunday until 12:00pm Monday. The day before each fast aloe should be drank one hour after last meal; Sundays, Tuesdays and Fridays. Drinking Aloe Vera will ensure a bowel movement first thing in the morning. The aloes must be chopped finely with skin on and soaked with ginger in a glass of water for three hours. The juice of half of a lemon can be added to the aloes just before consumption.

**Stress**  
When you are faced with a demanding or life threatening circumstance your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus. This is known as the "fight or flight" or mobilization stress response and is your body's way of protecting you. This is vital for our survival as it significantly improve spiritual, emotional and physical strengths. Spiritually we are more inclined to turn to our creator in times of distress and both our emotional and physical strength is almost doubled.

'Stress' may be defined as any situation which tends to disturb the equilibrium between a living organism and its environment. In day-to-day life there are many stressful situations such as stress of work pressure, examinations, psychosocial stress and physical stresses due to trauma, surgery and various medical disorders.

**Hormonal Changes During Stress**  
In response to stress, the level of various hormones changes. Reactions to stress are associated with enhanced secretion of a number of hormones including glucocorticoids, catecholamines, growth hormone and prolactin.

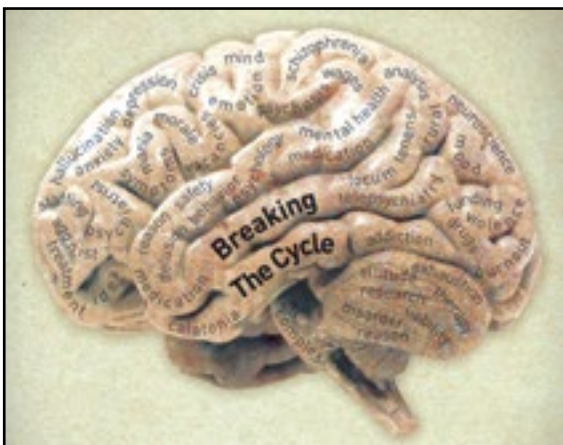
**CONTINUED ON PAGE 8**



# BREAKING THE CYCLE.... FROM PAGE 7

tin, the effect of which is to increase mobilization of energy sources and adapt the individual to its new circumstance.

When stress is within your comfort zone, it can help you to stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, fight off an attacker or jump from a burning building. Stress can also help you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV. But beyond your comfort zone, stress stops being helpful and can start causing major damage to your mind and body. We were not created to be stressed for a prolonged period of time, in the moment of need respond and should then return to normal bodily functions. Being stressed constantly is a disease "chronic stress". The body's nervous system often does not clearly distinguish between daily stressors and life-threatening events. If you're stressed over an argument with a friend, a traffic jam on your commute, or a mountain of bills, for example, your body can still react as if you're facing a life-or-death situation, thus endangering your very well-be-



ing. When you repeatedly experience the mobilization or fight-or-flight stress response in your daily life, it can lead to serious health problems. Chronic stress disrupts nearly every system in your body. It can shut down your immune system, upset your digestive and reproductive systems, raise blood pressure, increase the risk of heart attack and stroke, speed up the aging process and leave you vulnerable to many mental and physical health problems. Many women grow fibroids, cyst and eventually develop hormone dependent cancers (breast cancer) because of chronic stress. High levels of the stress hormone cortisol can also

contribute to changes in a woman's libido and her menstrual cycle. Anxiety and depression is also linked to high cortisol levels leading to further hormonal imbalances that can compromise the woman's ability to conceive.

## 7 Seconds Resolution of Relationship Stress

Many times we go through difficulties in our relationships and it costs us days of happiness because we focus on the ills of our relationships. Irregardless the life experience our reaction to it comes as a conscious or sub conscious decision. We decide whether we are going to be happy or sad, angry or at peace; our decisions determine our quality of life.

If your wife or husband has done something wrong based upon the gravity of it you have a choice to leave or stay in the relationship. What ever decision you make, you then have a choice to either be happy or sad with your decision and accept all the consequences. For instance, if you find that your wife has been cheating, you can either choose to stay or get a divorce. If you stay then you can choose to be happy or sad. It makes no sense and it's irresponsible to choose to stay and continually

CONTINUED ON PAGE 15

# VEGATERIAN AND VEGAN RECIPES

## Curried Sweet Potatoes with Chard and Chickpeas

BY VEGKITCHEN.COM

**HOLIDAY RECIPES:** A superb fusion of flavors permeates this nourishing harvest dish of sweet potatoes and chard. Serve like a stew in shallow bowls, accompanied by warm flatbread. This recipe works well with other greens, as you'll see in the variations following the recipe. From Wild About Greens. Photo by Susan Voisin, FatFree Vegan Kitchen.

### SERVES: 4 TO 6

- 1 tablespoon olive oil
- 2 to 3 cloves garlic, minced
- 2 large sweet potatoes or 4 medium garnet yams, peeled and cut into large dice
- One 16- to 20-ounce can chickpeas, drained and rinsed
- One 16-ounce can diced tomatoes (try fire-roasted)
- 2 scallions, thinly sliced
- 2 teaspoons good-quality curry powder, or more, to taste
- 2 teaspoons minced fresh ginger, more or less to taste
- 1 teaspoon ground cumin, or more, to taste
- 8 to 12 ounces chard, any variety (or see Variations)
- 1/4 cup chopped cilantro or parsley, or more or less to taste
- 1/4 cup raisins, optional (but highly recommended)
- Salt and freshly ground pepper to taste

### PREPORATION

Heat the oil in a large skillet or a stir-fry pan. Add the garlic and sauté over low heat until golden.

Add the sweet potato dice and 1 cup and a half or so of water; bring to a simmer and cook until just tender, adding just enough additional water if needed, as they cook, to keep the mixture moist.

Stir in the chickpeas, tomatoes, scallions, curry powder, ginger, and cumin and bring the mixture to a simmer again; cook over low heat for 10 minutes or so, until the sweet potatoes are tender.

Meanwhile, strip or cut the chard leaves away from the stems. Slice



the stems thinly, and cut the leaves into strips. Add the chard to the skillet, in batches if necessary, and cover. Cook briefly, just until the chard wilts, then stir in. Cook over low heat for 5 minutes, or until the chard is tender but not overdone. Stir in the cilantro and optional raisins. Season with salt and pepper, then serve.

### VARIATIONS:

This is also good with kale, collard greens, spinach, and mustard greens. Stemmed, coarsely chopped spinach or whole baby spinach leaves can be added as you would the chard in the directions above, as can chopped mustard greens. If you'd like to try kale or collard greens in this dish, I'd suggest steaming first before adding to the dish when you would the other greens.

You can also vary the kind of beans used. Try black beans, red beans, or pinto beans.

### NUTRITION INFORMATION:

Per Serving: 231.2 calories; 3.7g total fat; 7.8g protein; 43.7g carbs; 8.9g fiber; 426mg sodium





## OSPP CHRISTMAS MESSAGE

**LET'S US** reflect on the true meaning on what the Christmas celebration means to most of us here in St. Maarten. Over the years we have seen the St. Maarten celebration of the Christmas season catapult like all celebrations over the world and it has become nothing more than a big commercial activity. Our people look forward to the Christmas season to receive gifts and in many cases to give gifts to those we care about. It is also a time when we want to prepare our best food, baked the most delicious cakes, the puddings, the tarts and our local drinks to share with those we know. We have also

enjoyed the serenading of musicians at our homes, but this has also disappeared over the years. We have deviated so much from the true meaning of the birth of Christ. Therefore it is time that we reflect on the true meaning of the birth of Christ in order to bring things back into the right perspective. Christmas is the celebration of the birth of Jesus Christ. This celebration is about the coming of God to earth in human form to save mankind from sin and eternal death. We must reflect on the way we are living and how we treat our fellow brothers and sisters. And while our hearts open even more to



share with many during this festive season we must be willing to do more for our unfortunate fellow man all year round. For what good is it if those unfortunate can eat and drink plentiful during this time of the year but has gone hungry and without proper clothing during the earlier part of

the year. The true St. Maarten spirit has always been to share the little you have with each other. It is time that we reflect on the purpose of our lives here on this earth and prepare to care for our fellow neighbors not only during these festive times but during the entire year.

**WHA YA SAY TELL DI TRUTH !**

**Happy Everyday !**



RAS ITAL

Every Holyday or Holiday me see nuff people a gone a shop ah electronic store fi buy dem friend, youth, modda and baby modda whole keep a gift. WHA APPEN TO DI BOOMBACLOTH WHOLE YEAR WHA PASS? EEH

WHA APPEN dem only deserve gift on otha peoples birthday or crucifixion day?

Da joyof life is fi live in love, nah have no time betta then everyday to spread as much joy as ya can. More time if ya a di grocery store ya fi tip the package bwoy dem too, not only round christmas fi dem hussle hard fi dem bread and even harder round di holyday dem. Kiss ya motha, ya youth, ya empress and mek dem know how much them mean to you everyday ya can.

Tomorrow is not promiss unless "every little thing ya check di obeah man", but today is worth spreading the love. Happy Every. Blessings

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# CHRISTMAS ON MY ISLAND

**CHRISTMAS TREE** pine needles spread across the floor. Kitchen smells of Johnny cakes and scrambled eggs galore.. it's Christmas on my island , not a fancy international cuisine, just some local island dishes that is surely going to please.

It's Christmas on my island but we're not covered in snow, and there's no ice skating rings here for our children to go. What we have is our local culture that brings our families home. And memories of our gatherings that is felt within the soul.

At night you'll see all the houses decorated with Christmas lights.. And the cars slowing driving by to capture the beautiful sight. We're just a tiny island of 37 whole square miles. And coming to spend a

Christmas with us , will be truly worth your wild.

Our Steelpan drum starts beating and the melodies moves your mind. You're experiencing an island Christmas that's such a memorable time. All the beautiful sunsets and the ocean waves display, this is my amazing island that I fall in love with each and everyday .

This is my little island that many love so much, and experiencing Christmas on St Maarten is surely going to touch. The hearts of all our visitors that come from near and far, to spend the holidays on my island my soul is shining star.

We may not have the chestnuts roasting on an open fire, or the snowflakes falling from the sky to fill a little child's heart

desire. What we have is our calypso carols that's sure to put a smile on your face, and the rhythm of the trumpets that will surely move your waist. Yes this is Christmas on my island and one day the whole world will see.. St Maarten is more than a destination , that lies gracefully in the Caribbean Sea.

I'm sure the experience

will move you and forever St Maarten will be, the island Christmas you'll remember for all eternity. So forget about all the shopping and take a look around and see...Christmas on my island is the perfect place to be.

**Written by Latoya Ruan  
04Dec16 - Happy Holidays**

## HOW ART AFFECTS OUR EMOTIONS? PT. 1



**IT IS OFTEN** said that Art elicits the contemplation of the mysteries of era. Whether you admire it or not, art influences our feelings and sometimes alter our mood even drastically. Art itself is the visual form of expression that might be the feelings, emotions, imaginations which portray the realistic or unrealistic aspects of life with the sense of connecting/conveying message with meaningfulness.

### SEEING THE ART IN THE INTERIOR

Almost everything can take the form of art, even our anger can be painted as an art and many abstract artist have done that too. Everything in art relates to the universe. As art are created by human so they are dominated by how people admired a particular thing and how they correlate it with their feelings. That's why art is dominated by truth because it always comes from the core rather than from surface, one can say capturing the soul is the feature of art.

Art always correlates with our perceptions and impacts

our tendencies. Art defines the broad term, it contains the specific subjects, style and the colors tone or combination. A piece of art influences the mood of the admirer, just like when you see a smiling child in front of yourself and how you react gently to them even if you're angry. The arrangements in a particular artwork influence the human emotion like anger, relaxation, tenderness and hatred.

Nobody wants to live in the room which is frigid and dummy and without any decorative items. Peoples decorate their interior especially to alter the mood, derive positive emotions and to rest on the breezeful environment. In fact, there is probably no one, who use art in their interior to produce anger or hatred. So, in nutshell, art is meant for producing the relaxation, and it is supposed to derive the tranquility and this opinion is also supported by both science, religion and philosophy.

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**BACK IN SEPT 2014** we had a chance to interview one of St Maarten's great underground music artist Acha. Two years later with a determined mindset and eagerly ready to grab the mic, he seem more then ready to show the world and bring a new flavor to the music scene in St Maarten. With A guitarist and pianist father, choir songstress mother, two gospel song birds for sisters and a brother who just love to ride the riddim , it seems that faith may be catching up to young Giovanni Johnson, a.k.a Acha, while on his a new journey towards embracing music as a potential career opportunity.

He took some time out while recording his new upcoming EP titled " Digital Vynals" to give us and exclusive look into what to expect from the underground rising artist.

**Its been a while since we last heard some music from you , What have you been up to all this time ?**

Well besides working to make ends meet I've been out and about enjoying life you know getting more in tune with nature like rising early morning hours and taking hikes up to the top of the hills for a peaceful prayer moment with the Most High All Mighty , being a active father you know they like say men don't like take on their father role lol but they can't hit me da talk self first in my life is the most high and second up is my youths. I also have been spending lots of time at the beach where I also go to write, musical lyrics even theater scripts short films ect . but ye ya boi jus been humbly sorting out his private life.

**Despite todays challenges faced in the music industry, what make you feel now in your life may be the right time to take music as a career choice or more seriously?**

I would say that I may now be taking it more seriously because in my younger days being in the entertainment field with not much knowledge of the business side of

it you know the requirements, the understanding of agreement contracts ect, as you grow older you come to realize that hey there is a lot more to this than just simply grabbing a mic and entertaining there are the many fine details that I have failed to focus upon that I now have a more or less understanding of and it is here where I found more confidence to go at it again ,however I wouldn't say as a career, not that im putting it down as one but for me music entertainment goes deeper than having it as a career me I've been in music since ye high I'm now 32 and counting so that why for me it's a life movement a life experience a way of living and in all my years being active in it I got to say I could never get tired of it cause when u get tired of music which reflects the RIDDIM OF THE HEART, then you basically saying you give up on life itself.

**With so much choice of competition out there, how are you planning to stand out from the rest?**

Simple by not coming in as a competitor, who out there to compete with one another let them stay in their own circle but as for me I'm no stranger to the field just stepped up some levels ye see so its all about bringing forth quality sensible aspiring and most of all good music to the masses and the many that enjoys great entertainment.

**This new EP your about to release soon, what kind of vibe are you trying to bring across to the fans, listeners ect?**

Something different very divers you know when it comes to music we can do all sorts of things with it depends on your creativity I mean music is a very serious vibe but that don't mean we cant have fun with it to as well cause remember its all part of entertainment so with this EP I say let me just have fun with it and hope the many that hears it also feels that different energy that what I would usually give off.

**Where have you performed over the last 2 years?**

I've made stage appearance at the Sandy Ground Fete last august 15. I also performed at a peace concert at the Marigot water front cant remember the date. Then their was the Freedom Fighters Band reggae show held at the karacter beach bar in simpombay .

We heard that you are also a DJ in the back ground, since when have you been a disk Jockey and

**what inspired you ?**

Well that I started out as a youngster me and my brother we grew up in a musical home my father use to keep this old time record player and we use to mess around

with it pretending to be dj's , we then started out fooling around with cassette tapes you know the trick , record ,pause then play lol that's how we use to create mixes on cassette tapes from records and cd's in those days back in 1994 ain had no internet or computer access in those days so we had to be creative in other ways lol I really miss those days too, but anyway I then starting sneaking out with my brother (sorry mommy lol) going to house parties and sneaking into club its by doing so is where I first met and saw Mix master Pauly Dj chef Dj manice and the Good will Crew Dj Wilson Dj Dave Nice boi some of St.Maartens greatest dj's in their early times doing their thing and this inspired me now to get more involved in not only dj but music in general cause the vibe was just

**CONTINUED ON PAGE 12**



EXCLUSIVE INTERVIEW WITH LADY DESTINY.... FROM PAGE 11

mad. After that later on in the years I met up with Dj outkast also in his prime and he was just about to get his first live radio play I remember it good it was a saturday afternoon at 102.7 FM back when mix master use to tun up da radio station self me and ma good friend Justin use to go to the radio station and chill with Dj Pauly and his Mix master crew also to learn from the master himself haha but yeh this same day i saw Dj Outkast in there setting up and that also boasted me to see if I really do have a musical talent and skill that I can work on and yeh see me here today both writing recording and playing music .

**As St Maarten has many talented young and old men and women, do you feel there are still great opportunities available for those that are thinking about pursuing a career as a music artist or even Disk Jockey?**

Yeh man , the world is full of opportunities its just how you go about promoting yourself and the product you wish to have distributed the music industry is like any other industry you got to have good product good quality and it must be something the people like, and one thing with St.Maarten youths a lot has great potential and nature raw talent.

**What ca we expect from you in the next 6 months?**

To be honest a lot has been going good for me that I would love to share but for now I feel to do the mime challenge lol and not reveal to much of what im working on as yet but what I will say is when the time come like yardi say it a guh mawd .

**Name a few local artist that you also listen to or would like to collaborated with ?**

I enjoy listening to local all ma ST.MAARTEN artists but to name a few theirs artists like A-static, General Pye, D.O Gizzle BGM, Mad Twoz, 4DH ent, Odd Brothers, King Rummer , King Vers , Mighty Dow, Dr Rum , Stretch R, Da Key, Percy Rankin, Ilismo, Lyrical L, Khalla Bone, Sigma Defence, Jorge Solano Ku-J , and Keila but still many more

**If you can be anywhere in the world right now where would it be ?**

I would say mama Africa because from a youth we been told some many stories about the world and the different continents countries and islands but when you speak about Africa theirs always this feeling of comfort within that's calls you to her.

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

I see agriculture as a highly nicety on St.Maarten not only because it will cause a mean of income



Messing with the ones and twos

by export but health wise for the community its way better and shall be cheaper to have the foods already freshly produced here instead of having artificial and contaminated foods imported into our country that are slowly poisoning the people of St.Maarten. Agriculture itself is a way of life and if thought well can save many lives also.

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

By hosting more community events like district invite other districts to a community link and share. Or even holding sporting events games even learning programs for the youth in the community but and open even for any one from all communities that's how we keep peace and teach one another to look out for each other by promoting each other.

**As we come to an end of our interview would you like to give a shout out and some inspiring words for other artist and youngster out there.**

Yes I first up I would love to give thanks to the most high all mighty for keeping safe up to time and guiding me through all ups and downs I also would like to shout out Spaceless gardens for wanting to interview me I wanna send a big shout to Mix master pauly this one man I could say every and anywhere we meet up he always giving me great words of advice and motivating me to keep perfecting my talents. I also wan shout out King Rummer a young talented St.maartener with a high voltage drive and love for his music, Got to shout out ma producer Highgrade for always standing with me and always ready to work on some new materiel with me also ma boi khalla bone and to much to mention right now but yall

kno who yall be so BLESSED LOVE same way.

And to all artists doing the do jus keep it rollin if you run in to some pins jus boll dem out yu way cause obstacles going always try come hinder your way but that don't mean you got to accept defeat and give up like I said music is life so if you give up on it you lost your heart beat.

If you are looking to follow or hear great music from Acha check out the following links:

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More customer appreciation will follow in the months to come. WTN Cable customers can look forward to other gestures around St. Maarten Day, St. Maarten Thanks Giving, Christmas and New Year, just to name a few.

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*Happy Holidays*

## WHY MONTSERRAT IS THIS YEAR'S HOTTEST CARIBBEAN CRUISE DESTINATION



Montserrat's Soufrière Hills volcano - Photo Courtesy Windstar

**BY cntraveler**  
**AFTER YEARS** of limited access due to volcanic activity, the island paradise of Montserrat is now accessible to cruisers.

If you love everything about the concept of a Caribbean cruise—except the hordes of people packed into the ports—we've got the island destination for you. Make way for Montserrat, a serene isle in the British West Indies which although small in size (measuring just 10 miles long by 7 miles wide), really packs a punch thanks to secluded beaches and off-the-beaten-path ecotourism offerings. So just why is such a wow-factor locale devoid of the cruise-going masses? They don't call it the "Pompeii of the Caribbean" for nothing—volcanic activity here back in the mid-1990s coated parts of the island in layers of ash, knocking it largely off the cruise circuit for the last 20 years.

That all changed in December, when luxe small-ship cruise line Windstar Cruises recognized the resiliency and perseverance of the islanders (there are only around 5,000 of them) and Montserrat's real tourism potential, and began running regularly scheduled sailings to the island. Prior to that, only a handful of small cruise lines had sporadically called on the isle over the years.

Here are some of

the must-see sights and activities to scope out in port. Just go now, before everybody else does: It's only a matter of time before more cruise lines—and the tourists they carry—discover the Caribbean's rising phoenix.

### THE VOLCANO

**This** Pompeii-in-the-tropics presents otherworldly landscapes that are both beautiful and haunting to behold. When the cataclysmic Soufrière Hills volcano erupted in 1995—and a second time in 1997—a trail of devastation was left in its wake along the southern half of the island, as pyroclastic flows, ash falls, and mud drifts engulfed the capital, Plymouth, as well as other towns and nature areas (much of which is now designated as a restricted-access "exclusion zone" for the safety of all). Two-thirds of Montserrat's residents left the island for good, and its tourism economy came to a standstill. Today, the brooding volcano presents a new allure for visitors in the form of eco-tourism. While access to the volcano itself is strictly forbidden for obvious reasons, aspiring volcanologists can get a good look at Soufrière Hills via vantage points like the Montserrat Volcano Observatory and the Jack Boy Hill Viewing Facility.

### THE BEACHES

Of course, it wouldn't be the Caribbean without beaches, and Montserrat delivers its own twist on the experience, courtesy of its wonderfully secluded volcanic black sand beaches, like the cliff-backed Woodlands Beach. For traditional swaths of white sand, make way for Rendezvous Beach which is an ideal launching point to explore the surrounding coral reefs, or for convenience, stick to the crescent of Little Bay Beach, with its calm waters—it's just a short stroll from the dock where you'll be dropped off.

### THE NATURE

In stark contrast to the southern volcanic-scarred landscapes, the island's north is lush and verdant, characterized by the emerald hills, where hiking, mountain biking, and birdwatching beckon. Hike (or bike) trails through the pristine Centre Hills tropical rain forest, where birdwatchers can catch a glimpse of the 30-plus avian residents, including the island's rarely spotted national bird, the Montserrat oriole. Divers and snorkelers, meanwhile, can explore volcanic-born underwater rock formations, and see a wide variety of colorful coral, reef fish, sponges, and other occasional visitors like stingrays, eagle rays, and nurse sharks.

**CONTINUED ON PAGE 15**



# TIPS FOR GROWING YOUR BUSINESS IN 2017!



## PROGRESSIVE 2017

**THE HOLIDAY** season is in full swing and while your competitors are out drinking hot cocoa and decking the halls, your business should take this time to get a leg up on them in 2017. There are many things that your business should do, plan and get ready for the upcoming year ahead. So, in that spirit, we have asked the amazing CarolRoth.com contributor network of business owners, experts, advisors and entrepreneurs to share their best business preparation tips and advice. Their answers are presented below in no particular order.

You may notice similar ideas listed, but I kept them separate, as something in the way

one is framed may resonate differently with you.

**Purge for Success**

How much clutter (spiritual, emotional and/or physical) have you accumulated over this past year or years? It's amazing how much clutter can negatively affect our time, energy and productivity levels, unless we purge what we no longer like, use or need, especially in our business. Purge records, clients, employees and systems that aren't helping you and/or your business grow in some positive way and you'll feel lighter, happier and more able to focus.

**Pursue Your Passion**

Spend some time thinking about what makes you happy, whether it's through your business or in your free time. Then set time aside each week for that activity. Studies show pursuing a passion can add an extra eight hours of happiness to your week. Most importantly, it will prevent burnout and remind you why you work so hard each day.

**Participate Online**

If you own a business, chances are you have a website

and several social media accounts, but are they active? If you aren't participating in your on-line presence, you may lose followers who see your sites as outdated. Use a dashboard service like Hootsuite to keep up with all of your social media accounts in one place.

**Take a Course**

Truly successful people never stop trying to learn and better themselves. Find a way to take a course related to your business, whether it's a webinar, local networking workshop, or through an on-line education site. Even if the course is on a subject you've already mastered, you may feel inspired by a refresher on the basic principles of that subject.

Each new year provides new opportunities to take your business to the next level. Make sure you know what your goals are and work each day to eventually reach those goals. You'll not only be maintaining your business's current success, but you'll be ensuring your success for many years.

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**WHY MONTSERRAT IS... FROM PAGE 13**

**THE MYSTIQUE**

Montserrat has a flavor all its own. For one, the island is home to some pretty strange endemic animals, like the mountain chicken (think: huge frog); the half-snake, half-lizard galliwasp; and the yellow-shouldered volcano bat. Other island oddities include its ties to Ireland—it's sometimes dubbed the "Emerald Isle of the Caribbean" for its rolling green hills and its 17th-century Irish-colonist history. Come around St. Patrick's Day in March for a week-long celebration; it's the only country outside of Ireland to celebrate the day as a national holiday. Finally, there's Montserrat's surprising rock-star-imbued history: Beatles producer George Martin ran a recording studio on the island from the late '70s through late '80s that brought in the Rolling Stones, Paul McCartney, Eric Clapton, and Stevie Wonder.

**THE CRUISES**

There are no leviathan cruise ships calling on Montserrat presently, and the list of cruise lines sailing there currently is (for now) quite short. Windstar launched its Montserrat-inclusive "San Juan & the Virgin Islands" itineraries in De-

ember 2015; their 2016/2017 season will resume from December through April. The weekly seven-night voyages aboard the all-suite 212-passenger Star Legend yacht call at the small, but rapidly growing, harbor of Little Bay, where the ship tenders guests for a full day ashore. Sign up for one of four ship-sponsored excursions, including ATV outings on black-sand beaches and the popular "Buried City Tour" that covers an overview of the island's volcanic landscapes and lost settlements. Guests will also get to explore Puerto Rico, St. Barts, St. Maarten, and the British Virgin Islands en route. On board, take advantage of the complimentary water sports platform, equipped with stand-up paddle boards, water skis, snorkeling equipment, kayaks, and more.

SeaDream Yacht Club also has seven-night Caribbean itineraries scheduled that include a stop at Little Bay in December 2016, sailing round-trip from Saint Martin on the 112-passenger SeaDream I, and in March 2017 from St. Thomas to St. Maarten, on SeaDream II—the 2017 sailing also incorporates a unique overnight stay, affording guests the chance to sample Montserrat's nightlife.

**BREAKING THE CYCLE... FROM PAGE 8**



expound upon your wife's shortcomings on a day to day basis and seek every opportunity to throw it back in her face. You should have left. If you stay, be happy. Why? Because you chose to stay. It is bad for your health to be upset all the time. In so doing you are wasting precious moments whereby you could have been enjoying each others' company and the time you have in this realm.

It is way better that you share love than be upset and angry with each other. The most precious thing we have to offer is our time and it's much more valuable when this time is happy time, fulfilling time, fun time, love time. Remember this is your decision to make.

If you are in an argument with a love one it could last for weeks and you dwell on the issue daily, living in the same house and not even greeting each other. Something might then happen that initiates a make up and next day you are good and smiling again. BUT YOU WERE UPSET FOR TWO

WEEKS, poisoning your body with bad chemicals that suppress your immune system and increases the risk of developing cancer and auto immune diseases. So, you spent days upset and in confusion wasting our most important asset -"time"- and then you eventually work it out. The time you waste is what you will need on your dying bed!!!

In any situation since we know we will resolve the issues in time, why wait.....COUNT TO 7 AND SAY HONEY I LOVE YOU, PARDON ME, KISS AND MAKE UP..... This will save you days of pain and anguish and will add years of happiness to your relationship and to your life.

NO ONE WISHES FOR MORE MONEY ON THEIR DYING BED, THEY ASK FOR TIME. SO MAKE EVERY MOMENT ONE FILLED WITH LOVE AND HAPPINESS.

**GOD IS LOVE LET US ALL LOVE.**



# THE BIGGEST SECRET TO SPORT SUCCESS: PLAYING WITH HEART

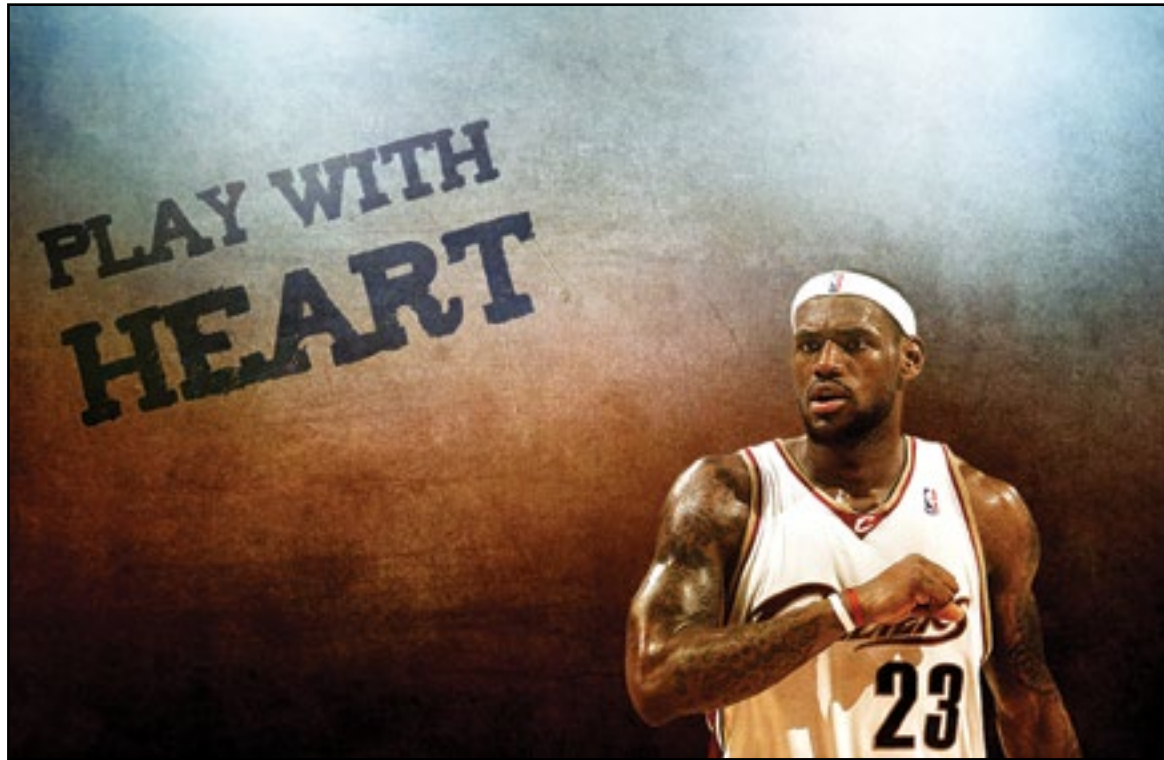
**IT'S NOT** the size of the dog in the fight, but the fight in the dog"

Athletes (and sport parents) often go to great lengths to find the secrets to sport success. Hitting the weight room, attending camps and clinics, and developing sport psychology mental toughness skills will all help improve athletic performance, but there might be one variable that trumps them all: Simply wanting it more.

"Heart" is the word we use in sports when we see athletes give it all they have, often resulting in sport performances way above what was ever expected. Athletes who play with heart are usually laser-focused, intrinsically motivated, excited about winning, and resilient toward setbacks and failure. In fact, it is an athlete's heart and determination against the odds that makes for the best sport stories (and lots of Disney movies, too!).

Developing "Heart"

Is having heart an inborn, genet-



ic trait? Or is it something that can be learned? While people will have differing opinions on that question, one thing that we can all agree on is that we all have the ability to play hard and "go for it" when competing. What this means is that we can develop skills to help minimize anxiety and insecurities, thereby allowing us to fully focus on playing as hard as we can and displaying great heart while competing. Of course, individual differences will always be there, making it

an unlevel playing field — but we can still get more from ourselves if we try.

If you are a sports parent or coach, try emphasizing the following points when talking to athletes:

Heart makes up for talent! Often it is the athlete's will-to-win that allows him to make up the difference when competing against other athletes who are better "on paper."

Playing with passion makes sports more fun. When athletes let go of their fears and anxieties and simply

compete, only then will the greatest ex-

citement be experienced while com-

peting in sports.

Helps "get in the zone." The fastest way for athletes to get in the zone while competing is to fully absorb themselves in the moment and enjoy the spirit of competition.

It's a great life skill to develop. Sports provide a primer for life in many ways, including developing the mindset of "going for it" and playing with heart. Often in school, career, and life we need to create the same mindset in order to reach our full potential.

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