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JUNE 2017

2ND

AGRI-CULTURAL
MUSIC FESTIVAL
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JULY 23, 2017

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ASK ABOUT YOUR COMMON HEALTH
PROBLEMS AND GET REAL SOLUTIONS

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EXPRESSED BY LATOYA

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LIFE'S EXPERIENCES !



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MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING ROBERT NESTA MARLEY (REGGAE MUSIC ICON)

By WIKI
ROBERT NESTA

MARLEY, OM (6 February 1945 – 11 May 1981) was a Jamaican singer-songwriter, musician and guitarist who achieved international fame and acclaim, blending mostly reggae, ska and rocksteady in his compositions. Starting out in 1963 with the group the Wailers, he forged a distinctive songwriting and vocal style that would later resonate with audiences worldwide. The Wailers would go on to release some of the earliest reggae records with producer Lee "Scratch" Perry.

After the Wailers disbanded in 1974, Marley pursued a solo career upon his relocation to England that culminated in the release of the album Exodus in 1977, which established his worldwide reputation and elevated his status as one of the world's best-selling artists of all time, with sales of more than 75 million records. Exodus stayed on the British album charts for 56 consecutive weeks. It included four UK hit singles: "Exodus", "Waiting in Vain", "Jamming", and "One Love". In 1978, he released the album Kaya, which included the hit singles "Is This Love" and "Satisfy My Soul". The greatest hits album, Legend, was released in 1984, three years after Marley died. It subsequently became the best-selling reggae album of all time.

Diagnosed with acral lentiginous melanoma in 1977, Marley died on 11 May 1981 in Miami at age 36. He was a committed Ras-



tafari who infused his music with a sense of spirituality. He is credited with popularizing reggae music around the world and served as a symbol of Jamaican culture and identity. Marley has also evolved into a global symbol and inspired numerous items of merchandise.

Early life and career

Bob Marley was born 6 February 1945 on the farm of his maternal grandfather in Nine Mile, Saint Ann Parish, Jamaica, to Norval Sinclair Marley (1885–1955) and Cedella Booker (1926–2008). Norval Marley was a white Jamaican originally from Sussex, England, whose family claimed Syrian Jewish origins. Norval claimed to have been a captain in the Royal Marines; at the time of his marriage to Cedella Booker, an Afro-Jamaican then 18 years old, he was employed as a plantation

overseer. Bob Marley's full name is Robert Nesta Marley, though some sources give his birth name as Nesta Robert Marley, with a story that when Marley was still a boy a Jamaican passport official reversed his first and middle names because Nesta sounded like a girl's name. Norval provided financial support for his wife and child but seldom saw them as he was often away. Bob Marley attended Stepney Primary and Junior High School which serves the catchment area of Saint Ann. In 1955, when Bob Marley was 10 years old, his father died of a heart attack at the age of 70. Marley's mother went on to marry Edward Booker, an American civil servant. The relationship brought Marley two American brothers: Richard and Anthony.

Marley and Neville Livingston (later known as Bun-

ny Wailer) had been childhood friends in Nine Mile. They had started to play music together while at Stepney Primary and Junior High School. Marley left Nine Mile with his mother when he was 12 and moved to Trenchtown, Kingston. Cedella Booker and Thadeus Livingston (Bunny Wailer's father) had a daughter together whom they named Claudette Pearl, who was a younger sister to both Bob and Bunny. Now that Marley and Livingston were living together in the same house in Trenchtown, their musical explorations deepened to include the latest R&B from American radio stations whose broadcasts reached Jamaica, and the new Ska music. The move to Trenchtown was proving to be fortuitous, and Marley soon found himself in a vocal group with Bunny Wailer, Peter Tosh,

Beverley Kelso and Junior Braithwaite. Joe Higgs, who was part of the successful vocal act Higgs and Wilson, resided on 3rd St., and his singing partner Roy Wilson had been raised by the grandmother of Junior Braithwaite. Higgs and Wilson would rehearse at the back of the houses between 2nd and 3rd Streets, and it wasn't long before Marley (now residing on 2nd St), Junior Braithwaite and the others were congregating around this successful duo. Marley and the others didn't play any instruments at this time, and were more interested in being a vocal harmony group. Higgs was glad to help them develop their vocal harmonies, although more importantly, he had started to teach Marley how to play guitar—thereby creating the bedrock that would later allow Marley to construct some of the biggest-selling reggae songs in the history of the genre.

Musical career

1962–72: Early years
In February 1962, Marley recorded four songs, "Judge Not", "One Cup of Coffee", "Do You Still Love Me?" and "Terror", at Federal Studio for local music producer Leslie Kong. Three of the songs were released on Beverley's with "One Cup of Coffee" being released under the pseudonym Bobby Martell.

In 1963, Bob Marley, Bunny Wailer, Peter Tosh, Junior Braithwaite, Beverley Kelso, and Cherry Smith were called the Teenagers. They later

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MAJOR FIGURES IN AFRO...REMEMBERING ROBERT.. FROM PAGE 2

changed the name to the Wailing Rudeboys, then to the Wailing Wailers, at which point they were discovered by record producer Coxsone Dodd, and finally to the Wailers. Their single "Simmer Down" for the Coxsone label became a Jamaican #1 in February 1964 selling an estimated 70,000 copies. The Wailers, now regularly recording for Studio One, found themselves working with established Jamaican musicians such as Ernest Ranglin (arranger "It Hurts To Be Alone"), the keyboardist Jackie Mittoo and saxophonist Roland Alphonso. By 1966, Braithwaite, Kelso, and Smith had left the Wailers, leaving the core trio of Bob Marley, Bunny Wailer, and Peter Tosh.

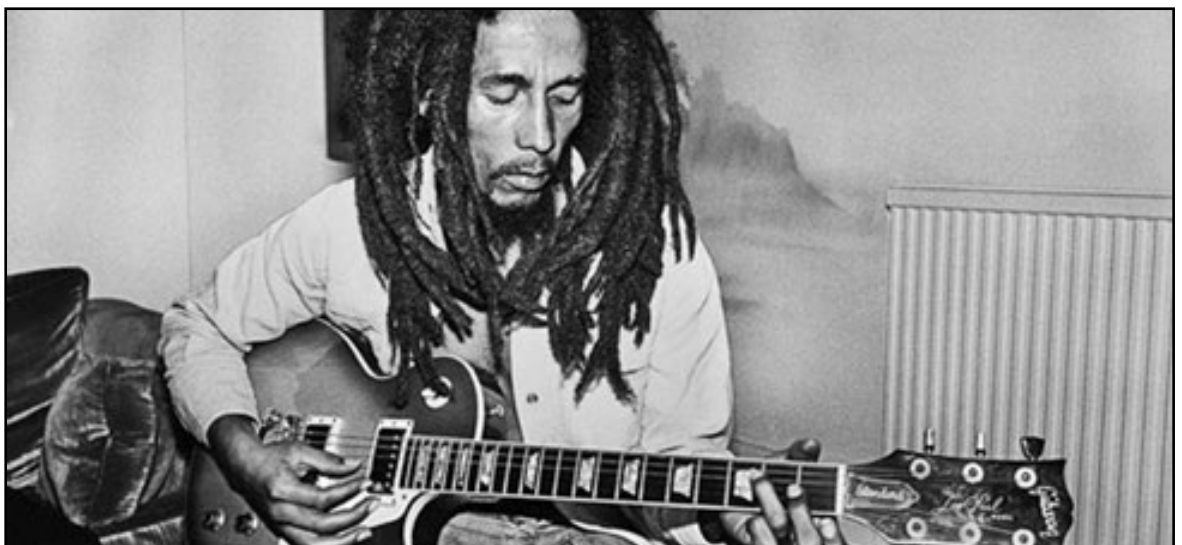
In 1966, Marley married Rita Anderson, and moved near his mother's residence in Wilmington, Delaware in the United States for a short time, during which he worked as a DuPont lab assistant and on the assembly line at a Chrysler plant, under the alias Donald Marley.

Though raised as a Catholic, Marley became interested in Rastafari beliefs in the 1960s, when away from his mother's influence. After returning to Jamaica, Marley formally converted to Rastafari and began to grow dreadlocks. The Rastafari proscription against cutting hair is based on the biblical Samson, who as a Nazirite, was expected to make certain religious vows, including the ritual treatment of his hair as described in Chapter Six of the Book of Numbers: "All the days of the vow of his separation there

shall no razor come upon his head: until the days be fulfilled, in the which he separate himself unto the Lord, he shall be holy, and shall let the locks of the hair of his head grow." (Numbers 6: 5 KJV)

After a financial disagreement with Dodd, Marley and his band teamed up with Lee "Scratch" Perry and his studio band, the Upsetters. Although the alliance lasted less than a year, they recorded what many consider the Wailers' finest work. Marley and Perry split after a dispute regarding the assignment of recording rights, but they would remain friends and work together again.

1969 brought another change to Jamaican popular music in which the beat slowed down even further. The new beat was a slow, steady, ticking rhythm that was first heard on the Maytals song "Do the Reggay." Marley approached producer Leslie Kong, who was regarded as one of the major developers of the reggae sound. For the recordings, Kong combined the Wailers with his studio musicians called Beverley's All-Stars, which consisted of the bassists Lloyd Parks and Jackie Jackson, the drummer Paul Douglas, the keyboard players Gladstone Anderson and Winston Wright, and the guitarists Rad Bryan, Lynn Taitt, and Hux Brown. As David Moskowitz writes, "The tracks recorded in this session illustrated the Wailers' earliest efforts in the new reggae style. Gone are the ska trumpets and saxophones of the earlier songs, with



instrumental breaks now being played by the electric guitar." The songs recorded would be released as the album *The Best of The Wailers*, including tracks "Soul Shakedown Party," "Stop That Train," "Caution," "Go Tell It on the Mountain," "Soon Come," "Can't You See," "Soul Captives," "Cheer Up," "Back Out," and "Do It Twice".

Between 1968 and 1972, Bob and Rita Marley, Peter Tosh and Bunny Wailer recut some old tracks with JAD Records in Kingston and London in an attempt to commercialize the Wailers' sound. Bunny later asserted that these songs "should never be released on an album ... they were just demos for record companies to listen to". In 1968, Bob and Rita visited songwriter Jimmy Norman at his apartment in the Bronx. Norman had written the extended lyrics for Kai Winding's "Time Is on My Side" (covered by the Rolling Stones) and had also written for Johnny Nash and Jimi Hendrix. A three-day jam session with Norman and others, including Norman's co-writer Al Pyfrom, resulted in a 24-min-

ute tape of Marley performing several of his own and Norman-Pyfrom's compositions. This tape is, according to Reggae archivist Roger Stefens, rare in that it was influenced by pop rather than reggae, as part of an effort to

break Marley into the American charts. According to an article in *The New York Times*, Marley experimented on the tape with different sounds, adopting a doo-wop style on "Stay With Me" and "the slow love song

ists" on "Splish for My Splash". An artist yet to establish himself outside his native Jamaica, Marley lived in Ridgmount Gardens, Bloomsbury, during 1972.

MORE IN JULY 2017 EDITION

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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
SATURDAYS & SUNDAYS 6PM-9PM

FREQUENCY MIXSHOW
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100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA - P2



26. WEST AFRICA had walled towns and cities in the pre-colonial period. Winwood Reade, an English historian visited West Africa in the nineteenth century and commented that: "There are . . . thousands of large walled cities resembling those of Europe in the Middle Ages, or of ancient Greece."

27. Lord Lugard, an English official, estimated in 1904 that there were 170 walled towns still in existence in the whole of just the Kano province of northern Nigeria.

28. Cheques are not quite as new an invention as we were led to believe. In the tenth century, an Arab geographer, Ibn Haukal, visited a fringe region of Ancient Ghana. Writing in 951 AD, he told of a cheque for 42,000 golden dinars written to a merchant in the city of Audoghast by his partner in Sidjilmessa.

29. Ibn Haukal, writing in 951 AD, informs us that the King of Ghana was "the richest king on the face of the earth" whose pre-eminence was due to the quantity of gold nuggets that had been amassed by the himself and by his predecessors.

30. The Nigerian city of Ile-Ife was paved in 1000 AD on the orders of a female ruler with decorations that originated in Ancient America. Naturally, no-one wants to explain how this took place approximately 500 years before the time of Christopher Columbus!

31. West Africa had bling culture in 1067 AD. One source mentions that when the Emperor of Ghana gives audience to his people: "he sits in a pavilion around which stand his horses caparisoned in cloth of gold: behind him stand ten pages holding shields and gold-mounted swords: and on his right hand are the sons of the princes of his empire, splendidly clad and with gold plaited into their hair . . . The gate of the chamber is guarded by dogs of an excellent breed . . . they wear collars of gold and silver."

32. Glass windows existed at that time. The residence of the Ghanaian Emperor in 1116 AD was: "A well-built castle, thoroughly fortified, decorated inside with sculptures and pictures, and having glass windows."

33. The Grand Mosque in the Malian city of Djenné, described as "the largest adobe [clay] building in the world", was first raised in 1204 AD. It was built on a square plan where each side is 56 metres in length. It has three large towers on one side, each with projecting wooden buttresses.

34. One of the great achievements of the Yoruba was their urban culture. "By the year A.D. 1300," says a modern scholar, "the Yoruba people built numerous walled cities surrounded by farms". The cities were Owo, Oyo, Ijebu, Ijesa, Ketu, Popo, Egba, Sabe, Dassa, Egbado, Igbomina, the sixteen Ekiti principalities, Owo and Ondo.

35. Yoruba metal art of the mediaeval period was of world class. One scholar wrote that Yoruba art "would stand comparison with anything which Ancient Egypt, Classical Greece and Rome, or Renaissance Europe had to offer."

36. In the Malian city of Gao stands the Mausoleum of Askia the Great, a weird sixteenth century edifice that resembles a step pyramid.

37. Thousands of mediaeval tumuli have been found across West Africa. Nearly 7,000 were discovered in north-west Senegal alone spread over nearly 1,500 sites. They were probably built between 1000 and 1300 AD.

38. Excavations at the Malian city of Gao carried out by Cambridge University revealed glass windows. One of the finds was entitled: "Fragments of alabaster window surrounds and a piece of pink window glass, Gao 10th - 14th century."

39. In 1999 the BBC produced a television series entitled Millennium. The programme devoted to the fourteenth century opens with the following disclosure: "In the fourteenth century, the century of the scythe, natural disasters threatened civilisations with extinction. The Black Death kills more people in Europe, Asia and North Africa than any catastrophe has before. Civilisations which avoid the plague thrive. In West Africa the Empire of Mali becomes the richest in the world."



40. Malian sailors got to America in 1311 AD, 181 years before Columbus. An Egyptian scholar, Ibn Fadl Al-Umari, published on this sometime around 1342. In the tenth chapter of his book, there is an account of two large maritime voyages ordered by the predecessor of Mansa Musa, a king who inherited the Malian throne in 1312. This mariner king is not named by Al-Umari, but modern writers identify him as Mansa Abubakari II.

MORE ON THIS TOPIC IN JULY 2017 EDITION

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NOTICE

THE COMMUNITY GARDEN will soon be open to the general public. We have been experiencing a bit of delays awaiting a sustainable electrical connection to the farm. Despite all the ups and downs we have went through to get to this point with the community garden, we have no plans on giving up. We see every struggle as a victory towards the greater purpose.

Last weeks meeting with Prime Minister Mr W. Marlin and Minister of VROMI Mr C. Emmanuel was a positive opportunity for parties to expressed thier concerns on the matters concerning the community garden. A follow up meeting was held and we are now awaiting the next step from the minister of VROMI.

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HOW TO GET RID OF CONSTIPATION IMMEDIATELY AND NATURALLY P2

MOTHER SEEKS ANSWERS TO NATURAL CONSTIPATION RELIEF

Dear CX, My son suffers from constipation from a young age and have tried all sorts of laxatives, but up to this point it only grants him temporary relief. I would like to find a natural alternative to find a better solution to resolving his situation. Can you help me to understand a bit more about constipation and natural ways to perhaps get rid of it? Thank you ... Concerned Mother

By Karen Reed \ positivehealthwellness.com

AS MENTIONED in the last edition, it is important for the body to absorb the water and nutrients from consumed food but sometimes drugstore laxatives push the food through your digestive system too quickly meaning the body doesn't have time to absorb the goodness.

The Different Types Of Laxatives

Not all laxatives are the same which again; not many people are aware of. There are five different types of drugstore laxatives which I have explained in more detail below.

Not only are there five different types of drugstore laxatives but there are some laxatives that combine some of these different types and sometimes even all five.

Laxatives that have a combination of different types can be harmful to your body and cause damage so I would stay away from these types altogether.

The five different types of drugstore laxatives are:

1. Stool Softening Laxatives – mostly works in 1 to 4 days
2. Bulk Creating Laxatives – mostly works in 1 to 3 days
3. Lubricant Laxatives – mostly works in 5 to 9 hours

4. Stimulant Laxatives – mostly works in 6 to 24 hours

5. Saline Laxatives – mostly works in 1 to 3 hours

Stool Softening Laxatives
These stool softening laxatives contain emollients which help to mix oil and water.

Stool softening laxatives help to bring water in to soften your stools so that they will be easier to pass.

Constipation causes stool to harden and become dry which is why passing can be a struggle and even painful at times.

They take 1 to 4 days to start working so aren't a quick remedy which is why they are commonly used to prevent constipation rather than stop it.

However, this prolonged period of use can cause harm as I mentioned earlier.

Bulk Creating Laxatives

Another drugstore laxative type is the bulk creating laxatives which are the safest of all the drugstore laxatives and can be used for a longer period too.

The ingredients in this drugstore laxative have qualities that resemble foods high in fiber.

This will help to create bulkier and heavier stools as well as help trap water for



easy passing.

Creating bulkier and heavier stools will trigger the colon to make a bowel movement.

Bulk Creating Laxatives are the better choice of drugstore laxatives because it gives your body fiber which is a natural remedy for constipation.

Even though it is a safe option, an even better option would be to get your fiber from the food source itself.

Lubricant Laxatives

Rather than draw water in like the stool softener, the lubricant laxative will add a layer of lubrication to the walls of the intestines which will help stool to pass more easily

through your digestive tract.

There are two further types of laxatives that fall under lubricant laxatives.

The first is the mineral oil lubricant laxative and the second is the glycerin oil lubricant laxative.

The mineral oil lubricant laxative is to be taken orally whereas the glycerin oil lubricant laxative is to be taken rectally.

If your stools are severely hard and dry, then it is usually recommended to use the glycerine oil lubricant laxative if you choose to use a drugstore laxative.

Lubricant laxatives tend to work in 1 to 4 hours which is great if you want to cure your constipation quickly.

Stimulant Laxatives

The stimulant laxative pretty much does what it says... it stimulates.

In more detail, it stimulates the intestine muscles to start working again to push stools through the colon.

While this sounds like exactly what you need to cure your constipation, it is something that people should stay away from.

The reasons why stimulant laxatives should be avoided are because your intestinal muscles can learn to depend on them.

As well as causing your intestinal muscles to become dependent on these laxatives to function, they could also damage these muscles which will make your constipation worse.

If you do for some reason use stimulant laxatives, make sure that it is only rarely used to avoid these consequences.

Saline Laxatives

Saline laxatives work by drawing water into your digestive tract which will then help to encourage bowel movement.

The main reason people use saline laxatives is because they only take one to three hours to work so can provide instant constipation relief.

As with all drugstore laxatives, saline laxatives come with their side effects. Because they draw water to work and work so quickly, they can cause an imbalance which will cause you to have intense thirst and dehydration.

A word of warning

on saline laxatives; they can cause damage to your kidneys if you take high doses.

For this reason, it is important that you avoid saline laxatives if you have kidney problems or weak kidneys.

Herbal Laxatives

Now that I have explained all there is to know about drugstore laxatives, it is time to get onto the good stuff and why you're here.

I have listed a ton of home remedies for constipation that you can take to stop your constipation and prevent it happening again.

Herbal laxatives will do the same as drugstore laxatives by helping the intestinal muscles to push stools through the colon as well as soften stools to make it easier to push.

The difference between drugstore laxatives and herbal laxatives is that the herbal laxatives are natural and come straight from the source so contain no chemicals or are processed.

How To Get Rid Of Constipation Immediately and Naturally with Strong Herbal Laxatives

There are some herbal laxatives that are strong and should only be used when you're suffering from severe constipation.

Some of these strong herbal laxatives include buckthorn, senna, aloe and cascara sagrada.

They work by irritating the nerves on the colon wall which will then stimulate bowel movement to

CONTINUED ON PAGE 8

HOW TO GET RID OF CONSTIPATION IMMEDIATELY-P2 ...FROM 7

relieve constipation.

The reason they should only be used when you have severe constipation is because when they work to irritate the colon wall, it can cause quite a lot of pain.

I mentioned earlier that your intestinal muscles can become dependent on the overuse of drugstore laxatives; the same applies to these strong herbal laxatives too.

The reason both drugstore laxatives and herbal laxatives have this similarity is because these strong herbals can be found

in drugstore laxatives.

Moderate To Mild Herbal Laxatives

One of the healthiest ways to cure your constipation is to use moderate and mild herbal laxatives.

Not only will they help to cure your constipation but they will also help improve your overall health and help prevent any further bouts of constipation.

The reason I recommend these herbal remedies the most is because the goodness comes directly from the source with no processing or chem-

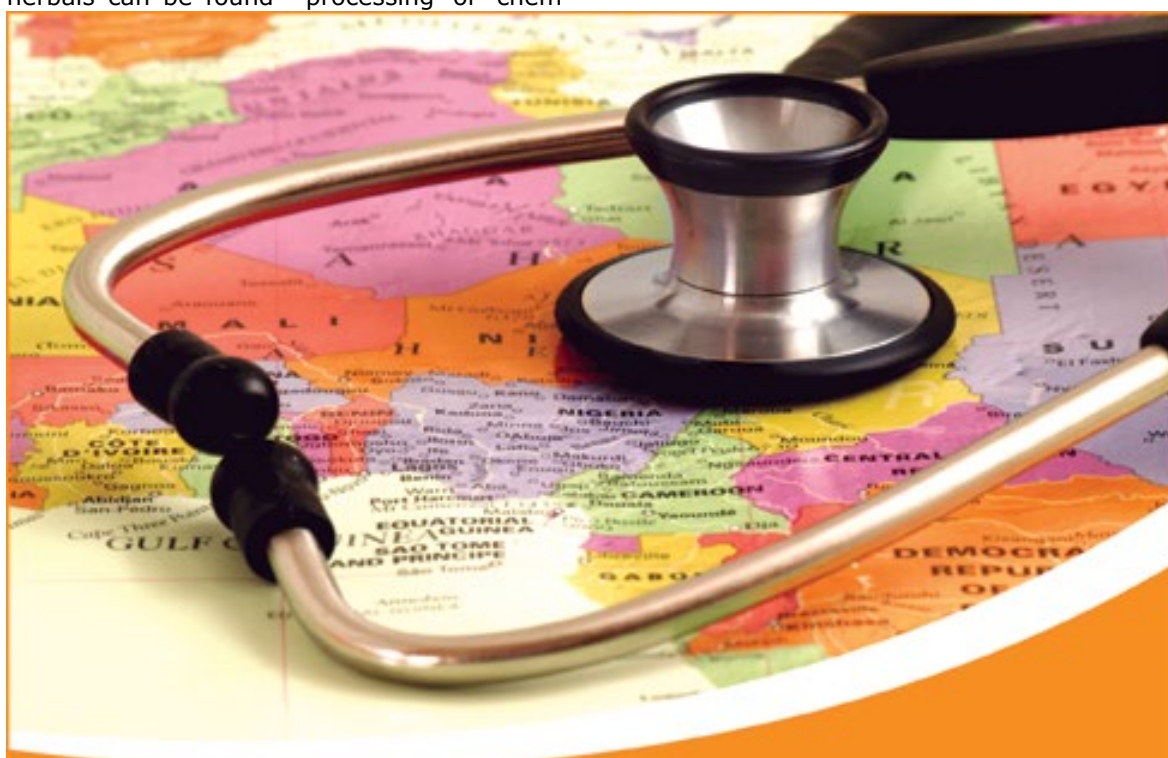


icals. Some of these mild and moderate herbal laxatives include black seeds, flax seeds, certified organic cloves and slippery elm.

Instead of just taking one herbal remedy from the list below,

it is best to create a mixture of these herbal remedies.

Combining these herbal remedies will help to get rid of your constipation a lot quicker than having them individually.



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VEGATERIAN AND VEGAN RECIPES

An Exceptional Salad with an Unusual Coconut Oil Dressing



INGREDIENTS

5 tablespoons cold-pressed coconut oil
3 teaspoons yuzu kosho
2 teaspoons Bragg liquid aminos, tamarin, or coconut aminos
2 1/2 tablespoons brown rice vinegar
Juice of two limes

2 bunches (6 ounces) of chopped kale
1/3 cup macadamia nuts, irregularly chopped
1 or 2 fresh chive blossoms
1/3 cup unsweetened dried coconut strips, lightly toasted

to serve: some grilled or broiled tofu tossed with any extra dressing

DIRECTIONS

Make the dressing: If your coconut oil is solid, place a heatproof bowl over a small saucepan with simmering water (a makeshift double boiler), when the oil has melted, remove from heat.

While the oil is still warm, whisk in the yuzu kosho, aminos, vinegar, and lime juice. If the dressing solidifies, rewarm it briefly over a pan or bowl of hot water, whisking it just until it liquifies again.

Make the salad: Arrange the kale in a large serving platter or bowl. While the dressing is liquid, drizzle a generous amount over the kale, and work it thoroughly into the kale with your hands. Sprinkle with the macadamia nuts. Toss again, and allow the salad to sit for 3 to 5 minutes. The macadamia nuts should stick to the surface of the leaves as the oil returns to a solid state.

Pick the purple buds from the chive blossoms and scatter them around the salad. Top with the toasted coconut, and give it all one last light toss. Serve immediately

By 101cookbooks



**"A free mind,
is a free heart !"**

URBAN POVERTY, IN BLACK AND WHITE P1

(CNN) -- SAY "urban poor," and the image that most likely comes to mind is one of young black men caught up in a swirl of drugs and violence and irresponsible single women having babies. But this pervasive stereotype overlooks a surprising reality: Many whites live side by side African-Americans in some of the country's poorest urban neighborhoods.

Because white pov-

erty is less expected, less recognized and less studied, we often exclude poor whites from our discussions. That masks a fundamental truth about economic inequality: Poverty is colorblind. But neither is it the same for everyone, as the white poor benefit from a lifetime of the hidden perks of white privilege. As our nation continues down the road of economic recovery, this is a reality our local and



national policymakers cannot afford to ignore as they seek to address employment and income inequality.

We traced the experience of nearly 800 children in Baltimore for more than 25 years, from the time they entered first grade in the fall of 1982 in 20 Baltimore public schools to well into their third decade. Half their families were low income, according to school records, and the typical low-income parent hadn't finished high school. What might be surprising is that of that half, 40% are white.

Looking at where these children started

in life and where they ended up, the study results are troubling but clear: At 28, hardly any of the children from a disadvantaged background, black or white, had finished college.

But even without the benefit of a college degree, whites, and white men especially, had vastly better employment outcomes. At every age, the white men experienced shorter spells of unemployment, were more likely to be working full-time and earned more.

Baltimore, like so many other American cities, suffered immensely under the ravages associated

with de-industrialization: the loss of industry, population and wealth. Under such circumstances, many of the city's disadvantaged youths stumbled along the way. But the consequences have been especially dire for African-Americans. As young adults, African-American men had fared much worse than whites in the job market, even though they and their white counterparts had about the same levels of education and the whites reported higher rates of marijuana and heavy drug use and binge drinking.

Take, for example, the types of jobs the men in our study held.

At 28, nearly half of the white men who had not attended college were employed in the industrial and construction trades, the highest-paying sector of blue-collar employment. By contrast, only 15% of African-American men worked in these sectors, and even within that small group, annual earnings were less than half that of whites -- \$21,500 versus \$43,000.

This disparity is no accident.

It fits a broader pattern evident as far back as high school: About one-fifth of white men who grew up in disadvantaged families had after-school and summer jobs in these industries -- important experience that can help secure a full-time job -- while not a single African-American person did.

**MORE ON THIS
TOPIC IN JULY 2017**

RAS ITAL

WHA YA SAY TELL DI TRUTH !

The system set we all up!



Jah know star dis ting call poberty have no face taal. Di earth a fruitful place and still so much people a live in a city, state, village, parish a poverty round jah globe. Sad thing is there is nuf likkle things dem dat can be done fi tek we out di state and put we pun an island of joy! Finding joy in simple thing dem mek ya feel good no matta how di system try set we up fi fail. Truly without the freedom to appreciate, cultivate, enherite and share rightfully what di father and mother nature set fi we , we all will continue to live in a world of poverty.

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IF I HAD WINGS I WOULD FLY

IF I HAD WINGS

I would soar through the sky.. Leave my problems behind so eventually they'll subside. Because I'm no longer attached to the hurt of my past and to my next journey I'm going to at last.

If I had wings I would fly away... To an unknown place of total peace, and reminisce on the days my heart was at ease and not trampled by others who often misused me.. With their foolish lies that broke me down... They would always turn my smile into a frown.

If I had wings I would not be here with the people around me

who pretend to care... I would be on a mountain on the highest peak with no negative energy surrounding me... Just me and my thoughts alone and free and enjoying that moment of peace and tranquility.

If I had wings I would want to know where I'd be... Somewhere praying for my inner peace... Because you see although I smile and portray a positive act.. My heart sometimes hurt from all the pain and all I want to do is attack.. The ones who wronged me or even tried to bring me down, they almost made me throw away my precious invisible

crown.

Life is not easy but it gets better as time goes by... Because the lessons it brings, also teaches us to see things through different eyes... Some of us are strong and can withstand the tremendous blows and other fall down and simply crumble to the floor..

I want to let you know that you can spread your wings and have a lifetime protection from the highest king. No more being distant or blocking out the world... For he will cover you just like a clam covers its precious pearl.

I'm talking about a lifetime of protec-

tion and courage to face this world, and not a shadow of doubt to make you feel less of what you're truly worth...Surrendering your all to him and watch him take control and receiving joy so unspeakable that can only touch the soul..

Many of us try to do things our own way. only to be misguided and totally lead astray... I'm

here to tell you now that you still have a chance, to make that leap of faith and be added to his master plan of redirecting your life and fulfilling all your needs just being a child of God that you were called to be.

So spread those wings so wide and long as they can be.. To show the world you're not forgotten and leading the example you were meant to

be.. Spiritually committed and devoted to his word, a child of a spiritual royalty and favored by the most. The most high of our very existence and ruler of the earth.. Because he values your heart and truly knows your worth.

If I had wings I would fly.....

**WRITTEN BY
LATOYA RUAN
11 JAN 2016**

WHAT MAKES A WORK OF ART VALUABLE?

THE FIRST artists emerged in the Ice Age, when humans moved out of the eastern Mediterranean and into the rich central European plain with its plentiful supply of food. Initially they painted what they saw around them—people, animals, hunting—as scenes depicted in ochre and mud on the walls of caves. Then 40,000 years ago a skilled artisan in south-west Germany carved a standing figure from his imagination. Thirty centimetres high and known as Der Löwenmensch, it has human legs and an arm but the head of a lion. This was the first known true work of art. In due course, artworks became precious, desired and traded. The earliest illustration of the art market that we know of is on a Greek cup, painted by Phintias and dating to 500BC, that shows a young man buying a vase. But what makes a work of art valuable?

The art market as we know it today emerged in the 18th century. Before that works of art were

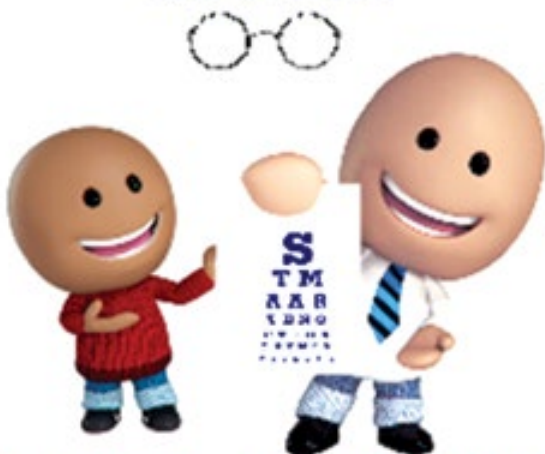
commissioned directly from artists, chiefly by wealthy and powerful patrons such as the Medicis and the Catholic Church, rather than traded. Other collectors began to emerge with the industrial revolution and the rise of the middle class in Europe. Christie's, an auction house, was founded in 1766. Wealthy dealers, who brought buyer and seller together, emerged in the 19th century. In the 21st century the market is enormous. Art sales in 2015 totalled \$64bn, according to a report by Clare McAndrew, an art economist, making it bigger than the economy of Kenya or Costa Rica. Fashion drives the contemporary art market, as does scarcity (but not too much). "Validation" is important too: association with a great collector (such as David Bowie), participation in a much-lauded exhibition or being recognised as part of the story of art history.

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PROFILE OF TANNY & THE BOYS STRING BAND



THE MEN AND MUSICAL TRADITION of Tanny & The Boys is the premier string band of St. Martin, and some would dare say of the North Eastern Caribbean. The musical group remains remarkably popular with the young and the old; and it has entertained personages from the Mighty Sparrow, kaiso king of the world, to Queen Beatrix of the Dutch kingdom. Tanny & The Boys was founded in the late 1970s and has the distinction of being the oldest existing band—of uninterrupted music-making—on the island. The golden age musicians of this band play a festive music rooted in traditional St. Martin. The music is as sweetly infectious now to the mind, body, and soul of many as it was to revelers and partygoers for the first half the 20th century when the string band was a dominant mode of entertainment at parties. Those parties at times lasted “all night long” and “for days” on this Charismatically Caribbean island.

The band is named after its once band-leader Nathaniel “Tanny” Davis. Tanny played music for nearly 50 years before retiring in the 1990s (his banjo was made in St. Martin by Albert Cocks and is over 40 years old). He also played the “cuatro,” a small four-string guitar. Tanny, born in Anguilla in 1930 and reared in St. Martin, founded the now defunct string band, Beach Island Stars. The Stars was formed in the late 1960s and included fellows like Hignet Rogers, Ebel Gumbs, Federico “Culebra” Smith, and the late George “Papang” Henson, Alfred “Demon Devil” Lloyd and Abraham Thomas. Federico “Culebra” Nathaniel Smith, now in his mid-70s, is considered by the band and the folks of St. Martin to be Tanny & The Boys’ main attraction. Up to this day some

folks know the band as “Culebra dem.” His singing is the essential style of Tanny & The Boys. Born in the Dominican Republic to St. Martin parents, Culebra is a veteran at the art of string music, playing the guitar and singing for over 40 years. He started out with a French Quarter-based string band that included old-timers like Fédé Hyman, Lionel “Djuki” Romeo, Carl London, and Maurice Wescott.

Maxime Emeal Reed and Culebra are Tanny & The Boys’ lead vocals. Maxime is a former member of Beach Island Stars and has been strumming guitar for over 50 years. Born in Anguilla in 1921, he came to St. Martin in 1938 as a teen-ager and that same year took up with a group headed by the late accordion player George Blyden. Blyden held “casa dances” Over-The-Pond every Thursday and Saturday nights. When Blyden’s son, Ludwick, left for Curaçao, the guitar-playing job went to Maxime. This dudish musician has known the nation’s party life from the time of “two-sou dances” to the “house concerts,” to when in some parts a party was called a fête; a bottle of “jack iron” rum and “a little plate of bullfoot soup” were “payment” for musicians who played long, hard and sweet into the fore-day, while dancers “whined” away to the festive music of the string band.

Edward “Eddie” Emanuel Violenus has been playing music since the age of 16. His accordion is the soul of the Tanny & The Boys sound. Born in Aruba in 1939, Eddie was an original member of the now defunct Seteto Flores, a string band that played at house parties, hotels and formal functions in the early 1960s. Seteto Flores started out with musicians like Karl “Tall Boy” Arndell, Jocelyn Arndell, Thomas Pemberton, Alberto Richard-

son, Arthur Mathew, and Raymond Violenus. An instrument maker, Eddie made the tambora, marimba and güiro now used by Tanny & The Boys. Eddie took part in the transition movement from purely string music to the “big band” beginnings, when between 1962 and 1965 the Seteto Flores fused with the horn or “blowing” instruments of music pioneer John C. Larmonie’s Philipsburg Community Brass Band to form Philipsburg Conjunto. Conjunto, also known as Larmonie and his Boys, appeared to have been formed expressly in response to the 1960s audience demand for a bigger and better “amplified” party sound at the popular “public dances” held at St. John’s Ranch, Vava Flanders’ theater in Grand Case, and like venues throughout St. Martin.

George Bernard Violenus is the band’s tambora-man. George, like his brother Eddie, was born to St. Martin parents in Aruba in the late 1930s. George, the “observer” of the group, has been knocking and beating his drum since the age of 17. He sang with Cortijo out of Puerto Rico and Cuba’s Chapotin and mantansera when those musical groups played in Aruba during the mid- to late-1950s. On St. Martin, in the early- to mid-1960s, George sang with Butcher & The Boys. Since the late 1970s George has been keeping the sweet rhythmic drumbeat for Tanny & The Boys.

James Roosevelt Samuel joined “The Boys” in 1991, replacing the late Abraham Thomas on the marimba, the band’s bass instrument (resembling and sounding much like the African hand-held kalimba). The St. Martin-born Roosevelt is the eldest son of another traditional string master and maker of instruments, James “Jim Tucker” Robert

CONTINUED ON PAGE 12

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PROFILE OF TANNY & THE BOYSFROM PAGE 11

Samuel. A young Roosevelt was the maracas player for the Jim Tucker group. Tucker's band of stringed instruments troubadours reigned at jam sessions known as "bull fight dances" and "public dances" held throughout the island and especially those hosted by Tounké Flanders in Experiment, and by Lilian Arndell and Louisa Stewart in Sucker Garden during the 1950s and into the 1960s. In 1959 Roosevelt played guitar pan (13-note) for the Jungle Sparrows when that steel band traveled to Curaçao to perform. He also played the maracas and marimba for Seteto Flores.

Jocelyn Antonio Arndell, born in Curaçao in 1941, has been playing music for 32 years, in his own words, "off and on." He could be considered a junior member with "The Boys," but his scrap-

ing güiro instrument brings a haunting primordial sound to give a persistent stroke of mystery to this classic St. Martin fête music. Jocelyn, the band's historian and an original Seteto Flores member, also plays the accordion, guitar and marimba. His late mother Lilian Arndell, a village queen hostess of the "bull fight" and public dances, was an accomplished folk player of the guitar, mandolin, concertina, flute, and accordion.

In 1992, Tanny & The Boys released *Fête*: The first recording of traditional St. Martin's festive music (LP/cassette, Mountain Dove Records). At the onset of the new century came the release of *Classic Tanny & The Boys - String Band Music from St. Martin* (A Mongoose Production, 2000), the band's first CD. Since this last recording, which contained new



Tanny and The Boys - Photo by wanderingrhythms

songs and a few old favorites, the band of seniors, with a seemingly inexhaustible disposition, continues its rigorous schedule all over St. Martin (and an occasional gig abroad), playing throughout the week, every week of the year in hotels, for private parties and cultural activities. The music and the accent that the musicians bring to the songs, whether sung in English or Spanish, bring alive a unique language that is felt as a total, joyful experience of mind, body and

soul. "The Boys" play merengue, calypso, tumba, bolero, waltz, pop, blues, polka, and mazurka with a grace, confidence, and macho mastery that is legendary to the culture of old time musicians, especially as expressed in the playing and posture of the classic panman. "The Boys" "dem" appear to hold their instruments as an extension of time-earned genius, play their music and sing their songs with an eternal freshness, and convert a calypso tune into a merengue mix as only artists wise by the experience of doing art for the sweetness of life's sake could ever do.

In *Fête* and in *Classic Tanny & The Boys* some of the band's songs are traditional, folksy, their origins on St. Martin obscure. Some of the music treats are cherished by "The Boys" as their

original creations. Some are adaptations of old-time calypsos and of tunes brought to St. Martin by music men like Theophile "Ton'ton Neg" Flanders and Bèbè Flanders returning from Santo Domingo in the 1920s with particularly merengue and the Cuban bolero and guaracha. On the cultural forge of S'maatin they fused it with native music, song and dance forms (ponum, pump-drum, possibly the quimbé). These folk musicians would then draw on Creole (including Papiamentu) rhythms and other Caribbean sounds from French- and English-speaking islands. In the cultural heartland villages such as Rambaud, St. Louis, Freetown and Colombier they "string out" a unique sound at fêtes and during courting and Christmas serenades.

The songs and music of "The Boys" also has an antecedent heritage in string band players like the colorful Daniel "Negro" Thewet (the late father of Kaisonian Mighty Cat), Wa'kin Dollison and their "two-sou dances" of the 1940s.

The musicians of Tanny & The Boys have played all their lives, firstly for the people of St. Martin, at "house concerts," "casa dances," "public dances," anniversaries, birthday parties, book parties, and formal receptions. The band has played in Anguilla, Saba, St. Eustatius, St. Bartelemy, Tortola, St. Croix, Trinidad, The Netherlands, Bonaire, Curaçao, Germany, in Aruba where it took part in a live TV tourism promotion to Japan in the late 1980s, and in Cuba at the 22nd annual Festival del Caribe, Fiesta del Fuego in 2002. "The Boys" has entertained St. Martin's lieutenant governors, mayors, and a host of other dignitaries, personalities, and visitors to the island.

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Source: FB Page Tanny and the Boys String Band

TOP 7 ECOTOURISM DESTINATIONS IN SOUTHEAST ASIA

THE TERM 'ECO-TOURISM' means a type of holiday where the location covers natural areas, the intention of the visitor is to support local people and the travel is focused on sustainability. It means responsible travel that conserves the environment and supports conservation efforts.

Tourism can easily mean environmental harm due to pollution and overuse of natural resources. However it also means that it has the power to encourage the preservation of the environment in developing countries by increasing awareness of endangered ecosystems around the world.

Ecotourism is recently emerging especially in countries with tropical rain forests which are popular tourist destinations. This new way of traveling is a common aspect of the rapidly growing industry in Southeast Asia. The great environmental and cultural richness give the potential to this region to be among the great ecotourism destinations in the near future.

We have selected 10 popular areas from the Southeast Asian region to inspire you for your next sustainable eco holidays.

1. Tatai River, Cambodia

The area of the Tatai River and the Cardamom Mountains is one of the largest and still mostly unexplored forests in Southeast Asia. Located near the Thai border in Koh Kong province the region offers untouched sand beaches and clear waters, and dozens of threatened species, including the endangered Asian elephants and tigers. The concept of Tatai Waterfront Resort is a good example of the harmonious co-existing human and nature.

2. Luang Namtha, Laos

Luang Namtha is Laos' northwestern most province. It has access to the Nam Ha Protected Area, the Namtha River and Lao ethnic villages. The beautiful landscape, wonderful people, rich natural biodiversity offers a great eco-tourism destination. Tak-



Myeik (Mergui) The area has amazing diversity of flora and fauna and breath taking underwater scenes and marine life.

ing part in activities like rafting, trekking, and biking gives the villagers in the forest an alternative source of income. The presence of tourists in the area sends a message to locals that a forest uncut is more valuable than a cut forest. The Boat Landing Eco Lodge offers a great selection of activities and accommodation and supports local communities.

3. Taman Negara National Park, Malaysia

The Taman Negara National Park has been developed into a famous ecotourism destination since its establishment in 1938. The park is fa-

mous for the longest (530m) canopy walk in the world, hovering 45 meters above ground and also reputed as the world's oldest rainforest at more than 130 million years of age. It is the ultimate destination for adventure-seekers because of jungle safaris, hikes, and white water rafting opportunities.

4. Khao Sok National Park, Thailand

Khao Sok National Park is situated on the mainland of Southern Thailand. It is an amazing place, covered by one of the oldest evergreen rainforest in the world, huge limestone mountains, deep valleys, lakes,

caves and wild animals. The beautiful Cheow Larn Lake in the heart of the national park with its floating raft houses and luxury tents offers safe and special overnight stay.

5. Komodo National Park, Indonesia

The Komodo Island is the only habitat of the Komodo dragons, the largest lizard on Earth. Here you can see up to three meters long giants. The island is also famous for excellent diving and snorkelling sites. The lodges and resorts can arrange tours to the national park and also diving trips, river safaris to view birds.

6. Cat Ba Island,

Vietnam

Cat Ba National Park is centred on Cat Ba island in northern Vietnam. Similarly to Halong Bay, the landscape is dominated by karst limestone islands rising from the sea. The natural beauty, incredible geology and diverse biodiversity of this area attracts many local and foreign tourists each year. Cat Ba Eco-Lodge offers a great accommodation in this pristine environment.

7. Cameron Highlands, Pahang, Malaysia

Cameron Highlands of Peninsular Malaysia offers a wealth of attractions with the unique temperatures that dip as low as 12C during the night, daily temperatures averaging between 17 to 23C. Spend your morning at the Sungai Palas tea plantation, the lush and enjoy the beautifully green landscape visit the butterfly centre, honey bee farm or sign-up for a guided tours to the Mossy Forest to escape from the big cities.

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HOW TO BECOME AN ENTREPRENEUR IN 12 WEEKS: A CASE STUDY

By Paul B. Brown

WE HAVE argued from the very beginning that everyone will need to develop entrepreneurial skills to thrive in the years ahead. Given how fast the global economy is involving and the number of jobs—and indeed entire industries—that are disappearing you simply have no choice.

And we have explored in depth the thought process you need to follow when dealing with all the uncertainty we now face.

YOU:

* Determine your desire, i.e. you begin by figuring out what you really want to have happen. Then

* Take a small step toward finding or creating something that will allow you to capitalize on that desire. From there

* Learn from taking that small step.

* Build off that learning and take another step. Then

* Learn from that one...and so on

It's a model that we call: Act. Learn. Build. Repeat.

We have taught this approach in our Just Start course (www.Just-Start.com). Tom McDonough (www.getappia.com), one of the participants in our course, has taken our ideas and built on it. He argues—and we believe him—that it is possible using this approach that anyone could develop an en-

trepreneurial mindset in 12 weeks. And he is in the process of creating a course of his own to show people how to do just that.

"Developing an entrepreneurial mindset is key to successfully managing one's career in this time of rapid market change and the uncertainty it brings," Tom says. "Yet many people aren't cut out to be entrepreneurs in the sense of running their own business, so how can they develop the entrepreneurial mindset? The only way to develop it by doing—using the act, learn build repeat model."

Here's what we take from the underlying premise of Tom's course.

1. Everyone is, or can be, expert in something. Or

2. Many of us can make things, or have ideas for a small service we could offer.

Given those two insights, the question is whether that thing, service or expertise is valuable enough that some group of people will pay you for it. If so, how do you get started and find those people? And how do you offer that expertise at a cost to you of less than what you get paid for it?

You might, for example, offer a course on Udemy.com. Or write a short manual and self-publish on Amazon. Or if it is a thing, you might pro-



duce it and sell it on eBay. And it doesn't even have to be something you produce yourself. One woman we know has a nice side business inventorying and reselling old Cuisinart parts on eBay.

To Tom, it really doesn't matter how big the idea could become, the key thing is to get underway to prove to yourself a) You can do it and b) whether you like the idea of starting and running something.

How might this work? It is not as hard as you think. To remain motivated Tom's suggests you do this with a few friends who mutually commit to supporting each other. Each person:

Determines an acceptable hourly wage for him/herself.

Commits to creating a business that at

the end of 12 weeks that:

Runs on a couple hours of effort

Yields profit equal to or exceeding the acceptable hourly wage

Can be shut down easily.

And you get underway "asking the question what could I start that could, within 12 weeks, begin to generate a modest profit (\$250/wk. or \$1,000/mo.) Just enough to make you a believer," Tom says.

At the end of 12 weeks you will have shown you can get a company up and running and can sell a product. You may not want to continue, but at the very least, you will know that you can take action and produce positive results.

**CONTINUED ON
PAGE 15**

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SO YOU WANT TO BE YOUR OWN BOSS.

BY TAMARA MONO-SOFF

IF YOU WANT to start a business but don't know where to start, don't worry--you are not alone. In fact, given the new economic reality of our time, more people than ever before have found the "job" they thought was waiting for them doesn't exist. Others have come to the conclusion that they would rather create work they love, constructed to fit with their own life goals. No matter what the motivation is to be your own boss, you can start today.

Here are A few Tips to Get You Started:

Take a Stand for Yourself.

If you are dissatisfied with your current circumstances, admit that no one can fix them except for you. It doesn't do any good to blame the economy, your boss, your spouse or your family. Change can only occur when you make a conscious decision to make it happen.

Identify the Right Business for You.

Give yourself permission to explore. Be willing to look at different facets of yourself (your personality, social styles, age) and listen to your intuition. We tend to ignore intuition even though deep down we often know the truth. Ask yourself "What

I'm the BOSS

gives me energy even when I'm tired?"

How do you know what business is "right" for you? There are three common approaches to entrepreneurship:

Do What You Know:

Have you been laid off or want a change? Look at work you have done for others in the past and think about how you could package

those skills and offer them as your own services or products.

Do What Others Do: Learn about other businesses that interest you. Once you have identified a business you like, emulate it.

Solve a Common Problem:

Is there a gap in the market? Is there a service or product you would like to bring to market? (Note: This is the highest-risk of the three approaches.) If you choose to do this, make sure that you become a student and gain knowledge first before you spend any money.

Business Planning Improves Your Chances for Success.

Most people don't plan, but it will help you get to market faster. A business plan will help you gain clarity, focus and confidence. A plan does not need to be more than one page. As you write down your goals, strategies and action steps, your business becomes real.

Ask yourself the following questions:

- What am I building?
- Who will I serve?
- What is the promise I am making to my customers/clients and to myself?
- What are my objectives, strategies and action plans (steps) to achieve my goals?

Know Your Target Audience Before You Spend a Penny.

Before you spend money, find out if

people will actually buy your products or services. This may be the most important thing you do. You can do this by validating your market. In other words, who, exactly, will buy your products or services other than your family or friends? (And don't say, "Everyone in America will want my product." Trust me--they won't.) What is the size of your target market? Who are your customers? Is your product or service relevant to their everyday life? Why do they need it?

There is industry research available that you can uncover for free. Read industry articles with data (Google the relevant industry associations) and read Census data to learn more. However, the most important way to get this information is to ask your target market/customers directly and then listen.

HOW TO BECOME AN ENTREPRENEUR... FROM PAGE 13

Again, it doesn't matter if there is only a small market for what you want to do. Tom is trying to help you prove to yourself that you can be an entrepreneur. To do that, you simply need to start a profitable business. Any size proves the point that you can do it. There is no reason to require that your first business be a blockbuster. Many successful entrepreneurs have failed multiple tiny businesses on

the way to their success.

Think of this as learning exercise that will help you gain the skills you need to thrive in the years ahead, no matter what you end up doing. You can afford to do, because the stakes are low, i.e. they are within your Affordable Loss and because they are, you can have fun while you are learning.

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WHY 70 PERCENT OF KIDS QUIT SPORTS BY AGE 13 - P2

BY JULIANNA W. MINER

There is a cost to be competitive and not everyone is willing or able to pay it. For kids, playing at a more competitive level can mean having to prioritize their commitments and interests and work tirelessly. It also means they have to be able to deal with the pressure of participating at a higher level. These can be positive things — provided the environment they're playing in is a healthy one. But there are other factors that contribute to a young athlete's ability not just to compete, but to be seen as competitive, and I question how healthy these things are for families.

Training year-round, expensive equipment, individual coaching, camps, tournaments and participation on travel

Causes of youth sport dropouts

The top 10 reasons for quitting the sport.

Institute for the Study of Youth Sports at Michigan State University

Boys	Girls
1. I was no longer interested.	1. I was no longer interested.
2. It was no longer fun.	2. It was no longer fun.
3. The sport took too much time.	3. I needed more time to study.
4. The coach played favourites.	4. There was too much pressure.
5. The coach was a poor teacher.	5. The coach was a poor teacher.
6. I was tired of playing.	6. I wanted to participate in other non-sport activities.
7. There was too much emphasis on winning.	7. The sport took too much time.
8. I wanted to participate in other non-sport activity.	8. The coach played favourites.
9. I needed more time to study.	9. I was tired of playing.
10. There was too much pressure.	10. Games and practices were scheduled when I could not attend.

and select teams in many places are no longer really considered "optional" for success in youth sports, at least not heading into high school. The investment of time and money that these things require is substantial. That contributes to

an environment where kids of lower-income or single-parent families are simply shut out of the game.

And, of course, it's just the age. At 13, kids generally find themselves with more (and more challenging) school work. Most are also encouraged to start choosing what interests them the most and what they're best at. There's no longer time for them to do as much they did in elementary school.

Some of the major social and emotional changes that 13-year-olds experience also predispose them to making decisions such as quitting sports, especially as that en-

vironment becomes more competitive. The CDC describes it on its developmental milestones page as a "focus on themselves... going back and forth between high expectations and lack of confidence." Kids become more focused on — and influenced by — their friends, many of whom are also walking away from organized youth sports.

Any discussion about being 13 also needs to include social media, smartphones and the Internet. According to the Pew Center's Internet Research Study, most U.S. kids receive their first cellphone or wireless device by

the age of 12. Between the ages of 13 and 17, 92 percent of teens report being online every day, and 24 percent are online "almost constantly." As kids become teenagers, their priorities change. How they socialize, study and spend their time changes with them.

These things collectively represent a perfect storm. There are no easy answers here. The system of youth sports is set up to cater to more elite players as they approach high school, leaving average kids with fewer opportunities. Our culture encourages specialization and achievement, which actively discourages kids from trying new things or just playing for fun. And all of this converges at a time when they're going through major physical, emotional and social changes as well as facing pressure to pare down their interests and focus on school.

So why do 70 percent of kids quit organized sports at 13 and what can we do about it? I would argue that most kids leave because we haven't given them a way to stay. And perhaps more importantly, until we dismantle the parenting culture that emphasizes achievement and success over healthy, happy kids, we don't stand a chance of solving this problem.



WEEKDAY SCHEDULE

THE SUPPA DUPPA MORNING SHOW
W/ SUPPA | WEEKDAYS 7AM - 10AM

THE AM/PM WORKLOAD SHOW
W/ GEE MONEY | WEEKDAYS 10AM - 2PM

THE POWER HOUR
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM

SAGAN'S PLAYGROUND
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

DIRTY DUTCH MUSIC
W/ CHUCKIE | FRIDAYS 10PM - 11PM

DI-NAMIX TOP 40 COUNTDOWN
W/ JOE WARRICK | SATURDAYS 3PM - 6PM

DJ POWER MIX SHOW
W/ DJ POWER | SATURDAYS 9PM - 10PM

A STATE OF TRANCE
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

WADE-O RADIO SHOW
W/ DJ WADE-O | SUNDAYS 12PM - 2PM

FEEL RADIO
W/ KP LONDON | SUNDAYS 3PM - 4PM

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