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CULTURE EXPERIENCE

EXCLUSIVE INTERVIEW

MINISTER OF ECYS JORIEN WUITE

AGRICULTURE

PHOTOS REBUILDING ST PETERS COMMUNITY GARDEN RESEARCH AND DEVELOPMENT CENTER

ART & SPOKEN WORD

POETRY BY LATOYA RUAN

HEALTH

HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?
HEALTH BENEFITS OF AMARANTH

BUSINESS & SPORTS

ARE YOU CUT OUT TO BE THE BOSS ?
MIND, BODY AND SPORT

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MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY - PT 2

CELIA CRUZ, (OCTOBER 21, 1925 – JULY 16, 2003) - CUBAN SINGER

ÚRSULA HILARIA
Celia de la Caridad Cruz Alfonso (October 21, 1925 – July 16, 2003),

Personal life

During July 1960, following the revolution in Cuba, La Sonora Matancera was on tour in Mexico when the band members decided to settle in the United States. Castro vowed that none of the artists would ever be allowed back to Cuba. Cruz attempted to return when her mother died in 1962, but was not granted government permission. Cruz became a US citizen in 1961 and a year later married Sonora's trumpet player Pedro Knight, who became her manager and musical director.

Death

Celia Cruz's mausoleum in Woodlawn Cemetery, The Bronx, New York.

On July 16, 2003, Cruz died of brain cancer at her home in Fort Lee, New Jersey, at the age of 77. Knight was there for her while she was going through cancer treatments. She had no children with him. After her death, her body was taken to Miami's Freedom Tower, where more than 200,000 fans paid their final respects. Multiple vigils occurred worldwide in cities such as Havana, Miami, and Cali (the Cali vigil became notorious in Colombian history due to its three-day span). Knight had Cruz buried in a granite mausoleum that he had built in Woodlawn Cemetery in The Bronx. Knight chose the plot on which it stands, which is near the gravestones of



Celia Cruz - Photo by fansshare

Duke Ellington and Miles Davis, because it was accessible to fans and had four windows built into it so that fans could see inside when paying their respects. Knight himself was buried with Cruz in the same mausoleum following his death on February 3, 2007. An epilogue in her autobiography notes that, in accordance with her wishes, Cuban soil which she had saved from a visit to Guantánamo Bay was used in her entombment.

Legacy

Through a formidable work ethic, Cruz rose to the very top in her genre; a genre that was traditionally male dominated. In February 2004, her last album, Regalo del Alma, she won a posthumous award at the Premios Lo Nuestro for best salsa release

of the year. It was announced in December 2005 that a musical called Azucar! would open in Tenerife before touring the world. The name comes from Cruz's well-known catch phrase of "¡Azúcar!" ("Sugar!").

In 2003 A Music School was Opened in the Bronx, Named the Celia Cruz Bronx High school Of Music. Pedro Knight Visited this school before his death to meet the students and share stories about her life. On June 4, 2004, the heavily Cuban-American community of Union City, New Jersey heralded its annual Cuban Day Parade by dedicating its new Celia Cruz Park (also known as Celia Cruz Plaza), which features a sidewalk star in her honor, at 31st Street and Bergenline Avenue, with Cruz's widower, Pe-

dro Knight, present. There are four other similar dedications to Cruz around the world. Cruz's star has expanded into Union City's "Walk of Fame", as new marble stars are added each spring to honor Latin entertainment and media personalities, such as merengue singer Joseíto Mateo, salsa singer La India, Cuban musician Israel "Cachao" Lopez, Cuban tenor Beny Moré, Tito Puente, Spanish language television news anchor Rafael Pineda, salsa pioneer Johnny Pacheco, singer/bandleader Gilberto Santa Rosa and music promoter Ralph Mercado.

On May 18, 2005, the National Museum of American History, administered by the Smithsonian Institution and located in Washington, D.C., opened "¡Azúcar!",

an exhibit celebrating the life and music of Celia Cruz. The exhibit highlights important moments in Cruz's life and career through photographs, personal documents, costumes, videos, and music.

On September 26, 2007, through May 25, 2008, Celia, a musical based on the life of Celia Cruz, played at the Off-Broadway venue New World Stages. The show won four 2008 HOLA Awards from the Hispanic Organization of Latin Actors.

On March 16, 2011, Celia Cruz was honored by the United States Postal Service with a commemorative postage stamp. The Cruz stamp was one of a group of five stamps honoring Latin music greats, also including Selena, Tito Puente, Carmen Miranda, and Carlos Gardel.

The Smithsonian's National Museum of American History collaborated with photographer Robert Weingarten to create an object-based portrait of Celia Cruz featuring artifacts in the museum. The portrait was unveiled October 3, 2012.

On October 21, 2013, Google honored her with a Google Doodle. At 41st American Music Awards, American singer Jennifer Lopez performed a medley of Cruz's songs.

In 2013, Cruz was inducted into the New Jersey Hall of Fame. In October 2015, Telemundo premiered an 80-episode docu-drama based on Cruz's life, Celia (telenovela)

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MS CLARA REYES APPOINTED HEAD OF CULTURE

CULTURAL XPRESSION would like to congratulate Ms Clara Reyes on her achievement of becoming St Maarten's new head of the Cultural Department. With years of experience in the field of teaching, fine arts and dance, The selection of person and character by education minister Jorein Wuite could not have been a better one. We wish Ms Reyes all the best on her journey forward on inspiring our youth to express, uphold and embrace their cultural values...

PRESS RELEASE

PHILIPSBURG – Minister of Education, Culture, Youth & Sport Jorien Wuite announces the appointment of Clara Reyes as new Head of the Department of Culture. Clara fills the vacancy left by the sudden passing of former department head, St. Maarten icon, Neville York in May 2017.

Clara Reyes has a distinguished background in the Arts. She holds a Master of Fine Arts degree in Dance and Choreography with specialization in dance education ages K through 12 grades. Her career includes being head of Department of Creative Artistic Formation at the St. Maarten Academy Vocational Section, teacher at St. Maarten Academy Academic Section, part-time lecturer of Humanities at the University of St. Martin, Performing Arts / Dance Instructor at the Learning Unlimited Preparatory School, and Teacher at The Charlotte Brookson Academy for the Performing Arts. Ms. Reyes is also co-founder and co-director of the National Institute of Arts.



SXM Head of Culture Ms Clara Reyes - Photo Sarina Gito

Ms. Reyes considers arts her calling and she has many years of training in dance, visual arts, photography, film, musicals, drama and storytelling.

"We are delighted that we were able to fill the position with another St. Maarten great. Clara has big shoes to fill as Neville was a man truly dedicated to advancing culture not just in St. Maarten but he took St. Maarten culture to the world. I am confident that she will bring her own creative style and ingenuity to the department and build on the work done by Neville while taking the department into a new era". Minister Wuite says.

The Minister emphasizes that now more than ever the Ministry needs all hands on deck to ensure a quick recovery process. An inventory after the passing of hurricanes Irma and Maria last September revealed that several cultural monuments were damaged as well as critical cultural institutions including the Philipsburg Jubilee Library, St. Maarten Museum and the St. Maarten Archeological Center. These and other damages are clearly outlined in the Ministry's Resilience Plan along with timelines for restoration and repair. The team at the Department of Culture under Clara's leadership will tackle these projects in addition to their regular duties.

The Minister would like to take this opportunity to publicly thank the staff and acting head of the Department of Culture, Daphne Thomas, for their hard work and resilience in these past months.

THE CONTEMPORARY CARIBBEAN PT 2

His ambitions and the Caribbean need to explore other political arenas called into question the hegemonic control of the

region by the United States. Manley denied that he planned to change the Jamaican political system and argued that his

was only an experiment with a new form of development. Yet the response to Jamaica's new ideas between 1972 and

1980 demonstrates the inability of these fledgling democracies to carve out their own paths of development.

The United States openly disapproved of Castro's overtures in Jamaica and cut back aid and political ties to that country. This move resulted in major financial problems for Jamaica. The economy declined in the 1970s, leading to political instability and an upsurge in violence and emigration. The Jamaica Labour Party (JLP), led by Edward Seaga, defeated Manley and the People's National Party (PNP) in an election plagued by violence in 1980. This was the end of the nation's democratic socialism. Jamaica served as a reminder to the other Caribbean countries of the power that the United States had exercised in the region since the nineteenth-century Monroe Doctrine and the Roosevelt Corollary of the early twentieth century.

The political fragility of the Caribbean countries was also evident in the U.S. intervention in Grenada in 1983. The coup d'état that led to the overthrow of Prime

Minister Eric Gairy was unprecedented in Anglo-Caribbean history. Gairy had ruled Grenada almost continually for the preceding thirty years. His regime, accused of corruption, was strongly opposed by the youth and much of the growing middle class. Opposition increased rapidly in the 1970s, as evidenced through strikes led by the left-leaning New Jewel Movement (NJM). The fall of Gairy's government in 1979 ushered in the People's Revolutionary Government (PRG), largely composed of NJM members. The leader, Maurice Bishop, was dynamic and charismatic. The PRG refused to hold elections and abandoned the Western-style democracy practiced in Grenada and in all of the independent former British colonies. The PRG called for "participatory democracy," claiming that it would better represent the masses than a traditional democracy, which generally limits citizen participation to voting and leaves the actual governing to politicians.

Additionally, the party endorsed the

Soviet Union's system of non-capitalist development and allied itself with friends of the Soviet Union. Its close ties to the communist countries were evident when Cuba began building an airport on the island. Grenadians saw it as vital to the development of tourism, which was considered key to the country's development. The hostile response of the United States, coupled with economic challenges, led to major problems within the party. The ideas of Maurice Bishop conflicted with those of the more radical Bernard Coard.

In 1983 Bishop was arrested and killed along with other party leaders. The confusion and violence led to deep fear in Grenada and the rest of the Caribbean, and gave an excuse to the United States to invade the country.

The intervention marked the death knell for any experimentation with methods of development and political ideology not endorsed by the West.

By Joyce Toney – Hunter College

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PHOTOS WEEK 9-12 - REBUILDING ST PETERS GARDEN

AS SPACELESS GARDEN comes close to ending our volunteer program over the past 3 months, it has been quite a journey for everyone getting the farm all cleaned up and ready for more cultivation... Wyattte along with volunteers have made tremendous progress over the past few weeks and are in full gear to move forward.

From getting a visit from the Current Education Minister Ms Jorien Wuite to delivering fresh produce to the Minister of VROMI Mr. Miklos Gitterson, to help him get a better understanding of the importance of St Maarten using its agri-cultural reserved land for cultivation... Wyattte expressed that he is proud of all the volunteers that are participating and hope that they can soon be a bit more settled after all the cleaning up to focus on expanding crop production. A number of produce such as, cilantro, arugula, bak choy, cherry tomatoes, rainbow swiss chard, salad bowl lettuce and Spicy Salad mix can now be available for community members at cheaper rates than the current supermarket price. Wyattte also mention that they will be cultivation and donating 10-20% of its crops to community based organization as their way of reaching out to and helping these organizations cut cost on certain food item and who may be interested in seeing agriculture become a reality for St Maarten..

"With so much going on at the current moment and job employment still on the rise, we hope we soon may be able to get more support to continue our compensated volunteer objectives that help these few volunteer make end meat during these trouble time." Wyattte mentioned..

CONTINUED ON PAGE 6



Minister of ECYS Ms Jorien Wuite enjoying a cherry tomatoe from the community garden



Volunteer preparing ground for arugula cultivation



3 weeks later - 100% Organic Arugula



Fresh produce harvested to donate to Helping Hands Foundation

SPACELESS GARDENS PRESENTS

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Time to Embrace Culture

PHOTOS WEEK 9-12 - REBUILDING ST PETERS GARDEN...FROM PG 5



Minister of VROMI holding fresh produce received from St Peters Community Garden

Wyatte sends a special thank you to organizations such as Prins Bernhard Culture Fonds, Chefs of St Maarten's Vegans, Act and Pack Backpack project and supporters of cultural xpression for their support in allowing us to get the community garden cleaned up and distribute goods to surrounding community members.



Visitors from Vicky's Keys



St Peters Community Gardens Research and Development donates fresh produce to Helping Hands Foundation



Volunteers enjoy healthy daily meal everyday



Kids find a place to express themselves at the community garden

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THE FARMER SEE: 10 HEALTH BENEFITS OF AMARANTH GRAINS AND LEAVES

By Katie Dillon,

AMARANTH has become an important part of my diet since I participated in the Cook! SF detox.

Amaranth has become an important part of my diet since I participated in the Cook! SF detox. Amaranth was cultivated by the Aztecs and in other tropical climates, but is now experiencing a resurgence in popularity as a gluten-free protein. Though amaranth is derived from the fruit a flowering plant, it is often referred to as a grain—so we'll call it a grain here. Here are reasons to use amaranth grain and even the leaves into your diet.

10 Amaranth Benefits

1. Amaranth Is Gluten-Free

Cook amaranth grain as a hot cereal to eat in the morning (recipe below). Find it as flour and use if for baking. Some even pop it like popcorn and bread fish with it.

2. It Has More Protein Than Other Grains

One cup of amaranth grain has 28.1 grams of protein compared to oats at 26.1. It's healthier to receive protein from plant-based sources rather than animals, because the latter often comes with fat and cholesterol.

3. Amaranth Pro-

vides Essential Lysine

Amaranth has far more lysine, an essential amino acid that the body can't manufacture, than other grains. Lysine helps metabolize fatty acids into energy, absorb calcium, and even keep the hair on your head intact.

4. Helps With Hair Loss And Greying

Expanding on the above, eating it helps with hair loss, juice the leaves and apply it after shampooing. I've never done it but people swear it helps moisturize and flatten wirey grey hair.

5. Lowers Cholesterol And Risk Of Cardiovascular Disease

Amaranth seeds and oil (found in the seed) have fiber which contributes to lower cholesterol and risk of constipation. It's also rich in phytosterols, also known for lowering cholesterol.

6. It's High In Calcium

Amaranth helps reduce risk of osteoporosis and other calcium deficiencies because it has twice the calcium as milk.

7. Amaranth Is Full Of Antioxidants And Minerals

It's the only grain to have vitamin C, but it's high in vitamin E, iron, magnesium, phosphorus



Amaranth grows from the local callaloo tree

and potassium which are necessary for overall health. The leaves are high in vitamin C, vitamin A and folate.

8. Works As An Appetite Suppressant

Protein reduces insulin levels in the blood stream and releases a hormone that makes you feel less hungry. Since amaranth is roughly 15% protein, the fact that it aids in weight loss or maintaining weight is one of the health benefits.

9. Improves Eyesight

While I can't find an article to back this up, some cultures believe that amaranth greens are a natural way to improve eyesight. Eat them as salad or brew them in tea.

10. Amaranth Is Easy To Digest

Amaranth is traditionally given to patients recovering from illness or people coming off of fasts. It's the mix of amino acids that allows for very easy digestion.

How Does Ama-

ranth Grow?

Amaranth Grain
Amaranth is a gorgeous perennial plant that flowers in the summer. Some species of amaranth get a bad rap for being invasive plants.

Some argue that this feature allows us to grow it with ease, therefore, we should be incorporating it more into our diets. It's hearty and requires little care to grow.

How to Cook Amaranth ?

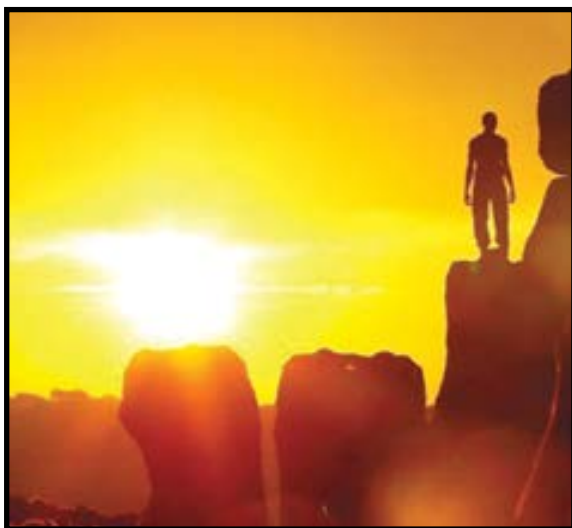
Amaranth Benefits
I buy amaranth in bulk at Whole Foods and prepare it in advance for breakfast. Use a 1:3 ratio of amaranth to liquid. The liquid could be water, almond milk, milk or coconut milk in a breakfast dish or prepared differently for a snack or savory meal. All you need to do is measure out the right amount of amaranth and rinse

CONTINUED ON PAGE 8

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HEALTH BENEFITS SUN GAZING

THE SUN holds incredible power for those who wish to obtain it. And for souls who are patient, willing to change how they view their existence and how they currently live their lives; much is possible. Light is the basic nutrient of all life; how we utilize, metabolize and understand this light can help us evolve. Pure motivation coupled with awareness, focus and relaxation, can in turn enable us to access every level of our energy.



"Why do we watch the sunrise? Why do we concentrate on it? In order to learn to mobilize all our thoughts, all our desires, and all our energies, and to direct them toward the realization of the highest ideal. A person who works to unify the many chaotic forces that pull him in every direction and to project them in a single, luminous and salutary direction becomes such a powerful center that his presence, like the sun, is able to radiate through space. Yes, he who manages to control the tendencies of his lower nature can spread these blessings over the whole of humani-

ty, and he becomes a sun. He lives in such freedom that he expands the field of his consciousness to include the entire human race, to which he sends the abundance of light and love that pour forth from him." - Omraam Mikhaël Aïvanhov

First of all, let it be understood that HRM (Hira Ratan Manek) achieved his results in a very controlled environment under strict Jain principles. Also, there are many different sungazing practices from cultures around the globe. Some of which are relatively recent and some are as old as the hills. There were some cultures where you could get imprisoned for staring at

the sun (only certain priests were allowed). HRM's method is simply one method. In stating that; yes, the sun has enormous power. Yes, you may tap into higher spiritual realms as well as other time and space dimensions. If you chose to embark upon the journey of sungazing, please heed the advice that slow and steady wins the race. I do not recommend this practice to anyone.

If the sun seems or feels too bright, well then, don't look at it. If you chose to partake, be very careful, take your time, be cautious, be humble and document your progress. You can damage your eyes from sungazing, just

as you can burn your feet from walking on fire. I have participated in both practices, my feet and my vision are in perfect working order. We are all wired a bit differently; therefore it is impossible to predict how each individual will process the sun's brilliant light. If you wish to partake, by all means enjoy the daily practice. Truly embrace the beginning (or ending) of the day. Feel all the joy the sun has to offer...and of course, if it amuses you to wear a purple top hat while sungazing; then by all means, make it a beauty.

Remember the information here is not set in stone, it is simply one man's suggestion. In fact, this is my interpretation of a man's suggestion. Depending on lifestyle and location, every person may carve out their own form of sungazing.

Understand that because of the many differences to take into consideration, the results will most likely be different as well. And that is ok, whatever experiences you experience are still yours and yours alone.

By secretenerg

THE FARMER SEE: 10 BENEFITS OF AMARANTH... FROM PAGE 7

it with water. Drain the water. Put the amaranth in a pot with the liquid and cook on medium until the liquid is absorbed. Have a look at my favorite amaranth breakfast

recipe.

Amaranth leaves taste like spinach, but with a stronger flavor. Sprinkle them in salad or use them in a stir fry.

Amaranth grow from the

locally know Callaloo plant. Amaranth available at St Peters Community Garden Research and Development Center .

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VEGATERIAN AND VEGAN RECIPES

Vegan Buffalo Cauliflower Tacos

BY THISSAVORYVEGAN.COM



INGREDIENTS FOR THE CAULIFLOWER

- 1/2 head cauliflower cut in bite sized pieces
- 4 tsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 3/4 cup buffalo sauce separated
- pepper to taste

FOR THE TACOS

- 8 taco-sized flour tortillas
- 1 head romaine lettuce chopped
- 1 avocado pitted and diced
- vegan ranch to taste
- cilantro or green onion diced (optional)

DIRECTIONS

Preheat oven to 425 degrees and line a baking sheet with foil.

In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, pepper and 1/4 cup of buffalo sauce. Stir to combine. Spread evenly on baking sheet and cook for 20 minutes, flipping halfway.*

Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan or in the microwave.

Remove cauliflower from the oven and place it back in the bowl. Add remaining heated buffalo sauce and stir to combine.

To assemble tacos, load each tortilla with romaine, avocado and cauliflower. Drizzle with ranch and top with cilantro or green onions.

Recipe Notes

*For crispier cauliflower, after cooking for 20 minutes, turn oven to broil and cook for an additional 2-5 minutes.



IS POPULATION GROWTH OUT OF CONTROL?

By BBC

THE RESPECTED broadcaster and naturalist, Sir David Attenborough, told the BBC recently that population growth was "out of control" - but one expert says the number of people on the planet could peak in 40 years. Who should we believe?

"The world's population is increasing out of control," Sir David told the BBC's programme.

"Since I first started making programmes 60 years ago, the human population has tripled."

Two striking claims.

Let's take the second one first - that the world's population has tripled in 60 years.

In 1950, around the time Sir David began his broadcasting career, there were 2.53 billion people in the world. Sixty-three years later and the latest estimate of world population is 7.16 billion.

That is a little shy of tripling - more like a factor of 2.8 - but it's not far off.

The "out of control" claim is less easily measurable, but perhaps it could be interpreted as the idea that the population will continue to grow at the same rate, roughly tripling in 60 years.

If this happened, the world population

would reach almost 40 billion people by the end of this century.

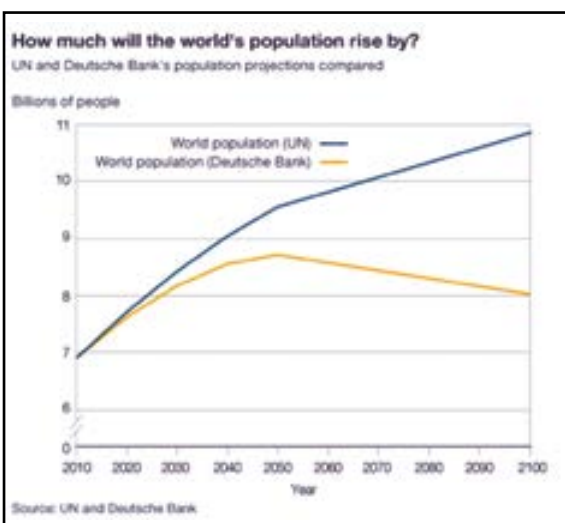
But the latest United Nations projection puts the figure at little more than a quarter of that - less than 11 billion.

That's still 50% more than we have today, but it shows the UN expects much slower population growth in the decades to come than in decades gone by.

Some might consider that an increase in the world population from seven billion to 11 billion by 2100 still represents out-of-control population growth.

But this UN figure - contained in its World Population Prospects, published every two years - is considered by one expert, at least, to be much too high.

"When I looked at them I discovered



that they were almost certainly wrong," says Sanjeev Sanyal, Global Strategist for Deutsche Bank, of the latest update of the World Population Prospects, released in June 2013.

Population growth projections feed into many other forecasts and models - projections of energy use, for example, or corporate profits - so people like Sanyal scrutinizes these UN figures carefully.

And he finds the UN projections "dif-

ficult to justify" for a number of reasons.

"If you look at fertility rates - the number of babies that a woman has over the course of her life - in very large parts of the world, those fertility rates are now below what is needed to replace the population," he says.

"Much of Europe, Japan, large countries like China, even Brazil, don't produce [the necessary] 2.2 or 2.3 babies [per woman]. Some of them are way below

that level and as a result it is almost certain that these huge countries are going to see rapidly declining populations within a few decades from now."

The replacement rate is higher than two, because some women will die before they reach the end of their child-bearing years.

Also, in developing countries the UN predicts rapidly expanding populations.

In Nigeria, for example, it expects

the current figure of roughly 160 million to increase to almost one billion by the end of the century.

Sanyal is sceptical. "Surely Nigerians will recognise at some points that things are getting crowded and stop having so many babies?" he argues.

He predicts the Nigerian population in 2100 will be 400 million fewer than the UN suggests.

MORE ON THIS TOPIC IN MARCH 2018 EDITION

WHA YA SAY TELL DI TRUTH !

RAS ITAL

Can't control jah works!



Me truly haffi tek more time fi read this artical right truu. Seem like di world soon full uppa people ! But me still see so much space debout.. Life and nature is balance, if the earth feel say it want breath, it a gwaan breath, Some time we get volcano, earthquake, dem tupa thing dey, people dead and youth them born. Just a cycle of life. Man dem self caant control dat. For man Can't control Jah works

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THE ESSENCE OF



CANDID PICTURE Reminiscing on our moments that makes you smile forever. of your name, It's like an instant shock. An overflow of emotions like my heart is about

to stop.

The simple three words you whisper I love you really touch my soul. Makes me feel like being in this moment forever and ever more. I've been on this path before and it doesn't quite feel the same. The love I thought I knew before doesn't match up to this feeling, seems like a totally different ballgame.

I'm starting to get used to this feeling and the emotions of true love. Feels like

being on a magic carpet ride or soaring like a pure white dove. First thought of my every morning and last of my every night. A feeling I've always longed for without having to put up a fight.

The sweet aroma of love has finally reach my heart. And with each moment that passes by it hurts when we're apart.

Have you ever heard a love song that speaks directly to you. Not for lifetime thinking

that love could happen to you. But that's the beauty of love you know, it comes unexpectedly. Something that wasn't planned but is some how meant to be.

Total combination of feelings and passion of unapologetic love. For those that don't quite understand it surely the essence of true love.

**Written by
Latoya Ruan
14 February 2018**

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I cannot lose you,
because if I ever did
I'd have lost my
best friend, my soul mate,
my smile, my laugh,
my everything.

EXCLUSIVE INTERVIEW

TO TEACH OR NOT TO TEACH ?

That is never the question, as we all tend to teach our kids the best we can with hopes it leads them to live a better life or have more opportunities than we did as parents. Though we always tend to want the best for our kids, we never really grab our ears at the corner and listen to what our kids possibly want to be.. Though most of us may want our kids to be doctors or lawyers, we tend to miss the valuable fact that there are more great career choices out there and one of them may just be the next innovative or creative entrepreneurial opportunity for our child. Not matter what career choice we or our kids choose, we must always keep in mind that we should not just have a great job, but have a great job that we love doing. In todays world a good job or career can arise in many different shapes or forms depending on you or your Childs creative state of mind. With the creative industry becoming one of the worlds greatest entrepreneurial platforms, educating your kids but also allowing them to express their freedom of choice and creative minds is one aspect of education that St Maarten yet still has to embrace. With thats said, our current minister of education, culture, youth and sports is on a mission to allow the freedom of the creative mind let loose in the class room to compliment next level education trends that all our children should have the opportuni-



Minister of Education, Culture, Youth and Sports Ms Jorien Wuite

ties to be inspired by. In February 2018 edition of CX we bring you a bit closer to the lady that currently has our current education, culture, youth and Sports as her priority...

Who are you and where are you from?

My name is Jorien Wuite and I was born and raised in the Netherlands by my parents. Because of my strong St. Maarten familial ties, I visited St. Maarten often during family vacations as a youth. My roots are from Middle Region and I'm the grand-daughter of Alec "The Butcher" Richardson and Elfida Richardson as my

mother is Anna Merab Richardson.

Where did you attend school, do you hold any current degrees?

I did all my schooling in the Netherlands. I hold a Masters in Public Health Management from Erasmus University and a post graduate degree in Management consultancy and change management. As A believer in lifelong learning I also followed the (semi-online) Master degree program Public management / management sciences via the Open university and advanced with my thesis on the subject of "Exit, Voice, Loyalty" theory and

its relevance to governance challenges to our Small Island Development State.

What is your current expertise or preferred career choice?

I am currently the Minister of Education, Culture, Youth, and Sport. I enjoy high-level civil service and have been entrusted with the positions of Secretary General at the Ministry of VSA and ECYS. I'm experienced in strategic development and governmental re-organization matters as I believe in the concept of change and social economic advancement that will benefit us as citizens

MS JORIEN WUITE MINISTER OF ECYS

and clients to the government services.

We know that you have been appointed Minister of Education, Culture, Youth and Sport, is this a career choice you hope for after studies or did you have an original career choice?

During my University study I decided to do my internships and research on St. Maarten. After my studies I worked for a consultancy firm in the Netherlands as I was unable to obtain a job on St. Maarten in the first 5 years after completion of my master degree.. In time the opportunity to work in St. Maarten presented itself in the form of a vacancy for a sector director of Public Health. I applied to the position, was accepted, and here we are 20 years later.

What inspired you to undertake your current career?

I don't know whether it was inspiration or destiny. But I did always want to settle and work in St. Maarten. I felt motivated and inspired from the first day on the job and never stopped.

What is the current situation on the revitalization of St Maarten's Education sector after the passing of hurricane Irma?

Of the total damages to government insured buildings, the Education, Culture, Youth, and Sport Ministry represent 60%, being appr. 80 million \$. On average more than 25 % of these

buildings suffered severe damages. The public and the subsidized schools are all in dire need of structural repairs with the replacing of fencing and roof structures currently the top priority. Classroom construction and even school re-location are also priorities. But that's merely the material side of post-Irma. There's also the human aspect; many teachers and other school staff and students remain vulnerable and require systematic psycho-social care. Getting these needs met is sometimes a very daunting task as the bureaucratic process associated with critical resource allocation tends to be lengthy. But I will remain determined in my push forward towards the goals of safety for teachers and students and better schools that fit the ideology of 21st century learning in- and outside of the classroom.

We see that you have postulated yourself for the next upcoming elections and have been talking about the importance of education, what are your plans for education and how do you see it may benefit in the revitalization of St Maarten's Economy and People?

The ideology is based on a total review and adjustment of philosophy of St. Maarten Education model for primary and secondary schools. Re-evaluate the current education system and introduce a national curriculum with inclu-

CONTINUED ON PAGE 13



WHAT IS ECO TOURISM ?

Ecotourism is now defined as "responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education" (TIES, 2015). Education is meant to be inclusive of both staff and guests.

PRINCIPLES OF ECOTOURISM

Ecotourism is about uniting conservation, communities, and sustainable travel. This means that those who implement, participate in and market ecotourism activities should adopt the following ecotourism principles:

PRINCIPLE OUTLINES OF ECOTOURISM

- Minimize physical, social, behavioural, and psychological impacts
- Build environmental \ cultural awareness and respect
- Provide positive experiences for both visitors and hosts
- Provide direct financial benefits for conservation
- Generate financial benefits for both local people and private industry
- Deliver memorable interpretative experiences to visitors that help raise sensitivity to host countries' political, environmental, and social climates
- Design, construct and operate low-impact facilities
- Recognize the rights and spiritual beliefs of the Indigenous People in your community and work in partnership with them to create empowerment

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ECOTOURISM REWANDA

BORN in its present form in the late 1980's Eco-tourism came ancient in 2002, when the United Nations celebrated the "International year of Eco-tourism". Actually, it refers to Ecological tourism; where ecological has both environmental as well as social implications. Although it may possibly change in line with various countries, it is both a thought along with movement in the tourism industry.

A narrow search on the Internet, will display that eco-tourism is a mixture of both tourism along with the environment, for instance planning prior development, sustainability of resources, economic viability of a tourism product, no negative effect on either the environment

or local communities, accountability for the environment from developers, the tourism sector in addition to tourists, environmentally-friendly practices by all parties concerned furthermore economic benefits going to local communities.

Ever since its beginning in the late 1980's the countries over the world, whose tourism industry deserves writing about, have engaged in an active campaign to support the type of tourism which is not as a result extractive, although alternatively sustainable. For instance, the current economic assessment of the rainforest land use in Brazil, where conservationists concluded that logging the forest given an



initial high return, followed by low income. Altering of the forest into pastureland was still less rewarding as well as needed substantial initial investment along with the study determined that eco-tourism offered the most income for the long time.

The similar high end practice in tourism is echoed in Kenya, where local communities are comprehending the economic benefits of eco-tourism along

with are normally induced to protect resources as well as acquire conservationist ways and this has as a result turned into serious revenue, a case in point is Amboseli National Park in Kenya, where each lion is estimated to be worth 27,000 USD in addition to each elephant herd is worth 610,000 USD in tourist revenue each year therefore their new motto: "Wildlife pays wildlife stays". What is not desirable to allege, is

the Rwandan tourism industry controlled by ORTPN (Office Rwandais Du Tourisme Et Des Parcs Nationaux) its governance, are not spared in the advocacy of the eco-tourism in the touring sector. Rwanda together with its eco-tourism activities which involve Golden monkey trekking in Nyungwe Forest, Gorilla tracking of the five families in the Volcanoes National Park, the over 300 bird species to watch,

which concern the Rwenzori Turaco, giant lobelias and more 200 distinct kinds of trees and flowers, which as well involve the well known wild orchids, has embarked on crucial ways which are geared at directing Rwanda's tourism industry to an eco-tourist based one.

The policy at the ORTPN is one aimed at high end type of tourism, in contrary to mass tourism. In the high end tourism system, you do not acquire a lot of tourists, although then you get a big amount of revenue from it. This is aimed at the conservation as well as management of the environmentally sensitive regions. See here for more Rwanda safari tours.

By rwanda-online

INTERVIEW - JORIEN WUIE...FROM PG12

sion of non-academic subjects to support other learners with sometimes special challenges as well. I wholeheartedly support that St. Maarten introduces outdoor education and that we integrate subjects such as agriculture, fisheries, social and life skills, critical thinking (fitting for schools as democratic institutes) and the creative art industries in the curriculum. St. Maarten has proven once more that we are resilient and we should therefore develop an educational system that encourages and produces critical thinkers. Critical thinkers will lead to critical leaders. Critical thinkers can transform the way we do business by paving and leading the way in unconventional manners.

Do you have any other political focuses or agendas to champion if elected to parliament?

Mandatory corporate social responsibility from private investors to engage in public private partnerships

in areas such as sport development and sport tourism. For education the ordinance for higher education as a stimulus for tertiary education and a strategic position for USM as a national university that creates economic opportunities for diversification, productivity and lifelong learning for adults as well. Governments support to stimulate Early Childhood Development programs especially for lower income families. Creative Art Industries as a driver of new labour markets, start-ups and for cultural tourism. Vision and stimulus programs that recognize the elderly for their wisdom with possible partnerships with community youth programs on top of adjustments to pension plans and cost of living as there is too much poverty amongst this group. Recognition of, support for and active introduction of a performance based compensation system based on career development for the teaching profession.



Minister of Culture Ms Jorien embraces children at government building - Photo JW FB

Sitting in your current position, let's say you don't make it to parliament, What are your short \ long term goals or how do you plan to make education work despite not being elected ?

My aim is to receive a full mandate to return and push the active agenda for education, culture, youth and sport. Should I return to my former position of Secretary General of the Ministry of Education, Culture, Youth, and Sport, I will continue to do what I've always done, support the new minister in the tasks required to improve the work fields of this Ministry.

Have you identified any potential opportunities within

the sector on our island that may be interesting for our local economy, both young and old?

Adversity brings opportunity. There are currently opportunities in the fields of construction, healthcare and social and community services. I believe this is the time

to move away from the confines of conventional labour and to focus your skills and strengths in entrepreneurship. More and more small businesses and new entrepreneurs now have access to trainings, seed funding and start-up loans. These are opportunities we didn't have just a few years ago.

From your view point, what would be the ideal educational system?

One that is both academic, democratic as well as creative.

Does having a good

team behind you play an important role in your career?

Yes.....I am a team player and I believe in team work. A chain is only as strong as its weakest link.

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

Critical thinking inspires me and thus persons who are critical thinkers. We always have to surround ourselves and I am happy to enjoy life's richness of friends with a critical mind and ideas of their own. In addition I enjoy alternative media and inspirational con-

CONTINUED ON PAGE 15

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50 CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 1

By *profitableventure*

ARE YOU interested in starting a business in the art & craft industry? If YES, here are 50 best art & craft business ideas for creative people to start at home in 2018.

If you have ever had a heart to heart business talk with a business expert, chances are that you may have been intimidated on the point that being wealthy isn't about working and earning wages at the end of the week or month. It is about having various streams of income. Being wealthy and successful is no child's play at all. As a matter of fact being wealthy has a lot to do with how many businesses you have and how much profit you are able to rake in after a period.

Why Start an Art & Crafts Business?

All over the world, the in thing about being successful is all about



having some multiple streams of income. It is no wonder that those who are already in the business of success and wealth know that business is one sure route that guarantees wealth.

The question therefore is; what are those type of businesses that one could possibly engage in that can guarantee loads of profit?

Well, truth is that the arts and crafts industry sure is a promising one and there is no hard and fast rule about knowing

the type of arts and crafts business that can cause your profit to rise.

However, the fact remains that you have got to choose a trade that you are skilled in and also comfortable in. Of course; you have got to also devote some time in learning and fine tuning your skills.

This is so important because of the fact that you have got to first show a great level of expertise in whatever craft you choose, before people begin to get associat-

ed with you- this is so because of the point that people love to reckon with what is best.

So, if you are looking to start an arts and crafts business, then you may want to consider some of these arts and crafts business ideas that are being reeled out here. If you are ready, then here are some trade ideas that have produced millionaires and that can readily make you one in no time at all.

Here are 50 Art & Craft Business Ideas for Creative People in 2018 that we will share over the next few editions.

Bead Making Business

All over the world the beads making trade has continued to gain more grounds. Each passing day, more and more people have continued to throng the industry.

This is because of the creativity level, as well as the very fine products that can be produced. It is true that the women folk are more disposed to wearing beads; however, truth is that the men folks are embracing bead wearing too.

For you to start this trade, you have got to first of all be armed with all the skills that is needed.

This means that you have to be well equipped with the tricks and skills involved in the trade. In doing this; you will learn of all the equipment involved. This is a very profitable business is all aspects.

MORE ON THIS TOPIC IN MARCH 2018 EDITION

COMMUNITY CLASSIFIES

Search the community classifieds to find skillful members in your community or item for sale by surrounding Community members ..

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TEL: 721 580-6315

PHILBERT LINDO
GENERAL MAINTANANCE
COMMUNITY: COLE BAY
TEL: 721 553-8411

KERRY ARRINDELL
AUTOMOTIVE ENGINEER
COMMUNITY: FRENCH QUARTER
TEL: 721 550-0907

JURICK THOMAS
LANDSCAPING
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ARE YOU CUT OUT TO BE A BOSS? PT2

By Alison Green
Do you know how to get things done without resorting to fear tactics? Weak managers often resort to getting things done through rigid control, a climate of fear and anxiety, and behaviors like yelling and making unreasonable demands.

Will you be able to calmly lay out expectations in an open and straightforward manner, hold people to them in a fair and positive manner, and back up your words with action without

become negative or frustrated?

Can you represent the company even when you privately disagree with a decision from above you? As a member of your company's management team, part of your job is to represent that team to your staff, even when you don't agree with its decisions.

That might mean presenting and enforcing a new policy on telecommuting that you privately don't support, or even laying off a staff member



who you value when your division needs to make cuts. You can and should advocate for your point of view in private con-

versations with those above you, but you can't undermine the company's management by complaining about it to your team

members.

Are you comfortable working with people smarter than you, or does it make you defensive? Part of

your job as a manager is to build a strong team, and that means that ideally you'll be seeking out and hiring people who are smarter than you.

Bad managers do the opposite of this— hiring people whose skills won't threaten them, and who they can feel superior to, which of course results in a weak team. Is your ego strong enough to oversee people whose skills might outshine yours?

INTERVIEW EDUCATION MINISTER... FROM PAGE 13

tributions via Youtube or Ted talks. Prince and Sir Ken Robinson I admire for instance for their critical and constructive views about education and the need for reforms.

Has rejection ever happen in terms of your career or Have you ever been discouraged and how did you deal with it? Yes. Discouragement is a part of life. I do introspection and evaluation. What didn't work and why, how to correct and improve. Learn from the disappointment and move on as I believe in mobility and will therefore always apply this in my professional life as well.

Where do you see yourself in the next 5 years in terms of your career choice?

In an advisory role for government, in a Think Tank or as your new prime minister ensuring that SXM continues to have this Caribbean recognition but then with some important SMART and Innovative decisions that will make a difference and pave a path of renewal and new beginnings.

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

thus far?

Helping, leading with the establishment of Min VSA and the transition from island territory status to country status 10-10-10.

What do you do in spare time for fun?

I enjoy the creative arts, spending time with friends and family (my boys, my bodyguards!) while enjoying good food, my sanctuary and going to the beach.

If you could be somewhere in the world right now where would you be?

With my sons.... And then there is my wish list for a Safari to see the Big Five and experience the culture of the African continent in South Africa or Namibia and Northern Brazil or in Bahia in a fishing village enjoying fresh fish.

What role does nature, spirituality and culture play in your life?

It is what defines me as a human being. God and nature first for health and well-being.

What are your views on agricultural development, do you think it may play a great role for country St Maarten?

Agriculture is our source of food. Every



Minister of Culture Ms Jorien Wuite visits St Peters Community Garden.

nation must be able to sustainably feed its people. There is also the untapped potential of agriculture as an economic driver in the areas of tourism, labour, and community unification. I hope I

can make some of my family land available of community gardening.

You recently visited the St Peters Community Garden, do you feel it can play a

role with enhancing St Maarten's educational sector?

Most definitely! That is one of the examples of outdoor learning, combining academics and creativity. The coming together of multiple subjects to teach. In this case, botany, soil science, food health, culture and history.

As we come to an end of our interview, **What would you like to share with St Maarten, surrounding community members, students and young entrepreneurs that look toward seeing St Maarten rise to the top and smile**

again ?

Keep doing what you're doing, believe in your dreams and work together. Say THANK YOU in everything you do, everything you have already accomplished in life, every obstacle you have overcome in YOUR, personal journey in life.

We would like to thank Ms Jorien Wuite for taking time out to visit the St Peters Community Garden research and Development Center as she strives to revitalize St Maarten's Educational sector ... We wish her much success on her journey forward and the upcoming elections!!!!

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MIND BODY & SPORT : EATING DISORDERS PT2

By Ron Thompson

A SIMPLE conceptualization is that genetics sets the stage for the disorder, but sociocultural pressures can precipitate it. Once the disorder begins, sociocultural pressures usually assist in maintaining the disorder. Also, from a sociocultural perspective, eating problems can begin or worsen during transition periods, which makes freshman student-athletes particularly vulnerable.

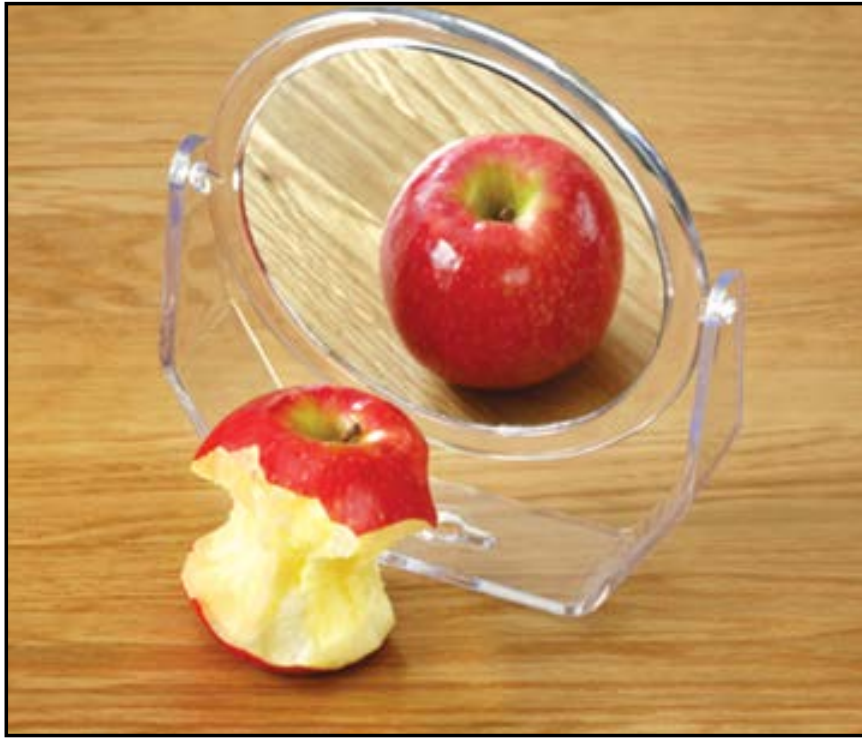
Additionally, student-athletes may experience more stress than non-athletes because they deal not only with the transition away from home and pressures related to academic demands of college but also the pressures associated with sport participation. Eating problems

are often the way individuals deal with such stressors.

Sport-related factors.

Just as society and culture emphasize the "thin ideal," similar pressures exist in the sport environment regarding being thin/lean and its purported positive effect on sport performance.

This emphasis on reducing body weight/fat to enhance sport performance can result in weight pressures on the student-athlete from coaches (or even teammates) that increase the risk of restrictive dieting, as well as the use of pathogenic weight loss methods and disordered eating. Even the student-athlete's perception that her coach thinks she



needs to lose weight can heighten weight pressures and increase the risk of disordered eating.

For some student-athletes, revealing uniforms can increase body consciousness, body dissatisfaction, and the use of pathogenic weight loss methods. One study found that 45 percent of swimmers reported a revealing swimsuit as a stressor. Another study in volleyball found not only that revealing uniforms contributed to decreased body esteem but also distracted players and negatively affected sport performance.

The relationship between body image and body dissatisfaction in female student-athletes is more conflicted and confused than in the

general population. Sportswomen have two body images – one within sport and one outside of sport, and disordered eating or an eating disorder can occur in either context or both. Additionally, some female student-athletes are conflicted about having a muscular body that facilitates sport performance but may not conform to the socially desired body type and may be perceived as being too muscular when compared to societal norms regarding femininity.

Coaches have considerable influence with their athletes, and it appears that their relationship with their student-athletes

– and more specifically their motivational climate – can influence the risk of disordered eating. A relationship between coach and athlete characterized by high conflict and low support has been associated with increased eating pathology among athletes. Additionally, an ego/performance-centered motivational climate (vs. a skills-mastery climate) that some coaches use has been associated with an increased risk of disordered eating.

Another risk to student-athletes relates to aspects of the sport environment that make identification of disordered eating/eating disorders more difficult. In society and sport, athletes are often expected to display a particular body size or shape that becomes characteristic of a particular sport, such as distance runners being thin. Such "sport body stereotypes" can affect coaches' perceptions of athletes, and athletes who fit the "thin" stereotype are less apt to be identified as having an eating problem. Identification by coaches is sometimes influenced by sport performance, and student-athletes are less likely to be identified if their sport performance is good.

MORE ON THIS TOPIC IN MARCH 2018 EDITION

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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