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ST. MAARTEN

CULTURAL PRIZES

EXCLUSIVE INTERVIEW
DR. NATASHA J. GITTENS

AGRI - CULTURE

2018 CULTURE PRIZE AWARDED
SXM DOET WEEK PHOTOS

ART & SPOKEN WORD

POETRY BY LATOYA RUAN

HEALTH

HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?
HEALTH BENEFITS OF AGAVA AND CHILI

BUSINESS & SPORTS

MISSION SINT MAARTEN: LOCAL HEROES SUPPORTED
MIND, BODY AND SPORT PT 3

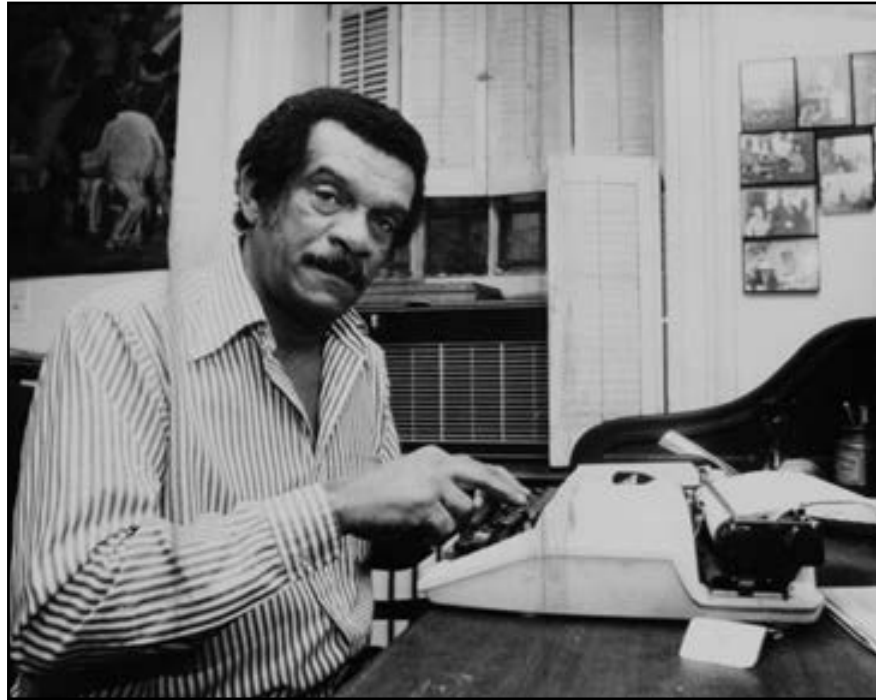
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MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY

SIR DEREK ALTON WALCOTT, (23 JANUARY 1930 – 17 MARCH 2017)

SIR DEREK Alton Walcott, KCSL, OBE, OCC (23 January 1930 – 17 March 2017) was a Saint Lucian poet and playwright. He received the 1992 Nobel Prize in Literature. He was Professor of Poetry at the University of Essex from 2010 to 2013. His works include the Homeric epic poem *Omeros* (1990), which many critics view "as Walcott's major achievement." In addition to winning the Nobel Prize, Walcott received many literary awards over the course of his career, including an Obie Award in 1971 for his play *Dream on Monkey Mountain*, a MacArthur Foundation "genius" award, a Royal Society of Literature Award, the Queen's Medal for Poetry, the inaugural OCM Bocas Prize for Caribbean Literature, the 2011 T. S. Eliot Prize for his book of poetry *White Egrets and the Griffin Trust For Excellence In Poetry Lifetime Recognition Award* in 2015.



Derek Walcott, a Nobel-prize winning poet known for capturing the essence of his native Caribbean, has died on the island of St. Lucia. He was 87.

Early life and childhood

Walcott was born and raised in Castries, Saint Lucia, in the West Indies, the son of Alix (Maarlin) and Warwick Walcott. He had a twin brother, the playwright Roderick Walcott, and a sister, Pamela Walcott. His family is of English, Dutch and African descent, reflecting the complex colonial history of the island that he explores in his poetry. His mother, a teacher, loved the arts and often recited poetry around the house. His father, who painted and wrote poetry, died at the age of 31

from mastoiditis while his wife was pregnant with the twins Derek and Roderick. Walcott's family was part of a minority Methodist community, who felt overshadowed by the dominant Catholic culture of the island established during French colonial rule.

As a young man Walcott trained as a painter, mentored by Harold Simmons, whose life as a professional artist provided an inspiring example for him. Walcott greatly admired Cézanne and Giorgione and sought to learn from them. Walcott's painting was later exhibited at the Anita Shapolsky Gallery in New York City, along with the art of other writers, in a 2007 exhibition named "The Writer's Brush: Paintings and Drawing by Writers".

He studied as a writer, becoming "an elated, exuberant poet madly in love with English" and

strongly influenced by modernist poets such as T. S. Eliot and Ezra Pound. Walcott had an early sense of a vocation as a writer.

In the poem "Midsummer" (1984), he wrote:

"Forty years gone, in my island childhood, I felt that the gift of poetry had made me one of the chosen, that all experience was kindling to the fire of the Muse."

At 14, Walcott published his first poem, a Miltonic, religious poem, in the newspaper *The Voice of St Lucia*. An English Catholic priest condemned the Methodist-inspired poem as blasphemous in a response printed in the newspaper. By 19, Walcott had self-published his first two collections with the aid of his mother, who paid for the printing: *25 Poems* (1948) and *Epitaph for the Young: XII Cantos* (1949). He sold cop-

ies to his friends and covered the costs. He later commented,

I went to my mother and said, "I'd like to publish a book of poems, and I think it's going to cost me two hundred dollars." She was just a seamstress and a schoolteacher, and I remember her being very upset because she wanted to do it. Somehow she got it—a lot of money for a woman to have found on her salary. She gave it to me, and I sent off to Trinidad and had the book printed. When the books came back I would sell them to friends. I made the money back.

The influential Bajjan poet Frank Collymore critically supported Walcott's early work.

With a scholarship, he studied at the University College of the West Indies in Kingston, Jamaica.

Career

After graduation, Walcott moved to Trinidad in 1953, where he became a critic, teacher and journalist.[12] He founded the Trinidad Theatre Workshop in 1959 and remained active with its Board of Directors.

Exploring the Caribbean and its history in a colonialist and post-colonialist context, his collection *In a Green Night: Poems 1948–1960* (1962) attracted international attention. His play *Dream on Monkey Mountain* (1970) was produced on NBC-TV in the United States the year it was published. In 1971 it was produced by the Negro Ensemble Company off-Broadway in New York City; it won an Obie Award that year for "Best Foreign Play". The following year, Walcott won an OBE from the British government for his work.

He was hired as a teacher by Boston University in the United States, where he founded the Boston Playwrights' Theatre in 1981. That year he also received a MacArthur Foundation Fellowship in the United States. Walcott taught literature and writing at Boston University for more than two decades, publishing new books of poetry and plays on a regular basis. Walcott retired from his position at Boston University in 2007. He became friends with other poets, including the Russian expatriate Joseph Brodsky, who lived and worked in the

CONTINUED ON PAGE 3

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2018 CULTURE PRIZE AWARDED TO MS XOCHIQUETZAL GONZALES-TORO



Minister ECYS - Ms Wuite congratulates Ms Xochiquetzal Gonzales on her achievement - Photo Wattzz Publishing

ON WEDNESDAY, MARCH 21ST the 2018 Culture Prize was awarded to young Xochiquetzal Gonzales-Toro, an 18-year-old student of the Charlotte Brookson Academy for her digital art piece. The Prize was awarded by Minister of Education, Culture, Youth and Sport Jorien Wuite at the Creative Industries Interactive Exchange Forum held at the Belair Community Center.

Ms. Gonzales-Toro's submission was unanimously chosen from the 14 pieces submitted by creative artists aged 15-24. Committee members, comprising of representatives from the Minister's Cabinet,

Culture Department, Chamber of Commerce & Industry, Youth Parliament and a locally recognized artist, judged works based on originality, appeal, content and impact. Ms. Gonzales-Toro's work was appreciated for its marketability and its use of national symbols. She was presented by Minister Wuite a plaque designed by local artists Loic Bryan and Zulayka and Tyrone Peterson and a cash prize of NAF 2,500. Minister Wuite congratulated all of the submitting artists and awarded them each a certificate of participation at the forum's exhibition.

- **Ministry ECYS**



Ms Xochiquetzal Gonzales-Toro holding her award next to her winning piece - Photo Ministry ECYS

MAJOR FIGURES - SIR DEREK ALTON WALCOTT...FROM PG 2

U.S. after being exiled in the 1970s, and the Irishman Seamus Heaney, who also taught in Boston.

His epic poem *Omeros* (1990), which loosely echoes and refers to characters from the *Iliad*, has been critically praised "as Walcott's major achievement." The book received praise from publications such as *The Washington Post* and *The New York Times Book Review*, which chose *Omeros* as one of its "Best Books of 1990".

Walcott was awarded the Nobel Prize in Literature in 1992, the second Caribbean writer to receive the honour after Saint-John Perse, who was born in Guadeloupe, received the award in 1960. The Nobel committee described Walcott's work as "a poetic oeuvre of great luminosity, sustained by a historical vision, the outcome of

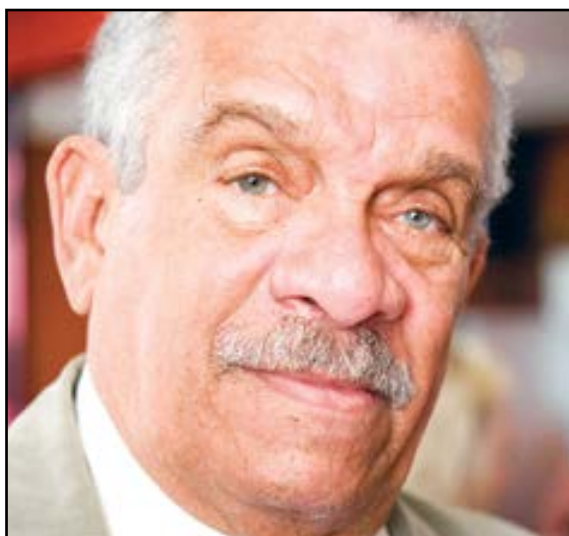
a multicultural commitment". He won an Anisfield-Wolf Book Award for Lifetime Achievement in 2004.

His later poetry collections include *Tiepolo's Hound* (2000), illustrated with copies of his watercolors; *The Prodigal* (2004), and *White Egrets* (2010), which received the T.S. Eliot Prize and the 2011 OCM Bocas Prize for Caribbean Literature.

In 2009, Walcott began a three-year distinguished scholar-in-residence position at the University of Alberta. In 2010, he became Professor of Poetry at the University of Essex.

As a part of St Lucia's Independence Day celebrations, in February 2016, he became one of the first knights of the Order of Saint Lucia.

Controversy over allegations of sexual harassment



Walcott at an honorary dinner in Amsterdam, 20 May 2008 - Photo by Wiki

In 1982 a Harvard sophomore accused Walcott of sexual harassment in September 1981. She alleged that after she refused a sexual advance from him, she was given the only C in the class. In 1996 a student at Boston University sued Walcott for sexual harassment and "offensive sexual physical contact". The two reached a settle-

ment. In 2009, Walcott was a leading candidate for the position of Oxford Professor of Poetry. He withdrew his candidacy after reports of the accusations against him of sexual harassment from 1981 and 1996. When the media learned that pages from an American book on the topic were sent anon-

ymously to a number of Oxford academics, this aroused their interest in the university decisions.

Ruth Padel, also a leading candidate, was elected to the post. Within days, *The Daily Telegraph* reported that she had alerted journalists to the harassment cases. Under severe media and academic pressure, Padel resigned. Padel was the first woman to be elected to the Oxford post, and some journalists attributed the criticism of her to misogyny and a gender war at Oxford. They said that a male poet would not have been so criticized, as she had reported published information, not rumour.

Numerous respected poets, including Seamus Heaney and Al Alvarez, published a letter of support for Walcott

in *The Times Literary Supplement*, and criticized the press furore. Other commentators suggested that both poets were casualties of the media interest in an internal university affair, because the story "had everything, from sex claims to allegations of character assassination". Simon Armitage and other poets expressed regret at Padel's resignation.

Writing - Hemes Methodism and spirituality have played a significant role from the beginning in Walcott's work. He commented, "I have never separated the writing of poetry from prayer. I have grown up believing it is a vocation, a religious vocation." Describing his writing process, he wrote, "the body feels it is melting into what it has seen... the 'I' not being important.

MORE ON THIS TOPIC IN APRIL 2018

St. Maarten Carnival 2018

Come, experience life!

GETTING READY FOR



PHOTO BY SCDF PRESIDENT

SUNDAY BRUNCH ALL WHILE PARTY



PHOTO BY JUDITH ROUMOU

A ROUND DOWN JUMP UP



15-03-2018 10:22

LES FRUITS DE MER IS RELAUNCHING AMUSEUM NATURALIS

MARCH 14, 2018—Grand Case, St. Martin—After delighting over 10,000 visitors in its first two years, Amuseum Naturalis is coming back in a new location in 2018. St. Martin's first natural history museum will be expanding to highlight island heritage and cul-

ture as well as nature. At the new location, formerly The Old House museum, there will also be community projects including gardens, a composting center and a native plants nursery.

"We are thrilled to create a space to tell all the stories of St.



Amuseum volunteers pause for a photo after a recent clean-up session.

Martin!" announced Les Fruits de Mer President Jenn Yerkes. "We're working with the local community to find and tell stories. We especially want to shine a light on heritage that's been ignored or suppressed, and show how the island's history and culture is fascinating and meaningful."

Amuseum Naturalis is developed and operated by the Les Fruits de Mer association. The group believes this project is important for many reasons. Local school systems are already under stress after Hurricane Irma. School materials on the island come from Europe or North America, and don't teach enough about local nature or heritage. The Amuseum has been, and will be, free for all. It is a place where young people can discover science and history, and develop valuable skills.

"We're really happy to see the amount of support the Amuseum

is getting," commented Amuseum curator Mark Yokoyama. "Volunteers have been coming to help clear the property and prepare the site. Everyone who comes falls in love with this place. People from around the world have been supporting with donations. It's a big project, but together we can make it happen for the island!"

Les Fruits de Mer are currently working with volunteers to prepare the new location every weekend, and more volunteers are always welcome. The next volunteer day is Saturday, March 17th, and more information is available at lesfruitsdemer.com and on the Les Fruits de Mer Facebook page. There is also a crowdfunding campaign raising funds until March 30th. St. Martiners interested in sharing stories or ideas about topics to feature in the museum should contact info@lesfruitsdemer.com.

Wings & Things
ST. MARTIN

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\$1 BEERS

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PHOTOS: SPACELESS GARDENS - DOING OUR PART WITH SXM DOET

IN THE WEEK of march 10-11th 2018 SXM-Doet once again conducted one of the biggest volunteers initiative on St Maarten. The effort of this years volunteer initiative was to assist community members and organizations with the clean up and the rebuilding of the surrounding communities.

The St Maarten Youth Council which occupies the Rupert I Maynard Community Center In St Peters also took the opportunity to get onboard and make use of the help that was available for the 2 days.

The St Maarten Youth Council in collaboration with help of Spaceless Gardens and assistance of SXM DOET and SZV came together to complete a garden at the St Peters Community Center.

The day was a fun filled day as volunteers all came together to make it a reality. SXM DOET Volunteers also rasterize the St Peters Basketball court to their best ability in a short matter of time.

Now that the St Peters Community Garden is officially established at the St Peters Community Center, the once know St Peters Community Garden will now be making an officially transition to becoming St Maarten First Agricultural Research and Development Center .

This transition will allow us now to focus more on sustainable development based on over 3 years of research conducted in the economical agricultural sector ' Wyattte of Spaceless Gardens Mentioned. The focus will be to now to develop St Maarten's first Agricultural Research and Development Center at the same location in St Peters as the former St Pe-

CONTINUED ON PAGE 6



Spaceless Gardens and staff volunteers of SZV preparing the garden at St Peters Community Center



Volunteer doing ground preparation at the St Peters Community Center



Garden completed at the St Peters Community Center

SPACELESS GARDENS PRESENTS
EMPOWERING THE COMMUNITY

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COMING SOON
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Time to Embrace Culture

Chef's of the St Maarten's Vegans

PRINS BERNHARD CULTUURFONDS

PHOTOS: DOING OUR PART WITH SXM DOETFROM PG 5



Students of Howard University volunteer at St Maarten Agricultural Research and Development Center



Volunteers of SXM Doet restore St Peters Basketball Court



Wyatte of Spaceless Gardens volunteers at St Maarten Down Syndrome Foundation for SXM DOET week

ters Community Garden Research and Development Center to ensure the longevity of pending projects and future sustainable agricultural development around surrounding communities and St Maarten...

Spaceless Garden also contributed its time to helping the St Maarten Down Syndrome Foundation and its clients on embracing the benefits of taking part in agricultural activities to help stimulate productivity, health benefits and peace of mind to its members and clients.

The activities of the day were a very positive experience for all that participated on both days.

Spaceless Gardens and the St Maarten Youth Council would like to thank volunteers along with SXM DOET and SZV that all came out to make this day a success..



One of the elders planting at the St Maarten Down Syndrome Foundation



Volunteers and Kids put plants in pots with members at the St Maarten Down Syndrome Foundation





THE FARMER SEE: EATING HOT RED CHILI PEPPERS MAY HELP US LIVE LONGER

By Honor Whiteman,

NEW RESEARCH

BRINGS some good news for lovers of spicy foods, after finding that eating hot red chili peppers might help to extend lifespan.

A study of more than 16,000 people in the United States revealed that individuals who consumed red chili peppers had a lower risk of death from all causes over an average of 18 years than those who did not eat the spicy food.

Study co-authors Mustafa Chopan and Benjamin Littenberg, both from the University of Vermont College of Medicine, recently reported their findings in the journal PLOS One.

Chili peppers are the fruits of the *Capsicum* plant, which belongs to the nightshade family. There are many types of chili pepper, all of which have different heat levels.

In hot peppers, such as jalapeños, the fiery flavor comes from a compound called capsaicin. Studies have suggested that this compound can offer a wealth of health benefits.

A recent study reported by Medical News Today, for example, found that capsaicin might have the potential to halt breast cancer, while an earlier study linked the compound to a reduced risk of colorectal cancer.

According to Chopan and Littenberg, only one previous study - published in *The BMJ* in 2015 - has investigated how the consumption of spicy foods such as chili peppers can impact death risk. It found a link between regular consumption of such foods and reduced all-cause and cause-specific mortality.

The new study supports this association, after finding that people who eat hot red chili peppers might have a longer lifespan.

All-cause mortality risk 13 percent lower with red chili pepper intake

Chopan and Littenberg reached their findings by analyzing the data of 16,179 adults aged 18 or above who took part in the National Health and Nutritional Examination Survey III between 1988 and 1994.

At the point of survey, participants' consumption of hot red chili peppers over the past month was assessed using a food frequency questionnaire.

The all-cause and cause-specific mortality of participants were monitored over a median follow-up period of 18.9 years using the National Death Index. During follow-up, 4,946 deaths occurred.

Compared with participants who did not consume hot red



chili peppers, those who did were found to be at a 13 percent reduced risk of all-cause mortality.

Because of the relatively small number of deaths in this study, Chopan and Littenberg say that their data on how red chili pepper intake might impact specific causes of death is limited.

Still, the available data suggested that hot red chili pepper consumption was most strongly associated with a reduced risk of death from vascular diseases, such as heart disease and stroke.

While the researchers are unable to pinpoint the precise mechanisms by which red chili peppers might extend lifespan, the team says that it is likely down to capsaicin, which activates transient receptor potential (TRP) channels.

"Activation of TRP vanilloid type 1 (TRPV1) appears to stimulate cellular mechanisms against obesity, by altering mediators of lipid metabolism and thermogenesis," the re-

searchers explain. "Protection against obesity leads to decreased risk of cardiovascular, metabolic,

and lung diseases." "Capsaicin may also defend against heart disease via a TRP-mediated mod-

ulation of coronary blood flow," they add.

New research 'strengthens generalizability' of previous findings

Overall, the team says that these latest findings support those of the 2015 study, linking spicy food intake to reduced risk of death by showing "a significant decrease in mortality associated with hot red chili pepper consumption."

However, Chopan and Littenberg note

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THE HEALTH BENEFITS OF AGAVE NECTAR

By sheknows.com

The newest sweet buzz in the health food realm is agave nectar, also called agave syrup. A natural sweetener similar to honey and derived from the plant that is used in making tequila, agave nectar can be used to sweeten both food and drink. This sweet syrup is an ideal alternative to sugar and offers health benefits -- beyond being a natural sweetener -- from weight loss to wound healing. Read on for more reasons to include agave in your diet.



What is agave?

According to Dr Ray Sahelian, bestselling author of Mind Boosters and The Stevia Cookbook, there are several hundred species of the agave plant. Agave has been cultivated for centuries, first by the Native American population and then in Europe, when agave plants were brought back by the Spaniards and Portugese in the 17th century.

Agave is a succulent plant, related to the yucca and lily, that grows in the southern and western United States and in central and tropical South America. The agave plants have a large rosette of thick

fleshy leaves, each ending generally in a sharp point.

Each agave rosette grows slowly and flowers only once. When the agave is ready to flower, a tall stem grows from the center of the leaf rosette and produces a large number of short tubular flowers. After development of the fruit, the original plant dies, but shoots are frequently produced from the base of the stem which become new plants.

Four major parts of the agave plant have culinary uses. The flowers are edible and can be tossed in salads. The leaves are rich in sap and can be eaten. The stalks can be roasted before they flower and exude a distinctive sweet molasses-like flavor. Sap that is used in tequila or as sweetener comes from the flower shoots.

Agave syrup is a low-glycemic sweet-

ener What makes agave superior to sugar? Sugar is a processed sweetener that has no nutritive value, other than calories. And agave, as compared to other sweeteners, has a desirable low-glycemic index. This means that when consumed, it won't cause a sharp rise or fall in blood sugar.

Here is a list of sweeteners and corresponding glycemic values. The higher the value, the bigger the impact on blood sugar.

GLYCEMIC VALUES

Organic Agave Nectar 27
Fructose (fruit sugar) 32
Lactose (milk sugar) 65
Honey 83
High fructose corn syrup 89
Sucrose (sugar) 92
Glucose 137
Glucose tablets 146
Maltodextrin 150
Maltose 150

Source: BlueAgaveNectar.com

If you are diabetic and monitor your food exchanges, a one-teaspoon serving of agave nectar equals a "free food." Two servings or two teaspoons equals 1/2 carbohydrate exchange.

Health benefits of agave nectar

Agave contains saponins and fructans. According to Dr. Sahelian, saponins, which are found on quinoa and many plant roots, including ginseng, have anti-inflammatory and immune system-boosting properties, including antimicrobial capability.

In fact, the Aztecs used agave syrup to treat wounds because of its antibacterial properties.

Inulin is a type of fructan or fiber that has many health benefits. Studies suggest that inulin can be effective in weight loss because of its low impact on blood sugar and its ability to increase satiety and decrease appetite. Inulin is also associated with lowering cholesterol, reducing the risk of certain cancers, and increasing the absorption of nutrients, such as isoflavones, calcium and magnesium.

VEGATERIAN AND VEGAN RECIPES

Couscous with Olives and Sun-Dried Tomato

BY ALLRECIPES.COM



INGREDIENTS

1 1/4 cups vegetable broth
1 1/4 cups water
2 cups pearl (Israeli) couscous
1 pinch salt
1 pinch ground black pepper
5 tablespoons olive oil, divided
1/2 cup pine nuts

4 cloves garlic, minced
1 shallot, minced
1/2 cup sliced black olives
1/3 cup sun-dried tomatoes packed in oil, drained and chopped
1 cup vegetable broth

DIRECTIONS

PREP
20 M

COOK
30 M

READY IN
50 M

Bring 1 1/4 cup vegetable broth and water to a boil in a saucepan, stir in couscous, and mix in salt and black pepper. Reduce heat to low and simmer until liquid is absorbed, about 8 minutes.

Heat 3 tablespoons olive oil in a skillet over medium-high heat; stir in pine nuts and cook, stirring frequently, until pine nuts smell toasted and are golden brown, about 1 minute. Remove from heat.

Heat remaining 2 tablespoons olive oil in a saucepan; cook and stir garlic and shallot in the hot oil until softened, about 2 minutes. Stir black olives and sun-dried tomatoes into garlic mixture and cook until heated through, 2 to 3 minutes, stirring often. Slowly pour in 1 cup vegetable broth and bring mixture to a boil. Reduce heat to low and simmer until sauce has reduced, 8 to 10 minutes.

Transfer couscous to a large serving bowl, mix with sauce, and serve topped with parsley and pine nuts.

THE FARMER SEE: HEALTH BENEFITS OF CHILI... FROM PAGE 7

that the earlier study was only conducted in Chinese adults, so the new research "strengthens the generalizability" of those findings.

The team concludes that: "Given the observational

nature of both investigations, causality can only be suggested, not confirmed. Further studies should aim to investigate the benefits of other spices and differential effects of certain chili pepper subtypes.

Such evidence may lead to new insights into the relationships between diet and health, updated dietary recommendations, and the development of new therapies."

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IS POPULATION GROWTH OUT OF CONTROL? PT 2

By BBC

Sanyal is sceptical.

His forecasts are lower for the world's two largest countries too. He predicts China's population will be 60 million fewer than the UN forecasts for 2100, and India's 100 million.

"Even the US is quite suspect," Sanyal says.

Here, the UN predicts a rise from 312 million today to 462 million in 2100.

"That would be extraordinary for a country which already has birth rates below the replacement rate... You will need huge amounts of migration into the US to reach anywhere near [that]."

It is likely that lots of people will migrate to the US. Sanyal accepts that the US population will grow.

But to increase at this rate he insists that other countries would have to be showing falls in population - falls that do not appear in the UN figures.

Overall, Sanyal paints a very different picture from the UN, with world population peaking around 2050 at 8.7 billion and declining to about 8 billion by the end of the century. That's about a billion higher than it is now, but well short of the UN's 11 billion.

Both Sanyal and the UN start with the same data - national censuses from 2010.



The difference arises because they make different assumptions about fertility, mortality and migration.

"I took into account two or three things which I think are inadequately reflected in the UN [report]," Sanyal explains.

"I have probably accounted more aggressively for things like gender bias in countries like China and India. The fact that they are coun-

tries with far fewer women of childbearing age than their overall population would suggest."

The UN predictions also assume, according to Sanyal, that all fertility rates will eventually converge towards the replacement rate - an "odd assumption" in his view.

"We have not seen any country where fertility rates have declined very dramatically [only] to have seen them

drift back up to the replacement rate," he says.

And the UN has underestimated the impact of urbanisation on reducing fertility rates, he argues. Up to now, as he puts it, urbanisation has been "a very powerful contraceptive" in all countries.

For their part, the UN experts say that Sanyal must have been assuming very sharp declines in fertility rates, which they do not share,

and very small changes to the global fertility rate can have a huge impact decades down the line.

The UN's own predictions highlight this.

The 10.9 billion figure in 2100 is what is known as the "medium-variant" - it represents what the UN sees as the middle road.

But if you assume a fertility rate of half a child below that, the world's population would have fallen to 6.8 billion by

the end of the century. Go up by half a child in the UN's model and it hits 16.6 billion.

What's more, small changes in fertility rates have a more pronounced effect over time. Sanyal's forecast and the UN's differ by 800 million at 2050. Yet, this increases to 2.8 billion by 2100.

There is plenty of room for disagreement. Let's hope the disagreements don't get "out of control".

WHA YA SAY TELL DI TRUTH !

RAS ITAL

Can't control jah works!



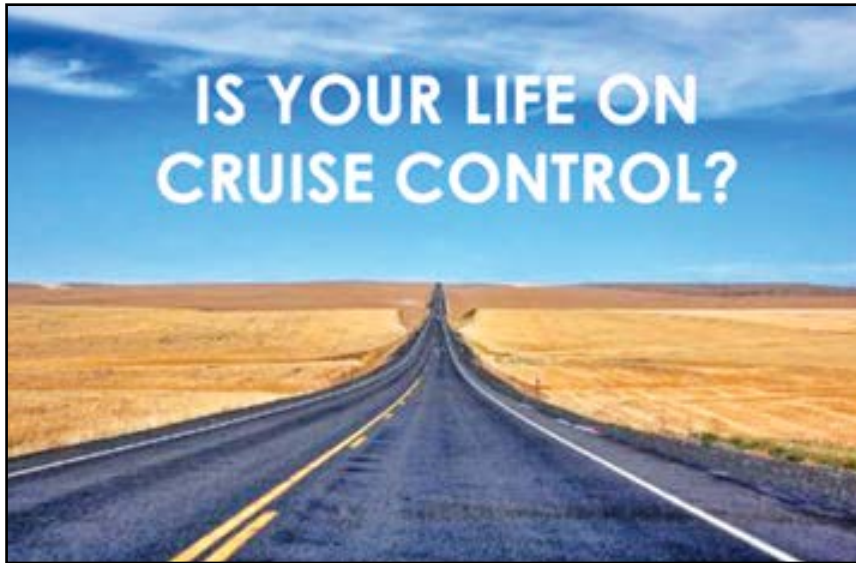
The world mek fi populate, Di rich only want fi tek everything fi dem self, In the end if them get rid of most of di none conscious consumer, the world will be filled conscious consumers dat go never support dem actions.. In the end dem same plan go turn against dem and the earth will always balance off itself and determine how much people should be here, Its not a decision of man but one of the most high !



I'M NOT SPEEDING, I'M ON CRUISE CONTROL

HEY IF IT'S OK WITH YOU can I be totally honest here. How many of us are constantly in speed mode. I mean to say we plan things in our lives and we are so eager to see them come to pass. That instead of just taking our time, we just do whatever it might take of us to get things done in a rush. And most of the time it ends up being a total disaster. Why you may ask?.. It's because that's when our make things happen mode kicks in.

Now there's an old saying that goes a little something like this "Rome was not built in a day". And I'm pretty sure I don't need to take extra steps into explaining what that



really means. And although we all know this, we still at times tend to rush through life taking some shortcuts and quick easy fixes along the way. And if it's one thing I've learned in

this life, it's that anything that comes too fast into your path is normally short-lived and basically doesn't last long.

So my question to you is? What's the big rush? Do you know

that every aspect in your life and it's experiences is what actually molds and shapes us into the person we aspire to be. Ok let's take a look at it this way, if you were to cook your favorite pasta meal.

First things first get that pot of water add your salt and bring that water to a boil and then you add your pasta and let the cooking process take its course.

Now during this time process you're going to continue to monitor your pasta vigorously checking and stirring to ensure all your preparation doesn't go to waste. At no time to during this process will you turn the heat up too much, because this is what will cause it to boil over. And that's what we don't want.

So we follow this procedure to ensure it comes out to the right consistency. So if you're following my thoughts right now I'm basically saying everything in life takes time. In order for a baby to be conceived it goes through that whole nine months cycle and as it develops at each stage as time goes by.

There's nothing that mother to be can do to speed this up. So don't be in such a hurry to prove to this world that you have it all together. Getting your life in order takes a lot of patience. I know how it is, I was once in speed mode myself. Because you want to feel accomplished in life, but let me say this to you take your time, nothing in life happens before it's time.

You can surely mess things up by rushing. Trust me, the faster you go the faster it will end. So don't be afraid to switch on your cruise control mode. In other words I'm saying be you and take your time in doing so. Trust me the world will adjust.

Some of us are in such a rush to figure everything out and miss out on some of the most important things in life.

Like family and their achievements and some bonding with our close friends. Sometimes it's ok to embrace the unknown and let life surprise you. Go ahead cruise along life's highway acquiring each experience as it's presented to you. And if I may say this when you stumble over a few roadblocks in your path.

It's ok, really it's ok to mess up from time to time because out of failure comes experience and knowledge. The way I see it is when we are in our mess up or downtime, it's just life's way of saying slowdown there's a lesson that you need to hold onto. But if you're always rushing through stuff that lesson might just pass you by. And if I

might say myself even the most well put together people didn't get to that point by just rushing through things off. They actually put in the time and effort into ensuring that every aspect of their life was carefully thought through. And most importantly they left space for disappointment.

Knowing that through life's failures breathes experience and knowledge that no one can take away from you. So go ahead and switch on the cruise control mode. And remember it's ok to fail or stumble or even mess up.

Because we're not perfect but it sure makes things much easier knowing that you can stop and analyze your mistake and add it to your box of life experiences that's yours forever. And the beauty of it is that this information can be shared to uplift or help someone that might need an extra boost of encouragement to assist them in their low times. Because what good is information if you're solely going to keep it for yourself.

I've always learned that you have to give in order to receive, and we all know that sharing is caring. So turn on your cruise control and cruise along life's highway and soak up life's experiences. And don't let anyone tell you that you can't do anything in life.

You just have to believe in yourself and you will be able to reach your highest high. With cruise control mode turned on.

Written by Latoya Ruan 18 March 2018

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EXCLUSIVE INTERVIEW

IN THIS MONTHS of Cultural Xpression we get a chance to catch up to an amazing lady that has been doing so much behind the scenes on St Maarten. Dr. Gittens is the author of the best seller, *The Pie Philosophy*, and the President & CEO of Training Professionals International Firm, (TPI) and President of the parent company Customer Service Mobile Academy, (CSMA). She is also the President and Founder of the Youth Empowered for Success Foundation, (YES) and the Founder of the 1st Annual St. Maarten Customer Service Week established in September of 2017.

With so much under her belt, she proves to be a fighter in what she believe and stands behind which make her a prominent role model for many young women and men to follow. Here is your chance to get a bit closer to the one and only Dr. Natasha J. Gittens, PH.D, CHE., CHT...

Who are you and where are your roots from ?

I was born on the beautiful island of Trinidad and Tobago. I left Trinidad at the age of 3 and grew up in Milwaukee, Wisconsin. I am a naturalized United States Citizen.

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

I attend school in Milwaukee, Wisconsin and earned my Bachelor's degree from Marquette University. I also hold a Master's Degree in education with an emphasis on Educational Leader-



Dr Natasha Gittens

ship and Supervision. My Ph.D. was earned from Kennedy University in Business Management.

What is your current expertise or preferred career choice ?

I have been a professor for over 25 years at over 15 universities and colleges around the world. In addition, I have started and managed many successful businesses as an entrepreneur. I have enjoyed my life in CEO capacity and feel very fortunate to work for myself, call my own shots and dance to my own drums. I am an advocate for following your dreams and taking charge of your own life and being a business owner has

afforded me that, plus so much more.

Over the last five years I have work diligently on mastering my expertise as a motivational speaker. I have been very fortunate because I am daily contacted by large, mid-size and educational organizations to deliver keynote addresses or to motivate their employees to rise to a renewed level of excellence. These opportunities are very enriching and allows me to not only guide, lead and empower people... but realize that my life lessons will be utilized by others to improve his/her life.

We are aware that you currently hold a PHD, is this a career choice you

hope for after studies or did you have an original career choice?

The Ph.D. has opened many doors for me. Although my degrees are diverse together they provide me with a multitude of enriching opportunities. I can train teachers, hospitality professionals, coach managers, advice managing boards, train boards, support government entities with change management processes and promote the importance of learning organizations.

What inspired you to undertake your current career?

Ambition is first and foremost. Secondly, the need in

DR GITTENS PH.D, CHE., CHT

the Caribbean weighs heavy on my heart. I know that organizations for years would fly in trainers, coaches and consultants to support their organizational goals. I feel fortunate that I have been able to build solid relationships with islands throughout the Caribbean and provide organizations with the same professional services that a consultant from abroad may and be easily accessible, professional and committed. The key is TPI and CSMA are on island companies, available, competent and understand the people of the Caribbean.

My team and I have studied, St. Maarten's organizations, the people, the professions, the government and have identified needs through valid research. We have utilized the same approach throughout the Caribbean. Today my (2) companies Training Professionals International Firm and Customer Mobile Service Academy are called to support many of the neighboring islands with improving their Tourism, Hospitality Entities, Educational Institutions and much more.

What is your current views as to what can be done towards the revitalization of St Maarten after the passing of hurricane Irma?

St. Maarten is and island of resilience and promise. My answer to that question is simple. We need to move away from personal agendas that fo-

cus on "I" and proceed to the "WE AGENDA" steadfast, swiftly and immediately.

We see that you are very community orientated and active, what are your plans as President and Founder of the Youth Empowered for Success Foundation and how do you see it may benefit in the revitalization of St Maarten's Economy and People ?

The YES Foundation was developed to support youth ages 13-15 with professional career planning and development. We take pride that we provide the community with events that are non-traditional. That means we don't only focus on the professional and academic level of students we promote effective relationship building. We believe when a young person understands how to communicate, negotiate, discuss matters maturely it will directly support the young adult to excel in both the professional and personal aspect of his/her their life. For us, a well-rounded young adult is a powerful force within the community.

You hold a degree in political science, have you identified any potential opportunities within a sector on our island that may be interest for you to work in AS A MINISTER OR mp, while focusing for our local economy, both young and old ?

No, I have no interest in Politics on

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 IN SUMATRA

TOWERING over the Sumatran landscape, Mt. Kerinci demands respect. At 3805 meters tall, Gunung Kerinci is the highest active volcano in Southeast Asia, and even rises above the iconic Mt. Fuji in Japan, and Lombok's Mt. Rinjani. Trekking up its forested slopes, protected within the

Kerinci Seblat National Park, is quite challenging as there are no switchbacks – it's just straight up to the top along a ridge trail. But the views at the top are truly unbeatable, making the struggle and sweat to the summit worth it.

Day 1
Leave your lodging

in the morning to begin your Mt. Kerinci climb. On the way to the trail head, don't forget to turn around and see the incredible view of the beautiful Kayu Aro tea plantation, rice fields, the Rawa Bento wetlands, and Mt. Tujuh off in the distance.

Once in the forest, be on the look-



out for Yellow-handed Mitered Langurs (our endemic, orange leaf monkeys), lizards, and birds. You'll hear the enchanting song of Siamang gibbons, and if you're really lucky, you might even spot a family of them. Make camp after about 8 hours of hiking, and prepare yourself for a chilly night and early morning.

Day 2
Before dawn, scramble an additional two hours up the

scree and rubble until you reach the crater. Bask in the view above the clouds as the sun rises, flooding the valley below with light. If you're lucky, you'll be able to see lava bubbling far below in the bottom of the crater, and on a clear day you can see all the way to the Indian ocean to your west.

Congratulations, you're now the tallest person on Sumatra!

Eventually, make your way back down the mountain, emerg-

ing from the jungle after about six hours, in the mid- to late afternoon. After a climb up Mt. Kerinci, expect a few days of sore legs to follow.

Day 3 optional
To savor the hike (and make it a little easier), spend an extra night on the slopes of the volcano either going up or coming down.

Slow and steady wins the race (and usually results in more wildlife spotting).

By wildsumatra



INTERVIEW - DR GITTENS...FROM PG11

the island. I commend those that do and admire their work. I have worked for Congressman and Senators in the United States and enjoyed those experiences. My work on the island serves a different purpose. I love the fact that I can set goals within my (2) companies with my team and we can make those goals happen. We don't look at any of our events, contributions to the community as impossible and the terms "red tape" is not a part of our vocabulary. We see it, we do it, we make a difference and move on with our creative attitudes to determine another fruitful opportunity.

From your view point, what would

be the ideal educational system ?

That's simple, a system that values leadership, teachers, students and parents equally.

Does having a good team behind you play an important role in your career?

Absolutely, I am not a top down person. Never have been. To be an organization that exceeds expectations for your clients and the persons you interact with. You must be a leader that is inclusionary and empower your teams to make decisions. The key is promoting team synergy among your employees. As a team you will never fail.

Who or what in-

spires you, do you have a role model?

My role models were my parents. Both had less than a first form education

but gave me the opportunity to achieve the highest. Those are my role models, not celebrities, CEO's, Financial Icons, Sports

Players or politicians. Ultimately, the biggest role model you can have is yourself,

particularly when you integrate honesty, integrity, love, happiness, and passion in

CONTINUED ON PAGE 15



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50 CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 2

**By profitableventure
Makeup Artistry
Business**

Look around you and you will see loads of women who try all they can to look good. As a matter of fact, each and every passing day, the makeup industry continues to see tons of new innovations. The makeup artistry is yet an art business that you can start from the comfort of your home and with zero capital. This means that all that you need to do is to be armed as it were with the necessary skills required. There are loads of individuals as well as beauty schools that offer this training.

What is more, if you are a makeup artist, you will have the opportunity to train a whole lot of people, as well as engage in the sales of makeup products from various brands all across the globe. Some of the opportunities that are opened to a makeup



artist include; wedding, beauty pageant jobs, and a whole lot more.

Hair Making Business

This is one form of art that never goes into extinction. As a matter of fact, it has been in existence for a very long time. The hair making business is as old as over 2,000 years. Some of the skills that one can provide in service when you start in this

business include; hair braiding, plaiting and what have you. For you to start in this art business, you have to be well skilled, so that you can give your clients the best.

As such; you will need to go to get trained and this might take some time. Therefore time have got to be devoted to be vast in this trade, so as to attract all and sundry.

Arts Studio

If you have always had a rich knack for drawing and paintings, then you may want to take that likeness for arts some notches higher by starting a trade around that business. More than ever before in the history of man, the love for arts have continued to be on the rise. In starting this trade, you have got to be armed with all the necessary skills needed. As such, you may want to look towards getting trained in this line.

This is a kind of business that fetches you great returns for your time and money, when you have all your art works displayed in your arts studio. Your clients cuts across the middle and the upper class folks.

Jeweler

If you have ever noticed jewelers, you may have found that their work goes straight beyond mere beads. This means that they use different materials, from ceramics made raw materials, to iron, and what have you. As a result, if you love fashion, and especially the accessories part of fashion, then you may want to consider being a jeweler.

Starting this trade isn't rocket science. This is because you can garner the skills involved, from the internet, from a fashion school, and what have you. The idea of succeeding in this trade is to be darned creative.

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MORE ON THIS TOPIC IN APRIL 2018 EDITION

MISSION SINT MAARTEN: LOCAL HEROES SUPPORTED

THE BUSINESS community can help Sint Maarten get back on top. But how? P + editor Dennis Mensink joined one hundred local and international entrepreneurs and as they made plans on how best to rebuild St Maarten. His experience was one to live and die for. Unforgettable. He decided to keep a blog.

With great enthusiasm one entered on the list of special experiences. Last week I was one of the participants of the Build Back Better Week. I got to know this mission through Valerie Vallenduuk from Present Your Startup. Vallenduuk, its business partner Jildou Steensma, EY Caribbean, 360, the United Nations Development Program (UNDP) and the Dutch Caribbean Chambers of Commerce thought that something had to be done for the economy of the affected Sint Maarten. Making the island all 'more resilient' was the intention.

Around 100 local and international entrepreneurs and other interested parties

from ten different countries came to the island on a voluntary basis to see what we could think of for ideas and concepts during a 36-hour hackathon to have a serious impact. 21 teams, one goal.

It was an experience that I will not forget. Especially because I saw what kind of forces come free when it literally means life or death. People who have lost everything and feared for their lives, have to see the thread again soon. They have often been given temporary accommodations and have to get back to work as a fool in order to provide for their maintenance and make their house hurricane-proof. The next hurricane season is already on the doorstep.

Full of positivity and energy they pounce on new plans. Why do we come to make the island resilient? We have received a lesson in resilience. And a lesson in humility.

Our hackathone team, consisting of three local entrepreneurs (Denicio Wyatte, Ife Badejo and



The Force Team members left to right, Dennis, Ife, Micheal, Prime Minister of SXM, Wyatte, Rob and Dwyane.

Dwane Sancho), the Aruban MP Michael Lampe, the Dutch management consultant and investor Rob Edelman and the undersigned, won the third prize with the concept The Force. Paid off after working hard! What a power was in the team.

'More powerful than a hurricane' we said quickly, even though it hit the concept in particular, with which we also want to control the problems caused by the hurricanes. With this platform, which consists of both a website and an app, we support local entrepreneurs who already have a lot of impact in their community. This is made easier by mutual cooperation and trade - also with the other islands in the region. These local heroes form the core of the concept.

The prize consists of a mentorship from the local Orco Bank. But that is not everything. Like three

other winning initiatives, our concept caught the attention of Prime Minister Leona Marlin-Romeo of Sint Maarten, who was present. She was impressed and indicated that the concepts could come to fruition with the help of the Dutch emergency fund of 550 million euros. "We will do everything we can to see, together with the World Bank and the Netherlands, how we can support these creative initiatives. A lot of positive energy has been created; let's see what we can do and how the initiatives fit into the different phases of our building plans." The event creates new opportunities for local business, emphasized Prime Minister Marlin-Romeo. "There have been networks, with new external contacts, which are very useful for rebuilding the economy."

Her gratitude for the arrival to Sint Maarten did not hide the Prime

Minister or the banks. "I thank you, I thank you." Completely mutual, Sint Maarten. Thank you for being part of your special, resilient society. May The Force be with you.

Wyatte's Addition

The experience over the week of the BBB was an extremely great experience, allot of great contacts were made, allot of great ideas were shared and allot of great potential was exposed to important people that may contribute to building Back a Better St Maarten..

We hope that those in positions that are able to contribute to making these ideas a reality, should take consideration to the great advantages these concepts may bring to making our island more sustainable country.

The force is an Social Innovative Network that will focus on connecting the adequate resources to the promising and sustainable necessities.

By P + editor
Dennis Mensink

INTERVIEW DR GITTENS... FROM PAGE 13

your personal memoir.

Has rejection ever happen in terms of your career or Have you ever been discouraged and how did you deal with it?

In my life, I don't use negative terms like rejection or discouraged. I realized a long time ago when your down, the only person I look for to get me up, is ME. Furthermore, I never see obstacles only opportunities. I own my life and my destiny. So, I drive my life in the direction that suits me, and I never worry about others who are not passengers on my bus.

Where do you see yourself in the

next 5 years in terms of your career choice?

I see myself, teaching, training, motivating and guiding others. Why? I see no value in my education, professional experiences and achievement if I cannot share it with others.

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

My greatest accomplishment is that I am an island woman from humble beginnings that has been afforded the opportunity to share my successes, mistakes, achievements and



Dr Natasha Gittens

downfalls with others to assist them with rising to new levels of success. To me that is true, "Happiness."

What do you do in spare time for fun?

I hike, cook, spend time with my loving husband, travel, exercise and mediate. The keys to a happy, healthy, positive life.

If you could be some where in the

world right now where would you be?

In the Caribbean changing lives.

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

Spirituality is huge for me. On occasion we all feel like our destiny is uncertain but if you have established a positive relationship with GOD, he will lead, guide, protect, move opportunities your way and give you the discernment to move forward strategically while simultaneously providing you with all the answers to your questions.

As we come to an end of our inter-

view, 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?

If each of us play a special role in being the best we can and are ready to move away from I to the WE, this country will soar above and beyond belief.

We would like to thank Dr Gittens for taking time out to conduct this interview and all the positive social initiatives that she has accomplished ... We wish her much success on her journey forward!!!!

MIND BODY & SPORT : EATING DISORDERS PT3

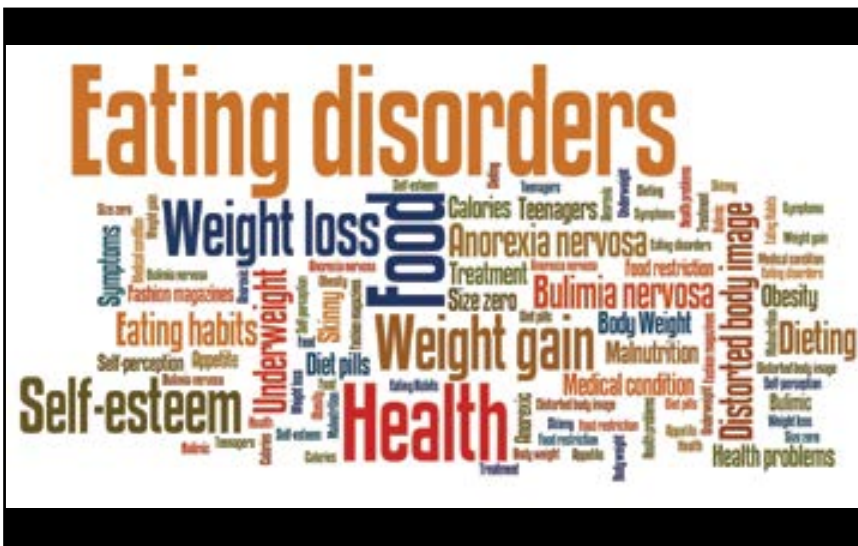
By Ron Thompson

FINALLY, eating disorder symptoms (such as dieting, weight loss and excessive training) may be misperceived as "normal" or even desirable in the sport environment, and personality characteristics/behaviors similar to those of eating disorder patients (such as perfectionism and excessive training) may be misperceived as "good athlete" traits.

Treatment. As a special subpopulation of eating-disorder patients, student-athletes need specialized approaches to treatment. However, treatment per se is not different; that is, standard treatment approaches (such as cognitive behavioral therapy) work as well for athletes as for non-athletes.

Recommended treatment differences relate to treatment staff. Treatment professionals working with student-athletes need experience and expertise in treating eating disorders and athletes, but more importantly need to understand and appreciate the importance of sport in the life of a serious student-athlete.

Student-athletes often resist treatment for the same reasons as non-athletes but also for additional ones related to sport. Some resist because they assume they will gain so much weight that it will negatively affect sport performance. They may resist due to a concern that having a mental health problem will result in a loss of status or playing time.



Some fear that being in treatment for a mental health problem will displease significant others (like family, coaches and teammates).

Also, student-athletes sometimes resist treatment because they fear their treating professional(s) will not

value the importance of sport in their lives. Given these common reasons to resist treatment, motivation for treatment and recovery is particularly important. Regarding treatment motivation, research investigating factors that facilitated student-athletes' recovery from their eating disorder found the desire to be healthy enough to perform in sport to be most helpful.

Where do we go from here?

Given the prevalence of eating disorders in the college and sport populations, athletics departments are encouraged to develop a treatment protocol for student-athletes with eating disorders. In-

cluded in that protocol should be guidelines regarding how affected student-athletes are identified, managed and referred for evaluation and treatment by sport personnel. Sport personnel charged with these responsibilities should be trained by health care professionals with experience and expertise regarding student-athletes and eating disorders.

The protocol should also include recommendations regarding education for both student-athletes and sport personnel. Education is the first step in prevention, but more is needed in the form of a program designed to change student-athletes' attitudes and behaviors

that are associated with disordered eating/eating disorders. Some NCAA schools already employ such a program.

Early identification of "at risk" and affected student-athletes is most important. Eating disorders can be more easily treated early in the process. More importantly, timely and appropriate treatment can prevent medical and psychological complications of these disorders, thereby decreasing the risk to the student-athlete and decreasing time away from sport.

Coaches and other sport personnel are encouraged to improve their identification skills, as well as their skills in making an appropriate referral for an evaluation and treatment. Such training can be made available to coaches, athletic trainers and other sport personnel, and can be endorsed and strongly recommended by sport administrators.

Such training opportunities are even more important for smaller colleges that may have fewer treatment options available on campus.

MORE ON THIS TOPIC IN APRIL 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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