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EXCLUSIVE INTERVIEW

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AGRI - CULTURE

BIRD FESTIVAL CELEBRATES YEAR OF THE BIRD
THANKING OUR SUPPORTERS FOR KEEPING AGRICULTURE ALIVE

ART & SPOKEN WORD

NATURE IN ART

HEALTH

HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?
HEALTH BENEFITS OF GREEN BEANS AND VERVAIN

BUSINESS & SPORTS

BOXING FEDERATION SEEKING FUNDING FOR TOURNAMENT
MIND, BODY AND SPORT PT 4

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MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY PT 2

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

SIR DEREK Alton Walcott, KCSL, OBE, OCC (23 January 1930 – 17 March 2017).

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.

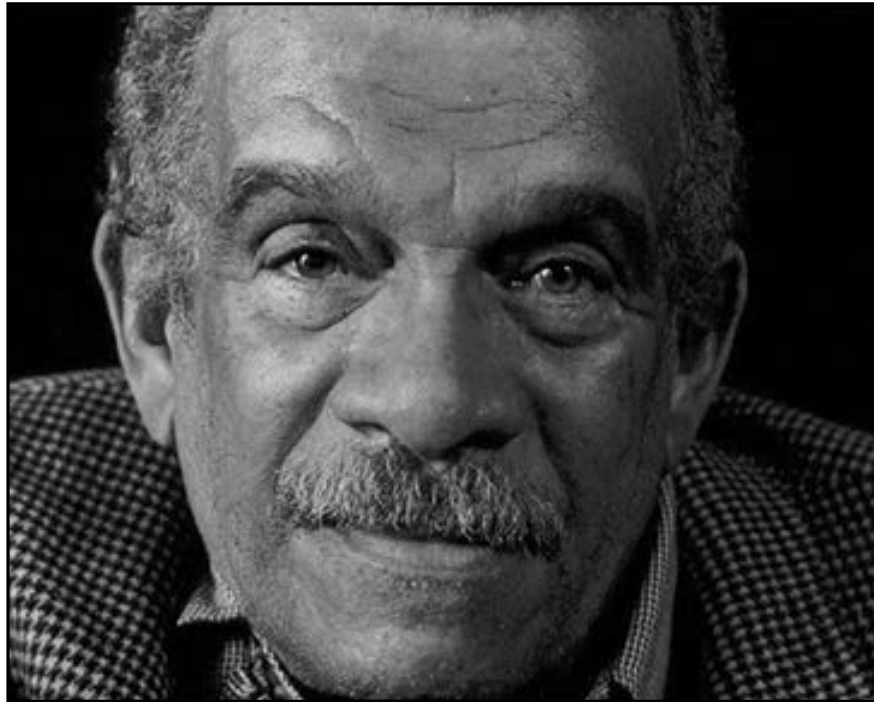
That is the ecstasy... Ultimately, it's what Yeats says: 'Such a sweetness flows into the breast that we laugh at everything and everything we look upon is blessed.' That's always there. It's a benediction, a transference. It's gratitude, really. The more of that a poet keeps, the more genuine his nature." He also notes, "if one thinks a poem is coming on... you do make a retreat, a withdrawal into some kind of silence that cuts out everything around you. What you're taking on is really not a renewal of your identity but actually a renewal of your anonymity."

Influences

Walcott said his writing was influenced by the work of the American poets, Robert Lowell and Elizabeth Bishop, who were also friends.

Playwriting

He published more than twenty plays, the majority of which have been produced by the Trinidad Theatre Workshop and have also



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. - Photo by ONELUCIAN NEWS

been widely staged elsewhere. Many of them address, either directly or indirectly, the liminal status of the West Indies in the post-colonial period. Through poetry he also explores the paradoxes and complexities of this legacy.

Essays

In his 1970 essay "What the Twilight Says: An Overture", discussing art and theatre in his native region (from *Dream on Monkey Mountain* and *Other Plays*), Walcott reflects on the West Indies as colonized space. He discusses the problems for an artist of a region with little in the way of truly indigenous forms, and with little national or nationalist identity. He states: "We are all strangers here... Our bodies think in one language and move in another". The epistemological effects of colonization inform plays such as *Ti-Jean*

and his *Brothers*. *Mi-Jean*, one of the eponymous brothers, is shown to have much information, but to truly know nothing. Every line *Mi-Jean* recites is rote knowledge gained from the coloniser; he is unable to synthesize it or apply it to his life as a colonised person.

Walcott notes of growing up in West Indian culture

What we were deprived of was also our privilege. There was a great joy in making a world that so far, up to then, had been undefined... My generation of West Indian writers has felt such a powerful elation at having the privilege of writing about places and people for the first time and, simultaneously, having behind them the tradition of knowing how well it can be done—by a Defoe, a Dickens, a Richardson.

Walcott identified

as "absolutely a Caribbean writer", a pioneer, helping to make sense of the legacy of deep colonial damage. In such poems as "The Castaway" (1965) and in the play *Pantomime* (1978), he uses the metaphors of shipwreck and *Crusoe* to describe the culture and what is required of artists after colonialism and slavery: both the freedom and the challenge to begin again, salvage the best of other cultures and make something new. These images recur in later work as well. He writes, "If we continue to sulk and say, Look at what the slave-owner did, and so forth, we will never mature. While we sit moping or writing morose poems and novels that glorify a non-existent past, then time passes us by."

Omeros
Walcott's book-length

epic poem

Omeros was published in 1990 to critical acclaim. The poem very loosely echoes and references Homer and some of his major characters from *The Iliad*. Some of the poem's major characters include the island fishermen *Achille* and *Hector*, the retired English officer Major *Plunkett* and his wife *Maud*, the housemaid *Helen*, the blind man *Seven Seas* (who symbolically represents Homer), and the author himself.

Although the main narrative of the poem takes place on the island of *St. Lucia*, where Walcott was born and raised, Walcott also includes scenes from *Brookline*, Massachusetts (where Walcott was living and teaching at the time of the poem's composition), and the character *Achille* imagines a voyage from Africa onto a slave ship that is headed for the Americas; also, in *Book Five* of the poem, Walcott narrates some of his travel experiences in a variety of cities around the world, including *Lisbon*, *London*, *Dublin*, *Rome*, and *Toronto*.

Composed in a variation on *terza rima*, the work explores the themes that run throughout Walcott's oeuvre: the beauty of the islands, the colonial burden, the fragmentation of Caribbean identity, and the role of the poet in a post-colonial world.

Criticism and praise
Walcott's work has

CONTINUED ON PAGE 3

Created BY:

Denicio Wyattte

Editors

Photography

Wattzz Publishing
Denicio Wyattte
Latoya Ruan
The Public at Large

Contributors

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CARIBBEAN ENDEMIC BIRD FESTIVAL CELEBRATES YEAR OF THE BIRD

APRIL 22, 2018— This spring, groups throughout the Caribbean will be celebrating the birds that are only found here. 40 events on 14 islands are already on the schedule for this year's Caribbean Endemic Bird Festival (CEBF). More than 80,000 Caribbean residents, friends and visitors will join in the activities, led by BirdsCaribbean. Earth day, April 22, marks the beginning of the festival, which continues to May 22 – the International Day for Biological Diversity.

On St. Martin, the Les Fruits de Mer association hosts their annual Endemic Animal Festival as part of CEBF. This year, the free festival will be held from 9am to noon on Sunday, May 20th. It will be held at Amuseum Naturalis at The Old House, a museum that the association is relaunching in French Quarter. Although the museum itself is still under development, the event will include many fun activities and a chance to see

this historic house. 2018 was designated "Year of the Bird" by the National Geographic Society to commemorate 100 years of the Migratory Bird Treaty Act. This is a powerful document that has protected birds for generations. The 2018 CEBF theme is "Year of the Bird."

In the 17-year history of the CEBF, BirdsCaribbean and its enthusiastic partners across the region have always found fun and creative ways to connect people to our Caribbean endemic birds. The festival seeks to inspire people of all ages and walks of life to conserve our birds and our natural environment. This is even more critical in the wake of 2017's devastating hurricanes. The recovery and the resilience of our bird populations must also be recognized in the coming month.

Why is the CEBF important? Of the 565 species of birds in our region, 173 are unique to us. They are a unique part of

the region's natural heritage. The CEBF is also an expression of who we are and how we connect with the environment. It brings people together. Learning about our birds takes place in a diverse, harmonious setting. In previous years, church services, radio and television interviews, street parades, fairs, information booths, drama and art competitions have all formed part of the CEBF celebrations.

Visit birdscaribbean.org or find BirdsCaribbean on Facebook, Twitter and Instagram for more information about the CEBF, to find events in your area, and see updates throughout the month. To learn more about the Endemic Animal Festival, visit <http://www.lesfruitsdemer.com>.

About BirdsCaribbean

BirdsCaribbean is a vibrant international network of members and partners committed to conserving Caribbean birds and



The Endemic Animal Festival is a free event where guests can learn about local nature. (Photo by Marc Petrelluzzi)

their habitats. We raise awareness, promote sound science, and empower local partners to build a region where people appreciate, conserve and benefit from thriving bird populations and ecosystems. We are a non-profit (501 (c) 3) membership organization. More than 100,000 people participate in our programmes each year, making BirdsCaribbean the most broad-based conservation organization in the region. You can learn more about us, our work, and how to join at: <http://www.birdscaribbean.org>.

For more information, and to arrange an interview, please con-

tact:

Ingrid Flores, Regional Coordinator of IMBD Caribbean, BirdsCaribbean. Email: imbdcordinator.pr@gmail.com



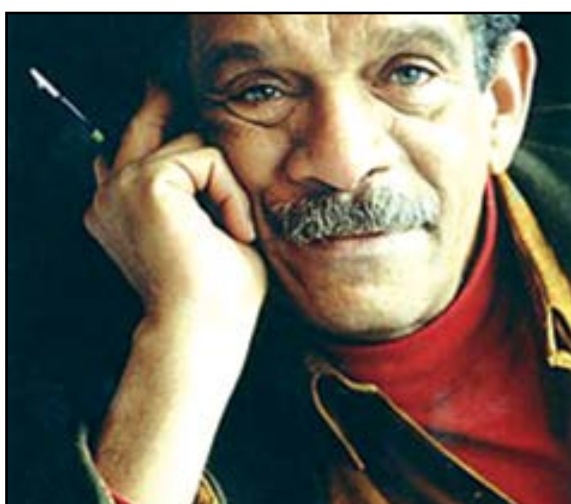
All of the hummingbirds that live on St. Martin are species found only in the Caribbean.

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

received praise from major poets including Robert Graves, who wrote that Walcott "handles English with a closer understanding of its inner magic than most, if not any, of his contemporaries", and Joseph Brodsky, who praised Walcott's work, writing: "For almost forty years his throbbing and relentless lines kept arriving in the English language like tidal waves, coagulating into an archipelago of poems without which the map of modern literature would effectively match wallpaper. He gives us more than himself or 'a world'; he gives us a sense of infinity embodied in the language." Walcott noted that he, Brodsky, and the Irish poet Seamus Heaney, who all taught in the United States, were a band of poets "outside the American experience".

The poetry critic William Logan critiqued Walcott's work in a New York Times book review of Walcott's Selected Poems. While he praised Walcott's writing in Sea Grapes and The Arkansas Testament, Logan had mostly negative things to say about Walcott's poetry, calling Omeros "clumsy" and Another Life "pretentious." Finally, he concluded with the faint praise that "No living poet has written verse more delicately rendered or distinguished than Walcott, though few individual poems seem destined to be remembered."

Most reviews of Walcott's work are more positive. For instance, in The New Yorker review of The Poetry of Derek Walcott, Adam Kirsch had high praise for Walcott's oeuvre, describing his style in the following manner:



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

By combining the grammar of vision with the freedom of metaphor, Walcott produces a beautiful style that is also a philosophical style. People perceive the world on dual channels, Walcott's verse suggests, through the senses and through the mind, and each is constantly seeping into the other. The result is a state of perpetual magical

thinking, a kind of Alice in Wonderland world where concepts have bodies and landscapes are always liable to get up and start talking.

Kirsch calls Another Life Walcott's "first major peak" and analyzes the painterly qualities of Walcott's imagery from his earliest work through to later books like Tiepolo's Hound. He also explores the post-co-

lonial politics in Walcott's work, calling him "the postcolonial writer par excellence." He calls the early poem "A Far Cry from Africa" a turning point in Walcott's development as a poet. Like Logan, Kirsch is critical of Omer-

os which he believes Walcott fails to successfully sustain over its entirety. Although Omeros is the volume of Walcott's that usually receives the most critical praise, Kirsch believes that Midsummer is his best book.

MORE ON THIS TOPIC IN MAY 2018 EDITION

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St. Maarten Carnival 2018

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“STORY TIME WITH NORWEGIAN EDUCATOR MRS. GRO STRAND GRIFFIN @ THE PHILIPSBURG JUBILEE LIBRARY”

PHILIPSBURG (APRIL 19TH, 2018) — The Philipsburg Jubilee Library might be destroyed but is still alive. On Thursday April 19th, 2018, Fifteen children from the No kidding with our kids’ foundation (ASA) and 10 visiting children between ages of four and ten, were treated with a special story telling. Norway born educator

Mrs. Gro Strand Griffin kept her promise of four years back, to entertain the children of Sint Maarten with a very personal story, supported by music and dance. She told the story of her husband, the son of a shoemaker, who lived as a child in Front Street. Assisted by two library staffers, two afternoon school staffers and a board

member she brought some joy, entertainment and genuine history to the children. Her journey from Oslo to Philipsburg’s Front Street was magical, said the board member. ‘I will be back’, said Gro (pronounced Gru), who left Friday back to Norway. ‘This is what it is about’, said the board member; ‘children interacting and having a wonderful experience beyond borders’. She added that the library is hoping to continue these kind of events in a new, temporarily building with the help of government soon. Don’t forget, in forty days the new hurricane season starts!



Mrs. Gro Strand Griffin kept her promise of four years back, to entertain the children of Sint Maarten with a very personal story, supported by music and dance.



Group photo of Mrs. Gro Strand Griffin and kids

BIRDS CARIBBEAN QUESTIONS EXPORT OF ENDANGERED DOMINICAN PARROTS



Rescued and rehabilitated Jaco parrots at the aviary in Dominica. (Photo by Stephen Durand)

APRIL 18, 2018— The bird conservation group BirdsCaribbean released a statement questioning the export of rare parrots from Dominica to Germany. BirdsCaribbean also joined over a dozen international groups asking the United Nations to investigate the export and help return the parrots to their native island.

In March of this year, twelve wild parrots of two rare species were exported to Germany. They were taken from an aviary where they were recovering after Hurricane Maria hit Dom-

inica in September 2017. Both species, the Sisserou and the Jaco, are found only in Dominica. The Sisserou is Dominica’s national bird and it appears on Dominica’s flag. The exports shocked bird experts on Dominica and around the world.

“We are alarmed by this and we hope to bring these birds back to Dominica,” said BirdsCaribbean Executive Director Lisa Sorenson. “We also want to prevent the future trafficking of rare birds under the pretense of conservation.”

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CONTINUED ON PAGE 6

THANKING OUR SUPPORTERS FOR KEEPING AGRICULTURE ALIVE



If she loves the soup whoo won't?

ON SATURDAY MARCH 31, 2018, we started to invited the general community to come out and support the soup drive as we try to get the Agricultural Center back up on its feet. Week after we continued our soup drive and had another joyful day. Even though it was a bit slower then last week the joy of the day was the kids that stopped by with their parents as they enjoyed their bowl of fresh Callaloo soup..

After hurricane Irma it has been quite a journey for us all, but we all share on common goal, 'NOT GIVING UP NO MATER THE CIRCUMSTANCES'.

'Together we can make St Maarten Strong Again indeed, but lets not forget agriculture in



Because of people like these, the Community Garden and agriculture will continue to be a reality



the process. For without that we will always remain the weakest link !" - Wyatte

If your not busy at home come out on a Saturday to the farm and enjoy a great bowl of soup prepared fresh from our garden ingredients.. Your support helps up to get back on our feet so we can continue to offer more support to others in need..

The mission is to make sure we can provide surrounding community members with fresh

organic vegetables at lower cost then the super market, while being able to educating them on the importance and impact agriculture may add to their day to day lives .

At the current moment we are a bit limited on supplies as we are trying to get our harvest and preparation area completed, without this is place we suffered a massive lost of over 100 kilos of produce because of not having a proper place to harvest and store it.

If we want to move forward in this country we need to take agriculture seriously and set the proper facilities in place to cater to the sector or else we will always be fighting a losing battle.

So come out this Saturday and lets see how we may be able to make Agri-Culture a reality for St Maarten together on step at a time ..

We would like to thank everyone thus far that can out and showed their support how ever little it may be, its because of people like you and those that support Cultural Xpression News Magazine for the past 4 years , is the reason why Agri-Culture has made it this far.. Thank You as we celebrate 4 years with Cultural Xpression News Magazine !

BIRDSCARIBBEAN QUESTIONS EXPORT FROM PG 5

The group that took the parrots, Association for the Conservation of Threatened Parrots, claimed it was an emergency measure to start a captive breeding program in the wake of Hurricane Maria. Bird experts questioned this reason and the legal basis for the export.

On their website, BirdsCaribbean describes the many problems with the export. Captive breeding programs can help some rare species, but it seems unlikely in this case. Post-Maria, both kinds of parrots are recovering in the wild on Dominica.

The aviary birds taken were healthy and expected to be ready for release back into the wild soon.

The number of parrots taken, including just 2 Sisserou parrots, is too few to start a breeding program. This raises questions about the scientific merit of the actions and if there are plans for capturing and exporting more birds in the future.

The parrots had the care they needed in local facilities on Dominica. It is better to help parrots in their home country with help from outside as needed. Local authorities and the peo-

ple of Dominica are the ultimate stewards of these species and should be empowered as such.

BirdsCaribbean and others have questions about the legality of the export. Usually, many experts take part in the decision to start a captive breeding program and there are strict rules for the trade of endangered species. This export was a surprise to all. It is also unclear if proper permits were obtained to export the parrots.

The full statement by BirdsCaribbean is on BirdsCaribbean.org.



The Sisserou, or Imperial Parrot, is a national symbol found only on Dominica. (Photo by Stephen Durand)



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THE FARMER SEE: 10 AMAZING BENEFITS OF GREEN BEANS

By Anamika M
(STYLECRAZE)

Green beans are also known as string beans and are easily available in most grocery stores. Their nutrient content includes fibers, vitamins, minerals and very less carbohydrates. They also contain protein, calcium, dietary fiber, iron and several other essential nutrients. Green beans have impressive amount of antioxidants and even provide cardiovascular benefits. Green beans are a rich source of Omega-3 fats too. The carotenoid and flavonoid content of green beans provide anti-inflammatory benefits.. Here we discuss the top 10 health benefits of green beans.

1. Vitamin K Benefits:

Vitamin K plays a prominent role in blood clotting and heals the wounds. It also maintain strong bones in the elderly.

2. Vitamin C benefits:

Vitamin C is a great source of antioxidants which work well towards cutting down free radical reac-



tions. These free radical reactions result in by-products and processes that may turn out to be carcinogenic. The anti oxidants found in green beans are extremely useful for the body .

3. Less calories:

Fresh green beans are very low in calories . Therefore, people who are calorie conscious need not worry and can eat them in good amounts. It also contains low amount of sodium, saturated fat and cholesterol.

4. Rich in fiber:

Green beans are a rich source of dietary fiber. Dietary fibers have many health benefits. Fibers are prescribed to people suffering from digestive issues. The fiber content in the green beans helps in prevention and treatment of constipation, haemorrhoids and diverticulosis. The high fiber content in green beans helps to maintain cholesterol and sugar levels in your body.

5. Folates:

Green beans are

also a good source of folates which are useful for cell division and DNA synthesis. Folate rich foods are also helpful for women during pre-conception period and pregnancy

6. Prevents infections:

A number of vitamins like Niacin and Thiamine that are present in green beans are a good source of nutrients that help to prevent many infections in the body.

7. Maintains cell and body fluid:

Potassium content in green beans helps the body to maintain better cell production and body fluid movement.

8. Controls cardio-

vascular diseases and blood pressure:

The potassium content in green beans also helps in controlling blood pressure and other heart related diseases .

9. Vitamin A

effects:Vitamin A) found in green beans helps in providing antioxidants and also in generating compounds that prevent the process of ageing.

10. Manganese effect:

Manganese content in green beans help in free radical scavenging act as it is a co-factor for antioxidants . This tends to keep you fit and healthy.

About 100 grams of green beans contains 31 kilo calories ener-

gy, 7.13 grams carbohydrates, 1.82 gram proteins, 0.34 gram fat and 3.4 grams fat. Other nutrients like calcium-37mg, iron-1.04mg, magnesium-25mg, and manganese-0.214mg are also present.

Sodium and potassium are found in 6mg and 209mg respectively in this quantity. Other nutrients and their proportions are phosphorous-38mg, zinc-0.24m, Vitamin K- 14.4 micrograms and Vitamin C- 16.3mg.

It is better to use green beans in your diet for an effective dosage of nutrients. Green beans are best consumed as balsamic green beans salad. Also, they are available for consumption in pickle form.

THE FARMER SEE: VERVAIN - HOW THIS VIBRANT HERB WORKS IN IMPROVING HEALTH

By Dr Mercola.com

A MEMBER of the Verbenaceae family, vervain (*Verbena officinalis*) is an herb that's known for its multiple uses, potential capabilities and variety of names, such as:

Common or European vervain, Enchanter's plant, Herb of grace, Herb-of-the-cross, Ma bian cao, Pigeonweed, Simpler's joy and Verbena

Vervain was first brought from Europe to North America, and is also abundant in North Africa, China and Japan. It's a perennial plant that grows between 1 to 3 feet, with simple opposing leaves and thin and stiff stems. During

the summer, pink, purple, white or blue flowers appear, with each flower having five petals and sitting on top of delicate spikes.

Other vervain plant varieties like blue vervain (*Verbena hastata*), white vervain (*Verbena urticifolia*), hoary vervain (*Verbena stricta*) or MacDougal verbena (*Verbena macdougalii*) can be used for herbal remedies, too.6 Vervain may seem like it's just visually appealing, but there's definitely more to it than meets the eye. Continue reading to learn more about vervain's positive impacts on your health and the various uses this plant is known for.

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MIX ANTIANO SHOW
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THE FARMERS SEE: VERVAIN...FROM PG7

Health Benefits of Vervain

With the many known health benefits associated with vervain, you can be certain that it can positively impact your health. Vervain is shown to exhibit the following properties:

Analgesic: This herb helps alleviate headaches, abdominal cramps linked to menstruation, arthritis and kidney stones.

Compounds in vervain may numb certain areas and stop pain from registering in those nerves.

Anti-inflammatory: Complementing the plant's analgesic properties, vervain may help reduce swelling and inflammation.

Anti-spasmodic: Vervain may help reduce muscle spasms.

Astringent: Tannins in vervain can be a natural remedy to help ease skin infections,⁹ as well as bleeding gums, halitosis, mouth ulcers and tonsillitis.

Diuretic: Vervain helps with diarrhea relief and prevention by encouraging release of urine, excess water, salts and fat from the body.

It can assist in breaking down and eliminating kidney stones.

Anti-parasitic: Vervain can help kill, expel and prevent growth of intestinal worms and other intestinal parasites.

Expectorant: This herb aids in eliminat-



ing mucus and phlegm that build up in the respiratory tract.

Other health benefits you can get from vervain include:

Alleviating common women's health concerns: Vervain aids with lessening menstrual cramping and encouraging lactation of breastmilk and stimulating uterus contraction.

Enhancing mood: A cup of vervain tea can ease anxiety and stress by soothing the nervous system and inducing calmness and relaxation.

Maintaining a healthy gut: Drinking vervain can be useful in helping alleviate cramps, bloating and flatulence.

Boosting oral health, Stimulating appetite and helping with digestion (when used as a liver tonic), Restoring parasympathetic nervous system health and Healing sprains

Common Uses of Vervain You Need to Know

Vervain leaves and flowers are often collected mid-summer when the plant is in full bloom. These can be incorporated into an infusion, tincture, poultice or ointment, although vervain is most notable for its medicinal capabilities that can help relieve these conditions:

Colds, Intermittent fevers, Asthma, Sore throat, Chest congestion, Chronic bronchitis, Scrofula (a form of tuberculosis), Pleurisy (an inflammation of the pleura or the moist and double-layered membrane surrounding the lungs and lines of the rib cage), Colic, Ulcers, Kidney stones, Jaundice, Nervous tension, Insomnia Anxiety, Irritability, Lethargy and Depression.

Traditionally, vervain was used to treat snake bites, nervous disorders, headaches, pain in certain parts of the reproductive system and throat tumors. In China, vervain was utilized experimentally to aid in treating malaria, blood flukes, coughs and inflammation.

When used as poultice or ointment, vervain can help heal bruises, insect bites, eczema and other skin disorders. Chewing the plant's roots was also believed to strengthen teeth and gums. Vervain is also popularly used as an aphrodisiac that can help stimulate sexual arousal.

Many powerful civilizations considered vervain as a sacred plant. The Romans, well aware of vervain's therapeutic properties, used it to help treat various disorders, as did the Egyptians and Persians. In fact, Egyptian legend tells that the vervain plant sprung when the goddess Isis shed tears to mourn the death of another god, Osiris.

Vervain was called "herba sacra" by the Romans, and "hierobotane" or "holy plant" by the Greeks. They both used vervain to brush temple altars and sanitize homes. Vervain's generic name Verbena, which means "leafy branch," is an allusion to this practice. Lastly, vervain is connected to a very important chapter in Christian faith. The herb was said to have stopped the bleeding of Jesus Christ's wounds when he was crucified in Calvary. This is probably why vervain is also called the "herb-of-the-cross."

MORE ON THIS TOPIC IN MAY 2018 EDITION

VEGATERIAN AND VEGAN RECIPES

Lentil Tabbouleh

BY JAMIEOLIVER.COM



INGREDIENTS

- 200 g puy lentils
- 1 bunch of spring onions
- 200 g ripe cherry tomatoes
- 1 large bunch of fresh flat-leaf parsley
- 1 large bunch of fresh mint
- extra virgin olive oil
- 1 lemon

DIRECTIONS

Rinse the lentils, then cook in plenty of salted water until tender. Drain and set aside to cool.

Trim and finely slice the spring onions, halve the tomatoes, then pick and finely chop the herb leaves.

Mix the cooled lentils with the spring onions, tomatoes, herbs and 4 tablespoons of oil. Add the lemon juice to taste, season with sea salt and black pepper, then serve.

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TO WRITE OR NOT TO WRITE.... ABOUT THE DUMP FIRE AGAIN PT1

FEW weeks back, Carnival Fascination cruise ship was informed about the smoke from the dump by the port authorities and advised not to make a call at the port of St. Maarten. Despite this the captain decided, after assessing the situation, to still make the stop in St. Maarten, as was announced in a subsequent press release issued by the port authorities.

The news about the advice not to call and the decision to still dock are facts. We have the press releases to prove it. We also have a photo of the Fascination in port at the Pointe Blanche cruise terminal, as can be seen below in this publication.

This whole affair is worthy of a column. Interesting enough, right? "To call or not to call" would be the working title. Our opinion is that Carnival Cruise Lines can not afford to mess up their schedule by not calling on St. Maarten for a simple dump fire. They run the risk of cruisers cancelling their booked cruise trips that involve St. Maarten if the word got out that things are so bad on St. Maarten that even the cruise ships are avoiding the island because of the dump fires. They can't afford that kind of negative publicity.



First two top photos: Smoke from the dump trailing over Philipsburg back in February 2018, as can be seen from Pointe Blanche and the cruise terminal. File photo and Article by StMaartenNews.com.

Then the question remains, can StMaartenNews.com afford to publish such a negative story and still spread news that the St. Maarten Government, the Port authorities and the Cruise Lines are obviously trying desperately to avoid spreading? And that is the crux of the matter: To write or not to write. Consequences be damned!

The constant smoldering dump fires have become

the new norm on St. Maarten and the emanating smoke seems to be becoming acceptable amongst the people. We have often written that on St. Maarten we often quickly accept what is common or common practice as normal.

But is a highly toxic dump fire and smoke normal? No, of course not! And we should not accept it as a normal part of our every day lives here on St. Maarten.

It is killing us, albeit a slow death for most of us, but it is most definitely negatively affecting our health and therefore ultimately our lives.

So by addressing this topic, St-MaartenNews.com hopes to put pressure on officials in government, the port and cruise lines industry to address and solve the dump issue on St. Maarten once and for all.

Just yesterday, one of our readers

wrote in and ask why we are not writing about the dump fire and smoke since it has been smoldering for more than a week now. The initial reaction was why write about it? In the past, all the writing we did achieved absolutely nothing. Nul comma nul. And like we recently saw in a Facebook post, "nul komma nul is still nul".

But when you wake each morning with the smell

of smoke in your bedroom, you can't ignore this fact and once again, here we are writing about this topic. One of our readers happened to be a legal mind and reminded us of the plan back in the day of the then public prosecutor Hans Mos to criminally prosecute the authorities and the dump management officials for environmental crimes ('milieudelicten').

MORE ON THIS TOPIC IN MAY 2018 EDITION

WHA YA SAY TELL DI TRUTH !

RAS ITAL
WE FI WRITE AND TALK DI THINGS DEM !



Wen ting like dis come a threat to we people, we fi not only write bout it, but we fi mek noise too. Dis nah a nice thing fi we children , mothers and hard working people fi go tru. Dis a shame more time ya come out fi breath a likkle frsh air and a car tire ya a inhale , Nah man Fyah fi Dat! Righta now me nah tro no moore fyah pun it , cause this one dem nah go get fi put out !!! Dem fi give the people peace a mind, untill then, We fi mek we voice and pen loud !!! Ya ear dat !!!!

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NATURE IN ART

BY art-is-fun.com

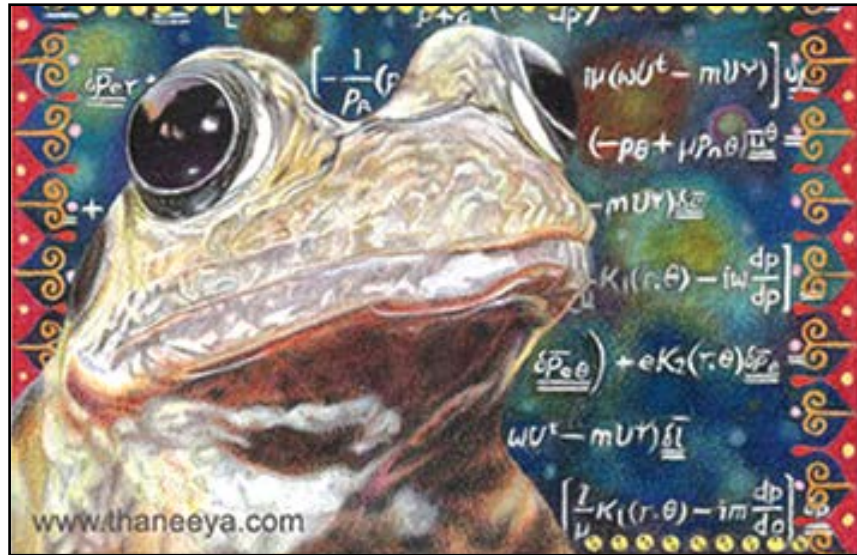
THE EXPLORATION

of nature in art can take endless forms, because nature provides us with such a vast wealth of inspiring phenomena.

"Nature, in the broadest sense, is equivalent to the natural world, physical universe, material world or material universe. "Nature" refers to the phenomena of the physical world, and also to life in general." — Wikipedia

That gives us a lot to work with! Nature is both all around us and deep within us. We are inseparable from nature - our bodies, lives and minds depend on the air we breathe and the food we eat. The earth sustains our very life force. Without the earth - without nature - what would we be?

Artwork based on nature can take many forms and serve many purposes. Because "nature" is such an immense topic that encompasses so many



Cosmic Frog - 4'' x 6'' - Prismacolor Colored Pencils on paper

things, I can only provide a partial list of the various subtopics that may appear in nature-related artwork: flowers, plants, trees, botany, animals, cells, anatomy, bodily systems, weather, geology, matter, energy, fossils, any of the natural sciences, water, fire, environment, conservation, natural history, processes, evolution, birth, growth, aging, decay, change...

And of course

within each subtopic, there are further subtopics, and on and on...

So if you want to create a work of art based on the theme of "nature", you've really got a whole planetful of ideas to work from!

Above you can see one of my colored pencil drawings, Cosmic Frog, followed by a brief description of the way this drawing addresses the subject of nature.

This drawing is

part of my Deep Thinkers series, in which various animals are juxtaposed with evidence of human thought, in the form of mathematical equations, quotes, definitions, musical scores, etc. These pieces approach the topic of nature in art by depicting a zen-like transcendent bridge between conceptual thinking and animalistic consciousness. These two contrasts are united by a careful use of color and decorative design. This piece depicts a frog in front of a series of black hole equations.

This drawing depicts one way of approaching the topic of nature in art. My Cosmic Frog drawing ties together earthly, amphibious life with cosmic, universal calculations - thus combining something small and recognizable with grand concepts that are abstract and intangible to our human consciousness. Frogs and black holes - makes for an interesting contrast!

Many forms of nature in art

Nature in art can take many visual forms, from photorealism to abstraction. Art can mimic nature, by seeking to visually replicate objects as they actually appear in real life. But abstract paintings can also take their visual cue from actual forms

in nature, such as the painting below. This piece arose from the study, observation, and contemplation of natural phenomena and natural forms. When sitting at the easel, I used creative liberties to assign bright colors to detailed patterns that were inspired by what I had seen in my natural surroundings.

My painting below, Fulgent Life, is another example of nature in art. This painting was heavily influenced by my up-close observations of plants and insect life whilst living on an isolated hilltop in southern France. This painting depicts the elements of earth - rocks, stones, soil, minerals, and the things that live amongst them. This artwork was based on the forms that I observed in nature, which I used as a starting point to create an imaginative, abstract work of art.

Art with a Purpose

There are many different ways to approach the subject of nature in art. Art can open our eyes to the intricacy and beauty of the natural world. It can simply be a pretty picture that appreciates nature for what it is... or it can be a challenging piece expressing our complex human connection to nature. Art can serve

a purpose beyond being an object of beauty: it can also address pressing environmental issues and topics about conservation, sustainability, preservation, biodiversity, and threatened habitats. Art has the ability to interact with and educate the viewer about these issues, spreading awareness about such important topics. We feel an instinctual need to take care of the things we feel connected to. Art can help renew, or spark anew, our connection with nature.

Sustainable art is a movement whose aims are to ignite discussion (and adjust our perception) about the way we use our resources. Sustainable art seeks to make us think more deeply about the impact that our lifestyle choices have on the planet.

Artists for Conservation is a group of artists who, in various ways, support nature through their artwork. They paint nature in art in the form of beautiful and idyllic images of animals and landscapes. In addition, they also donate a portion of their art sales to conservation efforts.

Nature in Art is a British museum devoted entirely to artwork inspired by nature.

MORE ON THIS TOPIC IN MAY 2018 EDITION



Fulgent Life - 6'' x 6'' - Acrylic on Wood Panel

MORE FROM EXPRESSED BY LATOYA RUAN IN MAY 2018 EDITION

EXCLUSIVE INTERVIEW

IN APRIL 2018 EDITION of Cultural Xpression we get to touch base with a very promising young man. A man that allowed his mistakes to become his success, a man that finds the answers he is looking for within nature, a man that thinks outside that box. Just an average man with an extraordinary way of thinking, Mr Stanley Lint Owner of STM Shipping N.V. and now president of the St Maarten Chamber of Commerce and Industry. Here is your chance to get a bit closer to those that are looking forward to making small changes to harvest many big rewards for county St Maarten. Most of the time all they need is the right chance to do the right things..

We introduce to you Mr Stanley Lint:

Who are you and where are you from ?

Good question, I am a person that keeps it simple and straight. Enjoy hard work and enjoy the result of it.

Was born in Curaçao, but I am "From Here". Came to St Maarten as a baby, so my foundation is here.

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

I went to St Joseph Elementary and then LTS/MTS at MPC. Went to Netherlands to continue my studies, changed directions a few times trying to find myself and unfortunately didn't come back with a degree. My degrees were obtained from trial and error, looking at others and learning from their mistakes



Mr Stanley Lint Owner of STM Shipping N.V. and now president of the St Maarten Chamber of Commerce and Industry.

and success. Did many courses along the way as part of my self education process.

What is your current expertise or preferred career choice ?

I have been in the shipping business since 2006 and I think this is my calling. It's a stressful industry, but with great rewards. Travel the world, meet many interesting persons and see many opportunities in business and learn about business in general.

Most are aware that you are currently President of the St Maarten Chamber of Commerce & Industry, is this a career

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

My initial career vision as a young adult was to be a politician, business man and family man. Always being in a position of leadership and wanting to make a small change, this current position is part of my evolution.

What inspired you to undertake your current career?

Wanting to strengthen my position in business and by helping myself I can help others. If I make a change that positively affects me as a business person,

it will affect others as well.

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

More support and strengthening of the small business sector. Allow new ideas to develop.

We see that you are very community orientated and active, what are your plans as President of the St Maarten Chamber of Commerce & Industry and how do you see it may benefit in the revitalization of St

MR STANLEY LINT PRESIDENT COCI

Maarten's Economy and People?

By creating avenues where small ideas can foster and grow. Going out to the communities and provide education, knowledge and resources to better build stronger businesses and help create new ones. I believe in having a business is how you eliminate poverty, provide better health care, education and thus a prosperous country for its citizens. Secondly, focusing on local investors. We need foreign investors to bring new capital into the country, but having local investors there is a tie to the community/country and a reason to be resilient, especially in certain industries.

From your view point, what would be the ideal system for a sustainable business model?

One that is built on strong values, a clear culture and reflects the vision of the owner(s). Understanding that a business can be seen as a living thing, it can grow or die and it takes time, proper nourishment (systems, planning) to survive.

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

You are as weak as your weakest link, unless you intend to do everything yourself which at times might not meet the desired outcome.

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

Any person with ambition and the fortitude to jump inspires me. Those that didn't follow the grain and made success.

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

I was never fired, but was rejected several times and voted out once out of a position.

I always see it as part of my education. At the time it might be hard, but you soon realize it's a blessing.

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

Being a chamber member and now the president has a time limit that is decided by the voting businesses, I would like to be here long enough to make a difference.

For my business, I see my vision being realized, innovative, technologically advanced and being not the biggest, but the top industry leader.

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

Just starting my own business.

What do you do in spare time for fun?

Spending time with my family and doing whatever is on the agenda for that day.

If you could be

CONTINUED ON PAGE 15

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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 TRINIDAD

TRINIDAD is best known for its diverse wildlife and its high-energy Carnival in February. But with rain forests, wetlands, waterfalls and remote beaches throughout the island, Trinidad is becoming a hot spot for ecotourism, too. Visitors will find a wealth of ecofriendly options in lodging and activities that promote sustainability of the natural environment.

Eco Lodges

Ecofriendly accommodations in Trinidad are located in the remote northern mountains and coastline, away from the bustling port cities. Le Grande Almandier is a 10-room inn on the beach in the community of Grande Rivierre. The beach is famous for observing nesting leatherback turtles. The Asa Wright Nature Center and Lodge, high in the Northern Range of Trinidad, offers guestrooms with twin beds and private bath-



Sir David Attenborough with a leatherback turtle in Trinidad Credit: Gavin Thurston - Telegraph.co.uk

rooms or cottages, plus family-style, locally sourced meals. The northeast corner of the island is home to the Toco Foundation Agro-Tourism Centre, a 10-room facility linked to the Toco Foundation's grassroots development work. Visitors are treated to local foods and can plan nature hikes with staff guides.

Turtles and Birds

Watching endangered leatherback turtles mate and nest and seeking the diversity of Trinidad's birds are two pop-

ular ecotourist activities on the island. The turtles nest in the spring through early summer on Trinidad's northern beaches. You can observe their activities with a tour guide or join a group like Earthwatch in collecting data about their habits. The tropical climate and varied terrain of the island also is home to hundreds of species of bird life, such as toucans, woodpeckers, tanagers eagles and falcons. Birdwatching enthusiasts can join tours arranged through the Asa Wright Nature Centre or Trinidad Bird-

ing Tours.

Bat Caves

Tamana, in the Central Range mountains, is known for its network of bat caves, home to 11 species of between 500,000 and 3 million bats. The main cave entrance is at an approximately 750 feet elevation and 30 feet wide at the opening. The caves get much smaller as you explore the network. Guides lead the way into the caves, where bats sleep hanging upside down, millions of cockroaches feed

on bat guano, visitors navigate steep and slippery slopes and encounters with frogs, snakes and other cave inhabitants is commonplace.

Nariva Swamp

The northern part of the island offers ecotourists ample opportunity to hike through swamps in search of waterfalls, with howler monkeys overhead. Nariva Swamp, a freshwater wetland, has been named a Wetland of International Importance under the 1993 Ramsar Convention on Wetlands and is home to magnificent palm stands and more than 100 species of wildlife. Red howler and Capuchin monkeys reside here, as do anaconda, the endangered West Indian manatee and the tree porcupine. Special permits are required to visit the swamp, so go with a certified tour operator such as Caribbean Discovery Tour or Limeland Tours.

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50 CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 3

By Profitable venture.com Bag Making

All over the world it is known that women do not toy with their accessories, and one of such accessory is the bag. Bags have continued to be produced, and more and more women and men purchase them. You do not have to be stereotypes in your bags production, because there are various types of bags that you can venture into making.

It is for this reason that you can also start a bags making business. The market is a very wide one and the things that you can produce are countless. For instance; you may consider the production of ladies handbags, sling bags for men, travelling bags, executive bags, party bags, and what have you.

Shoe Making

Hardly would you come across anyone who does not have a



footwear on, when on the streets. This only goes to show that the percentage of people who wear shoes are really much. You too may want to cash in on this by starting a shoe making crafts business. However, care has to be taken, so that you learn all the ropes and not be found wanting.

You may consider enrolling in a crafts school, where all the rudiments of this trade will be taught. Once

you are good to go, then you can begin to plug in and enjoy the goodies the industry has to offer.

Goldsmith

All of the gold and silver made things that you can see around you are all the handiwork of goldsmiths. These folks are versed in the art of melting and molding of precious metals. Therefore, you too may want to start this trade. It is im-

portant to say that there is a lot of returns of investment in this art. Just like it is with every other arts and crafts business, you have to know your onions; and that is why you have to be skilled in this regards.

For starters, you may look at getting the required training involved in starting this business. Why is this needful, you may ask? This is especially important so that you do not leave any process untouched before launching out.

Tinker Business

Dealing with irons and metals, might sound strange in the first place to novices and those who do not know that one could possibly start a business around this art. Truth is that the metals that are being recycled and used for other stuff, are being molded and handled by tinkers. As such, if you have a penchant for such a trade, then you may want to get some training in this field. One of the very good things about this business, is that there is a piece of metal in every household, and that goes to show that it is a profitable business.

Hat Making Business

Being a milliner, isn't a herculean task. As a matter of fact, it is one business that never goes into extinction. This is because of the need to always use hats.

MORE ON THIS TOPIC IN MAY 2018 EDITION

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MDGS-SDGS PILOT PROJECT ON POVERTY ALLEVIATION GOOD EXAMPLE PT 1

IN SEPTEMBER 2016 the project 'Community Back Yard Gardening program St. Maarten' embarked at Spaceless Garden in St. Peters as one of the pilot projects to combine several Sustainable Development Goals (SDGs) together, aiming "Eradication of poverty and hunger" on St. Maarten. This project was geared to the increase of awareness on agriculture and its possibilities on Sint Maarten. Its main focus is to identify people of interest and help enhancing their agricultural skills via a training program and assist them with setting up a garden in

their back yard. Overall aim of this project is to accelerate progress in the former Millennium Development Goal 1 on eradicating poverty. Yet the project serves to tackle more SDGs: No poverty (1), Zero hunger (2), Good Health and Well-being (3), Quality Education (4), Decent work (8), Sustainable communities (11) and Responsible consumption and production (12) as seven of the 17 SDGs to be fulfilled with this community-oriented project. All by all the project would stimulate the Agricultural\Cultural awareness, encourage skill enhancement



Representatives of, VSA, BAK and UNDP visit community garden

and job employment as well as the increase of social\human interaction, stimulate health and increase the buying and spending power of the surrounding communities through education and practice.

The total budgeted cost of the first phase of this project, \$18,050.00, was funded by UNESCO and involved the purchase of agricultural training materials and basic computer training. The second

phase cost was \$44,576.00 and covered by the Government of Sint Maarten via the National Development Plan (NDP) project. The project is a co-joint partnership between the government of Sint Maarten

and the UNDP. The Department of the Interior and Kingdom Relations (BAK) was the overall coordinator and facilitator, but more stakeholders were involved in this pilot project. BAK worked together with the United Nation Development Programme (UNDP). Furthermore, in collaboration with the ministry of VSA (Public Health-Labor and social development) they supported the project owner and project manager and executor Denicio Wyattee in this endeavor.

CONTINUED IN MAY 2018 EDITION

INTERVIEW - MR LINT ...FROM PG11

some where in the world right now where would you be?

Somewhere cold and quiet. Somewhere in nature.

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

Had to smile when reading this question after my answer to the previous question. Nature is everything. It connects all of us and many answers can be found in nature.

Culture is what gives you character and identity.

Spirituality gives you direction.

We know that you are currently in the egg production

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

We keep talking about independence, independence from what and who?

Any country that wants to stand on its own two feet must be able to sustain its people. Agriculture can be one of those. We don't need to think about the large farms and industries you see on other islands. They have land, we don't. Be creative, pick one crop and plant it. Imagine each community create multiple gardens and once a week every family



Mr Stanley Lint doing his part in the community

comes together to barter or sell. What about the environment and our health? By growing and raising our own we can control waste, protect the environment and become healthier.

This also cuts cost for government in terms of health care and dump management.

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 ?

It has been said many times before me, "We all in this together". It can be done if everyone take one step in the right direction. Just start, it will finish.

Live for your last name and not your first, make a legacy to leave behind for generations to come.

We would like to thank Mr Lint for taking time out to conduct this interview and all the positive initiatives that he has plan to accomplish ... We wish him much success on his journey forward!!!!

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BOXING FEDERATION SEEKING FUNDING FOR TOURNAMENT

GREAT BAY, St. Martin – The St. Maarten National Boxing Federation is planning on hosting an amateur boxing tournament June 1 and 2, 2018, but desperately needs financial assistance to make this a reality.

According to Shawn Blair of the St. Maarten National Boxing Federation, they are in need of sponsorship in order to make this a reality “We had people promise us funding before so now we are in need of financial support as this is a great opportunity for us with regards to sports tourism,” said Blair.

Blair further stated to 721News that boxing is one of the



Boxing federation seeking funding for tournament - Photo and Story: 721news.com

most recognizable sports in the world and the federation has countries, such as, Aruba, Guyana, Guadalupe, Cayman Islands, Puerto Rico, USA, St Lucia, US Virgin Islands, Haiti, Grenada, Curacao, Anguilla, Antigua and Suriname that are willing to support them by coming to this tournament.

“Also what we will be doing with this tournament is having a Coaches Clinic where we will have someone to train our local people to be Internationally Certified as a boxing coach, as the last tournament in St Lucia they did referee and judges so now we would like to do coaching,” said Blair.

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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

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W/ KP LONDON | SUNDAYS 3PM - 4PM

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MIND BODY & SPORT : EATING DISORDERS PT4

By Ron Thompson
THE PRIMARY risk for developing disordered eating/eating disorders involves the emphasis on a lean body and its purported relationship with enhanced sport performance. Coaches and others in the

sport environment are urged to recognize that such an emphasis on weight or leanness puts the student-athlete at greatest risk for developing eating problems.

Finally, the stigma associated with seeking mental health

treatment must be eliminated. Those with influence in the sport environment can play a key role by recommending and encouraging timely and appropriate mental health treatment for their student-athletes.

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