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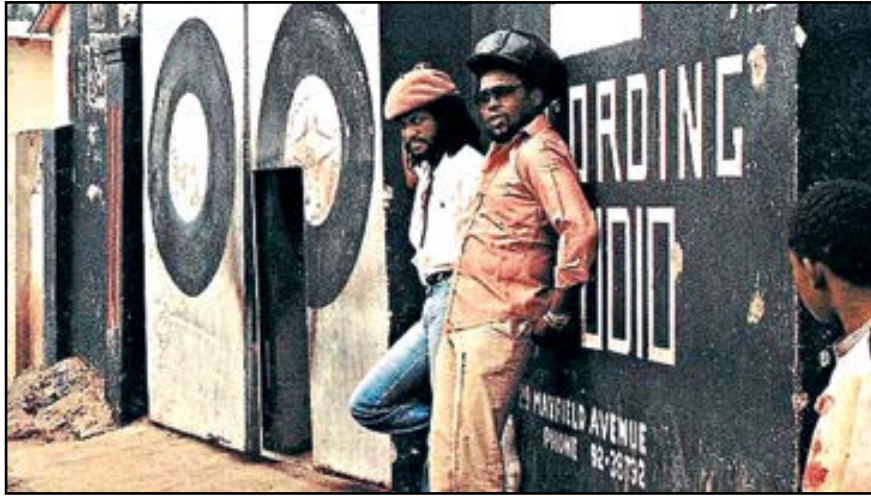
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Drummer Sly Dunbar and bassist Robbie Shakespeare

By Wiki

SLY AND ROBBIE are a prolific Jamaican rhythm section and production duo, associated primarily with the reggae and dub genres. Drummer Sly Dunbar and bassist Robbie Shakespeare teamed up in the mid-1970s after establishing themselves separately in Jamaica as professional musicians.

970s: Beginnings in reggae

Sly Dunbar, then drumming for Skin Flesh and Bones, and Robbie Shakespeare, playing bass and guitar with the Aggrovators, discovered they had the same ideas about music in general (both are huge fans of Motown, Stax Records, the Philly Sound, and country music, in addition to Jamaican legendary labels Studio One and Treasure Isle), and reggae production in particular. Speaking on his influences, Sly explains "My mentor was the drummer for The Skatalites, Lloyd Knibb. And I used

to listen a lot to the drummer for Booker T. & the M.G.'s, Al Jackson Jr., and a lot of Philadelphia. And there are other drummers in Jamaica, like Santa and Carly from The Wailers Band, Winston Bennett, Paul Douglas, Mikey Boo. I respect all these drummers and have learnt a lot from them. From them, I listened and created my own style. They played some things I copied, other things I recreated." Sly and Robbie first worked together with The Revolutionaries for the newly created Channel One studio and label, operated by the Hoo Kim brothers.

According to The Independent, their breakthrough album was The Mighty Diamonds' 1976 release Right Time, which helped to establish them as the "masters of groove and propulsion." The drum beat on the title song was particularly tricky; in 2001 Dunbar recalled, "When that tune first

come out, because of that double tap on the rim nobody believe it was me on the drums, they thought it was some sort of sound effect we was using. Then when it go to number 1 and stay there, everybody started trying for that style and it soon become establish."

1980s: transition to digital

The duo changed the face of reggae several times[citation needed]: in 1976, they introduced a harder beat called "Rockers", which quickly replaced the then-prevalent "One Drop" style, then introduced the "Rub A Dub" sound in the early 1980s. Sly and Robbie were important in developing the trend towards computer-assisted music and programming in the mid-1980s. Chris Blackwell made them the core of the Compass Point All Stars, the Nassau recording band based at Compass Point Studios that was to produce classic records

Sly & Robbie

for Grace Jones, Joe Cocker and Gwen Guthrie among many others.

Their 1987 funk and dance album Rhythm Killers was produced by Bill Laswell with an ensemble of musicians and showcased the duo's branching outside of the reggae market and experimenting with electronic sounds. It also produced a number 12 hit on the UK Singles Chart in 1987 with "Boops (Here to Go)" which Robbie Williams later sampled for his single "Rudebox".

1990s: Dancehall

In the early 1990s, Sly and Robbie introduced a novel sound with the hits "Bam Bam" and "Murder She Wrote" by Chaka Demus & Pliers. Chaka Demus' rough DJ vocals were matched with Pliers' sweet, melodic, soul-influenced singing; this unusual vocal pairing was championed by Sly and Robbie. This formula has since been used with great success by the likes of Shaggy (who teamed up with singers Rayvon and Rik Rok), Shabba Ranks, Maxi Priest and others. This predates the trend in some rap music where a song's "hook" or chorus is sung by a guest, while the verses are rapped.

In the "Bam Bam"

style, Dunbar introduced Indian tabla sounds in his drum beats, while Shakespeare altogether stopped playing bass on this particular project.

Sly & Robbie continued to innovate during the late 1990s and early 2000s, fusing dancehall and Latin music sounds (La Trenggae) or dancehall and hip hop/R&B (their 2004 Big Up riddim). They had a second UK top 40 hit in 1997, with the collaboration with Simply Red on a cover of Gregory Isaacs' "Night Nurse", reaching number 13. In 1999, their Strip to the Bone album paired them with Scottish electro producer Howie B, and together they explored new dub territories. Their 1999 single "Superthruster" from this album became a mainstream hit, whose music video was played on MTV frequently. The animated video depicted Sly and Robbie in battlesuits chasing a harlequin through a technological complex. As the video progresses, the harlequin turns out to be a marionette directed by the real villain. The early scene involving the Harlequin marionette bears at least a passing resemblance[according to whom?] to Sven Väth's 1994 animat-

CONTINUED ON PAGE 4

721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

PHILIPSBURG (June 26th, 2018) — It is summer vacation again and the Philipsburg Jubilee Library would like to notify the general public of its upcoming Summer Learning Program.

The summer program is a program which runs annually during the month of July. It brings children together to meet and discuss books, and do fun activities in an educational setting.

However, the summer reading program this year will have an academic aspect under the theme "Summer Learning".

This year's target group are children between the ages of 9-11 from group 6&7. The program is designed to support parents who would like their children to do better in school and children who would like to improve their academic skills while still being active in a fun way.

Some children have trouble getting back into the "school rhythm" after the summer vacation as they passed their

time watching television or simply hang out. During this year "Summer Learning" program the library will assist these students by improving their listening, behavior, academic skills as well as keeping them active via sports-related activities. This will make it easier to get back into learning once the new school year starts.

The library's Summer Learning objective is to engage the children in educational activities in a fun and inspirational way. Teaching will be done indirectly as part of a daily school term academic curriculum. Children will be guided in exploring and observing their world and will discover the fun aspect of learning. A mix of academics & activity ~ learning and having fun at the same time. Subjects that will be covered will be reading with the emphasis on reading comprehension in the English language and Mathematics. Most of the learning will be computer based. Meditation classes by

AT YOUR LIBRARY SUMMER LEARNING



Zoya Hyman; dance classes by Dance & Arts Dimensions Academy; Fine Arts by Artist Charisse Piper; Promotional Tablet Reading and Computer Gaming with Certified Media Coach Annelies Starveld will also be part of the program.

In addition, there will be Motivational speeches which are "Boys to Kings" with Lenworth Wilson; and "Phenomenal Girls Society" by Charity Sams. There will be Anger Replacement Training conducted by Coach Tom Burnett; a vis-

it to space less garden with agriculture Specialist Denicio Wyatte hiking and informative sessions with Environmentalist Tadzio Bervoets from the Nature Foundation. During the Body Smart program by American University of the

Caribbean 's (AUC) Medical Students, the children will learn about anatomy and healthy eating habits. A Sports Day with Lab Sports academy's Les Brown and a Healthy Nutrition with nutritionist Swinda Richardson is also included in the program.

Parents can register their children aged 9-11 as of Wednesday, June 27th, 2018 at the library. Registration and will end on Thursday, July 5th, 2018. The library encourages all parents to continue assisting our children in becoming avid and lifelong readers and book lovers. The reading of books assists the entire community which strengthens us all.

The library appreciates the patronage of its members and wishes everyone a happy, safe and readable summer.

SUMMER LEARNING
A Fun Mix Of Academics & Activities
July 9th - July 31st, 2018

Summer Learning is geared towards parents who would like their children to do better in school and for children who would like to improve their academic skills while still being active and having fun.

Registration:
Register your child at Philipsburg Jubilee Library from Monday June 25th - Thursday July 5th, 2018.

Target group:
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SLY & ROBBIE...FROM PG 2

ed cult-video "Harlequin". "Superthru-ster" was released on vinyl and as a DVD single, its February 1999 release date making it one of or even the first DVD single ever to go on sale.

They won a Grammy Award in 1999 for the album Friends.

1990s-present: recent projects

In 2003 they compiled and mixed a DJ mix album, Late Night Tales: Sly & Robbie, as part of the Late Night Tales series for Azuli Records. Far from restricting themselves to the Jamaican scene, (in which they have played for virtually every prominent Jamaican musical artist from Beenie Man to Sean Paul to Peter Tosh, Black Uhuru, Gregory Isaacs, Dennis Brown, Spanner Ban-



Bassist Robbie Shakespeare & Drummer Sly Dunbar - Photo by BAM

ner, Ini Kamoze and others), they have played with and produced artists such as Ben Harper, Bob Dylan, Mick Jagger, The Rolling Stones, Grace Jones, Joan Armatrading, Gilberto Gil, Joe Cocker, Matisyahu, Serge Gainsbourg, Simply Red, Michael Franti, Sting, Khaled, Mey Vidal, Tricky, Doug E.

Fresh, Carlos Santana, Sinéad O'Connor, and others.

Sly and Robbie produced No Doubt's international hits "Hey Baby" and "Underneath It All". They also produced some tracks for Suggs' 1996 debut solo album The Lone Ranger including the hit version of "Cecilia" featuring

Louchie Lou & Michie One which sold over 500,000 copies in the UK alone and reached number 4 on the UK Singles Chart.

After 35 years together, they still tour and record relentlessly. In early 2005, they toured with Tony Rebel and Half Pint. During the summer of 2005, they toured Europe and the UK with Bunny Rugs, lead singer for Third World.

During the fall of 2005 they were on the road with Sinéad O'Connor. In August 2006, they appeared with Don Carlos at the Reggae on the River festival, and in August 2007 they performed on a tour of the West-

ern United States and Canada along with dancehall-soul singer and actress Cherine Anderson, including headlining Reggae Rising in Humboldt County and the Hollywood Bowl. They toured with Bitty McLean, the TAXI Gang, and in 2012, are planning a Jamaican Legends tour throughout Europe with jazz pianist Monty Alexander and the legendary guitarist Ernest Ranglin.

In recent years, they have produced several new Jamaican artists for their Taxi label, as well as confirmed superstars such as Elephant Man and Buju Banton, for whom they re-used their 1982 instrumental song "Unmetered Taxi" for the number one hit "Driver A".

In 2006, they recorded with their original group, the Revolutionaries, to produce Horace Andy's new album Livin' It Up and produced several hits for Cherine Anderson. In 2007, they collaborated with the Italian rapper Jovanotti on the album Safari. They also produced tracks for Paul McCartney and Britney Spears. Sly and Robbie collaborated with the Ecuadorian singer-songwriter Cecilia Villar Eljuri, on several occasions; on her song "El Aire" from her 2008 cd "En

Paz", in 2012 on her song "Empuja" from her cd "Fuerte" and in 2016 on her song "Quiero Saber" from her cd "La Lucha". Sung in Spanish, these songs quickly charted on World-beat and Latin Alternative international radio. Sly and Robbie worked on Brazilian singer-songwriter Vanessa da Mata's third album Sim, bringing their own feel to several tracks. Partially recorded in Kingston, Jamaica, Sim was released on 28 May 2007 by Sony BMG.

In 2009, Movin' On, the new album by Bitty McLean, which they produced with McLean and their longtime friend and associate Guillaume Bougard, came out and was widely acclaimed as the best reggae album of the year. Sly and Robbie toured Japan, Morocco (Mawazine festival) and Europe with McLean to showcase the album. A DVD of the Paris concert is being prepared for release.

Sly and Robbie produced four songs on Cherine Anderson's EP The Introduction-Dubstyle. The second single "Shine on Jamaica", which was produced by the duo, peaked at number 1 for four weeks on both the South Florida Reggae charts, as well as the WAVS 1170 Reggae Charts.

Around 2012, they worked on Khalifa's album G.RIOT 2012 and Bitty McLean's album.

Their latest project, Sly and Robbie presents No-Maddz, was released at the end of 2014.

They received their 11th Grammy Award nomination in 2014 for the album The Reggae Power.

In October 2015 the duo received the Gold Musgrave Medal in recognition of their contribution to music.

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PHOTOS: CELEBRATING EMANCIPATION PT1



Getting ready for Emancipation Day July 1, 2018 with Ms Clara Reyes & the 100 Voices Choir



GRACE PERIOD 2018 @ THE LIBRARY

PHILIPSBURG (June 20th, 2018)— It is summer vacation again and the Philipsburg Jubilee Library would like to notify the general public of its grace period.

As of Monday June 25th until Saturday July 7th, 2018 the grace period will commence. Patrons have the opportunity to bring in all their overdue and/or lost books at no cost to them with the exception of DVDs.

The Grace period will also include damaged and /or lost items due to the passing of Hurricane Irma in 2017. At the moment there are still items pending on patron's names that have not been accounted for. Thus we are encouraging all patrons to come in and inform us whether the books have been lost and/ or damaged as a result of the devastation by the storm. There will be no penalties issued over the two weeks grace period.

Please note that accumulated fines prior to returning of materials will not be waived. Commencing of charges will take place as of Monday July 9th, 2018. Please use this time to come in and return all library materials that are in your possession.

Please be informed that the fines per book are as follows ANG 0.10 per child and ANG 0.25 per adult with the exception of DVDs which are ANG 1.80 per DVDs per child and ANG 3.60 per adult.

The library's opening schedule will remain the same over the summer; Mondays we are open to the public from 10 am to 5 pm, Tuesdays to Fridays from 9 am to 5pm, and on Saturdays from 10 am to 1pm.

The Philipsburg Jubilee Library wishes all patrons a wonderful summer full of reading pleasure.

Photos by Rudolph Davis, Silveria Jacobs and Members of the 100 Voices Choir

SLAVERY AND THE STRUGGLE FOR FREEDOM IN ST. MARTIN



By Patina Magazine

IT SEEMS almost unthinkable these days that the most elementary of rights—human rights—were once denied vast portions of the population worldwide. Nevertheless, this was precisely the most regrettable offshoot of the discovery of the New World by European powers, which established so profitable and wide-

spread a system of human trafficking that ultimately it proved near impossible to reverse. In St. Martin the road to manumission was further complicated by the fact that it was a peripheral possession ruled by the dual interests of the French and Dutch governments. Consequently slavery was officially abolished not only once but twice on the island, first in 1848 (by France) and then 1863 (by the Netherlands).

Prior to those definitive moments, however, France flirted with the idea of ending slavery during the most radical days of the French Revolution, which officially decreed against the practice in 1794. The envoy charged with the mandate of enforcing the Revolution in the Caribbean was Victor Hugues, who set sail for Guadeloupe, at the time in British hands. Hugues proclaimed all slaves free and used this as a strategy to gather support for

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LETTER TO MINISTER GITTERSON:

WE STAND FOR AGRICULTURE PT2

May 22, 2018

Att: Minister Gitterson Dept. Ministry VROMI

Subject: Rejection and objection of Response letter submitted to Ombusman April 23, 2018

The Richardson family "claims" to own the whole hill, is this legal?

In your letter you also mentioned "you were advised that you are in your sole right to apply for the land in long lease. However, you do not state by whom you were advised this. This information is also incorrect." who gave me the sole right to occupy the said property.

Please first understand what sole right is "Sole right - belonging or pertaining to one individual or group to the exclusion of all others; exclusive: the sole right to the estate. 4. functioning automatically or with independent



Sometime a smile is not what it seems, some will eat your food and don't care about the effort you took to grow it.

power: the sole authority.

This right was granted to me by the former Minister of VROMI IN 2014 through a legal process of obtaining a lease agreement (L2014/003). There

for was giving to the opportunity to start building agricultural awareness in my community. This opportunity was highly encouraged by the former minister of VROMI Mr Lake as he saw the great bene-

fits of what agriculture could bring to our beautiful island and encourage us as young St Maarteners that we have to get involved in the positive development of our country. Agriculture he supported with high hopes...

What have the Richardson Family contributed to the Community of St Peters or country having access to such vast amount of land? Most of it they will never use and even too much for their children to use.

I also uphold the right by The Emancipation Proclamation (1 July, 1863) and St Maarten Constitution established on 10-10-10 (Article 6,10, 11, 14, 15, 16, § 3. Solidarity) to move forward in the best interest of my country and family. Which you were put in place to ensure.

On many occasions I have attempted to go by law and by means of Governmental advice on how best to move forward with this matter. On most occasions, I have been misled by civil servants, parliamentarians and ministers that refuse to do the right thing on behalf of the constitution they serve.

This is in most cases always gets documented for future reference in cases

such as these. The information has always been at your disposal for review. But again, you refused to give it some proper attention.

My original request for long lease has been since the 2014 and not as you mentioned in my letter submitted March 28th, 2017, this letter was requesting and exemption advised by inspector Martenboro as he tried to assist with the process of the electrical connection to the farm as we already have water and a registered address. Martenboro also refuses later on to provide proper advice towards moving forward, for what reason, still unknown as he visited the farm for health info on 2 occasions. The Letter dated "March 8, 2018" was only a request to follow procedure for lease extension and also to request for long lease that was not answered via several submissions during the course of 2014-2018. This is all I came to government to obtain and I was

bombarded with a ton load of personal agendas and political injustice which should not be. The response to this letter I received I believed on May 31, 2018 had no date issued to it and was disqualified and objected by the submitted letter on June 5, 2018.

I also received from VROMI the registration of address and the approval to obtain "Utilities" to the said property in 2016, two years after my agreement started. Thus, this gave the Richardson Family ample time to resolve any issues that were pending. This could not have ever been possible if the Richardson family had any "KIND OF RIGHTS" because I didn't have to go to them in the case of.

I am sorry that you and your staff did not handle your pending job task properly as you have the resources and means to.

My final Conclu-

sion:

The Former minister of education Ms Jacobs, Former Prime Minister William Marlin all give me their confidence to assist me in this matter, in the end everyone turned their backs on me, for what reason, unknown. But these promises to resolve the situation by officials can still all be proven.

"For words are just a whisper to the ear but really have no meaning to the heart". This is a sad case as we as citizen of this country put our trust and faith in you as leaders to guide us into a brighter future.

Thus far you have all proven to have failed us, despite having the adequate resources, staff available to serve the country and your governed agenda much less in small cases as this case.

Its seems that priority is given to only personal, family affiliated and politically contributed agendas, but we don't stand behind those standards as tax paying citizen of this country and there for reject and object to your letter to the ombudsman on April 23, 2018.

The objection and rejection is also based once again on the conclusion of the Ombudsman "Considering the aforementioned (NOT-Dated May 18, 2018) the Ombudsman concludes that the Ministry of VROMI failed to observe the standards of 'Active and adequate' information provision" in this case.

Please also note Minister Gitterson that I also object and reject to any other further or future responses from your ministry (VROMI) because of its incompetence, lack of integrity and lack of transparency. All documentation pertaining to this case will be referred to the Kingdom government for review, a copy will also be sent to the tweede kamer for advice on the matter.

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MORE ON THIS TOPIC IN JULY 2018 EDITION



THE FARMERS SEE: HEALTH BENEFITS OF CATNIP

By .stuartxchange

STORY AT-A-GLANCE
Catnip is famous for its amusing effects on cats, but did you know that it offers a lot of health benefits and uses for both kitties and humans alike?

The catnip plant can be transformed into different products with a variety of uses. The herb can be sold dried or as a tea or tincture.

You've probably seen one of the thousands of cat videos where catnip is involved. This herb, as most pet lovers know, is extremely popular with cats. Owners usually use catnip to keep their cats relaxed, while some simply enjoy watching their cats' antics once they start reacting to the catnip herb.

But aside from its hilarious and harmless effect on cats, what else is catnip good for? Keep on reading and you'll discover the various health benefits of this herb for both cats and humans.

What Is Catnip?

Catnip is a perennial plant that typically grows 3 to 5 feet tall. It was originally grown in Europe, Asia, and Africa and was imported into the United States, where it now abundantly thrives. It has distinct heart-shaped leaves and small white, blue, pink or lavender blooms, which sprout from the end of the plant's stems.

But how does catnip work, and why do cats enjoy it so much? Catnip's mesmerizing effects may be be-



cause of nepetalactone, a chemical substance that triggers a kind of euphoric state in felines.

The effect depends on how your pet introduces it to his or her system. Sniffing the leaves triggers a stimulant effect, while eating them may result in a sedative-like effect on your cat.

You'll Be Amazed by Catnip Herb's Benefits

The catnip plant has numerous benefits for both felines and people:

Benefits for Humans

- Helps deal with restless sleep

Catnip is known to help people deal with insomnia and sleeping disorders. The sedative properties of this herb help promote relaxation and the slowing down of natural body processes. The next time you can't sleep, try drinking catnip tea or stuffing your pillow with fresh catnip.

- **Relieves anxiety and stress**

Unlike its effect on cats, catnip has a lim-

ited and tolerable effect on humans. Catnip is used to induce a sense of relaxation for humans and triggers relief from stress and anxiety.

- **Soothes menstrual pain**

It helps ease menstrual pain by helping the muscles relax and relieving the pain caused by cramps. It can also help in correcting delayed menstruation.

- **Eases stomach discomfort**

Catnip is a carminative, which means that it helps remove air stuck in the intestines, pushing it downwards until it's expelled from your body. The use of catnip can also help people with chronic gas trouble.

Catnip may be used to treat colic in babies, as it helps in soothing and allowing relaxation. However, I do not recommend administering catnip on your infant without your doctor's guidance. To understand the right dose for your baby, always consult your physician first.

- Speeds up cold and fever recovery

Catnip can help you recover from colds and fever because it induces perspiration, which helps

the body release heat and achieve the normal temperature. It also helps the muscle relax and induces sleep, allowing the body to heal through rest.

Benefits for Cats

- Serves as both a sedative and a stimulant

Depending on how your cat ingests catnip, it can cause your pet to become either hyper or sedated. This helps keep your cats relaxed during events that may trigger ex-

treme anxiety. It can also help overweight or lazy cats get their fair share of exercise.

- **Relieves cat flatulence**

Just like in humans, catnip may be beneficial for cats who are suffering from flatulence, which can be caused by a variety of factors, such as their diet, accidental swallowing of air and malabsorption.

Cat flatulence may also be brought on by stress. Catnip helps cats relax and avoid

CONTINUED ON PAGE 8

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THE FARMERS SEE: CATNIP...FROM PG7

going into a tense state, which then helps prevent stomach upsets.

- Helps with skin conditions

Cats are prone to various skin conditions and irritations; some are even caused by allergies. Giving your pet a catnip tea bath will not only help soothe their irritated skin but it can also help prevent fleas and ticks. Catnip has been proven to be more effective in repelling insects than DEET.

What Else Is Catnip Used For?

The catnip plant can be transformed into different products with a variety of uses. The herb can be sold dried or as a tea or tincture. Dried catnip can be sprinkled on scratching posts and pet beds to persuade your cat to use these items. It can also be used to make catnip baths to help your cat deal with anxiety and help them relax.

Some pet toys also use catnip in their composition to keep the cats interested in these toys. To prevent your cat from getting desensitized to catnip, keep the toys at specific instances and simply reintroduce them in



a timely manner to keep your pets busy.

Meanwhile, the tea can work as a remedy for stomach ache and infant colic. If you are interested in trying catnip tea, use the recipe below:

You Can Also Try Catnip Essential Oil

Catnip essential oil can be used as medicine or as an insect repellent. It is also known as a sedative, carminative, diuretic, emmenagogue and diaphoretic, and may help in alleviating fevers, migraines and colic. Some of the benefits of catnip oil include:

•Enhances mood

Catnip oil helps in the prevention of anxiety and stress, which then helps in enhancing your mood.

• Helps in wound healing

Catnip has antibacterial properties that can help prevent wound infections. Applying catnip oil on a wound helps in the repair of the damaged tissues, thus promoting faster healing and tissue regeneration.

• Aids in detox and weight loss

Catnip oil has stimulant and diaphoretic properties, which help in the detoxification of the body. It also helps in ridding the body of harmful substances and may even promote weight loss.

Catnip oil is also rich in carvacrol and thymol, which are known for their antibacterial properties. Because of these components, catnip oil can be used as an adjuvant for the early

onset of bronchitis.

How to Make Catnip Oil

The common method for making your own catnip oil is distillation. I highly recommend that you use organic catnip or catnip that you've grown in your own backyard to be sure that no harmful fertilizers or pesticides were used in growing the plant.

Immerse the chopped leaves in olive oil (use high-quality olive oil because most of the oils that are sold in the market are adulterated with a distilled form of olive oil or other types of oil) and heat the concoction at 200 degrees Fahrenheit for two to three hours. Let cool and strain out the leaves.

BY JAMIE OLIVER

VEGATERIAN AND VEGAN RECIPES

Wholewheat Maple Cinnamon Buns



INGREDIENTS

185 ml unsweetened almond milk
7g dried active yeast
2 tablespoons maple syrup
1 tablespoon ground flaxseed
1 tablespoon coconut oil , plus extra for greasing
150 g wholegrain flour
160 g plain white flour
1 teaspoon ground cinnamon

FILLING

90 g pecan nuts
2 ripe medium bananas
4 medjool dates
1 tablespoon ground cinnamon
2 tablespoons maple syrup

ALMOND ICING

1-2 tablespoons almond milk
75 g icing sugar

DIRECTIONS

1. To make the dough, gently heat the almond milk until lukewarm, then combine in a small bowl with the yeast and maple syrup. Set aside for about 5 minutes for the yeast to activate.
2. Meanwhile, in a large bowl, stir the flaxseed into 3 tablespoons of water and set aside for 1 to 2 minutes.
3. Melt the coconut oil, then add to the flaxseed mixture along with the flours, cinnamon and ¼ teaspoon of sea salt. Gradually stir in the yeast mixture.
4. Bring everything together with your hands – the dough will feel a bit tacky, but this is fine. Turn out the dough onto a lightly floured surface and knead a couple of times.
5. Place in a greased bowl, cover with a tea towel and leave somewhere warm to prove for 1 hour or until doubled in size.
6. Meanwhile, make the filling. Toast the pecans in a dry frying pan. Peel the bananas and destone the dates.
7. Reserving one-third of the toasted pecans to one side, add all the filling ingredients to a food processor, then blitz until smooth.
8. Preheat the oven to 180°C/gas 4. Grease a 20cm x 20cm baking dish with a little coconut oil.
9. On a lightly floured surface, roll the dough out to 20cm x 40cm. Blob the nut mixture onto the dough and spread it evenly across to the edges.
10. Roll up widthways (from the shortest edge) tightly into a log, then cut into nine slices.
11. Place the slices in the baking dish, cover with a clean tea towel and allow to prove for another 25 minutes or until doubled in size. Bake for 30 minutes, or until golden and slightly firm to the touch. Leave in the tin to cool.
12. In a small bowl, mix together the almond milk and icing sugar until it's thick enough to drizzle over the buns. Chop and sprinkle over the reserved toasted pecans and serve.

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MYSTERIOUS SARGASSUM SEAWEED OUTBREAKS

THREATEN TOURISM, MARINE LIFE IN GULF AND CARIBBEAN PT 1

By Accuweather

THE LIVES of sea turtles and other marine life were placed at risk when a mass Sargassum, a brown seaweed, inundation event occurred in Barbados on the morning of Monday, June 4.

While multiple sea turtles were rescued, there were a number of sea turtles and baby dolphins found dead, according to the Barbados Sea Turtle Project.

A similar event took place in Barbados in 2015. The event led to the deaths of over 40 turtles and hundreds of fish, eels and crabs.

Heavy layers of smelly, thick brown seaweed could potentially wreak havoc along the shorelines of your favorite vacation spots.

After escaping from the Sargasso Sea, this menacing seaweed has been devouring beaches along the Gulf of Mexico and the Caribbean.

The Sargasso Sea is a region in the North Atlantic Ocean near the Bermuda Triangle. It is bounded by four currents forming an ocean gyre. The region is known for its high concentration of floating Sargassum.

It is the only sea that is not surrounded by a land boundary, according to the National Oceanic and Atmospheric Administration (NOAA).

Christopher Columbus is credited with the first written account when he encountered Sargassum in the Sargasso Sea in 1492. It was his sailors who created the early myths and

legends, according to the Sargasso Sea Alliance.

Sargassum is a set of brown algae species that float on the ocean surface in the North Atlantic Ocean, according to Dr. Straun R. Smith, curator at the Natural History Museum, Bermuda Aquarium, Museum and Zoo.

These plants have recently been found in equatorial waters between west Africa and northeastern South America.

While recordings show that mass influxes of Sargassum have cursed shorelines for decades, researchers say the algae blooms have exploded in extent and frequency in recent years, according to the Associated Press.

There is a limited amount of information available about Sargassum habitats because it is very difficult to sample. There is a need for further research into the history of mass Sargassum strandings in the



Loggerhead sea turtle hatchlings are shown at the Gumbo Limbo Nature Center before being taken to a U.S. Coast Guard vessel for release, Monday, July 27, 2015, in Boca Raton, Fla. More than 600 sea turtle were released onto free-floating sargassum seaweed offshore. (AP Photo/Wilfredo Lee)

Caribbean to better understand the trends and patterns of this seaweed.

The drivers of Sargassum are not fully understood, but some potential influences include ocean currents, ocean temperatures, rainfall patterns, hurricanes and nutrient levels, according to Smith.

In recent years, there have been a

number of mass Sargassum events in the Caribbean and beaches in the United States.

Large quantities of seaweed blanketed beaches in Ceiba, Puerto Rico, in August 2015. The invasion included a number of shorelines so severely hit that some tourists canceled trips and lawmakers on Tobago called it a "natural

disaster," according to the Associated Press.

Beaches in Galveston, Texas, were inundated by massive piles of seaweed in the summer of 2014. The event drove away beach tourists and hurt the local economy, according to the Houston Chronicle.

MORE ON THIS TOPIC IN JULY 2018 EDITION

WHA YA SAY, TELL DI TRUTH!



RAS ITAL
EVERYTHING JAH GIVE, WE HATE ?

Everything Mother nature give us, we nah satisfied with, She give we to much rain, we bawl, to much sun, we bawl, to much cloud we bawl. We fi glad we nah just get one thing. Mek the I realize that it a balance to everything and we fi learn fi mek the best of it ina the time and seasons. Nuff time ya think smart ya can mek a whole heep a money from di weed u nuh. And Nah, me no mean Ganja! Mi explain more time!

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PHOTOS: CELEBRATING EMANCIPATION PT 1..FROM PG 3

Photos by Rudolph Davis, Silveria Jacobs and members of the 100 voices choir



the revolutionary cause, wresting control of Guadeloupe, Marie Galante, La Desirade, St. Lucia and Grenada from Britain. At this stage St. Martin was fully in Dutch hands but things would change in 1795, when the Republic of the United Netherlands was turned into the Batavian Republic, essentially a satellite state of France.

A few months later, Victor Hugues' troops invaded St. Martin but the French decided to respect all Dutch institutions, and

while the Batavian Republic had ostensibly embraced the motto of equality, liberty and fraternity, its enthusiasm had fallen well short of echoing the revolutionary initiative for the freedom of all mankind. Thus, emancipation never quite reached St. Martin at the end of the XVIII century. Thus, too, the island's approximately 4,000 slaves were spared the affront of having their rights revoked by Napoleon, who re-instituted slavery in the French colonies in 1802.

MORE ON THIS TOPIC IN JULY 2018 EDITION



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MORE FROM EXPRESSED BY LATOYA RUAN IN JULY 2018 EDITION

AN AMAZING woman with a passion for the creative arts. Ms Reyes born in Curacao has been exposed to the world from a very young age. From living in St Croix to Switzerland before settling down on the beautiful island of St Maarten with her parents, who knows what sort of influence was absorbed by the young Clara. One thing we know for sure is that St Maarten could not have chosen a more influential, down to earth and talented person then the one and only Ms Clara Reyes to lead as head of Culture. So without further interruptions, here is your chance to get to know a bit more about the talented motivational Ms Clara Reyes .

Who are you and where are you from?

I was born in Curacao, but until ten, I lived between Curacao St. Maarten, St. Croix and Switzerland before my parents finally settled to live fully on St. Maarten.

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

My fondest memories were attending elementary school at the St. Joseph School when it was located on what is today now known as St. John Ranch. After that, I went to Milton Peters College where I attended MAVO.

After High School I moved to New York, where I was accepted at the Alvin Ailey American Dance Theater, followed by Merce Cunningham Dance studios. From there I received Training in Musical Theatre at Committed Artist South Africa

I received by Diploma in Dance Theatre Production from the

Edna Manley College for Visual and Performing Arts in Jamaica and my Bachelors and Master degree in Dance from the State University of New York at Brockport.

What is your current expertise or preferred career choice?

My current Expertise. I am and have been a performing Artist. Although most of my training and specialization is in dance, I have always attended and taken many workshop in other disciplines. I have training as a vocalist, in musical theatre, I am a certified Yoga instructor and I also have training as a somatic movement specialist.

My art form has allowed me to engage in multiple areas in the arts. I have taken numerous courses in photography, as well as film production. I have directed and written musical theatre productions, have choreographed many dance pieces for video and for the stage.

It is really hard to choose a specific discipline that is my favorite. I consider myself avid learner and love studying and exploring new avenues with which to enhance my skills.

In show business, people who are well versed in multiple performing skills such as dance, drama and vocal abilities are called triple threat. I simply love and appreciated the talents that the creator has gifted me and I do my best to continuously enhance these gifts.

We know that you have been appointed Head of Culture, is this a career choice you hope for or did you

EXCLUSIVE INTERVIEW
ST MAARTEN HEAD OF CULTURE MS CLARA REYES

By Wattzz Publishing



Ms Clara Reyes

have an original career choice?

What I know for sure is that the arts are humanities most eloquent means of allowing to us to fulfill our full human potential. My journey in the arts, and researching our culture as practitioner and educator has been my motivation to share with other the benefits of the creative artistic experience.

Along the way of my career I have dedicate myself to always seek platforms that would enable me to share with other the life transforming, and en-richening capabilities inherit in culture and arts. Becoming Department Head of Culture is an evolution of that journey.

What inspired you to undertake your current ca-

reer?

My mother has always created that space in our home where the arts have been front and center. Although she was doing not make her living as professional performing artist, she was an artist at heart, and made it so that we could have access to as many creative expressive disciplines and be part of cultural and sporting activities.

As a child growing up on St. Maarten many of the cultural and artistic activities were organized by the library, and the St. Maarten Council of the Arts. Josian Artsen Fleming Anastacia Larmonie, Mavis Solomon Brooks were very instrumental in creating a platform on St. Maarten that allowed children like me to have place and grow

as creative person. My first trip to New York and getting me enrolled at Alvin Ailey American Dance Theater was organized by Anastacia Larmonie.

What is the current situation on the revitalization of St Maarten cultural heritage after the passing of hurricane Irma?

The Ministry has been extremely hands on engaging the artist community as part of the journey towards rebuilding the community. The ministry recognizes the intrinsic value of the psycho-social wellness and the healing attributes found through involvement in the creative process.

The Ministry Resilience plan was set specifically to address post hurricane Irma rebuilding and how to engage with key stakeholders including the creative industry to be a strong partner. Thus far the ministry has been collaborating with stakeholders like National Institute of Arts, Art Saves Lives, Dow musical foundation and various other the organization to support programs that use the arts as vehicle for healing. The Ministry of Education Culture Youth and Sport is actively exploring avenues that assist with the rebuilding and preserving of our Heritage monument.

What would be your plans for revitalizing or cultural heritage and how do you see

it may benefit St Maarten's Economy and People?

On March 21, 2018, The Ministry of Education Culture Youth and Sports driven by the vision of Minister Drs. Jorien Wuite, staged the first ever Creative Industries Interactive Exchange Forum (CIEF). The purpose was multi-fold, first and foremost to act as an agent of change by:

A) Introducing to the St. Maarten community the concept of the Orange Economy,

B) Explore the formation of an Artist Guild for St. Maarten

C) Explore the creation of a National Culture Prize.

The forum brought together a cross section of individuals within the creative industries under one roof to take stock of the state of affairs. Through the execution of a Keynote address, panel discussions and an interdisciplinary art exhibition, participants were able to start shaping a frame around the Creative industry of St. Maarten. The Department of Culture has also solicited the Social Economic Council to do research on the Creative Industry on

St. Maarten. Our purpose is to shed light on the St. Maarten Creative Industries as meaningful contributor to our economic growth. Highlighting the re-

CONTINUED ON PAGE 13

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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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BIRD FESTIVAL INSPIRES YOUTH AROUND THE CARIBBEAN

ECOTOURISM

By BirdsCaribbean
WE'RE SO excited to have an event in Haiti this year!"

Ingrid Flores is delighted to add a new country to her map of events. She is the coordinator of the Caribbean Endemic Bird Festival (CEBF). It is organized every year by BirdsCaribbean. Partners across the region host events as part of the festival each spring. Its focus is on the types of birds that are unique to each island, or to the Caribbean itself. This spring, events took place in at least 16 islands and involved over 2,000 people.

For the first time, partners in Haiti joined the celebrations. The Société Écologique d'Haïti saw the CEBF as "the perfect opportunity" to boost na-

ture education in Haitian schools. 290 students in Forêt des Pins and Les Cayes learned how hunting and caging birds is harmful. They also enjoyed planting trees and learning how trees help birds.

On St. Martin, groups worked to restore wild spaces. The island still shows damage from Hurricane Irma. Les Fruits de Mer launched a nursery to provide native tree seedlings at their Endemic Animal Festival. Local bird expert Binkie van Es led BirdSleuth Caribbean classes at the event.

This program is made for Caribbean students. Environmental Protection in the Caribbean (EPIC) hosted visits to the Little Bay Pond bird watching hut.

The hut was rebuilt with hurricane



BirdLife Jamaica members and guests take a bird walk at Source Farm. (Photo by Source Farm)

relief funds from BirdsCaribbean.

In the Dominican Republic, The Peregrine Fund led activities in five places during Ridgway's Hawk Week. This beautiful hawk lives only on the island of Hispaniola. Listed

as "Critically Endangered," its numbers are falling. Over 300 people went on bird walks. They were thrilled to see a live hawk at one event.

On Jamaica's south coast, the Caribbean Coastal Area Management Foun-

dation visited children from toddlers to age 11 years at four local schools. At one school, teachers hung bird art made by the children in classrooms.

To the east, 50 members of BirdLife Jamaica visited the

Source Farm Foundation and Ecovillage. They joined residents for guided bird walks in the nearby hills.

Many BirdsCaribbean partners in Puerto Rico were busy in 16 locations, spreading the word about endemic birds. Students at a science high school in San Juan were full of questions. They expressed a wish to conduct their own bird counts next year.

"As many islands still recover from hurricane damage, we were excited to share local birds and nature with people," said Lisa Sorenson, Executive Director of BirdsCaribbean. "For the 17th year, the festival has reached thousands of people across the Caribbean."

INTERVIEW

ST MAARTEN HEAD OF CULTURE MS CLARA REYES... FROM PAGE 11

relationship between economy and culture.

Do you have any cultural focuses or agendas you would like to champion?

The main focus would be to campaign to host CARIFESTA on St. Maarten. Hosting what is considered the Olympic of the Culture and Arts Festival would give us a much needed to propel the Creative Industry forward as a significant contributor to economic growth for St. Maarten

Sitting in your current position, what are your short term goals or how do you plan to make our culture be embraced by many once again?

We are working collaboratively on a project with UNESCO that involves cataloging our Intangible Cultural Heritage. The project is led by young people in a special summer program, where they are the agent of the documentation process through videos and interviewing the practitioners our traditions.

Additionally, plans are on the way to host a Creative Industry Career Fair for students at secondary institutions to fully explore the range available in cultural studies.

Have you identified any po-

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

Recent trends in the tourism sector indicate that our visitors want to explore beyond the sea sand and sun model. Tare looking for experiences that provide them with more than a superficial engagement. After hurricane Irma, there have been tours that offer our visitors a chance to give back by volunteering and assisting with rebuilding projects. Recently the National Institute of Arts hosted 150 guests. The visitors were treated to traditional fare that involved Johnny cakes, local sweet treats and bush tees. They were taught old time

St. Maarten songs and learned to play traditional musical instruments. At the end of the experience many wanted to purchase the instrument and wanted cook books to learn local menus. There are many individuals that excel in traditional goods. There is a whole cottage industry that make Mauby and local fruit drinks. This type of intangible cultural heritage need to take front seat because they offer any retired people new opportunities and the passing of traditions mean that young people can become cultural entrepreneurs.

From your view point, if you were a tourist, what would be an ideal cultural experience for St Maarten?

Personally, any experience that allowed me to connect with the community would be something I would gravitate to. I recently met a guest visiting the island and the highlight of her time here was being able to sit under the silk cotton tree by Ruby Bute and participate in an art class.

She got to meet a cultural icon, interacted on personal level, got to taste homemade guava berry and mingled with other like-minded

people.

Many still seem to struggle with what St Maarten's local dish is, can you shine some light on this?

The older heads I spoke to expressed that fish played an important role in our local dishes. As our culture and traditions shifted, we evolved to include more meat, but fish was king many said that fish and fungi was an important staple in our diet.

Does having a good team behind you play an important

CONTINUED ON PAGE 15

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CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 5

By Profitable venture.com Interior Decoration Business

This is a very large industry that churns out millionaires all year round. This entails that you are vast with colors, how to have things arranged around the home, office, or anywhere. This also, means that you have to have a very imaginative sense of creation. The type of clients that you can attract in this trade include; corporate clients, Individuals, party organizers and what have you.

Disc Jockey Business

If you are a music lover, and love so much to collect all types of songs, then the disc jockey business might be your best bet. This means that you must be able to garner some skills on how to mix songs that would be appealing to all your guests.



Welding Business
The welding business is yet another business that promises a lot, even though there are fewer people in the trade compared to other industries. If you think the welding business is something you would love to do, then you can learn some of the skills involved in the trade.

Carpentry
This is a very creative and artistic kind of business, as it needs that the person who operates this kind of business must come to the table with a whole lot. Starting a carpentry business means that you will

be involved in making chairs, tables, shelves, and a who lot more. You may even decide to get trained as a carpenter that works on building sites. In all, do take note that patience is needed in acquiring this skill. Thereafter you may commence your carpentry business and expect to make a whole lot of cash.

Voice Talent
If you have ever wondered why some folks have got sonorous voices, whilst others do not, then you may want to agree that though all men were made equal,

yet some others have been bestowed with unique talents that make them stand out. One of such talent is the voice. Being able to lend ones voice to work of arts. As such, if you have got the voice, then you may want to get trained the more so that you can partake of using your voice for money. Some of the things that you may readily do when you are a voice over artiste is as follows' radio jingles, lend your voice for work of arts like; audio books, documentaries and so on.

Music
The music industry all over the world, seem to be one of the largest of most countries of the world,. This is because of the love of music by people. If you have the voice to sing, then you may want to look at being a musician. This means that you will get your voice trained so that you can churn out great songs that can remain classic even in years to come. You may consider any genre of your choice. Some of the genes of music that you may want to consider include; rhythm and blues, rock and roll, soft rock, pop, etc.

Dance School
There are dancers and there are those who do not just dance for the fun of it; but for the serious fact that they want to make good money from the art. If you are a very fit and flexible person who knows how to dance; then you can start a dance school.

MORE ON THIS TOPIC IN JULY 2018 EDITION

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ST MAARTEN HEAD OF CULTURE MS CLARA REYES... FROM PAGE 13

INTERVIEW

role in your career?

No man is an island. My business partner Arlene always says "I am, because we are". Everything of who I am came through the support of many. Starting with my family, my friends, my professional colleagues and my mentors. Having a great mentor is such a blessing. Over the years I have had wonderful teachers who did not compromise on integrity in their craft and I work to follow in their footsteps.

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

The list of people who inspire is long and varied. Starting from my childhood. I was blessed to have had some really skilled teachers who were very generous in sharing their crafts. But most importantly they never negotiated excellence. They were hard workers and dedicated to being the best they could be at what they did. This ranged from teachers to professional artist or simple men and women who connected with their purpose. They were driven and informed and not afraid to share.

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



Ms Clara Reyes Center with student of the Performing Art (Photo Clara Reyes FB)

you deal with it?

Rejection is a part and parcel of the artist world. I have been to many auditions that I did not get the job. That's just the business. That has never stopped me. You learn very early not to take it personal, because there are so many variables going into what someone is looking for when casting a role, and it could be the color of your hairs is not what they are looking for.

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

Fully exploring the full scope of what it means to be in this position. The scope for learning is vast and deep. There is so many, layers and I have just begun to scratch the surface. I am loving this new experience and as with all my past projects, I fully immerse myself in the process.

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

That's a tough one. Every new experience stands on its own merit. Each different from the next. But all starting from the same place. A thought in the mind, a concept on paper, an inspiration and then a burst creativity and something that was intangible has manifested itself into a song, a dance, a project, a play, or a book. That transition from concept to fruition always carries a sense of magic.

What do you do in spare time for fun?

Everything I do is fun... my work is my fun...working with young people is fun. Working with the older heads pure fun.

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

Right here

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

Nature, spirituality, and culture that is my practice. I am in awe of the planet and grateful that the creator breathe life into me, and until my last breath I celebrate with reverence, grace and gratitude that I am here to share in all of it.

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

Agriculture is a much-needed industry that needs to be expanded in St. Maarten. Its integral to our survival as humanity and is a link

that connects us to our ancestry. On a pragmatic level, it there is opportunity employment and training as more and more people are looking to the land for healthy eating and we have the possibility to engage in organic produce that celebrates our Caribbean indigenous fruits, vegetables and herbs and avoid the pesticide driven commercial farming.

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?

We are all responsible to manifest the world we wish to live in. It will take each and every one of us to rebuild.

Irma was an opportunity for us to dig deep and access the strength that is inside of us. Resilience was not born in 2017. It is in our DNA. We have always been resilient. Our history shows us we have not only survived natures powerful presence, but also humanities atrocities against each other.

Get to sweating , Get to moving. Get to pushing and pulling. It's hard work. There is no way around it. It's our collective responsibility to work in the benefit of Sweet S'Maatin Land. This is our home we all working together will make it bloom.

We would like to thank Ms. Clara Reyes for taking time out to conduct this interview as she strives to revitalize St Maarten's Cultural values ... We wish her much success on her journey forward!!!!

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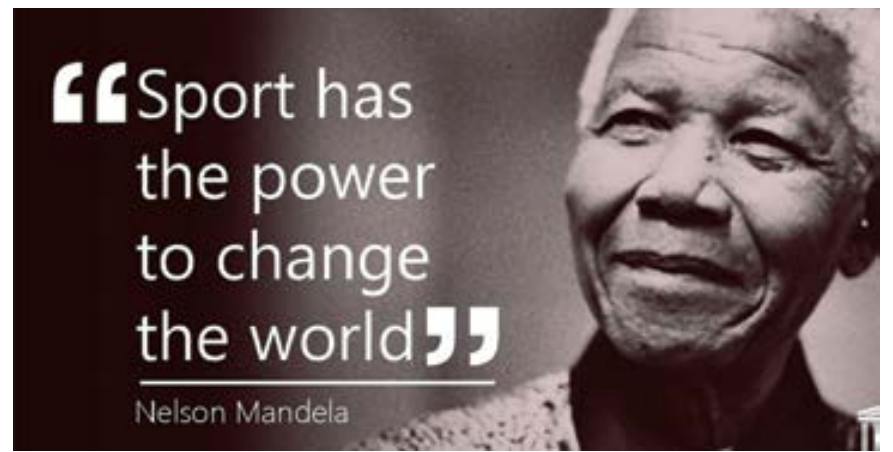
OF SPORT TO CHANGE LIVES? PT 2

By devex.com

International development programs risk reinforcing existing inequalities by partnering with and catering to elites who are often better capable of accessing foreign assistance.

Sport for development is particularly vulnerable to this when it comes to gender, as male coaches and athletes tend to outnumber women around the world. For this reason it is particularly important that S4D organizations consciously combat those institutional inequalities.

Sport for development organizations need look no further for advice and partners than the local women-run sports initiatives that exist around the world. For example, in Zanzibar, a small island off the coast of East Africa, a young girl, known as "Messi," embodies the limitations and the potential of sport. This Messi, whose real name is Sabaha, is one of the few women in Zanzibar who play soccer. Her dexterity when weaving in and out of players on the pitch, including male opponents, earned her the



nickname. Though many people tell Sabaha that playing soccer is immoral for women (a widespread belief in Zanzibari culture), she continues to play and dreams of playing professionally.

While her chances of making it pro are slim, the sport has fundamentally changed her life, creating opportunities for her in a community where women do not have many chances to feel independence and embrace their strength. Through soccer, Sabaha and her teammates enjoy the exhilaration of competition, the rowdiness of bus rides and locker rooms, the pleasures of female friendships, and the empowerment of hard work. Soccer has brought them outside of Zanzibar and provided visibility

into professional life outside the home.

Meanwhile, Sabaha and her teammates challenge inequalities within their society, creating social change through sport like so many of the aforementioned NGOs. As Coaches Across Continents' founder, Nick Gates, explains, "Playing the game opens up the door for deep discussions and real solutions. You can't get the same results in the classroom." So while on the one hand, soccer is just a sport, on the other hand — for girls such as Sabaha — it has been so much more. Those are the stories of different "Messis" who demonstrate the real power of sport for social change.

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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