

eco
ST MAARTEN
FREE

CULTURAL XPRESSION | AN EXCLUSIVE
BRAND OF CULTURE AND LIFESTYLE

Cultural XPRESSION

MAY 2019

**EXCLUSIVE
INTERVIEW**
DJ NEAKO FIRE

ONE OF JAMAICA'S TOP SELECTAS

PRESENTING AGRICULTURE TO PARLIAMENT

ECO TOURISM IN THE CARIBBEAN

WorldCharts
caribbean



GREAT AFRO-CARIBBEAN PEOPLE

MARY JANE SEACOLE PT 3



Created BY:

Denicio Wyattte

Editors



Photography

Wattzz Publishing
Mr. Denicio Wyattte
Mr. Seain Focus
The Public at Large

Contributors

UNESCO SXM
UNDP
Viva Signs
721 News
Prince Bernhard
Cultuur Fonds
Laser 101
Pineapple Pete



Cultural Xpression
News Magazine
King Ashandi Music
Iland Vibez
Spaceless Gardens
St Maarten Agriculture
375Q Miles The
Affiliates Sint Maarten
Wattzz Publishing SXM
Expressed By Latoya
I Rep Lib
The Caribbean World
Charts

Websites:

caribbean
worldcharts.com
wpsxm.com
llandvibez.com
stmaarten
agriculture.com
madeinstmaarten
.com

EMAIL

info@wpsxm.com

OFFICE: 721 524-4733
CELL: 553-63000

CRIMEAN WAR, 1853-56

The Crimean War lasted from October 1853 until 1 April 1856 and was fought between the Russian Empire and an alliance of the United Kingdom, France, the Kingdom of Sardinia, and the Ottoman Empire. The majority of the conflict took place on the Crimean peninsula in the Black Sea and Turkey.

Many thousands of troops from all the countries involved were drafted to the area, and disease broke out almost immediately. Hundreds perished, mostly from Cholera. Hundreds more would die waiting to be shipped out, or on the voyage. Their prospects were little better when they arrived at the poorly staffed, unsanitary and overcrowded hospitals which were the only medical provision for the wounded. In Britain, a trenchant letter in The Times on 14 October triggered Sidney Herbert, Secretary of State for War, to approach Florence Nightingale to form a detachment of nurses to be sent to the hospital to save lives. Interviews were quickly held, suitable candidates selected, and Nightingale left for Turkey on 21 October.

Seacole travelled from Navy Bay in Panama to England, initially to deal with her investments in gold-mining businesses. She then attempted to join the second contin-

gent of nurses to the Crimea. She applied to the War Office and other government offices, but arrangements for departure were already underway. In her memoir, she wrote that she brought "ample testimony" of her experience in nursing, but the only example officially cited was that of a former medical officer of the West Granada Gold-Mining Company. However, Seacole wrote that this was just one of the testimonials she had in her possession. Seacole hinted that her offers were turned down because of racial prejudice, writing in her autobiography, "Now, I am not for a single instant going to blame the authorities who would not listen to the offer of a motherly yellow woman to go to the Crimea and nurse her "sons" there, suffering from cholera, diarrhoea, and a host of lesser ills. In my country, where people know our use, it would have been different; but here it was natural enough - although I had references, and other voices spoke for me - that they should laugh, good-naturedly enough, at my offer."

Seacole also applied to the Crimean Fund, a fund raised by public subscription to support the wounded in Crimea, for sponsorship to travel there, but she again met with refusal. Again, Seacole questioned whether racism was a factor in her being turned



Mary Jane Seacole - Photo by magnolia Box: Karen Humpage

down. She wrote in her autobiography, "Was it possible that American prejudices against colour had some root here? Did these ladies shrink from accepting my aid because my blood flowed beneath a somewhat dusker skin than theirs?" An attempt to join the contingent of nurses was also rebuffed, as she wrote, "Once again I tried, and had an interview this time with one of Miss Nightingale's companions. She gave me the same reply, and I read in her face the fact, that had there been a vacancy, I should not have been chosen to fill it." Seacole did not stop after being rebuffed by the Secretary-at-War, she soon approached his wife, Elizabeth Herbert who also informed her "that the full complement of

nurses had been secured" (Seacole 78, 79). This furthered her belief that racial differences were the reasons for her not being able to formally serve with the nurses.

Nightingale reportedly wrote, "I had the greatest difficulty in repelling Mrs Seacole's advances, and in preventing association between her and my nurses (absolutely out of the question!)...Anyone who employs Mrs Seacole will introduce much kindness - also much drunkenness and improper conduct".

Seacole finally resolved to travel to Crimea using her own resources and to open the British Hotel. Business cards were printed and sent ahead to announce her intention to open an establishment, to be

called the "British Hotel", near Balaclava, which would be "a mess-table and comfortable quarters for sick and convalescent officers". Shortly afterwards, her Caribbean acquaintance, Thomas Day, arrived unexpectedly in London, and the two formed a partnership. They assembled a stock of supplies, and Seacole embarked on the Dutch screw-steamer Hollander on 27 January 1855 on its maiden voyage, to Constantino-ple. The ship called at Malta, where Seacole encountered a doctor who had recently left Scutari. He wrote her a letter of introduction to Nightingale.

Seacole visited Nightingale at the Barrack Hospi-

CONTINUED ON PAGE 3

721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

AFRO-CARIBBEAN PEOPLE

MARY JEAN...

FROM PAGE 2

tal in Scutari, where she asked for a bed for the night. Seacole claimed that Mrs Bracebridge, Nightingale's helper, received her suspiciously. Seacole wrote, "Mrs. B. questions me very kindly, but with the same look of curiosity and surprise. What object has Mrs. Seacole in coming out? This is the purport of her questions. And I say, frankly, to be of use somewhere; for other considerations I had not, until necessity forced them upon me. Willingly, had they accepted me, I would have worked for the wounded, in return for bread and water. I fancy Mrs. B— thought that I sought for employment at Scutari, for she said, very kindly – "Miss Nightingale has the entire management of our hospital staff, but I do not think that any vacancy – " Seacole interrupted Bracebridge to inform her that she intended to travel to Balaclava the next day to join her business partner. In her memoirs, she reported that her meeting with Nightingale was friendly, with Nightingale asking "What do you want, Mrs. Seacole? Anything we can do for you? If it lies in my power, I shall be very happy." Seacole told her of her "dread of the night journey by caique" and the improbability of being able to find the Hollander in the dark. A bed was then found for her and breakfast sent her in the morning, with a "kind message" from Bracebridge. A footnote in the memoir states that Seacole subsequently "saw much of Miss Nightingale at Balaclava," but no further meetings are recorded in the text.

After transferring most of her stores to the transport ship *Albatross*, with the remainder following on the *Nonpareil*, she set out on the four-day voyage to the British bridgehead into Crimea at Balaclava.

Lacking proper building materials, Seacole gathered abandoned metal and wood in her spare moments, with a view to using the debris to build her hotel. She found a site for the hotel at a place she christened Spring Hill, near Kadikoi, some 3 1/2 miles (5.6 km) along the main British supply road from Balaclava to the British camp near Sevastopol, and within a mile of the British headquarters.

The hotel was built from the salvaged driftwood, packing cases, iron sheets, and salvaged architectural items such as glass

doors and window-frames, from the village of Kamara, using hired local labour. The new British Hotel opened in March 1855. An early visitor was Alexis Soyer, a noted French chef who had travelled to Crimea to help improve the diet of British soldiers. He records meeting Seacole in his 1857 work *A Culinary Campaign* and describes Seacole as "an old dame of a jovial appearance, but a few shades darker than the white lily". Seacole requested Soyer's advice on how to manage her business, and was advised to concentrate on food and beverage service, and not to have beds for visitors because the few either slept on board ships in the harbour or in tents in the camp.

The hotel was completed in July at a total cost of £800. It included a building made of iron, containing a main room with counters and shelves and storage above, an attached kitchen, two wooden sleeping huts, outhouses, and an enclosed stable-yard. The building was stocked with provisions shipped from London and Constantinople, as well as local purchases from the British camp near Kadikoi and the French camp at nearby Kamiesch. Seacole sold anything – "from a needle to an anchor"—to army officers and visiting sightseers. Meals were served at the Hotel, cooked by two black cooks, and the kitchen also provided outside catering.

Despite constant thefts, particularly of livestock, Seacole's establishment prospered. Chapter XIV of *Wonderful Adventures* describes the meals and supplies provided to officers. They were closed at 8 pm daily and on Sundays. Seacole did some of the cooking herself: "Whenever I had a few leisure moments, I used to wash my hands, roll up my sleeves, and roll out pastry." When called to "dispense medications," she did so. Soyer was a frequent visitor, and praised Seacole's offerings,[84] noting that she offered him champagne on his first visit. The Special Correspondent of *The Times* newspaper wrote approvingly of her work: "...Mrs. Seacole...doctors and cures all manner of men with extraordinary success. She is always in attendance near the battle-field to aid the wounded, and has earned many a poor fellow's blessings."

MORE IN JUNE 2019 EDITON



PRESENTING AGRICULTURE TO PARLIAMENT

THE MONTH of May 2019 was a very inspiring month for us at ECO SXM and Spaceless Gardens as we try to get the agricultural research and development center cleaned up and more inviting to the general public.

Beside that, we continue to stay strong during the economical and financial struggles we face along with the country while still trying to recover almost 2 years after the passing of Hurricane Irma. Many of Us still have hope toward seeing St Maarten taking back a stand to be stronger than before...

"I had fun this month with the kids at Sister Magda School as they continue their journey getting more and more involved with agricultural around



the school yard" Wyatte Expressed

Agriculture is still not a priority for our local government, while food security remains to be a concern with today's rapid climate changes.

What are St Maarten's plans towards this sector?

Thus far, there is still nothing in place to tackle this matter, which means, that if the boats stop coming or we face another natural disaster, we once again have to depend on outside aid and resources to

come to our rescue. Now, there is truly nothing wrong with having good regional and foreign relationships, but one must always consider having something stacked away for a rainy day in our own back yards.

Investments into the agricultural sector for Country St Maarten needs to be a top priority for local government, after all, it's highlighted as such under the Vision and Objectives of the NRRP along with other things such as Shelter, Health,

Psychosocial Care, Education and Livelihoods.

Most importantly, understanding how agriculture may benefit each and everyone of these sectors is key... It is very critical that we take sustainable agricultural development into consideration if we truly want to build back a better, stronger economy. Back in Oct 2019, I wrote an article entitled "How the St Maarten's Agricultural Research and Development Center can add value to The National Recovery and Resilience Plan" towards BBB, Stronger, Resilient Communities and St Maarten.

Also, in Oct 2018 I was contacted directly by Agriculture Global Practices of the World Bank in Washington D.C as they wanted to learn more about St Maarten's involvement in agricultural development in the areas of hydroponics methods as they work in several is-

land states of the Caribbean in areas of agriculture, food processing, marketing and water management.

Although the mental challenges of moving forward in this country bare a dark cloud over our home land influenced by bad politics, some of us, still believe and plan on shaping a better tomorrow for country St Maarten by creating social opportunities through individual change.

The next step forward is to secure a meeting with the Committee of TEATT to present a presentation in parliament on the findings of the organizations over the past years and securing subsidies to execute much needed agricultural development programs and project for Country St Maarten.

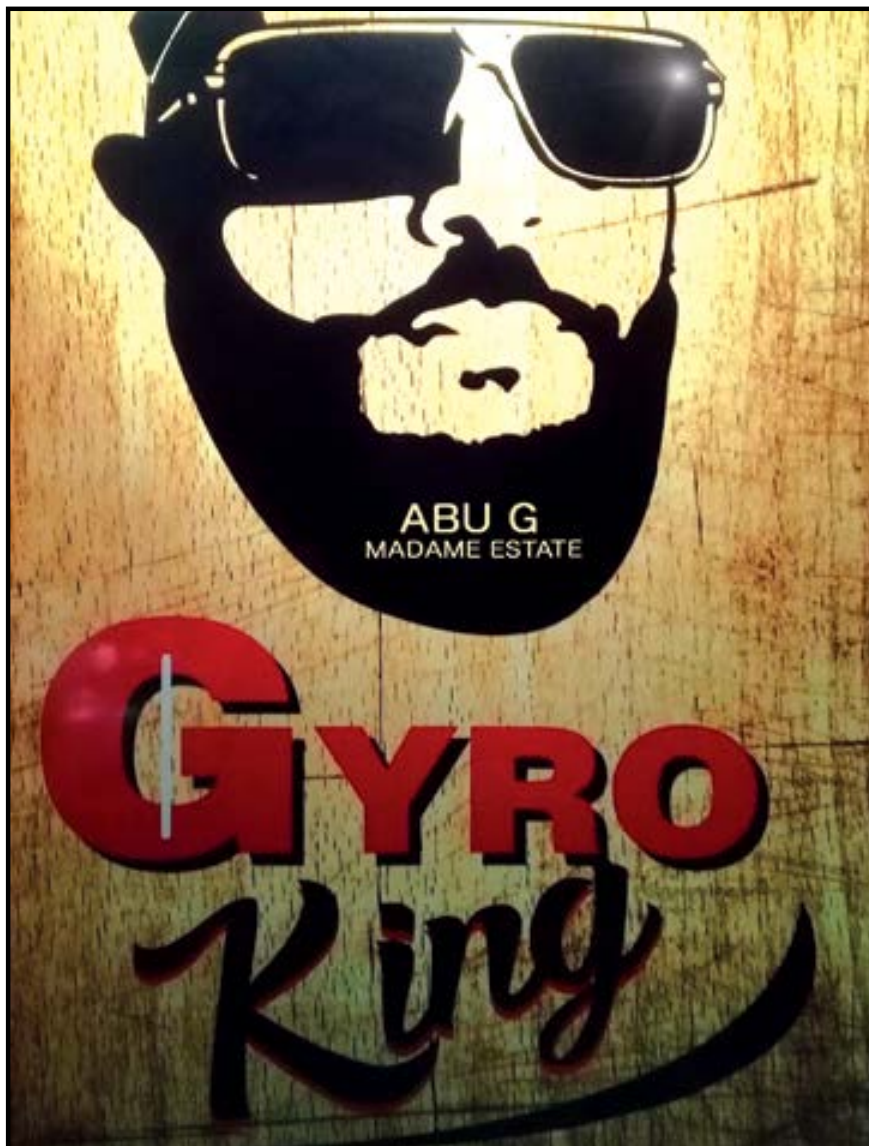
On May 23, 2019 an attempted was made to secure such a meeting with the chair of TEATT Mr Rolando Brison for the end of May 2019

by the President of ECO SXM Agricultural Research and Development Foundation. The meeting was pushed to June 3, 2019 due to the Ascension Day Holidays and then cancelled and promised to be reschedule after the countries budget debate. A new date and time is still yet to be obtain by ECO SXM.

The objective of this presentation to Parliament is the bring to the forefront that Agr-Culture needs this countries support toward continuous investments that may be needed to sustain the economical values and livelihood of the people and country St Maarten.

"We must remember that no one is promised tomorrow. So once we're in the right place, at the right time, to do the right thing, then it must mean that we are actually chosen to make a difference Today." -

Wyatte



BE THE CHANGE FOUNDATION FUNDS CITIZENS OF CHANGE PROJECT

MAY 23, 2019— Grand Case, St. Martin—The Be the Change Foundation has provided \$800 in funding for Les Fruits de Mer's Citizens of Change project. The project will highlight St. Martiners who have made a difference on the island. The stories of their work will be featured in an exhibit at Amuseum Naturalis at The Old House, and also online.

"We are thrilled that Be the Change and their local donors have supported this project," said Les Fruits de Mer President Jenn Yerkes. "Local kids need a place where they can see the faces and read the stories of the people that made St.



Melanie Choisy (center) of Be the Change Foundation presents a check to Les Fruits de Mer to fund the Citizens of Change project.

Martin what it is. It is one of our goals for Amuseum Naturalis and something this project will do."

The first installment of the project will feature about a dozen people. The project aims to spotlight a variety of people, includ-

ing teachers, writers, artists, builders, farmers, craftsmen, cooks, parents and storytellers. During March, Les Fruits de Mer requested nominations from the public. Based on

CONTINUED ON PAGE 5

CONTINUED INVESTMENTS IN AGRICULTURE TO PROVIDE HEALTHY FOOD, EMPLOYMENT

THE PUBLIC Entity Saba continues to invest in agriculture not only to provide a source of healthy food and to offer employment but also to keep this sector as a part of the local culture. The Farm at Zion's Hill and the Garden at The Level have been successful in growing produce. The hydroponics/greenhouse farm at Rendez-Vous will give agriculture a further boost once it comes online in 2020.

In the past, agriculture played an important part in the daily life of Sabans. Though it will not be as prominent as it once was, Commissioner Rolando Wilson and the Agricultural Department, headed by Randall Johnson, aim to keep agriculture going, and expand it where possible.

The largest government-owned farming plot is located in Zion's Hill. Here, on a steep piece of land, workers Bruce "Junior" Hendrik Hassell (48), Orlando Hassell (26), Aneuris Hassell (28) and two others are growing crops for local sale. "We like working here."

100 pounds

Sweet potato, tania, tomato, cabbage, corn, green onion, pepper, okra, eggplant, cucumber, green banana, pa-

paya, watermelon, and different herbs: it is all growing here. "We carried up almost 100 pounds of green banana in one day this week and 75 pounds of tania," said Junior Hassell. "The weight of the produce carrying it up the hill is challenging," said Aneuris Hassell.

Farming is a way of life for Junior, Orlando and Aneuris Hassell. "I grew up with cattle and farming. Our grandparents and great grandparents were farming all the way up the hill to Sandy Cruz. I have some bulls myself," said Orlando. "We grew up with it. I also do my own farming at home. Keep myself occupied," said Junior.

Win-win situation

Growing local produce is a win-win situation. "It is much healthier than the stuff that's imported, and it provides work. Plus, it keeps you busy and out of trouble," said Orlando. Aneuris cited several reasons why it is important, also for the young people, to do farming. "You can provide for your family. It is healthy. And, it is good for the community. Every island should grow its own food."

Fertilizers are used as little as possible. Instead, cow



The farm at Zion's Hill (Photo GIS Saba)

and goat manure are used to enrich the soil. Natural neem oil serves to keep insects at bay. The produce is sold through the Big Rock and Unique supermarkets, and also at the market once a week outside Breadline Plaza. The leftover leaves and bush go to the animals. "We leave nothing to go to waste," said Randall Johnson.

Irrigation takes place with a system of pipes that carries down the water using the elevation from the large cistern next to the building on the side of the road. So far, the Farm has been able to manage the current drought. An issue is the goats that sometimes get over the fence. The Farm, built on leased

land, has been in existence for some three years. "It took us a while to start up. We started on the upper part and expanded down the hill," said Johnson.

Social work

place

The Garden at The Level serves as a social workplace. It is part of the Saba Reach Foundation and is subsidized by the Public Entity Saba. "We grow as much produce

as we can, all organic, while at the same time providing a safe working place for persons with a distance to the labor market. This is our main goal," said assistant garden manager Maarten Plante-Van der Horn. Eight clients are in the program: three full-timers and five part-timers. Care coordinator Lonke Schut provides support to the clients. Alexander Hassell (61) is The Garden's most senior worker. He has been there since January 2007. "I really like working here," said a very friendly Alexander. "I am here every morning. My main work is composting, which is my specialty."

The Garden mainly produces vegetables, herbs

CONTINUED ON PAGE 6

BE THE CHANGE...FROM PG 4

those nominations, the association decided to focus first on St. Martiners who have passed.

"As we started researching, we realized it's already difficult to find information and images of St. Martiners from the past," explained project leader Mark Yokoyama. "In many cases, we feel like we're rac-

ing against the clock to find and document these exceptional lives."

The first installment of exhibits from Citizens of Change project will debut later this year at Amuseum Naturalis. The museum welcomes further submissions of people to feature, and information and photos that can help tell their

stories.

Amuseum Naturalis is open from 9am to Noon Tuesday to Saturday and admission is free. It is located at The Old House, on the hill above Galion Beach in French Quarter. More information is available at <http://amuseumnaturalis.com>.

CONTINUED INVESTMENTS IN AGRICULTURE...FROM PAGE 5

and some fruits. It was originally built by people from Cuba as an organic garden. "We use no pesticides and only organic fertilizers. Finding organic solutions is a challenge, but Sam Frederick, our garden manager, has a lot of knowledge and many ideas. Companion planting is a good example. The concept of companion planting is to place the plants in such a way that they strengthen each other," said Plante-Van der



The garden at The Level (Photo GIS Saba)

Horn.

Drought

An irrigation sys-

tem is being constructed. The water comes from the cisterns, including

rainwater that is collected from the road. "The drought is a challenge,"

said Plante-Van der Horn. Large, long compost bins are used to create new, rich soil, mixed with goat manure from the goat pens in the neighborhood. The sides of the bins will be raised in the near future through a DOET Oranjefonds project to increase the effectiveness of the composting system.

Once per week, The Garden does home and office deliveries for a small contribution. The products of The Garden are also sold at the "market" every Wednesday morning in Windwardside. The products are very popular because they are fresh, locally grown, have a great taste, and are organic. At the same time, people support a good cause.

Hydroponics

Commissioner of Agriculture, Social and Labor Affairs Rolando Wilson explained that the third agriculture project, the hydroponics farm and greenhouses on Mount Scenery, should be ready in 2020. The plan has been laid out and the project will go on bid shortly. The land is being prepared. This is no easy task because the land needs to be flat, and the area is located on a slope with a lot of large rocks. "But it is good soil, ideal for farming," said Wilson.

Initially, three greenhouses will be constructed, of which one will be for hydroponic farming. In the hydroponic greenhouse mainly lettuce and herbs will be grown. The

other two greenhouses will have soil on the floor to grow vegetables such as tomatoes and peppers. "This is a more controlled way of farming in an enclosed area," said Randall Johnson. The land has been purchased with funds from the Ministry of Agriculture, Nature and Food Quality LNV.

Remain committed

Commissioner Wilson said the Public Entity Saba remained committed to investing in agriculture. The benefits of agriculture are multiple and that is why it is important to keep investing, he said. "It means healthy, fresh food for our people. It provides employment, honest earnings that make people feel proud." The commissioner said he was impressed with the produce despite the long drought. "That is thanks to the hard work and creativity of the farmers."

Government and the Agricultural Department have put a lot of effort in stimulating farming, said Johnson. "We assist local farmers with water, water storage, seeds and fencing, but we also help cattle owners who keep goats, bulls, chickens and pigs with food and water." He said getting a constant supply of animal food was a challenge. Having a dry storage area would help to solve the issue of storing sufficient animal food.

By *saba-news.com*

OUR MISSION

Empowering 2019

St Maarten Agricultural Research & Development Foundation

HAPPY NEW YEAR FROM US AT ECO SXM

EDUCATING | CULTIVATING | OUTREACHING

CONTACT FOR MORE INFO:
EMAIL: eco@stmaartenagriculture.com | WEBSITE: www.eco.stmaartenagriculture.com

Empowered by:



THE FARMERS SEE:

HEALTH BENEFITS OF PURSLANE

THE HEALTH BENEFITS OF PURSLANE include its ability to aid in weight loss, improve hearthealth, ensure healthy growth and development of children, and treat certain gastrointestinal diseases. It also has anti-cancer potential, protects the skin, boosts vision, strengthens the immune system, builds strong bones, and increases circulation.

What is Purslane?

Purslane (*Portulaca oleracea*) is a leafy vegetable that most likely originated in the Mediterranean region. It is widely eaten throughout Europe, Asia, the Middle East, and Africa. It is an annual succulent with a slightly sour and salty taste, making it an interesting addition to the plate and palate. The entire plant, including the leaves, stems, flowers, and seeds are edible and have been used for thousands of years in different variations.

As mentioned, purslane has been in use since prehistoric times and is widely referred to in ancient Chinese medicine, as well as in early aboriginal culture. Sadly, in the United States, it is usually ignored and treated like any other invasive weed in

gardens and yards.

Purslane Nutrition Facts

When this unusual 'weed' became the subject of scientific study, researchers were shocked at what they found! Purslane vegetable has extremely high levels of omega-3 fatty acids, particularly for a land vegetable, as well as significant amounts of fiber, vitamin A, vitamin C, B-family vitamins, iron, magnesium, manganese, potassium, calcium, and copper. Furthermore, the betalain pigments (powerful antioxidant compounds) and carotenoids round out this veritable treasure trove of nutrients and beneficial organic compounds.

Health Benefits of Purslane

Purslane has many benefits that help in preventing and curing diseases. Let's discuss the benefits in detail below:

Improves Heart Health

Research has found that the high levels of omega-3 fatty acids, found in purslane, help to reduce the amount of LDL (bad) or bad cholesterol in the body. This helps to promote a healthier cholesterol balance in our bloodstream.

Consuming foods that are high

in omega-3s have been shown to significantly reduce the risk of cardiovascular diseases, as well as atherosclerosis, thereby reducing the risk of heart attacks and strokes. Furthermore, the potassium found in this vegetable can aid in reducing blood pressure due to its behavior as a vasodilator, relaxing blood vessels and reducing strain on the heart.

Weight Loss

Nutrition analyses suggest that purslane is very low in calories, while also being nutrient-rich and packed with dietary fiber. This means that people can feel full after a meal including purslane, without significantly increasing calorie intake, thereby assisting in the weight loss process.

Promotes Child Development

Purslane contains plenty of good fatty acids (omega-3s). Although research is still ongoing, early studies have shown that high levels of omega-3 fatty acids in the diets of young children seem to decrease some of the signs and symptoms in certain developmental disorders, including autism and ADHD.

Treats Gastrointestinal Diseases

Some people may shy away from alternative medicine treatments for health conditions, but in traditional Chinese medicine, purslane (known as Ma Chi Xian) was widely used to treat everything from diarrhea and intestinal bleeding to hemorrhoids and dysentery. Even today it is used to treat a wide variety of intestinal conditions. These benefits are mainly attributed to the organic compounds found in purslane, including dopamine, malic acid,

citric acid, alanine, glucose, and others.

Skin Care

Purslane may help treat a wide variety of skin conditions as well. A study published in 2004 revealed that purslane leaves contain high levels of vitamin A. This vitamin, combined with the cocktail of compounds found in this 'weed' mean that it can help reduce inflammation when applied topically. When consumed it may aid in improving skin, reduce wrinkles, and stimulate the healing of skin cells to remove scars and blemishes.

Anti-cancer Potential

A 2016 study by Chinese researchers suggests that purslane seed oil has antioxidant and antiproliferative properties can help reduce oxidative stress. During the in-vitro test on cancerous cells, the seed oil inhibited tumor cell growth exhibiting anti-cancer potential. Further studies are required to explore its anti-cancer properties.

Improves Vision

Vitamin A and beta-carotene, contained in purslane, have both been connected to improved eye health and vision. These can help prevent macular degeneration and cataracts by eliminating free radicals that attack the cells of the eye and cause these common age-related diseases.

Strengthens Bones

The minerals present in purslane make it a healthy choice for people who want to mitigate bone loss. Calcium, magnesium, iron, and manganese are all elements required to develop bone tissue and speed the healing process of the bones.

CONTINUED ON PAGE 8

VIVA SIGNS
ST, MAARTEN PREMIER DIGITAL OUTDOOR BILLBOARDS

WANT TO BE SEEN?
VIVA SIGNS

tom
TARGET ONE MEDIA
WWW.VIVASIGNS.SX

THE FARMERS SEE: PURSALANE FROM PAGE 7



As purslane contains these important nutrients for bone health, consumption may aid in the prevention of osteoporosis, a common age-related condition that affects millions of people.

Improves Circulation

The high content of iron and copper in purslane means that it contains the nutrients that can help stimulate the production of red blood cells. Both of these minerals are essential for boosting circulation by delivering more oxygen to essential parts of the body. They also increase the healing speed of cells and organs and aid in improving hair growth and metabolic efficiency!

Uses of Purslane

- In culinary pursuits, purslane is commonly used in soups, salads, and stews. A University of Illinois newsletter suggests that ham and purslane on rye bread are delicious.

- It is added to meat dishes as a flavorful element and is also mixed with dough to make certain delicious bread varieties.

- Aside from culinary usages, it has also been used as traditional medicine for curing various diseases in China and India.

Word of Caution:

The only potential downside that researchers have found about purslane is the relatively high content of oxalic acid, which leads to the formation of kidney stones. If you already suffer from kidney stones, speak to a medical professional about consuming it. It should be noted that boiling it in water causes a great deal of oxalic acid to be eliminated, without losing many of the other beneficial nutrients.

BY ALLRECIPES
Recipe by: 3LIONCUBS

VEGATERIAN AND VEGAN RECIPES Quinoa and Black Beans



"This is a tasty, thrifty comfort food which is healthy and can be changed to fit any lifestyle. Add some cheese or bacon bits for a different twist"

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne, pepper, salt and ground black pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro

Prep 15m | **Cook** 35m | **Ready In** 50m

DIRECTIONS

Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.

Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.

Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro..

St Maarten Optical N.V.



Located ONLY on the Pondfill, Marcus Building, Walter J.A. Nisbeth Road #51, Philipsburg, St Maarten

- Eye Exams
- Glaucoma Testing
- Retina Photography
- Glasses
- Eye Wear



WHAYASAY?

TELL THE TRUTH!

WITH RAS ITAL



“Respect All”

THE ROOTS OF THE CHRISTCHURCH MASSACRE P2

ALL THOSE WHO HAVE HELPED TO SPREAD THE WORLDWIDE MYTH THAT MUSLIMS ARE A THREAT HAVE BLOOD ON THEIR HANDS.

By Wajahat Ali
Contributing Opinion
Writer NY Times

IT'S CLEAR that the dangers of white nationalism aren't limited to the United States. This attack is a reminder that this dangerous ideology also threatens immigrant communities worldwide, and that it's fueled by leaders around the world.

Australia, where the gunman is said to be from, has plenty of its own anti-Muslim, xenophobic rhetoric.

In 2015, a movement called Reclaim Australia organized protests against the "enforcing of Shariah law in Australia" and "the teaching of Islam in government schools." The Conversation reported that placards displayed by the group at a rally read "Islam is an enemy of the West." A key policy goal of the far-right political party Australian Liberty Alliance is to "stop the Islamization of Australia." Its website warns, "Islam is not merely a religion, it is a totalitarian ideology with global aspirations."

While Australia's prime minister, Scott Morrison, described the suspect as "an extremist, right-wing, violent terrorist," an Australian senator, Fraser Anning, responded to the Christchurch attack by blaming "the immigration program which allowed Muslim fanatics to migrate to New Zealand in the first place."

It seems the senator shares similar sentiments with mass murderers.

In his manifesto, the gunman, who re-



ferred to himself as a "regular white man," wrote that he was carrying out the attack to "directly reduce immigration rates to European lands by intimidating and physically removing the invaders themselves."

The manifesto reveals an obsession with white supremacy, discussing the Battle of Vienna in 1683, which is glorified by white nationalists and Mr. Breivik as the critical moment when Europe staved off the Ottoman Empire's advance and protected itself from Islam. Text scrawled on the gunman's weapons appears to refer to military battles such as the 1189 Siege of Acre, a victory for the Christian Crusaders seeking to retake Jerusalem from Muslims.

He mentioned Alexandre Bissonnette, who shot and killed six people in a Quebec mosque in 2017 and was a known white nationalist with anti-immigrant and anti-Muslim resentment.

His ideas — and their sources and supporters — were familiar to me. As a researcher for the Center for American

Progress Action Fund's 2011 investigation "Fear Inc.: The Roots of the Islamophobia Network in America," I connected fringe anti-Muslim conspiracies — such as the made-up threat of Shariah law in America — to the funding sources, think tanks, media personalities, grassroots groups and politicians who created and promoted them.

These entities have worked together to reinforce the message that Muslim Americans are inherently radical and represent a "demographic time bomb" that will overtake the white population. Mr. Breivik repeatedly cited these groups and people, many of them now closely linked to the Trump administration.

Although they should not be blamed for Mr. Breivik's violence, Marc Sageman, a former C.I.A. officer and a consultant on terrorism, said Mr. Breivik nonetheless emerges from the same ideological network.

Among white nationalists' major motivators is "the great replacement" conspiracy theory. They fear that Jews, blacks

and Muslims will replace white people and eventually subordinate them. Jews are often viewed as the diabolical head of the cabal, the nerve center, who use their infinite wealth and power to reduce and weaken

the white man.
In October, Robert Bowers walked into the Tree of Life synagogue in Pittsburgh and killed 11 Jewish worshipers. He posted on the right-wing social network Gab that the Jewish refugee resettlement agency HIAS "likes to bring invaders in that kill our people" and "I can't sit by and watch my people get slaughtered." He also re-shared a post about punishing "filthy evil Jews" for bringing "filthy evil Muslims into the country." This echoed the anti-Semitic conspiracy theory that Jewish billionaire George Soros funded the migrant "caravan" — a lie that was

promoted by President Trump and other prominent conservatives.

**MORE IN JUNE
2019 EDITON**



**RAS ITAL
MEK OR BREAK**

Di world a get drastic. It naah really bout religious war. Just about Power. Religion is di tool dem use fi keep we stupid. In a world like today, population control a serious thing. When we believe these people just do this because dem hate another man GOD, Really nah mek sense to I.. We have to get to di root a it. More time !

Tattoo Inkorporated

PAULSXM

TATTOO INKORPORATED SXM

Wellington Rd # 39 Cole Bay | TEL 721 522 7010
For Appointments

LETTING GO AND BEING FREE

FACEBOOK @ EXPRESSED BY LATOYA RUAN

I see you coming trying to take my crown, trying to turn my smile into a frown. I've worked too hard to be where I'm at, and trust I'm not gonna let you take that.

Trying to take my pride.. Not until I die. I was born a fighter and a conqueror to the least knowing that I'm not gonna let you knock me off my feet

Oh you don't know who my father is.. Take a look around he created all of this.. One thing he thought me is to always be true, and that's why I'm gonna defeat you.

You are not relevant or even welcome here... So I'm gonna make this simple but absolutely clear..

Don't come knocking or trying to call my name, because I'm on a mission and I got no time for games.

God told me get ready because he has a plan to get me over to the promise land.. My bags are packed and I got rid of some stuff, so now I'm ready and truly focussed.

So long to my worries and goodbye to my pain, I'm thinking clearly now and no longer feel the same. My mind is totally cleared and spirit soaring free. Connecting to that inner voice that lies deep inside of me.

See all you need to do is listen to the voice that's in your heart, knowing that God has always been there from the very start. Waiting for you to give in and commit your all to see the child of God you are and forever will be.

So cast all your cares upon him and let him take control and get ready to start your journey of riches untold. My life is no longer the same and I can surely let you know that he's ready to do the same for you, all you to do is let go!!

Of all the things your letting bring you down and keeping you on a stagnant pace, will all be gone and tucked away in an unknown place. He'll take care of you just like he did for me, and you will want everyone in this world to see. The love your father has shown you because you are completely free.

Written by Latoya Ruan 29 June 2015



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

LISTEN & WATCH LIVE! DOWNLOAD THE FREE MOBILE APP!
WWW.LASER101.FM
 TWITTER: @LASER101 | INSTAGRAM: @LASER101SXN | FACEBOOK.COM/LASER101
 ON AIR: +1 (721) 543-7101 // OFFICE: +1 (721) 543-2200



EXCLUSIVE INTERVIEW

DJ NEAKO FIRE

CULTURAL XPRESSION'S MAY 2019 touches down in Jamaica to get an Exclusive Interview with one of its top selecta's, Dj Neako Fire. From working with Artist such as Jahmiel, Turbulence, Blak Ryno, Richie Spice, Runkie Hytz, Halonai, Money locks & Kaos, just to name a few. Neako Fire is no stranger to the game. Currently releasing the new Dancehall Track "Baby Skank" which is a remix to the popular kids song "Baby Skark" in Coloab with Yaad of Fame Music, this Dj \ Selecta is in top gear steering his career in the right direction. With no further delay, we introduce to you, the one and only Dj Neako Fire.

What is your name and how did the name Neako Fire come about?

Nyako Sterling is my name and Neako Fire was given to me because I always keeping It real with Fire personality.

Where are you from or represent ?

From Jamaica city off Spanish Town.

What is your educational background or selected field of skill?

High school graduate plus did little of everything to survive From selling in the streets of Downtown kingston, delivery, construction, sales rep list goes on.

How long have you been a Dj in the industry?

Doing It since 13yrs old but professionally from 20yrs old now I am 32yrs old.

As a DJ in Jamaica, do you stick to only a specific genre of music to play or do you consider yourself an all round Disc Jockey?

I am a all round Disc Jockey.

What challenges do you face being a DJ in Jamaica or out here in the Caribbean?

Well with technology now everyone consider themselves a DJ without the musical knowledge so cheaper playing DJS are making business more difficult.

What are your observations of the music scene in Jamaica and what does it take for potential artist to gain success on the local and international scene?

To much artist with real talent don't get a break but on the other hand you need a good management team with Good music and most important of all promotion.

What genres of music do you feel have a great impact on the outside world influenced by our Caribbean culture?

Reggae, Dancehall and Soca. In the Caribbean we create our own sound.

What would u like to see change or adapted in Jamaica that will help inspire more local Dj's to be more productive?

Invest in their craft, use It to pull youths together.

Does being a DJ in Jamaica have the potential to allow you to uphold a sustainable lifestyle and take care monthly responsibilities?

Yes but you have to put in the work plus It is very competitive and you need mental & physical support when thinking about life as a DJ.

Jamaica has so many great artist emerging on a yearly basis, as a Dj, which Artist or genre of music you love to play often?

I love reggae, dancehall, even soca. But, i really love music once it is properly done. Love to play Garnet silk, Bob Marley, Sizzla and Turbulence.

What is your camp, label or brand that you represent or promote?

I am currently working with Yaad of Fame Music out of Spanish Town but have good relationships with most labels in Jamaica.

Jamaican Dj's have had a history of Bussing nuff artist (Making a way for many artist to come to the forefront), do you also focus on promoting artist under you brand ?

Yes I work with Jahmiel, Turbulence, Blak Ryno, Richie Spice team Just to name a few but currently working with Runkie Hytz, Halonai, Money locks & Kaos.

We heard that you have recently release a new track under your brand, can you tell us a bit more about the track and where people may be able to find it for stream or download..

I made a remix of the popular kids song Baby Shark naming It Baby Skank that IS doing extremely well all over and is available on all digital stores worldwide.



CONTINUED ON PAGE 12

EXCLUSIVE INTERVIEW DJ NEAKO..FROM PG 11

Name a few artist you have worked with or would like to collaborate with ?

Recorded with Venomus mostly know for hit single One Drop with QQ, also Runkie Hytz. I would love to do something with agent Sasco, Chronixx, Bugle, Tarus Riley

Have you ever worked with any artist from St Maarten or Around the Caribbean?

Not From St Maarten but Trinidad, B2B.



Yaad Of Fame Music Group, Dj Neako Fire (Right)

Is it possible for St Maarten Artist to send you their music to add to your playlist ?

Yes once it is mix & mastered properly with solid vocals.

What keeps you motivated currently?

The love I have for music and the pas-

sion how It makes me feel.

Who or what are some of your biggest inspirations?

My biggest inspiration is life itself, nature and how things move From One stage to the next.

Where do you see yourself in the next year?

Promoting Just Keep growing as a brand and perhaps visit St.Maarten

What can Jamaica and the World expect next from You?

New music, new ideas, new everything plus I am currently working on a charity event to benefit sickly children.

If you could be anywhere in the world right now, where would it be?

I have a love for waterfalls & river so Jamaica is the best place for me.

As you know our Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community development. **What are your thoughts and views of the importance of Agriculture for St Maarten?**

Very important, We all work to earn money to buy food & pay bills. We cant live without food,

that says It all about the importance of agriculture.

What do you think can bring more community members together to focus on positive development issues for their surrounding communities?

Make It Mandatory for community activity each month, set tasks.

As we come to the end of the Q and A interview:

Who would like to give a shout out to and also some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility!

I want to say thanks to Cultural Xpression for sharing your platform with our label. Big up my family, friends & fans. Nuff respect to yaad of fame label for producing the track baby Skank and my promotion team Briana and Jeffrey.

My advise to all. It doesn't matter the career path you choose trust in yourself everything takes Time put Jah first laugh, Lové & Live. One heart, One love.

Nuff Respect goes out to Neako Fire, one of Jamaica's top selectas... Cultural Xpression wishes you all the best on your journey forward!!!!

MAY 2019

Caribbean World Charts
-- CARIBBEAN WORLD CHARTS PRESENTS --
THE TOP 10
YOUR FAVOURITE AFRO-CARIBBEAN MUSIC ARTIST

What's Trending
Listen to your favourite Underground Afro-Caribbean Artist
SIGN UP TO SUBMIT YOUR TRACKS TODAY!
WWW.CARIBBEANWORLDCHARTS.COM

#4 Grammy Sosa - Mojo

| | | | | |
|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |

2019
Empowering Underground Caribbean Music Artist
Earn Up to \$0.50 per day for the #1 Spot

WpX



Dj Neako Fire in the Flesh (Right)

ECO TOURISM IN THE CARIBBEAN

ECOTOURISM has become a buzzword for resorts and lodges who want to cater to those interested in low-impact travel. But what, exactly, does ecotourism mean? The International Ecotourism Society (TIES) defines the term as "responsible travel to natural areas that conserves the environment and improves the well-being of local people." We've uncovered some of the best ways you can travel to the Caribbean without leaving your conscience at home.

Asa Wright Nature Center and Lodge: Trinidad

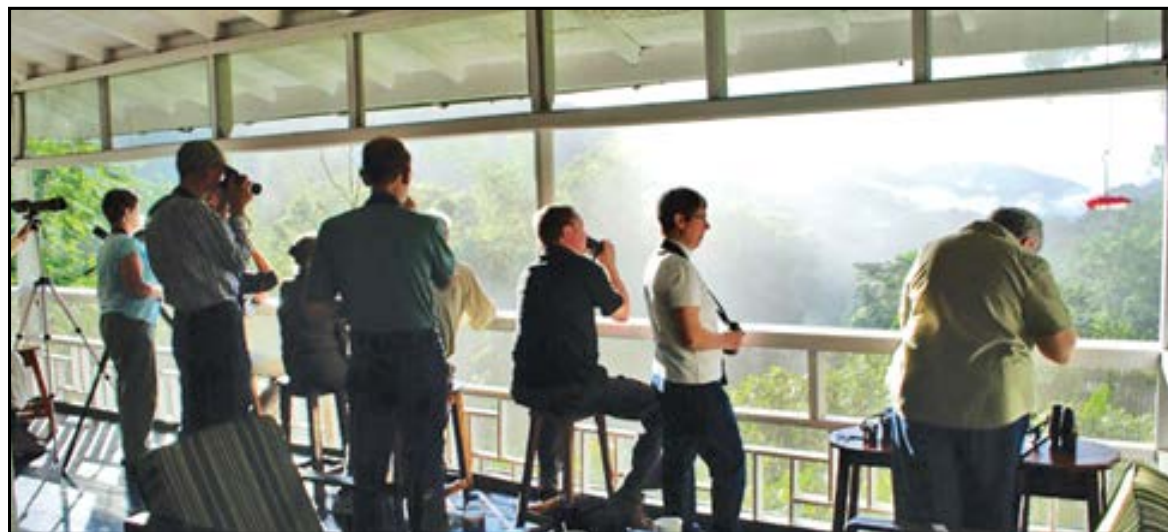
The Asa Wright Center was a destination for ecotourists long before the word was coined.

Established in 1967 by a group of naturalists and bird watchers, the center's mission is to "protect part of the Arima Valley in a natural state and to create a conservation and study area for the protection of wildlife." The lodge is home to more than 170 species of birds, including toucans, manikins, tanagers and the rare oilbird.

Tourists looking for a volunteer vacation can sign up to spend 2 to 12 weeks helping maintain the fruit trees and flowers the birds depend upon as well as restoring trails, working in the gardens or producing coffee that's sold to visitors. Guests stay in a 1908 Edwardian house and cottages on 183 acres of protected land.

Concordia Eco-Tents: St. John

This resort in the US Virgin Islands operates a "Trash to Treasures" program in which the resort's trash is recycled into craft items and fine art. Guests can visit and participate in



Asa Wright Nature Center and Lodge - Trinidad (Photo by asawright.org)

classes at the center's glass studio, clay studio, textile department and gallery. Concordia's low-impact "tents" are more like villas built of canvas and screen with kitchens, baths, solar power and hot water, as well as spectacular views of the forest and ocean. The property is located next to hiking trails and snorkeling beaches in St. John's Virgin Islands National Park. Daily activities include yoga, snorkeling, diving and volunteering with Friends of the Virgin Islands National Park.

CuisinArt Resort and Spa: Anguilla

This high-concept luxury resort on Anguilla grows food and ingredients on the Caribbean's first hydroponic farm. In 1999, the resort built a special 18,000-square-foot greenhouse where they farm everything from tomatoes, cucumbers and eggplant to lettuces, microgreens and herbs. Hydroponics saves water through the use of recirculation systems and drip irrigation. The drainage from the greenhouse is then recycled and used to water the outdoor landscape plants. Ninety per-

cent of the produce served in the resort's restaurants is grown in the greenhouse. CuisinArt's organic garden also supplies the resort with local tropical foods like avocado, guava, callaloo and star fruit. Guests are invited to tour the garden, help harvest produce and participate in cooking lessons with their harvest.

Natura Cabanas and the Attabeyra Spa: Dominican Republic

This eco-spa in the Dominican Republic between Cabarete and Sosúa was

conceived as a compliment to its natural surroundings. Cabanas were built using Feng Shui principles with materials found locally like mahogany, bamboo and coralline stone. Screened walls and windows keep them comfortable without air-conditioning.

The property includes a yoga temple and a full-service spa.

Other activities include swimming, horseback riding, mountain biking and jeep tours of the backcountry.

Volunteer Vacations, Earthwatch Institute

Caribbean Volunteer Expeditions

If you love the Caribbean and would like to be a part of maintaining the islands for future visitors, then a volunteer vacation may be for you.

Fees usually include accommodation (often at a research station), meals and transportation. The Earthwatch Institute, a worldwide organization that pairs volunteers with scientists, operates several research projects in the Caribbean in-

cluding reef ecology in the Bahamas, rainforest habitats in Puerto Rico and turtle conservation in Trinidad. Throughout the Caribbean, historic structures are subject to natural and manmade threats ranging from tropical storms to tourism-related development.

The mission of Caribbean Volunteer Expeditions (CVE) is to support local efforts to record and document historic and architecturally valuable resources. Volunteers with CVE participate in projects such as historic building and cemetery surveys, archaeological projects and preservation construction.

Travel writer Trisha Creekmore has been to more than a dozen Caribbean islands. She once spent 2 weeks tracking lemon sharks with Dr. Sonny Gruber at the Bimini Biological Field Station.

By travelchannel.com

STM N.V.
All Matters Shipping

| | | | |
|----------------------|----------------------|-------------------------|-------------------------|
| 55 Gallon \$65.00 | 77 Gallon \$85.00 | E Container \$125.00 | D Container \$225.00 |
|----------------------|----------------------|-------------------------|-------------------------|

MIAMI - ST. MAARTEN
Rates: Excluding container/Barrel - Excluding insurance - Including home/office delivery (exceptions apply)

CONTACT US FOR MORE DETAILS
PH: 1 (721) 542 5152 / 1 (721) 542 5215
PH USA: 1 (786) 453 4911
EMAIL: SALES@STMNV.COM
LCL CARGO, CONSOLIDATION & DIRECT SHIPPING

TIPS FOR BUSINESS OWNERS' 2019 'TO DO' LISTS PT 2



By *forbes.com*
GET YOUR BUSINESS off to a great start in 2019 with these tips from the experts of Forbes Coaches Council.

4. Focus On Improving The Customer Experience

It's no secret customers expect more every day, yet businesses still don't invest in the customer experience. There are so many ways to exceed expectations and build loyalty with customers, but leaders are often not provided the time or focus to do that. Create a customer-first strategy for your organization, including rewarding leaders for delivering

exceptional experiences in 2019 and beyond. - Jeannie Walters, 360Connex

5. Understand The Trends Likely To Impact Your Business

It is important to do an evaluation of your market and tangential markets to determine likely changes during the year that you will need to be prepared for. One valuable approach is scenario planning, where the organization's leaders look at what is likely and at early warning signs to alert you that the scenario is in play. Base plans on most likely scenarios. - Maureen

Metcalf, Metcalf & Associates, Inc.

6. Set Your Human Resources Strategy

Prioritize your HR needs. Identify your competitive advantage and how to measure it. Decide on your desired culture. Create the tactical piece of the plan. Then, decide how you will implement it: How will you push the buttons for compensation, benefits, work-life balance, performance and recognition, and development and career opportunities to impact each of your priorities? - Ed Krow, Turbo Execs, LLC

7. Be Ready To Respond And Adapt To Change

It is no secret that the business environment faces a high degree of change in our post-digital world. Applying systems thinking to address the intense shifts in the economy and demographics, the global pressures, and quickly maturing automation will help business owners face complexity head on and maximize competitive advantage. - Adena Johnston, D. Mgt., CCI Consulting

8. Give Yourself Time To Think

Most leaders have so many demands on their time that it's easy to fall into a pattern of reactive behavior like attending meetings, replying to emails and returning calls. Great leaders recognize the importance of carving out time to think, whether it's to develop a new strategy for customer acquisition or to reflect on what's going on with a dysfunctional team. It's not easy, but it pays dividends. - Jill Hauwiler, Leadership Refinery

MORE IN JUNE 2019 EDITON



LOCATION
 Begonia Road #2,
 Saunders.Sint Maarten

TELEPHONE
 +1 721 542-3567
 +1 570 245-1531

EMAIL
 info@jaa-sxm.com

A FULL SERVICE ACCOUNTING AND TAX ADVISORY COMPANY
 FOR SMALL AND MID-SIZE BUSINESSES

**COMING SOON JANUARY 2019
 ONLINE PAYROLL SERVICES**

WWW.JAA-SXM.COM

COMMUNITY CLASSIFIES

CALVIN BOYDE
 MASTER MASON AND BUILDER
 COMMUNITY: ST PETERS
 TEL: 721 527-6709

KENNETH SAMSON
 MASTER CARPENTER AND CRAFTSMAN
 COMMUNITY: BETTY'S ESTATE
 TEL: 721 580-6315

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

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

JURICK THOMAS
 LANDSCAPING
 COMMUNITY: CUL DE SAC
 TEL: 721 586-6425

DELANO BRYAN
 CARPENTER
 COMMUNITY: SOUTH REWARD
 TEL: 721 553-4987

WANT YOUR AD HERE?

\$75

**Call :
 721 524-4733**

SUBMIT YOUR:
 NAME, SKILLS, COMMUNITY YOU'RE FROM
 & CONTACT INFORMATION
 TO INFO@WPSXM.COM

Your info ends up here to be contacted
 by members in your community for
 possible job or service opportunities.



DO YOU HAVE SPORTS-RELATED BACK PAIN KNOW WHEN TO CALL A DOCTOR

WHENEVER YOU step out onto the playing field or into the gym, you run the risk of suffering some sort of injury. Back injuries are among the most common, whether you're a committed and competitive athlete or a weekend warrior.

According to spine health expert Kush Goyal, MD, about 90 percent of these acute back injuries will get better on their own, typically in about three months. However, sometimes back injuries can be a bit more serious and require a doctor's care.

Common sports-related back injuries

Sports-related back and spine injuries vary somewhat with the sport, but a few of the most common include:

Cervical (neck) injuries. "Some injuries occur more often in certain sports," says sports medicine doctor Kim Gladden, MD. "For example, in football, we commonly see 'stingers,' which is a type of neck injury. These injuries manifest as transient unilateral numbness or tingling in the shoulder due to a stretching or compressing of the cervical nerve roots."

When a player suffers a "stinger" on the field, it should resolve very quickly. If not, the athlete needs immediate medical attention and further evaluation, Dr. Gladden warns.

Lumbar (lower back) sprains and strains. You could get one of these injuries in the gym if you try to lift too much weight or use improper technique when lifting.

Acute injuries like lower back sprains and strains typically resolve on their own. Often, you don't need a doctor to evaluate them further.

"Treatment for minor lower back pain is generally self-directed. For these types of injuries, you can take over-the-counter anti-inflammatory medications like ibuprofen or naprosyn," Dr. Goyal says.

Fractures and other injuries to the spine's supporting structures. In sports that involve repetitive extension movements, such as volleyball, gymnastics, diving, cheerleading and dancing, spine stress fractures are fairly common.

"Also called pars fractures or spondylolysis, these occur when there is a crack in the bony rear portion of the spinal column,"



says Dr. Gladden. She says excessive and repeated strain to the area of the spinal column known as the pars interarticularis is to blame. This type of injury causes lower back pain.

Doctors diagnose spine stress fractures by reviewing an x-ray or CAT scan and usually treat the injuries with a back brace and rest. However, in certain instances these injuries require more aggressive treatment.

Back injury red flags and warning signs

Let's say you've injured yourself playing a weekend game of tackle football, or hurt your back when doing back squats at the gym. Now you're in pain and don't know whether you should see a doctor or just

take some over-the-counter pain medication and wait it out.

If you experience any of these warning signs, Dr. Goyal says, you should probably get to a doctor for further evaluation:

- Your back pain gets progressively worse
- The pain radiates to your leg(s) or causes weakness
- You experience bladder or bowel

changes

- Your pain affects your balance or walking
- Your pain persists for more than two months

"One of the worst things you can do if you have an acute back injury is stay in bed and remain inactive," Dr. Gladden says.

The muscles and supporting structures

of the back weaken when you remain in bed for days on end. This can lead to a vicious cycle of continued back pain.

Back injury prevention

There are ways to reduce your risk of suffering a serious back injury. Try these suggestions:

- Strengthen your core.
- Use proper form and technique when lifting or performing.
- Warm up and stretch.
- Get plenty of sleep.
- Maintain ideal body weight

Participating in sports is a great way to stay fit and emotionally healthy, regardless of age. Don't let a back injury keep you out of the game.

By clevelandclinic.org

Shop and Take

Shop for Smart technology

GREAT PRICES ON ITEMS STORE WIDE

WATER COOLER

HOT & COOL

SPECIAL OFFER

\$79

OPEN EVERYDAY

Nisbeth rd #73, Pondfill, Philipsburg, St Maarten
Tel: +1 721 543-1222 | Email: info@shopandtake.com

+1721 523-1222 SHOPNTAKE

Accessible Ventures is dedicated to providing safe and convenient accessibility transportation to physically impaired persons while demonstrating professionalism and expertise within our line of work.

"We strive to exceed our clients expectations." - AVTS

ACCESSIBLE VENTURES

Call us at 1-721-542-0411 or
Email us at accessibleventures@outlook.com
SERVICE NOW AVAILABLE IN | SABA | ST EUSTATIUS | BONAIRE

CX | A tribute to the proud supporters &

Faces of agri·IN·culture



wp CX dnb IslandVibes SG eco ST MAARTEN
WWW.STMAARTENAGRICULTURE.COM

MAY 2019
Cultural Xpression Edition | Made in St Maarten