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# Cultural XPRESSION

JUNE 2019

**EXCLUSIVE  
INTERVIEW**  
**DWIGHT BARRAN**

ST. MAARTEN'S MEDIA GURU & ICON

A SUMMER OF AGRICULTURE

THE RISE OF ECOTOURISM IN THE CARIBBEAN

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# GREAT AFRO-CARIBBEAN PEOPLE RAYMOND HELLIGAR



Editors  
&  
Photography

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

Contributors

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



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EMAIL  
info@wpsxm.com  
OFFICE: 721 524-4733  
CELL: 553-63000

Raymond Helligar  
Better Known  
as  
Big Ray / Mango Planter

By GUMBS  
"Drawing" Outline  
HIS NAME is Raymond Helligar better known as Big Ray or Mango Planter, He is a born in Saint-Martin He is a self employed a Taxi driver and also Novelist he is a good Story Writer / Story Teller and poet

He use to host for bingo at the Sport Hall in Galisbay Salle Omnisports of Galisbay,

A taxi man by profession, he is now the manager of a passenger transport company "RJ Tours" in which he is assisted by his wife Thérèse.

His first steps in the associative life was within the Cultural Association of Saint-Martin, he then occupies and exercises the function of Vice-President.

He took an active part in the animation of the "Trait d'union" newspaper, the only newspaper in the French section whose first publication was made around 1977.

Passionate about tourism, he was initially a member of the Tourism Board, until becoming one of the directors.

Raymond Helligar is also involved in the world of service clubs. He is first Treasurer, then president of the Lion's Club of Saint Martin. He was awarded the Melvin Jones, a high honor by Lion's Club International.

It is also to Raymond HELLIGAR (who is then mandated by the Mayor of the time,

Mr. Elie FLEMING), that the young people of the island owe the first Municipal Library. This one was born in the room deliberation of the Town hall of Saint-Martin become since Hotel of the Collectivité.

In 1978, like most Saint-Martinois, he was forced to go to work in the Dutch zone, particularly in the hotel sector, specifically at the "Mullet-Bay-Resort" hotel. As always, he was able to quickly highlight his talent as an organizer, a federator by contributing fully to the creation of the association of hotel staff.

In 1984, he returned to the French side and began his activity in the transport sector. As taximan, he became a founding member of the union of transport contractors in Saint-Martin. He was among the first to promote the creation of the first taxi stand at Marigot

Harbor.

Raymond Helligar worked "hard" on the creation of the Saint-Martin agency for the promotion of the craft industry. Under his "high" presidency, and in spite of the youth and the modesty of our man, the organism played a preponderant role in the structuring of the craft sector in Saint-Martin.

The unparalleled dynamism of Raymond HELLIGAR will bring to the credit of the agency Saint-Martin for the Promotion of the craft industry, the organization of the first craft fair in Saint-Martin "EXPO-MAT 88. Operation which will be repeated over several years with always the same success.

In 1986, he became president of the Saint-Martin craftsmen's association, which later became a promotion agency for craftsmen. Today thanks to his work, to

his relentless and limitless investigations and thanks to his advice and his "precious" contacts, there existed an antenna of the Chamber of trades called of the islands of the north. He was decorated with the National Order of Merit

Fortunately, his island Saint-Martin / Sint-Maarten, allowed him to open to the Caribbean basin by becoming treasurer founder of the North Eastern Caraibe An Alliance Tourism (NECTA). Federating association on the tourism plan of the surrounding islands of Saint-Martin (Saint Barthelemy, Anguille, Saint Eustache, Saba, St Kitts and Nevis, Montserrat).

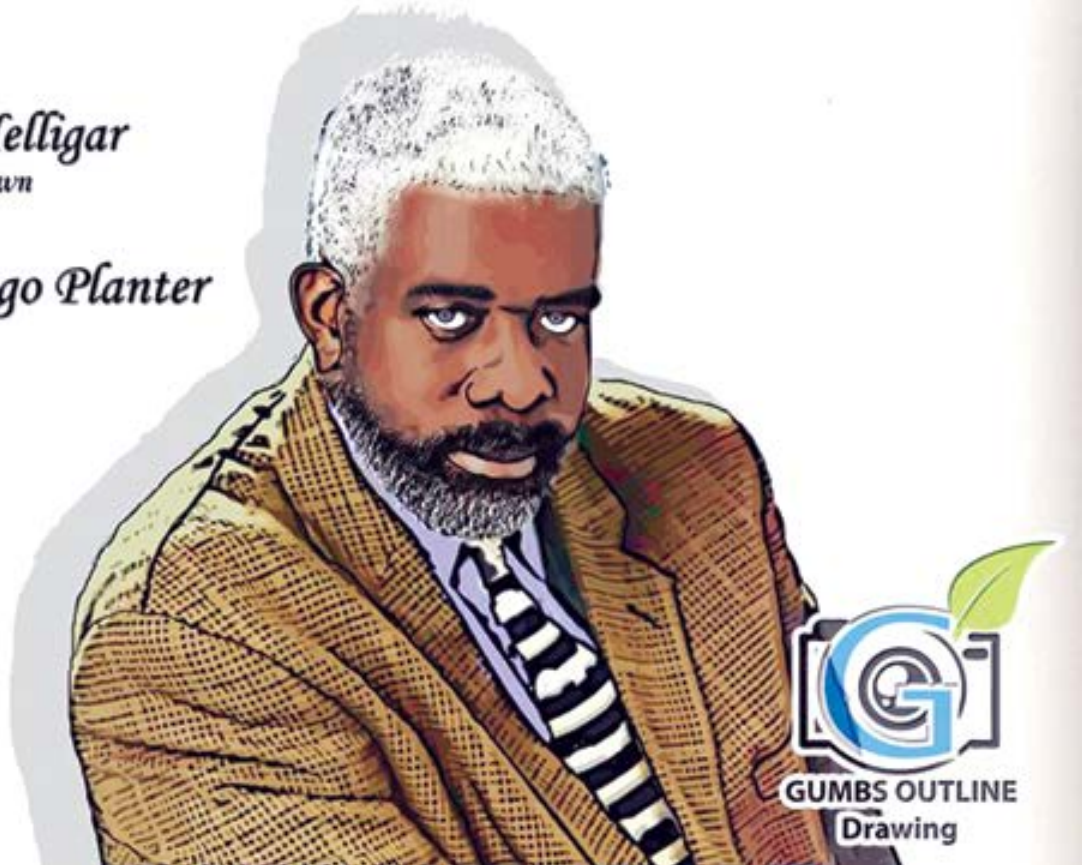
In 2001, he was appointed President of the Interprofessional Federation De Saint-Martin, an organization in which he still plays an important role and is very active.

In 2007, he was elected Member of the CESC of Saint-Martin (Economic Social and Cultural Council). He is President of the Commission "Culture, Heritage and Living Environment" and here too, Raymond Helligar does his part of work with seriousness and diligence.

In 2012, following extensive work by the CESC, in collaboration with the Smart association and the competition of the direction of the associative life service of the Collectivité of Saint-Martin, was set up the AFASM (The Federating Agency Associations of St. Martin). It was only natural that he was appointed president.

Raymond HELLIGAR, who has not always had an easy life, knew how to show past generations and those to come, that a being or a person of value, acquired over

CONTINUED ON  
PAGE 3



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# AFRO-CARIBBEAN PEOPLE MARY SEACOLE... PT 4



Mary Jane Seacole - Photo by magnolia Box: Karen Humpage

By Wiki

## CRIMEAN WAR, 1853-56

**TO SOYER**, near the time of departure, Florence Nightingale acknowledged favourable views of Seacole, consistent with their one known meeting in Scutari. Soyer's remarks—he knew both women—show pleasantness on both sides. Seacole told him of her encounter with Nightingale at the Barrack Hospital: "You must know, M Soyer, that Miss Nightingale is very fond of me. When I passed through Scutari, she very kindly gave me board and lodging." When he related Seacole's inquiries to Nightingale, she replied "with a smile: 'I should like to see her before she leaves, as I hear she has done a deal of good for the poor soldiers.'" Nightingale, however, did not want her nurses associating with Seacole, as she wrote to her brother-in-law.

Seacole often went out to the troops as a sutler, selling her provisions near the British camp at Kadikoi, and attending to casualties brought out from the trenches around Sevastopol or from the Tchernaya valley. She was widely known to the British Army as "Mother Seacole".

Apart from serving officers at the British Hotel, Seacole also provided catering for spectators

at the battles, and spent time on Cathcart's Hill, some 3 1/2 miles (5.6 km) north of the British Hotel, as an observer. On one occasion, attending wounded troops under fire, she dislocated her right thumb, an injury which never healed entirely. In a dispatch written on 14 September 1855, William Howard Russell, special correspondent of The Times, wrote that she was a "warm and successful physician, who doctors and cures all manner of men with extraordinary success. She is always in attendance near the battlefield to aid the wounded and has earned many a poor fellow's blessing." Russell also wrote that she "redeemed the name of sutler", and another that she was "both a Miss Nightingale and a [chef]". Seacole made a point of wearing brightly coloured, and highly conspicuous, clothing—often bright blue, or yellow, with ribbons in contrasting colours. While Lady Alicia Blackwood later recalled that Seacole had "... personally spared no pains and no exertion to visit the field of woe, and minister with her own hands such things as could comfort or alleviate the suffering of those around her; freely giving to such as could not pay ...".

**MORE IN JULY 2019 EDITON**

## GREAT AFRO-CARIBBEAN PEOPLE- RAYMOND HELLIGAR..... FROM PG 2

the years, in acts and that it can not be a gift of birth. His work and his action in the service of his

country and his people are and will remain forever etched in the history of Saint-Martin.

ST. MAARTEN  
CHAMBER OF  
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# A SUMMER OF AGRICULTURE

**IMAGINE** a summer of just adding value to nature, stimulating the mind, activating the body and motivating the soul. Most of all adding value to life. This is what agriculture does for mankind.

Its been quite a journey during the month of June. From trying to get the final stages of the garden cleaned up and closing off the Sister Magda School Project, one must always try to reflect where things went well and where there can always be room for improvement.

Due to issues at the school with the security dogs, which continue to disrupt the plant root structure by digging up the dirt in the selected grow areas, it caused allot of demotivation amounts youngsters and myself. Nevertheless we made it the best experience as possible



Students of Sister Regina and Sister Magda School

under the circumstances. The most interesting part of the whole experience was engaging with the kids, especially young ladies that actually made it their priority to be caretakers of these areas. There were also a few young men involved that also assisted the young ladies, but the average ratio to young ladies

VS young men that have the willingness to engage is about 80 \ 20. 80% girls, 20% boys.

Over all this is still a good ratio as this also proves that the patterns of mother nature to create new life is always in its full force. You see, these young women show great potential and are mothers of tomorrow, with contin-

ues motivation and good companionship and assistance from these young men which will be our future fathers of tomorrow can create a significant balance towards the education process of our future generation.

The program had its challenges. Learning to take responsibility for actions that may lead to mishaps, was one of the most tedious tasks.. But in the end progress was made.

Talking to our kids is most important, sometime we may want our kids to be doctors or lawyers, but do they really want to ? Have we ever really taken the time to asked them what they want to be when they grow up?

It goes the same for agriculture, not all of our children want to be farmers, and guest what? That's really ok. The most important part is that we present them with opportunities that are fun and stimulate the mind with fun creative ways and ideas about building and maintaining a sustainable healthy lifestyle. Trust me, our kids these days they understand very well once you take the time to expose them to good things and listen to them.

Sometimes, even having to much people not focus on the same objective or goal can cause more harm then good as it can lead to much more distractions to the rest of the team. We started off with a few students that all wanted to get involved which may seem to be a good thing, but if you look close, some just want to use the opportunity to get out the classroom and linger, while others truly want to utilize to opportunity to learn. This is where distractions come into play.

At times you have to narrow down groups, it is not about excluding others, but creating a more focused team that in the end will motivate the others by the way they work and what they accomplish. This is a good way to also show others that it can work, if they stay focus.

So despite the slight demotivation of the surrounding damaged grow areas, the school and students are ready to get started fresh for the upcoming 2019-2020 school year.

So this summer, I plan to make it a summer of agriculture and start to work on a new program schedule, and restructure and secure the garden areas at the school to get ready for the kids after the vacation.

The Agricultural Center will also be open this summer on a scheduled basis for summer camps and individual program and project managers that may want to have the kids they work with engage or be a part of agricultural activities this summer.

This summer we also plan to organize an event for all members of the St

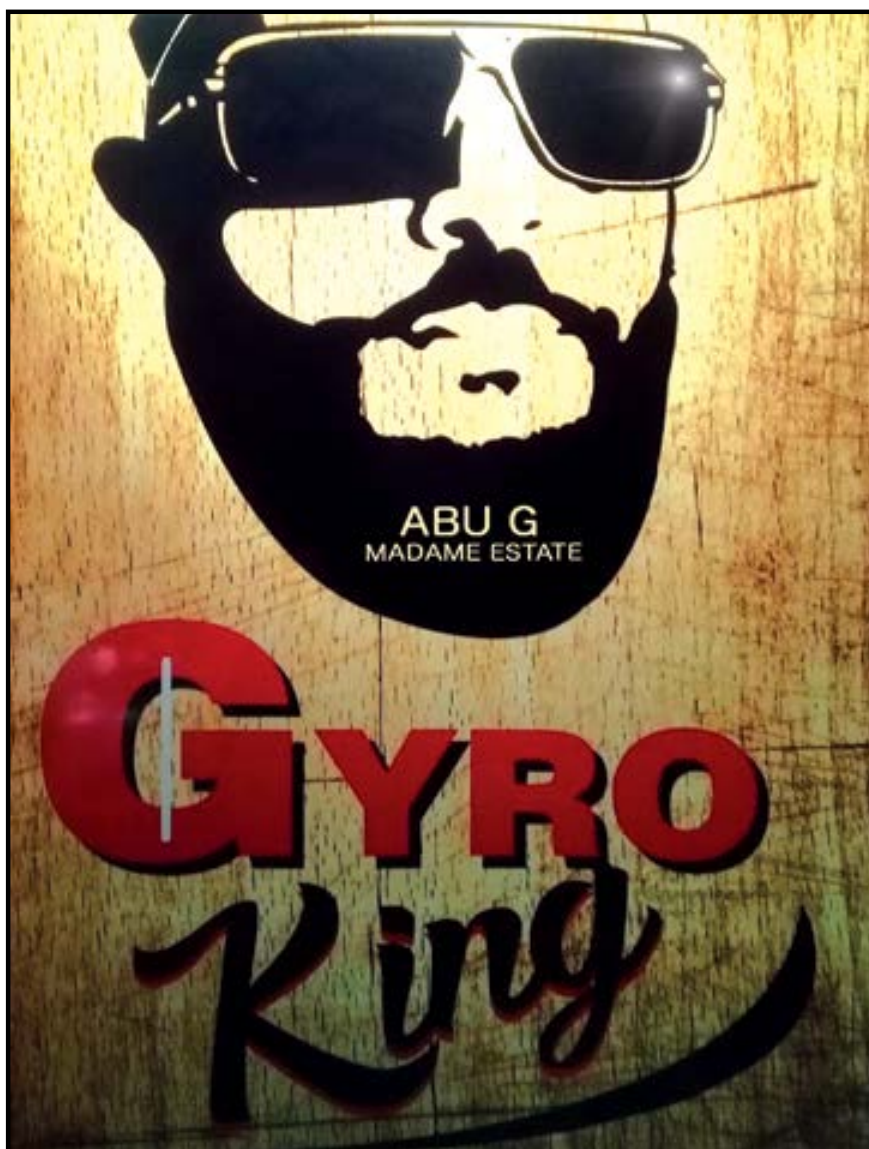
Maarten Agricultural Research and Development Center. This event will be to highlight the progress of the center, distribute membership cards and stimulate social interaction amongst community members..

We plan to make it a movie night were we can also display the past and present progress of agricultural development for St Maarten. We are pleased to also work alongside Mr Dwight Barran that will be providing the footage from his archive for public review at the upcoming event. Event date and location to be scheduled soon. We also want to thank supporters and organizations such as Shop and Take, X104.3 Radio, Sign Triple Nine, Flamboyant Gift Shop, Watzz Publishing, Made in St Maarten and Spaceless Gardens for their support towards this event.

'We are slowly but surly getting there and by the year 2020 the St Maarten Agricultural Research and Development Center will be a facility that will continue stimulate agricultural research and development for our beautiful Island of St Maarten. We do allot on our own and with help of volunteers and surrounding community members. We face many challenging times but the mission is never to give up for the its truly always about the cause and that's the future of our children" Wyattte

Interested in agriculture this summer? Contact spacelessgardens@gmail.com | call +172 5536300 or add this network number to your Whats App +1721 524-4733.

Lets keep Agriculture Alive together !





# FESTIVAL CELEBRATES UNIQUE BIRDS IN UNIQUE WAYS ALL OVER THE CARIBBEAN

**JUNE 20, 2019—**

At dozens of events on more than 20 islands, people of all ages came together to celebrate and protect their birds. The events were part of the Caribbean Endemic Bird Festival, organized by BirdsCaribbean. The festival highlights endemic birds—the ones found only in the region—and how to protect them.

There are over 170 kinds of bird that live only in the Caribbean. Many of these live only on a single island, and many are rare. The events celebrating these unique birds are also unique. Groups all over the region find different ways to celebrate and learn about these birds.

In Puerto Rico, the Department of Natural and Environmental Resources took part in several events, including walks, talks and crafts. At the Ponce Museum of Art, a special guided tour shared birds and nature in the museum's artwork. This was the first tour of its kind in the 60 years since the museum was founded.

This year's festival theme was Protect Birds: Be the Solution to Plastic Pollution, and many activities featured cleanups and learning about plastic waste. In Jamaica, the National Environment and Planning Agency led activities and games from the BirdSleuth Caribbean program. These activities help kids learn about the problems that birds face, like plastic debris. In Venezuela, the group Ave Zona held a beach cleanup on Isla de Coche. On the island of St. Martin, kids decorated bird feeders made from reused plastic bottles.

"We are so happy



*Youth decorate bird feeders made from plastic bottles at the Endemic Animal Festival on St. Martin. (Photo by Mark Yokoyama)*



*tudents learn while playing a game from the BirdSleuth Caribbean program. (Photo by Otto Williamson)*



*tudents in Puerto Rico show off their bird masks. (Photo by Carmen Peña)*

that our 18th Caribbean Endemic Bird Festival reached so many people," said festival coordinator Eduardo Llegus. "We are especially happy to see the many creative ways people have found to share,

honor and help our birds. Our birds are unique symbols of our region. To protect them is to protect our heritage, our nature and our communities."

The Caribbean Endemic Bird Fes-



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

tival is organized by BirdsCaribbean. Thousands of youth and adults participate each year in activities hosted by dozens of local groups on over 20 islands. For more information, visit <http://birdscaribbean.org>. ###

### About BirdsCaribbean

BirdsCaribbean is a vibrant international network of members and participants committed to conserving Caribbean birds and their habitats. We raise awareness, promote sound science, and empower local partners to build a region where people appreciate, conserve and benefit from thriving bird populations and

ecosystems. We are a non-profit (501 (c) 3) membership organization. More than 100,000 people participate in our programmes each year, making BirdsCaribbean the most broad-based conservation organization in the region. You can learn more about us, our work, and how to join at: <http://www.birdscaribbean.org>.



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# RHODA ARRINDELL, NICOLE CAGE, RECIPIENTS OF THE PRESIDENTS AWARD FROM ST. MARTIN BOOK FAIR 2019

**GREAT BAY,** St. Martin (June 14, 2019)—Dr. Rhoda Arrindell and Nicole Cage are the winners of the “Presidents Award” from the St. Martin Book Fair 2019.

Arrindell and Cage accepted the award at the Main Book Launch and Closing Ceremony of the festival’s 17th edition, June 8. Corporate citizen Motorworld hosted the event at its glittering Showroom in Cole Bay, said book fair coordinator Shujah Reiph.



Nicole Cage (L) and Dr. Rhoda Arrindell at the Main Book Launch and Closing Ceremony of the 17th annual St. Martin Book Fair, June 8, 2019. (Credit NC photo)

ist, Spanish teacher, psychotherapist; and founder of the book publisher Cimarrón EdiProd.

Cage is also a recipient of the coveted Casa de las Américas prize for Arc-en-ciel, l’espoir, a children and young adults poetry collection. Her novels and poetry books include L’Espagnole, Palabras de paz por tiempos de Guerra, Dèyé pawol sé lanmou/Par-delà les mots, l’amour-Poèmes bilingue, and Vole avec elle.

The Presidents Award statue (always handcrafted of African wood and this year of Kenyan design), was presented to each awardee by Reiph and Dr. Antonio Carmona Báez, USM president. The audience of some 300 guests included authors from around the world, tourists who timed their vacation to coincide with the annual St. Martin Book Fair, and St. Martin’s people from all walks of life, said Sekou.

Previous winners of what the Daily Herald has called a “prestigious award,” include Kamau Brathwaite (Barbados), Benny Wenda (West Papua), Derek Walcott (St. Lucia), Dr. Quince Duncan (Costa Rica), Sir Roland Richardson (St. Martin), and Edwidge Danticat (USA).

Conscious Lyrics Foundation (CLF) and the Book Fair Committee organized the St. Martin Book Fair, June 6 – 8, 2019, in collaboration with strategic partner St. Maarten Tourist Bureau; University of St. Martin (USM); L.C. Fleming Foundation; Motorworld; SOS Radio; and Nagico. The Presidents Award is named after the presidents of CLF, HNP, and USM.

“The Presidents Award is presented to individuals and institutions whose work is noted for its excellence and for combining literary, cultural, and liberation components in the service of progress, of their people or nation, and of humanity,” said Lasana M. Sekou, projects director at House of Nehesi Publishers (HNP).

Dr. Rhoda Arrindell is a St. Martin educator, leading linguist, and author of Language, Culture, and Identity in St. Martin.

The former Humanities Division head at the University of St. Martin (USM) has taught English composition and literature.

Dr. Arrindell co-authored chapters in Agency in the Emergence of Creole Languages (Dr. Nicholas Faraclas, Ed.) and edited Brother Rich ... , Creative Writing in St. Martin. In early June (following hurricane Irma’s destruction) she reopened her youth sports academy and the multipurpose café, Source of Inspirational Learning (SoIL).

Nicole Cage, from Martinique, is an author, journal-

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# THE FARMERS SEE:

## WATERMELON: HEALTH BENEFITS, NUTRITION, AND RISKS



**BY WEBMD**  
**DESPITE THE POPULAR** belief that watermelon is just water and sugar, watermelon is actually a nutrient dense food. It provides high levels of vitamins, minerals, and antioxidants and just a small number of calories.

Watermelons have become synonymous with summer and picnics, and for good reason. Their refreshing quality and sweet taste help to combat the heat and provide a guilt-free, low maintenance dessert.

Along with cantaloupe and honeydew, watermelons are a member of the botanical family Cucurbitaceae. There are five common types of watermelon: seeded, seedless, mini (also known as personal), yellow, and orange.

**Fast facts on watermelon:**

- The watermelon has been cultivated for thousands of years, with evidence stretching back to the Ancient Egyptians - who were expert cultivars.

- Over 90 percent of a watermelon

is water.

- According to the Food and Agriculture Organisation of the United Nations (FAO), China is the top producer, with 75 million produced in 2014.

- Watermelon is thought to aid conditions including asthma, cancer, and inflammation.

**Benefits**

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that increasing consumption of plant foods like watermelon decreases the risk of obesity and overall mortality, diabetes, and heart disease.

Other benefits of the watermelon include promoting a healthy complexion and hair, increased energy, and overall lower weight.

**Asthma prevention**

The risks for developing asthma are lower in people who con-

sume a high amount of certain nutrients. One of these nutrients is vitamin C, found in many fruits and vegetables, including watermelon.

**Blood pressure**

A study published by the American Journal of Hypertension found that watermelon extract supplementation improved the health of the circulatory system in obese middle-aged adults with prehypertension or stage 1 hypertension.

**Diets rich in lycopene - found in watermelon - may help protect against heart disease.**

**Cancer**

As an excellent

source of antioxidants, including vitamin C, watermelon can help combat the formation of free radicals known to cause cancer. Lycopene intake has been linked with a decreased risk of prostate cancer in several studies.

**Digestion and regularity**

Watermelon, because of its water and fiber content, helps to prevent constipation and promote regularity for a healthy digestive tract.

**Hydration**

Made up of 92 percent water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration. It can also be frozen in slices for a tasty cold Popsicle-style snack.

**Inflammation**

Choline - found in watermelon - is a very important and versatile nutrient; it aids our bodies in sleep, muscle movement, learning, and memory. Choline also helps

to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat, and reduces chronic inflammation.

**Muscle soreness**

Watermelon and watermelon juice have been shown to reduce muscle soreness and improve recovery time following exercise in athletes. Researchers believe this is likely due to the amino acid L-citrulline contained in watermelon.

**Skin**

Watermelon is great for the skin because it contains vitamin A, a nutrient required for sebum production, which keeps hair moisturized. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair.

Adequate intake of vitamin C is also needed for the building and maintenance of collagen, which provides structure to skin and hair. Additionally, watermelon contributes to overall hydration, which is

vital for healthy looking skin and hair.

**Nutrition**

One cup of diced watermelon (152 grams) contains:

- 43 calories
- 0 grams of fat
- 2 milligrams of sodium
- 11 grams of carbohydrate (including 9 grams of sugar)
- 1 gram of fiber

One cup of watermelon will provide the following percentage of daily vitamins:

- 17 percent of vitamin A
- 21 percent of vitamin C
- 2 percent of iron
- 1 percent of calcium

Watermelon also contains thiamine, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene, and betaine.

**CONTINUED ON PAGE 8**

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# THE FARMERS SEE: WATERMELON FROM PAGE 7

According to the National Watermelon Promotion Board, watermelon contains more lycopene than any other fruit or vegetable.

### Risks

Moderate amounts of watermelon present no serious health risk. Excessive consumption can possibly elevate levels of certain vitamins in the body, which may cause complications.

Too much vitamin C, abundant in watermelon, can cause symptoms such as diarrhea or gastrointestinal discomfort. Foods containing lycopene, such as watermelon, may produce these symptoms too. These symptoms are only normally seen when excessive intake is from supplements, not food.

Potassium levels are another consideration, too much might lead to complications such as hyperkalemia

which causes an abnormal heart rhythm and can be dangerous. Again, complications are most often due to excessive supplement intake. Overall, watermelon can be consumed safely with little risk.

### Diet

Look for a water-

melon that is firm, heavy, and symmetrical without soft spots or bruising. Tapping the outside can give you a clue as to the texture of the fruit inside. Listen for a light and almost hollow sounding thud; this indicates the water and fruit contained is intact and has a stable

structure.

Because watermelon is so versatile, it can easily be incorporated into a diet. Consider the following:

- **R o a s t e d** seeds - getting the watermelon seeds and roasting them in the oven for 15-20 minutes is a tasty snack that can be made in advance. Try adding just a little salt to taste.

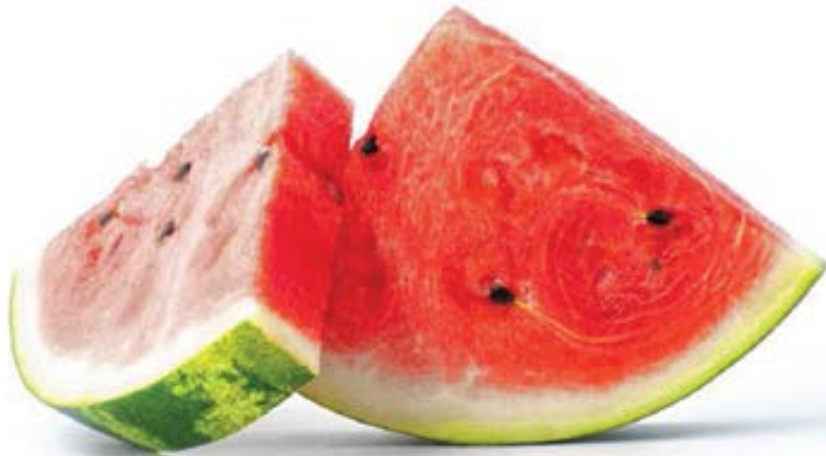
- **B l e n d e d** - place diced watermelon and a few ice cubes in a blender for a cold, refreshing electrolyte drink that is perfect for rehydrating after exercise or a day in the sun.

- **S a l a d** - jazz up a boring salad by adding watermelon, mint, and fresh mozzarella to a bed of spinach leaves. Drizzle with balsamic dressing.

Smoothies are a good way to consume watermelon.

Their high water content makes them not too thick and they can be ready to drink in seconds. Try to avoid juicing as this can pack a lot of sugar in a smaller volume, whilst removing the fiber.

Visit the National Watermelon Board's recipe site for even more fun, inventive ideas on how to incorporate more watermelon into your diet.



BY ALLRECIPES  
Recipe by: Shuk22

## VEGATERIAN AND VEGAN RECIPES

### Jackfruit Crawls



"This is a quick and easy recipe."

### INGREDIENTS

- 4 cups all-purpose flour
- 1 teaspoon ground turmeric
- 1/4 teaspoon baking powder
- 1 pinch white sugar, or to taste
- 2 cups wateroil for frying
- 10 pieces drained jackfruit

**Prep 5m | Cook 4m | Ready In 9m**

### DIRECTIONS

Mix flour, turmeric, baking powder, sugar, and salt in a large bowl. Mix in water until batter is thick.

Heat oil in a deep-fryer or large saucepan over medium heat.

Dip jackfruit in the batter and cook in batches in hot oil until golden brown, 2 to 3 minutes per side.

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## POVERTY, UNEMPLOYMENT AND INEQUALITY DESERVE RUDENESS

**The business Report | DR PALI LEHOHLA**

**AT ITS BEST**, development communication should be a sum total of focused planning.

It should, therefore, represent the outputs, outcomes and impact of dreams. Development communication should be truthful in capturing dreams into forward-looking planning and plans.

Such translation should be characterised by first descrip-

tive statistics.

This could be in stating the number of people who are poor and the number of those unemployed.

In the case of South Africa as of 2015 these were 31 million, or 55 percent, of the population and the unemployed - using the expanded definition - are above 9 million as of first quarter of 2019.

The descriptive statistics can also be embraced as indicators over time.

For instance, elab-



*Statistician General Pali Lehohla addressing a media briefing on Labour Market Dynamics in South Africa, 16/04/2015, Imbizo Media Centre, Cape Town, Elmond Jiyane, GCIS*

orating on President Cyril Ramaphosa's State of the Nation address (Sona), Min-

ister in the Presidency Jackson Mthembu reportedly said that over the next five

years R840 billion will be deployed to the creation of 155 000 jobs. In target terms this will be 32 000 jobs created at a cost of R550 000 per job per year.

A political language for public mobilisation and action to address this scourge is then developed to characterise the descriptors. This could be, say, the Triple Challenge of Poverty, Unemployment and Inequality. Then an action-oriented statistical analysis of what we foresee as

the future builds on and departs from the descriptive statistics.

For instance, the analysis will raise the following question: over time what has been the level of unemployment, poverty and inequality? What has been the level of investment aimed at addressing this? Have we seen, as a consequence of the investment, positive movement in the employment targets?

**MORE IN JULY 2019 EDITON**

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## THE ROOTS OF THE CHRISTCHURCH MASSACRE P4

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**

**REPRESENTATIVE STEVE KING**, an Iowa Republican, recently asked, "White nationalist, white supremacist, Western civilization — how did that language become offensive? He once tweeted, "We can't restore our civilization with somebody else's babies," referring to the children of Latino immigrants. Steve Bannon, President Trump's former chief adviser and former head of Breitbart News, has recommended the racist, dystopian novel "Camp of the Saints," in which brown immigrants invade and take over France.

While news of the New Zealand shooting was breaking, President Trump tweet-

ed a link — which he has since deleted — to the home page of Breitbart News, a site that has regularly published anti-Muslim and anti-immigrant conspiracy theories.

Upon learning about the massacre in Christchurch, a Muslim friend messaged me, "How will we keep our kids safe?"

I didn't have a good answer. But I know the threat we're facing isn't just individual terrorists. It's the global ideology of white nationalism and white supremacy. We have to take it seriously, and call out politicians, academics and media personalities who give it a platform under the guise of exploring both sides, fostering debate or avoiding political correctness.

The cost is too

great. Just look to Christchurch and the 49 worshipers who should have returned home to their families and community instead of attending their last prayer.



**RAS ITAL HUNGRY OR WHA**

When people bak ginst di wall dem have no choice but fi find a way out. More time a poverty a di cause of eveil act dem. People a watch another man eat while him plate empty, him stomach a bawl, wha ya think him fi do? Him can ask of course with the hope that a man will shre him piece of bread wid him. If not him really have no chioce but fi try tex it!

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# I BEND

*I bend but do not break.  
 I've been lost, but I'm not a loser.  
 I'm a wreck, but I'm not totaled.  
 I'm fractured but not broken.  
 I've failed, but I'm not a failure.  
 I've fallen hard but can get up again.  
 I'm isolated, but still I'm free.  
 I have been destroyed but will rebuild.  
 My heart is broken, but it will mend.  
 See, no matter how close I come to breaking,  
 I just continue to bend.*

© Selena Odom | November 22, 2018



**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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# EXCLUSIVE INTERVIEW

## DWIGHT BARRAN

**MR BARRAN**, well known in the media field for over 3 decades has the passion and eye for capturing the moment.. Mr Barran served Windward Islands, representing St. Maarten in Africa, Asia, South America, Canada, the West Indies and the Caribbean among many more with his captivating footage of what we today may call historical. As the media field changes drastically from big heavy equipment to right in the palm of your hand with the smart phone, we thought it would be great to touch base with Mr Barran in this months edition of Cultural Xpression to hear about his journey through the media field over the past 30 years, the changes, the growth and what he see the future of media may be..

Cultural Xpression also selected Mr Barran to be highlighted as an SXM Icon, who has made a significant contribution to this country. CX along with supportive sponsors will be printing a few banners soon to be displayed..

Mr barren also holds the rights to the Windward Islands Media Archives and soon will be developing a website that my help to share the historical moments captured over the course of time with the world. So, with out further interruption, lets take you into the life of a media guru ...

**What is your name?**

Dwight Jeremiah Osiris Barran

**Where are you from or represent ?**

I was born in the Netherlands Antilles on Aruba.

**What is your educational background or selected field of skill?**

Aviation Meteorology, Upper Air soundings and TV program producer

**How old and what year did you get started with filming ?**

Started to film in the mid/late 70's after graduating from St. Joseph College on Fronmt Street in 1970 and after being employed at Landradio and Maduro & Sons.

**Did you only focus on video or did you also do photography?**

Started with photography but I was always intrigued by moving images. (film)

**What inspired you to get into the media field back then?**



Mr Dwight Barren (Left) and Mr Franklin Brison

My inspiration was my family but mostly friends at the time. We often went to the beaches in Great Bay mostly behind the Sea View Hotel where there was a bar and patio.

**What was the first camera that you ever used ?**

It was a very small ( miniature camera) my father sent me from the UK.

**Did the media field show great potential back then as a career possibility ?**

I never thought of it as field that I was going to pursue but I loved seeing things moving, colors and backgrounds.

**Was the media field a competitive one at the time, and what were some challenges you faced ?**

I didn't have any challenges in the TV Media since I was the first local boy with a beta video camera walking around filming almost everything in sight. Yet I must say that the hefty prices on equipment was a great burden. Just think of 3000.00 guilders for a beta camera and recorder and they very bulky, large and heavy.

**What were some of your greatest moments in the filming industry?**

Greatest moments were meeting and interviewing national and international politicians, artists, movie stars. Yet my favorite were locals who shared their culture and love for country.

**If any name a few famous peopled you filmed ?**

Famous persons are locally...Clem Labega, Claude Wathey, Leo Chance, Father Kemps, Dr. Petit, Major Albert Fleming and Choisi, P.M.Eugenia Charles, Tan Tan Nez just to name a very small few.

Internationally Harry Belafonte, Lou Gossett Jr. Ben Vereen, Omar Sharif, Ivan Lendl, Mother Theresa and many more just can't remember them all.

**Have you ever inquired to local government to add some of this historical media to their archives ?**

Never asked Govt to add anything to their archive but offered to sell it to them which fell on deaf or stubborn ears. I personally think they don't care about history.

**Do you have any other plans with the archives you have accumulated over the years ?**

My plan is to get rid of it one way or another since it is a burden. I've travelled with all those beta/vhs/svhs and u-matic and digital tapes from St. Maarten to St. Esutatus and finally to Aruba. Am tired of dragging them around and trying my utmost to safeguard them from weather or manmade evils.

**CONTINUED ON PAGE 12**



# EXCLUSIVE INTERVIEW DWIGHT...FROM PG 11

**What are your observations with the media field then and now as it grows with technology?**

My other plan was to create and website and upload these films but I've met word pushers and empty promises of assisting me with the design and start up. Then I was offered to put my archive on their website while they offered to design a website for me...STRANGE but I didn't fall for that trick.

**Do you think its important for a country to document its timeline process ?**

Every country should have an ar-

chive of ALL its media whether written, filmed, oral or hard copies. How else is it going to learn from its mistakes, or improve on its promotions and activities plus most important culture and agriculture.

**What is Mr Barran up to these days in the media field?**

Am retired and raising my littlest son Chris. Other than that I share from time to time on YouTube or FaceBook.

**What keeps you motivated currently?**

Am motivated by the archive because sometimes I watch and listen to inter-



views of past decades and learn of the islands mistakes and lack of vision.

**Who or what are some of your biggest inspirations?**

My biggest inspirations will always be the wisdom of the older heads who taught me how to love and protect my neighborhood. I learned this from my Down Street neighbors, friends and

mostly elders of the community.

**Where do you see yourself in the next year?**

In the next year... perhaps siting down and keeping the website active and up to date. But I prefer to do a little more traveling especially to my father's country Guyana. I just love the jungle, outdoors, food, wild meat and

life style there not to mention the girls. Hahaha only to look at and admire mind you!

**What can St Maarten and the World expect next from You?**

St. Maarten and the world can expect RESPECT, LOVE and Protection from Dwight. I was the first Independent Environmentalist, filming and reporting the destruction of hills, beaches, inland waters, sewage waters running the streets, underwater videography, etc.

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

Right here in the Caribbean.... What is the world without the Caribbean? I love my culture, my dual race, our diverse and delicious cuisine, fresh fish and vegetables.

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?**

My thoughts on agriculture have always been to promote and assist where I can in growing our own foods. However and where ever I can I will continue this. I grow what I eat and eat what I grow. I just love playing in the soil from which I was created.

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

This is a very difficult but great question. I dare say more pressing issues addressed in all media forms and accentuate the importance through education and global facts.

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'd shout out to all persons in the field of media no matter the type, to print, air, write and publish the TRUTH. In particular Don Hughes who has given his life, art, and time to broadcasting.

Also to my fellow TV media producers, audio techs, editors etc,etc. Been there done that...my time for it is over. I was blessed by the hand of the Almighty I didn't ask for it. It was given me on a platter which I looked at and developed to the archive that spans three decades plus for all of the Dutch Windward Islands and all the countries I visited to film or document and am extremely grateful to the Creator.

Music is the live wire to the heart, soul and mind. Use it, create it and share it with LOVE.

Finally I want to bless and give thanks to you Mr. Denicio Wyatte for this recognition and thought that brought us together for the upliftment of our people, environment and culture. Also a GREAT shout out of appreciation to Mr. Franklin Brison who hosted, anchored and presented Profiles of the Windward Islands for decades.. Too all the cameramen and assistants on pay roll or not. THANK YOU and GOD BLESS US ALL.

Nuff Respect goes out to Mr Dwight Barran, one of St Maarten's and the Windward Islands first and top media professionals ...

Cultural Xpression wishes you all the best on your journey forward!!!!



# THE RISE OF ECO TOURISM IN THE CARIBBEAN

**IF YOU WERE** to conjure up an image of tourism in the Caribbean, no doubt it will include scenery of white sand, blue waters and blue skies. Whilst the Caribbean's pristine beaches will always draw visitors, there is a particular type of tourist who prefers the hiking and bird watching that the islands' lush vegetation and unique wildlife provide. Welcome the ecotourist – the tourist who is conscious of sustaining the environment from which he derives so much pleasure.

Ecotourism allows a traveler to become educated about the areas he is travelling to – about its physical landscape and its cultural characteristics. Importantly, ecotourism in many instances provides funding for further conservation of precious environmental resources whilst also boosting economic development. This is in adherence to The International Ecotourism Society (TIES) definition of ecotourism as: "responsible travel to natural areas that conserves the environment and improves the well-being of local people." Hence, eco-friendly resorts and accommodation are often rustic, with the focus being on getting in touch with the natural environment. The beautiful landscapes impact your vacation far more than you impact the environment.

Sustainable tourism has its origins in the 1970s environmental movement, although it was not until the late 1980s that ecotourism itself became prevalent as a travel concept (Source: About.com). The development of ecotourism mirrored the increasing environmental awareness of that time, which brought about the desire to travel to natural lo-



Wildlife at Asa Wright Nature Centre. Photo Credit: John and Zana Williams on Flickr

cations as opposed to modern tourist resorts. Today, with a growing emphasis on environmental protection and the need to escape the stresses of city life to the sounds of nature, the Caribbean provides the ecotourist dream.

## Trinidad and Tobago

The Caribbean country currently making the biggest push in ecotourism is Trinidad and Tobago, which given its oil and natural gas resources, has historically avoided having to rely on attracting tourists to its shores. Now, with a real need to diversify its economy, ecotourism allows the islands to develop a tourist industry in a sustainable way. Trinidad, with its proximity to the South American mainland, benefits from some of the most diverse fauna and flora in the Caribbean. This, together with its wetlands, waterfalls and remote undeveloped beaches, makes the island an ideal ecotourist destination. Indeed, Trinidad won the "Best Destination for Nature Holidays" award at the recent Inaugural Telegraph Caribbean Travel Awards in June. The islands have recently unveiled a new eco-

tourism trail project which will commence developing trails in the mountains in north Trinidad. The hiking and biking trails will run through the rain forests and along the coastlines, allowing the islands to be enjoyed in a sustainable way.

However, ecotourism is not an entirely new concept to Trinidad and Tobago. The Asa Wright Nature Centre has been a pioneer in ecotourism, long before the word was coined. Established in 1967 by a group of naturalists and bird watchers, the Centre covers 183 acres of protected land and is home to more than 170 species of birds. Ecotourists can book a volunteer vacation, helping maintain fruit trees and flowers, restoring trails, working in the gardens or producing coffee that's sold to visitors.

## Dominica

Trinidad and Tobago is following in the footsteps of Dominica, known as the "Nature Island" of the Caribbean. Dominica has chosen to make ecotourism, with its conservation and preservation practices, the foundation of its economic development. Dominica's lush jungles and remote riv-

ers provide abundant opportunities for hiking and exploring and even provided the backdrop for many of the key scenes in Pirates of the Caribbean, Dead Man's Chest. Visitors may encounter Carib Indians, the indigenous people of the island.

The Manicou River Resort promises a "simple, off-grid, nature experience with just the right touches of luxury" whilst Rosalie Bay promises "the world's only guaranteed sea turtle experience".

Dominica was devastated by Hur-

ricane Erika in August with one of its ecotourist resorts, Jungle Bay, reported as buried under a landslide. The island is rebuilding with the help of its Caribbean neighbors and international donors. POTENT wishes the Dominican people and its ecotourism industry a speedy recovery.

## Bonaire

Bonaire is yet another island where commitment to sustainability is strong. Wind and biodiesel provide the majority of the island's energy needs. Bonaire is one of the world's premier diving locations and has been aggressively protecting its coral reef since the 1970s.

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# TIPS FOR BUSINESS OWNERS' 2019 'TO DO' LISTS PT 3



By forbes.com

## 9. Take Stock Of What's In Front Of You

The new year often draws people to look for new bright and shiny objects. However, I recommend that leaders take a step back and assess what is already in front of them. What are you taking for granted? What resources and people are underutilized? What areas have you been avoiding working on because they feel like too big a challenge? Your greatest opportunities are usually right in front of you. - Tonya Echols, Thrive Coaching Solutions

## 10. Think About Increasing Revenues In The New Year

One successful analysis is to determine who your clients are. Do you provide products or services to students, technical professionals, executives or folks with specific careers? Track the types of products or services you sell and who in your client base you are not targeting. You can easily broaden your online marketing strategy and increase your income base. - Barbara Adams, CareerPro Global, Inc.

## 11. Improve Your Company Culture

We live in a time of options, and if you're not the best option for your employees, they will find a better one. You need to create core values, drive the mission statement into their heads and be authentic when it comes to sticking to those core values. Focusing on your employees and the company culture is an important way to start the year. - Ryan Stewman, Break Free Academy

## 12. Revisit Your Five-Year Plan

January is a great time to update your

five-year plan, including financial projections, key strategic goals, tactical support for those goals and planned investments in capital spending. Survey your clients, tweak your sales team, resolve operational and IT issues, spend some money on cybersecurity, and look at all your insurance plans for the year. - Gene Russell, Manex Consulting

## 13. Identify What Not To Do

It's simple to plan for the new year by considering only what you need to do to be successful. That's an easy and lazy trap to fall into. Instead, identify the hurdles. Pinpoint the behaviors to stop, the thinking to halt, the projects to pause. Where have you been putting energy and getting little to nothing? Once that is done, seeing how you're on track and how to continue is more clear. - Leila Bulling Towne, The Bulling Towne Group, LLC

## MORE IN JULY 2019 EDITON



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# MENTAL HEALTH NO LONGER A SECRET FOLDED AWAY IN SPORT'S DRESSING ROOMS

By The Guardian | Richard Williams

**DANNY ROSE** has been open in tackling his demons and that can only be a good thing in the wider world.

Danny Rose remembered getting angry. He'd suffered his first really serious injury and the team were doing well without him. "I didn't socialise, I wasn't sleeping, I was looking to fall out with anybody." Gareth Southgate and the Duke of Cambridge were among the small audience listening intently as the Tottenham left-back described the signs of his depression.

Shown on BBC One on Sunday night, A Royal Team Talk was a bit blokey, a bit repetitive, a bit padded-out in places. But there were moments when it fully justified its claim to be giving us the rare sight of men - in this case a group united by their interest in football; five current or former professionals and five amateurs (including the future king of England) - gathering to talk openly about depression and its effects.

Rose was the one who made a real impact in the programme, perhaps because he is still in the middle of an important career - still with everything to play for, not least in Madrid on 1 June. You can go and see Rose, or watch him on the television,

and know that you are seeing a man struggling with demons. It is brave of him not to wait until retirement before unburdening himself in public, choosing instead to lend himself as an example in a debate of great importance.

Jermaine Jenas, another of the group, thought back to his days as a senior pro in the Tottenham Hotspur dressing room and remembered the young Rose approaching him to say he was wanting to go back home to Doncaster in Jenas's words - "we ignored it." Now he sees that homesickness as a sign of "something building up" and emphasises a responsibility "to notice certain things happening around you".

The football pitch is a challenging environment - "a place where people can crumble" in Jenas's words - but Rose's current international manager is a man whose particular experience has taught him the necessity of extending help to those coping with adversity. When Southgate's penalty was saved in the Euro 96 semi-final against Germany, he was left alone to deal with it. For years, well-meaning men would point him out to their children. "I played 700 games, but I was always 'that bloke'." Among other things, the experience taught



Prince William has played a key role in a Royal Team Talk. Photograph: Guy Levy/BBC/PA

him to tell his players not to be afraid of making mistakes.

There is something particularly poignant about a professional athlete - a member of a group whose operative verb is "to play" - dealing with mental-health problems, whether it be a golfer tortured by the putting yips, a boxer hitting the bottle or a footballer scared to try a risky pass. "Everybody thinks it's only them," Southgate says, "but the dressing room is full of people who've had problems growing up or who have performance doubts. And everyone has different ways of hiding it."

Over the years an increasing number, from Victoria Pendleton and Serena Williams to Frank Bruno and Michael Phelps, have opened up about the many varieties of depression; last week the speed skater Elise Christie spoke very movingly about her bouts of self-harming. But it can strike non-professionals, too, and for them sport - rather than lithium or Prozac - can sometimes help

to provide a solution.

Few weeks back in south-west London a women's cycling club called BellaVelo held a discussion about mental health in which some who had suffered were invited to share their experiences and to talk about the ways in which their sport helped them to recover. Christine O'Connell, for instance, is a keen enough road cyclist to have completed the demanding Etape du Tour since surgery to remove a brain tumour early last year, following initial treatment for breast cancer in 2012. Having been diagnosed with incurable stage four cancer - metastasised

not just to her brain but her bones - she runs a charity called One More Mile, raising money to fund research into secondary brain cancer. "Cycling keeps my mind occupied," she says. "The one thing I'm not when I'm on the bike is a cancer patient."

Victoria Walford had a successful career in corporate strategy when she was hit by a car in London 12 years ago. "The accident injured me in every part of my body," she said. After her body had mended sufficiently, she was offered treatment for a condition known as complex post-traumatic stress disorder. It involved a lot of

drugs. "I didn't like that," she said, so she went back to university to study psychology with the intention of healing herself. Now a practising psychotherapist, she returned to cycling relatively recently. While careful to stay within certain limits to avoid triggering the PTSD, last year she rode 1,000 mountainous kilometres in Vietnam to raise money for a related charity.

Cycling is not a magic bullet, although many former professional athletes attracted to it in retirement - from Geoff Thomas, another cancer survivor, to Martin Johnson - would no doubt speak on behalf of its benefits. The BellaVelo evening was another example of how Mental Health Awareness Week shone a light on the ways in which the problems associated with depression, whatever their cause, have to be acknowledged before they can be tackled.

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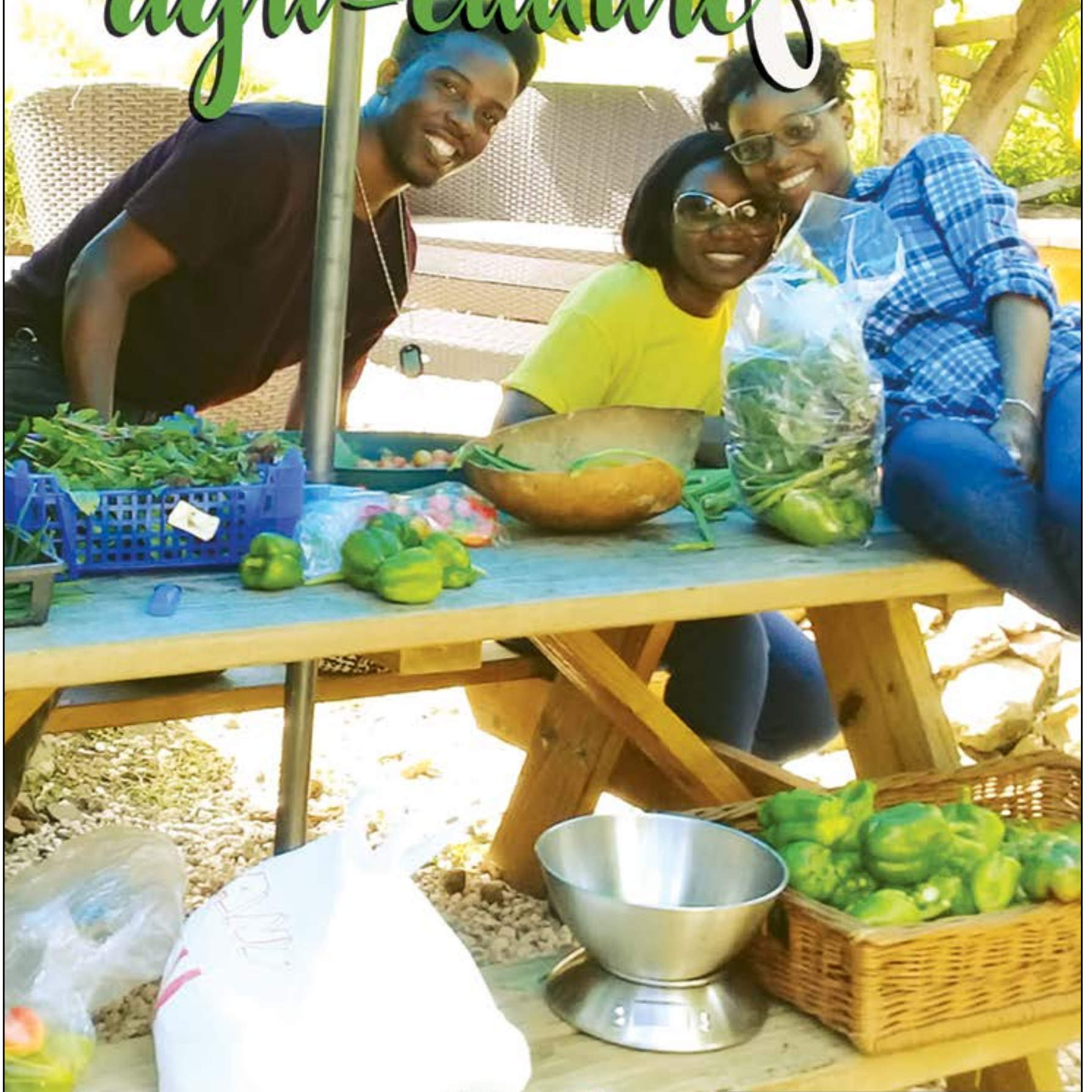
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