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**EXCLUSIVE
INTERVIEW**

DR ANTONI CARMON BAEZ

PRESIDENT UNIVERSITY ST. MARTIN

8 WEEKS OF ECO LEARNING WITH SG

ECO TOURISM: TOP 10 IN 2020 PT 2

HEALTH: THE FARMERS SEE CINNAMON

**BUSINESS P15
ASK
DR. GITTENS**

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**FEB
2020**

GREAT AFRO-CARIBBEAN PEOPLE SAMUEL JACKMAN PRESCOD

BY Wiki

SAMUEL JACKMAN PRESCOD (1806 – 26 September 1871) became the first person of African descent to be elected to the Parliament of Barbados, in 1843. He also helped found the Liberal Party, whose following included small landowners, businessmen, and colored clerks. The Parliament of Barbados has enacted that he should be styled as "The Right Excellent" and that his life be celebrated on National Heroes Day (28 April) in Barbados.

Biography

Prescod was born as the son of a free woman of colour, Lidia Smith, and a wealthy white father, William Prescod. He was given his forenames for Samuel Jackman, a local white planter.

Prescod was excluded from politics in Barbados. A law of 1697 required that all voters should be



Portrait at the 1840 anti-slavery convention

white, own 10 acres (40,000 m2) of land and be of the Christian religion. In fact it was not until 1721 that non-whites testimony was accepted in a court in Barbados.

Prescod began his political work in 1829 and it was on 9 June 1831 a major change took place that allowed colored people the same rights to vote as white people. The new act passed by Sir James Lyon,

the Governor, removed "certain restraints and disabilities imposed by law on His Majesty's Free Colored and Free Black Subjects in this Island." Postage stamps of both Lyon and Prescod were issued in 2006 to commemorate this event.

Although it was said that Prescod bore "no distinguishing marks of negro complexion" he was still subject to the racial discrimina-

tion endemic at that time. Even though he was well educated, a journalist and an acknowledged leader of the colored community, he was thrown out of the Barbados House of Representatives for observing the political process like any other citizen was entitled to.

It was not until 1836 that non-whites were given their first newspaper, which was called the New Times. Prescod served for eight months without being paid, before the job was taken away from him as it was felt that his ideas were too radical. Prescod moved on to another paper, The Liberal, which was where he found his voice. This paper was targeted at working- and middle-class people irrespective of color. The paper got into financial difficulties and Prescod was able to buy it in partnership with a man called Thomas Harris. Harris al-

lowed him editorial freedom and this led to problems with the establishment, who saw him as challenging the plantocracy.

In 1838, the concept of slavery was finally outlawed and about 80,000 slaves in Barbados lost their former status. Prescod, however, wrote:

Fellow Men and Friends I have lived to see you declared free men and I hope ... to live and see you made free...

Prescod was aware that the laws preventing all from voting would prevent all the Barbadians from being truly free.

1840

In 1840, Prescod journeyed to London to attend the World Anti-Slavery Convention on 12 June 1840. The picture above shows him in a painting made to commemorate the event which attract-

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GREAT AFRO-CARIBBEAN PEOPLE: SAMUEL PRESCOD.....FROM PG 2

ed delegates from America, France, Haiti, Australia, Ireland, Jamaica and Barbados.

In July 1840, Prescod wrote to the Colonial Office in Barbados as a leader of the coloured community. He was protesting at the high prices that land-owners were putting on small plots of land. This was important, since the white owners were using this as a device to prevent other races from entering the land-owning middle class. Moreover, the ability to vote was linked to land ownership. Investigations by the Colonial Office confirmed Prescod's suspicions and the landowners were indeed buying up any small plots of land that did become available, even if this meant some small hardship for themselves. He was successful in getting a change in the law but

the effect was minimal. In 1840 there were 1,153 voters; historian Hilary Beckles calculates there was still less than five per cent of the population voting after the bill was passed on 6 June 1840, with the number of eligible voters in 1849 showing only a moderate increase to 1,322.

1840 must have been a very busy year for Prescod, as not only was he writing letters of protest and traveling to Europe and back, but he also served eight days in gaol for criminal libel arising out of his editorial freedom with The Liberal newspaper. However, importantly the change in the emancipation had created a new constituency of "Bridgetown".

Parliament

On 6 June 1843, Prescod was one of two people elected from the new con-



Portrait at the 1840 anti-slavery convention.. ^ Mr Prescod

stituency of Bridgetown. This was particularly difficult, as not only had he to overcome the prejudices, he had to work especially hard since it was only people who owned land who could vote. Moreover, this was not a secret ballot. At that time the polling booth was a piece of paper with the names of the candidates shown. Beneath the name of your choice you had to sign your name for all to see.

Prescod was always in opposition to the government, but he worked with

others to create the Liberal Party. He was particularly noted for his work in creating educational facilities for the children of ex-slaves.

This was not just primary and secondary education, but tertiary too, so it is appropriate that an institute of technology was named after him.

Prescod retired in 1860 and accepted a position as Judge of the Assistant Court of Appeal.

Prescod died in 1871 at the age of 65 on 26 September and he was interred

at St. Mary's Church in Bridgetown. The local Barbados Times described him as "the great tribune of the people".

Legacy

Prescod has featured as a face on the 1973 Barbadian one dollar note and on the twenty-dollar note. The twenty-dollar note was redesigned in 1985 and 2000 but still retained Prescod's portrait. He has also appeared on stamps.

The portrait of Samuel Prescod at the 1840 Anti-Slavery Convention still

hangs in the National Portrait Gallery in London. His portrait in particular was described by the artist, Benjamin Robert Haydon, as his best so far. Prescod's picture is suggested as an example for visiting schoolchildren of a person they could research further.

In April 1998, the Order of National Heroes Act was passed by the Parliament of Barbados. According to the government, the act established that 28 April (the centenary of the birth of Sir Grantley Adams) would be celebrated as National Heroes' Day.

The act also declared that there are ten national heroes of Barbados, all of whom would be elevated to the title of "The Right Excellent".

The Samuel Jackman Prescod Institute of Technology is named in his honour.

The COCI Supports Agriculture

ECO LEARNING WITH SPACELESS GARDENS



Week 1 - Climate Change. Also present was former Minister of Plenipotentiary Ms Jorien Wuite,, President of USM Dr Carmona Baez and guest.



Week 2 - Seed Germination - This week i was pleased to see more people join the group, amongst them was stmaartennews Director Mr Terrance Ray.



After the learning session everyone got to enjoy a great meal filled with organic ingredients from the garden.

THE MONTH OF FEBRUARY started off great, more showers of blessings as the rain continues to give the land the much needed minerals it needs to sustain life..

This is a pretty excited month for us as we get the facility cleaned up thanks to Mr Jeffers of Accessible Ventures Tour Services.

After years of trail and error observing the best ways to plant sustainably in St Maarten, I think we are at the point where we now need to get more active with production and cultivation in our country. Most importantly, getting our kids more involved.

Over the years the mission was never to focus on commercial farming, but to practice the art of cultivation with the application of traditional and modern standards. Never letting go from the cultural roots of doing things while embracing the technological advancement of modern times.

We feel its now time to pass on that knowledge to those that may want to further the advancement of agriculture for country St Maarten or just simply because they want to get busy in their back yard for the comfort of their own consumption. Either way the passion lies, we will be here to help them achieve that goal..

Over the next 8 weeks starting from Feb 22 to April 11, 2020, we will be conducting our first Official Agri-Cultural lectures and interactive session.

The mission to give every participant an upfront, hand on experience when it come to Agriculture from a sustainable ecological perspective.

Each week will cover a different topic \ case study while building a socially interactive experience that is vital toward sustainable development for SXM. During this time frame participant will also get a chance to cultivate, harvest and prepare great tasting organic treats with produce at the center and what they will grow themselves over the 8 week period.

The first week will cover – Climate change

Its important to understand the root of the problem and how we as individuals can play our role towards sustaining life and a better tomorrow for mankind overall . This week we will also prepare soil adjustment for next weeks session.

Week 2 – Seed Germination

This week the focus will be on identifying seed types, propagation of seeds, slip and cloning techniques.

Week 3 – Plant Science & Soil Types

Understanding a plant is important, the functionality of it and best condition for it to thrive in. This will be our focus this week.

Week 4 – Plant Care and Maintenance

Learning traditional and modern

approached toward organic and non organic plant care, maintenance and disease control.

Week 5 – History Agriculture on SXM

A video documentary archived by Mr Dwight Barran that covers an interesting interview by Mr Lorenzo Matthew caretaker of St Maarten’s first Agricultural Station and documentary done by the students of St Maarten Academy in 1993.

Week 6 – Agro-Buisness

For those that may want to focus on commercial farming as an empowerment of entrepreneurship or business venture, this week will cover simple business models that may help create sustainable farming business opportunities.

Week 7 – Nutrition

The importance of a healthy dietary intake, what is truly a balance diet and the healing properties of medicinal plants.

Week 8 – The culinary Art of Harvesting

In this final week we harvest what we grow and get creative with cools way to prepare it for consumption.

To make it all possible we are asking are all participants to make a contribution of \$25 per session which in return will include a healthy organic meal after every session. A membership card will also

CONTINUED ON PAGE 5

USM TO HOST INTERNATIONAL RESEARCHERS OF CLIMATE CHANGE VULNERABILITY

PHILIPSBURG-

From 2 to 5 March, a team of scientific researchers, governmental agencies, NGOs and grassroots organisations from the Caribbean and The Netherlands will join forces at the University of St. Martin (USM) to address the catastrophic environmental challenges facing Caribbean islands and their inhabitants.

Led by former USM president Professor Dr. Francio Guadeloupe, now serving at the University of Amsterdam, and Professor Dr. Corinne Hofman of Leiden University, the team is scheduled to arrive to St. Martin on Monday to hold meetings with key sectors of the community. Thereafter, similar workshops and seminars are to be held in the other five islands comprising the Caribbean part of the Dutch Kingdom. From these consultations, a proposal will be developed to compete in the Dutch Research Council (NWO) call for multidisciplinary scientific research in the Dutch Caribbean.

According to Hofman, an archeol-



ogist, "the Caribbean islands are at the center of the climate vulnerability debate. Islanders have been confronted with sea level rises, storm events, coastal erosion and degradation, and extreme periods of drought ever since the first occupation of the islands between 7800 and 4000 years ago. These adverse events have significant ecological, socio-economic, and cultural implications, with increasing impacts on living condi-

tions and the preservation of cultural and natural heritage." The proposed research programme, entitled Island(-ers) Under Threat, involves the six Dutch Caribbean islands and focusses on human-environment interactions and social adaptation to environmental change from a deep time perspective. It is geared towards the development of sustainable solutions to water management, food security, and shelter. It expects

to develop tailored plans for environmental planning, sustainable tourism, and the protection of threatened heritage sites. "Together, we will work on the production of sustainable solutions to climate change by considering all stakeholders", said Prof. dr. Guadeloupe. "Our work is geared towards better informed policies and more effective implementation of sustainable practices, with regional and global signifi-

cance", he added. As an anthropologist, Guadeloupe is also interested in the use of traditional knowledge, as well as technology and local art and culture, as tools for understanding how islanders relate to climate change. In written statements to the press, USM President Professor Dr. Antonio Carmona Báez confirmed that researchers will hold a public seminar scheduled for the evening of Wednesday, 4 March.

Invited researchers will also tour the entire island of St. Martin and meet with governmental agencies and NGOs such as the Nature Foundation, Eco Sint Maarten Agriculture and Research Centre, SHTA and Sint Maarten Archeological Research Centre (SIMARC). "We are also really excited with the prospects of developing a long-term research and education programme that speaks to the needs and concerns of Caribbean islands and people," Carmona added.

Together with architectural engineer Dr. Filomeno Marchena of the University of Curaçao, Carmona is set to serve as Principal Investigator of one of the subprojects, while Hofman and Guadeloupe will serve as Programme co-Chairs, if the proposal is accepted by NWO in June this year.

Carmona stated that "for now, this seminar is an opportunity to connect our communities with top researchers in the Kingdom and throughout the Caribbean region in a very tangible manner. With the presence of top researchers on the island, and later in St. Eustatius (March 5), Saba (March 6), Bonaire (March 9), Curaçao (March 10) and Aruba (March 12), we will build a network of concerned scholars to tackle the most pressing issue of our era -and that is climate change."

ECO LEARNING WITH SPACELESS...FROM PG 4

be issued to each participant after the completion of the educational sessions. Feel free to also check out more

info about benefits of becoming members. The sessions will also be child friendly, so feel free to bring the kids

along for a contribution for \$10 also including refreshments.. This socially interactive experi-

ence plans to open the eyes and minds of individuals the seek alternative positive changes and improvement

on lifestyle habits. Spaceless Gardens is an organization focused

CONTINUED ON PAGE 6

721NEWS

St Maarten Breaking News Network

WWW.721NEWS.COM

WORKVISIT EUROPEAN PARLIAMENTARIAN SAMIRA RAFAELA AND DUTCH PARLIAMENTARIAN ROB JETTEN



ON FEB 27TH, 2020 I was grateful to get a chance to have a one on one discussion with European Parliamentarian Samira Rafaela and Dutch Parliamentarian Rob Jetten during their work visit here to St Maarten. I was contacted a few weeks back by trainee Ms Shantinely Martes at the European Parliament with Member of the European Parliament Ms. Samira Rafaela. A work visit was scheduled to the Dutch Caribbean Territories for MEP Samira Rafaela and Tweede Kamer D66 fractievoorzitter Mr. Rob Jetten and requested if they may visit the Agricultural Research and Development Center to learn a bit more about our mission, require-

ments, struggles and objectives. Sustainable economical solutions were some of the main points of discussion, while highlighting the challenges and obstacles. We share the challenges we face with local government to the visiting MP's while highlighting the positive progress were able to make with the assistance of other organizations in the past such as UNDP, UNESCO, Print Bernhard Culture Fonds, BAK, VSA etc. The visiting MP'S were very pleased with the visiting and brief presentation. They mentioned that we have their full support and plan to keep in touch to see how they may be of any assistance to us in the near future.

European Parliamentarian Samira Rafaela (2nd from right) and Dutch Parliamentarian Rob Jetten (Left) and Assistant.



St Maarten Agricultural Research & Development Center

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ECO LEARNING

.....FROM P5

on providing sustainable Agricultural Solutions to individuals in need while working along side ECO St Maarten Agricultural Research and Development Foundation to provide sustainable

Ecological Solutions to individuals in need. Register today below and play your part towards positive advancement for a better tomorrow.

THE FARMERS SEE: CINNAMON

13 HEALTH BENEFITS

By organicauthority.com

1. HIGH IN ANTI-OXIDANTS

Cinnamon is packed with a variety of protective antioxidants that reduce free radical damage and slow the aging process. In fact, researchers have identified

at least 41 different protective compounds found within cinnamon to date.

According to the ORAC scale, which is used to measure the concentration of antioxidants in different foods, cinnamon ranks No. 7 of all foods, herbs

and spices. And in a study that compared the antioxidant activity of 26 spices, cinnamon was deemed the winner and proved to be higher in antioxidants than other many other herbs and spices, including garlic, thyme, rosemary and

oregano.

Cinnamon health benefits are attributed to its content of a few specific types of antioxidants, including polyphenols, phenolic acid and flavonoids. These compounds work to fight oxidative stress in the body and aid in the prevention of chronic disease.

The different antioxidants present in cinnamon help to neutralize harmful free radicals in the body and prevent oxidative stress. It can also help limit nitric oxide build-up in the blood and prevent fat peroxidation, both of which can increase the risk of brain disorders, cancer, heart disease and other chronic conditions.

2. Relieves Inflammation

The antioxidants in cinnamon can help relieve inflammation, which may help lower the risk of heart disease, cancer, cognitive decline and more. Researchers have identified many different types of flavonoids in cinnamon, all of which are highly effective at fighting dangerous inflammation levels throughout the body.

Because cinnamon lowers swelling and prevents inflammation, it can also be beneficial in pain management, with studies showing that cinnamon helps to reduce muscle soreness, decrease

menstrual pain, lessen the severity of allergic reactions and help relieve other age-related symptoms of pain as well.

3. Protects Heart Health

Studies show that one of the top cinnamon health benefits is its ability to improve heart health. In fact, cinnamon has been shown to reduce several of the most common risk factors for heart disease, including high cholesterol levels, high triglyceride levels and high blood pressure to keep your heart healthy and strong. Cinnamon has also been shown to reduce high blood pressure, which is another risk factor for heart disease or a stroke.

Research also shows that cinnamon is a helpful blood coagulant and can stop excess bleeding by helping the body to form blood clots. Cinnamon also increases circulation and improves tissue repair, which may be especially helpful for regenerating heart tissue in order to help fight heart attacks, heart disease and stroke.

4. Stabilizes Blood Sugar

Cinnamon is well-known for its anti-diabetic effects, which is why it's considered one of the best foods for diabetics. It can lower blood sugar

levels and improve sensitivity to the hormone insulin, which helps transport sugar from the bloodstream to the tissues to keep blood sugar levels balanced.

Cinnamon for diabetes can help block the activity of several digestive enzymes to slow the absorption of sugar in the bloodstream after a high-carb meal. For this reason, many studies have shown that people with type 2 diabetes can experience significant positive effects on blood sugar markers by supplementing with cinnamon extract.

5. Preserves Brain Function

Because cinnamon is rich in antioxidants, research shows that it may boost brain function and can help defend against the development of neurological disorders such as Parkinson's and Alzheimer's disease.

Although human studies are lacking, in vitro studies show that cinnamon helps block the build-up of a specific protein in the brain to reduce the risk of Alzheimer's disease. It's also been shown to protect neurons against oxidative stress to reduce the risk of inflamma-

CONTINUED ON PAGE 8

HEALTH BENEFITS OF CINNAMONFROM PG 7

tion and cell damage in animal models, which can help preserve brain function and prevent cognitive decline.

6. May Help Lower Cancer Risk

Because of its antioxidant abilities, cinnamon may protect against DNA damage, cell mutation and cancerous tumor growth. Studies have revealed that the health benefits of cinnamon come from a compound called cinnamaldehyde, which can inhibit tumor growth and protect DNA against damage while also killing off cancer cells.

This is especially true in the colon; studies show that cinnamon can improve the health of the colon, which could reduce the risk of colon cancer. Cinnamon is now being investigated as a natural cancer-fighting food because of its strong antioxidant abilities



and may be a useful supplement for those at a higher risk of cancer.

7. Fights Infections and Viruses

There are many potential benefits of cinnamon when it comes to defending the body from illness. Cinnamon contains natural antimicrobial, antibiotic, antifungal and antiviral properties and its essential oils contain powerful immune-boosting compounds as well.

For this reason, cinnamon is used in many cultures to naturally help fight harmful infections and viruses. Cinnamon oil,

in particular, can also protect against bacterial infections, which can cause conditions like the common cold, strep throat and pneumonia.

8. Optimizes Oral Hygiene

Research shows that cinnamon benefits oral hygiene and could protect against certain strains of bacteria that cause bad breath, tooth decay, cavities and mouth infections. The essential oils from cinnamon have been shown to have potent antibacterial properties and can be used to naturally combat bacteria in

the mouth, acting as a natural mouthwash.

Similar to peppermint, one of the health benefits of cinnamon is that it can also be used as a natural flavoring agent in chewing gums due to its refreshing taste. Because it removes oral bacteria, cinnamon has the ability to fight bad breath without adding any chemicals to the body. Because of this, cinnamon has also been traditionally used as tooth powder and a natural remedy for toothaches, dental problems and mouth sores.

9. Prevents Candida

The powerful antifungal properties in cinnamon could be effective in treating and preventing Candida overgrowth in the digestive tract. Cinnamon has been shown to lower amounts of dangerous Candida albicans, which is the yeast that causes Candida overgrowth and can cause a host of digestive and autoimmune issues.

Another health benefit of cinnamon is that it helps to control blood sugar levels; a diet high in refined carbs can increase the amount of sugar in the digestive tract and may be associated with an increased risk of Candida.

10. Benefits Skin Health

The potential cinnamon benefits for skin are rooted in its antibiotic and antimicrobial properties which can help protect skin from irritation, rashes, allergic reactions and infection. Applying cinnamon essential oil directly to the skin can be helpful in reducing inflammation, swelling, pain and redness.

BY ALLRECIPES
Recipe by: Dollface

VEGATERIAN AND VEGAN RECIPES

BAKED EGGPLANT PARMESAN



“Eggplant slices are coated with bread crumbs and Parmesan cheese and baked between layers of tomato sauce and mozzarella cheese for a filling Italian-inspired meal. Add fresh garlic and basil to taste. I use 2 to 4 cloves fresh garlic and 5 to 10 leaves of freshly harvested basil in the sauce. Fresh basil layered in one of the layers adds lots of ‘fresh’ flavor!”

INGREDIENTS

2 eggplant, peeled and cut into 1/2-inch slices
1 tablespoon salt, or as needed
1 cup Italian-style bread crumbs
1/4 cup grated Parmesan cheese
2 eggs, beaten
1 (28 ounce) jar garlic-and-tomato pasta sauce
1/4 cup grated Parmesan cheese
1 (16 ounce) package shredded mozzarella cheese, or as needed
1/2 teaspoon dried basil

Prep 20m | Cook 45m |
Ready In 1h 5m

DIRECTIONS

Place eggplant slices in a colander; sprinkle both sides of each slice with salt. Allow to sit for at least 3 hours. Wipe excess moisture from eggplant slices with paper towels.

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

Mix bread crumbs and 1/4 cup Parmesan cheese together in a bowl.

Dip eggplant slices in beaten egg; coat with bread crumb mixture. Arrange coated eggplant slices in a single layer on the prepared baking sheet.

Bake in the preheated oven until lightly browned and crisp, about 5 minutes per side.

Cover the bottom of a 9x13-inch casserole dish with a layer of spaghetti sauce; top with a layer of eggplant slices. Sprinkle with about 1 tablespoon of the remaining Parmesan cheese and 1/3 the mozzarella cheese. Repeat layers with remaining ingredients, ending with a cheese layer. Sprinkle with basil.

Bake in the preheated oven until cheese is bubbling and golden brown, about 35 minutes.

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MORE IN
MARCH 2020
EDITON



WITH ONLY THREE OFFICIAL CASES, AFRICA'S LOW CORONAVIRUS RATE PUZZLES HEALTH EXPERTS

BY-FRANCE24.COM
WHETHER IT'S a matter of faulty detection, climatic factors or simple fluke, the remarkably low rate of coronavirus infection in African countries, with their fragile health systems, continues to puzzle – and worry – experts.

To date, only three cases of infection have been officially recorded in Africa, one in Egypt, one in Algeria and one in Nigeria, with no deaths.

This is a remarkably small number for a continent with nearly 1.3 billion inhabitants, and barely a drop in the ocean of more than 86,000 cases and nearly 3,000 deaths record-



ed in some 60 countries worldwide.

Shortly after the virus appeared, specialists warned of the risks of its spreading in Africa, because of the continent's close commercial links with Beijing and the fragility of its medical services.

"Our biggest concern continues to be the potential for Covid-19 to spread in countries with weaker health systems," Tedros Adhanom Ghebreyesus, the head of the World Health Organization, told African Union health ministers gathered in the

Ethiopian capital of Addis Ababa on February 22.

In a study published in The Lancet medical journal on the preparedness and vulnerability of African countries against the importation of Covid-19, an international team of scien-

tists identified Algeria, Egypt and South Africa as the most likely to import new coronavirus cases into Africa, though they also have the best prepared health systems in the continent and are the least vulnerable.

'Nobody knows'

As to why the epidemic is not more widespread in the continent, "nobody knows", said Professor Thumbi Ndung'u, from the African Institute for Health Research in Durban, South Africa. "Perhaps there is simply not that much travel between Africa and China."

But Ethiopian Airlines, the largest African airline, never suspended its flights to China since the

epidemic began, and China Southern on Wednesday resumed its flights to Kenya. And, of course, people carrying coronavirus could enter the country from any of the other 60-odd countries with known cases.

MORE IN MARCH 2020 EDITON



RAS ITAL NO TIME

FROM LONG time them want fi kill off people.

From 1981 author Dean Koontz inna him book 'Days of Darkness' warn man about times fi come inna 2020. But wah we nah know is Wuhan 400 now Covid 19 was invented from how long fi release pun di people. Thing dem forget is that over time man and man have evolved, especially black people who have endured nuff thing seem like we has become immune to the horses\$t. Same way, we just have fi eat good and live right. Cant keep good people down no time..

SORRY STATE OF FUNDING FOR BLACK-OWNED BUSINESSES PT 2

By Senzo Tsabedze | iol.co.za

FRANKLY, a funding organization, whether a state or commercial institution, that reduces the credibility of a business proposition to the so-called "political noise" around individuals close to the business, does not do its shareholders justice.

At the very least, it should ask itself where the noise is coming from and who benefits from it.

Given that the media plays a role in giving a platform to this so-called political noise, it behoves

the media to take a moment to reflect on its role and ask itself if this does not contribute to stacking the odds against the black business.

It is hard to ignore just how often it is a black business that must deal with the expectation that its deals have no business merit or are proxies for political interests.

At Afrirent, we know this first hand. After winning the R1.26 billion 30-month contract for the supply and maintenance of some 2 700 sedans, bakkies and

trucks to the City of Joburg, our company lost its financiers and is now working at restoring the damage to its reputation caused by a media report that has since been proven to be baseless.

The city launched a forensic report that vindicated Afrirent. Despite this, banks have shunned the company and we have had to deliver the fleet to the municipality without any help from the banks.

Media organizations that do not probe the effect of reporting glibly about "political connections" no mat-



Senzo Tsabedze is chief executive of Afrirent Holdings - Photo by iol.com

ter how tenuous the link, succeed in making themselves at best useful idiots and, at worst, hired guns of

business rivals. Either way, it is black businesses' blood that is usually on the floor.

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The Invitation

BY ORIAH MOUNTAIN

IT DOESN'T interest me
what you do for a living.
I want to know
what you ache for
and if you dare to dream
of meeting your heart's longing.

It doesn't interest me
how old you are.
I want to know
if you will risk
looking like a fool
for love
for your dream
for the adventure of being alive.

It doesn't interest me
what planets are
squaring your moon...
I want to know
if you have touched
the centre of your own sorrow
if you have been opened
by life's betrayals
or have become shrivelled and
closed
from fear of further pain.

I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.

I want to know
if you can be with joy
mine or your own
if you can dance with wildness
and let the ecstasy fill you
to the tips of your fingers and
toes without cautioning us
to be careful
to be realistic
to remember the limitations
of being human.

It doesn't interest me
if the story you are telling me
is true.
I want to know if you can
disappoint another
to be true to yourself.
If you can bear
the accusation of betrayal
and not betray your own soul.

If you can be faithless
and therefore trustworthy.

I want to know if you can see
Beauty
even when it is not pretty
every day.
And if you can source your own
life
from its presence.

I want to know
if you can live with failure
yours and mine
and still stand at the edge of
the lake
and shout to the silver of the
full moon,
"Yes."

It doesn't interest me
to know where you live
or how much money you have.
I want to know if you can get up
after the night of grief and de-
spair
weary and bruised to the bone
and do what needs to be done

to feed the children.

It doesn't interest me
who you know
or how you came to be here.
I want to know if you will stand
in the centre of the fire
with me
and not shrink back.

It doesn't interest me
where or what or with whom
you have studied.
I want to know
what sustains you
from the inside
when all else falls away.

I want to know
if you can be alone
with yourself
and if you truly like
the company you keep
in the empty moments.

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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

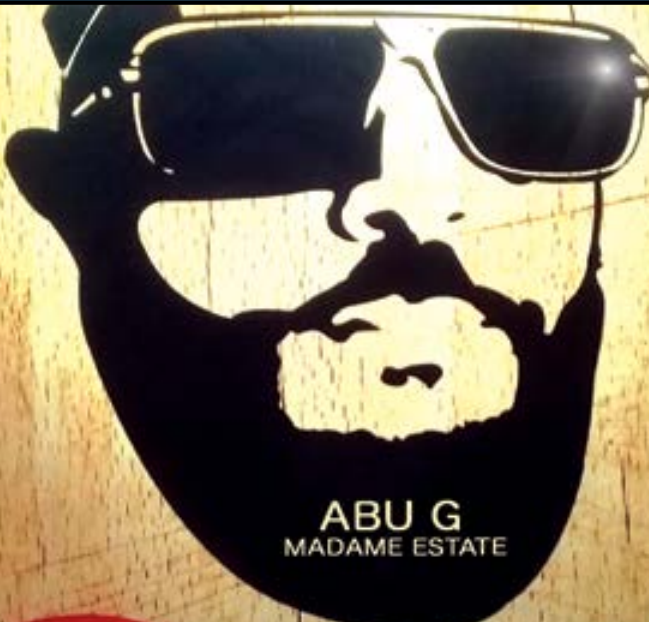
DJ POWER MIX SHOW
W/ DJ POWER | SATURDAYS 9PM - 10PM

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

DR ANTONIO CARMONA BAEZ

IN THIS MONTHS edition of Cultural Xpression we touch base with a very interesting person with a passion for higher education of his fellow man. Dr Carmona Baez currently holds the position of President of the University of St. Martin and seem to determine to improve the current situation at our local university so others and country St. Martin may be able to reap the benefits of having a quality local higher educational facility the we can be proud of. Without further delay we are please to bring you a step closer into the life of who we call 'The local President of Higher Education.

Who are you and where are you from, give a brief history of your educational back ground and, do you hold any current degrees ?

Born in New York City, Antonio Carmona Báez is a Puerto Rican political scientist specialized in International Relations and the Political Economy of Development. In 1994, he received a BA from Middlebury College, Vermont, USA where he studied International Politics and Spanish and Latin American Literature. Thereafter, he pursued his graduate degree (MA) in International Relations at the University of Amsterdam. In 2002, he earned his doctorate degree from the same university in International Relations, upon having written his dissertation *Global Trends and the Remnants of Socialism: Socio-economic and Political Restructuring in Cuba*. At the University of Puerto Rico (UPR) in Río Piedras, Carmona Báez taught at the faculties of Social Science and the College of General Studies, where together with his colleagues developed the country's

first Africana Studies programme –*Afrodescendencia en Puerto Rico y el Caribe*. While teaching Comparative Politics at Río Piedras, he served as an OAS election observer for the 2005 general elections in the Republic of Suriname. At UPR Bayamón, he taught general social sciences and research methodology. At the University of Amsterdam, he taught at the departments of Political Science, International Development Studies and the Graduate School of Social Sciences. He has served as Communication Officer and Researcher at the Amsterdam-based Transnational Institute, a progressive think-tank dedicated to studying sustainable and democratic policy alternatives. At The Hague, he worked as a political analyst and consultant for Latin American embassies. In 2015, he coordinated the first Caribbean-wide expert meeting on drug policies, attended by diplomats, dignitaries, grassroots activists and lawmakers, in San Juan, Puerto Rico.

What is your current expertise or preferred career choice?

Professor of International Relations and Political Economy of Development

We are aware that you are currently President of the University of St. Martin, is this a career choice you hoped for or did you have an original career choice?

I am an academic, so I like teaching and researching. I also like working with youth while they explore and shape their own future by developing their talents. As a university administrator, there is very little time to teach and conduct research but



I do it anyway. Next year I will be teaming up with a local expert to deliver a course on the Right to Development, a survey on the socio-economic development of St. Martin from international, Dutch Kingdom and regional perspectives.

What inspired you to undertake your current career?

I came to St. Martin to lead and represent the University of St. Martin (USM) during post-Hurricane Irma recovery. My country, Puerto Rico, was also destroyed and never fully recovered from Hurricane Maria. I wanted to come back to the Caribbean from Europe, where I was residing during and shortly after the climatic events. Since I believe that education is the foundation for nation building, I thought I can make a contribution to the island's recovery process. But what essentially inspired me to take the step was my thirst for knowledge about neighboring Caribbean islands, cultures and societies. I can't say that I am disappointed in Soualiga.

What is your current views as to

what can be done towards the revitalization of St Maarten's higher education system after the passing of hurricane Irma?

The first task is to convince the country's leaders that higher education is essential to socio-economic development and what I like to call sustainable recovery. Nor government nor the market can dictate over higher education, much less the World Bank. Rather, the role of the university is to provide the space for critical thinking and to develop the intellectual capacity necessary to push the country forward. So, we need the incoming government to pass the Ordinance on Higher Education, which will guarantee USM regular structural funding. Instead of thinking of USM as a cost, political leaders and the private sector need to start looking at structural funding as an investment into the future of St. Martin. Furthermore, government and business can look to USM as the place where research can be conducted or coordinated in benefit of the people of the island.

Prior to Irma, we had approximately 400 students; there-

after, in 2018 we went down to 150. With much hard work, we are bouncing back, now at approximately 300 students in degree and non-degree programmes. Our plan is to expand our academic degree offerings, to include: Social Work, Public Health, Environmental Sciences and Linguistics. These are all areas where St. Martin needs home-bred professionals.

We see that you are very community orientated and active, what are your plans as President of the University of St Maarten and how do you see higher education benefiting the people in revitalizing St Maarten's Economy?

Whether it is through the arts or sciences, by students, faculty or staff, I believe that the university must be involved in every aspect of social and community life. The country is filled with NGOs, grassroots movements, foundations and community initiatives; why not work together to build a solid and robust civil society? Our students will become future economic leaders but not necessarily in tourism. It is at

the university where the initiatives for economic diversification will be presented, critically analyzed and deliberated upon. In our Business Division, we can start thinking about the service industry but also alternative modes of production like cooperatives in agriculture, housing and finance.

From your view point, what would be the ideal system for a sustainable secondary and higher education model?

The ideal system of education will make safe places for our young people to explore, attain knowledge and come up with solutions to the problems our society is facing. A good educational system is that which stimulates critical thinking. Providing students with a basic knowledge of the country's history and local culture is paramount, as is getting to know the geography and eco-systems that define our environment. I believe agriculture and ocean science are important because these studies are fundamental gateways to knowing where we came from and how to deal with climate change.

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

Absolutely, no man is an island. At USM I have been blessed with colleagues who not only support my vision for higher education but also help me to shape a strategic plan. Our Dean of Academic Affairs, Dr. Rolinda Carter is a young and brilliant scholar who returned to St. Martin after

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INTERVIEW – DR CARMONA BAEZ...FROM PG11

completing her doctorate degree in Blood Science in Canada. Carter is responsible for all aspects of academic life on campus and her background in the natural and health sciences is essential in strengthening our general liberal arts programme. Then there is our MFO, Mr. Robert Judd, who makes sure that fiscal discipline keeps our books balanced and in order. Generally, it is USM staff, faculty and students, especially those who pushed through hurricane recovery, who keep me motivated on a daily basis. These constitute not only a team but a loving family. Then there is the Board of Directors who remain committed to the institution, I receive their backing as well.

Who or what in-

spires you, do you have a role model?

I don't have role models but I do have heroes, many heroes who are all human –meaning that they are capable of love, making mistakes and learning from history. But I guess it is the youth and their thirst for knowledge who inspire me the most. On St. Martin, I look up to those workers of sustainable development, those who practice sustainable and community farming and the artists. In general, I look up to people who work with and for other people. It is all about the collective effort.

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

Yes, in Puerto Rico



the public university had been going through a rough time. The government, under the colonial Financial Supervisory Board started making cuts and even attempted to diminish the institution's budget by 50%; then salaries and benefits were cut and many of my colleagues were dismissed. At the same time the government started closing public elementary schools. It was a dark period

and continues to be so. But the people of Puerto Rico continue to stand up collectively against the injustices of neoliberal and colonial governance. It was through collective struggle that I survived, that we survived. La lucha continua. In the Netherlands, I had to deal with structural racism at work but I was much more concerned about my two daughters' welfare, health and their own educational process. When I am discouraged by societal problems, I tend to look at the big picture and work with those around me who are willing to push for change.

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

I am having fun on St. Martin, and I see the potential for growth and improvement at USM. I am committed to this place for the next couple of years, if not five years or a decade. Upon self-evaluating my performance, looking at the accomplishments and setbacks, I will then make a decision of whether to continue in administration or return to full time teaching and research. One thing is for sure, I want to stay in the Caribbean region.

What is your proudest achievement in your field of work or describe briefly your greatest accomplishment

thus far?

The greatest accomplishment is again and always, for me, a collective effort. It was securing accreditation for our Business and Hospitality Division at USM. It was hard work but together with my colleagues Jan van Beek and Karen Hana, the instructors and students, we pulled through.

What do you do in spare time for fun?

The new friends I spend time with on St. Martin are people who love their land. I like to hike with them, pick beans (or peas, as they say here), and spend entire afternoons recording oral history. I like getting my fingers dirty by farming, cultivating edible and medicinal plants. One day I will buy a piece of land back home in my country, retire and do nothing more than work the land, write and reciprocate the hospitality I have encountered on St. Martin.

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

Right here, right now, undoubtedly. In that sense, I am quite spiritual. My elders have taught me to count my blessings in the here-and-now. At every moment there is an opportunity to make an impact and even render my grain of sand.

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

As a de-colonial thinker, I believe that modernity and coloniality are two sides of the same coin. A certain kind of dignity is lost in the economic structures under which we live in the Caribbean. That is because we have tended

to divorce humanity from nature. Western science has taught us conquer nature. African and Indigenous thinking places humanity inside nature. For me it is important to rethink our relationship with nature, and live in harmony with it in order to regain a healthy sense of spirituality. Recalling our ancestors, those who struggled and those who taught is the basis of my spirituality.

As a man of action and nature, what are your views on agricultural development, do you think it may play a great role for country St Maarten?

Agriculture is the basis of any culture and/or civilization. As one good friend always says, "at the end of the day you have to work in order to put food on your table." Meanwhile, climate change is something the entire world is dealing with and in the Caribbean we are feeling the effects more and more, by droughts and hurricanes. Therefore, we need to secure our food sources and I think we can do that best by farming sustainably and consuming locally. Look at how this fits in to the question of nature and spirituality. The knowledge our ancestors have passed down to us is best manifested in how we grow our food. Local farming is an act of spirituality, because it connects us with our ancestors as well as our communities. Eating locally is a revolutionary act because it brings to fore all the basic questions like: how is our society organized? what is our carbon footprint? how can we attain self-determination and reduce our dependency on unsustainable networks of food distribution worldwide? Who



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10 ECOTOURISM DESTINATIONS TO ADD TO YOUR **BUCKET LIST** FOR 2020 PT 2

BY JACLYN YOST
EUROPE

FINLAND

While not every tourism body in Finland is verifiably green, as the country tends to operate as green as possible, sustainable travel choices are abundant. Yet with so many to choose from, the decision can be overwhelming. The offers on Harriniva span throughout the entire country, are separated by season and seem to be the most diverse, trustworthy and authentic Finnish experiences out there.

Slovenia

As of 2017, the tiny European country of Slovenia, with a population of just over 2 million residents, was named the most sustainable destination in the world by the European Commission. This came after Green Destinations, a Netherlands-based organization, awarded them with a 96/100 compliance score when measuring criteria points considering the environment and climate, culture and authenticity, nature and biodiversity, and so on.

This picturesque destination is 60% covered in forest, hosts over 40 parks and reserves, and has pockets of quaint, cobblestone towns

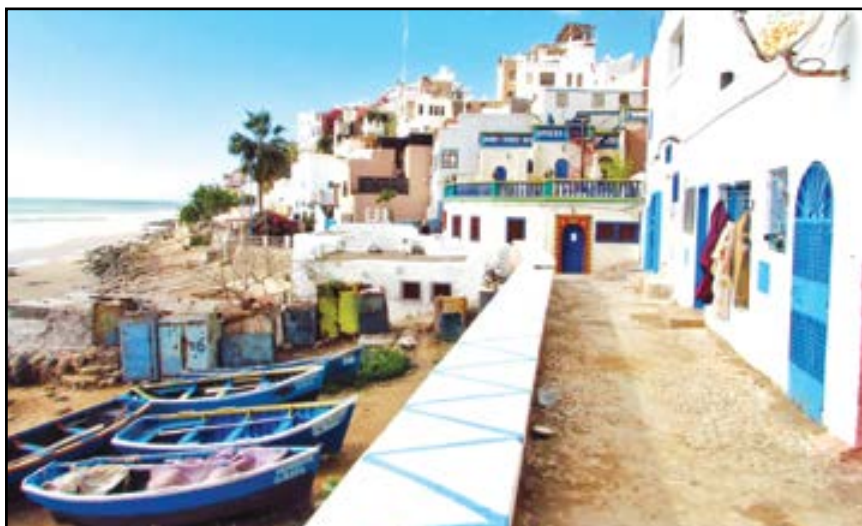
throughout the country. Making this lesser-known spot an ideal place to slow down and truly immerse yourself into the natural world.

With so many beautiful places to explore, it will be hard to choose just one spot to go. Luckily, the Slovenian tourism board put together a list of all the eco-accommodation within the country so you can cover ground with a greener peace of mind.

Africa
Seychelles

Seychelles is an archipelago of 115 islands in the Indian Ocean off the coast of East Africa. With white-sand beaches, crystal blue waters, and eternally summer, the country is undeniably gorgeous. However, because the entire country is low-lying and considered to be a small island developing state, it is incredibly vulnerable to the effects of climate change. From rising sea levels to coral bleaching, global warming has been putting the Seychelle's primary source of income — tourism and tuna fisheries — under threat.

Recognizing this, the Seychelles Sustainable Tour-



During the 20th century, Morocco began to notice that tourism was negatively impacting its indigenous communities and the overall environment.. Photo by greenisthenewblack.com

ism Foundation has stepped up to the task to change all travel operations into sustainable ones by collaborating with the public and private sectors, academia, and NGOs. This campaign has been so successful that, in 2018, the destination received the support of The Nature Conservancy and the Leonardo DiCaprio Foundation via the 'Debt-for-Nature' swap. In short, this deal paid off US\$21 million dollars worth of the national debt in return to protect 81,000 square miles of their ocean, where only regulated tourism and research are allowed.

To enjoy this tropical paradise with as minimal of a foot-

print as possible, Blue Safari is a local hotel brand that has a unique, green lodge on each Atoll.

Morocco

During the 20th century, Morocco began to notice that

tourism was negatively impacting its indigenous communities and the overall environment. Instead of letting it slide, the country stepped up to prevent further harm from happening by shaping an ecotour-

ism direction; putting the focus on protecting what its cities, mountains, deserts, plains, beaches, and forests have to offer. Alongside encouraging foreign visitors to participate in activities that involve their rich, local culture and traditional lifestyle.

Since then, travel-related eco-initiatives have been popping up around the country. Such as Kasbah du Toubkal, a native brand recognized by National Geographic that is committed to leading responsible travel experiences for travelers to truly get a taste of the Moroccan way of life.

MORE IN MARCH 2020 EDITON

INTERVIEW - DR CARMONA...FROM PG12

gets rich in the process and who remains poor? Without sustainable agriculture there is no sustainable future. It might sound a bit idealistic but if we learn to grow our own food, sponsor our own artisans, recount our history through books, music and dance, perhaps people would come to St. Martin for things other than a weekend of sun and beaches.

As we come to an end of our interview, What would you like to share with St Maarten, surrounding community members, students and young entrepreneurs that look toward seeing St Maarten rise to the top and smile again?

Soualiga needs to turn its eyes towards itself, there are plenty of people with a lot of talents who have been ignored for a long time. These might not be the money making giants or successful entrepreneurs but these are people who are rich in knowledge and in love. This is what we need to cultivate among our youth: love for knowledge and care for the community.

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

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Ask



Dr. Gittens

Focusing on topics that can make a difference.

AS A BUSINESS

Consultant, I am constantly asked, "How do I fix my company and make it work Dr. Gittens?"

That's a big question but it can be answered with one word, "Accountability."

In short, every organization must have an Organizational Chart or Hierarchy Chart. The Organizational

Chart is the graphical, visual that conveys a company's internal structure by delegating roles, responsibilities and relationships between individuals within an entity.

So what is the connection between an Organizational Chart and the word Accountability?

The connection is not complicated, yet so many organizations get it wrong.

WHOSE FAULT IS IT?

When I meet with business owners, the most commonly asked question is: How to I develop a progressive, learning organization, one that strives, makes profits, supports staff, grooms future leaders and develops managers to effectively lead teams?

My answer: "You MUST hold people accountable."

Most managers place immediate blame on their staff for their underperforming business or organization and typically make the following comments:

My problem stems from my staff, they are disengaged with the company, they don't care about the Mission, Vision or

Core Values, they don't make Customer Service a priority, they are always bickering and fighting amongst each other, they are disgruntled about their pay, they don't appreciate their job(s) and most of them are constant complainers.

Although that may be true for a minority of staff, it is not typically true for the majority.

Particularly, in the Caribbean many professionals are hired by a company as a young adult and commit their entire life to that organization and typically depart as a Senior. Sharing in most cases, their best years with that organization.

People of the Ca-

ribbean are committed people, loyal people. They truly want their companies to succeed but the companies have to play a consistent role of facilitating its purpose, objectives, goals and direction to the employees through training, open channels of communication, coaching, and professional development opportunities.

Typically, the culture in most company's is to: focus on growing the business, making millions, eliminating or outshining competition, high profits and expansion. However, to truly run a progressive organization, "people development" must be as equally important.

Remember the Organizational Chart, that lovely diagram that positions people to lead and acts as the foundation of the company.

Note: If the right people are not listed on the chart, the chart has no relevance.

Why?

It's common, that personnel listed on the Organizational Chart, forget their "true" role. They become blindsided by other aspects of the company, aspects that are not focused on employees but more on profits.

They forget, consciously or sub-consciously that "people" (i.e. employees) are the heartbeat, the pulse of their organization(s) and placing "conscious," "committed" empha-

sis on "people development" at all levels of the organization is mandatory and not optional.

So what happens when Accountability is not prioritized in organizations?

The organization operates with no structure, no parameters, no real processes and people do what they want, how they want, come to work when they want, call in sick when they want, don't show up when they want, have bad attitudes, become workplace cancers, all because no one is holding anyone Accountable.

So, Who's fault is it really when organizations are stagnated? You be the judge.....

DO YOU NEED TO TRAIN YOUR STAFF?

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TRAINING – NUTRITION TIPS TO STAY HEALTHY AND HAPPY IN SPORTS PT 1

Post by Stephanie M. Howe, PhD, Endurance Runner & The North Face Athlete

HEALTH AND FITNESS are an integral part of maintaining a high quality of life throughout the lifespan. The choices we make on a daily basis effect not just the present, but also our future. Whether recreationally active or a competitive athlete, physical activity and diet are at the corner stone of our health and longevity.

Most active individuals know a thing or two about health and fitness. But there is always room to improve and strive to become your best self. Both physical activity and nutrition are important and optimal performance comes from dialing in both aspects. But with so much contradictory information out there, what does optimal training and fueling look like? Here are some tips to help you become your best self.

TRAINING

Each person is unique and so there is not a one-size fits all when it comes to training. The best way to optimize your training is to keep a training journal and really pay attention to how you feel. It

doesn't matter if you are training for your first 5k or for the Olympic Games, the best way to learn more about yourself is to record how you feel regularly. It's important to recognize that YOU are unique and will respond differently to training. Listen to your body; it sends subtle (or at times not so subtle) cues as to how it's handling the stress. The more in tune you can be with the cues, the better you can optimize your training, avoid injury, overtraining, and illness, and become the best you can be.

*** Focus on Quality Over Quantity.** Athletes tend to think that if some is good, then more is better. Not the case with training. It's better to emphasize good quality workouts than squeezing in as much as possible. Greater physiological adaptations occur from training that stimulates your highest workload, mixes up the stimulus, and allows for adaptation. Thus, a typical week should not be the same type of exercise; duration, volume, or intensity, each day. There should be hard days followed by easy, recovery days. During the hard workouts,



you should push your body. But the following day, to fully absorb the benefits, you need to take it easy, meaning a nice slow, recovery workout. Many athletes don't take it easy enough on the recovery day. Not only do you not recover as well when you don't take it easy, but your next workout is also compromised.

*** Rest Days are Important.** Rest days are when the magic happens. Think of training as placing stress on your body to wear it down. Your body responds to this stress by building back up stronger than it was before. This is how fitness gains occur.

more. And a rest day doesn't mean cross training or running around all day, it actually means focusing on good recovery and letting your body recoup. This is how you increase fitness and avoid overtraining and injury.

*** Mix it up.** Cross training is an important part of any training plan. Don't just do the same activity each day. Mix it up! Challenge your body in other ways. Other activities, such as strength training, swimming, yoga, etc., not only use other muscles, but also keep your mind fresh. If you aren't sure what to do, try a class or join a friend in a workout. Inclusion of cross training on a weekly or bi-monthly basis also helps prevent overuse injuries from the normal wear and tear associated with repetitive activity. Plus,

it's fun to try something new! My favorites are strength training and yoga because they compliment my usual endurance based activities.

*** Work on your mental game.** Your mind is a powerful tool. There is a lot more to sport than just the physical aspect. The ability to believe in oneself and focus on the task at hand can greatly impact performance. The mind-body connection is amazing and the more you train your mind to handle the mental stress of sport, the better your physical performance. I like to include visualization before big competitions and engage in positive self-talk when I'm training and racing.

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