

FREE

JAN 2018

MAAGICAL
ST. MAARTEN

CURIOUS EXPERIENCES

EXCLUSIVE INTERVIEW
DIRECTOR SXM TOURIST BUREAU

TOURISM

EXCLUSIVE INTERVIEW:
The Man with the ECO-tourism Plan
ROLANDO BRISON

AGRICULTURE

PHOTOS REBUILDING ST PETERS COMMUNITY
GARDEN RESEARCH AND DEVELOPMENT CENTER

ART & SPOKEN WORD
POETRY BY LATOYA RUAN

HEALTH
BENEFITS OF SHADO BENI & BASIL
HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?

BUSINESS & SPORTS
ARE YOU CUT OUT TO BE THE BOSS ?
MIND, BODY AND SPORT

WorldCharts
caribbean



MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY

CELIA CRUZ, (OCTOBER 21, 1925 – JULY 16, 2003) - CUBAN SINGER

ÚRSULA HILARIA
Celia de la Caridad Cruz Alfonso (October 21, 1925 – July 16, 2003), better known as Celia Cruz, was a Cuban-American singer of Latin music. She was known for her powerful voice and her rhythm-centric musical style. She was the most popular Latin artist of the 20th century, gaining twenty-three gold albums during her career. US President Bill Clinton awarded her the National Medal of Arts in 1994. She was renowned internationally as the "Queen of Salsa", "La Guarachera de Cuba", as well as The Queen of Latin Music.

She spent much of her career working in the United States and several Latin American countries. Leila Cobo of Billboard Magazine once said "Cruz is indisputably the best known and most influential female figure in the history of Cuban and Latin music". She was an ambassador for the variety and vitality of the music of her native Havana, and after the Cuban revolution she became a symbol of artistic freedom for Cuban American exiles. She died of brain cancer.

Early life

Úrsula Hilaria Celia de la Caridad Cruz Alfonso was born on October 21, 1925 in the diverse, working-class neighborhood of Santos Suárez in Havana, Cuba, the second of four children. Her father, Simon Cruz, was a railroad stoker and her mother, Catalina Alfonso was a homemaker who took care of an extended family.



Celia Cruz - Photo by fansshare

Celia was one of the eldest among fourteen children- brothers, sisters, and many cousins- she often had to put the younger ones to bed by singing them to sleep.

While growing up in Cuba's diverse 1930s musical climate, Cruz listened to many musicians who influenced her adult career, including Fernando Collazo, Abelardo Barroso, Pablo Quevedo and Arsenio Rodríguez. Despite her father's opposition and the fact that she was Catholic, as a child Cruz learned santería songs from her neighbor who practiced santería. Cruz also later studied the words to Yoruba songs with colleague Mercedes Valdés (an akpwon, santería singer) from Cuba and made various recordings of this religious genre, even singing

backup for other female akpwons like Candita Batista.

As a teenager, her aunt took her and her cousin to cabarets to sing, but her father encouraged her to attend school in the hope she would become a teacher. After high school she attended the Normal School for Teachers in Havana with the intent of becoming a literature teacher. At the time being a singer was not viewed as an entirely respectable career. However, one of her teachers told her that as an entertainer she could earn in one day what most Cuban teachers earned in a month. From 1947, Cruz studied music theory, voice, and piano at Havana's National Conservatory of Music. Cruz began singing at Havana's radio station Radio García

Serra as a contestant on this station's popular "Hora del Té" daily broadcast, where she sang the tango "Nostalgias" and won a cake as first-place finisher. She often won cakes and also opportunities to participate in more contests. Her first recordings were made in 1948 in Venezuela.

Career

Her big break came in 1950 when Myrta Silva, the singer with Cuba's Sonora Matancera, returned to her native Puerto Rico. Since they were in need of a new singer, the band decided to give the young Celia Cruz a chance. Here, she won the support of Sonora's band leader, Rogelio Martínez, and went on to record hits such as "Yembe Laroco" and "Caramelo". Soon her name was bigger than

the band's. During her 15 years with Sonora Matancera, she appeared in cameos in some Mexican films such as Rincón Criollo (1950), Una gallega en La Habana (1955) and Amorcito Corazón (1961), toured all over Latin America, and became a regular at Havana's famous Tropicana nightspot.

When Fidel Castro assumed control of Cuba in 1959, Cruz and her husband, Pedro Knight, were prohibited from returning to their homeland and became citizens of the United States. In 1966, Cruz and Tito Puente began an association that would lead to eight albums for Tico Records. The albums were not as successful as expected. However, Puente and Cruz later joined the Vaya Records label. There, she joined accomplished pianist Larry Harlow and was soon headlining a concert at New York's Carnegie Hall.

Cruz's 1974 album with Johnny Pacheco, Celia y Johnny, was very successful, and Cruz soon found herself in a group named the Fania All-Stars, which was an ensemble of salsa musicians from every orchestra signed by the Fania label (owner of Vaya Records). In Celia y Johnny, "Quimbara" became one of her signature songs. With the Fania All-Stars, Cruz had the opportunity to visit England, France, Zaire (today's DR Congo), and to return to tour Latin America; her performance in Zaire

**CONTINUED
ON PAGE 3**

Created BY:

Denicio Wyatt

Editors

Photography

Wattzz Publishing
Denicio Wyatt
Latoya Ruan
The Public at Large

Contributors

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

facebook

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

Websites:

caribbean
worldcharts.com

wpsxm.com

llandvibez.com

stmaarten
agriculture.com

madeinstmaarten
.com

EMAIL
info@wpsxm.com

OFFICE: 721 524-4733

721NEWS

St Maarten Breaking
News Network
WWW.721NEWS.COM

THE CONTEMPORARY CARIBBEAN

By Joyce Toney – Hunter College
THE MODERN history of the Americas actually begins with the modern history of the Caribbean. From the time Europeans ventured into the so-called New World in the late fifteenth cen-

ture, the Caribbean has played a most important role in the unfolding of events that would subsequently shake the entire foundation of the world. The meeting of Africans, Europeans, and the indigenous people in the Caribbean

is arguably one of the most interesting and important aspects of world history. It was in this region that one could perceive the worst aspects of inhumanity juxtaposed with a story of survival and triumph of the human spirit. Carib-



MAJOR FIGURES: CILIA CRUZ ...FROM P2

is included in the film *Soul Power*. In the late 1970s, she participated in an Eastern Air Lines commercial in Puerto Rico, singing the catchy phrase ¡Esto sí es volar! (This is to truly fly!).

In 1976, she participated in a documentary film *Salsa* about the Latin culture, along with figures like Dolores del Río and Willie Colón. She also made three albums with Willie Colón (1977, 1981, 1987). With a voice described as operatic, Cruz moved through high and low pitches with an ease that belied her age, and her style improvising rhymed lyrics added a distinctive flavor to salsa. Her flamboyant costume, which included: various colored wigs, tight sequined dresses, and very high heels, became so famous that one of them was acquired by the Smithsonian institution.

Celia Cruz used to sing the identifying spot for WQBA radio station in Miami, formerly known as "La Cubanísima": "I am the voice of Cuba, from this land, far away...I am liberty, I am WQBA, the most Cuban! (Yo soy de Cuba, la voz, desde esta tierra lejana...soy libertad, soy WQBA, Cubanísima!) During

the 1980s, Cruz began to garner the international recognition that was her due, she made many tours in Latin America and Europe, doing multiple concerts and television shows wherever she went, and singing both with younger stars and stars of her own era. She began a crossover of sorts, when she participated in the 1988 feature film *Salsa* alongside Robby Draco Rosa.

In 1990, Cruz won a Grammy Award for Best Tropical Latin Performance – Ray Barretto & Celia Cruz – Ritmo en el Corazón. She later recorded an anniversary album with Sonora Matancera. In 1992, she starred with Armand Assante and Antonio Banderas in the film *The Mambo Kings*. In 1994, President Bill Clinton awarded Cruz the National Medal of Arts. In the same year, she was inducted into Billboards Latin Music Hall of Fame along with fellow Cuban musician Cachao López. In 1999, Cruz was inducted into the International Latin Music Hall of Fame. In 2001, she recorded a new album, on which Johnny Pacheco was one of the producers.

On July 16, 2002, Cruz performed to a full house at the free outdoor performing

arts festival Central Park SummerStage in New York City. During the performance she sang "Bemba Colorá." A live recording of this song was subsequently made available in 2005 on a commemorative CD honoring the festival's then 20-year history entitled, "Central Park SummerStage: Live from the Heart of the City". Cruz appeared on the Dionne Warwick albums 1998 *Dionne Sings Dionne* & 2006 *My Friends & Me* with their Latin Duet version of (Do You Know The Way To) San Jose.

In March 2003, the Spanish-language television network Telemundo produced and aired a tribute special honoring Cruz, *iCelia Cruz: Azúcar!*. It was hosted by Puerto Rican singer Marc Anthony and Cuban-American singer Gloria Estefan. It featured musical performances by various Latin music and Anglo performers including Victor Manuelle, Paulina Rubio, José Feliciano, Milly Quezada, Los Tri-O, Estefan, Patti Labelle, Arturo Sandoval, Ana Gabriel, Gilberto Santa Rosa, Tito Nieves, Albita, Johnny Pacheco, Alicia Villareal, Olga Tañón, Mikey Perfecto, José Alberto "El Canario", Rosario, Luis Enrique, Anthony and Gloria Gaynor.

bean history unfolds like a drama and is a continuing saga of wars of various types, conquest of different sorts, and above all, resistance.

Soon after their arrival, Europeans destroyed the civilizations created by the aboriginal Carib, Arawak, and Cibo-

ney. They brought oppressed Europeans to serve as their indentured servants, in addition to the millions of enslaved Africans. Caribbean people are now mainly African, with a minority of whites and East Asians. Most of the latter arrived from India after the abolition

of slavery to replace the black workers, many of whom had left the plantations. By the twentieth century Caribbean society was mostly Creole. This term, in this context, refers to the

CONTINUED ON PAGE 4

TROPIXX 105.5FM
 THE SOUNDS OF THE CARIBBEAN
LINEUP
MID-MORNING RHYTHMATICS
 W/ MIXMASTER PAULY
 WEEKDAYS 10AM-2PM
EL TOKÉ LATINO
 W/ SUPER RICKY & DJ EAGLE
 WEEKDAYS 2PM-6PM
MIX ANTIANO SHOW
 W/ J.C. ANTONIA
 SATURDAYS & SUNDAYS 6PM-9PM
FREQUENCY MIXSHOW
 W/ DJ CROWN PRINCE & BARRIE HYPE
 SATURDAYS 9PM-10PM
 LISTEN & WATCH LIVE! DOWNLOAD THE FREE MOBILE APP!
WWW.TROPIXX.FM
 TWITTER: @TROPIXXFM
 INSTAGRAM: @TROPIXXFM
 FACEBOOK.COM/TROPIXXFM

MORE IN FEB 2018 EDITION

VIVASIGNS
 ST, MAARTEN PREMIER DIGITAL OUTDOOR BILLBOARDS™

WANT TO BE SEEN?
 VIVASIGNS

tom
 TARGET ONE MEDIA
 WWW.VIVASIGNS.SX

100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA - P7



95. The ruined mosque in the Kenyan city of Gedi had a water purifier made of limestone for recycling water.

96. The palace in the Kenyan city of Gedi contains evidence of piped water controlled by taps. In addition it had bathrooms and indoor toilets.

97. A visitor in 1331 AD considered the Tanzanian city of Kilwa to be of world class. He wrote that it was the "principal city on the coast the greater part of whose inhabitants are Zanj of very black complexion." Later on he says that: "Kilwa is one of the most beautiful and well-constructed cities in the world. The whole of it is elegantly built."

98. Bling culture existed in early Tanzania. A Portuguese chronicler of the sixteenth century wrote that: "[T]hey are finely clad in many rich garments of gold and silk and cotton, and the women as well; also with much gold and silver chains and bracelets, which they wear on their legs and arms, and many jewelled earrings in their ears".

99. In 1961 a British archaeologist, found the ruins of Husuni Kubwa, the royal palace of the Tanzanian city of Kilwa. It had over a hundred rooms, including a reception hall, galleries, courtyards, terraces and an octagonal swimming pool.

100. In 1414 the Kenyan city of Malindi sent ambassadors to China carrying a gift that created a sensation at the Imperial Court. It was, of course, a giraffe.



THE CONTEMPORARY...FROM PG 3

new civilization based on African, Asian, and European culture. This rich medley is the dominant characteristic of the contemporary Caribbean.

Although the terms Caribbean and West Indies are used interchangeably, today West Indies generally refers to the non-Hispanic countries of the region.

The history of those islands also embraces the South American countries of Guyana, Suriname, and French Guyana, and the Central American country of Belize. These areas were colonized by the British, Dutch, or French and share a similar history. Even in independence the former British colonies maintained that connection through organizations such as the Caribbean Free Trade Association (CARIFTA) and the Caribbean Community and Common Market (CARICOM), which has recently expanded to include Suriname and Haiti.

After slavery was abolished most of the Caribbean remained under the shackles of colonialism. Haiti was the only country in which political independence and abolition were intrinsically connected. The other countries languished under colonialism, and there are still some colonies in the Caribbean today: Martinique and Guadeloupe (French); Aruba, Curaçao, and Bonaire (Dutch); and the British Montserrat, the British Virgin Islands,

and Bermuda (actually in the Atlantic Ocean). The colonies all have some type of autonomy that distinguishes their status from the crude colonialism of the past.

Political Situation

The 1970s and 1980s witnessed many changes in the Caribbean. Indeed, this period can be labeled the beginning of contemporary Caribbean politics. Several Caribbean countries received independence from Britain: St. Lucia in 1979, St. Vincent and the Grenadines in 1979, Belize in 1981, Antigua in 1982.

In Haiti the fourteen-year rule of dictator François Duvalier, known as "Papa Doc," came to an end in 1971, and his nineteen-year-old son Jean-Claude, or "Baby Doc," succeeded him. Jean-Claude's rule revealed cleavages and problems in the Duvalier system that led to ongoing turmoil as Haitians tried to grope their way out of despotism. Jean-Claude's ties with the prosperous, light-skinned elite led to doubts about his loyalty to the peasants who had supported his father. He was expelled from Haiti in 1986. The rise of the controversial, charismatic president Jean-Bertrand Aristide in 1991 introduced another era in Haitian history. The success or failure of democracy in Haiti remains one of the unresolved questions in the region today. The 1970s and 1980s witnessed

the attempts by Caribbean democracies to assert their independence during the Cold War between the United States and the Soviet Union. During colonialism, and immediately after, the countries of the Caribbean were safe supporters of the Western capitalist system. Great Britain and the United States held total control of the region, but in Jamaica, Prime Minister Michael Manley's flirtation with democratic socialism was a good example of this new national assertiveness.

Jamaica tried to resolve some of its economic problems—linked to the 1973 rise in the price of oil, which destabilized the fragile economies of developing countries—by imposing a new tax on foreign bauxite companies. This action was perceived unfavorably by the companies and the government of the United States. The companies responded with a decrease in production, lawsuits, and a propaganda war on Jamaican tourism.

On the political front, Manley saw an opportunity to venture beyond the usual boundaries and encouraged a friendship with Cuba. At that time Fidel Castro was interested in reaching beyond his borders and taking a leadership position in third world affairs.

MORE ON THIS TOPIC IN FEB 2018 EDITION

PHOTOS WEEK 2-8 - REBUILDING ST PETERS GARDEN

WEEK 3-8 of the Skill Enhancement Program at St Peters Community Garden Research and Development Center continues as volunteers start to see the community garden take shape. The past few weeks, the clean up, salvaging and removal of unwanted debris continued as seeds were germinated, transplanted and crops harvested.

The volunteers along with project coordinator Wyatte have made tremendous progress with the debris removal and clean up of the community garden and are now focusing on getting as much food in the ground as possible.

Volunteers continue to be compensated for their efforts and receive a freshly prepared meal everyday, as they keep their momentum going.

"Making more space available and fine-tuning the little things like, pruning the trees, landscaping and soil preparation is the mission with volunteers at the moment as we have been making more space available at the garden as we have received our shipment of seeds from Guyana and the US," Wyatte mentioned.

The shipment of seeds arrived around week



Organic Produce harvested between week 2-8 at St Peters Community Garden

Seed sets for germination : Cabbage, Arugula, Bak, Choy, Cherry Tomatoes, Spicy Salad, Parsley, Carrots, Swiss Chard, Hot Peppers, Season Peppers, Spanish, Cantaloupe, Broccoli, Cauliflower, Salad Bowl Lettuce, Loo-fah and Borage



Seeds failed germination: Viola, Butter Crunch Lettuce and Cord Salad did not germinate properly based on the soil medium. We tested germinating these seed in a new direct peat moss we purchased from ACE.. The peat moss purchased from ACE is good but not in-

CONTINUED ON PAGE 6



Volunteer harvesting and cleaning tomatoes from the farm.

6 of the program and has since then been set for germination , with some already being transplanted at the current moment..

As soil preparation and assessments were conducted, once again over 100 plants were transplanted and over 500 seeds were set for germination.

Plants transplanted: Callaloo, Bak Choy. Thyme, Rose Mary, Season Peppers, Salad Bowl Lettuce, Okra, Sorrell, Tarragon, Nasturtium, Tomatoes, Sweet Peppers, Irish Potato and Annatto



Volunteer getting ready to do some soil preparation and transplanting.

SPACELESS GARDENS PRESENTS

EMPOWERING THE COMMUNITY

SPACELESS GARDENS
ST MAARTEN AGRICULTURE

COMING SOON
COMING SOON
COMING SOON

ST PETERS COMMUNITY GARDEN

RESEARCH AND DEVELOPMENT CENTER

● EDUCATING ● CULTIVATING ● OUTREACHING

Providing sustainable Agri-Cultural Solutions for SXM !
 Become a member: 721 553-6300 \ 721 527-6709
 EMAIL: spacelessgarden@gmail.com

WEBSITE: WWW.STMAARTENAGRICULTURE.COM
 LOCATION: STRAWBERRY ROAD #16, ST PETERS ST MAARTEN

Time to Embrace Culture

PHOTOS WEEK 2-8 - REBUILDING ST PETERS GARDEN...FROM PG 5



tended for direct use of seed germination, it tends to prolong the germination time of the seeds and when the first seedling signs appears they tend to wither away due to the content of the peat moss to be more on the acidic then alkaline side of the Ph meter.. Thus always better to use peat moss as a soil amendment and not for direct use for seed germination..

Harvested: 2 KG Tomatoes, 12KG Cherry Tomatoes, 37KG Bottle Gourd (Sweet Gold), 5 KG Loofah, 32 heads Bak Choy, 2 OZ Thyme, 9KG Callaloo, 3 KG Basil, 1OZ Oregano, 2KG Chives and 1KG Guavaberry. All produced mentioned above were cultivated on small scales and now being expanded to increase harvest capacity.



Ras Touzah holding Angled Loofah

Volunteers also visited Veteran Farmer Ras Touza Jah Bash where they shared additional knowledge on a crop types we were cultivating and researching at the St Peters Community Garden. We exchanged produce harvest from



Bak Choy from Ras Touzah Grown in St Peters

the community garden with the elder and receive fresh 100% Organic Corn and a Chinese vegetable called 'Angled Loofah' of the Cucurbitaceae Family grown at his home ". The Loofah Family has a few different characteristics amounts the different varieties but all with great health benefits even down to skin care. The Angled Loofah, some Chinese call it " Chinese Okra" and in its mature stage can be use as a natural sponge for cleaning and scrubbing



Act and Pack goods distributed to community members



Salad Bowl Lettuce Grown in St Peters



Volunteers weeding and pruning trees



Volunteers enjoy a healthy meal everyday with veggies from the garden the skin..

Later in the evening while researching a bit more about the plant, The most amazing thing about the exchange of the 2 crop types between the 2 farmers is that, they exchanged 2 plants not realizing the 2 plant were of the same family origin as they looked totally different but yet similar in the way they grow. Both on vines and bared a beautiful yellow flower. This is what cause me to research a bit more based on similarities.

Another type of Loofah most of us in the Caribbean know is "Ground Sponge" Our grand parents always had a sponge looking type thing around in the bath room or kitchen that came from a plant, That's Loofah.. (See health section of Cultural Xpression Dec 2017 for more info)

Ras Jah Bash embraced the young farmers and they returned the following week to collect Arugula and Bak Choy Slips for cultivation at the St Peters Community Garden, which are now ready for harvest. The farmers also exchanged Loofah seeds and look forward to networking with each other to strengthen the boundaries of Agriculture.

The community garden is plans to be more open to the public by end March 2018. In the mean time members of the surrounding community can stop by to receive their fresh organic produce and learn more about the garden..

Thanking organizations such as Prince Bernhard Cultuurfonds, Chef's of St Maarten's Vegan Community and Act and Pack Backpack Project for their support to the community garden and surrounding community members.



Before - Organic waste collected from Top Carrot and Fit Foods by Volunteer Richard James



After - Organic waste collected from Top Carrot and Fit Foods by Volunteer Richard James. Wheat grass experiment soon in process.. Wheat grass and Micro-greens grown and available by Richard James

CANON
ALL IN ONE PRINTER

Shop & Take
Shop for smart technology

SPECIAL OFFER

ON ITEMS STORE WIDE

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

facebook SHOPANDTAKE **Canon**



THE FARMER SEE: HEALTH BENEFITS OF SHADO BENI

By Annette Maynard-Watson

I BELIEVE that the “beginnings” of 2011 will usher in high hope for lofty expectations in the department of healing. In fact, this should convey that it is advantageous to keep our eyes fixed on the prize of better health. I am healing. In essence we all want to be healed. Scrutinizing the Book Of Genesis, it is recorded that in the “beginning” darkness “hovered” over the earth and, amid the void and shapelessness, our Creator proclaimed “Let there be light” and light appeared. Other instructions were issued and fulfilled; then evening and morning came and the Creator pro-

claimed that “it was good”. Out of the darkness of this same earth springs “silent doctor” *Eryngium foetidum*, known to Barbadians as fit weed, chadon beni or shadow beni. *Eryngium foetidum* is good. I name it “the Blackmans’ Light”. Have you ever inhaled chadon beni’s aroma? Memories of it always linger. With beaming confidence, I shall engage your interest about the healing capacity of this “silent doctor”. May the light of the Creator guide and bless you as your eyes peruse this article to gain knowledge. Chadon beni/shadow beni is a member of the Apiaceae family. The



Shado Beni at St Peters Community Garden

name chadon beni is said to originate from French patois meaning “blessed herb”. It is rich in calcium, carotene, iron, riboflavin, vitamin A, B1 and 2 and C. It is considered a cure-all. Research indicates that the leaves and roots are used in teas as an aphrodisiac/sexual enhancer. It is also used to stimulate the

appetite, improve digestion, combat colic, soothe stomach pains, eliminate gases, as an anti-inflammatory, for chills, fainting, colds and convulsions in children. A tea of the leaves and roots may treat pneumonia, flu, fever, vomiting, diabetes, constipation and malaria fever. The root may be chewed to com-

bat the poison from scorpion stings. Further research specifies that it can calm a person’s spirit, making it famous for prevention of epileptic fits (seizures). Thus the name spirit weed or fit weed. In conclusion, with the noticeable increase of the obituaries in the media, amongst them younger people, the dreaded fear

of death has overtaken the minds of many. But be still, know and listen to the sweet whisperings of the Creator. Genesis 1:29 states: “I give you every seed-bearing plant on the face of the whole earth . . . they will be yours for food.” Therefore, blessed is the man who obeys the laws of nature. The reward for such is ingrained in our consciousness; search and find it for eternal happiness. The puzzle must be pieced together to gain mastery of life, as the “silent doctors” heal even at the cellular level. Happy chadon beni planting.

Shado Beni available at St Peters Community Garden.

HEALTH BENEFITS OF BASIL



BASIL IS a common aromatic herb in the mint family, the same plant family as other nutrient-dense, beneficial herbs, including mint, oregano and rosemary. Basil, of course, is used to add flavor to a variety of recipes, but what may surprise you is the many benefits of basil that make it well-known for its immunity-enhancing properties. Basil extract, or basil essential oil, is proven to help prevent a wide range of health conditions, which makes it one of the most important medical herbs known today.

Did you know there are actually 35 different types of basil? Basil plants come in a range of variety and sizes, but holy basil is the most researched type of basil thus far. Holy basil is the species of basil most known for its powerful healing qualities. To date, at least six different essential oils have been identified in holy basil

within its seeds, roots, leaves and stem. Holy basil, which has the scientific name *Ocimum sanctum* L. or *Ocimum tenuiflorum* L., is known to be an anti-inflammatory, anti-bacterial and powerful adaptogen — meaning it helps the body to respond to stress and fight disease.

Basil is an important medicinal plant in various traditional and folk systems of medicines, such as those in Southeast Asia and India. Holy basil is usually referred to as tulsi in India and is actually considered a sacred herb. It’s been used in over 300 different Ayurvedic herbal treatments for thousands of years, including tinctures, teas, ointments and tonics. Tulsi is also an important symbol in many other Hindu religious traditions and is linked to the goddess figure; in fact, tulsi in Sanskrit means “the incomparable one.” (1)

What Are the Proven Benefits of Basil?

Scientific studies show the following benefits of basil: (2)

- Anti-inflammatory
- Antioxidant
- Cancer-fighter
- Pain-reducer (analgesic)
- Fever-reducer (antipyretic)
- Diabetes-preventer
- Liver-protector (hepatoprotective)
- Blood vessel-protector
- Anti-stress solution
- Immune-booster

Basil contains antioxidant-rich volatile essential oils, which are considered hydrophobic. This means they don’t dissolve in water and are light and small enough to travel through the air and the pores within our skin. Basil’s volatile essential oils are what give the herb its distinct smell and taste, but they’re also responsible for the healing benefits of basil.

Herbs like basil contain essential oil compounds because these help the plant defend itself from predators like bugs, rodents and strains of bacteria in the soil. When we ingest these protective oils, we experience similar benefits: a boost in immunity and protection from disease.

The most common cooking basil used as a fresh herb in recipes is Italian basil, which also boasts numerous health benefits because of its high levels of antioxidants, magnesium and vitamins. Basil extract is also used to create perfumes, household cleaners and in dental-care products since one of the known benefits of basil is its ability to act as an anti-bacterial and

CONTINUED ON PAGE 8

HEALTH BENEFITS OF BASIL...FROM PG 7



anti-microbial agent that fights germs and bacteria.

6 Health Benefits of Basil

1. Contains Disease-Fighting Antioxidants

One of the key benefits of basil essential oil is the ability to help fight free radical damage while protecting DNA structure and cells. Basil contains two important water-soluble flavonoid antioxidants, known as orientin and viceninare, which help protect white blood cells responsible for immune function, as well as cellular structures where DNA is stored. Antioxidants found in basil keep chromosomes from becoming altered and resulting in cell mutations and cancerous cell growth. Oxidative stress occurs inside the body due to the effects of toxins in the diet, environmental pollution and radiation — but antioxidants like the kind found in basil help fight oxidation and slow down the effects of aging.

2. Acts as an Anti-Inflammatory

Basil contains powerful essential oils, including eugenol, citronellol and linalool. These are enzyme-inhibiting oils that help lower inflammation, which is at the root of most diseases like heart disease, rheumatoid arthritis and inflammatory bowel conditions.

3. Fights Cancer

Clinical studies published in Nutrition and Cancer also show that basil contains phytochemicals, which can help naturally prevent cancer, including chemical-induced skin, liver, oral and lung cancers. Basil is able to increase antioxidant activity, positively alter gene expressions, induce cancerous-cell apoptosis (death of harmful cells) and stop cancerous tumors from spreading. (4)

In studies using animals, basil extract has shown protection against cancer and mortality while also selectively protecting normal tissue and cells from negative effects of cancer treatments like radiation or chemotherapy. This means that using basil

extract can be beneficial as a supplemental cancer treatment even when someone is already undergoing traditional forms of treatments.

4. Contains Antibacterial Properties

Another one of the benefits of basil essential oils is to provide protection against harmful bacterial growth. In studies, basil extract is even shown to be helpful in inhibiting resistant strains of bacteria that don't respond to antibiotic treatments. When researchers from the Medical University of Lodz in Poland tested the antibacterial activity of basil oil against strains of E. coli and other powerful bacteria that were gathered from sick patients with infections, the results showed that basil was effective in acting against the bacteria strains and helping to inhibit their growth. (5) This has led researchers to continue to study how basil and other antibacterial oils may help fight antibiotic resistant illnesses and infections.

5. Contains Anti-microbial Properties that Fight Viruses and Infections Basil essential oils have been found to exhibit anti-microbial activity against a wide range of bacteria, yeasts, molds and viruses. This means you can add protection against the candida virus and various forms of skin irritations to the long list of proven benefits of basil.

6. Combats Stress by Acting as an 'Adaptogen'

Studies show that basil has strong potential to act as a natural adaptogen, an herbal medicine that helps the body adapt to stress and to normalize the harmful effects of stressors on bodily processes.

For example, when researchers studied the anti-stress effects of fresh basil leaves given to rabbits that were exposed to a high-stress environment, they found a significant improvement in oxidative stress levels following basil use.

After the rabbits received supplementation of two grams of fresh basil leaves for 30 days, they experienced cardiovascular and respiratory protection in response to stressors.

A significant decrease in blood sugar levels was also observed, while a significant increase in antioxidant activity was observed.

VEGATERIAN AND VEGAN RECIPES

Miso-grilled aubergine & cucumber pickle rice bowl

BY JAMIEOLIVER.COM



INGREDIENTS

- ¼ of a cucumber
- 1 tablespoon caster sugar , plus 1 pinch
- 7 tablespoons Japanese rice vinegar
- 300 g sushi rice
- 3 aubergines , (750g total)
- 3 tablespoons sweet white (shiro) miso
- 1 tablespoons mirin rice wine
- 4 spring onions
- 1 tablespoon sesame seeds , optional

DIRECTIONS

1. Slice the cucumber into thin rounds and place in a bowl. Add 1 large pinch each of sea salt and sugar, 2 tablespoons of the rice vinegar, and massage it into the cucumber.
2. Place a dish on top inside the bowl and weigh it down with something heavy. Set aside to allow the excess water to drain out.
3. Rinse the rice well, until the water runs almost clear. Drain and place in a small saucepan along with 375ml of water.
4. Pop a glass lid on, bring to the boil, then cook over a low heat for 25 minutes, or until you can see holes in the surface of the rice (don't be tempted to lift the lid). Take off the heat and leave, covered, for 20 minutes.
5. Fold 4 tablespoons of rice vinegar, the tablespoons of sugar and 1 pinch of salt into the rice.
6. Set the grill to high. Quarter the aubergine lengthways and score the flesh. Place flesh-side up on a foil-lined baking tray and grill for 15 minutes, or until almost tender.
7. Mix the miso and mirin with the remaining tablespoon of rice vinegar and 1 tablespoon of water. Brush half the glaze over the aubergine; grill for a further 8 to 10 minutes, brushing with the remaining glaze halfway, until tender.
8. Meanwhile, toast the sesame seeds (if using) in a dry frying pan until golden.
9. Place the aubergine on a bed of sticky rice. Trim and finely slice the spring onions, scatter over the aubergine with the sesame seeds (if using) and serve with cucumber pickle on the side.

WWW.APP.WLOJII.COM

WLOJII
WLOJII.COM

Download on the App Store | GET IT ON Google Play

The Best of Liberian Music



**"Speak less,
listen more"**

IGNORANCE IS NOT AN OPINION

By Cheyenne Zaremba

YOU ARE ONLY entitled to what you can argue for--nothing more, nothing less.

You may have heard the phrase, "You are entitled to your opinion," used to dispel conflict between disagreeing sides of a heated debate, but the truth is you are not entitled to your opinion. As American writer, Harlan Ellison wrote, "You are not entitled to your opinion. You are entitled to your informed opinion. No one is entitled to be ignorant."

In the Age of Information in which we live, people are constantly sharing their opinions. Some even make a career out of sharing their opinions, like op-ed journalists and talk show hosts. There's absolutely nothing wrong with sharing your opinion. In fact, under the 1st Amendment you can and should share your opinion as often as you can-- it is important for all voices to be considered in the discussion.

However, there is an important distinction to make between what counts as an opinion and what's just plain ignorance--not all opinions are created equal, and as Martin Luther King, Jr. said, "Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity." Patrick Stokes, a Senior Lecturer in Philosophy at Deakin University summarizes the most important thing to remember about opinions in his opening statement to all his students, saying, "You are not entitled to your opinion. You are only entitled to what you can argue for."

Fact and opinion are two different

things, but so are opinion and ignorance. While opinions don't need to be 100 percent factual, they do need to be educated or well-informed. When you state your opinion about something, what you're saying is that you have done the research or had enough experience to understand the implications of the viewpoint you are standing behind. Unfortunately, now that we live in the whirlwind world of Twitter, where everyone has the opportunity to share their opinion with millions of people in the click of a button, we have come to believe that we are entitled to our opinions and, worst of all, that people are entitled to respect them.

Here's the thing, opinions are like hypotheses. In order to have a hypothesis that is respected by the scientific community, you need to have enough experience or research to make it worthy of receiving respect. Otherwise, not only are people not obligated to respect your hypothesis, but they also are most likely going to tear it apart because it's not founded in reasonable

TRY BEING INFORMED INSTEAD OF JUST OPINIONATED

logic.

For example, if you decide that you are going to stand behind a controversial opinion, such as that Pitbulls get a bad rep because they're bad dogs, you need to ensure that you have a reasonable logic that makes your opinion respectable. And if you don't, then you need to realize that the viewpoint you're standing behind is willfully ignorant and will likely get shredded to pieces by other people who have actual informed opinions. This is not to say that you can't stand behind a controversial opinion, because you absolutely can, you just need to be well-informed about all the surrounding arguments and implications of the opinion you are taking.

More than that, ig-

norance is not just a simple cop out when you don't want to do your research. Ignorance is dangerous, both intellectually and physically. Sheila Kennedy, a Professor of Law and Policy in the School of Public and Environmental Affairs (SPEA) at Indiana University Purdue University Indianapolis, writes about how complacency with ignorance in the realm of opinion can lead to big problems globally in an article on her blog titled, "Why Ignorance Is So Dangerous."

Kennedy frames her arguments in the perspective of our current political climate under the new Trump administration. "There is evidently a widespread belief that--while your dentist should know what amalgam to use in fill-

ing a cavity, and your car mechanic should have at least a passing familiarity with automobile parts--anyone who can fog a mirror can run a government agency or the country," she writes, following that paragraph by saying, "Surprise! Public officials actually need to know stuff."

See, when we come to believe that everyone is entitled to their opinion, we accept that ignorance is a normal part of life because we categorize it as opinion, and this allows for ghastly implications farther along the pipeline as ignorance is normal-

ized in our education system, politics, and global communications. Ignorance is never acceptable; it insults our rational autonomy as human beings and discredits our ability--and obligation--to use our capacity for abstract thought.

The next time you go out on a limb and share your opinion with an audience, remember: you are not entitled to your opinion--you are only entitled to what you can argue for, you are only entitled to your educated opinion. Ignorance is not an opinion.

WHA YA SAY TELL DI TRUTH !

RAS ITAL

naa say a word !



Real talk, some poeple just like open dem mouth. More time mi fele like dem coulda go inna di fly cather business. Dem speak as if dem hav no education taaal.. More time if ya naah know someting, ys fi learn fi keep ya mouth likka brand new box juice , SHUT !!! If ya fi say something ya fi have facts fi back it up.. Ya can agree to disagree but your opinion no greater then any other man. Ya fi know wha ya talk bout, mek people be informed when ya talk, no just mislead people based on your personal opinion, Afta all better off ya naah say a word !!

AVAILABLE AT

Natural Health Center

ALKALINE WATER

Natural Health Supplements | Detoxing

Natural Health Center | Location: Walter Nisbeth Rd, #71 Pondfill | Tel: 721 543-0302



TO NEW YEAR'S RESOLUTIONS OR NOT ?

WAIT a minute is it already 2018... Wow time has really zoomed passed me. I could remember thinking to myself as I was in elementary school, what I would be doing in the year 2000? And to my surprise we are in 2018 can you believe it. And if you're like me most of us get all wrapped up in the quote unquote new year's resolutions year in and year out. And to be quite honest they don't even sometimes last 2 months.

Lol forgive me for laughing but I can surely testify to doing this. So I've started to question, is it really necessary to make a New Year's resolu-

tion? Now the only way that we can have some closure to this is by analyzing our notion to even want to make a New Year's resolution in the first place. Are you trying to change for someone or for yourself? And is your change a seasonal change or permanent change? See, most of the time we base our new year's resolutions on our most recent experiences that we encountered at the end of the year. And decide that we have to make drastic changes in order to see our goals or achievements come to pass.

May it be a new relationship, job, friends we hang around or



even spending less money and saving more. Your notion to want to be better should not be based on following the in crowd in having a new year resolution. I know that no one wakes up

wanting to achieve failure right? But on the contrary failure is nothing but another chance to revise your strategy.

So in order to learn and grow we must at times fail because that's our stepping stone for building ourselves to do things differently bearing in mind that you're also growing from your mistakes. Now am not I saying you shouldn't have a plan, absolutely not you should always plan ahead. Planning is the foundation of great organizing mechanisms which emit structure.

So planning ahead is good but we don't have to put pressure on ourselves on being perfect. Just go with the flow and keep in mind that if you fail it's still a good thing. Because this is part of what makes your story unique. And also what enhances your knowledge level which is always a good thing. And we all know the definition of knowledge if not let me insert it right here "Knowledge : facts, information, and skills acquired by a person through experience or education; the theoretical or practical un-

derstanding of a subject".

So now you know and can't no one steer you wrong. Now my advice to you is in the notion of wanting to produce change instead of setting long term goals. How about breaking them down into short term goals. That way you can actually achieve your goals with very little pressure.

For instance like no soda intake for a month or 2. Or even saving \$500 in 2 months. Short term goals are sometimes more feasible because they are not interrupted by our day to day lives. And we tend to want to accomplish them because it doesn't seem that farfetched to actually work. So in your free or quite time may it be in your bed before getting your day started. Or right after work when you're alone in your car.

Jot down some things you want to accomplish make them short and sweet. Set a date by which you them accomplished and pull out the smart phones set reminders to help you along the way.

This way you are helping yourself and

putting your best foot forward. The key word here is positivity because "what you think you become, what you feel you attract and what you imagine you create" and know this 1 year = 365 opportunities for you to try until you achieve your dream.

And last be certainly not the least be the energy you would love to attract. I once had a dear friend of mines tell me something that I kept with me for quite sometime, "What you think about , you bring about" . So just to make it simple positive in and positive out. Now go out there and be the awesome person you were created to be. Stay blessed and express yourself.

**Written by
Latoja Ruan
17 January 2018**

Make time to
ENJOY
the simple
things in
LIFE



St Maarten Optical N.V.



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

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



EXCLUSIVE INTERVIEW

AS WE KICK OFF THE NEW YEAR, we get back in swing with an exclusive interview in CX's Jan 2018's Edition.

With elections right around the corner, we see many old and new candidates trying to find their right marketing scheme to get their vote secured for upcoming elections. With all the loud voices, no one seems to stand out as they all seem to be exploring the same old visions with no new direction. In the midst of it all there is one little whisper that seems to over power the loudness and its the cry for Eco-Tourism. For many that don't understand what Eco - tourism is, can check out more info on page 12:

The Definition

Ecotourism is now defined as "responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education" (TIES, 2015). Education is meant to be inclusive of both staff and guests.

There is so much a country and its people can benefit from the implementation of Eco Tourism and it's social and economical impact. Over the past years Cultural Xpression News-magazine has been highlighting the importance of Eco-Tourism and the destinations that offer the exclusive experience from a global to local perspective. Now that the concept has been taken into consideration for looking at St Maarten perhaps as a new Eco-Tourism destination for our visitors, it is of great importance that the community and it members be granted a chance to be a part of the many benefits this concept may have toward positive community development. In this months edition we get a chance to bring you closer to the voice of the whisperer, the man with the Eco-Tourism Plan, Director for the St. Maarten Tourism Authority Mr Roland Brison to hear a bit more of his plans for revitalizing St Maarten's tourism product by implementing new Eco Tourism Concepts and district base tourism.

Who are you and where are you from ?

My name is Rolando Brison, I was born and raised on St. Maarten.

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

I attended the St. Maarten Academy and higher education in the Netherlands at the InHolland University where I obtained a Bachelor Degree in Hospitality Management.

What is your current expertise or preferred career choice ?

I am currently the Director of Tourism at the St. Maarten Tourist Bureau. This is exactly the career path I always dreamt of pursuing. Tourism is my calling.

We are aware that you have been appointed Director for the St. Maarten Tourism Authority, is this a career choice you hoped for after completing your studies or did you have an original career choice ?



Mr Rolando Brison - Director SXM Tourist Bureau

I always knew I would be involved in tourism or tourism related sectors in a major way. It is why I chose my university study, I wanted to focus my life and my career pursuits strictly around tourism and what it can do for St. Maarten if Managed properly.

What inspired you to undertake your current career?

From my days at St. Maarten Academy and winning debates organized by the Caribbean Tourism Organization, and then representing St. Maarten as a CTO Junior Minister of Tourism, to now, I continued to be inspired every day. Those events laid the foundation. But I am excited about my career choice every day.

What is the current situation on the revitalization of St Maarten's Tourism Product after the passing of hurricane Irma?

We are constantly assessing the progress of our tourism partners, engaging in discussions to ensure that we still get business to the island. Discussions continue with various airlines and cruise lines and we continue to attend trade shows all over the world to get the word out that St. Maarten is open for business, though limited. The hotels are doing their best to rebuild and/or repair as quickly as possible. It will take some time, but everyone is doing their part.

We see that you have postulated yourself for the next upcoming elections and have been talking about a whole new concept called Eco Tourism and District base Tourism, what are your plans for Eco Tourism

ROLANDO BRISON

DIRECTOR SXM TOURISM AUTHORITY

and how do you see it may benefit in the revitalization of St Maarten's Tourism Product, Economy and People ?

My plans are centered around ensuring parliament adopts and continuously amends the tourism budget to allow for more eco tourism and district tourism initiatives to be developed. We also need to make sustainable tourism development laws, so that the damage to eco systems are minimized by tourism.

Do you have any other political focuses or agendas to champion if elected to parliament ?

What I'm trying to relay is that everything stems from tourism and how we manage our product. It benefits education, healthcare, crime fighting, housing ect. If funded correctly and if we channel revenues in creative ways, that said tourism revenue can truly reach our people, every sector on St. Maarten will benefit. So by championing proper, outside-the-box tourism management, I champion all sectors.

Sitting in your current position, lets say you don't make it to parliament, What are your short \ long term goals or how do you plan to make eco tourism work despite not being elected ?

For the short and long term I still fully intend to push my eco-tourism initiatives as Director of Tourism and with whomever Minister is in office.

Have you identified any potential Eco Tourism destination on our island that may be interesting for our visitors, mention a few suggestions?

Well to answer this first, I have to state that the key thing in any eco tourism product is that its done sustainably and in harmony with our surroundings. With that said, Ive seen some places where we can sustainably develop eco tourism. Products are the natural pool, marigot hill trail, Belvedere-oyster pond border tours, and the salt factory excursion in arch road.

From your view point, what would be the ideal Tourist attraction in terms of dining?

An outdoor restaurant in the middle of a farm, with produce that came directly from that farm. I call it Eco-Dining!

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

Absolutely. My team at the Tourist Bureau is the backbone of our operations. Without them nothing happens, nothing moves. But your team, once on the same page, functions as a well-oiled machine, meeting all planned goals and working in cohesion to excel past standards that we set for ourselves. So yes, my team is the key to everything.

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

My father is a major role model. His calm de-

CONTINUED ON PAGE 13

REOPENING SOON
GET YOUR DRINK ON @ ABU G 37
BAR & LOUNGE SXM
LOCATED UPSTAIRS ABU G SHAWARMA MADAME ESTATE



WHAT IS ECO TOURISM ?

Ecotourism is now defined as "responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education" (TIES, 2015). Education is meant to be inclusive of both staff and guests.

PRINCIPLES OF ECOTOURISM

Ecotourism is about uniting conservation, communities, and sustainable travel. This means that those who implement, participate in and market ecotourism activities should adopt the following ecotourism principles:

PRINCIPLE OUTLINES OF ECOTOURISM

- Minimize physical, social, behavioural, and psychological impacts
- Build environmental \ cultural awareness and respect
- Provide positive experiences for both visitors and hosts
- Provide direct financial benefits for conservation
- Generate financial benefits for both local people and private industry
- Deliver memorable interpretative experiences to visitors that help raise sensitivity to host countries' political, environmental, and social climates
- Design, construct and operate low-impact facilities
- Recognize the rights and spiritual beliefs of the Indigenous People in your community and work in partnership with them to create empowerment

CONTACT ST. MAARTEN TOURIST BUREAU
FOR MORE INFORMATION AT +1-721-549-0200



ECOTOURISM PALAU

PALAU is an Island nation in the Pacific Ocean, commonly referred to as Micronesia. Known for being one of the best diving locations in the world, Palau also lays claim to an immense expanse of coral reefs, one of the largest upland forests in Micronesia, abundant marine life, extremely diverse native forests, healthy island vegetation and a large number of endangered fish species within its island waters.

The coral reef in Palau is so impressive in fact, that it has been dubbed one of the "7 Underwater Wonders of the World" housing fish populations that would otherwise be extinct. With such an enormous amount of biodiversity, including

endangered habitats and animals, Palau is an intense focus for environmentalists in the Pacific Ocean.

Perhaps what Palau is most recently known for, is the location of the popular television show Survivor where it was filmed during its 10th season. Since the show, Palau has become a more popular tourist destination, putting the very thing that brings travelers to the island at risk. While for decades the remote access of the island had helped to preserve its rich biodiversity, the increase in tourism represents a problem for local cultures, governments and wildlife, as overdevelopment becomes a concern. However, Palau's com-

mitment to maintaining its island paradise makes it an incredible island for ecotourists to visit.

The Palau Conservation Society is one group that has kept the focus of Palau's popularity on conservation instead of urbanization. The Palau Project has also helped to keep a sharp focus on ecotourism with environmental education in the hopes of preserving this tropical paradise. These groups have helped to promote Palau's sustainable tourism efforts along with responsible travel for tourists in addition to managing conservation efforts and regions within the islands.

It is important for travelers to respect



the conservation efforts in Palau. For example, 460 miles of the coral reef around Palau is a no fishing zone, protecting spe-

cies that once faced extinction. While travelers who visit the islands can access the many palm-lined beaches and addition-

ally have access to snorkeling and hiking it is critical that green travel ideals and ecotourism be upheld while visiting.

INTERVIEW - ROLANDO BRISON...FROM PG12

meanor yet effective approaches, and how he has handled any adversity is a major inspiration. He has taught me so much, one such important lesson being that "the greatest master is the eternal student", encouraging me to always seek knowledge, listen, learn and then apply my wisdom to my actions.

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

I have been discouraged for some moments but it is never ultimate. St Maarten for a long time has been a place where not all our elders are as open to letting our generation reach our full potential. I experienced this when I was selected to be STA Director, but then saw so much resistance from certain elders in our society. But I maintained my pace, prayed about it and moved on to simply work and let that speak for itself. I think we are here now

and indeed a lot of great work has been done.

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

My only ambition right now is to be a Member of Parliament. Everything will not get done in 4 years, so I hope to work hard enough so that our people can re-elect me so that I can continue working on their behalf in five years and beyond.

What do you do in spare time for fun?

I'm a social bug. I like to be around people. I love our festivals, Heineken Regatta, Carnival, SXM Music Festival and of course I love to travel and represent my country. That's the most fun I have because it's for St. Maarten.

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

Siting in Parliament working on my district based tourism initiative.



Mr Rolando Brison - Director SXM Tourist Bureau

What role does nature, spirituality or culture play in you life?

My parents raised me to know that I can take everything to my God in prayer. So that is very, very important for me and in my tough times I still take everything to him in prayer. I love every part of our Culture which is why I was so deeply involved in every aspect of Carnival as its Marketing Director. That position brought me closer to our music, our local talent, our arts and crafts.

And though I'm not among nature often, I do enjoy an occasional hike and the beach.

As we come to an end of our interview, **What would you like to share with St Maarten, surrounding community members and young entrepreneurs that look toward seeing St Maarten rise to the top and becoming once again one of the top destinations in the Caribbean?**

St. Maarten will rise again. Without a doubt. But it will take hard work from all of us. It will mean giving young professionals the opportunity to share and execute their new ideas in a new competitive world. This is our

chance to re-invent our tourism product and thereby set St. Maarten on a path to reclaim its position as a preferred destination in the Caribbean. I am ready to lead this charge with fellow MP's if you put your faith in me and elect me to Parliament on February 26.

We would like to thank Mr Rolando Brison for taking time out to complete this exclusive interview as he strives to revitalize St Maarten's tourism product ... We wish him much success on his journey forward and the upcoming elections!!!!

caribbean WorldCharts
 TOP 10 SUBMIT YOUR COUNTDOWN TRACKS
 Email: submit@caribbeanworldcharts.com
 www.caribbeanworldcharts.com

SMALL BUSINESS TRENDS AND PREDICTIONS FOR 2018 - PT 2

By *businessnewsdaily*
FINANCIAL - Banking models will begin a radical shift: "Millennials want to bank wherever they want and whenever they want, which does not align with the traditional banking model. It's predicted that digital banking will grow to more than 2 billion users by 2020. As a result of this shift, the traditional brick-and-mortar banking solution will be replaced with a technology first-mindset. In essence, your wallet will be your phone." - Dave Mitchell, president of NYMBUS



to eliminate middle men - like brokers - and better serve their customers." - Vernon Tirey, co-founder and CEO of LeaseQ

and that's growing. More customers equals more opportunity for attacks." - John Gunn, CMO of VASCO Data Security

They likely won't go straight to market in the new year - we'll likely see more proofs of concept instead - but, we have seen some fascinating PoCs already." - Mike Bell, EVP IoT & Devices at Canonical

Speed is key in modern banking: "The banking channel will strive for speed. Lending, banking services, statement processing and other banking channel players are scrambling to get online and get faster. We expect the scramble to continue as the industry seeks

Mobile banking means more mobile cyberattacks: "All are experiencing a big increase in attacks on their mobile banking and transactions. Expect that to continue. Approximately 80 percent of financial institutions' customers are doing online banking, 50% are on mo-

Artificial intelligence and machine learning Machine learning and Blockchain will grow more prominent: "Two of the most interesting IoT developments to emerge in 2017, with the most potential for innovation, were blockchain and machine learning.

Machine learning will become more responsive in customer service: "Machine learning will play a bigger role in sales and customer support in 2018. Lower costs and increased availability of speech analytics tools mean more businesses will record and monitor calls within their contact centers. Instead of simply guiding callers through prompts, speech analytics will help to categorize them and analyze responses in terms of what you say and how you say it. Insights like these will be used to guide agents, in real time, to get the best results from each interaction." - Chad Hart, head of strategic products at Voxbone.

AI implementation will help business capitalize on large troves of data: "Although discussions on the topic of data may not be new, until now most business have been focused on forming teams and building data pipelines, but the data itself has not produced much disruption. With the right people and tools in place, companies can now focus on using data to drive growth. Companies will look to incorporate artifi-

COMMUNITY CLASSIFIES

Search the community classifieds to find skillful members in your community or item for sale by surrounding Community members ..

CALVIN BOYDE
 MASTER MASON AND BUILDER
 COMMUNITY: ST PETERS
 TEL: 721 554-6654

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

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

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

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

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

NOTICE

WANT YOUR AD HERE ?

Call : 721 524-4733

SUBMIT YOUR:
 NAME, SKILLS, COMMUNITY YOUR FROM & CONTACT INFORMATION TO:
info@wpsxm.com

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



Tattoo Inkorporated

PAULSXM

TATTOO INKORPORATED SXM

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

CONTINUED ON PAGE 15

ARE YOU CUT OUT TO BE A BOSS? PT1

By Alison Green
STARTING to think you might be ready for a management role? Before you make the move, make sure you've thought through what it really takes to be a manager. Parts of the job are painfully hard, and the role isn't for everyone. For instance...

Can you deliver difficult criticism and have tough conversations? As a manager, you'll need to have some very difficult conversations—from telling an employee she has body odor to telling an employee who's

genuinely trying hard that she's in danger of being fired if her performance doesn't improve. If you shy away from these sorts of discussions, management will be torture for you—as well as for your employees, who will be counting on you to be direct.

Can you make hard decisions about goals and priorities, and say no to things that don't advance those goals? It's easy to Monday-morning-quarterback your manager's decisions and say that the team should have taken on



Project A and declined Project B ... but when you're the manager, those decisions are a lot harder. Can you lay out a vision for your team, set goals and timelines around it, hold people ac-

countable to meeting those goals, and be disciplined about saying no to activities that won't drive you forward toward your objectives? Many managers struggle with pieces of this—

especially saying no to projects that sound worthy but belong lower on the priority list.

Do you feel comfortable exercising authority, including

with people older and more experienced than you? One of the hardest things for new managers—as well as some more experienced managers—is getting over their awkwardness about being the person calling the shots. It's particularly challenging when you're managing former peers or people with far more experience than you. Many managers respond by becoming overly hesitant or overly aggressive. Can you get the balance right?

MORE ON THIS TOPIC IN FEB 2018 EDITION

SMALL BUSINESS TRENDS PT2... FROM PAGE 13



cial intelligence (AI) to gain a competitive edge." – Jennifer Shin, founder and chief data scientist of 8 Path Solutions

The Internet of Things - IoT cyberattacks will become more common: "There will be an increase of random IoT hacks and attacks because the tools are easy to find and use, and also because of all the unsecured IoT devices – Gartner says there are 8 billion connected things in 2017 and expects 20 billion connected devices by 2020. Anyone can go onto the dark web and start using available malware code, not to mention the readily available services such as hacking, malware- and ransomware-as-a-service, which can all be hired for next to nothing. It's very easy these days for someone with little knowledge to

launch a sophisticated attack, and there's clear financial incentive – in the last three years, business email compromise alone made \$5.3 billion." – Christian Vezine, CISO at VASCO Data Security

IoT devices will become more secure: "Expect to see at least 2 or 3 large-scale, botnet-style attacks on IoT-related hardware in 2018. To remedy this, the industrial space may pick up a trend from the consumer space, where device updates are downloaded automatically, and give the user little say in the process." – Mike Bell

Industry will employ more low power wide area networking (LPWAN): "LPWAN technology can be unwired and run for a long time, with minimal power consumption. Its potential applications include

heartbeat communications and predictive maintenance for industrial equipment like basement boilers, which can be otherwise difficult to reach

... LPWAN provides better penetration and range in hard-to-reach areas, which opens the door for groundbreaking new industrial equipment use cases." – Mike Bell.

The modern workplace -The evolution of the workplace: "The physical workspace as we know it today is going to significantly change next year as businesses start to get smart about how they use space to drive productivity and adapt to new employee behaviors and tech tools. Large compa-

nies will also look to reduce their real estate commitments and move more to flex desk options as more employees work away from the office, while being connected to it by making use of better tools that help them do their work more effectively." – Craig Walker

Expect the number of remote workers to continue increasing: "Only 32 percent of employees spent all their time working in, or at their office this year, The flexibility to work remotely has evolved beyond an occasional perk, with

43 percent of employees saying it's a must-have." – Staples Business Advantage's Annual Workplace Survey

Workplaces will unveil bolstered anti-harassment policies: "With such a magnifying glass being put on men's behavior in the workplace in the latter half of 2017, next year is going to see a lot of anti-sexual harassment training in workplaces, as well as anti-harassment policies being beefed up." – Rob Swystun, business communication specialist

STM N.V.
 All Matters Shipping

55 Gallon \$65 ⁰⁰	77 Gallon \$85 ⁰⁰	E Container \$125 ⁰⁰	D Container \$225 ⁰⁰
------------------------------	------------------------------	---------------------------------	---------------------------------

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

CONTACT US FOR MORE DETAILS
 PH: 1(721) 542 5152 / 1(721) 542 5215
 PH USA: 1(784) 433 4911
 EMAIL: SALES@STMNV.COM
 LCL CARGO, CONSOLIDATION & DIRECT SHIPPING

MIND BODY & SPORT : EATING DISORDERS PT1

By Ron Thompson
AN EXCERPT from the Sport Science Institute's guide to understanding and supporting student-athlete mental wellness

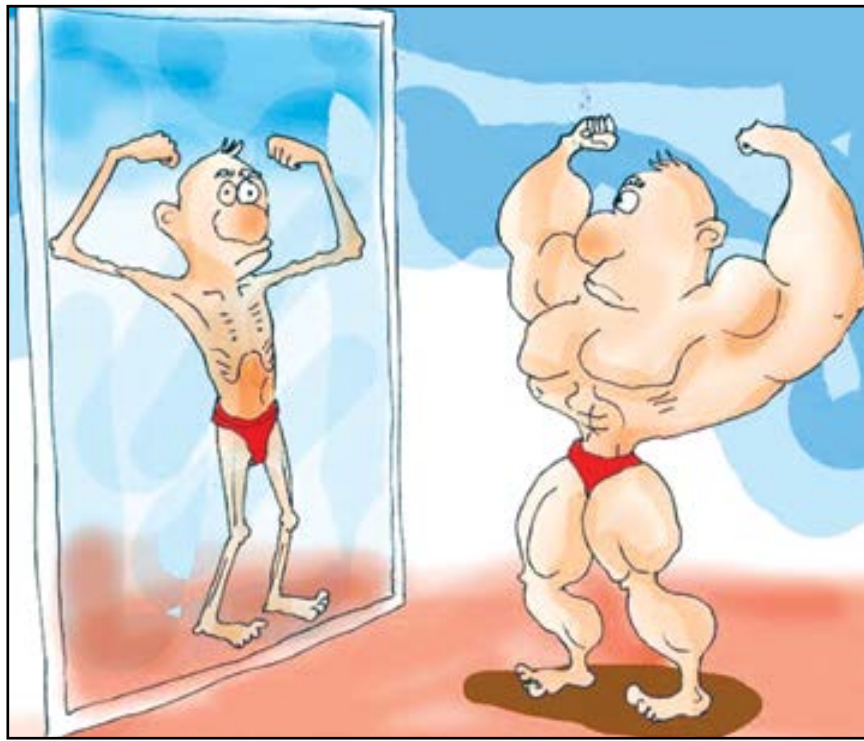
Participation in sports has a number of positive effects on student-athletes. They tend to live healthier lives than non-athletes, and they gain skills in teamwork, discipline and decision-making that their non-athlete peers may not.

However, some aspects of the sports environment can increase the risk of disordered eating (and eating disorders). That means student-athletes and those who oversee athletics must be vigilant to detect signs of trouble.

Disordered eating

and eating disorders are related but not always the same. All eating disorders involve disordered eating, but not all disordered eating meets diagnostic criteria for an eating disorder.

As first conceived, the term "disordered eating" was a component of the female athlete triad – a syndrome that also includes decreased bone mineral density and osteoporosis – and defined as "a wide spectrum of harmful and often ineffective eating behaviors used in attempts to lose weight or attain a lean appearance." The term was later supplanted by "low energy availability" to reflect the role insufficient energy plays in accounting for all physical activity, as well as to fuel nor-



mal bodily processes of health, growth and development.

Eating disorders are not simply disor-

ders of eating, but rather conditions characterized by a persistent disturbance of eating or an eating-related behavior that significantly impairs physical health or psychosocial functioning.

The eating disorders most often diagnosed are:

Anorexia nervosa is characterized by persistent caloric intake restriction, fear of gaining weight/becoming fat, persistent behavior impeding weight gain, and a disturbance in perceived weight or shape.

Bulimia nervosa is recurrent binge eating, recurrent inappropriate compensatory behaviors to

prevent weight gain (for example, induced vomiting and excessive exercise), and self-evaluation unduly influenced by shape and weight.

Binge-eating disorder is recurrent episodes of binge eating without compensatory behaviors but with marked distress with the binge eating.

Why student-athletes are at risk?

Prevalence. Eating disorders occur in all sports, but not equally in all sports. As in society, eating disorders in sport occur more frequently in females than males. One area in which research findings are more definitive is for "lean" sports

for which a thin/lean body or low weight is believed to provide a biomechanical advantage in performance or in the judging of performance. Women in these sports are considered to be at the highest risk.

Genetics. Epidemiological and molecular genetics studies suggest a strong genetic predisposition to develop an eating disorder, and that these disorders aggregate in families in part due to genetics. Family and twin studies have found heritability estimates of 76 percent for anorexia nervosa and 83 percent for bulimia nervosa. Not all individuals with a genetic predisposition develop the disorder, as other factors are involved.

Sociocultural factors. Before genetics-related findings, the primary explanation for the development of eating disorders involved sociocultural factors. Certainly, from a sociocultural perspective, most individuals are exposed to societal or cultural pressures regarding weight or appearance, but again, not all will develop an eating disorder. Most who do are female, and the disorder's onset often occurs during adolescence.

MORE ON THIS TOPIC IN FEB 2018 EDITION

WEEKDAY SCHEDULE

- THE SUPPA DUPPA MORNING SHOW**
W/ SUPPA | WEEKDAYS 7AM - 10AM
- THE AM/PM WORKLOAD SHOW**
W/ GEE MONEY | WEEKDAYS 10AM - 2PM
- THE POWER HOUR**
W/ THE CUT CREATOR DJ OUTKAST | WEEKDAYS 2PM - 3PM
- SAGAN'S PLAYGROUND**
W/ SAGAN | WEEKDAYS 3PM - 6PM

SPECIALITY SHOWS

- DIRTY DUTCH MUSIC**
W/ CHUCKIE | FRIDAYS 10PM - 11PM
- DI-NAMIX TOP 40 COUNTDOWN**
W/ JOE WARRICK | SATURDAYS 3PM - 6PM
- DJ POWER MIX SHOW**
W/ DJ POWER | SATURDAYS 9PM - 10PM
- A STATE OF TRANCE**
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT
- WADE-O RADIO SHOW**
W/ DJ WADE-O | SUNDAYS 12PM - 2PM
- FEEL RADIO**
W/ KP LONDON | SUNDAYS 3PM - 4PM

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

HUNGRY? CALL 5247844 TO PLACE ORDER

The GuavaBerry

EVERYDAY \$5 LUNCH SPECIALS
FAMILY SUNDAY KIDS SPECIALS \$3
EVERYDAY ENTERTAINMENT
 MUSIC - DOMINOES - POOL TABLE

9AM UNTILL CARNIVAL VILLAGE BOOTH #17

"Avoid the traffic, Catch a vibe!"

"The perfect after work option, especially when you're looking for a cool vibe to avoid the rush hour traffic". Booth #17