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CULTURAL XPRESSION

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years 3*

MAR 2017



**HAPPY & SAFE
CARNIVAL 2017**

EXCLUSIVE INTERVIEW

DA LION READY FOR **SOCA RUMBLE 2017**

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CX BOOTH 67 RELEASES CARNIVAL SONG
AGRICULTURAL CENTER COMING SOON

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ASK PRIEST KAILASH

ASK ABOUT YOUR COMMON HEALTH
PROBLEMS AND GET REAL ANSWERS

PAGE 10

EXPRESSED BY LATOYA

EXPRESSION OF SPOKEN WORD POETRY IS
INFLUENCED BY MANY THINGS, ESPECIALLY
LIFE'S EXPERIENCES!



MAJOR FIGURES IN AFRO- *Caribbean History*

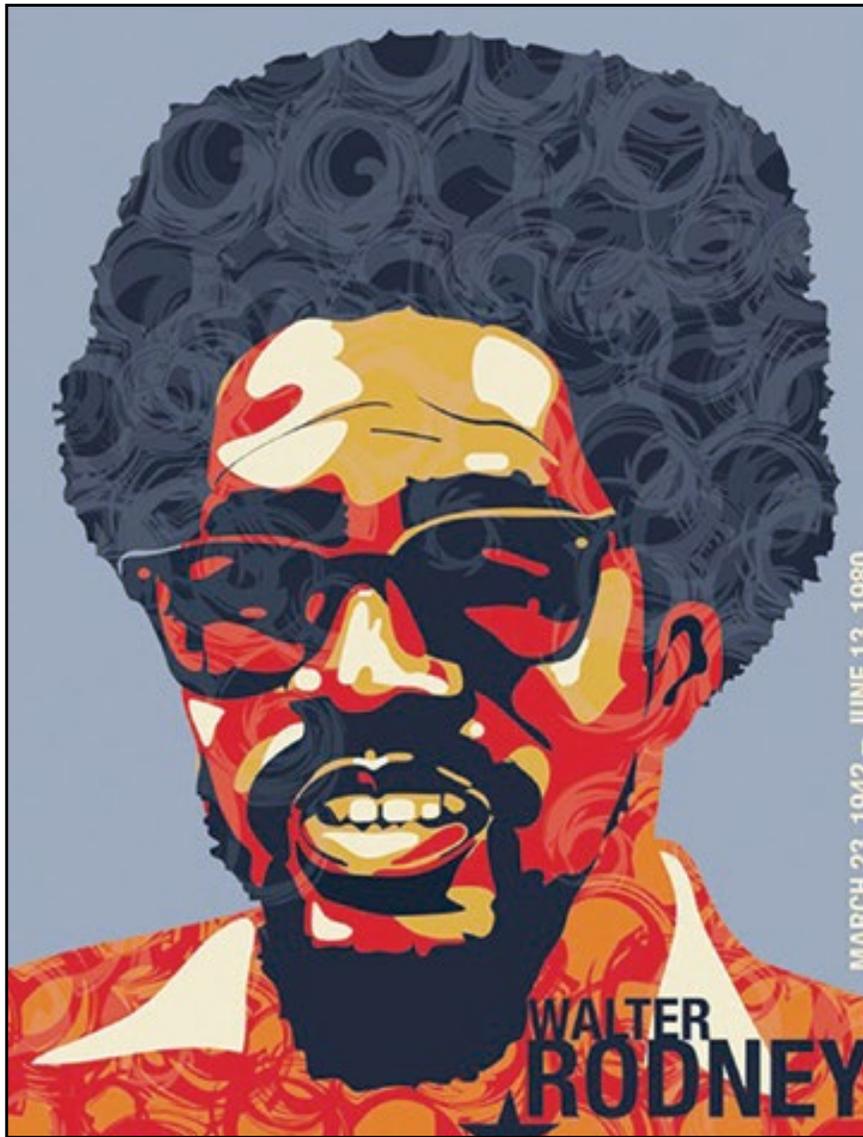
REMEMBERING WALTER RODNEY (GUYANESE HISTORIAN, POLITICAL ACTIVIST AND SCHOLAR)

WALTER ANTHONY Rodney (23 March 1942 – 13 June 1980) was a prominent Guyanese historian, political activist and scholar, who was assassinated in Guyana in 1980.

Born into a working-class family, Walter Rodney was a very bright student, attending Queen's College in the then British Guiana (now Guyana), where he became a champion debater and athlete, and then attending university on a scholarship at the University College of the West Indies (UCWI) in Jamaica, graduating in 1963 with a first-class degree in History, thereby winning the Faculty of Arts prize.

Rodney earned a PhD in African History in 1966 at the School of Oriental and African Studies in London, England, at the age of 24. His dissertation, which focused on the slave trade on the Upper Guinea Coast, was published by the Oxford University Press in 1970 under the title *A History of the Upper Guinea Coast 1545-1800* and was widely acclaimed for its originality in challenging the conventional wisdom on the topic.

Rodney traveled widely and became very well known internationally as an activist, scholar and formidable orator. He taught at the University of Dar es Salaam in Tanzania during the period 1966-67 and later in Jamaica at his alma mater UWI Mona. He was sharply critical of the middle class for its role in the post-independence Caribbean. He was also a strong critic of capitalism and argued for a socialist develop-



MARCH 23, 1942 – JUNE 13, 1980

ment template.

On 15 October 1968 the government of Jamaica, led by prime minister Hugh Shearer, declared Rodney persona non grata. The decision to ban him from ever returning to Jamaica because of his advocacy for the working poor in that country caused riots to break out, eventually claiming the lives of several people and causing millions of dollars in damages. These riots, which started on 16 October 1968, are now known as the Rodney Riots, and they triggered an increase in political awareness across the Caribbean, especially among the Afrocentric Rastafarian sector of Jamaica,

documented in his book *The Groundings with my Brothers* (Bogle-L'Ouverture Publications, 1969).

In 1969, Rodney returned to the University of Dar es Salaam, where he served as a Professor of History until 1974.

Rodney became a prominent Pan-Africanist, and was important in the Black Power movement in the Caribbean and North America. While living in Dar es Salaam he was influential in developing a new centre of African learning and discussion.

Later years and assassination

In 1974 Rodney returned to Guyana

from Tanzania. He was due to take up a position as a professor at the University of Guyana but the government prevented his appointment. He became increasingly active in politics, founding the Working People's Alliance, a party that provided the most effective and credible opposition to the PNC government. In 1979 he was arrested and charged with arson after two government offices were burned.

On 13 June 1980, Walter Rodney was killed, at the age of thirty-eight, by a bomb in his car, a month after returning from the independence celebrations in Zimbabwe and during

a period of intense political activism. He was survived by his wife, Pat, and three children. His brother, Donald Rodney, who was injured in the explosion, said that a sergeant in the Guyana Defence Force named Gregory Smith had given Walter the bomb that killed him. After the killing Smith fled to French Guiana, where he died in 2002.

It was, and is still, widely believed - although not proved - that the assassination was set-up by then President Linden Forbes Burnham. Rodney's idea, that the various ethnic groups who were historically disenfranchised by the ruling colonial class should work together, was in conflict with Burnham's presidential opinions.

In early 2015 a Commission of Inquiry (COI) was held during which a new witness, Holland Gregory Yearwood, came forward claiming to be a long-standing friend of Rodney and a former member of the WPA. He testified that Rodney might have had a hand in his own demise, having presented detonators to Yearwood weeks prior to the explosion asking for assistance in assembling a bomb.

Academic influence
"Rodney's most influential book was his magnum opus, *How Europe Underdeveloped Africa*, published in 1972. In it he described an Africa that had been consciously exploited by European imperialists, leading directly to the modern underdevelopment of

CONTINUED ON PAGE 3

Created BY:

Denicio Wyattte

Editors & Photography

Wattzz Publishing
Denicio Wyattte
Latoya Ruan
Hon. Priest Kailash
The Public at Large

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Expressed By Latoya

Websites:

wattzzpublishing.com
ilandvibez.com
stmaartenAgriculture.com
madeinstmaarten.com

EMAIL
wattzzpublishing@gmail.com

CEL: 721 553-6300
OFFICE: 721 524-4733

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St Maarten Breaking News Network
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12 THINGS YOU PROBABLY DON'T KNOW ABOUT AFRICA

AFRICA is a huge continent made up of 54 countries and over a billion people. But did you know that in Ethiopia, clocks are upside down with our 6:00 at their 12:00? This, and the 12 other incredible facts we're about to impart are sure to turn you into the captain at your next trivia tournament...

1. Africa and Europe are separated by less than 9 miles at the Strait of Gibraltar, which separates Spain from Morocco.

The two countries are discussing constructing an undersea rail tunnel to connect the rail systems on the two continents.

2. In South Africa you are legally allowed to attach flamethrowers to your car in order to deter car jacking.

Seriously. Can we just say, we've got no stats on the success rate of this technique and *definitely* wouldn't recommend trying it!

3. Timbuktu, Mali is home of one of the oldest universities in the world, established



The view of Morocco from Spain across the Strait of Gibraltar.

in 982 CE. By the 12th century, the city was such

an intellectual hub that National Geographic has referred to it as the Paris of the medieval world.

4. The world's biggest frog is found in Equatorial Guinea and Cameroon.

Named the Goliath frog, it can grow up to be a foot long and weigh up to 8 lb.

5. The word "Crossword" in Kiswa-

hili, a language spoken mainly by people in eastern and central Africa is "chemshebongo" which, when translated, means "boil brains". I suppose after trying to do the Sunday New York Times puzzle your head might feel like exploding!

6. The official title of Idi Amin, the Ugandan dictator, was "His

Excellency, President for Life, Field Marshal Al Hadji Doctor Idi Amin Dada, VC, DSO, MC, Lord of All the Beasts of the Earth and Fishes of the Seas and Conqueror of the British Empire in Africa in General and Uganda in Particular".

7. People living in what is currently Swaziland were the world's first miners.

In the late 1960s a hematite mine was found in the Ngwenya mountain range along with 300,000 artifacts and stone-made mining tools that were later dated to be 43,000 years old!

8. Mozambique native, Graca Machel, is the only woman to have ever been first lady of two different countries (Mozambique and South Africa).

9. Sudan has more

CONTINUED ON PAGE 4

MAJOR FIGURES IN AFRO

REMEMBERING WALTER RODNEY CONTINUED FROM PAGE 2

most of the continent. The book became enormously influential as well as controversial: it was groundbreaking in that it was among the first to bring a new perspective to the question of underdevelopment in Africa. Rodney's analysis went far beyond the previously accepted approach in the study of Third World underdevelopment.

"Instead of being interested primarily in the inter-relations of African trade and politics, as many of us were at that time, Walter Rodney focused his attention on the agricultural basis of African communities, on the productive forces within them and on the processes of social differentiation. As a result, his research raised a whole set of fresh questions concerning the nature of African social institutions on the Upper Guinea coast in the sixteenth century and of the impact of the Atlantic slave trade. In doing so, he helped to open up a new dimension.

Almost immediately he stimulated much further writing and research on West Africa, and he initiated a debate, which still continues and now extends across the whole range of African history.

When teaching at the Universities of Dar es Salaam and the West Indies, he launched and sustained a large number of discussion groups which swept up and embraced many who had had little or no formal education. As a writer, he reached out to contact thousands in The Groundings with my Brothers (1969) and in his influential How Europe Underdeveloped Africa (1972)." — Remarks by Professor John Richard Gray, History Today, Vol. 49, Issue 9, 1980.

"When we think of Walter Rodney as a Revolutionary Scholar we are talking about two things, Radical Scholar and his revolutionary contribution to the study of History. History of Africa. Walter Rodney was a pi-

oneering scholar who provided new answers to old questions and posed new questions in relation to the study of Africa." — Remarks by Professor Winston McGowan at the Walter Rodney Commemorative Symposium held at York College, USA, in June 2010.

"Walter Rodney was no captive intellectual playing to the gallery of local or international radicalism. He was clearly one of the most solidly ideologically situated intellectuals ever to look colonialism and its contemporary heir black opportunism and exploitation in the eye" — Remarks by Wole Soyinka, Oduduwa Hall, University of Ife, Nigeria, Friday, 27 June 1980.

Rodney's community-grounded approach to mass education during the 1960s and his detailed descriptions of his pedagogical approach in Groundings (1969) document his role as an important critical pedagogue and contemporary of Paulo Freire. - **wikipedia**

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THE SOUNDS OF THE CARIBBEAN

LINEUP

MID-MORNING
W/ MIXMASTER PAULY
WEEKDAYS 10AM-2PM

TOKÉ LATINO
W/ SUPER RICKY & EL CHICO PARTY
WEEKDAYS 2PM-6PM

NOTICIAS Y MAS
W/ MAXIMO CASTRO
WEEKDAYS 6M-6:30PM

LA MAQUINA DEL TIEMPO
W/ EL MUÑECO
SATURDAYS & SUNDAYS 10AM-2PM

MIX ANTIANO SHOW
W/ J.C. ANTONIA
SATURDAYS & SUNDAYS 6PM-9PM

FREQUENCY MIXSHOW
W/ DJ CROWN PRINCE & BARRIE HYPE
SATURDAYS 9PM-10PM

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THINGS YOU PROBABLY DON'T KNOW... FROM PAGE 3



Mozambique native, Ms Graca Machel,

than 200 pyramids, double the number found in Egypt.

The Meroe pyramids were part of the Nubian Kingdom of

Kush and are up to 4,600 years old.

10. Almost half of the gold ever mined on Earth has come from a single place -

Witwatersrand, South Africa.

11. AND, that without the discovery of gold here, a little place called Johannesburg would probably never have been established.

12. From 1977 to 2011, Libya was the only country in the world with only one colour for its flag, with no insignias, design or other details.



Gold found in Johannesburg

100 THINGS YOU DIDN'T KNOW ABOUT AFRICA IN APR 2017 EDITION

ABU G SAZON COLUMBIANO

BOOTH 18&19
CARNIVAL 2017

YOUR SHWARMA

TASTE EVEN BETTER @ ABU G!!!

IF IT AINT ABU G THEN IT AINT A SHWARMA

- ABU G MADAME ESTATE -

St. Maarten Carnival 2017 SCHEDULE:
April 17th - May 3rd 2017

Saturday, March 18 / Causeway Jump-Up
Friday, March 24 / Around Town Jump-Up
Friday, March 24 / Posh Productions Debate Competition
Saturday, March 25 / Posh Productions Swim Suit Competition
Sunday, March 26 / Junior Carnival Queen Pageant
Friday, March 31 / Nagico Senior Calypso Eliminations
Saturday, April 1 / Rio Productions Lighted Parade
Sunday, April 2 / Survivor's Balloon Parade
Friday, April 7 / Road to Carnival party series finale
Saturday, April 8 / Band Clash & Roadmarch Competition
Sunday, April 9 / Junior Carnival Parade
Monday, April 17 / Official Opening of Carnival & Carnival Village
Tuesday, April 18 / Teen & Senior Carnival Queen Pageant
Wednesday, April 19 / Ms. Mature Carnival Queen Pageant
Thursday, April 20 / Nagico Senior Calypso Finals
Friday, April 21 / Culture Night: Celebrating our Diversity
Saturday, April 22 / Carib Beer Caribbean Flag Fest
Sunday, April 23 / Bacchanal Sunday
Monday, April 24 / Youth Extravaganza
Tuesday, April 25 / Soca Rumble
Wednesday, April 26 / CD Entertainment Presents (concert)
Thursday, April 27 4am / Jouvert Morning Jump-Up
Thursday, April 27 8pm / Carnival Crossover DJ Competition: Dutch side vs. French side
Friday, April 28 / Night of the Hit Makers
Saturday, April 29 / One Love Reggae Concert
Sunday, April 30 / Festival Latino Concert
Monday, May 1 / Grand Carnival Parade
Tuesday, May 2 / Second Day Parade
Wednesday, May 3 / Closing

Scotiabank

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JOHNNIE WALKER KEEP WALKING

ST. MAARTEN TOURIST BUREAU

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2017



CANY Cock

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ROOTS ROCK AND CULTURE

Fry Fish - Veggie Burgers - Edible Flowers - Exclusive Smoothies - Wraps - Soups
Prepared with fresh fruits and veggies from The St Peters Community Garden



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Iland Vibez

ST PETERS COMMUNITY GARDEN SOON OPEN TO GENERAL PUBLIC



We learned- Participants at the beginning of the program



We grew - also literally over 100 kilos of food lol



We executed - Lounge area

OVER the past 6 months with the help of some great supportive organizations we were able to successfully run the skill enhancement program which took 5 members of the surrounding communities of St Maarten to share a once in a lifetime experience of the construction and development of the St Peters Community Garden Research and Development Center.

The journey was a great one and a tremendous learning experience for us all.

In life we meet all types of people, all unique with an original character of their own and so gifted most times without never even knowing their true potential. I have learned of the past 6 months that many of us bring our true potential out if we are surrounded by the right people or granted to right opportunities in life.

The skill enhancement program yielded great success in many ways and we were able to also gather successful data that will help to shape and sustain the project in the near future. The data will also help to build public awareness campaigns on how we may be able to use this information to help improve our surrounding communities and hopefully St Maarten by our roles individual one step at a time with hopes that it may influence positive change within our current government some day.

In Dec 2016 alone we were able to harvest

over 100 Kilos of food from sorrel, sea-son peppers, lettuce, pumpkin, chives and cherry tomatoes.

The community garden will be place where members of the surrounding communities, schools and tourist may come to obtained vital information on the importance of agriculture and the benefits it may have to their health and overall economical struggles.

The mission is to not give up, at no time when it come to the improvement of our beautiful island, if we want positive change we have to start by changing ourselves and the way we think. We can't expect to do the same things and expect different results, "That is the definition of insanity".

Our first Agricultural Festival was also a positive success for the first time in the community, over 150-200 people gathered throughout the day to experience the festivities. We will keep the general public notified on when we will be officially opening after the carnival season and the upcoming date for the 2nd Community Marketday set for May 2017.

In the mean time our Next mission is to bring back a bit of Culture to the Carnival Village so you won't miss out on the garden freshness as you can still get your great Fry fish, Edible flowers, smoothies and Natural Ice teas at booth 67 this carnival season.

I am very thankful to have undertaken

this opportunity and very proud of those that participated in the program. Building a good team is very important on how you wage your success, and having a team that is like family can only get all of you closer to your goals.

I want to thank the Trainers and Trainees of the Skill Enhancement Program, Calvin Boyde, James Richardson, Michael Martin, Mireille Gumbs, Melvin Mkuu Bryan Sr., Grawford Lindo, Ezekiel Gumbs, Zachaeus Foster, Lancho Bryan. You guys have truly made me proud.

I am very thankful and very proud of all you guys, we have come a long way and am proud to have you guys as part of my team...

I would like to send a special thank you to the supportive organization such as Unesco Sint Maarten, Prince Bernhard Culturefund Caribbean Region, UNDP Trinidad and Tobago team here in Government of Sint Maarten, African Royalty SXM, Wattzz Publishing, Island Dust Busters, C-Trois, Cultural Xpression News Magazine, SZV Social & Health Insurance, SXM Optical N.V., Abu G Shwama and Windward Roads.

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Ask The Priest

Email: contact@wattzpublishing.com

Ask the Honorable Priest Kailash about your common and severe health problems and get advise on how to best address them. Question will be answered in next months Edition.

WE MUST COMPREHEND THAT HUMAN BEINGS WERE CREATED TO CONSUME FRUITS, NUTS AND GRAINS

CONCERNED CITIZEN SEEKS ANSWERS ABOUT BECOMING VEGETARIAN

Good day Preist Kailash, I am a meat eater and trying to make a transition into becoming a vegetarian. I am very scared because I want to be healthy but I don't want to get to small. I am trying to balance my diet so I may be able to still get a good source of protein but have no clue where to start or what food types can be used as a substitution for making sure you

are getting the right vitamins and nutrients your body need. I was doing a bit of research about acidic and alkaline food based diets but yet have to take more time to get a bit more deeper into it. Can you help me understand how i can become a vegetarian but still keep my weight and health up to standard ?

BLESSES LOVE

Thank you honorable for your question.

We must first comprehend that human beings were created to consume fruits, nuts and grains. If we examine the bible the book of Genesis clearly states "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29. Also the teeth in our mouths are much more similar to that of herbivores (plant eating animals: cow) than that of carnivores (flesh eating animals: lion). If we also examine the length of the intestinal tract we will notice that the carnivores will posses shorter tracts than the herbivores as they have to rid their structure of the decomposing flesh they consume much quicker. Hence the reason people with diarrhea are compared to ducks or fowls both being scavengers.

The human structure is not a grave thus dead animals should not be buried in it. When ever one eats chicken, pork or beef they are literally burying a carcass in their intestinal tract which contain a variety of bacteria and other micro-organisms that will also feed on the flesh, "food" eaten. This will then begin to decompose and release many toxic substances within the intestinal tract that can be absorbed into the blood stream resulting in acidifying the blood and weakening of the immune system. We have air fresheners in toilet for only one reason "it stinks". So, if you can't handle the spell of feaces when it exits your goody remember that it is coming from inside of you. The same smell have been in you all along. Thats why some people breath spells bad and when they pass gas no one can stay in the room.

Irie, then what should we eat? Fruits, nuts and grains. The protein myth? That we need protein so we must eat flesh. Every

tein, FACT. Every plant contains enzymes, FACT. Thus it is a FACT that all plants contain proteins; that are even more accessible than the proteins in animal flesh. So when you eat callao you get protein, when you eat chick pea you get protein when you drink sea moss you get protein any plant based food you eat you get proteins. OK, look at the cow how big and strong, does it eat flesh? No. When they fed the cows beef they developed mad cow disease. So you can get all the protein you need from plants. FACT.

ALKALINE AND ACID FORMING FOODS

A common pH definition is: "a logarithmic scale, from 1 to 14, used to describe the acidity or alkalinity of a solution". Blood in the human body should be close to 7.4 on the pH scale. A pH level of less than 7 indicates an acidic solution while a pH greater than 7 indicates an alkaline solution. 7 is the pH level of distilled water. PH stands for "potential hydrogen". If your body is too acidic you do not have enough oxygen available for your body cells to stay healthy. When our body is getting enough minerals from our diet to stay alkaline, our blood can function normally delivering oxygen to the cells throughout our body, and carrying away acidic waste to be disposed. The immune system which is the defense system of the body will also be performing



at its peak in an alkaline environment thus being empowered to destroy invaders.

Alkaline forming foods are not necessarily alkaline themselves. Lemons or lemon juice for instance are quite acidic, but highly alkaline forming in the body. Not all alkaline forming foods are necessarily recommended, such as hydrogenated oil or table salt.

ALKALIZING FOODS

Alfalfa, amaranth, berries, herbs, almonds, apple, apricot, asparagus, avocado, banana, barley grass, broccoli, brussels sprouts, cabbage, cauliflower, cayenne, parsley, cherries, chestnuts, cinnamon, coconut, chick peas, flax seeds, ginger, hemp, kale, kelp, lemon, lettuce, millet, nightshade veggies, orange, peach, peas, peppers, quinoa, sea moss, sea salt, sprouted seeds, teff, cherry tomatoes, dandelions, eggplant, watercress wild greens are all examples of alkalizing foods.

Keeping an alkaline system:

Lots of salads, fresh vegetables, nuts and oils which are organic should be con-

CONTINUED ON PAGE 8

WE MUST COMPREHEND FROM PAGE 7

sumed. Try to consume plenty of raw foods and clean, pure water when thirsty. There are foods not listed here that are also alkalising this is not an exclusive list, its to serve as a guide.

ACID FOODS

Alcohol, all preserved or jellied fruits, artificial sweeteners, bananas if green tipped, beef, beers, wheat biscuits, canned foods, cashew nuts, cheese, chicken, chocolate, coffee, condiments, corn oil, hydrogenated oils, dairy ice cream, instant meals, junk food, lamb, margarine (worse than butter), microwave meals, milk, pickled green olives, peanut butter, pork, potatoes, crustaceans, distilled vinegar, dried and sulphured fruits, legal drugs, fizzy drinks, powdered soups, white sugar, soy sauce, spirits, sunflower oil, sweets, veg-

etable oil, white bread, white pasta, wine and dairy yoghurt

The only acidic food that should be eaten are the natural organic foods derived from plant sources. They should be consumed in moderation or as advised by the physician. Non-foods should be avoided (junk food) and the digestive system is not a grave so dead meat should not be buried in there (that's the chicken, pork.....).

Take it a day at a time and work to perfecting your life. Do every thing because you love yourself and be motivated to do better for you. Eat to live don't live to eat. Blessed love.

Get our book "The Herbal Manual" at African Royalty in the alley across from UTS.

For more assistance
Watts App 1758 722-3660.



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VEGATERIAN AND VEGAN RECIPES

Mushroom-Quinoa Burger



INGREDIENTS

4 medium portobello mushroom caps (about 1 lb.), gills removed, chopped
1/2 c. walnuts
1 clove garlic
2 tbsp. canola oil
1/4 c. Chopped red onion
3 green onions, chopped
2 tsp. rice wine vinegar
1 c. cooked quinoa
1/2 c. cornstarch
Whole-grain burger buns
sprouts
Lettuce
Sliced tomatoes
Rosemary Mayo
1/2 c. mayonnaise
1 tsp. finely chopped fresh rosemary
1 tsp. lemon juice
Kosher salt

DIRECTIONS

Make the Burgers: Preheat oven to 375 degrees F. In 3-quart, shallow baking dish, toss mushrooms with walnuts, garlic, 1 tablespoon oil, 3/4 teaspoon salt, and 1/4 teaspoon pepper; spread in even layer. Bake 20 minutes or until mushrooms are tender. Set aside to cool. Turn oven off.

In food processor, pulse mushroom mixture, red onion, green onions, and vinegar until mostly smooth, scraping side of bowl if necessary. Transfer mixture to a large bowl and stir in quinoa and cornstarch until well-blended. Cover bowl with plastic wrap and refrigerate 2 hours.

Preheat oven to 375 degrees F. Line baking sheet with foil. Form mixture into 5 patties (about 1/2" thick and 3" wide). In a 12" nonstick skillet, heat remaining 1 tablespoon oil on medium. In 2 batches, cook patties 5 minutes or until well-browned, turning over once. Transfer seared patties to prepared baking sheet. Bake 10 minutes or until hot in centers.

Make the Rosemary Mayo: Meanwhile, combine mayonnaise, rosemary, lemon juice, and a pinch of salt. Keeps up to 5 days, refrigerated.

Serve burgers on buns with Rosemary Mayo, garnished with sprouts, lettuce, and tomato.

by goodhousekeeping.com



“Your mind is more powerful than you think, USE IT “

CAN CHILD MOLESTERS EVER BE REHABILITATED? P2

Non-Offenders

Dan Savage, who frequently writes on the topic of human sexuality, has published several accounts of people who, despite their attraction to young children, avoid being alone around children and are able to refrain from committing acts of molestation. It is generally acknowledged that it may take a significant amount of self-control to avoid offending and that pedophilic inclinations typically mean a person with pedophilia will find it difficult to have a healthy sexual relationship.

In several European countries, Savage points out, people experiencing a sexual attraction to children are often able to seek treatment confidentially. In the United States, however, an individual who discloses pedophilic tendencies may be arrested, as therapists and physicians are

required by law to report anyone who poses a threat to children. This law, in addition to the stigma surrounding pedophilia and the limited number of resources available to those seeking help in the U.S., is likely to discourage non-offenders from seeking professional help, help that may enable them to continue to keep from offending.

Free and confidential prevention and treatment programs—such as Germany’s Prevention Project Dunkelfeld—may help those who are attracted to children refrain from acting on their desires. Some European countries do have lower child molestation rates than the United States, and this fact may be connected to the availability of treatment.

Many people who are attracted to children are horrified and frightened by their preferences and at-



tempt to do everything they can to keep from harming a child. They may wish to attend therapy, explore ways to curb their desires, or take medication.

Making treatment available and accessible to individuals before they offend may reduce instances of child molestation.

Chemical Castration
Chemical castration is one method that may keep child molest-

ers from reoffending. Many states in the U.S. offer voluntary chemical castration in exchange for earlier release. Some states, such as California, mandate castration for offenders with multiple convictions as a condition of release. The treatment has been shown to greatly reduce sexual desire in men who are attracted to children and to lower rates of recidivism.

Those who have

not yet harmed a child and who are committed to avoiding doing so may find relief from their desires through chemical castration. In some cases, an antidepressant, which may have the effect of further limiting one’s sex drive, is also prescribed.

Sexual desire cannot be completely eliminated by castration, a fact that leads many individuals to question the efficacy of the treatment and the risk of releasing offenders who may

still experience some sexual desire for children. Another objection stems from the fact that the person undergoing treatment must be relied on to take their medication regularly.

However, chemical castration has been shown to be effective for many individuals and thus is likely to protect many children who would potentially be victims of sexual abuse.

MORE ON THIS TOPIC IN APRIL 2017

WHA YA SAY TELL DI TRUTH !

Two hand gone !

RAS ITAL



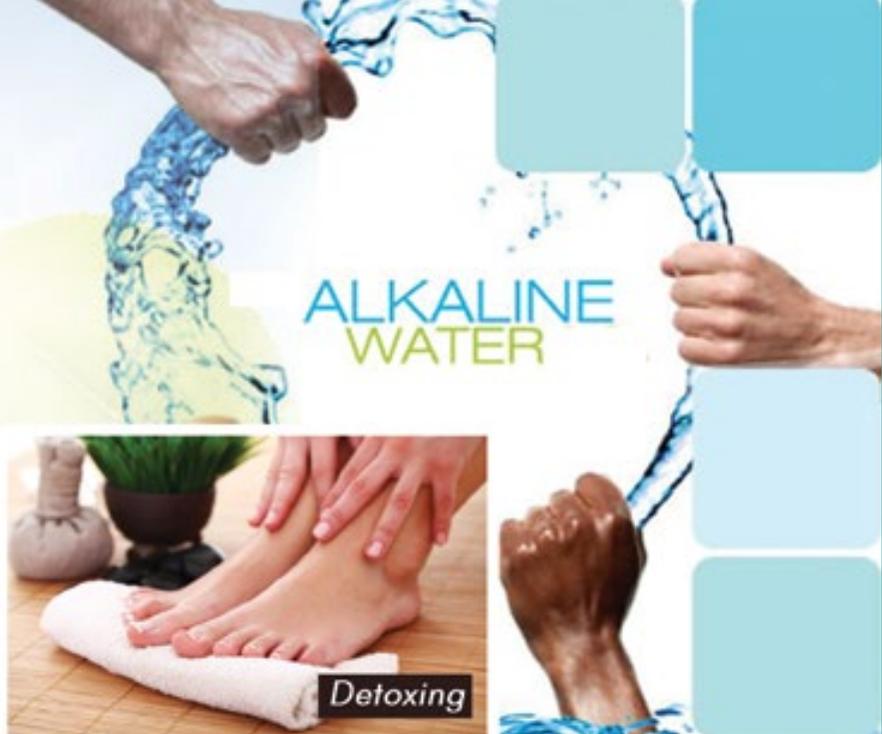
CHA -Mi really want ear, well read what dem conclusion ago be. Mi still naah say to much seen, mi a wait likkle more fi read di outcome a dis one...

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MY LIFE'S SPRING CLEANING METHOD

HAS IT EVER occurred to you that most of us do our yearly spring cleaning, as far as getting rid of the clutter that's around the house. We get rid of unwanted gadgets, clothes that's no longer fit or they no longer are any use to us or maybe because they simply gone out of style. Well what do you think of applying this same routine or method to your very own life. Now don't get me wrong, I'm not saying to get rid of your kids and your nagging moth-

er in law.. LOL . Every year we get into new habits and even some new friends along the way. I know there a few people out there who are comfortable with the way their life is going, and that's fine, kudos to them . I commend anyone who has it all together, but that doesn't mean that the other half of the minority doesn't need a lil advice along the way, sooo, I'm just giving my two cents so to speak. And I'm not a professional

but I can only speak from my experiences that has worked for me and may shed some light on someone else's situation to help them along the way. We all are adults and have set many goals, most of us have things in life we want to accomplish. We want our kids or parents to be proud of us, so we start off on the journey to make this life work because we all know is that times is not promised to no one. Along the way we end up with a few

friends that add little or no value our lives, the activities we engage in, we could of been doing something more productive if we weren't in their presence. This is an example of when you should pull out the stop signs and simply remove that clutter out of your life. Basically all you do is apply your spring cleaning method, you have to understand that you can't be around people who's only concern is partying day in and day out and not even trying to make a better life for themselves as far as building up their mind set, purchasing a new home or even obtaining a higher degree or diploma .

I look at it this way, if your going to be a part of my life, you're either going to be a great support system where in my low times I can turn to you and receive great advice or your an up-

standing role model that I can look up to and say I would love to accomplish or be where you are someday. If your not doing any of the above mentioned then it's time to minimize the time we spend with each other. Now guys, I'm not a mean person so I won't say cut them completely off, because believe it or not you can learn from anyone, I'm pretty sure you've heard that before. Once you start applying your spring cleaning method to your life, you'll suddenly start to realize how much more money you've saved from not parting every weekend, and you don't end up in the "he say she say" battles because of the toxic friendships you keep. So what do you think? Is this method something that will work for you, I mean we do it every year with many other things

as mentioned? Are you ready to spread your wings and fly and be the best you can be. Know that if you fall or fail in life, don't see it as a failure but see it as a lesson not to do it that way again. I've come across this short but powerful proverb that I will share with you and it's also one I applied to my life ever since I came across it. " Don't try so hard to fit in, when you were born to stand out". We don't always have to fit in believe it or not, some folks will just not like you or anything you do. But that's quite ok because your not here to be liked by everyone, your sole purpose is to be your best self give a helping hand to others along the way. I hope I've shed some light that you can apply to your life that may help you along the way.

Remember sharing is caring so if you came across my article and it has made sense to you share it with a friend, know knowing is beautiful and knowledge is power.

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EXCLUSIVE INTERVIEW
"DA LION" READY FOR SOCA RUMBLE

WITH CARNIVAL right around the corner, more and more local artist str to get prepared for one of St Maarten Biggest Soca Competitions " Soca Rumble". As it seems to get more and more interesting every year as more local artist are turning up their approach and game plan towards getting the crown. This year joining the soca band wagon is locally know reggae Artist Junior Lion now taking it to the next level with the new stage name as "Da Lion aka Ehi Meketre". Da Lion brings a new blend of African ambience to caribbean soca with his new single I Appreciate. With so much great artist touching the Stage this year for Soca Rumble, it leaves the whole St Maarten in great enthusiasm to see if King Vers will guard his throne or who will be the Soca Rumble King .

As the industry for local music grows , Cultural Xpression always finds it necessary to hear a bit more from our local artist, what they have been up to and their plans toward progress for their careers. This month we take great pleasure in bringing you front and center with up coming Soca Rumble artist "Da Lion".

Da Lion aka Ehi Meketre formally known as Junior Lion, can please explain bit more on the meaning of "Ehi Meketre" and the transition from Junior lion and Da Lion ?

Ehi Meketre are ancient Kemetic names, Ehi means "God of Muzik" and Meketre means "behold RE or protected by RE",and the transition simply means that The Cub has evolved into Da Lion.

Where are you from and what is your artistic talent?

I am from the beautiful Island of Soualiga Oualichi aka St Martin, and I'm a singer.

When did you first get involved with music and Was Reggae Music your first genre choice?

I got involved with muzik from a very young age, as most singers I started out in church. I must say that my first muzik of choice was RnB/HipHop.

What made you realize you wanted to pursue a career in music?

This realization began when I became Rastafarian in 1997.

What was the first song you ever performed and what was that experience like?

I remembered performing my first hit single entitled " Inna we Country" at the Youth Astravaganza" in 2000 for carnival in the festival village, it was one of the most memorable experiences i will always have, I remember being called back to perform again after finishing my set.

How has your experience been as a reggae artist in the Caribbean?

I must say that Reggae muzik has been good to me over the years, I've been to Jamaica, Bermuda, Anguilla, St Eustatius, Bahamas, Dominican Republic, Saba, Montserrat just to name a few.

Most people know you as a reggae artist, what made you decide to take part in St Maarten Carnival 2017 's Soca Rumble?

I had recently released a new dancehall track entitled "Talk di tingz dem" and received major radio publicity and promotion here on the Island being assisted by my long time friend Baker Junior, so one day he said to me: Why don't you enter into the "Soca Rumble" with those kind of lyrics? I answered him by saying: I'm not to sure about that, Soca isn't really my thing. He then said to me: Why don't you try? I know you can do it man, it's just a Rythm, a beat along with a good concept, and that's when I thought about it and decided to enter into the "Soca Rumble".

How has the creative process been putting together this song for Soca Rumble 2017 ?

To tell you the truth I was at the brink of not having a song ready, it was a struggle. Then I went to Funk Gumbs and he made me listen to one of his beats and it revived me immediately, as I started to freestyle on the beat he looked at me and said: Go in the booth and voice it, why are you standing here waisting time? And thats how this whole idea came about on the very same night that we had to turn it our Songs for qualification.

What can people expect from your stage performance during Soca Rumble this Year?

hahahaha, I am so fortunate right now to be a contestant on the show that I'm a bit mesmerized. I am greatly humbled by this so, in return I have to give to my people something "Epic" that they have never seen me done before and I will just leave it as that.

Are you thinking on making a transition to explore more soca music options for yourself as an artist ?

Ohhhhhh Yeeesssssss, for sure, I'm in love with Soca now and forever.

What is your plans with music after soca rumble?

To continue working towards my goals as a recording/performing Artiste and to flood the industry with great muzik in general.

Who are your top three all time favorite artists and do you listen to other local artist, name a few?

I was always inspired by international legends : Michael Jackson, the Mighty Arrow and Peter Tosh. I also grew up listening to King timo, King Bobo, Caiso Brat, Mighty Dow, Mighty Cat, Calypso Barbara, king Kotto, Singing Olivia and many more to numerous to mention.I now listen to Bush boys, AK Alexis, Kilo Gotti, Ice boy Slim, SMW, Tolly Boys, Michou Layka and many more ... the list goes on and on.

What do you want to be remembered most for as an artist?

I would like to be remembered for the work and contributions over the years, both Nationally and Internationally.

What has been your biggest musical opportunity so far and where have you traveled and performed ?

Wow, I've had so many over the years. I've had the privilege open for great pioneers such as Beres Hammond, Beenie man, Tony Rebel, Queen Ifrika, Gregoy Isaacs, Capelton, I Wayne, KRS 1, Anthony B and many more... I've also travelled and performed in Europe and America.

As an artist, how would you define success?

Success to begin with is actually getting up every morning and having breath of LIFE, Living lovingly with one another as we go through our experiences from day to day having learnt something of vital importance from them. As long as we keep working towards our dreams, goals and plans we will become successful in the short or long run, "experiences in life will always make us wiser while the challenges we face will always make us stronger, let us be the change that we wish to see living in this world" (inspired by Gandhi).

If music wasn't a productive direction to take, what would you use as your creative outlet?

I am a Man of LIFE therefore I am "INFINITE POSSIBILITIES" I am a Farmer, Basketball coach, Referee, Actor, Writer, Clothing designer and so many more ...

What is your advice for musicians looking to on musical entertainment as a career choice?

It is a great choice, I fully encourage the young musicians to do more research and study the Muzik business as much as possible, make sure to copywrite and publish your work/creative ideas.

What is one thing you would change about the music industry?

I would change the way it is viewed here in St Martin, I would make it an outlet for young entrepreneurs in this age and time, and that

EXCLUSIVE INTERVIEW WITH DA LION

artists gets what's rightfully theirs in terms of financial income by setting up workshops, clinics and booking agencies for better improvement of all artistic art forms.

Where would you like to see yourself in 5 years?

Touring the globe and having a positive impact on people from all walks of life.

If you only had five minutes to perform one song to leave an impact on the world, what would it be?

I would sing a song from my first album in 2006 entitled "The Journey no matter what" called "Isperience in life".

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



Junior Lion - aka Da Lion

Agriculture is very much needed and necessary to have on our little 37 square mile of Island for the simple fact that we import everything here. We should be spending money on farm lands and digging wells for water, we are living in a time of genetic modified foods (GMO) that are causing serious health issues on a daily basis. I also think that it should be thought as a circular in schools, from elementary to university, whether it be fishing, raising of herds and

flocks to planting our own organic vegetables and learning to capitalize on our resources starting with cleaning our salt ponds so that they can reproduce salt. After all we were once known as "Land of Salt and many Women" Smile :)

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

There are so many

things we can think of just to name a few such as : Sport tournaments, cultural events pertaining to health awareness, Outdoor movie nights in each community by utilizing our community centers, getting business entrepreneurs to share publicly their stories and views for a better St Martin.

As we come to an end of our interview, would you like to give a shout out and some inspiring words for other artist and youngsters out there

that look forward to positive change in their lives?

Sure, I would like to thank my Mother and Father for bringing me into this world, My ancestors who have forged to make way so we can all be here today, the Gumbs family and all those families out there who have been mighty pillars in my life you know who you are, friends that go way back and those I've lost along the way, fans, loved ones, Starliner records, Turnup Tv, Good Capitol Entertainment and those of you who have supported "Da Lion" and have seen me grow over the years. It wasn't always easy on this path to success for it has been quite a journey, Still I remain very humble to this day. Life has blessed me tremendously, I've met wonderful people, sat with the greats, held conversations with mighty people in this life time and still there are many more to meet and

learn from. Let your light shine bright, always remember to "live the best of life while it last" for no one knows the day nor time we will leave this beautiful paradise named earth. Cherish each other, lend a helping hand to someone in need, say sorry to someone whom you may have hurt in the past, never let your problems get you down stay focus and achieve your goals, you are not alone. The most Honorable Bob Marley once said "LIVE and LET LIVE" only a fool relies on his own understanding. Hotep and peace be unto all "Yuh no hear wah Da Lion declare"... Remember to sms #3 to 2525 #1 appreciate# come out and support me on Soca Rumble on April 25th 2017 at the festival village it's going to be "EPIC".

Want to get more info on Da Lion visit Facebook page: **Ambassador junior lion.**

In the MIX with WATTZZ PUBLISHING
LOCALLY HYPE

Locally Hype will be a section of the Newsmagazine that will highlight all upcoming Audio and Video releases from Wattzz Publishing.

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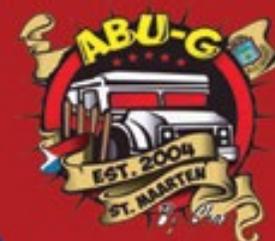
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WHY ECOTOURISM IS IMPORTANT ? P2



Visitors at the St Peters Community Garden

By bigtravelweb.com WITH SIGNIFICANT economic benefits provided by a small scale tourism industry a local population can come to see their natural surroundings as a source of income, but only if they conserve their local environment. A local population needs a specific incentive to preserve it's environment, rather than the western world telling them not to chop down all their rainforests because it contributes towards global warming. The best incentive is invariably money - ecotourism is normally found in communities that are often very poor. The role of the local population is intrinsic to any form of sustainable tourism /

ecotourism, and they should have active control of matters concerning tourism in their locality. The locals should be in control, managing the project in a democratic fashion if it is to be truly sustainable in the long term. Control is crucial. A means to these ends is education - of the local population as a whole, explaining why it's important (and economically beneficial) to conserve their environment. Local tourists should also be educated as to why local ecotourism is important and should leave their travel destination with a greater understanding of conservation issues. Ecotourism is important, otherwise we'll

wreck the world we love to explore, and travel experiences of future generations won't live up to our own experiences. Ecotourism is also important ethically - many people who travel often spend a small fortune on their holidays, but little of that money is actually seen by local people who actually need it. I sleep much better at night in a small community run cabana in the rainforest than in a luxury hotel owned by the Hilton Group, because I know that the money I'm spending is going towards those that really need it.

MORE ON THIS TOPIC IN APRIL 2017 EDITION

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BUSINESS & MARKETING TIPS FOR 2017

THERE'S SO MANY WAYS to develop a brand, and so much advice on how to do it. It can be hard to distill the enormous amount of information available to small businesses who need help letting people know why their company is so important. Here are my four best tips for growing your business and your brand.

Get to Know your Small Business Administration

Places like The U.S. Small Business Administration (SBA) is quite amazing and most people don't realize how many resources they have. In addition to connecting small businesses that need funding with lenders, they offer tons of information on every aspect of running a business, including developing a marketing plan, the relationship between marketing and sales, and how to set a marketing budget.

Use Social Media —

but Don't do Too Much Too Soon

Entrepreneurs getting started with social media marketing often make the mistake of overdoing it. You don't need to be everywhere, and your messaging doesn't need to convey all things to all people. Begin by picking a small number of social media channels that are going to help your business. Then stick to messaging that's closely related to the core value proposition of your business. Facebook is great because it can target customers based on local geographies and other parameters. Sure, it's a little old fashioned, but it's basically the yellow pages of the internet age, and it's also a way to connect people directly to your business. Others like Twitter can be used in a similar way, but Facebook is a great starting point.

Take Advantage of the Cloud



The great thing about being a newer, smaller business is that you're not handcuffed by the same technology investments as your older, larger competition. You're free to invest in all kinds of cloud services that place the burden of technology management on someone else. Cloud services

are easy to get up and running, and they give you near infinite room to grow. On the marketing front, cloud-based services like Canva, allow you to create graphic designs for social media and other marketing efforts. Constant Contact can help you send email newsletters to current and potential customers. And there's certainly no shortage of cloud-based marketing automation applications to choose from.

Protect Your Most Valuable Marketing Asset — Data

It doesn't matter what business you're in: You're going to be generating lots of data about orders, seasonal spikes in sales, customer preferenc-

CONTINUED ON PAGE 15

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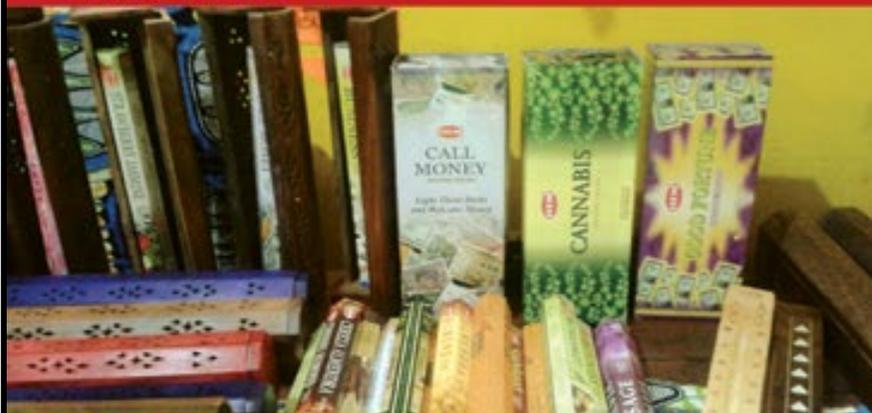
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es, contact information and much more. That information will fuel all of your marketing efforts going forward — and it needs to be protected. That’s why you should consider a cloud backup service like Carbonite. With cloud backup, your data is easily accessible from any internet-connected device — and cloud backup protects your business data from malware, computer theft, accidental deletion and natural disasters.

Before the days of the internet and Facebook statuses, marketing was a constant uphill battle for a lot of startups and small businesses.

Today, it is still an uphill battle. However, digital marketing has made the task of establishing a business presence much less intimidating. In fact, some might argue that it levels the playing field and gives the smaller guys an opportunity to shine in a way the big enterprises simply cannot.

There are a number of reasons why the market will always root for the underdog. As startups and small to medium sized businesses know, they have a lot to gain from a well-planned digital marketing campaign and must make sure every single dollar is put to good use.

Small Business Marketing Tips
 Invest in Search Engine Optimization (SEO)

Did you know that 81 percent of shoppers will begin their buying process with a Google search? Or that 35 percent of all ecommerce traffic comes from search engines?

Think of SEO as the word-of-mouth of the internet. Regardless of whether you own an e-commerce platform, a brick-and-mortar store, or both, investing in SEO is one of the smartest business decisions you can make to put yourself on the map.

If planned correctly, you will see an incredible ROI without breaking your bank. SEO is effective due to the fact that the customer is already looking for you, or the service you provide. This is where targeting the right customers with the right keywords helps a lot.

However, the most important thing to keep in mind about SEO is that you will not likely see significant results overnight. Like most paid options, your visibility will be tied to your budget. SEO is a long-term investment. Don’t give up if you don’t see success right away. It can take weeks, or even months. Keep investing and eventually, you will see good results.

Showcase Expertise with Stellar Content

Content marketing has been the central focus in the digital realm for quite a while now. Content is the foundation of brand messaging. The task is producing material in the form of blog posts, infographics, videos, etc. suited to the platform of your choice.

Content creation is a golden opportunity for businesses of all sizes to shine and let the world

know what they are made of and what profound value they can provide.

The trick to creating grade-A content is knowing your target audience down to a tee while fielding their most prevalent questions or concerns.

Take Firmoo for example. An online store for eyeglasses, they know that their product is typically one where customers like to go to a brick-and-mortar location and physically try it on.

In turn, they go above and beyond on their website to provide all the information the customer might need. In addition to perfected product listings, they publish a blog that addresses pressing questions within the industry.

Content is truly an underdog’s best friend. Google loves fresh, relevant material. The higher quality you produce, the better you will do in the search rankings. Everyone wins.

Seek out Influencers

Influencer marketing is all about expanding your community. An influencer is basically a prominent figure with a large following. The goal is to find one pertaining to your target market and getting them to talk about your business to their loyal fan base. When you find the right one, it can do wonders for startups and small to medium sized businesses.

Start by brainstorming a list of who might have the strongest impact on your audience. This could be anyone like a blogger, politician, Instagram model, or even another business owner.

For example, Boxed Water came up with a genius influencer marketing campaign titled “The Retree Project.” For every Instagram post tagged with #Retree, Boxed Water planted two trees. It paired with the National Forest Foundation and other Instagram influencers to spread the word about their philanthropy. As of this writing, they have planted over half a million trees!

Make a Serious Effort to Get Online Reviews

We’ve all heard the stats on how important online reviews are these days. Perhaps the most mind-boggling one is that 90 percent of shoppers incorporate them into their purchasing process.

With that being said, customer reviews and testimonials can be a game changer for startups and small to medium sized businesses. This means that the underdogs need to make a huge effort to gather feedback from customers.

Following a purchase, it is wise to send an email encouraging customers to rate them on the big review sites like Yelp, or with a simple form to fill out regarding their experience.

Asking for reviews is a very simple task and can bring unbelievable results. The key is providing noteworthy service that warrants good feedback.

BY smallbiztrends

AN INCREDIBLE IMPACT: POOR KIDS ARE BEING PRICED OUT OF YOUTH SPORTS P2

BY WASHINGTON-POST SURVEYS

of the more than 300 players in Identity's program showed that playing soccer lowered delinquency rates and increased physical activity and emotional well-being. Nearly 60 participants have made their middle and high school teams, including seven "unaccompanied minors" who fled their countries.

"Sports is an entry point into a different lifestyle for them," Urburu said. "But for so many of these kids, they just can't be a part of it." Earlier this year, Eva Gonzalez fled El Salvador with



her 10-year-old son, immigrating to Gaithersburg, where she had family.

Initially, her son struggled to fit in at

school. He did not speak English. He had no friends. He wasn't happy. But then a spot opened up in

an after-school soccer program at South Lake Elementary run by Family Services Inc., a Montgomery County social services organization.

Speaking through an interpreter, Gonzalez said that her son's English was improving as he talked more to his soccer teammates, who had also become his close buddies.

"He is very happy when he plays, and now he would like to do more," she said.

Innovative efforts to help families such as Gonzalez's pop up every day around the country, including several national programs sponsored by Major League Baseball, the U.S. Soccer Federation, the National Basketball Association and other professional groups. Nike, ESPN and Dick's Sporting Goods are also invest-

ing in leagues in rural or lower-income communities. In Washington, the Nationals provide uniforms and hats to District youth baseball and softball leagues.

But money alone is not enough. Neither are more fields or free equipment. And even Berk, the policy analyst and part-time baseball coach behind the checkbox idea, knows it.

In his paper, Berk wrote that the vast majority of lower-income children in Gaithersburg "did not participate in its sports programs even with automatic approval of waiver applications."

Following set rules, taking direction and accepting decisions is a large part of playing competitive sport. And players are often penalised for bad behaviour.

With regular interaction with coaches, referees and other players, respecting their elders and listening to their peers is an important skill kids can take from the court or pitch.

As kids grow up, we expect them to learn to control their emotions. Especially the negative ones.

In sport, emotions can run high and learning to channel them the right way can be tough for youngsters.

MORE IN APRIL 2017 EDITION

PSYCHOLOGICAL AND SOCIAL BENEFITS OF SPORT FOR KIDS

BY UQSPORT EVERYONE TALKS about how important sport and exercise is for our kids - including us.

Of course, with the rising rate of obesity, it's an undeniable fact that our kids' health and fitness should be top priority.

Sure, we're all aware that active children are more likely to become active adults. But sport is much more than just

a means to an end in trying to keep kids physically fit.

Studies suggest that sport can also have a huge impact on a child's psychological and social well-being. And teach them some extremely valuable life skills too.

Here's a rundown of sport's top 10 psychological and social benefits for kids...

CAMARADERIE
Joining a sports team gives kids a sense of belonging and the opportunity to make new friends. Some may even become buddies for life!

Getting involved in a sport also gives kids another social circle outside of school.

With roughly one in four students (27%) reporting being bullied at school, joining a sports team could be a much-needed

source of social support.

LEARNING TO LOSE
And learning to do it gracefully.

Bad sportsmanship is an ugly thing. No one likes a sore loser.

Of course, there's no harm in being competitive and expressing frustration in a non-aggressive manner.

However, losing with integrity to a better opponent is a lot more honourable than throwing tantrums as regularly displayed by certain young Australian tennis players.

Which leads us on to the next point quite nicely...

RESPECTING AUTHORITY
Does your child need the occasional extra dose of discipline? Sign them up for a sport.

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- 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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