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**FEB 2017**

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IS INFLUENCED BY MANY THING ESPECIALLY  
LIFE'S EXPERIENCES



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# MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING ANTONIO MACEO GRAJALES ( CUBAN REVOLUTIONARY AND GENERAL P2)

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**THE MEETING,** known as the Protest of Baraguá ("Protesta de Baraguá"), began when a messenger was sent to Maceo from another Cuban high officer, who proposed an ambush against the Spanish general. Maceo rejected the plan, informing the would-be conspirator via letter: "I don't want victory if it goes accompanied with dishonor."

After respecting the truce time for the interview (a few days), Maceo resumed hostilities. In order to save his life, the government of the Republic of Cuba gave him the task of gathering money, arms and men for an expedition from the exterior. Maceo's movements were useless, however, due to the dismay of the exiled sympathizers who were unhappy with the Zanjón pact.

Later in 1879, Maceo and Major General Calixto García Íñiguez planned from New York a new invasion to Cuba, which initiated the short-lived Little War. Maceo did not personally fight in these battles, for he had sent Calixto García as highest commander. This avoided exacerbating the racist prejudices of fellow Cuban officers that were inflamed by Spanish propaganda. The Spanish tried to create the impression that Maceo was trying to start a racial war against white Cubans, though their propaganda efforts did little damage to Maceo's reputation.

**THE FRUITFUL TRUCE**  
After a short stay in Haiti, where he was pursued by the Span-



Mr Antonio Maceo Grajales Photo by tvyumuri.com

ish and faced assassination attempts by the Spanish consulates, and also in Jamaica, Maceo eventually settled in the Costa Rican province of Guanacaste. The president of Costa Rica assigned Maceo to a military unit and provided him with a small farm to live on. Maceo was contacted by José Martí and urged to initiate the War of 1895, called by Martí the "necessary war". Maceo, with the experience and wisdom gained from previous revolutionary failures, argued that there were a number of impediments to military success in a brief but intense epistolary exchange with Martí, warning about the causes of the partial defeat in the Ten Years' War (1868-78). Martí responded with his formula of "the army, free; but the country, as a country with all its dignity represented," and convinced Maceo of the high probabilities of success if the war was to be prepared carefully. As a precondition, Maceo demanded that highest command should be in the hands of Gómez, which was approved without reservation

by the Delegate of the Cuban Revolutionary Party (Martí). In Costa Rica, he faced, gun in hand, another attempt of assassination by Spanish agents at the exit of a theatre, with fatal result for one of the aggressors.

**CUBAN WAR OF INDEPENDENCE**

In 1895, together with Flor Crombet and other lesser officers, Maceo disembarked in the vicinity of Baracoa (close to the eastern tip of Cuba) and after repelling a Spanish attempt at capturing or killing him, he got into the mountains of that region. After many difficulties, he managed to gather a small contingent of armed men, which rapidly grew with other rebel groups of the Santiago de Cuba region. In the farm of "La Mejorana", Maceo had a historic, but unfortunate, meeting with Gómez and Martí, because of the disagreements between him and Martí, regarding the question of the relationship between the military movements and the civilian government, against which constitution was Maceo, but Martí, knowing both sides of the problem, stood on his formu-

la. Several days later, Martí, treated as a non-military "Doctor" by Maceo, would fall in battle in Dos Ríos (confluence between the rivers Contramaestre and Cauto).

After Gómez was designated General in Chief of the Cuban Liberation Army, Maceo was named Lieutenant General (second in command after the General in Chief). Starting from Mangos de Baraguá (place of the historical protest in front of Martínez-Campos), Maceo and Gómez, on command of two long mambises columns, took brilliantly the task of invading the west of Cuba, riding or walking more than 1000 miles in 96 days. After several months bleeding the Spanish forces in Havana and Pinar del Río Maceo arrived at Mantua, in the western extreme of Cuba, on October, 1896, after defeating for many times the technically and numerically superior forces of the Spaniards (five times the Cuban forces on occasions).

Using alternately the tactics of guerrilla and open warfare, they exhausted the Spanish Army of more

than a quarter million soldiers and traversed all the island, even through the military trails, walls and fences built by the Spanish Army with the purpose of stopping them and dealing with an overwhelming technical and numerical superiority of the Spaniards. The level of coordination and cohesiveness of Cuban forces was driven by the fact that Máximo Gómez had clearly established a chain of command that subordinated all Major Generals to Maceo, his executive officer.

The invasion of Western Cuba had been previously attempted by Brigadier General Henry Reeve during the Ten Years' War but faltered (and collapsed) between the easternmost section of the province of Matanzas and the westernmost section of the province of Havana and Reeve perished. At the time Maceo had collaborated with Reeve under the direction of Máximo Gómez. The eagerness for independence and the cruelty of the Spanish high officers made rural inhabitants of the western half of the island eager to give support in men and logistics to the Liberation Army. This was the cause of the institution, by Valeriano Weyler, of the reconcentration. Hundreds of thousands of peasants were forcibly carried to the cities, mainly Havana, Pinar del Río and Matanzas, besides several minor cities in these three provinces.

In the concentration camps created for them, very similar

**CONTINUED ON PAGE 3**



# CARIBBEAN CRUCIBLE: HISTORY, CULTURE, AND GLOBALIZATION PT.3

By Kevin A. Yelvington

## Conquest and Colonization pt 3

AS THE anti-slavery struggle finally ended, it gave way to the anti-colonial, nationalist struggle, a prominent feature of twentieth-century Caribbean life, led for the most part by workers and their nascent organizations. At the same time, European dominance gave way in large part, though not completely, to U.S. political, cultural, and military hegemony—including

a number of military interventions—which eventually brought tourists, satellite television, the Internet, and the International Monetary Fund. This experience was also diverse (see Table 2).

Political differences, linguistic diversity, and traditions and prejudices inherited from the differing colonial powers have meant that the Caribbean has suffered from a lack of unity and insular worldviews. Islanders often feel more in common with the colonial



Photo by DCCCD

metropole than with the residents of the island next door who speak a different language.

### CULTURE AND CREOLIZATION

If Caribbean peo-

ple have been constrained in their political and economic relationships, it is perhaps these very constraints that have generated the conditions for innovation and creativity that mark Caribbean cultural forms—from language, religion, and music to family structure. As Derek Walcott, a Caribbean writer and winner of the Nobel Prize for Literature, once wrote: "Colonials, we began with this malarial enervation: that

nothing could ever be built among these rotting shacks, barefooted backyards and moulting shingles; ... If there was nothing, there was everything to be made."<sup>3</sup> And made they have. In 1992, the quincentenary of Columbus's first voyage, Caribbean litterateurs won Europe's most prestigious writing prizes. Martinican novelist Patrick Chamoiseau was awarded France's Prix Goncourt, Cuban poet Dulce María Loynaz won Spain's

Cervantes Prize, and Walcott, from tiny St. Lucia, won the Nobel.

Caribbean music—reggae, calypso, salsa, merengue, rumba—has gained worldwide notoriety and acceptance and influenced other musical styles. Performers such as the Mighty Sparrow, Celia Cruz, and the late Bob Marley have achieved worldwide fame, and to these names could be added many others. Trinidadian carnival masker Peter Minshall was artistic director for the opening and closing ceremonies of the 1992 Olympics in Barcelona, the 1996 Olympics in Atlanta, and the 1994 World Cup opening ceremony in the United States.

CONTINUED ON PAGE 4

## MAJOR FIGURES IN AFRO

### REMEMBERING ANTONIO MACEO GRAJALES P2 CONTINUED FROM PAGE 2

to those later built in Europe by the Nazis, almost a third part of the Cuban rural population lost their lives.

Contrary to the expectations of Weyler, the cruel reconcentration encouraged many people to join to the Liberation Army, preferring to die in battle than in starvation. In 1896, after meeting Gómez in Havana (crossing once more the trail from Mariel to Majana via Mariel Bay), he returned to the fields of Pinar del Río, where he faced bloody clashes with outnumbering forces, led by Spanish generals famous for their victories in Africa and the Philippines, and provided with artillery and the most modern weapons for infantry including the Mauser bolt-action rifle. After decimating Spanish forces in the westernmost mountains of Cuba, Maceo turned eastward again, crossing the mentioned trail in order to travel to Las Villas or Camagüey. There he was planning to meet Gómez to plan

the ulterior course of war, and with the Government in Arms, to establish an agreement between it and the forces in action, in relation with two main subjects: the raisings of medium and high officers in the Liberation Army and the recognition of belligerence by foreign countries and acceptance of direct military aid. His position was, at that time, acquiescent with accepting economic aid and packages with weapons and ammunitions from Europe or even from the United States, but was strongly opposed to acceptance by Cubans in the independence movement for a direct military intervention by the US in Cuba.

#### Death

His plans for meeting with Gómez and the Government in Arms never took place. On December 7, 1896, in the vicinity of Punta Brava, Maceo was advancing into the farm of San Pedro, only accompanied by his personal escort (two

or three men), the physician of his Headquarters, the Brigade General José Miró Argenter and a small troop of no more than twenty men. When they attempted to cut a fence for facilitating the march of horses through those lands, they were detected by a strong Spanish column, which opened an intense fire. Maceo was hit by two shots, one in the chest and another that broke his jaw and penetrated his skull. His companions could not carry him because of the intensity of the fire-fight and Maceo's size. The only rebel who stayed by him was the Lieutenant Francisco Gómez (known as Panchito), son of Máximo Gómez, who faced the Spanish column for the sole purpose of protecting the body of his general. After being shot several times, the Spaniards killed Gómez with machete strikes, leaving both bodies abandoned, not knowing the identity of the fallen.

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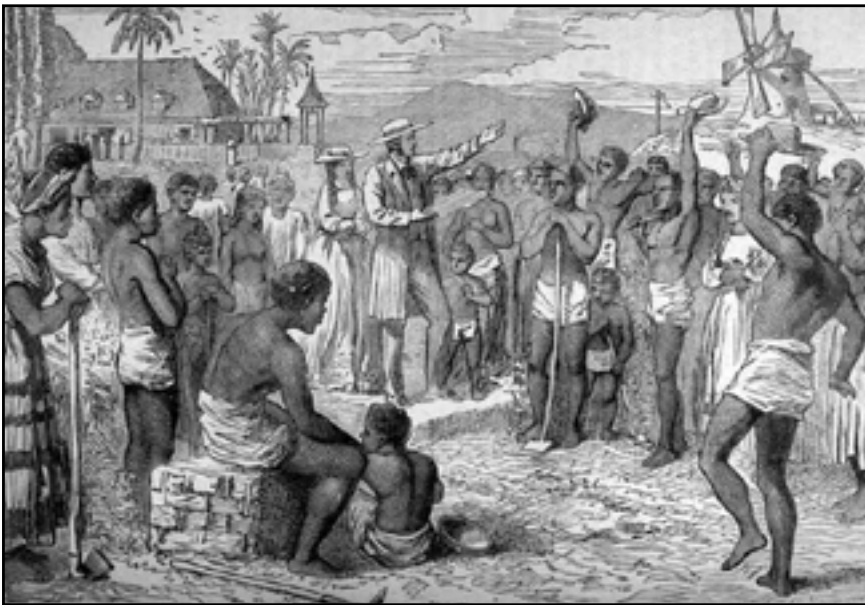
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CARIBBEAN CRUCIBLE: HISTORY, CULTURE... PT.3.... FROM PAGE 2



Novelists and poets including Jamaica Kincaid, V.S. Naipaul, and Kamau Brathwaite have found homes and followings abroad while their work is still identifiable as Caribbean. But these attainments are not the only consequences of Caribbean culture building.

The practice of everyday life as well as the development of expressive and communicative culture and religion might fruitfully be seen through the prism

of creolization. "Creole," from the Spanish *criollo* meaning "of local origin," is to be understood in at least three senses. One is the general idea of a cultural blending, of more than one cultural tradition becoming transformed under local conditions to something unlike its antecedents—a process of change with early documentation in the Caribbean, and which even began on the slave ships themselves. But rather than an easy assimilation,

as described by the United States' "melting pot" model that has its counterparts in the Caribbean, creolization occurred and occurs in the context of differences in social power. Creolization may be more pronounced in some areas of culture than in others; it depends on historical context and sets its own standards.

Afro-Caribbean family forms, with the prevalence of female-headed households, single parenthood, and common-law marriage, are thus not somehow "deviant." They have to be seen in their historical development and as strategies by men and (especially) women devised in the context of scarcity. Creolization is evident in syncretic Caribbean religions and their uses to oppose the established order. These include *santería* (sometimes called *regla ocha* or *lukumi*) and *palo monte mayombe* in Cuba; *vodou* in Haiti; the *orisha* religion in Trinidad; *obeah* in the English-speaking Caribbean; and *Kumina*, *Myal*, *Revival* and *Rastafarianism*—with its explicit evocations of Africa—in Jamaica. Caribbean music and art forms, such as *Carnival* in Trinidad and Cuba and *Jonkonnu* in Jamaica, are complex outcomes of the creolization process that include African-derived,

European-derived, and even Amerindian-derived strains. Such art and stylized play involves resistance and opposition.

A second sense of "creole" describes a kind of language situation. Creole forms of speech exist throughout the Caribbean, and therefore the terms "Dutch-speaking," "English-speaking," and "French-speaking" Caribbean are somewhat misleading. The term "pidgin" refers to specialized trade or contact jargons, and a creole language comes into existence when populations in contact engage in regular interaction and the pidgin becomes the language of the home—a first language, expanding the language's functions and scope.

Besides multilingualism, bilingualism, and monolingualism, the Caribbean also exhibits "diglossia," the language form created when two codes exist, sharing one level (for example, vocabulary) but differing at other levels (for example, in pronunciation and grammar). In Martinique, Guadeloupe, and Haiti, for instance, French is the official language (used in legal proceedings, on television, and in schools), while creole is spoken on the streets and in the home in informal conversation.

## 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

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# CX FIRST AGRICULTURAL FESTIVAL IN PHOTOS



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Ras Jahbash speaks about herbs on his table



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# Ask The Priest

Email: [contact@wattzpublishing.com](mailto: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.

## WHAT RISKS ARE WE TAKING VACCINATING OUR CHILDREN? P2

### CONCERNED CITIZEN SEEKS ANSWERS ABOUT CHILDREN VACCINATIONS

Blessed love Priest Kailash I live in St.Maarten, i would like your advice as to what vaccines you feel we should try to stay away from in particular. My son Judah have been vaccinated before when he lived with his mother, now he is 9 years of age and they usually give that same vaccines as before hoping to complete the immunity against DTP and MMR, but i have read where these vaccines have caused death in certain cases.

The vaccines that the ministry of public health is asking my permission to give are the following DTP which is the immunization

against diphtheria, tetanus and polio, also MMR which is the immunization against measles, mumps, and rubella. I asked the family doctor if these vaccinations could be given apart and delayed until he is in his teens that the body can better resist any complications but according to the doctor the DTP is given together, and so is the MMR.

I'm not sure if they mean DTP is already mixed or if they mix it and give it as one shot, and the same goes for the MMR, I am not really sure how it's done. The doctor also said that they can not be delayed until his teens

cause they would have to start all over again, meaning twice with the same time span. I feel very uncomfortable about this situation, since to me it's like playing russian roulette, with our children, but these government people got us with our backs against the wall, cause there plan is to use force or make it look like I'm an inconsiderate parent when it is out of love that I don't want to take chances with my youth.

I hope you will be able to respond in time that I can better make up my mind as to what I should do to keep my son out of harm's way.



#### Excessive exposure to formaldehyde may cause cancer.

#### Dangers of formaldehyde

Formaldehyde is oxidized in the human body to become formic acid. Formic acid is the main ingredient of bee and ant venom. Concentrated, it is corrosive and an irritant. While absorbing the oxygen of the body, it may lead to acidosis, nerve, liver and kidney damage. According to the National Research Council, fewer than 20% but

perhaps more than 10% of the general population may be susceptible to extreme formaldehyde toxicity, and may violently react to exposure at any level.

#### Sugars, amino acids, and proteins added to some vaccines

These substances may be added as stabilizers. They help protect the vaccine from adverse conditions such as the freeze-drying process, for those vaccines that are freeze dried. Stabilizers added to

vaccines include: sugars such as sucrose and lactose, amino acids such as glycine or the monosodium salt of glutamic acid and proteins such as human serum albumin or gelatin.

#### Dangers of these additives

Monosodium salt of glutamic acid can cause heart attacks. Injections of glutamate in laboratory animals have resulted in rapid damage to nerve cells in the brain. MSG is in a special class of chemicals called excitotoxins, which

are known to directly attack brain cells. In 1978, MSG was banned from baby foods and other baby products that were produced for children who were less than one year of age, because the American Academy of Pediatrics and the National Academy of Sciences expressed concerns. It is now being used in these products again, in addition to being added to childhood vaccines.

Preservatives are added to some vaccine formulations to prevent the growth of bacteria or fungi that may be introduced into the vaccine during its use, e.g., repeated puncture of a multi-dose vaccine vial with a needle.

Mercury compounds are used in vaccines as preservatives. The toxicity of mercury has been repeatedly ignored in the area of vaccines by the medical establishment and oversight agencies. Mercury is the second most poisonous element known to mankind (second only to uranium and its derivatives). Brain neu-

rons rapidly and permanently disintegrate in the presence of mercury within 30 minutes of exposure. Mercury is also known to change a body's chromosomes.

The U.S. Government has known about the potential problems of thimerosal (the mercury-containing preservative) for many years. The World Health Organization expressed concerns about it in 1990.

Mercury is a cumulative poison, which means the body has difficulty removing it, and that levels of it in the body will accumulate significantly over time. Large amounts of mercury can accumulate over a lifetime. During a typical day of routine vaccines, infants sometimes receive the same amount of mercury as the absolute maximum set by the World Health Organization for 3 months of adult exposure.

Fetal calf/bovine serum are in some vaccines

In the manufacture of viral vaccines, the virus may be grown in cells. These cells need a source of nutrition, which in some instances may be provided by fetal bovine serum.

#### Dangers of these additives in vaccines

This is foreign tissue and the physical structure may relater adversely to such.

CONTINUED ON PAGE 8

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# VACCINES AND OUR KIDS P2.... FROM PAGE 7

Sometime snorted human fetus is used and this can result in shock.

### Are vaccines safe?

Many doctors have associated autism and other mental disorders to vaccines and some children life have changed dramatically for the worst after using vaccines. Many people have died after taken vaccines this is why in countries like USA there is a national fund available for vaccine incidents.

Some people will say that vaccines have resulted in the destruction of many diseases while some see it as a killer. We have provided you with some basic information some of which taken from the FDA website so you can make an educated choice to what you do.

Personally I don't vaccinate my children but your choice have to be made based upon your understanding. We use lots of potent immune-enhancing herbs, charcoal and allow our children to natural acquire immunity. We are not telling you whether or not to vaccinate your child but we are providing you with information.

"A single vaccine given to a 6 pound infant is the equivalent of giving a 180 lb. adult 30 vaccines in one day."

-- Dr. Boyd Haley

Take time and research as your baby is very vulnerable and you have been given the responsibility to nurture them by the Almighty.

### Blessed Love



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# VEGATERIAN AND VEGAN RECIPES

## Spicy Vegan Potato Curry



### INGREDIENTS

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving. water to help them stick. Repeat until you have finished with all of the dough and filling.

Bring a large pot of salt water to a boil and drop the ravioli inside, about 10 at a time. Now, wait until they start floating on the surface of the boiling, remove them and place on a piece of kitchen paper. You can now either eat them right away with some olive oil, fresh parsley, and a sprinkle of nutritional yeast (or vegan cheese) or freeze them for another time. spinach, and mustard greens.

Stemmed, coarsely chopped spinach or whole baby spinach leaves can be added as you would the chard in the directions above, as can chopped mustard greens. If you'd like to try kale or collard greens in this dish, I'd suggest steaming first before adding to the dish when you would the other greens.

You can also vary the kind of beans used. Try black beans, red beans, or pinto beans.

### NUTRITION INFORMATION:

Per Serving: 231.2 calories; 3.7g total fat; 7.8g protein; 43.7g carbs; 8.9g fiber; 426mg sodium

Read more at <http://www.vegkitchen.com>





# CAN CHILD MOLESTERS EVER BE REHABILITATED? P1

By [goodtherapy.org/](http://goodtherapy.org/)

**WHILE THE** terms "pedophile" and "child molester" are often used interchangeably, they do not mean the same thing. A pedophile is a person who is attracted to children, but not all people with pedophilia molest children. Many individuals who are attracted to children never act on their attraction, and some seek help in order to keep from harming children.

Pedophilia is considered by some to be one of the most difficult social problems to understand. The 5th edition of the Diagnostic and Statistical Manual classifies pedophilia as a paraphilia, distinguishing it from pedophilic disorder: It is diagnosable as a mental health condition when it causes distress to the affected individual or to someone who is unwilling or unable to consent. Thus, ac-

ording to this classification, having an attraction to children and not acting on it does not indicate a mental condition.

New research shows that pedophilic disorder may be neurological in nature, lending further support to the position that an attraction to children is not a choice. Some may find this difficult to accept, as those who do act on their desires and molest children have the potential to cause serious and lasting harm to many children. They may repeat their crime over and over until stopped by the criminal justice system. Many people may believe that, once caught, people who molest children deserve to spend the rest of their lives in prison, but the reality is that many of these individuals will eventually be released.

Upon release from prison, offenders



are often required to enter rehabilitation programs, which are meant to redirect pedophilic urges and help a person refrain from harming children. These programs are often viewed with skepticism, as many believe that a person who molests children cannot be rehabilitated and that pedophilic urges will always lead to the sexual abuse of a child. However, there are several perspectives on the issue.

**The Difference Be-**

**tween Pedophilia and Child Molestation**

Psychological perspectives on child molestation vary greatly, but experts agree that most people who molest children fall into one of four categories:

Children or teenagers under the age of 16 who are sexually curious and may experiment with younger children.

Adults who have a brain condition, intellectual disability, or other mental health issue.

Individuals who have an antisocial personality and may use children sexually but have no particular sexual desire for children. Individuals who are older than 16 and experience ongoing sexual desire for children. Sexual desire for children, or pedophilia, can be identified and treated or controlled with therapy and medication.

Ninety-five percent of all known instances of child molestation are committed by people with pe-


dophilia. Other individuals may molest children for the above reasons, out of sexual frustration, or in order to maintain power or exert control.

Though nearly all those who molest children have pedophilia, many people with pedophilia will never molest a child, and some work to eliminate their attraction to children through various forms of treatment and therapy.

**MORE ON THIS TOPIC IN MARCH 2017**

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# BEING SINGLE IN 2017

## BEING SINGLE IN 2017, AND IT FEELS AMAZING

I know my heading might have caught your attention and you're probably saying or thinking to yourself... She must be crazy or just a delusional lesbian who hasn't found herself the right man. Before we get any further I would like to introduce myself to all my readers, my name is Latoya Ruan I was born and raised here on the beautiful island of St. Maarten, I am 36 years of age, soon to be 37 with no kids "Can you say biological clock is ticking" Yikes. Now that you know a little about me let me get right into why you started reading my article in the first place. I'm not a bitter lady in her mid 30's who feels like all men are dogs. I've come this

simple conclusion in life that, if you can't be happy alone how can you be happy with someone else. With that said I've had my share of relationship in my time and I realized that the majority of men here and anywhere in the world are just like us women. They want to be loved and have someone who will have their back no matter what. But most importantly they want honesty, and with honesty trust comes along. Now I've been out of the dating scene for about 1 year and a couple months. In the beginning, being alone was hard, but it made me understand that when you want something so desperately in life, you must first give yourself time to heal from your previous heartache. Focus on what you want to accomplish

for yourself. Now it did take me some time to figure out what I wanted, and like any other woman that simply was to be happy and "semi" stress free. Yes, I did say "semi" stress free, I would be lying to myself and to you, saying I would like to have a stress free perfect life which doesn't exist. What I did, doesn't take a rocket scientist to figure out. Here's what I did, it's this simple: I removed myself from all of the clutter that surrounded me example: negative people and attention seekers. I then started to feed my mind with positive things I wanted to be happy with, notice I said "I want to be happy with" no one else but me. Sometimes in life we often get confused doing things to please others and we often squeeze ourselves out of the equation. And we do this because it's how society has trained us to be. So concerned about ensuring you have enough Facebook likes and snapchat views that we lose ourselves and before you know it we're miserable and alone. Now if you start each day with making yourself a priority like you do in pleasing others you will notice it becomes a habit. And we all know that it takes theoretically speaking 21 days to create a habit and 90 days to create a lifestyle. So when I say I'm single I really am saying I'm enjoying my me time.

And if I choose to hang out with some girlfriends I do, if not I do whatever floats my boat. You see when we get so caught in our own little world, doing what make you happy you leave little space for disappointments. So what I'm really trying to make clear is that you are as happy as you allow yourself to be, circumstances will arise and other things along the way. But your goal in life is not to be like everyone else because if that was the case it would be chaos. So nothing is wrong with having a spa day alone, going to dinner alone or even the movies alone. You've worked hard enough and deserve to be treated the way you want to be treated, and who can take better care of yourself than you. So live a little be spontaneous and start each day with a cup of sparkle and whatever else makes you happy. Don't ever let anyone dull your shine (in other words your happiness), because your happiness and wearing a smile is the most beautiful accessory you can wear and I'm wearing mines every day. This is why my single life is so amazing and yours can be too, you just have to start putting yourself first. So make today and every other day count in your process of being happy and simply amazing....

**Stay blessed and express yourself**

## HOW ART AFFECTS OUR EMOTIONS? PT. 4

### Subject And Pattern

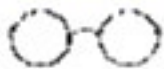
Particular subject and pattern of art also influence the emotion and reaction of the viewers. Patterns always play the great role, because understandable artwork with vague subject and messages may distract the viewers especially those who're not familiar with such pattern.

The artwork with clear view and focus on the particular subject has more soothing ef-

fect than that of artwork with clutter subjects and combinations. That's why landscape are so much used for encouraging calmness and serenity. For a normal people who don't understand the meaning of abstract, abstract creates an illusion and tension because of its unclear message. For deriving peace and calm emotions natural landscape and photographic art are strongly helpful.

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**WHY ECOTOURISM IS IMPORTANT ?**



Cultural Xpresssion Agricultural Festival St Maarten

**THESE DAYS**, everyone and anyone can label themselves or their tourism project / idea / tour operator as "Ecotourism". It's usually a marketing ploy to attract more business - everyone feels good if they can consider themselves to be travelling responsibly. When I ask people "what is ecotourism?" or "what's the definition of ecotourism?" the responses normally centre around descriptions on tourism based on nature / natural parks and a few people will mention conservation. Yes these are true, but ecotourism is a far more complex concept than this..... Ecotourism essentially is a mix of inter-linked concepts that all depend on eachother in the hope of achieving a type of tourism that is sustainable in the long term. The three key concepts are the environment, the local population and education. Ecotourism is indeed normally (though not necessarily) a type of tourism based on nature (eg. rainforests or other environmentally threatened ecosystems). The idea of ecotourism is that that environment should not be damaged by the presence of tourists who visit to experience it. In fact, an ecotourism projects goal should be that the mere presence of tourists actively contribute towards the local conservation issues. Ideally, more tourists (up to a certain threshold) should mean more benefits / conservation / contributory funds towards the environment.

**MORE ON THIS TOPIC IN MARCH 2017 EDITION**

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# THE ENTREPRENEURS CORNER: MR RALPH CANTAVE

**THE ENTREPRENEUR'S CORNER** is Q&A format interview geared towards highlighting Entrepreneurs from St Maarten and round the Caribbean about their direction, goals, struggles and life while working towards building their careers and businesses.

As we kick off another edition of The Entrepreneur's Corner the month Feb 2017 we are honored to get a chance to interview young aspiring writer Mr Ralph Cantave. His new book *Words of Change* shares with the reader a chance to embrace the Voices of Soualigan Soil and what best way to express it through the pen of a promising young man. Mr Ralph Cantave.

**Who are you and where are you from?**

My name is Ralph Cantave. I'm an author, poet, radio host, student and a servant leader. I am a man who believes in leading by example and serving one's community.

I'm a son of the soil whose roots are grounded in Haiti. I'm also a proud Downstreet boy; as I lived in town all my life.

Where did you attend to school?

I was fortunate to attend the best schools on the island. I'm a proud alumna of M.A.C school (Browlia F. Millard campus) & the St. Maarten Academy. I'm currently in my last semester at the University of St. Martin and I'm pursuing my Associate degree in General Liberal Arts.

**What are you currently doing to be able to sustain yourself or family?**

I am a radio host at 98.1 Pearl fm. I host the morning show from 8.30-10 am from Monday to Thursday. I also do freelance public relations for people on the island and the US, and my book *Words of Change* is pretty much in demand on the island, so book sales have been going good so far.

**What inspired you to become a writer?**

When I look back, I think it is something I was simply just born to do. From a young age I used to draw and write stories when I was bored but my love for reading and love for empowering others really inspired me to write. My old homeroom teacher Mr. Kenneth Cook also played a major role in that because he would select several students to give their thoughts on certain issues on the island then send it to the paper to be published. I was fortunate to be one of those students. Mr. Michael Granger also played a role due to his mentoring during my early years in Teen Times.

What was your original career choice and what inspired you to undertake your current career?

From since 2nd form my main career choice was and still is to be a politician. My love for politics was once again inspired by Mr. Cook, who wrote a book about 50 movers and shakers on the island who played a major role in the development of the island. To this day it is one of



Mr Ralph Cantave

my favorite books, because I (and every other student on the island) was never truly taught that we had heroes and heroines that did great things for this island. People like Jose Lake Sr., Vance James Jr., Claude Wathey, Jocelyn Arndell, Elain Vlaun and others. After reading that book I wanted to be like them. I wanted to be known as someone who always fought and spoke up on behalf of the people. However the days of the Island Council are long gone and our people are in dire need of true leadership; that is what inspired me to be an author. I believe that in order for democracy and justice to rein our people must be well informed so that they don't repeat the same mistakes. Therefore, I love my current career choice of being a radio host, and author because it allows me to speak directly to the people; in preparation for when I get to speak for the people.

**Your recent book *Words of Change, Voice from Soualigan Soil*, what is your main direction of the book?**

My main direction for the book is one of empowerment. I made no effort whatsoever in biting my tongue because I felt like people needed to hear the raw truth. I want people to sit back, reread what I wrote, think about it, discuss it and do something when they're finished reading. I see it as a call to action. I played my part by providing the tools; now it's the readers turn to make use of it.

**Who or what inspires your creativity as a writer?**

The island provides me with a lot of inspiration. There is so much to write about especially when it comes to our history. Reading a lot of books solidifies the creativity but talking and listening to our people gives constant inspiration.

What are the short term and long term goals and what do you look forward to mostly in your field of interest or choice of career?

I don't really have much short term goals because I love to think long term but one of my short term goals would be to have my first book go international and be and gain new clients partner and to do business with. My long term goal is to be a world renowned writer and a global leader.

**As a writer, what challenges do you face in the publication and distribution field of your product, give basic idea how they are dealt with them?**

I think the main challenge is in finding a publisher that you can afford and get the most out of the returns from the book. I believe in having full control of my product therefore I had to self publish, however, by doing so means you have to look for editors and graphic designer, and do your own marketing. When it comes to distribution it's important to research how and where you want to have your book distributed. That is an error that I made but at least I know what to do before I launch my next book. This refers to knowing how to get your book on Amazon, or in a book store for example.

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

I have definitely been rejected. I must say that I embrace the idea of failure and I say so because I know it will make me an even greater person and teach me a valuable lesson that I can tell other people. In terms of my career I haven't really been rejected other than being denied a sponsorship for example or not getting into a school I applied for. I rarely get discouraged to be honest with you because I know and believe that I will have a bright future and if it means being broke and sucking salt then I'll do so smiling. I must say that I've had moments when I've been without money which is really discouraging and sometimes makes want to go look for a job. However, I believe that if God has given you gifts and talents then you should be willing to invest in it because no one else is responsible for it. Nonetheless, I pray a lot, I have positive and empowering discussions with friends and my elders or mentors. Something very important that I do as well is read. I believe that in order to be an impactful and capable leader one has to read a lot. When I read up on leaders like Nelson Mandela, Malcolm X and even modern day billionaires and influencers they spend a lot of time reading. A good book will make you forget that you're hungry and show you the buffet that's waiting for you.

**How has the feed back on your new book been locally?**

The feedback from the local community has been great. I have absolutely no complaints about it. I welcome all critiques and comments.

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

In 5 years I also see myself as one of the youngest politicians in the region and a prime example of a servant leader with integrity, courage and a lot of knowledge; a role model that all people- whether young or old can expect solid representation from on the island and in the outside world as well.

**What is your proudest achievement in your field or describe briefly your greatest accomplishments thus far?**

CONTINUED ON PAGE 15





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**THE ENTREPRENEURS CORNER... MR CANTAVE...**

FROM PAGE 14

My proudest achievement was seeing the smile on my parent's face when the books arrived. I felt like I brought a child into the world when I held the first copy. I felt proud because I knew that it would be the key to showing to people that there are serious young people on the island and in the world, who don't limit themselves because of their age or where they're from. I was also proud because I was working on it for almost 3 years and I quit 2 jobs to focus on its success. Another achievement that I'm proud of is the honor that I've been given to represent St. Maarten in various countries. I see it as a great opportunity to let people know that the little dot that's on the map produced minds that can survive or stand out in the "big world."

**What do you think about St Maarten current unemployed situation and what advice can you give to other young entrepreneurs that may be facing this challenge ?**

Our unemployment situation needs immediate solutions and I believe that what will play a major role in the drop of unemployment are better internet, and the ability to receive money from other countries. Our economy also needs a boost and we need to catch up quickly with the technological age that we're in today. Also, our young people need to understand that they are not just competing or existing with other young St. Maarteners but a young person is the US, Japan, Nigeria, Jamaica, London or Hawaii. We live in a much interconnected world and we shouldn't look at ourselves as inferior despite the challenges. We have the internet available to us still and there are dozens of courses that you can take to learn a new skill or improve your skills. Make Google and YouTube your best friends and spend less time on social media but more time learning. If you have a skill or business that can be done online then do your best to look for clients in other countries as well. Most importantly, partner up with other small businesses. We are not in the position to be competing with each other.

**What do you want to accomplish overall in life?**

I want to be a great ancestor. When people read about me I want them to have the same feeling I had when I read about Toussaint Louverture or Errol Barrow for example.

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

If I could be somewhere else in the world right now I'd be in Cuba.

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

Nature, spirituality and culture play a very important role in my life. My yard is filled with various medicinal herbs for example, and I am more conscious of what I eat as well as the importance of safeguarding our environment. I am a praying man, and a man

who believes that God is always in control. Also, if you here the name Ralph Cantave just know that politics, culture, history and youth go hand in hand so Ralph is all about culture and cultural development.

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

As Ras Bushman would say: "planting is when you agree with culture", therefore, agriculture is vital for the sustainability of our environment and our people. I grew up learning about different medicinal herbs (no not marijuana), fruits and vegetables which are also have growing in our family's garden. We need more programs and more community gardens to promote agriculture because it is something that was once natural to us and it should be once again.

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

Knowledge and leadership is the key towards community development. When we are aware and have knowledge of our common-unifying then we'll be quicker to act and work towards creating a positive and lasting impact on the island.

**What would you like to share with some of local brothers and sisters that may encourage those that are looking at taking up being a committed writer as a career choice?**

The key is to write with your heart. Don't focus too much on being technical by looking too much at grammar, structure and so forth. Develop the raw material, express how you feel at the moment, or what you're thinking then work towards shaping up what you wrote. Reading will also help you become a better writer. From there you can start blogging, writing for people or better yet publish a book.

For people that may be interested in reading your book "Words of Change, Voice of Soualigan Soil", where can they be able to purchase a copy and how may they be able to contact you?

For all those interested my book can be found at the museum in Front Street which is located in the alley across Guavaberry Emporium or across the notary office. Or you can search for me on Facebook and contact me via messenger: Ralph Cantave. Be sure to also check out my website cantaveen-erpirse.com.

We want to thank Mr Cantave for taking the time out of his busy schedule to share a bit more about him self to the general public, we also wish you the best of health, strength, knowledge and wisdom to continue being a positive role model that may encourage change and hope to our younger local generation of writers.



## AN INCREDIBLE IMPACT: POOR KIDS ARE BEING PRICED OUT OF YOUTH SPORTS P1

**AS POOR** children around the country get priced out of expensive youth sports leagues, a volunteer baseball coach in suburban Maryland has devised a novel solution to one of many financial barriers.

It's a small, square checkbox.

Marc Berk, a health policy researcher, got the checkbox idea on vacation in New York. He noticed that museum-goers who couldn't pay the requested donation fee had to explain why — a demeaning procedure. He wondered whether something similar kept lower-income families away from youth sports.

Berk persuaded officials in Gaithersburg to amend their fee-waiver process. Instead of requiring families to fill out forms proving their need, administrators



added a checkbox to the sign-up form. It says, "I am a resident of the City, and I am requesting a waiver of all fees."

Waiver requests soared by 1,200 percent. Participation jumped 31 percent; for children who attend high-poverty schools, it shot up al-

most 80 percent.

Soccer coach Esteban Ochoa leads students in a warm-up session during an after-school soccer program in Gaithersburg, Md. (Nikki Kahn/The Washington Post)

"Just doing this one small thing had an incredible impact

like police or other non-revenue-generating departments?" City Manager Tony Tomasello asked. "They don't make any money, but they benefit the public. Are we trying to fund a public benefit, or are we trying to fund health and fitness? Obviously it's both, but I think it's really gravitating toward more of a social benefit."

Tomasello, Berk and youth sports experts also acknowledge that waiving fees at the city level addresses only one of the barriers that keep poor children from signing up to play soccer or baseball.

for a lot of families," said Berk, who published his findings this summer in the Journal of Park and Recreation Administration.

The fee — \$50 today, but \$40 during the study period in 2009 — was covered by a Robert Wood Johnson Foundation grant, so the change cost the city nothing. Now, having read the results of the study, Gaithersburg officials are considering making the waiver process permanent, which could increase costs for providing youth sports by at least several thousand dollars. There is also a risk of waiver fraud.

But city officials say they are weighing those downsides against a growing body of research that says participation in youth sports improves physical and mental health, lowers crime and teen pregnancy rates, and increases college enrollment.

"Is this a service that you now provide

And the greatest irony, experts say, is this: A youth sports culture that places an immense emphasis on winning — mostly cultivated by parents — is leaving some of the best athletes and potential teammates behind.

They can't afford to swing \$300 bats or lace up \$250 hockey skates, and fewer are able to compete for college scholarships. In 1993, 12.6 percent of scholarship athletes came from families making \$100,000 or more, according to an analysis of NCAA statistics. By 2008, that number doubled.

"It's extremely frustrating, and it's also extremely unfair," said Diego Uriburu, executive director of Identity Inc., a Gaithersburg nonprofit group that helps Latino youth and their families in high-poverty areas. "These young people have natural athletic talent, and they are not getting to work on it. They don't have the best coaches. They are excluded because they can't afford it."

Identity started its own soccer program a few years ago, using donations and money it receives from the county to hire coaches. At first, some players showed up without proper shoes. The organization now gets cleats and other equipment from Leveling the Playing Field, a Silver Spring organization that distributes donated sports gear in high-need communities.

### How does that look on the field?

Last year, nearly 70 percent of children from families making more than \$100,000 played team sports, according to Project Play, an initiative on youth sports from the nonprofit Aspen Institute. That figure is nearly cut in half for families making less than \$25,000.

### MORE IN MARCH 2016 EDITION

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