FREE

A MONTHLY CULTURAL NEWSMAG BY WATTZZ PUBLISHING

# CULTURAL XPRESSION

MAY 2017

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EXPRESSED BY LATOYA

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

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# MAJOR FIGURES IN AFRO- Caribbean History

## REMEMBERING OLAUDAH EQUIANO ( ABOLITIONIST )

**OLAUDAH EQUIANO** (c. 1745 – 31 March 1797),[3] known in his lifetime as Gustavus Vassa (/□væsə/), was a prominent African in London, a freed slave who supported the British movement to end the slave trade. His autobiography, published in 1789, helped in the creation of the Slave Trade Act 1807 which ended the African trade for Britain and its colonies.

Since the late 20th century, there has been some debate on his origins, but most of his account has been extensively documented. His last "owner" was Robert King, an American Quaker merchant who allowed Equiano to trade on his own account and purchase his freedom in 1766. Equiano settled in England in 1767 and worked and traveled for another 20 years as a seafarer, merchant, and explorer in the Caribbean, the Arctic, the American colonies, South and Central America, and the United Kingdom.

In London, Equiano (identifying as Gustavus Vassa during his lifetime) was part of the Sons of Africa, an abolitionist group composed of prominent Africans living in Britain, and he was active among leaders of the anti-slave trade movement in the 1780s. He published his autobiography, The Interesting Narrative of the Life of Olaudah Equiano (1789), which depicted the horrors of slavery. It went through nine editions and aided passage of the British Slave Trade Act of 1807, which abolished the African slave trade. Since 1967, his memoir has been regarded as the "true beginning of modern African literature".

As a free man, Equiano had a stressful life; he had suffered suicidal thoughts before he became a born-again Christian and found peace in his faith. After settling in London, Equiano married an English woman named Susannah Cullen in 1792 and they had two daughters. He died in 1797 in London; his gravesite is unknown. Equiano's death was recognized in Britain as well as by American newspapers. Plaques commemorating his life have been placed at buildings where he lived in London. Since the late 20th century, when his autobiography was published in a new edition, he has been increasingly studied by a range of scholars, including many from his supposed homeland of Nigeria.

### Early life and enslavement

Equiano recounted an incident when an attempted kidnapping of children was foiled by adults in his villages in Igboland, West Africa. When he was around the age of eleven, he and his sister were left alone to look after their family's compound, as was common when adults went out of the house to work. They were both kidnapped and taken far away from their hometown of Essaka, separated, and sold to slave traders. After changing ownership several times, Equiano met his sister again, but they were separated and he was taken across a large river to the coast, where he was held by European slave traders. He was transported with 244 other enslaved Africans across the Atlantic Ocean to Barbados in the West Indies. He and a few other slaves were sent further away to the British colony of Virginia. Literary scholar Vincent Carretta argued in his 2005 biography of Equiano; that the activist could have been born in colonial South Carolina rather than Africa based on Carretta's discovery of a 1759 parish baptismal record that lists Equiano's place of birth as Carolina and a 1773 ship's muster that indicates South Carolina. A number of scholars agree with Carretta, while his conclusion is disputed by other scholars who believe the weight of evidence supports Equiano's account of coming from Igboland.

In Virginia, Equiano was bought in 1754 by Michael Pascal, a lieutenant in the Royal Navy. Pascal renamed the boy "Gustavus Vassa," after the Swedish noble who had become Gustav I of Sweden, king in the sixteenth century. Equiano had already been renamed twice: he was called Michael while onboard the slave ship that brought him to the Americas; and Jacob, by his first owner. This time Equiano refused and told his new owner that he would prefer to be called Jacob. His refusal, he says, "gained me many a cuff" – and eventually he submitted to the new name. 62 He used this name for the rest of his life, including on all official records. He only used Equiano in his autobiography.

Pascal took Equiano with him when he returned to England, and had him accompany him as a valet during the Seven Years' War with France. Also trained in seamanship, Equi-

**CONTINUED ON PAGE 3**

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# SIR ROLAND RICHARDSON RECEIVES THE PRESIDENTS AWARD FROM ST. MARTIN BOOK FAIR

**GREAT BAY,** St. Martin —The leading St. Martin painter Sir Roland Richardson is the new recipient of the Presidents Award from the St. Martin Book Fair.

Richardson accepted the award at the closing ceremony of the festival's 15th anniversary on June 3, 2017, and said that he was even more touched to be honored by a St. Martin organization.

Richardson was awarded the ebony statute for his 30 plus years of "uplifting the people and cultural life of the island nation of St. Martin," said Jacqueline A. Sample, president of House of Nehesi Publishers (HNP).

Shujah Reiph, president of Conscious Lyrics Foundation (CLF), and Sample, presented the award to the artist at the American University of the Caribbean (AUC). The audience included Sir Roland's family, and authors and artists from different parts of the world. The lecture hall venue was sponsored by AUC, said Reiph, who is also the book fair co-founder and coordinator.

*Sir Roland Richardson (C) with St. Croix spoken word artist AnuMaat Davis Kahina (L) and Dr. ChenziRa Davis Kahina, director of the Virgin Islands Caribbean Cultural Center, University of the Virgin Islands – guests at the St. Martin Book Fair's "Book Covers Art Exhibition," Sheer Restaurant gallery, Frontstreet (5.31.17). (Credit C. Davis-Kahina)*

"Roland Richardson's artwork is iconic for its sheer beauty and perhaps its unmatched volume for a St. Martin artist. And also for archiving rapidly changing landscapes and capturing as patrimony the dignity and varied elegance of the St. Martin people," said Lasana M. Sekou, author and co-founder of the St. Martin Book Fair.

"Roland's environmental activism of the mid-1980s to early 1990s, coupled with his brief writings on St. Martin history and culture in Discover as the magazine's editor, also had much to do with why he was selected for the Presidents Award in a year with 'Art' as the book fair theme," said Sekou.

Previous recipients of what the Daily Herald has called a "prestigious award," include George Lamming (Barbados), Casa de las Americas (Cuba), Benny Wenda (West Papua), Bankie Banx (Anguilla), Derek Walcott (St. Lucia), and Dr. Quince Duncan (Costa Rica).

"In the broad sense, the Presidents Award is presented to persons and institutions, in some instances pioneers, whose work is noted for its excellence and for combining literary, cultural, and liberation components in the service of progress, of their people or nation, and of humanity," said Sekou.

CLF and HNP organized the 15th annual St. Martin Book Fair in collaboration with St. Maarten Tourist Bureau, University of St. Martin (USM) and L.C. Fleming Foundation. The Presidents Award is named after the presidents of CLF, HNP, and USM.

# MAJOR FIGURES IN AFRO...

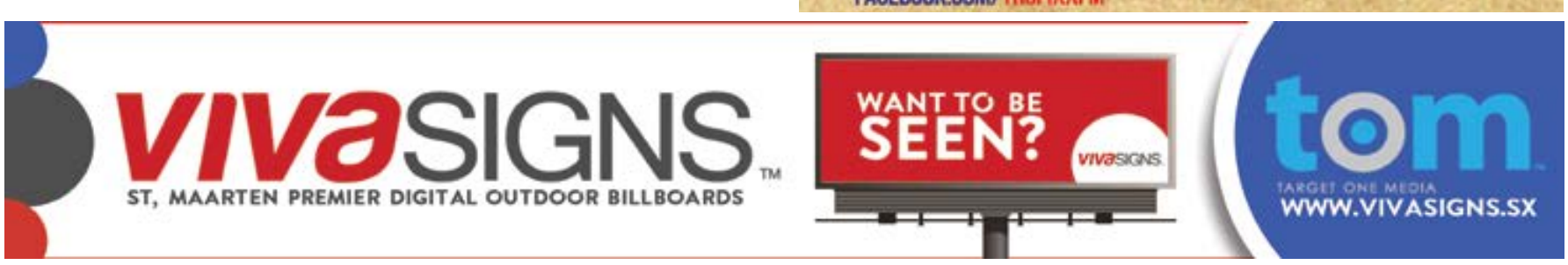
## REMEMBERING OLAUDAH EQUIANO

**CONTINUED FROM PAGE 2**

ano was expected to assist the ship's crew in times of battle; his duty was to haul gunpowder to the gun decks. Pascal favored Equiano and sent him to his sister-in-law in Great Britain, so that he could attend school and learn to read and write.

At this time, Equiano converted to Christianity. He was baptized in St Margaret's, Westminster, in February 1759. His godparents were Mary Guerin and her brother, Maynard, who were cousins of his master Pascal. They had taken an interest in him and helped him to learn English. Later, when Equiano's origins were questioned after his book was published, the Guerins testified to his lack of English when he first came to London.

Pascal sold Equiano to Captain James Doran of the Charming Sally at Gravesend, from where he was transported back to the Caribbean, to Montserrat, in the Leeward Islands. There he was sold to Robert King, an American Quaker merchant from Philadelphia who traded in the Caribbean.



# 100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA

**11.** The ancient Egyptians had Afro combs. One writer tells us that the Egyptians "manufactured a very striking range of combs in ivory: the shape of these is distinctly African and is like the combs used even today by Africans and those of African descent."

**12.** The Funerary Complex in the ancient Egyptian city of Saqqara is the oldest building that tourists regularly visit today. An outer wall, now mostly in ruins, surrounded the whole structure. Through the entrance are a series of columns, the first stone-built columns known to historians. The North House also has ornamental columns built into the walls that have papyrus-like capitals. Also inside the complex is the Ceremonial Court, made of limestone blocks that have been quarried and then shaped. In the centre of the complex is the Step Pyramid, the first of 90 Egyptian pyramids.

**13.** The first Great Pyramid of Giza, the most extraordinary building in history, was a staggering 481 feet tall - the equivalent of a 40-storey building. It was made of 2.3 million blocks of limestone and granite, some weighing 100 tons.

**14.** The ancient Egyptian city of Kahun was the world's first planned city. Rectangular and walled, the city was divided into two parts. One part housed the wealthier inhabitants – the scribes, officials and foremen. The other part housed the ordinary people. The streets of the western section in particular, were straight, laid out on a grid, and crossed each other at right angles. A stone gutter, over half a metre wide, ran down the centre of every street.

**15.** Egyptian mansions were discovered in Kahun - each boasting 70 rooms, divided into four sections or quarters. There was a master's quarter, quarters for women and servants, quarters for offices and finally, quarters for granaries, each facing a central courtyard. The master's quarters had an open court with a stone water tank for bathing. Surrounding this was a colonnade.

**16**. The Labyrinth in the Egyptian city of Hawara with its massive layout, multiple courtyards, chambers and halls, was the very largest building in antiquity. Boasting three thousand rooms, 1,500 of them were above ground and the other 1,500 were underground.

**17.** Toilets and sewerage systems existed in ancient Egypt. One of the pharaohs built a city now known as Amarna. An American urban planner noted that: "Great importance was attached to cleanliness in Amarna as in other Egyptian cities. Toilets and sewers were in use to dispose waste. Soap was made for washing the body. Perfumes and essences were popular against body odour. A solution of natron was used to keep insects from houses . . . Amarna may have been the first planned 'garden city'."

**18.** Sudan has more pyramids than any other country on earth - even more than Egypt. There are at least 223 pyramids in the Sudanese cities of Al Kurru, Nuri, Gebel Barkal and Meroë. They are generally 20 to 30 metres high and steep sided.

**19.** The Sudanese city of Meroë is rich in surviving monuments. Becoming the capital of the Kushite Empire between 590 BC until AD 350, there are 84 pyramids in this city alone, many built with their own miniature temple. In addition, there are ruins of a bath house sharing affinities with those of the Romans. Its central feature is a large pool approached by a flight of steps with waterspouts decorated with lion heads.

**20.** Bling culture has a long and interesting history. Gold was used to decorate ancient Sudanese temples. One writer reported that: "Recent excavations at Meroe and Mussawwarat es-Sufra revealed temples with walls and statues covered with gold leaf".

**21.** In around 300 BC, the Sudanese invented a writing script that had twenty-three letters of which four were vowels and there was also a word divider. Hundreds of ancient texts have survived that were in this script. Some are on display in the British Museum.

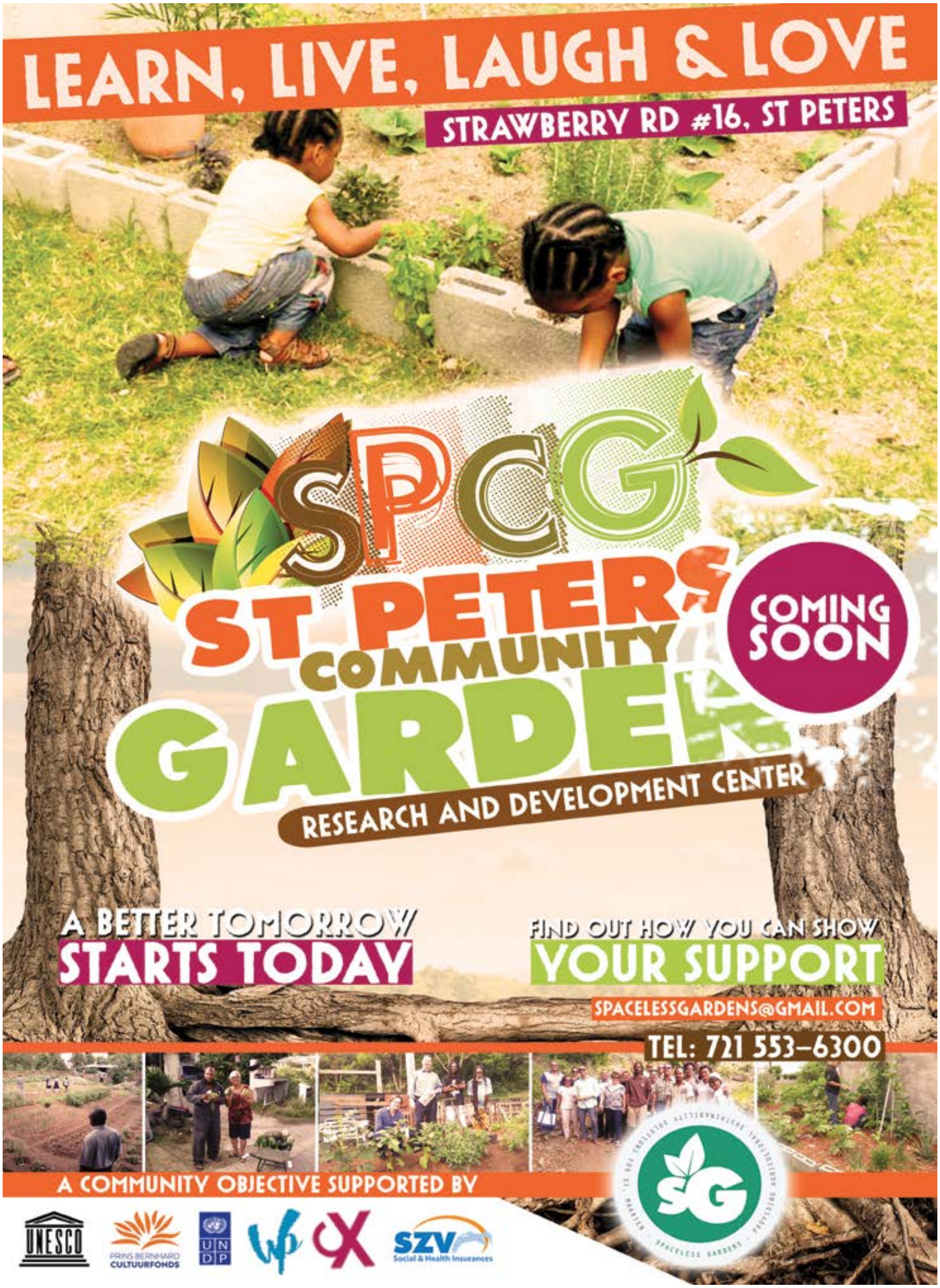
**22.** In central Nigeria, West Africa's oldest civilisation flourished between 1000 BC and 300 BC. Discovered in 1928, the ancient culture was called the Nok Civilisation, named after the village in which the early artefacts were discovered. Two modern scholars, declare that "[a]fter calibration, the period of Nok art spans from 1000 BC until 300 BC". The site itself is much older going back as early as 4580 or 4290 BC.

**23.** West Africans built in stone by 1100 BC. In the Tichitt-Walata region of Mauritania, archaeologists have found "large stone masonry villages" that date back to 1100 BC. The villages consisted of roughly circular compounds connected by "well-defined streets".

**24.** By 250 BC, the foundations of West Africa's oldest cities were established such as Old Djenné in Mali.

**25.** Kumbi Saleh, the capital of Ancient Ghana, flourished from 300 to 1240 AD. Located in modern day Mauritania, archaeological excavations have revealed houses, almost habitable today, for want of renovation and several storeys high. They had underground rooms, staircases and connecting halls. Some had nine rooms. One part of the city alone is estimated to have housed 30,000 people.

**MORE ON THIS TOPIC IN JUNE 2017 EDITION**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*Community members recieving T ShirtS at CX FESTIVAL FEB 2017*

**''BUILDING AGRI-CULTURAL** and community awareness have always been our main objective'' Wyatte.

While our communities are at a critical stage it's time once again to build back up the momentum of the surrounding community members.

Spaceless Gardens along supporting organization proudly presents the 2nd Agricultural Music Festival and Community Market Day.

One of the goal for organizing the event is to help build agricultural and community awareness amongst surrounding community members. The first Agricultural event back in Feb 2017 yield great results and was requested by members the community for event to take place once again.

Having the community awareness event, not only allows us to build community awareness, but it also allows community members and farmers to grasp the oppertunity to show case their Culinary Arts, Crafts, locally cultivated Produce and talented local Music Artist and Dj's.

The day is planned to be a fulfilled day for both adults and children. There will be a play area for children while adults get a chance to mingle and enjoy the cultural ambiance.

Entertainment of the day will be presented by Uniq Sound, DeejBlaze, Mix Master Pauly, Jack Da Hot One and Hearted Lion Sound.

As the evening sets in there will be live entertainment by up rising artist Acha and other local talent soon to be announced.

There will be a general clean up soon schedule for the clean up of the St Peters Community Center and Basketball court area. We encourage other community members to come out and support the cause. On the schedule date of the clean up there will be refreshments and community garden membership cards for the participating members.

The St Peters Community Garden Research and Development will soon be issuing membership cards for surround community members.

The benefits having this card is to encourage community members to get more involved in agriculture development and sustainability. The card will grant card holders benefits such as, free and discounted locally grown produce in stock from the garden, tour options, home garden consultations, seedlings, plants, meals and other added value item created by the St Peters Community Garden Research and Development Center.

We would like to invite the general public to come out on Sunday July 23, 2017 at the St Peters Community Center from 11 am to 11 pm to enjoy a fulfilled day of Food, Fun and great Music while being informed about agriculture and the great benefits it may have in uplifting our people and surrounding communities.

If you would like to become a vendor at CX Agricultural Music Festival contact 5536300 or send and email to stmaartenagriculture@gmail.com.

This event is proudly supported by , UNESCO, UNDP, Prince Bernhard Cutuur Funds, Spaceless Gardens, Wattzz Publishing, Uniq Sound, Viva Signs, Windward Roads, C - Trios, Island Dust Busters, Cultural Xpression and St Maarten Agriculture.com.

*Community members as well as tourist enjoyed CX Festival Feb 2017*

# HOW TO GET RID OF CONSTIPATION IMMEDIATELY AND NATURALLY

## MOTHER SEEKS ANSWERS TO NATURAL CONSTIPATION RELIEF

**Dear CX** , My son suffers from constiation from a young age and have tried all sorts of laxatives, but up to this point it only grants him temopary releif. I would like to find a natural alternative to find a better solution to resolving his situation. Can you help me to understand a bit more about constipation and natural ways to perhaps get rid of it? Thank you ... Concerned Mother

***By positivehealthwellness.com***

**IF YOU** are you suffering from constipation and you are looking for ways to get rid of it and fast? You're not alone as constipation is one of the most common medical conditions in the western world.

If you're reading this now, then I'm guessing you have constipation and are feeling very uncomfortable right now.

Hopefully, I can help you feel better by giving you a list of natural remedies you can use to cure your constipation and fast.

Constipation is mostly common in women however men do also suffer from constipation too.

The NIDDK found that more than 4 million of Americans suffered from constipation every single year.

They also found that a massive $725 million is spent on laxatives every year because of it.

That is a lot of money to spend when there are natural remedies out there that do an even better job and are much cheaper… if not free.

**WHAT IS CONSTIPATION**

As we eat food, our digestive system will break it down so that the body can absorb all the nutrients and water.

However the digestive system cannot break all food down and so this then becomes a stool, more commonly known as poo.

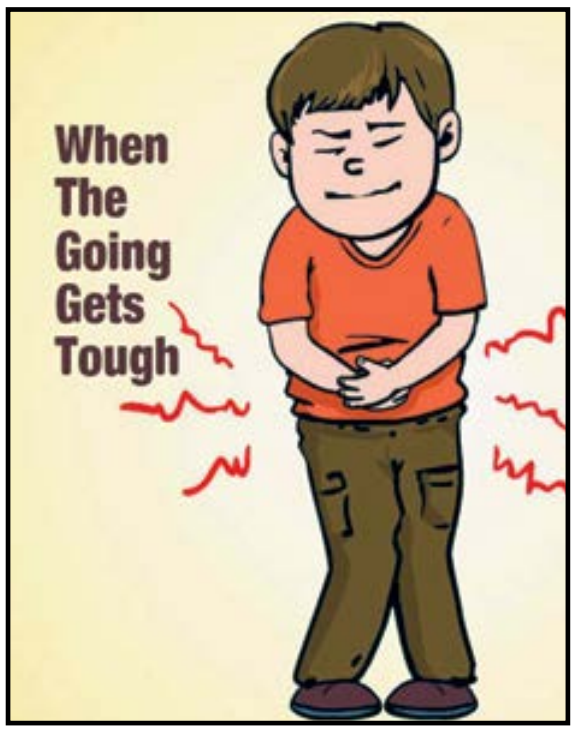
Once stool has been formed, the intestine muscles will work to push the stool through the colon and out through the rectum.

This entire process should be easy and natural.

When you have constipation, it means that the muscles that work to push the stool through colon are not performing.

This lack of performance will result in irregular bowel movements which will cause your stool to be hard and dry.

Stools that are hard and dry will be able very hard to pass.




**THE DIFFERENT TYPES OF CONSTIPATION**

The term "constipation" is an umbrella term that covers two different types of constipation.

Many people don't know that there is more than one type of constipation, so it is a good idea to be familiar with them.

The different types of constipation are organic constipation and functional constipation.

Organic constipation happens when there has been a change in your body. This type of constipation should be seen by a doctor and isn't as common which is why I won't go into it.

It is best to seek advice from your doctor in this instance.

Functional constipation happens by not eating well, not drinking enough water, having high-stress levels and leading an improper lifestyle.

All of these things can lead to you having constipation. I will be talking just about functional constipation in this guide.

How Do You Know If You Have Constipation

Most of the time, people just simply know when they are suffering from constipation, but since I'm explaining constipation, it is worth stating what the symptoms of constipation are just in case you're not sure.

You will know if you have constipation of you have any of the following:

1. Less than three bowel movements in a week
2. Stools are hard, dry and possibly even lumpy
3. It is difficult and maybe even painful to pass stools
4. You strain when trying to pass stools
5. Have the feeling that you haven't emptied your bowels after passing stool

**WHAT CAUSES CONSTIPATION**

Now that you know what constipation is and what the symptoms of constipation are, do you know what causes constipation?

Constipation is most commonly caused by having too much-processed food in your diet and. Therefore, a change of diet is recommended.

Processed foods usually have a lot of calories but the very little nutritional value which is why digestive systems find it hard to break processed foods down.

Eating too much-processed foods can actually cause harm by weakening the wall of your colon.

Weakening the colon wall will make it hard to push stool through the colon.

Because processed food is difficult to push through the colon, your intestine muscles will start to tire and eventually give up altogether.

This will then result in constipation.

**CAN CONSTIPATION BE SERIOUS**

Not many people realize that constipation can be quite harmful to your health. It can make you very lethargic and uncomfortable however it can be more serious than that.

If you continue to have constipation and don't pass stool, then it could certainly lead to more serious medical conditions.

If your body isn't getting rid of wasted food by producing stool then all those toxins, harmful germs, and dead cells will be left sitting in your body which will cause harm.

If wasted food is left decaying in your body then the following medical conditions could be a result:

1. Fecal Impaction
2. Varicose Veins
3. Hemorrhoids (Piles)
4. Anal Tears And Fissures
5. A Prolapsed Rectum
6. Diverticular Disease

**HOW TO GET RID OF CONSTIPATION IMMEDIATELY AND NATURALLY**

There are so many different ways to get rid of your constipation fwhich is why I have brought them all together in one place.

Everyone is different and so what might work brilliantly for others might not work bril-

**CONTINUED ON PAGE 8**

## HOW TO GET RID OF CONSTIPATION IMMEDIATELY ...FROM 7

liantly for you.

I would try each until you find one that cures your constipation quickly.

All of the natural remedies found in this list are effective in getting rid of constipation as well as improve your overall health.

I would advise the use of natural remedies more than drugstore remedies however as this is a guide; I will explain both, so you have a complete understanding.

**LAXATIVES FROM THE DRUGSTORE**

While I recommend curing your constipation using natural remedies, I think it is important to understand all the options so you can make the decision for yourself.

People tend to go for drugstore laxatives because they seem so convenient, but they are only a short-term cure and don't have any health benefits.

Drugstore laxatives can be quite harmful to your body which not many people know about. They contain adverse chemicals which can cause some side effects such as increased thirst, drowsiness, nausea, vomiting and more.

If these drugstore laxatives are used for a prolonged period, then they can overstimulate nerves which will lead to nerve damage.

**MORE IN JUNE 2017 EDITION**

Going on vacation abroad?
Leaving the island temporarily?

We strongly advise our customers to purchase medical travel insurance.

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# VEGATERIAN AND VEGAN RECIPES

## Thai Tofu Salad

### INGREDIENTS

3 Tbsp. oil
1/2 pkg. firm tofu, diced
2 Tbsp. soy sauce
1/4 cup diced red onion
1/4 cup diced bell pepper
1/4 cup diced button mushrooms
1 clove garlic, minced
1 tsp. Sriracha
1 Tbsp. chopped basil
2 cups chopped lettuce
Shredded carrots, for garnish

### DIRECTIONS

- Place a medium sauté pan or wok over high heat and add 2 tablespoons of the oil. Add the tofu and stir-fry until golden brown, about 15 minutes. Add 1/2 tablespoon of soy sauce, stir, and then remove from the heat and set aside.
- Add the remaining oil to a clean pan over medium heat. Add the onion and peppers and cook for about 3 minutes, then add the mushrooms and garlic and cook for an additional minute. Add the remaining soy sauce and the Sriracha sauce, stir, and cook until reduced.
- Once reduced, stir in the chopped basil and remove the pan from the heat.
- Place half of the tofu and half of the vegetable mixture over 1 cup of lettuce, then garnish with shredded carrots.

Makes 2 salads
***BY peta.org***

# WHA YA SAY ?

# WHAT IS YOUR OPINION ON ABORTION?

**By Sarah Curts, BodyInsights.com**

**I'M ANSWERING** this because in the debate about abortion, I've never seen my position articulated, and I've felt frustrated by the lack of nuance both sides tend to present.

First, I believe a fetus is alive and a stage of human development. I agree life begins at conception. Three psychiatrists, Thomas Lewis, Fari Amini, and Richard Lannon (A General Theory of Love) found that our nervous systems (and brains in particular), are not self-contained. From our earliest moments inside the womb, our brains actually link with those of the people close to us in a rhythm that physically imprints the very structure of our brains and influences our functioning for the rest of our lives. When we are in the womb, we imprint our mother's emotions and experiences as

though they were are own. (Also backed up by researchers at the Traumatic Stress Studies Division of the Mount Sinai Medical Center in New York, Pregnant 9/11 survivors transmitted trauma to their children).

Anecdotally, when my grandmother was pregnant with my aunt, she was building a house and studying a lot of floor plans for several months. All her life, when my aunt moves into a new place she draws out the floor plan in detail. She's had no training or interest in architecture, this is just something she does.

Having established why I believe a fetus is alive, let me state why I believe abortion should be legal. I believe it should be legal the way I believe drugs should be legal - a terrible thing, better if it didn't happen at all, but criminalizing it makes it worse.

Making drugs illegal empowers the mafia, overwhelms our prisons, and ruins lives more broadly and permanently than drug addiction (Mass Criminalization).

Making abortion illegal would make it more dangerous and more expensive. Women would risk their lives and die trying to have them. In the years immediately before Roe v. Wade, hospitals around the country had separate septic abortion wards for women bleeding, injured and infected due to illegal abortions. Many of these patients had tried to abort by themselves.

When abortion is legal it is shown (albeit not definitively) to reduce the number of abortions people have. It gives women safe access to something they would go to extreme measures to do anyway. Making it illegal does not stop abortion and makes it far worse, so my conscience dictates I support it's legality.

However, believing it should be legal does not make me comfortable with the label "pro-choice". I feel very strongly pro-life, and this has created an awkward experience for me with my fellow extremely liberal friends. People who go into angry rants about how "it's a fetus, not a baby", have had abortions themselves, and mass e-mails warning me about the evil pro-life legislators.

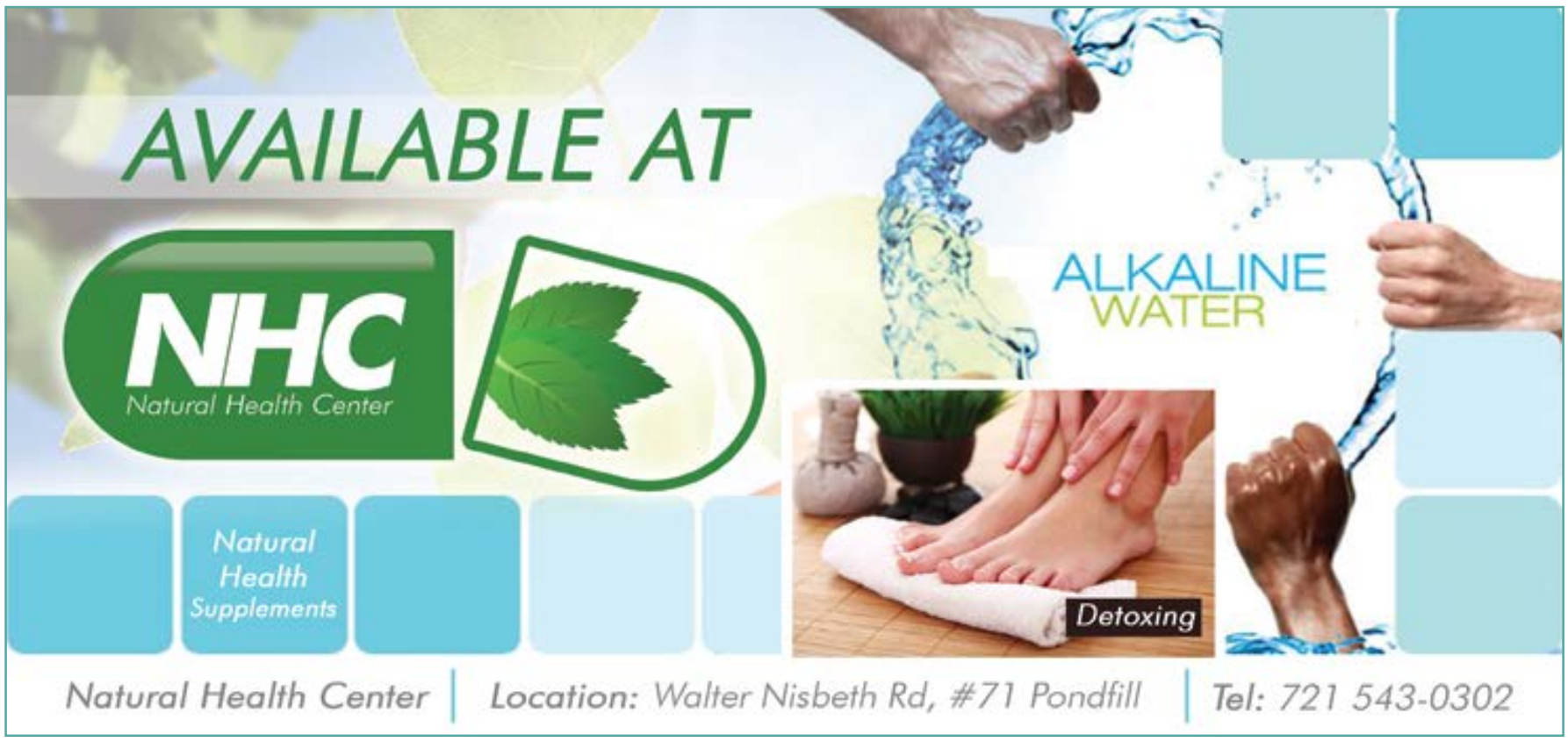
What I want is a world where abortion is an acknowledged tragedy, but necessary for our societal well-being. And for the pro-life side to advocate measures to prevent the need for abortion (like contraception, reducing poverty, providing free child care, paid maternity/paternity leave, etc), instead of reacting emotionally and leaving it at that.

RAS ITAL

## WHA YA SAY TELL DI TRUTH !

## Ya fi love life, not tek it !

MORE TIME. Once ya a deal with di cow ya haffi deal wid di calf. Mino no way some boy a stick in dem wood in di fyah and nah expect fi eat dem food. Woman same way, dem like it but nah whaan mek it. Fyah di dat !!!! If ya in love when ya a dweet dem ya fi love di youth ya seeth, there is no great sin den death, so nah mek dat stay pun ya hand dem .. If ya love life, give life for sat adi greatest gift



# MY LIFE'S CLICHÉ FAÇADE

**YES OR NO?** Considered a simple question. Often we end up in situations that could have been avoided.. But like always we think we can solve and make everything right on our own.

Sometimes simply following your heart and doing what you know is right actually clears the fog that might be clouding your decision in life.

I'm not at all perfect and claim to be miss right... Not gonna over do myself in proving that I'm worth the fight... I'm just simply me and as hard as it may seem... A plain old simple girl that is yet fit to be a queen.

My name has surely been slandered and been covered up in dirt... By assumptions of folks who hardly know me or from whence I've come fort!!

You see most of the time people see u and automatically begin to judge... Not knowing your true value they label you as not good enough.

Not worthy of their approval or even to fit to be on their team... But little do they know I'm captain of my own team.. It's called team ''do for self'' and trust I'm getting good at being me regardless of what others think, I'm already in the lead.

Pushing forward to my goals and not setting my standards to high... Knowing that I'm liable to fail but still trying to reach my highest high.

Don't ever let anyone speak failure into your heart or tell you that you can't , you have the key to your destiny and trust you're leading the star part.

Life is unpredictable and tomorrow is never promised.

Feelings can emerge within seconds and fall apart within minutes..

Just trust and believe even when it seems you can't get free.

Close your yes and simply say, ''god I lay it all at ur feet''. Not just for a minute but for a lifetime and he'll turn ur fears into sunshine. For he promises riches that can only fill the soul.. So stop building up the walls to secure cliché facades. All you have to do is be still and know... That he is GOD!!!

***Written by Latoya Ruan 18apr2014***

# INTERESTING FACTS ABOUT ART

**DR. SEUSS** (Theodor Seuss Geisel) had a room in his house full of crazy hats, hidden behind a bookshelf. Theodor put hats on his guests at parties and asked them to embody that character for the evening. He used his hat collection to take on new personas and overcome creative blocks. In addition to his commercial artwork, he was also a prolific painter and sculptor. His "Unorthodox Taxidermy" sculptures were inspired by what he imagined animals would want to be reincarnated as.

**MONET'S FATHER** disapproved of his painting. He wanted him to be a grocer.

**MICRO-SCULPTOR WILLARD WIGAN** creates artwork so small that he once inhaled one by accident. His sculptures will run you about $40,000.

**PABLO PICASSO** was considered a suspect in the theft of Mona Lisa in 1911. He was arrested and questioned, but later cleared and released.

# EXCLUSIVE INTERVIEW

# 'LEGA-C" OF 03 TEAM WAVEY

**RISING ARTIST** Lega-C of the local group O3 has been in the music scene here on St Maarten for some time now, as the music scene is tremendously growing on the island, there are many artist that are adding their unique swag, touch, artistic expressions and dialect to the growing sector. With so much going on now in the local music scene, we continue to bring you closer to some of your local favorite artist. In May 2017 Edition of CX we get you up close and personal with Lega-C of O3 to hear a bit more about the artist and his plans moving forward in sxm rising music scene!!!

**What is your name and how did you come about the name Lega-C?**
My birth name is Gootkin Rey (Pronounced Gotkin Rey, a lot of ppl get the pronunciation wrong because if the spelling. LOL

The reason I call myself Lega-C is cause I grew up admiring my father performing all over the Caribbean, he was successful in his career to a certain level, so I want to take it further for him, for me and for my whole family. I am my father's Legacy. I wanted to be more original so I spelt it different "Lega-C"

**How long have you been doing Music and what type of artist do you classify your self as?**
I have been doing music since I was 9 years old, I used to be in a choir called "The Ambujulets". Anastasia Lamerny was our teacher/ instructor, we sang all over St. Maarten for weddings and all type of events.

Beside from that, I took piano classes at a young age, am not like Alisha with the Keys but I can read simple compositions and play a few things.

I also was in the #1 Male dance crew in St. Maarten by the name of "Special Delivery" in 2005 then shorty after that we formed the rap group "Oddyssey"

I am a diverse artist, I more consider myself as a performer/entertainer. I do Reggae, R&B, Pop but mostly Hiphop/Rap, it's where ever the waves take me in the studio. You got to got with the waves because if you fight the waves you'll drown.

**Of all the different genres, being caribbean rooted, why did you choose this particular genre?**
I think my influence for hiphop came from living in the Bronx New York with my bro and moms for 3 years before moving back to St. Maarten.

**Whats type of challenges do you face being a hip hop artist out here in the Caribbean ?**
It's challenging because it's harder to get respect/exposure being a rapper coming out of the Caribbean where it's focus is mostly Soca/ Calypso and Dancehall.

And in America knowing that we came out of the Caribbean they seem to look down on us as if this isn't our culture as if we should stick to soca/ dancehall.

But it's not impossible, the greater the challenge is, the greater the victory will be.

**We know that you have been working hard along side your group O3 on the movement WAVEY, how long have you guys been doing music together ?**
We have been doing music as O3 A.K.A. Oddyssey since 2005, so that's 12 years. We won our first major competition at the point Blanche harbor for the annual interscholastic competition in 2006. That moment made us aware of the power we have together as a group.

**What is your point a view on what the Wavey movement IS all about?**
Well our group name is "TeamWaveyy" it consist of a group of young artists from different clicks coming together to make music (waves) for the world to hear (surf).

We replaced certain words in the vocabulary with the word Wave.
If you really watch it everything everyone does in life represents Waves, different challenges we go through in life is like different waves we ride, the bigger the challenge the bigger the wave, once u are mentally ready (board is waxed right) u can overcome any challenge (surf any wave)

Everything around us is also waves, for example; Sound waves, Air waves, Hair waves it all about the waves. LOL

Shoutout to Wavey Kidd out of Saba he is one of the main reasons we are all in this TeamWaveyy movement today. He had the vision and we're just bringing it to life together.

**There have been numerous discussions on the hype of your teams branded drink called Wavy , what is the plan for Wavey juice for this year?**
Yes shoutout to everyone who have purchased and is still purchasing the Wavey Juice, the response towards the product is like nothing I ever seen before, it is definitely a great success.

This year we are building Sales representatives to represent and present Wavey Juice to the public for more sales, once all goes well we are planning to start distributing to our neighboring islands.

Taste The Waves

**What are your observations of the music scene here on St Maarten and do you think that there are more potential artist locally that have international potential?**

Well the music scene has come a long way, more hical ( we prefer to say hical not local because the production of music are on high waves) songs are being heavily rotated on the radios and the people of the island are more open and accepting to locally made music.

I think all over the world is filled with great artists. Sint Maarten have a lot of great talent it just doesn't have the avenues to make a living off of it like Jamaica, Trinidad. (jus to name a few)

I am also a music engineer so I try to do my part by charging dirt cheap prices for high quality productions in my studio so the artist can afford to bring out quality music.
Once we create a music industry on the island that can generate funds for the artists we will see the true potential of St. Maarten Music

**What genders of music do you feel have a great impact on the outside world influenced by our Caribbean culture?**

Right now the biggest Genres is Dancehall and Soca music. It's to the point where they are mimicking it internationally and making a cross breed of it calling it "Afro Pop".

**What would u like to see change or adapted in St Maarten that will help inspire more local artist to be productive?**
I would like to see the government be more involved in the creative arts on the island, not only music, sports and even acting as well. A lot of very very talented youths have way too much potential to just settle and be on the block chilling or become a teacher, doctor, police or fireman, not saying that those are bad careers but it's not for everyone.

Once the government can step up and help pave ways to shine light on them so the world can see what St. Maarten has to offer. When I say pave ways for example; special Music schools or sporting camps that can help enhance skills, the impact would be amazing even for Tourism cause artists, athletes would be achieving great accomplishments for the country around the world. That is advertisement for St. Maarten at the highest level.

**Do you think making music in St Maarten can be one to uphold a sustainable lifestyle and responsibilities?**
Right now it is not honestly, that's the struggle we go through as artists here on Sint Maarten. Even as a music engineer it's hard cause I can't be paid what am really worth because artists are using their money earned by a 9-5 to record.

If we was making money from our art then paying for studio sessions, music videos, back up dancers for live performances,

**CONTINUED ON PAGE 12**

# EXCLUSIVE INTERVIEW LEGA-C...FROM PAGE 11

wardrobes and a lot more wouldn't be a problem.
So the expenses are way more than the income. We jus got to find a way to create our own music industry, we can't wait on the government to do it for us because we are still waiting as you can see.

This newspaper "Cultural Xpressions" is a great platform to bringing awareness to hical artists around St. Maarten, we need more platforms similar to this to help build awareness for greater business opportunities for artists.

**Do you listen to other local artist, Mention a few?**
Of course I do, to name a few right now am listening to O3 of course , Dr.Rum, E-Magin, Jagg Sparrow, Odd Brothers, General Pye and a lot more, The hical artists are really on another level now am happy to see the evolution, when Oddyssey started rapping, the scene wasn't even has half as busy as it is now

**Which local artist have you collaborated with or would like to collaborate with ?**
I have collaborated with a lot of local artis. I have collaborated with numerous hical artist; Dr. Rum, E-Magine, General Pye, Red Eye Crew, Fatta and much more, I have also collaborated with international artist like Turbalance and Cecile.

In 2015 I been to Atlanta doing some writing sessions with Grammy award winning producer Needlz. So we can say I've been keeping busy. LOL

**What keeps you motivated currently?**
My motivation right now is life itself, all my breakups and make ups and different stuff I go through from day to day. My daughter also plays a huge part in my motivation as well, she gave me a purpose and a reason to never give up.

*Lega-C of 03 "Team Wavey"*

**Who or what are some of your biggest inspirations ?**
My biggest inspiration is my mother and father, i admire how they get things done. They always been supportive in me and my brother's career and it's hard to find parents that will stand behind your dream and goals in life. So hats off to them for sticking by my side and guiding me through this maze we call life.

**Where do you see yourself in the next year?**
I want to be doing promotional tours around the Caribbean with my new singles, almost got the material ready just finalizing the plan.

Mention a few places you have performed around the Caribbean and internationally

I've performed in Jamaica, America, Canada, Saba, St Eustatius, Anguilla, Rotterdam, Den Haag, Almere, Amsterdam, Paris, Atlanta, Belgium just to name a few.

**What can St Maarten and the World Expect next from Lega-C?**
Expect difference. Now that am working on solo projects I found myself doing things out my comfort zone and am loving the feeling. I'm working a reggae song entitled "Too Late" and a sort of zouk/soca song entitled "Dangerous" and they really got me excited.

Can't wait for everyone to hear them. Look out for some more.

If you could be anywhere in the world right now,

I actually would of been all over the world performing and experiencing new things for inspiration to write more music.

As you know our Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community development.

**What are your thoughts and views of the importance of Agriculture for St Maarten?**
How I see it is we have lost that important aspect of our community and it's necessary that an excessive amount of people of the community become more involved in Agriculture. It will end up saving a lot of lives. There is a plague of cancer victims here on St. Maarten now in 2017. That is more than we have ever seen and it's because of all the processed foods we are importing and feeding ourselves daily. A great wise saying states, "You are what you eat." Agriculture equals to better health in the community and also keeping the money flowing on the island.

**What do you think can bring more community members together to focus on positive development issues for their surrounding communities?**
Once organizations such as Cultural Xpressions alongside Spaceless Gardens keep building awareness and staying consistent it will develop, consistency brings results and more people will follow eventually follow these positive practices and it will slowly become our lifestyle .

As we come to the end of the Q and A interview:
**Who would like to give a shout out to and also some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility!**
I want to give a big Shout out to everyone who has been supporting me and my brothers over the years, we been through some great moments in our careers and it's all because of our fans and supporters. They make all the sacrifice and grinding worth it.

I got 3 things to tell up and coming artists.

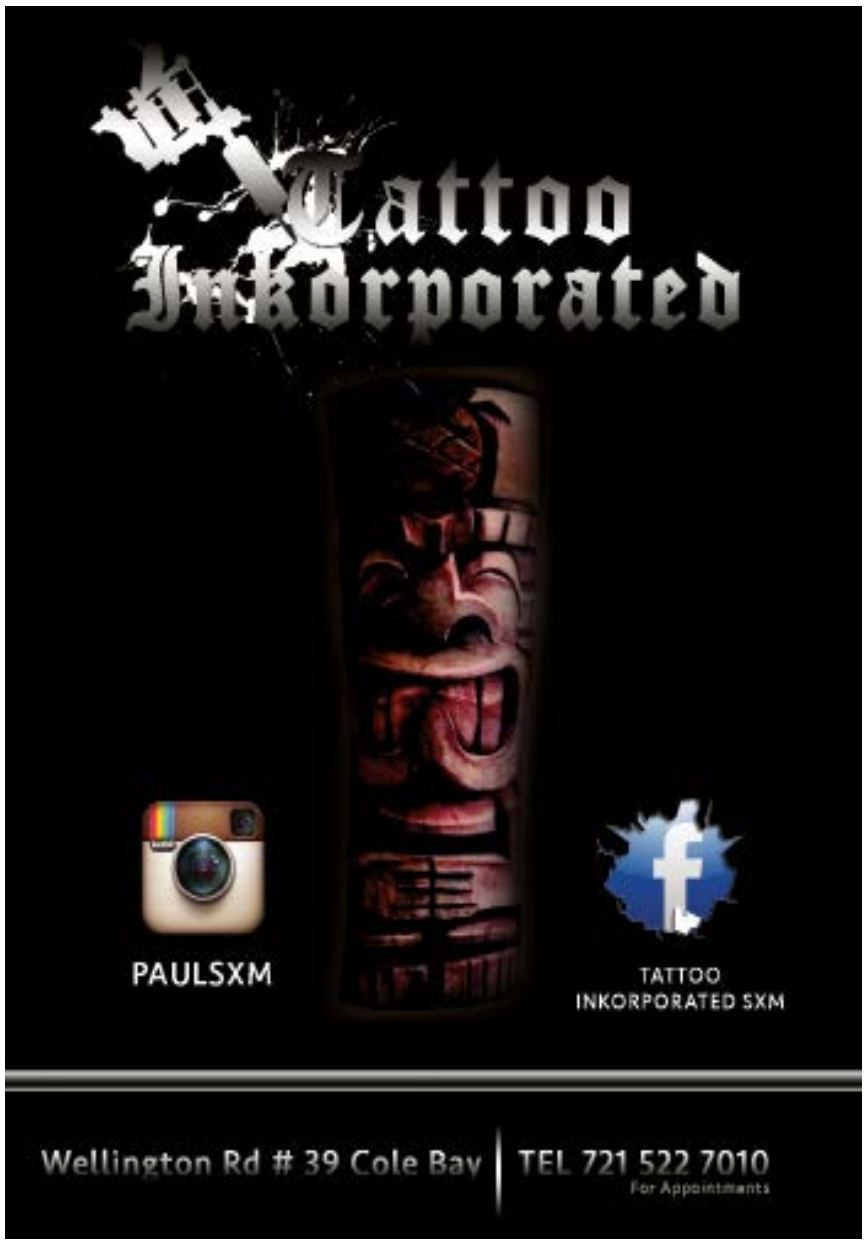
My first advice would be learn the business, a lot of artist come into the music thinking you make a song and blow up but it's a lot more to it. If you don't take your time and research does and don'ts, it's going to be a long hard and broke road to walk.

Learn the business! The music business is 90% business and 10% Talent.

And my 2nd advice would be to never settle for less, alway try to get your production to the best, even if u can't afford it, save for it for the next 1,2,3 years. As an artist you are a brand and your production represents your brand, so in order to get the best results/responses never settle for less.

The 3rd advice is to be patient, take your time, get your production right, plan and then execute, that's when u get results.

Nuff Respect goes out to Lega-C , one of St Maarten next rising stars… Cultural Xpression wishes you all the best on your journey forward!!!!



# DEVELOPING URBAN ECOTOURISM IN KENYAN CITIES: A SUSTAINABLE APPROACH P2

***By Roselyne N. Okech***

**IN ADDITION** to this, approaches through supply/facility and demand/user are also ways in which urban ecotourism can be conceptualized. Understanding urban ecotourism through its supply-side or facilities has advantages of visibility, identifiability and the ability to be mapped and located. The significance of supply-side facilities can be better explained when the nature of demand/users in the city is understood. In relation to these questions there is a need to assess various motives behind tourists' decisions to visit the city and thereby, develop a typology of the urban ecotourist.

**Kenya's ecotourism**

The recent surge in popularity of ecotourism has much to do with the search for a richer holiday experience by the guest (Okech, 2007). Kenya has been a trailblazer in ecotourism. It gave birth to some of Africa's earliest experiments in community-based conservation using park and tourism revenues and began the first efforts to systematically adopt ecotourism principles and practices in its national park system (Honey, 2008). Ballantine and Eagles (1994) evaluated Canadian tourists to Kenya against a definition consisting of three criteria. Their criteria were established to determine a visitor's status as an 'ecotourist' and encompass three dimensions:

the social motive (educational component); the desire to visit 'wilderness/ undisturbed areas'; and a temporal commitment. These are very broad criteria and it is no surprise that 84% of Canadian visitors to Kenya who were surveyed qualified as ecotourists. It may be argued that under these criteria the definition of the ecotourist is so general to be meaningless. A more detailed checklist for ecotourism is provided by Butler (1992) in Accott et al. (1998), Higham and Luck (2002). Despite the growth of both private reserves and beach tourism, the heart of Kenya's nature tourism and ecotourism industry

remains its national parks and reserves and their surrounding buffer zones. It is in these areas that Kenya has conducted its most innovative and long-term ecotourism experiments.

Over the course of three decades, the community conservation schemes in most parts of the country including Amboseli and Masai Mara have followed somewhat different paths but produce some common lessons. These experiments (Honey, 2008) are significant because they were large, government-backed initiatives involving the country's foremost tourist attractions, sizeable populations and at times, international conservation and lending agencies. They represent the most concerted, long term efforts in Africa to apply ecotourism principles on a national scale. Today there exists concerns that ecotourism may have stagnated and requires redirecting. This thinking emerges out of observations that donor funding for development of infrastructure that supports ecotourism has significantly reduced (Gona, 2006). Funding is now directed at capacity building for communities and development of plans. Available information on ecotourism in Kenya reveals a lot about the institutional structure, distribution, innovations, stakeholders, management structures/models and the product. However, there is very little information on the size of the sector in terms of number of visitors it receives, the proportion it contributes to the overall tourism income and the amount of investment that has gone into its development. The distribution of ecotourism in Kenya can be described as uneven. In analyzing Kenya's ecotourism development, the country can be divided into regions.

These are the North/South Coast, the Rift region, Nyanza / Western region, Northern Kenya, Tsavo / Taita region, Amboseli / Kajiado region and the Narok / Transmara region. It is evident that this categorization has been largely influenced by the existing tourism circuit and administrative boundaries. In strict terms, half of these regions are not developed. This means that they are not well connected by road and/or air, they have a few and sometimes sub standard accommodation facilities, recreation opportunities are limited and service is poor. Some of the factors that have contributed to this disparity in development include over reliance on wildlife and beach product, uneven structure development, undefined/unclear resource ownership regimes, socio-economic activities of local people, investment biases and disparities in endowment with attractive physical and cultural resources.

The growth and development of ecotourism in Kenya has strong links to development of mass tourism.

Ecotourism easily took root in areas that had been opened up by conventional tourism through national parks/reserve.

# 13 ACTIONABLE INSTAGRAM BUSINESS TIPS FOR 2017

***By James Scherer***

**ARE YOU** looking to drive engagement and sales from Instagram?

With more than 600 million users, Instagram gives your business an almost limitless potential for driving brand awareness and turning users into prospective customers.

The challenge, of course, is figuring out how to compete with the millions of brands and competitors on the platform. How do you stand out? And how can you be sure you're doing everything right on a platform as competitive as Instagram?

This article will give you 18 actionable Instagram business tips. I'll show you real-world examples of these tips in action from some of the most successful business accounts on the social media network. These are actionable strategies you can see and try for your business today.

Let's get started!

**1.** Brand your Instagram Content

People should know they're looking at your company's content even if they don't see your name. You should have your own style, and stick with it.

Why? It increases brand recall and gives your profile a visually-appealing and professional look.

**2.** Use Hashtags

Identify a set of 5-20 hashtags that are relevant to your business, your campaign and the content of your Posts. Add them beneath whatever caption you select for your post.

Why? Hashtags massively increase the spread of your posts on Instagram. People use hashtags to find content that is relevant to them and their interests, and you want them to find your business.

**3.** Invest in Video

Consider investing in a studio, high-end DSLR camera, tripod and lapel mic. You'll take better pictures (see below) and be able to take video of your products and your team.

Why? Nothing says "we know what we're doing" more than a professionally-done video with great sound, entertaining content and high quality visuals. Video does more to communicate professionalism than any other type of media.

**4.** Build your Following with an Instagram Hashtag Contest

An Instagram hashtag contest is the fastest way for your business to generate new Instagram followers and turn users into prospective customers. Prompt Fans (and non-Fans) to Like your page, tag a photo with a campaign-specific hashtag, and get entered for a chance to win a prize related to your business.

Why? More Fans means greater reach to your content on Instagram. A contest can also turn Fans into leads, who you can

email and turn into real-world sales.

**5.** Make your Products Look Good

Instagram is a platform where you can showcase your products. If anything, users expect it.

But the worst thing you can do is take low-res, boring photos of your products with your phone and upload them to the Instagram platform. So make your products look good.

Why? People are scrolling through a hashtag newsfeed or the accounts they follow. You want your product posts to stand out.. A great way to do this is to take and post several posts in a row, as APL has done below…

**6.** Only Post High-Res, Professional Images

Related to the last post, I want to reiterate how essential it is for you to post high-res images. No content is better than content which makes you look bad. Honestly, I'd rather you didn't market on Instagram at all than uploaded a shot which doesn't have the right aspect ratio, is pixelated when I click on it, or looks like it was taken on your 2002 Nokia.

Why? Because a boring product can be made desirable if you know how to take a photo. A professional photographer can make a lug nut sexy. The example below is of cotton candy, which is a pretty cool product. But Bon Puf takes all their product photos for Instagram up a notch.

**7. Give People a Behind-the-Scenes Look**

**CONTINUED ON PAGE 15**

COMMUNITY CLASSIFIES

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

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

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

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

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

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

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

FOR SALE

WANT YOUR AD HERE ?
Call : 721 524-4733

SUBMIT YOUR:
NAME, SKILLS, COMMUNITY YOUR FROM & CONTACT INFORMATION TO:
contact@wattzzpublishing.com

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

# 13 ACTIONABLE INSTAGRAM ...

FROM PAGE 14

Take the camera and move it out of the studio. Interview your CEO. Talk to the customer support team. Show a summer barbecue or Friday after-work drinks.

Why? People love seeing behind the curtain (why do you think blooper and "making of" videos are so popular?) Behind-the-scenes content can also personalize your business, turning a faceless corporation into a company made up of real people. And that results in trust. And trust results in sales.

**8.** Try a Seamless Feed

This is a strategy I've only seen in 2017, and it's an exciting one. A lot of successful Instagram business accounts are considering the experience people have when they see their whole newsfeed (on both mobile and desktop). Doing this allows you to show a big idea in the thumbnails.

Why? Honestly what better reason do you need than that it's really cool. You want to be cool on Instagram, as much as anything else.

**9.** Feature Reviews & Testimonials

You're an untrustworthy source of information when it comes to your own business. You can say "The greatest innovation in car sharing since the wheel!" and I'll discount you immediately. If they say, "Honestly the coolest car sharing app I've ever used," I'm going to give a lot more attention and a lot more trust.

Why? Because testimonials and reviews are a powerful way to tell prospective customers about who you and what you do. That's true in your landing pages, so why wouldn't it be in your Instagram posts?

**10.** Identify Influencers and Team Up

The example I have for this one is Nike and Kevin Hart, and that's a no-brainer.

But you don't have to be Nike, and your influencer doesn't have to be the biggest comedian working today.

You can use tools like Gramfeed, Keyhole, Moju, Upfluence and many more to identify people in your industry who can help your business increase its reach on Instagram.

Why? Because teaming up with an influencer can, faster than any other strategy, expose your business to prospective customers within your target market. It can also boost your brand reputation - i.e. "If [x] person I know of and respect likes [your brand] then [your brand] must also be awesome."

**11.** Consider What's Trending Before Posting

People are far more likely to engage with your business if you post content which coincides with what they're already thinking about or things that are going on in the world around them.

Of course this can be the Christmas season, Mother's day and Valentine's Day, but it can also be #nationalpuppy day or International Moment of Laughter Day (April 14th).

Why? Because people love to be involved in a conversation. If your business is involved in the conversation of Mother's Day or National Women's Day or French Fry Friday, they'll feel a desire to be involved as well.

**12.** Use Quotes

This one's just a no-brainer: people love quotes on social media. They love sharing them and they love commenting. Your business should inspire people.

Plus, they're the thing you schedule when it's 5pm on a Friday and you're still finalizing your social media calendar (let's be honest, here).

Why? Because people love them and they have been a social media best practice since Facebook took its first steps.

**13.** Invest in Instagram Advertising

All the best practices in the world can only do so much. And they can be time consuming.

So instead, consider paid ads. Instagram's ad platform (which is part of Facebook's) offers unparalleled targeting and more-than-competitive cost per click.

Why? You can do more with 10 bucks of paid Instagram ads than you can with hours of organic marketing. What's an hour of time worth to you?

# WHY 70 PERCENT OF KIDS QUIT SPORTS BY AGE 13 – P1

***BY JULIANNA W. MINER***

**ACCORDING** to a poll from the National Alliance for Youth Sports, around 70 percent of kids in the United States stop playing organized sports by the age of 13 because "it's just not fun anymore." I have three kids, all of whom play sports, and my oldest is about to turn 13. I may not have understood why this was happening a few years ago, but sadly, knowing what I know now, the mass exodus of 13-year-olds from organized sports makes perfect sense to me.

"It's not fun anymore" isn't the problem; it's a consequence of a number of cultural, economic and systemic issues that result in our kids turning away from organized sports at a time when they could benefit from them the most. Playing sports offers everything from physical activity, experiencing success and bouncing back from failure to taking calculated risks and dealing with the consequences to working as a team and getting away from the ubiquitous presence of screens. Our middle-schoolers need sports now more than ever.

Here are the reasons I think it's become less fun for kids to play sports, and why they are taking an early retirement.

It's not fun anymore because it's not designed to be. As children get closer to high school, the system of youth sports is geared toward meeting the needs of more competitive players, and the expectations placed on them increase. Often

the mentality is that most of the kids who quit at 13 are the ones who wouldn't make a varsity team in high school anyway. Those who stick around find that being on a team means a greater commitment of time and effort. It also means being surrounded by people who care very much about the outcome. This, consequently, brings with it the potential for experiencing disappointment or being the cause of it. There is nothing wrong with any of that, and it can teach incredibly important lessons about hard work, resiliency and character — but it's not for everyone.

Our culture no longer supports older kids playing for the fun of it. The pressure to raise "successful" kids means that we expect them to be the best. If they're not, they're encouraged to cut their losses and focus on areas where they can excel. We see it in middle school orchestra, where a kid who doesn't make first chair wonders if it's worth continuing to play. If a seventh-grader doesn't make a select team for soccer, she starts to wonder if maybe it's time to quit altogether, thinking that if she's not hitting that highest level, it might not be worth doing?

For the small minority of kids who are playing a sport at an elite level and loving it, the idea of quitting in middle school is probably unthinkable. But for everyone else, there are fewer opportunities to play, a more competitive and less developmental environment in which to participate, and lots of other things competing for their time after school.

There is a clear push for kids to specialize and achieve at the highest possible level. Increasingly kids are pressured to "find their passion" and excel in that area (be it music, arts, sports, etc.). There are certainly kids for whom this is true, but it is not the norm (despite the expectations of college admissions officers). For many, there's a strong argument against this trend, because the message is essentially to pick one thing and specialize in it (to the exclusion of pursuing other interests). For young athletes, early specialization can be harmful in terms of long-term injuries, and it does little to increase one's overall the chances of later collegiate or professional success.

Perhaps more importantly, the underlying message that "I have to be the best or I've failed" is deeply harmful to kids. This is absolutely mirrored and reinforced in school, where the environment is increasingly test and outcome-driven. Sports could be pivotal in teaching kids how to fail and recover, something that educators and parents see as being desperately needed. In privileged Washington, D.C., suburbs such as Fairfax and Montgomery counties (and in others like them, across the country), teenagers find themselves stressed to the point of developing anxiety and depression. We see unhealthy coping behaviors and increased rates of self-harm and suicide. This is not a sports problem, it's a culture problem.

**MORE IN JUNE 2017 EDITION**