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**MINISTER OF VROMI DOES NOT SUPPORT
AGRICULTURAL DEVELOPMENT FOR ST MAARTEN**

P5

PAGE 11-12

**CX 2ND AGRICULTURAL
FESTIVAL IN PHOTOS**

PAGE 7

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PAGE 10

EXPRESSED BY LATOYA

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MAJOR FIGURES IN AFRO- *Caribbean History*

REMEMBERING ROBERT NESTA MARLEY PART 2 (REGGAE MUSIC ICON)



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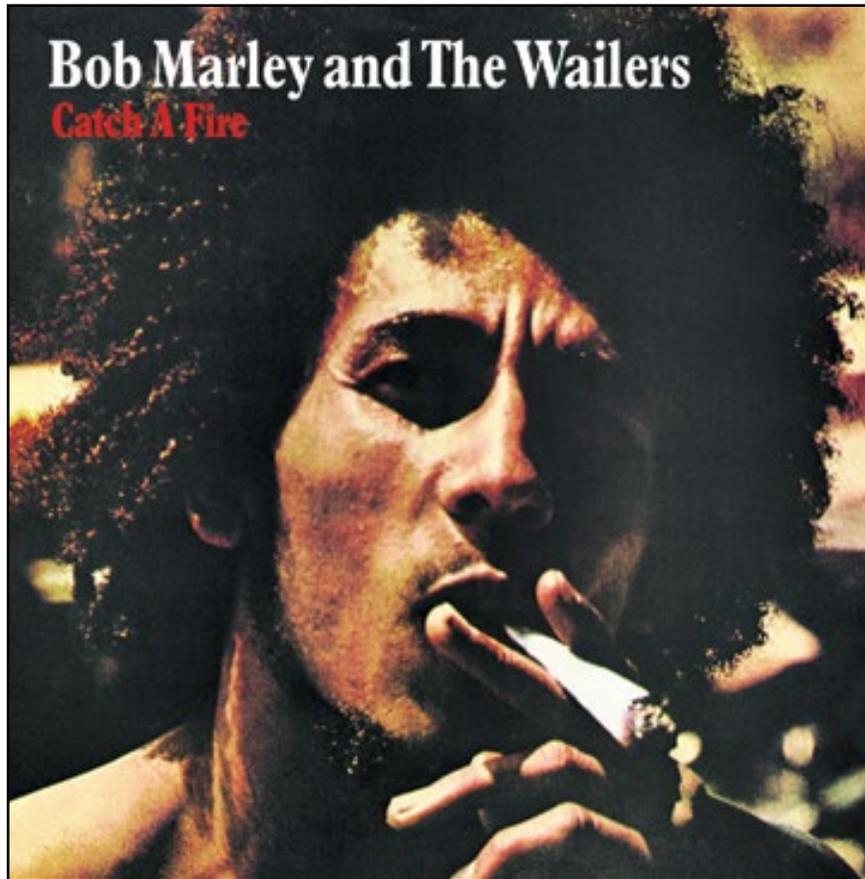
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By WIKI
1972-74: Move to Island Records

In 1972, Bob Marley signed with CBS Records in London and embarked on a UK tour with American soul singer Johnny Nash. While in London the Wailers asked their road manager Brent Clarke to introduce them to Chris Blackwell, who had licensed some of their Coxsone releases for his Island Records. The Wailers intended to discuss the royalties associated with these releases; instead the meeting resulted in the offer of an advance of £4,000 to record an album. Since Jimmy Cliff, Island's top reggae star, had recently left the label, Blackwell was primed for a replacement. In Marley, Blackwell recognized the elements needed to snare the rock audience: "I was dealing with rock music, which was really rebel music. I felt that would really be the way to break Jamaican music. But you needed someone who could be that image. When Bob walked in he really was that image." The Wailers returned to Jamaica to record at Harry J's in Kingston, which resulted in the album *Catch a Fire*.

Primarily recorded on an eight-track, *Catch a Fire* marked the first time a reggae band had access to a state-of-the-art studio and were accorded the same care as their rock 'n' roll peers. Blackwell desired to create "more of a drifting, hypnotic-type feel than a reggae rhythm", and restructured Marley's mixes and arrangements. Marley travelled to London to



supervise Blackwell's overdubbing of the album which included tempering the mix from the bass-heavy sound of Jamaican music and omitting two tracks.

The Wailers' first album for Island, *Catch a Fire*, was released worldwide in April 1973, packaged like a rock record with a unique Zippo lighter lift-top. Initially selling 14,000 units, it didn't make Marley a star, but received a positive critical reception. It was followed later that year by the album *Burnin'* which included the song "I Shot the Sheriff". Eric Clapton was given the album by his guitarist George Terry in the hope that he would enjoy it. Clapton was suitably impressed and chose to record a cover version of "I Shot the Sheriff" which became his first US hit since "Layla" two years earlier and reached number 1

on the Billboard Hot 100 on 14 September 1974. Many Jamaicans were not keen on the new reggae sound on *Catch a Fire*, but the Trenchtown style of Burnin' found fans across both reggae and rock audiences.

During this period, Blackwell gifted his Kingston residence and company headquarters at 56 Hope Road (then known as Island House) to Marley. Housing Tuff Gong Studios, the property became not only Marley's office, but also his home.

The Wailers were scheduled to open 17 shows in the US for Sly and the Family Stone. After four shows, the band was fired because they were more popular than the acts they were opening for. The Wailers disbanded in 1974, with each of the three main members pursuing a solo career. The reason for the breakup is shrouded in conjecture;

some[who?] believe that there were disagreements amongst Bunny Wailer, Peter Tosh, and Marley concerning performances, while others claim that Wailer and Tosh simply preferred solo work.

1974-76: Line-up changes and shooting. Despite the break-up, Marley continued recording as "Bob Marley & The Wailers". His new backing band included brothers Carlton and Aston "Family Man" Barrett on drums and bass respectively, Junior Marvin and Al Anderson on lead guitar, Tyrone Downie and Earl "Wya" Lindo on keyboards, and Alvin "Seeco" Patterson on percussion. The "I Threes", consisting of Judy Mowatt, Marcia Griffiths, and Marley's wife, Rita, provided backing vocals. In 1975, Marley had his international breakthrough with his first hit outside Jamaica,

"No Woman, No Cry", from the *Natty Dread* album. This was followed by his breakthrough album in the United States, *Rastaman Vibration* (1976), which reached the Top 50 of the Billboard Soul Charts.

On 3 December 1976, two days before "Smile Jamaica", a free concert organized by the Jamaican Prime Minister Michael Manley in an attempt to ease tension between two warring political groups, Marley, his wife, and manager Don Taylor were wounded in an assault by unknown gunmen inside Marley's home. Taylor and Marley's wife sustained serious injuries, but later made full recoveries. Bob Marley received minor wounds in the chest and arm. The attempt on his life was thought to have been politically motivated, as many felt the concert was really a support rally for Manley. Nonetheless, the concert proceeded, and an injured Marley performed as scheduled, two days after the attempt. When asked why, Marley responded, "The people who are trying to make this world worse aren't taking a day off. How can I?" The members of the group Zap Pow played as Bob Marley's backup band before a festival crowd of 80,000 while members of The Wailers were still missing or in hiding.

1976-79: Relocation to England. Marley left Jamaica at the end of 1976, and after a month-long "recovery and writing" sojourn at the site

CONTINUED ON PAGE 3

MAJOR FIGURES IN AFRO...REMEMBERING ROBERT P2.. FROM PAGE 2

of Chris Blackwell's Compass Point Studios in Nassau, Bahamas, arrived in England, where he spent two years in self-imposed exile.

Whilst in England, he recorded the albums Exodus and Kaya. Exodus stayed on the British album charts for 56 consecutive weeks. It included four UK hit singles: "Exodus", "Waiting in Vain", "Jamming", and "One Love" (a rendition of Curtis Mayfield's hit, "People Get Ready"). During his time in London, he was arrested and received a conviction for possession of a small quantity of cannabis. In 1978, Marley returned to Jamaica and performed at another political concert, the One Love Peace Concert, again in an effort to calm warring parties. Near the end of the performance, by Marley's request, Michael Manley (leader of then-ruling People's National Party) and his political rival Edward Seaga (leader of the opposing Jamaica Labour Party), joined each other on stage and shook hands.

Under the name Bob Marley and the Wailers 11 albums were released, four live albums and seven studio albums. The releases included Babylon by Bus, a double live album with 13 tracks, were released in 1978 and received critical acclaim. This album, and specifically the final track "Jamming" with the audience in a frenzy, captured the intensity of Marley's live performances.

"Marley wasn't singing about how peace could come easily to the World but rather how hell on Earth comes too eas-

ily to too many. His songs were his memories; he had lived with the wretched, he had seen the down pressers and those whom they pressed down."

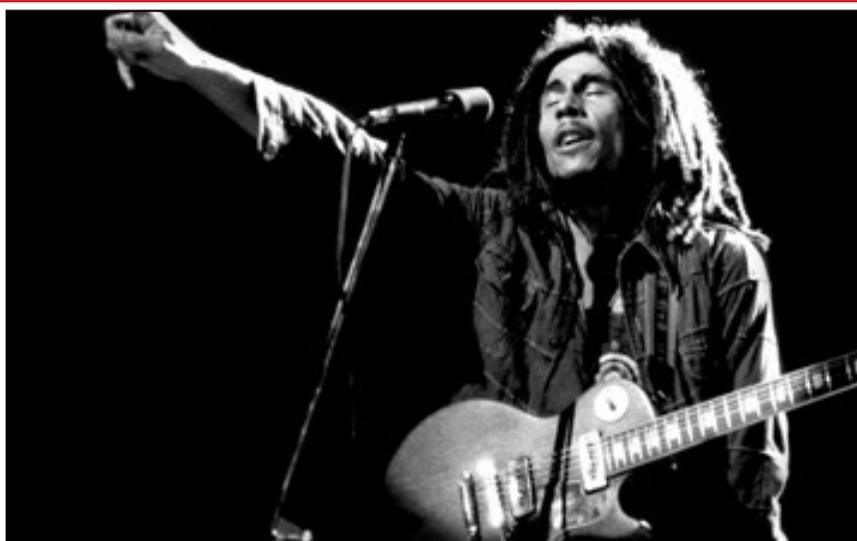
Mikal Gilmore, Rolling Stone:

1979-81: Later years Survival, a defiant and politically charged album, was released in 1979. Tracks such as "Zimbabwe", "Africa Unite", "Wake Up and Live", and "Survival" reflected Marley's support for the struggles of Africans. His appearance at the Amandla Festival in Boston in July 1979 showed his strong opposition to South African apartheid, which he already had shown in his song "War" in 1976. In early 1980, he was invited to perform at 17 April celebration of Zimbabwe's Independence Day.

Uprising (1980) was Bob Marley's final studio album, and is one of his most religious productions; it includes "Redemption Song" and "Forever Loving Jah". Confrontation, released posthumously in 1983, contained unreleased material recorded during Marley's lifetime, including the hit "Buffalo Soldier" and new mixes of singles previously only available in Jamaica.

Illness and death

In July 1977, Marley was found to have a type of malignant melanoma under the nail of a toe. Contrary to urban legend, this lesion was not primarily caused by an injury during a football match that year, but was instead a symptom of the already-existing cancer. Marley turned down his doctors' advice to have his toe amputat-



ed (which would have hindered his performing career), citing his religious beliefs, and instead the nail and nail bed were removed and a skin graft taken from his thigh to cover the area. Despite his illness, he continued touring and was in the process of scheduling a world tour in 1980.

The album Uprising was released in May 1980. The band completed a major tour of Europe, where it played its biggest concert to 100,000 people in Milan. After the tour Marley went to America, where he performed two shows at Madison Square Garden in New York City as part of the Uprising Tour.

Marley's last concert occurred at the Stanley Theater (now called The Benedum Center For The Performing Arts) in Pittsburgh, Pennsylvania, on 23 September 1980. The only known photographs from the show were featured in Kevin Macdonald's documentary film Marley.

Shortly afterwards, Marley's health deteriorated as the cancer had spread throughout his body. The rest of the tour was cancelled and Marley sought treatment at the Bavarian clinic of

Josef Issels, where he received a controversial type of cancer therapy (Issels treatment) partly based on avoidance of certain foods, drinks, and other substances. After fighting the cancer without success for eight months Marley

boarded a plane for his home in Jamaica.

While Marley was flying home from Germany to Jamaica, his vital functions worsened. After landing in Miami, Florida, he was taken to the hospital for immediate

medical attention. Marley died on 11 May 1981 at Cedars of Lebanon Hospital in Miami (now University of Miami Hospital), aged 36. The spread of melanoma to his lungs and brain caused his death. His final words to his son Ziggy were "Money can't buy life."

Marley received a state funeral in Jamaica on 21 May 1981, which combined elements of Ethiopian Orthodoxy and Rastafari tradition. He was buried in a chapel near his birthplace with his red Gibson Les Paul (some accounts say it was a Fender Stratocaster).

Bob Marley had 11 listed Children and perhaps many unknown... One Love

100 THINGS THAT YOU DID NOT KNOW ABOUT AFRICA - P3



41. On a pilgrimage to Mecca in 1324 AD, a **Malian ruler, Mansa Musa**, brought so much money with him that his visit resulted in the collapse of gold prices in Egypt and Arabia. It took twelve years for the economies of the region to normalise.

42. West African gold mining took place on a vast scale. One modern writer said that: "It is estimated that the total amount of gold mined in West Africa up to 1500 was 3,500 tons, worth more than \$30 billion in today's market."

43. The old Malian capital of Niani had a 14th century building called the Hall of Audience. It was an surmounted by a dome, adorned with arabesques of striking colours. The windows of an upper floor were plated with wood and framed in silver; those of a lower floor were plated with wood, framed in gold.

44. Mali in the 14th century was highly urbanised. Sergio Domian, an Italian art and architecture scholar, wrote the following about this period: "Thus was laid the foundation of an urban civilisation. At the height of its power, Mali had at least 400 cities, and the interior of the Niger Delta was very densely populated".

45. The Malian city of Timbuktu had a 14th century population of 115,000 - 5 times larger than mediaeval London. Mansa Musa, built the Djinguerebere Mosque in the fourteenth century. There was the University Mosque in which 25,000 students studied and the Oratory of Sidi Yaya. There were over 150 Koran schools in which 20,000 children were instructed. London, by contrast, had a total 14th century population of 20,000 people.

46. National Geographic recently described Timbuktu as the Paris of the mediaeval world, on account of its intellectual culture. According to Professor Henry Louis Gates, 25,000 university students studied there.

47. Many old West African families have private library collections that go back hundreds of years. The Mauritanian cities of Chinguetti and Oudane have a total of 3,450 hand written mediaeval books. There may be another 6,000 books still surviving in the other city of Walata. Some date back to the 8th century AD. There are 11,000 books in private collections in Niger. Finally, in Timbuktu, Mali, there are about 700,000 surviving books.

48. A collection of one thousand six hundred books was considered a small library for a West African scholar of the 16th century. Professor Ahmed Baba of Timbuktu is recorded as saying that he had the smallest library of any of his friends - he had only 1600 volumes.

49. Concerning these old manuscripts, Michael Palin, in his TV series Sahara, said the imam of Timbuktu "has a collection of scientific texts that clearly show the planets circling the sun. They date back hundreds of years . . . Its convincing evidence that the scholars of Timbuktu knew a lot more than their counterparts in Europe. In the fifteenth century in Timbuktu the mathematicians knew about the rotation of the planets, knew about the details of the eclipse, they knew things which we had to wait for 150 almost 200 years to know in Europe when Galileo and Copernicus came up with these same calculations and were given a very hard time for it."

50. The Songhai Empire of 16th century West Africa had a government position called Minister for Etiquette and Protocol.

51. The mediaeval Nigerian city of Benin was built to "a scale comparable with the Great Wall of China". There was a vast system of defensive walling totalling 10,000 miles in all. Even before the full extent of the city walling had become apparent the Guinness Book of Records carried an entry in the 1974 edition that described the city as: "The largest earthworks in the world carried out prior to the mechanical era."

52. Benin art of the Middle Ages was of the highest quality. An official of the Berlin Museum für Völkerkunde once stated that: "These works from Benin are equal to the very finest examples of European casting technique. Benvenuto Cellini could not have cast them better, nor could anyone else before or after him . . . Technically, these bronzes represent the very highest possible achievement."



53. Winwood Reade described his visit to the **Ashanti Royal Palace** of Kumasi in 1874: "We went to the king's palace, which consists of many courtyards, each surrounded with alcoves and verandahs, and having two gates or doors, so that each yard was a thoroughfare . . . But the part of the palace fronting the street was a stone house, Moorish in its style . . . with a flat roof and a parapet, and suites of apartments on the first floor. It was built by Fanti masons many years ago. The rooms upstairs remind me of Wardour Street. Each was a perfect Old Curiosity Shop. Books in many languages, Bohemian glass, clocks, silver plate, old furniture, Persian rugs, Kidderminster carpets, pictures and engravings.

MORE ON THIS TOPIC IN AUGUST 2017 EDITION

MINISTER OF VROMI DOES NOT SUPPORT AGRI-CULTURAL DEVELOPMENT FOR ST PETERS COMMUNITY

JULY 20, 2017

On Sunday July 23, 2017, the St Peters community embraced once again Agriculture at its finest. Spaceless Gardens a community organization hosted its 2nd Agricultural Festival and Community Market day at the Rupert I Maynard Community Center in St Peters on July 23, 2017.

The surrounding communities were encouraged to come out and get a first hand experience of the community market day. The concept of a community market day is to encourage the awareness of Agriculture and Culture in many forms such as Locally Fresh Produce, Arts, Crafts, Cultural Dishes, Fresh Local Tarts, Cakes, Natural Juices, Local Entertainment and community interaction .

Although this time around we had to make some adjustment based on a decision issued by the ministry of VROMI that they will not grant us permission to block the road to execute our community ventures. The reason for this was explained by Mr Buncamper of VROMI, he stated that there is a new policy that was issued by the minister of VROMI'S office that no permit will be issue for the closure of the roads for events that will generate funds for community members or no one of that matter . Now this truly came as a shock and at the last moment 4 days before the event when the permits have been requested for weeks. The permits were granted for the sale of arts, craft, food, alcoholic and non alcoholic drinks from the ministry of TEATT just as they assisted back in Feb 2017 as the first community event took place. The permit for the road blockage to compliment the event at the time was also granted by the ministry of VROMI, so it was very disappointing to hear at last moment that they had not grant us the permit for the road closure.

We expressed our concerns to Mr Bun-

camper at the time when we received his feed back and thank him for his efforts. We know that its not the fault of Mr Buncamper why this decision was made for he also assisted us back in Feb 2017 for our first community event.

The fact of the matter is that there is a personal agenda going on with some family members within the ministries and it's now time for it to stop..

This whole controversy all started back in 2014 when Mr Wyatt received the parcel of land in St Peters for Agricultural development from government. Ever since then there has been a dispute between the Richardson family towards Mr Wyatt.. The Richardson's first attempt back in 2014 came from an attempt to threaten Mr Wyatt's life from member of parliament at the time, Mr H. Richardson, if he didn't take heed to leaving the land. The second came from one of the Richardson sisters, Ms T. Richardson. This was a fraudulent letter sent to Mr Wyatt stating that the land that was leased out to him was illegally occupied by him and that Mr Wyatt should stop everything thing he was doing on the land. The letter had a serious track record as it was issued by Law office Duncan and Brandon and came through the Duerwarder Mr M. Rabes who coincidentally is married to Ms A. Richardson. This attempt was stopped in it's tracks when Mr Wyatt approached the former Minister of VROMI Mr m. Lake to find out if what was taken place was a fact and if so he did not want any part of it. The minister reassured Mr Wyatt that his process was a legal process and that he is in full right in justifying the legality for occupying the said land space. A letter then was issued out from government to the law office of Duncan and Brandon on Nov 11, 2014 that the claims and certificate ad-measurement numbers outlined



The importance of having a community garden \ research development center is to provide an ever so needed opportunity of being able to build th importance of agricultural and cultural awareness amounts our elders and future generation.

in their letter where not from the same location and further more that the richardson family should stop harassing Mr Wyatt as he had a legal agreement from government to occupy the said property

attached to the correct ad measurement numbers.. This letter was also CC to the police commissioner at the time Mr C John. Ever since then there was no attempt to harass Mr Wyatt until NA gained control of gov-

ernment.

Now, over the past 10 months My Wyatt has put together, with help of organization such as PBCCF, UN-ECO, BAK AND VSA a skill enhancement program that allowed unemployed skillful

community members to come together and develop the St Peters Community Garden Research and Development Center. This pilot program was a success for all participating members and the end result was to execute a community market day to demonstrate what they have learned and been busy with over the past few months. Surveys were executed that proved that there is more then 1,000,000lbs of waste that leaves parcel 6 (cul de sac area \ St Peters area) every month.

Every since 2014 Mr Wyatt has left a track record in the legal direction to try make sure all document and taxes were

CONTINUED ON PAGE 6

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MINISTER OF VROMI DOES NOT SUPPORT AGRI-CULTURAL DEVELOPMENT .. FROM PAGE 5

up to date to determine the finalization of the land documents.

Ever since the development of the community garden, the garden been visited by inspectors of VROMI warning that they are not going about the development in the right way. Mr Wyatt never refused to comply with the building permit laws, but were never granted to opportunity to and when they did try to comply and go through the right process they were hit with an 3rd attempt of a fraudulent evecton letter with no government official date on the letter or stamp on the envelop claiming all sort of blasphemy accusations on why they are not renewing the lease agreement when its up and not finalizing the land documents. "Imagine The minister of VROMI never once visited the garden to understand the importance of what was going on in the community of St Peters", Wyatt Stated

The minister told Mr Wyatt himself that his decision was made based on a comment Mr Wyatt Made on Facebook, which he though was a threat. Mr Wyatt reassured the ministry that nothing in such manner was said and that all he said was that "the ministers should do their dam job" , as that is what they are there to do. Something that takes a few minutes to finalize the minister refused to get it done and allow his policy advisory staff to manipulate the decision making also based on personal agendas as she is also part of the richardson family. In the end to make a long story short, While our community initiatives are being support by other government ministries and government international supporters that are helping this country to achieve



The dead end on lemon road leading to the community garden and school area was completely paved by the community member better known as Royston "bush man". He constructed this entire part of the road on his own with left over concrete from the cement truck the is busy completeing the Hillside Christian School. Where is the minister of VROMI to commend and compansate this gentleman for a job well done ?

goals that some of our own ministers take for granted, yet they seem to want to block every good thing that meant for positive community and country development..

Mr Wyatt issued a rejection letter to the minister outlining the fraudulent claims of the letter received and that it was not received in an official government format. Since then Mr Wyatt conducted a meeting with the Prime Minister Mr W Marlin and Minister of VROMI C Emanuel, who both reassured Mr Wyatt after clearing up any miss-understandings between them that the Minister will help assist Mr Wyatt to move forward with the community garden.. Two days after that, another meeting was conducted between Mr Wyatt and the Minister of VROMI to finalize the letter of exemption to grant electriciry to the community garden while Mr Wyatt awaits the final documentation. Again his advisory board blocked the process that could of been done right there and stated that their is a court case that was just finished about the land which up to now no documentation can be showed to Mr Wyatt . "I guess now they are making them, so i can expect another harassment issue very shortly"

Wyatte mentioned..

Thus far every effort made in a legal manner to get assistance from the minister and his cabinet has failed and Mr Wyatt wants to understand why they are attacking him while he is trying to make such positive changes in the community.

Wyatte mentioned on Facebook over a week ago that he is tired and fed up of the disrespect and demotivation that he is receiving from our local ministers and that he will no longer stand for the injustice brought against him and the community of St Peters.

"All the community and it's members want is a chance to do for them selves, We have always been begging government to do or implement small things and yet they refuse to put them as priority", Wyatt Mentioned. "Now that I am is trying to provide an oppertunity for the community and its members to be self sustainable, Minister C Emanuel and his advisory board want to stop that? This wont be acceptable by the community of St Peters. If we ask them to fix a road, they don't have money, pump the sewage water we have to wait years", Wyatt expressed. Wyatt also mentioned that the minister of VROMI was

no where to be found when the old man pave the whole road behind Hillside Christian on his own with help from the school's a left over concrete from the ongoing project development. The old man was able to accomplish the entire back part of the dead end Lemon road. "Now we want to do things like this on our own, we are not given the oppertunity too?", Wyatt..

Going back to the reason the permit was not granted Wyatt mentioned is because the people must not raise funds to sustain themselves, their family, the community and community efforts. Vendors participating in the community event make their contribution to help make it happen, they work hard and utilize their skills to show what they can do, most are unemployed and ministries such as VROMI is not finding any jobs for them.. How do you tell these people they can't feed or make money to sustain themselves, and yet you don't provide them with a jobs? "You want us to beg, thief , cheat , steal? We we are sorry we will not give you that satisfaction because we have better things we can do. " Wyatt Expressed.

Its sad when policy advisors and their family members can

influence our ministers to make unjustified decisions based on personal agendas when they themselves are also advising who should get government contracts that end up in their circle. "If you eating, eat, but leave another peoples plate of food alone" Wyatt stated

Wyatt mentioned that from this point on if the law does not want to work on our side thats ok, then we have no choice but to make our own community law and do whats best for our community and families residing there. We will not allow any more interruption from VROMI on our community efforts. This is no disrespect to the minister or his ministry, but if they are not willing to compliment the cause then it is best you let the community members be in their our own community to uplift them selves", Wyatt. On Saturday July 22 a community clean was schedule at the St Peters Community Center from 7am to get the park cleaned up for the Community Market Day on July 23, 2017. The organization encouraged surrounding community members to come out and join in this unity to get that park clean, not only for themselves but more important for the children that play there. When we approached the minister of VROMI with a solution to get some guys off the block with a small contract to help clean the community center back in Feb 2017, he stated "the community center is a private establishment, they have to do it themselves"... But what about the basketball court isn't that public? Beside all that, what about just the plain health of our kids is the reason to keep it clean?

it done ourselves along with who is able to come out on the Saturday morning to support the cause" Wyatt stated. Community members such as Mr Wyatt and Mr Rene Koto Wilson were still planning to block the road for the event on Sunday but decided not to based on the effort of Community Officer F Richard who also assisted last moment in gettingt the still awaited permit to carry out the event . Mr Wyatt was approached by Community officer Mr F Richards who expressed his concerns about the matter about the road blockage and Stated that " We don't have a problem with you Mr Wyatt, we just want to make sure that all goes well with the event and there would be no reason for the police to come out because of the road blockage, we understand that your fight is with VROMI but we the police don't have a fight with you and would like your cooperation along with Mr Rene Koto Wilson to avoid blocking the road on the sunday' and we will assist in anyway we can to ensure to event goes on on the said date'.

"Either or, we got

it done ourselves along with who is able to come out on the Saturday morning to support the cause" Wyatt stated.

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Mr Wyatt expressed his thanks to Community Officer F Richards for his assistance. It's all about just coming together and finally standing for a greater cause. Our Culture, our heritage, our community, our families and our future.

In the end Mr Wyatt mentioned that humbleness should not be taken for weakness, for weak he is not but and all he wants is to be treated fairly as a son of the soil or to be left alone to continue his journey on providing sustainable agricultural solutions for the beautiful island of St Maarten..



APRICOT KERNELS FOR CANCER: THE REAL STORY OF LAETRILE

By thetruthaboutcancer.com

YOU MAY have heard about "laetrile" and how it can potentially help heal cancer, including breast cancer. Laetrile is the commercial label for apricot kernels (it also goes by name amygdalin or vitamin B17). You may have also heard about some possible dangers as well.

Unfortunately, "vitamin B17" is yet another natural substance that has fallen victim to misinformation and bad press. The truth is, apricot kernels have been consumed for their nutritional and healing properties for hundreds, perhaps thousands, of years, especially in the cool, arid areas where apricot trees naturally grow.

What the Hunzas Knew About Apricot Kernels

In the 1930s, Major Sir Robert McCarrison wrote about a tribe called the Hunzas who lived in the remote countryside near Northern Pakistan. He encountered this hardy community while he was working with the Indian Medical Service. According to McCarrison's written observations, the Hunzas seemed to enjoy near-perfect health. Some lived to

be over 135 years old and no one in their clan had any of the conditions so common in the modern world, such as diabetes, obesity, heart attack, and cancer.

Then, twenty years later, Dr. Ernest Krebs, a biochemist with a desire to understand what makes cancer cells work, discovered McCarrison's writing about apricot kernels. Krebs also began studying the lifestyle habits of the Hunzas.

What became clear to Krebs was that the Hunzas' vitality had a lot to do with their overall lifestyle and diet. Their diet consisted of raw milk, the occasional meat and bone broth, fresh grains and veggies. They ate little sugar and, as nomads and herders, they naturally got plenty of exercise. The other characteristic that was unique about the Hunzas is that they ate massive quantities of apricot seed kernels.

Intrigued, Krebs continued his research until he found what he thought was the secret weapon inside the humble apricot kernel when it came to tumor eradication – the glycoside amygdalin.

What is Amygdalin? Amygdalin is a power-

Dr. Ernest Krebs was a biochemist fascinated by the lifestyle habits of the ancient Hunzas, a remote people near Northern Pakistan.

They enjoyed near-perfect health and lived to incredible old age without obesity, heart disease, or cancer. Their secret was the large quantities of apricot kernels they consumed in their diet.

ful phytonutrient that is found in apricot kernels, along with many other seed-bearing natural foods (estimates range from 1,200 to 1,500 foods). It is found in the highest concentrations and with the most effective accompanying enzymes in apricot seed kernels. Amygdalin is a nitrilose and its structure most resembles that of a B complex vitamin, so Krebs named it "B17." Not surprisingly, amygdalin is largely missing from the Standard American Diet.

The substance laetrile was created by Dr. Krebs as a concentrate of amygdalin and is created by extracting it from apricot kernels.

Dr. Krebs used apricot kernels to pro-

duce laetrile

Compounds in Apricot Kernels That Make Them Cancer Killers

Amygdalin found in apricot kernels and in laetrile contains benzaldehyde and cyanide, two potent compounds against cancer. You heard that right! Cyanide is actually one of the substances that makes apricot kernels a potentially effective modality for cancer.

Unfortunately, the presence of cyanide in Laetrile was also the excuse the FDA used to ban it in the US in 1971. Prior to this time, laetrile was readily obtainable in the United States.

In fact, scandal surrounds the reasons why laetrile is still banned in this country, and discerning eyes point to the deep pockets of Big Pharma and its bought-and-paid-for partner research institutions. In the mid-70s, investigative journalist G. Edward Griffin did in-depth research into the circumstances surrounding around the FDA ban. What he discovered was shocking. He uncovered

documents buried by Sloane-Kettering Cancer Institute which proved that laetrile was "highly effective" against cancer.

It seems that nature has created the perfect cancer-targeting mechanism in amygdalin – and science as well as anecdotal evidence since the mid-1850s has proven this. It also seems a little odd that the National Cancer Institute itself decided to conduct human clinical trials with laetrile in the early 1980s, suggesting a precedent of at least some prior scientific evidence as to the cytotoxic (i.e. cancer-targeting) effects of the substance.

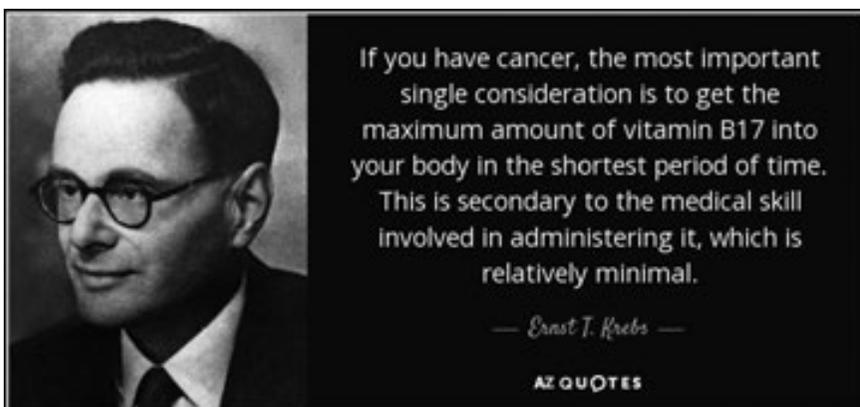
And very recent research is beginning to come out that again sheds light on the anti-tumor effects of cyanide in the specific form that it presents itself within naturally-occurring substances. This new research includes a 2017 Bulgarian study that found evidence of "higher cytotoxic effect" for amygdalin in fast-developing tumors.

Yet still, conventional medicine sticks to its same old rhetoric when it comes to B17/laetrile/amygdalin. According to the National Health Institutes (NHI) webpage on laetrile/amygdalin, which was revamped in March of 2017:

Laetrile has shown little anticancer activity in animal studies and no anticancer activity in human clinical trials.

In addition, they state that:

CONTINUED ON PAGE 8



If you have cancer, the most important single consideration is to get the maximum amount of vitamin B17 into your body in the shortest period of time. This is secondary to the medical skill involved in administering it, which is relatively minimal.

— Ernest T. Krebs —

AZ QUOTES

APRICOT KERNELS FOR CANCER: THE REAL STORY OF LAETRILE ...FROM 7

The side effects associated with laetrile toxicity mirror the symptoms of cyanide poisoning, including liver damage, difficulty walking (caused by damaged nerves), fever, coma, and death.

Yet on that same page, they also acknowledge that "Laetrile was first used as a cancer treatment in Russia in 1845, and in the United States in the 1920s." Confused yet?

Amygdalin From Apricot Kernels

These days apricot kernels are the easiest way to ingest amygdalin since laetrile is still banned by the FDA in the US. The good news is that these kernels are easy to obtain at health food stores or online and are also fairly inexpensive. In addition, clinics still exist outside of the US where B17 or laetrile therapy continues to be administered. Laetrile is often used in addition to other therapies such as sodium bicarbonate (baking soda).

If you feel that B17 therapy may be something you would like to investigate further, be sure to get the facts about dosage and possible side effects. Talk to your integrated medical practitioner about your particular situation and whether amagdylin obtained from apricot kernels (or laetrile therapy if you reside outside of the United States) is right for you.

While the mystery may remain as to the main cause for the Hunza's amazing vitality, one thing is for certain: their simple and stress-free way of eating, working, interacting, and moving their bodies have made them examples of the health that YOU are capable of having when you take proactive steps to heal your body naturally.

Please help bring more awareness about apricot kernels and cancer fighting laetrile by sharing this article with your friends and family.



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VEGATERIAN AND VEGAN RECIPES

Tofu Scramble Burritos with Beans and Soy Chorizo



INGREDIENTS

- 1 cup uncooked brown rice
- 1/3 cup red salsa
- 1 tsp. taco seasoning
- 1 cup frozen potatoes or hash browns
- 1 cup canned black beans, drained
- 8-oz. pkg. soy chorizo
- 1 block firm tofu, drained and crumbled into bite-sized pieces
- 2 Tbsp. vegetable oil
- 1 Tbsp. nutritional yeast
- 1/4 tsp. turmeric powder
- Salt and pepper, to taste
- 1/4 cup vegan cheese shreds (optional)
- 4 large wheat tortillas
- 1/4 cup Vegenaize

DIRECTIONS

Preheat the oven to 350°F.
Bring 2 cups of water to a boil. Add the brown rice, reduce the heat, and let simmer, covered, for 45 minutes. Then let the rice sit, covered, for another 15 minutes. (Or cook the brown rice in a rice cooker with 2 cups of water.)
Stir the salsa and 1/2 teaspoonful taco seasoning into the cooked rice.
Bake the frozen potatoes in the oven until cooked through (about 15 minutes).
Place the beans in a small pot and cook on the stovetop over medium heat for 5 minutes.
Heat the soy chorizo in a small frying pan for 5 minutes. Add water as needed to prevent sticking.
Oil another frying pan and cook the tofu over medium heat. Add the nutritional yeast, turmeric, remaining 1/2 teaspoonful taco seasoning, and salt and pepper. Simmer until the tofu is warm and excess liquid has evaporated. Optional: Add the vegan cheese shreds and simmer until melted.
Warm the tortillas in the oven or microwave, if desired. Layer 1/2 cup cooked rice, 1/4 cup black beans, 1/4 cup soy chorizo, 1/4 cup potatoes, and 1/2 cup tofu scramble on each tortilla, roll into a burrito, and drizzle with 1 tablespoonful Vegenaize. Serve and enjoy!

By www.peta.org



WHA YA SAY ?

TELL THE TRUTH!
WITH RAS ITAL



“Never Ever, Give up the fight !”

URBAN POVERTY, IN BLACK AND WHITE P2

(CNN)-- Indeed, throughout the course of our study, it was clear that African-Americans face greater barriers to employment. Having an arrest record or failing to complete high school were less consequential for white men than for African-American men: 84% of whites without a high school degree were employed at 22; among African Americans, just 40% were. Racial inequality

also is embedded in hidden ways in other spheres of life, including discrimination in housing and banking practices that have kept white and black Baltimore substantially separate and cut off working class African-Americans from potentially valuable social contacts.

Why do differences in employment track so sharply with color lines?

The race-based privilege that benefits



working-class whites over working-class African-Americans has its origins in the discriminatory practices that excluded African-Americans from the skilled trades during Baltimore's booming World War II and post-war industrial economy.

Although overt racial discrimination has lessened since then, the deep structural inequalities these barriers helped establish continue today through word-of-mouth hiring, employer attitudes that limit opportunities for African-Americans and segregated social networks.

The differences in how these young

people found jobs illustrate the invisible ways race-based privilege is institutionalized in the job market.

When asked at age 22 how they found their current jobs, whites more often mentioned help from family and friends, while more African-Americans found jobs "on their own." The white job seekers in our study had family, friends and neighbors who could help them access good-quality, higher-paying jobs.

And what of those women having babies?

Most of the women of disadvantaged background, white and African-American,

became mothers as teenagers, worked sporadically and when working, their employment was concentrated in the low-pay clerical and service sectors. The difference, though, is that many more white women were married or in a stable co-habiting relationship. An additional earner in the household makes a vast difference in economic well-being, which means that white men's workplace advantages benefit white women as well.

As Americans, we like to think that we are all on a level playing field. Our society treasures rags-to-riches stories of individuals overcoming

their humble origins to achieve the American Dream. But, the harsh reality we witnessed in Baltimore is that race and class place severe limitations on a child's ability to achieve that dream.

Too often, our policymakers focus on colorblind solutions, such as the Earned Income Tax Credit, to help the urban poor. Such programs only help those who already have jobs and fail to address chronic unemployment among African-Americans.

Amid the growing national conversation on economic inequality, now is the time for our leaders to recognize that race matters and develop creative programs, such as President Barack Obama's "My Brother's Keeper" initiative, to address the different challenges facing poor African-Americans.

MORE ON THIS TOPIC IN AUG 2017

WHA YA SAY TELL DI TRUTH !

RAS ITAL

The system set we all up!



Jah know star dis ting call poberty have no face taal. Di earth a fruitful place and still so much people a live in a city, state, village, parish a poverty round jah globe. Sad thing is there is nuf likkle things dem dat can be done fi tek we out di state and put we pun an island of joy! Finding joy in simple thing dem mek ya feel good no matta how di system try set we up fi fail. Truly without the freedom to appreciate, cultivate, enherite and share rightfully what di father and mother nature set fi we , we all will continue to live in a world of poverty.

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HOW TO LET GO WHEN YOU'RE STILL IN LOVE!!!

I KNOW WHAT you're thinking it's hard to let go of someone when you're still in love, and feelings are still there. But if your heart is aching from the pain that was caused, at what point do you say you've endured enough and it's time to let go. I know some of us still would like to reason and find comfort in making things work.

But where do you really draw to line between making things work for convenience and realizing that he or she is just not the one for you. Now I know most of us have had our share of bad relationships that ended not to well and

left a bad taste in your mouth. So you came to the conclusion that you guys were better off as friends. Sometimes we see the warning signs in the early stages of the relationship, but guess what at times we all ignore each and everyone of those warning signs. And why you may ask?.... Simple this how society has taught us to think, that you'll have to make things work to portray this image that you're happy. But my question to you is, Is pretending your happy worth your sanity or peace mind or heart.

Let me paint this picture , if one day you head out to your



favorite restaurant and order your favorite meal and something seemed a bit off, are you going to continue eating or call the waitress and asked to change it or fix whatever needs to be fixed. Now don't get me wrong and say how can we compare food with a relationship. I'm just trying for you to read between the lines if you don't like

something in the beginning why would you stay in hopes that it's going to taste better in the ending. As if when you drink your glass of wine it's going to taste better. I mean you already can tell it's not what you expected, why torture yourself , if you don't like it get rid of it and start fresh. I've always taught myself that if im courting or dating someone, however you choose to phrase it. And in the beginning I notice they're doing certain things that I don't like or that doesn't sit well with me. What I do is say something , It's easy to bring it to their attention and let them know what you're doing is hurting me. If you see that they're making a conscious effort to change or try to make things better. This is someone that you know actually respects you and values your feelings. So you can actually figure out or paint a picture of how your reasoning with them will work out.

I know in the Bible 1 Corinthians 13:4-5 reads " 4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of

wrongs". If someone truly cares about you why would they hurt you , if someone loves you why would they cheat. If you're with someone for year and a half and you have issues about cheating and not being honest cut them off. If they cared they would not hurt you, when someone loves you they will never do anything within their power to hurt you. With that said if you're in a situation right now where you're contemplating your separation if it should be justified to see if you guys could work things out. Why are you wasting your time or even accepting less than you deserve. There's plenty of fish in the sea and if it was meant to be trust me it would be.

I want you to understand that there are some instances where one party is mature and the other party is not and sometimes separation gives the person time to grow and figure out what they really want in life. But it's not your job to sit around and mold and be a teacher , mommy or daddy to anyone. A relationship should be two people who share the same values have understanding of each other's interests and goals in life. Now here is where we seem to

go wrong in the relationship we base it off of he looks good she looks good I like him he likes me let's do this make it a relationship so so wrong. We should start relationships off by being friends and moving onwards and seeing if we share the same values interests and want to achieve the same things in life.

You see you have to love you more than anything in the world where you won't allow yourself to except hurt , heartache or being disrespected. so there shouldn't be a choice ,decision or thought if you should let go or should you try to work things out. If the relationship was for you he or she would be there cherishing you making sure that you are the king or queen in their lives.

So stop holding on to what is already gone or basically sailed away from your life. And please stop looking for love the same place you lost it. Remember closure normally happens right after the break up. After you accept that letting go and moving on is more important than the fantasy of making a toxic relationship worth it. And don't be afraid to start over, it's a brand new opportunity to rebuild what you truly want.

P.S Let that person that hurt you know that it's their lost not yours. And they used to be your cup of tea but now you drink champagne !!!!

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WHAT MAKES A WORK OF ART VALUABLE? P2

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WEDNESDAY AUG. 2ND TANTRA (MAHO VILLAGE) MAD HIP HOP & RNB BLAZE PRIME BIRROSS MAESTRO LADIES ENTER FREE	THURSDAY AUG. 3RD CLUB HIGH UP (AIRPORT ROAD) DANCEHALL OR SOGA BLAZE VYBZ SILVHYPE STICKIT SIRPREME FREE ENTRANCE
FRIDAY AUG. 4TH SOGGY DOLLAR BAR (SIMPSONSBAY) MAD BOUYON BLAZE BIRROSS SIWROO WIWI ICE-T DJSM	SUNDAY AUG. 6TH 3 AMIGOS (MAHO VILLAGE) SUPER B.O. DAY SUNDAY BLAZE TENG MADCAM SHIN FREE ENTRANCE

ECOTOURISM GALAPAGOS

ECOTOURISM in the Galapagos has been a challenging thing to develop. How, realistically, are you supposed to protect the most intriguing, unique, and famous ecosystem on the planet, when it has become one of the most desired places to visit?

One of the first things you're taught when you visit the Galapagos is to take only photographs, and leave nothing. Not even footprints. You spend your first day in utter awe of where you are, but also in total paranoia that you're going to drop something - anything - even one of your hairs - and disrupt the unique and ruggedly pristine landscape of the Galapagos.

A few decades ago, it became very clear that ecotourism travellers were flocking to the Galapagos to trace Darwin's footsteps and be inspired by the giant turtles, blue-footed boobies, iguanas, and frigate birds. Due to the ecological and environmental significance of the Galapa-

gos Islands, it became increasingly evident that responsible tourism management and development was imperative to the sustainability of both the Galapagos ecosystem and ecotourism industry.

Sustainable Tourism and Visitor Management

Sustaining ecotourism in the Galapagos in the most responsible manner has come down to the Directorate of the Galapagos National Park, and the tour operators it has granted permission and access to the park. The Directorate's outlook for the future of the islands is a shared one, denoting that every party using the islands is responsible for sustaining them.

Sustainable development and environmental management are the key elements of the Directorate's vision for the future. The Directorate also implements a four-part visitor management system including proper zoning for public use, knowing



an acceptable visitor load, tourist monitoring, and the strict regulation of itineraries. This system is one that must be respected and followed by all entities in the Galapagos to ensure that there is a future for ecotourism in the Galapagos.

Control and Monitoring of Ecotourism Operations

The Directorate closely monitors the tourism operators in the Galapagos. After all, between 2000 and 2008, the number of yearly visitors to the islands increased from about 68,000 to over 170,000. In order to accommodate that

kind of influx, the Directorate needed to be exceptionally diligent in their implementation of control and monitoring systems.

It is a very technical and highly monitored process, but all tourist arrivals are strictly controlled, through the verification of vessel and tour operator licenses, adherence to pre-approved itineraries, respecting carrying capacities, enforcement of park visitor entry fees, visitor registration, and regular inspection of tourist boats. It also isn't just the islands and the waters that are monitored; visi-

tor sites in populated centres, like Turtle Bay on Santa Cruz, or the Interpretation Centre in San Cristobal, all require tourists to register their attendance, and will only admit tourists during set times, and to a certain capacity.

Yacu Amu Experiences

One such operator is Yacu Amu Experiences, an inbound tour operator specialising in nature, cultural, and adventure tours throughout Ecuador. They were the first tour operator in the Galapagos to be certified by the Rainforest Alliance, and able to operate eco tours in

the Galapagos due to their adherence to the Directorate's management guidelines.

Ecotourism in the Galapagos

The Galapagos is one of those truly special places in the world, so it isn't hard to see why ecotourism in the Galapagos has become so popular. Even if tourists aren't particularly eco-conscious when they arrive, the Galapagos has a way of converting your thoughts and behaviours into those of responsible and sustainable tourism.

It appears as though the Galapagos has managed its ecotourism idol status well. Through the development and implementation of strict guidelines, policies, procedures, and systems, the Directorate has ensured that the environmental, ecological, and cultural integrity of the Galapagos has stayed in tact, all while welcoming thousands of ecotourism travelers annually.

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SUMMER BUSINESS TIPS THAT WILL MAKE YOU MORE PRODUCTIVE

AS WE ALL KNOW, summer tis the season to be distracted. With the sun shining, holidays approaching and school terms ending, it can be all too easy to succumb to the notion that productivity will be waning.

However, when the sun has got his hat on, it is, in fact, possible to turn these distractions into positive ways to significantly improve your output.

Embrace summer in the office

If you're worried about keeping your staff productive – as well as your own productivity – when a heatwave is looming, there are simple processes you can implement to boost business productivity, and morale with it.

The simple addition of a water cooler can improve focus; ensuring staff remain hydrated, as well as energised, by encouraging them to take regular breaks to walk around the office.

Similarly, a summer 'spruce' can help. If it isn't already, move your desk closer to open windows and ensure blinds are up to allow in natural light and air, keeping you alert and feeling that little bit closer to the, hopefully, glorious weather.

If you're considering a more drastic implementation, the introduction of flexitime is becoming increasingly popular, with employees adopting a far positive out-

look when given the chance to start earlier or later and make the most of their time in the sunshine.

Tidy up

A spring (or summer) clean may traditionally refer to the home, but it applies to your work life too.

Dependent on the nature of your work, many find productivity dipping as business steadies during the summer months. This can only be a good thing for the health of your working environment, however, as it allows an excuse to clean up mailboxes, files and folders ready for when things begin to peak again.

If your inbox is starting to look behold manageable, and you're not sure which emails to archive and which to pop in the trash, think about using this time to research new tools, such as Cryoserver.

It's also an excellent excuse to enjoy some fresh air, since the clean-up can easily be done in the sun via your laptop, mobile or tablet.

Start socialising

Summer often means holidays, which also equates to positivity; making it the perfect time to connect with new people.

Social media channels are a great gateway for networking and reaching out to likeminded professionals. Not only that, but channels like



Twitter allow you an insight into personal lives; meaning if a potential contact has just returned from holiday, their mood has likely lifted, making it the ideal time to ping them an email – just ensure you allow them to clear their post-holiday inbox first!

If you're still not completely comfortable with the numerous channels professionals are favouring, Ivory Research have put together a comprehensive social media guide, to walk you through reaching out, as well as ensuring your own profiles are up to scratch.

Learn something new

If you're lucky enough to work in an environment that does lull slightly during the summer, use this as

an excuse to expand your knowledge and skillset.

Whether you prefer paper-backs, podcasts or online articles, pick a place in the sun and get reading.

Many entrepreneurs are still in education when starting their business, so times like this can be an excellent way to ensure learning continues as your company, or career, progresses.

Take a break

Finally, take a break – a proper one!

Reportedly, close to a third of British workers did not take their full holiday entitlement in 2014, despite the UK's minimum holiday requirement of 28 days being one of the lowest in Europe.

CONTINUED ON PAGE 15

COMMUNITY CLASSIFIES

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THE PROS AND CONS OF BEING YOUR OWN BOSS

ONE of the more common half-truths of startups and entrepreneurship is the one about being your own boss.

I've called it a myth before, but half-truth is better because there are some real positives with being your own boss.

But naturally, there are a number of negatives, too.

I've spent a lot of years theoretically "being my own boss," including more than 10 years as sole proprietor business planning consultant, working on my own with clients; and more than 10 years building a company, as founder and owner, working with employees.

In my case, working to "be my own boss" was never really why I did what I did.

I left a good job to start consulting on my own because I wanted to do the work, not supervise others. And I built a software

company because I believed the product was needed.

I also taught a piece of a longer presentation, embedded here, about being your own boss. It's a theme that's bugged me for a while. It's an excerpt from my video *Startups and Entrepreneurship: Beyond the Clichés*. I've left that one at the bottom of this article, in case you're interested.

Pros of being your own boss

1. You're at the wheel. You make the decisions yourself.

There's great satisfaction in being able to act on hunches, make guesses, and just do it. Take the risk, spend the money.

We often talk about owning the job as a key to job satisfaction; and when you're the boss, you own it. Not having to ask anybody can



mean a great deal.

This is a big deal to me. I'm one of those people (are you also?) who feels safer when I'm driving than when I'm a passenger. Especially in business.

2. You set your own hours.

Maybe you're an early riser, or you don't want to work certain afternoon hours to do kids' activities instead, or your own activities. Maybe you like to work in spurts.

When you are your own boss, you eliminate the old-fashioned need to warm a chair for specific hours.

Don't take that frustrating subway commute to Manhattan, stay in Brooklyn. Meet people in Starbucks, or spend every day in Starbucks—why not? You're the boss. You decide.

Cons of being your own boss

1. Your customers are your boss. Your clients are your boss.

Over and over, during the decade and a half that I was a sole proprietor consulting on business planning with clients, I ended up late at night, tired, stuck with finishing up a presentation due the next day.

I was never able to go the normal worker's route, in which you either get it done or have a reason for not having done it. I needed the business, I needed the money, so I wasn't in charge. My clients were in charge.

Even later in my career, after I'd built a business selling to thousands of customers every month, the customers were in charge.

We need to get the software finished, tested, and published. We needed to keep our website up

to date. We needed to meet marketing deadlines, product development, finances, the whole thing.

In a business, the health of the business is your boss.

2. Your commitments—to vendors, to allies, to business activities—are your boss.

You can't miss commitments very often and still be successful. Your word is your most powerful asset.

Meetings, deadlines, and promises are commitments. You can't really run a business without them.

3. If you have employees, there are some ways in which your employees are your boss.

You lead, and—whether you like it or not—leadership is as leadership does. Meaning that your employees are watching you.

You can't do less than you ask of them. You as boss is probably the most important factor in so-called corporate (or company) culture.

By bplans.com

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SUMMER BUSINESS TIPS THAT WILL MAKE YOU... FROM PAGE 13

The same survey also revealed taking fewer holidays didn't equate to higher productivity. In fact, in some cases, it only led to increased sickness.

So plan in a week or two and take some time off. Whether you leave the country, or stay at

home, put your emails aside and make the most of summer ready to start afresh when you return. The effect it has on your own productivity and mood, as well as those working around you, can only be a positive one.

By blog.mycorporation.com

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TIPS FOR EXERCISING OR SPORTING IN SUMMER HEAT

SUMMER IS THE PERFECT time to go outside and have fun. It's one of my favorite times of year because there are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling.

But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

After experiencing the Badwater Ultramarathon (a 135-mile run through Death Valley) and the Marathon des Sables (a six-day, 152-mile endurance race through the Sahara Desert), I've learned a few things about exercising in the heat.

For me, the biggest problems were staying hydrated and maintaining not only water, but electrolytes and salt. When you sweat, your body balance of water and

electrolytes is crucial to keep your body functioning properly.

If you don't drink

enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

THE TIME of day is important. Unless you

are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

WEAR loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

SUNSCREEN is an option. I use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.

REPLENISH your electrolyte and salt intake while exercising. I like to use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.

If you can, choose shaded trails or pathways that keep you out of the sun.

CHECK the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

MOST importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.

By Joe Decker



WEEKDAY SCHEDULE

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

SPECIALITY SHOWS

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

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