

MAY 2018

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AGRI - CULTURE

LETTER TO MINISTER GITTERSON:
WE STAND FOR AGRICULTURE

ART & SPOKEN WORD

WHAT'S YOUR LIFE'S DEFENSE MECHANISM?

HEALTH

HAVE YOU BEEN TO THE FARMERS SEE (PHARMACY)?
HEALTH BENEFITS OF CORALITA

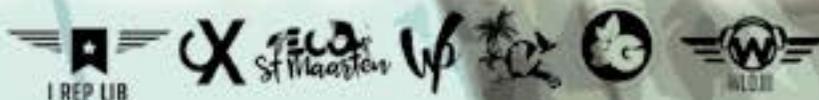
BUSINESS & SPORTS

WHAT IS THE POWER OF SPORT TO CHANGE LIVES?
MIND, BODY AND SPORT PT 5

ENTERTAINMENT

REMEMBERING PETER TOSH

WorldCharts
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MAJOR FIGURES IN AFRO-CARIBBEAN HISTORY PT 3

JOSEPH ROBERT LOVE, KNOWN AS DR. ROBERT LOVE (2 OCTOBER 1839 – 21 NOVEMBER 1914)

JOSEPH ROBERT LOVE, known as Dr. Robert Love (2 October 1839 – 21 November 1914), was a 19th-century Bahamian-born medical doctor, clergyman, teacher, journalist, and politician. He lived, studied, and worked successively in the Bahamas, the United States of America, Haiti, and Jamaica. Love spent the last decades of his life in Jamaica, where he held political office, published a newspaper, and advocated for the island's black majority.



Joseph Robert Love, known as Dr. Robert Love (2 October 1839 – 21 November 1914),

Early life, education and fraternal affiliations

Love was born in the Bahamas on 2

October 1839. He worked as a teacher before going to Florida, where he became a clergyman in the Episcopal Church. He also studied medicine and obtained a medical degree at the University of

Buffalo in New York. He subsequently moved to Haiti, where he served as the rector of an Anglican church in Port-au-Prince and held a high post in the country's medical department. Love was an admirer

of Toussaint Louverture, one of Haiti's famous founding fathers.

In 1870, Rev. Joseph Robert Love was deputized by the Independent Grand Lodge of New York to organize lodges in the South. In compliance with his commission he organized the first Independent Grand Lodge of Florida and Georgia. He served as the 1st Most Worshipful Grand Master of Prince Hall Freemasonry for two years 1870-1872 in the Most Worshipful Sovereign Grand Lodge of Florida and in the Most Worshipful Sovereign Grand Lodge of Georgia

1873-1875 for two years. After the Delaware conference in 1878 to dissolve the National Grand Lodge both states agreed upon a merger between the Most Worshipful Sovereign Grand Lodges and Union Grand Lodge of Compact National Grand Lodge organized in June 25, 1875 the Florida/Georgia. In Florida the Prince Hall Affiliated body is known as the Most Worshipful Union Grand Lodge Most Ancient and Honorable Fraternity, Free and Accepted Masons, State of Florida and Belize, Central America, Jurisdiction, Incorporated

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AFRO-CARIBBEAN - SIR DEREK ALTON WALCOTT PT 3

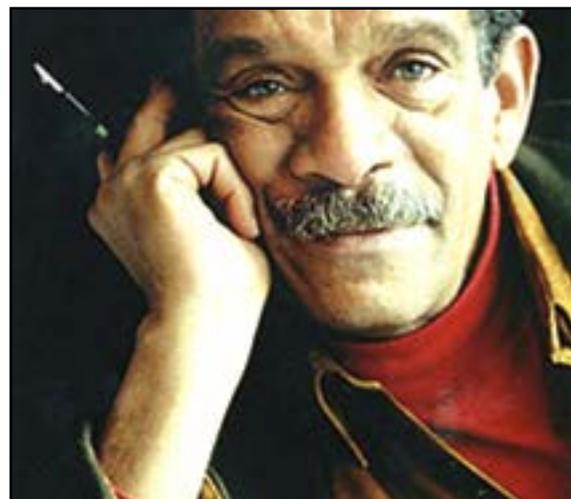
SIR DEREK ALTON WALCOTT, KCSL, OBE, OCC (23 January 1930 – 17 March 2017).

Kirsch calls Another Life Walcott's "first major peak" and analyzes the painterly qualities of Walcott's imagery from his earliest work through to later books like Tiepolo's Hound. He also explores the post-colonial politics in Walcott's work, calling him "the postcolonial writer par excellence." He calls the early poem "A Far Cry from Africa" a turning point in Walcott's development as a poet. Like Logan, Kirsch is critical of Omer-

os which he believes Walcott fails to successfully sustain over its entirety. Although Omeros is the volume of Walcott's that usually receives the most critical praise, Kirsch believes that Midsummer is his best book.

His poetry, as spoken performance, appears briefly in the sampled sounds in the music album of the group Dreadzone. Their track entitled 'Captain Dread' from the album 'Second Light' incorporates the fourth verse of Walcott's 1990 poem 'The Schooner Flight'.

In 2013 Dutch



Walcott at an honorary dinner in Amsterdam, 20 May 2008 - Photo by Wiki

filmmaker Ida Does released "Poetry is an Island", a feature documentary film about Derek Walcott's life and the ever-present influence of his birthplace of St Lucia.

Personal life

In 1954 Walcott married Fay Moston, a secretary, but the marriage ended in divorce in 1959. They had a son, the St Lucian painter Peter Wal-

cott. Walcott married a second time to Margaret Mailard in 1962, who worked as an almoner in a hospital, and together they had two daughters, Elizabeth, and Anna; they divorced in 1976. In 1976, Walcott married for a third time, to actress Norline Metivier (divorced in 1993). He was survived by his longtime companion, Sigrid Nama, a former art gallery owner.

Walcott was also known for his passion for travelling to countries around

CONTINUED ON PAGE 4

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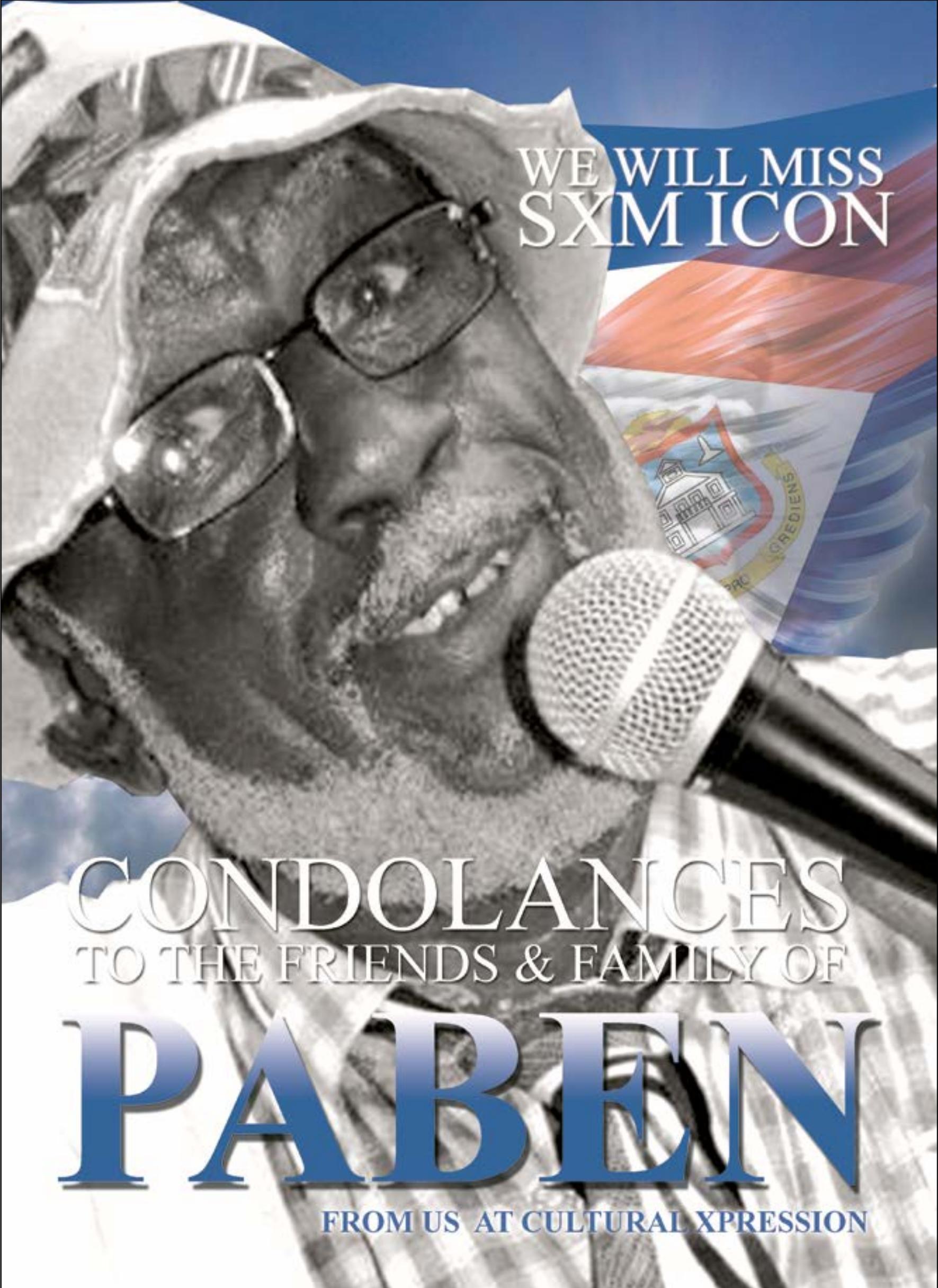
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WE WILL MISS
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CONDOLANCES
TO THE FRIENDS & FAMILY OF

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FROM US AT CULTURAL XPRESSION

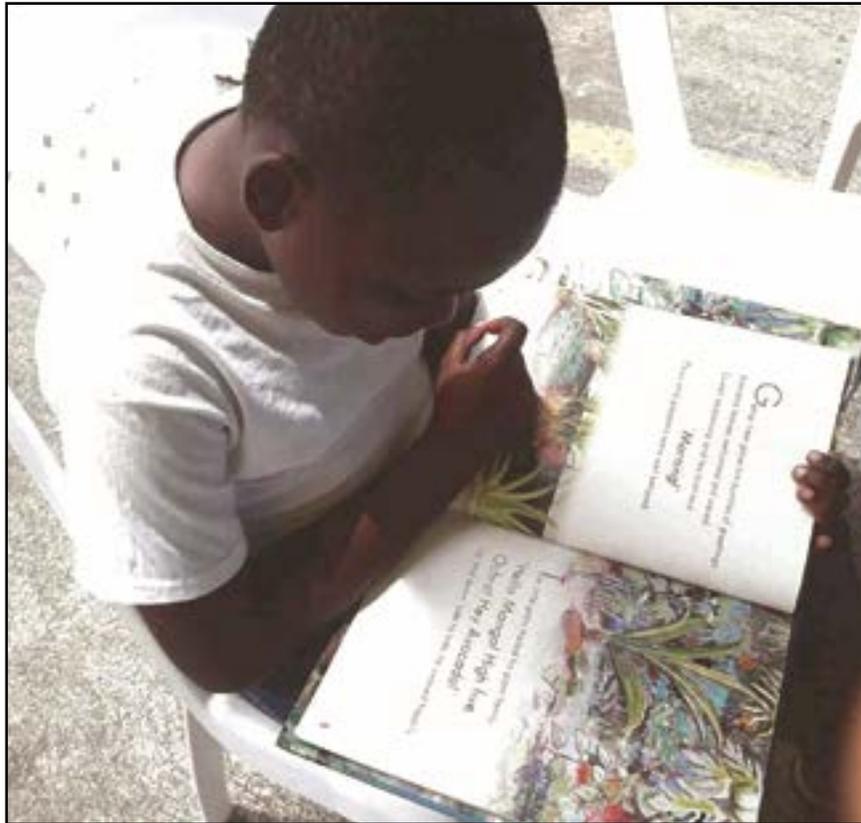
ST MARTIN BOOK FAIR JUNE 1-3 2018

MARIGOT / GREAT BAY (April 8, 2018)—What better way to announce the date of

St. Martin Book Fair 2018? Out of the mouths and actions of babes! First grader Timothy (in photo) and his baby brother Joshua heard on SOS radio 95.9 FM, "about the financial difficulty that the Book Fair Committee, BFC, is facing at this recovery period in St. Martin," said Shujah Reiph, the literary festival coordinator. The boys "asked their mother to break their piggy bank and give their savings toward the organizing of the 16th annual St. Martin Book Fair," said Shujah.

About three years before this March goodwill contribution, Shujah had spoken to an early stimulation class on the importance of reading. Unbeknownst to Shujah, Timothy was a pupil in the class and went on to develop a love for reading.

When Timothy and his brother were



brought by their mom to meet Shujah last March, Timothy told the book fair coordinator: "You motivated me to read and I don't want the book fair to stop." "The BFC is thankful to Timothy and Joshua for their heart-warming ges-

ture," said Shujah. Shujah and Timothy met again at SOS radio's Lazy Bay fair of "Made in St. Martin/St. Maarten" foods, books, and arts and crafts (3.31.18). As a thank you gift to Timothy and Joshua, Shujah present-

ed Timothy with the newest published-in-St. Martin storybook, *Ti Koko and Kush Kush* by Virgin Islands author Dr. Patricia G. Turnbull. And the date of this year's St.

Martin Book Fair? The island-wide "book fair for the entire family" will take place on June 1 - 2, 2018. (CLF photo.)

AFRO-CARIBBEAN JOSEPH ROBERT LOVE ..FROM P2

Prince Hall Affiliated and Most Worshipful Prince Hall Grand Lodge of Georgia Free and Accepted Masons

Political career

After 10 years in Haiti, Love moved to Jamaica in 1889. There he started the *Jamaica Advocate*, which became an influential newspaper on the island. Love used the paper as a forum to express his concern for the living conditions of Jamaica's black population. He was a staunch advocate of access to education for the majority of the population. He believed that girls, like boys, should receive secondary school education.

In 1906, Love won the Saint Andrew Parish seat of the Jamaican House of Representatives in general elections. He also served as

chairman of the Saint Andrew Parochial Board, as well as a justice of the peace in Kingston, the Kingston General Commissions and as a trustee of Wolmer's schools. Love published two works, *Romanism is Not Christianity* (1892), and *St. Peter's True Position in the Church, Clearly Traced in the Bible* (1897). In 1906 Love's health began to deteriorate, and by 1910 he had been forced to end his political career. He died on 21 November 1914, and was buried in the parish church yard at Half Way Tree, near the city of Kingston. Love's activism in favor of Jamaica's economically depressed black majority influenced later Jamaican and Caribbean activists, including Marcus Garvey.

SIR DEREK ALTON WALCOTT PT 3....FROM PAGE 2

the world. He split his time between New York, Boston, and St. Lucia, and incorporated the influences of different areas into his piec-

es of work.

Death

Walcott died at his home in Cap Estate, St. Lucia, on 17 March 2017. He

was 87. He was given a state funeral on Saturday, 25 March, with a service at the Cathedral Basilica of the Immaculate Conception in Castries and burial at Morne Fortune.

Legacy

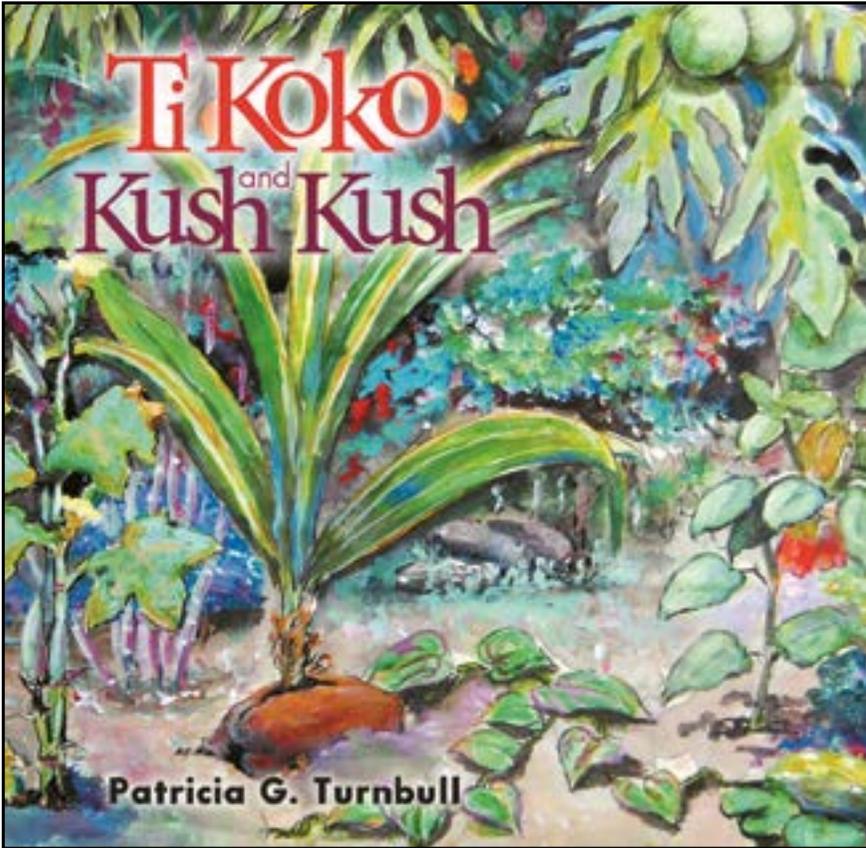
In 1993, a public square and park located in central Castries, Saint Lucia, was named Derek Walcott Square.

The Saint Lucia National Trust acquired Walcott's childhood home at 17 Chaussée Road, Castries, in November 2015, renovating it before opening it to the public as Walcott House in January 2016.

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ST. MARTIN, VIRGIN ISLANDS WRITERS, POOLSIDE AT ANGUILLA LIT FEST 2018



Ti Koko and Kush Kush by Patricia G. Turnbull (Virgin Islands), a storybook that helps children cope with loss, feel for other children affected by a natural disaster such as a hurricane, and love their island's natural environment.

GREAT BAY, ST. MARTIN (May 18, 2018)—“We are happy that the Anguilla Literary Festival invited writers Dr. Patricia Turnbull and Faizah Rochelle Ward to Anguilla to read their published work, to speak, and participate on a publishing panel,” said Sample.

Dr. Turnbull is the “keynote speaker at our Maverick Lunchtime Presentation - After the Storm,” said festival member Carla Harris. The poolside presentation takes place at Coral Cove Resort, at 12:15 noon.

Between 10 - 10:20 AM and after her presentation, Dr. Turnbull will sign copies of her children’s book *Ti*

Koko and Kush Kush (HNP, 2018) for the book fair’s island and tourist guests, said Sample.

Ti Koko and Kush Kush is a great book to help children cope with their own loss or feel for other children affected by a natural disaster such as a hurricane or a man-made crisis such as war, said the publisher.

The anthology *Where I See the Sun - Contemporary Poetry in the Virgin Islands* (HNP, 2016), which contains poems by Dr. Turnbull, will be available too, said Sample. Dr. Turnbull is a historian and well-known VI educator based in Tortola. Her writings have also appeared in literary books

from her native St. Lucia.

St. Martin poet, blogger, and teacher Faizah Rochelle Ward, will recite her poetry at Saturday’s “Rise and Shine Breakfast” session, starting at 8:30 AM, said Sample.

At the 10:20 AM blogging panel Ward will be “one of the main persons among our Anguilla bloggers,” said Harris. Ward’s poems are in *Where I See the Sun - Contemporary Poetry in St. Martin* (HNP, 2013). Her writings are blogged at saltfishandlace.com. According to author Lasana Sekou, “Faizah is at the leading edge of St. Martin’s new generation of poets.”

This is



St. Martin poet Faizah Rochelle Ward at 7th annual Anguilla Literary Festival. (credit ALF courtesy/file photo.)

Ward’s second Anguilla Lit Fest appearance. “It’s always an investment in the critical development of the region’s literature when our literary artists and authors are invited to present at Caribbean book fairs or literary festivals,” said Sample.

Among the guest

authors from the USA and the Caribbean at Anguilla Lit Fest 2018 are a number of Anguillan writers. “We’re doubly happy that the festival is featuring Alexis Ryan, Vanessa Croft Thompson, and Marnair Cloushaun Richardson, Anguillan poets published by HNP in *Where I See the*

Sun - Contemporary Poetry in Anguilla (HNP, 2015),” said Sample.

Ryan, a 2018 Malliouhana Poetry Competition winner, Thompson, and Richardson are scheduled to recite at the popular poolside morning session at Coral Cove Resort, said Harris.

LETTER TO MINISTER GITTERSON: WE STAND FOR AGRICULTURE

May 22, 2018

Att: Minister Gitterson Dept. Ministry VROMI

Subject: Rejection and objection of Response letter submitted to Ombusman April 23, 2018

Blessings Mr Gitterson, Dept VROMI and respected bodies

Your letter of response dated April 23rd 2018, regarding the termination of the rental agreement and denial for the long lease request has been received, not quite in good order as it is still unclear as to what grounds your decision was made upon.

You stated in your letter dated April 23, 2018 that the Richardson's Family have a claim "of prescriptive Rights" on the property issued to me in 2014 by local government for the use of agricultural purposes. "This claim" is fraudulent and incorrect and was already legally Addressed by the former minister of VROMI Mr Lake to Duncan and Brandon Law Firm and Police commissioner Mr. C. John in Nov 2014.



Sometime a smile is not what it seems, some will eat your food and don't care about the effort you took to grow it.

First understand what "prescriptive rights" is - An easement by prescription is one that is gained under principles of a legal concept known as "adverse possession", under which someone other than the original property owner gains use or ownership rights to certain property..

Now understand what "adverse possession" is - the occupation of land to which another person

has title with the intention of possessing it as one's own.

Also understand what "prescriptive easement" is - an easement that is earned by regular use -- it is not something that is purchased, negotiated, or granted. A prescriptive easement is simply a right to use property, the user does not gain title to the land (unlike adverse possession, discussed above).

A prescriptive

easement is an easement that is earned by regular use -- it is not something that is purchased, negotiated, or granted. A prescriptive easement is simply a right to use property, the user does not gain title to the land (unlike adverse possession, discussed above).

I am sure you are using a term that you are not fully familiar with and I thought I should share a bit of light on the mat-

ter. In this case I am rightfully in first preference to such an "adverse possession" from government or in such a case where "I" have a legal lease agreement to.

There is no legal documentation to back up any of these claims by the Richardson Family, in the past I have requested this on many occasions by the family to present this and I would have just walked away from the situation. No documents were ever produced and if they are produced now then it would again be illegal and can be proven by forensics in time and by law.

The said property was not occupied by the Richardson family as it was found abandoned and still in the hand of local government." If everyone would just have the right to land because they father grazed cows 30 years ago, then they would be able to claim the whole island, as cows were free to graze and some families just had area to utilize for cow grazing but it was not legally issued to them". This was also a statement mentioned to me by a local old timer in our community.

The Richardson family had a chance in 2014 to obtain all the land they claimed to have rights to in the St Peters hill area. They refused, they also refuse to pay the estimated +1,800,000 fls owed to government for land taxes and permits of usage for over the 40 years they claimed for and never used publicly or had any structures on. I have thus far tried in every way possible to make usage of the land legally and publicly, along with schools, foundations and community members with programs supported by Ministries such as Health and Education, organizations such as St Maarten Tourist Bureau, VSA, BAK UNESCO, UNDP, Prins Bernhard Cultuur and St Maarten Youth Council. And have abided to paying my taxes on the land

which thus far amount to over an estimated 5000 fls and invested over +\$150,000 for the occupation of the said property toward building agri-cultural awareness. This I have done all on my own, not for myself but for the citizens of the country, my children and generations to come.

The Richardson family also has a history with the court in the Case of "Richardson Family vs Rodrik Fleming" where they vandalized the said property they "claimed" to have rights to that Mr Fleming was occupying legally from government. The court ruled\ordered the Richardson family to not bother Mr Fleming and to pay for damages and also for each day that they refused to pay. To the day and date, they never give Mr Fleming \$1. Is this justice?

I understand Anyone can claim something but is it in their legal right to do so, is another question you failed to investigate. Ms T. Richardson's attempt was not a claim of "prescriptive rights", it was an illegal claim sent via the law firm of Duncan and Brandon and the local Duerwaarde that included a fraudulent certificate of admeasurement number and there for was legally addressed as an illegal matter . Documents were also received from the ministry of VROMI and Kadaster to back up this case.

I also mentioned to you in the past and during our meeting in Feb 2018 and also via email on March 20, 2018 in response to the ombudsman " Case file no. 201700311 Mr. Denicio Wyatte" that if you may need any further info to help you come to a better understand of the situation, please feel free to contact me, you failed to respond to this and the Ombudsman's (NOC) thus resulting in your outcome without giving the case the proper attention it needed while having the adequate staff and resources at hand.

COMING SOON

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Time to Embrace Culture

MORE ON THIS TOPIC IN JUNE 2018 EDITION



CORCULUM LEPTOPUM STUNTZ - WILD CORALITA

By .stuartxchange

YOU MAY see this bush running wild in your back yards and never knew it was great for so many of your common and perhaps severe health issues. Check out these great amazing health benefits of wild coraliti.

Botany

Cadena-de-amor is a climbing, somewhat woody, perennial vine, with stems attaining a length of 10 meters. Leaves are alternate, ovate to oblong-ovate, with cordate base, serrate margins, up to 10 centimeters long. Flowers are borne in racemes at the upper axils of the terminal parts of the branches, the rachis of the racemes producing tendrils. Flowers are white or pale to deep pink, up to 2 centimeters long, with 5-parted and persistent perianth. Fruit is an ovoid achene, about 1 centimeters long, broad at the base, narrowing towards the tip, loosely surrounded by the persistent lobes of the flower.

Distribution

- Widespread in the Philippines.
- Usually cultivated in gardens.
- Some have escaped cultivation to become noxious weeds.
- Native to Mexico.
- Found in tropical Asia, Africa, Caribbean and the Americas.

Constituents

- Phytochemical screening of plants flowers extracts yielded alkaloids, quinines, resins, tannins, fixed oils, flavonoids, fats, saponins phenolic compounds, proteins, and carboxylic acids.
- Screening of methanol extracts of



flowers yielded phenol, saponins, amino acids, steroids, phytoosterols, triterpenoidal sapogenins, tannins, xanthoproteins, carboxylic acid, and coumarins.

- A methanol extract of the aerial part of the flower yielded (1) n-hentriacontane (1), ferulic acid (2), 4-hydroxycinnamic acid (3), quercetin-3-rhamnoside (4), and kaempferol-3-glucoside (5) along with β -sitosterol, β -sitosterol-glucoside and d-mannitol. (see study below) (1)

- An ethanol extract yielded a known compound, quercetin-3-O- α -rhamnopyranoside and four novel anthraquinones: 1,8-dihydroxy-6-(hydroxymethyl)-3-methoxy-2-pyrrolidinium anthraquinone, 1,8-dihydroxy-6-(methyl)-3-methoxy-2-pyrrolidinium anthraquinone, 1,8-dihydroxy-6-(methyl)-3-methoxy-2-piperidinium anthraquinone. (see study below) (14)

- Phytochemical screening of ethanol extract of leaves yielded alkaloids, saponins, tannins, unsaturated sterol or triterpenes, flavonoids, glycosides, an coumarins. (see study below) (19)

Properties

- Studies have shown anti-thrombin, analgesic, anti-inflammatory, anti-diabetic and lipid peroxidation inhibitory properties.

Parts used

Bark, fruit, leaves and seeds.

Uses
Edibility

- In some parts of the world, the tubers and flowers are consumed as food.

- In Thailand, leaves and flowers, flour-coated and fried, are served with noodles.

- Flowers also used in omelets.

Folkloric

- In the Philippines, an isolated report of use by Ifugao-migrants in the foothills of the Sierra Madre for wound closure. (8)

- Leaves used re-

duce swelling; tea leaves used for diabetes; blossoms used for high blood pressure.

- In Trinidad and Tobago, used for dia-

betes, low blood pressure, and as a heart tonic.

- Aerial portion of the flowers used in decoctions as a cold remedy. (1)

- In other countries decoction of aerial parts used as a remedy for colds and pain relief.

- In Jamaica, decoction of aerial parts traditionally used for prevention of cough and flu-related pains.

- In Sudan, leaves used for cough and throat constriction.

Others

Flower clusters popular for use in flower and foliage arrangements for social functions.

Studies

- Phytochemicals / Lipid peroxidation and Selective COX2 Enzyme Inhibition: Study of methanolic extract of aerial parts yielded n-hentriacontane (1) ferulic acid (2) 4-hydroxycinnamic acid (3) quercetin-3-rhamnoside (4) and kaempferol-3-glucoside (5) along with β -sitosterol, β -sitosterol-glucoside and d-mannitol. Results showed LPO (lipid peroxidation) and COX (cyclooxygenase) inhibitory activities.

- Antithrombin activity: A chromogenic bioassay was utilized to determine the antithrombin activity of methylene chloride and methanol extracts

CONTINUED ON PAGE 8

THE FARMERS SEE: VERVAIN...FROM PG 7



prepared from 30 plants of central Florida.

Antigonon leptopus was one of seven extracts that demonstrated activity of 80% or higher in the bioassay system.

- Analgesic / Anti-inflammatory / Roots: A study investigated a methanolic extract of roots of Antigonon leptopus for anti-inflammatory activity in mice and rats. Results showed promising anti-inflammatory activity against acute and sub-acute inflammation, which may be due to prostaglandin inhibition and reduction of oxidative stress.

- COX-2 and LPO Inhibitory Activity / Aerial Parts: Study evaluated A. leptopus tea from dried aerial parts for lipid peroxidation (LPO) and cyclooxygenase (COX1

and COX2) enzyme inhibitory activities. Study yielded a selective COX-2 enzyme inhibitory phenolic aldehyde, 2,3,4-trihydroxy benzaldehyde. The isolated compound 1 from A. leptopus tea showed selective COX-2 enzyme and LPO inhibitory activities.

- Antifilarial: Extract study showed A leptopus possessed significant juvenile hormone analogue activity against Culex quinquefasciatus.

- Anti-Diabetic: Study of the methanolic extract of aerial parts of Antigonon leptopus showed significant antidiabetic activity and supports its traditional claim of use in diabetes and its associated complications.

- Antibacterial / Flowers: Study evaluated the antibacterial

properties of flower extracts of Antigonon leptopus. The ethanol and chloroform extracts exhibited significant concentration-dependent inhibition against B. subtilis, Bacillus peritlis and Salmonella typhi.

- Antimicrobial / Dental Pathogens: Study showed the flower extracts of Antigonon leptopus showed potent antimicrobial activity against common human dental pathogens - Staphylococcus aureus, Proteus vulgaris, Pseudomonas aeruginosa and Micrococcus albus.

- Anthelmintic / Roots and Rhizomes: Extracts of Antigonon leptopus roots and rhizomes was tested for in vitro anthelmintic activity against earthworms Pheretima posthuma. The ethyl acetate and

methanol extracts of A. leptopus significant exhibited paralysis and caused death of worms.

- Novel Anthraquinone Derivatives / Antibacterial / Aerial Parts: An ethanol extract yielded a known compound, quercetin-3-O- α -rhamnopyranoside and four novel anthraquinones. Two of the new compounds showed antibacterial activity against Bacillus subtilis and Staphylococcus aureus.

- Anthelmintic / Leaves: Study of a chloroform fraction of methanolic extract of leaves of A. leptopus against Pheretima posthuma showed significant in-vitro anthelmintic activity. Phytochemical screening yielded many compounds including phenols, hydrocarbons, quinazolines, coumarins, steroids, and terpenes like cadinene, juniper camphor, among others.

- Antioxidant / Cytotoxicity / Leaves: Study of an ethanol extract of leaves showed free radical scavenging activity using DPPH assay and cytotoxicity effects on MTT-assay of Vero cell line. (see constituents above)

MORE ON THIS TOPIC IN JUNE 2018 EDITION

VEGATERIAN AND VEGAN RECIPES

Grilled Asparagus and Shiitake Tacos

BY GOODHOUSEKEEPING



INGREDIENTS

- 3 tbsp. canola oil
- 4 garlic cloves, crushed with press
- 1 tsp. ground chipotle chile
- 1/2 tsp. Kosher salt
- 8 oz. shiitake mushrooms, stems discarded
- 1 bunch green onions, trimmed
- 8 corn tortillas, warmed
- 1 c. homemade or prepared guacamole
- Lime wedges
- cilantro sprigs
- Hot sauce, for serving

DIRECTIONS

Heat grill on medium. In a large baking dish, combine oil, garlic, chipotle, and salt. Add asparagus, shiitakes, and green onions; toss to coat. Grill asparagus until tender and lightly charred, turning occasionally; 5 to 6 minutes. Grill shiitakes and green onions until lightly charred, turning occasionally; 4 to 5 minutes. Transfer vegetables to cutting board.

Cut asparagus and green onions into 2" lengths and slice shiitakes. Serve with corn tortillas, guacamole, lime wedges, cilantro, and hot sauce.

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The Best of Liberian Music



TO WRITE OR NOT TO WRITE.... ABOUT THE DUMP FIRE AGAIN PT2

MAYBE THIS what is needed to be done: judicial action taken by the Public Prosecutors' Office against the authorities. Because obviously the government is not taking any action. No consideration for the people living around the dump areas under the smoke, the children, the sick and the elderly. Whenever there is a dump fire, the government is the first to shut down the government building and send home the civil servants to avoid the toxic smoke. But what about these who live in the areas and are getting the smoke full on into their homes, where can they go?

Dump smoke seen from Sentry Hill during opening Rockland Estate - 20180407 MP Even when the smoke from the thick black fumes are hanging like a smog over the Cul-de-Sac valley, over the Cay Hill valley - even over the hospital - officials are joyfully celebrating the opening of the Rockland Estate on top of Sentry Hill as a tourism product the island badly needs in order to recover in a post-Irma era. However, none of these officials are saying let's get our priorities straight and before a next hurricane season comes around or a

next tourism attraction is opened on the island, let's tackle the dump situation once and for all. None are showing any concern.

Nope! Not one iota of concern.

This lack of care or concern on the part of government officials is all too pervasive. Even on the part of members of Parliament who are elected nota bene to stand up for the (health concerns of the) people. Disappointingly, even on the part of the port and cruise officials who stand to benefit economically from a smoke-free environment on St. Maarten. Therefore, public exposure of this lack of care or concern on the part of officials has to be done in order to bring the



Smoke from the dump trailing over Philipsburg back in April 2018, Article by StMaartenNews.com. Photo by Wattzz Publishing

plight of the island on the forefront of everyone's mind, both locally and internationally. So we write again.

And there you have it. Another article about the dump. Any one reading? Honk your horn if you are and if you care.

WHA YA SAY TELL DI TRUTH !

**RAS ITAL
WE FI WRITE AND TALK
DI THINGS DEM ! PT 2**



Is time fi all di politician dem fi play dem part. Too long now di people a suffa now. Wha unno want ? A million dolla in ya pocket fi mek it wok.. Ok, check out di ras mi a give ya one million slap fi wake ya rasss claat outa ya stupidity. Nuff a unno want fi mek we youths start smoke weed, dem fi learn how fi plant dem food. YA MAD OR WHA ? Last time mek check di weed was a plant ! Clear judgement of foolishness by di local politician dem ! Das why me nah stop talk di thing dem till di people dem get solutions.



WHAT'S YOUR LIFE'S DEFENSE MECHANISM?

IN THE beauty of life and all its amazing glory, I can't help but wonder how the rest of the world deals with life. Just like every story has two sides to it, everyone in this world tends to deal with stuff differently. For instance, we could have two individuals with a bill of \$500, one could pay there's off in full and the other chooses installments. Does this mean that the one that paid theirs off in smaller increments any less of a better decision maker? Nope ...! Not at all, he or she just manages their finances differently.

Their decision could be based on family care or other important priorities they may for themselves. This is one way two individuals handled the same situation differently.

How about other



In-depth situations such as heartache, job loss, home damage, death in family or conflict at work etc.

In this life we live, the way individual people may handle their issues may come from the values that was instilled in them at a young age. So, the way I handle heartache might be different than how anyone else does.

Me for example, I might find comfort in binge eating or isolation from everyone, whereas someone

else might just shed a little tear and move right along.

Let me paint a picture for you, a son that was raised in a home where his dad was hardly at home. Even if he was at home he physically and verbally abused his wife, this young man would enter into the world thinking that hitting or talking down to a woman is ok. Now, is it his fault that he deals with his frustration in a form of lashing out on his significant other? Based on

the environment that he was brought up in, is what molded and shaped his behavior patterns. So, you see whether you want to believe it or not the way a child is raised and what they're exposed to comes forth in their adolescent up until their adult life.

It creates their defense mechanism to life's situations and how they react to it. So, this is why we see some men and women unable to keep a steady relationship at times. This mainly because the environment and mentality the grew up around they've kept it with them thus far.

Things like their dad cheating on the mother or their mom not having strong relationships values, now that their older unknowingly to them it's becomes so normal that they think it's ok.

Now hear me out, although it might be hard to deal with life on a whole and all the ish that it comes with, we can't go around thinking that's it's everyone's fault when things don't go the way we planned it out in our heads. We also have to remember to respect everyone and their decision on how they choose to deal with stuff. In most cases there's a bigger picture that lies behind them. I've always heard the saying "show me your friends and I will show you who you are". What about "show me your parents and I can tell you your character"? Funny how everyone blames friends

for how you react to life. When first hand lessons always come from home. If you allow your kids to not do chores and you always pick up for the, trust me when they're adults it's just going be a mirror effect of what they were exposed to from a young age. So, if your raising kids right now and you want to leave a positive imprint on their lives, start by having them understand the value of life, a home, family, true friends, money and good manners. If you don't have values in life, you won't take care of yourself. Home is where the heart is and family is who you turn to when you're down and out.

Money will always come and go but don't make it your master. When you have good manners, it will take you a long way and you will earn respect. This will help them appreciate life and be able to handle it as it comes to them. What you are doing is basically paving the way for them. That way, when life hands them a test they will be able to turn it into their testimony.

We have to start instilling good values in our kids to help them become better adults in the future. Believe it or not, it starts with you. It starts with showing initiative in what they're passionate about and molding them to become better decision makers. And not forgetting when you are going through your personal issues, try your best to keep your home and family

separate. Our kids see everything and they pay attention to what we do, so be careful in your actions and the way you choose to deal with your issues because they see and hold on to our actions.

I know it can be overwhelming at times for us, but if you need a minute or 2 take it and try Re-approach the situation with a clear mindset. Never underestimate the influence of the people you have in your life. Remember what it says in the Bible in 1 Corinthians 15:33 "Be not deceived: evil communications corrupt good manners." In other words, Bad company corrupts good morals. So, the more love we show and simple ways of dealing with little issues will create a pattern they will keep with them throughout their lives. This, builds a strong foundation for their defense mechanism later on in life. I'm merely speaking on my point of view and knowledge of my experiences. We all know that knowledge is power and remember we are not perfect. It's ok to mess up, out of your mess always comes your message. So, live the life you love and love the life you live. Just a simple reminder, don't be so hard on yourself because for every minute you are angry you lose 60 seconds of happiness. Hope you enjoyed the read, stay blessed and express yourself.

**Written by
Latoya Ruan
21 May 2018**

NATURE IN ART PT 2

BY art-is-fun.com

Artists for Conservation is a group of artists who, in various ways, support nature through their artwork. They paint nature in art in the form of beautiful and idyllic

images of animals and landscapes. In addition, they also donate a portion of their art sales to conservation efforts.

Nature in Art is a British museum devoted entirely to artwork

CONTINUED ON PAGE 11

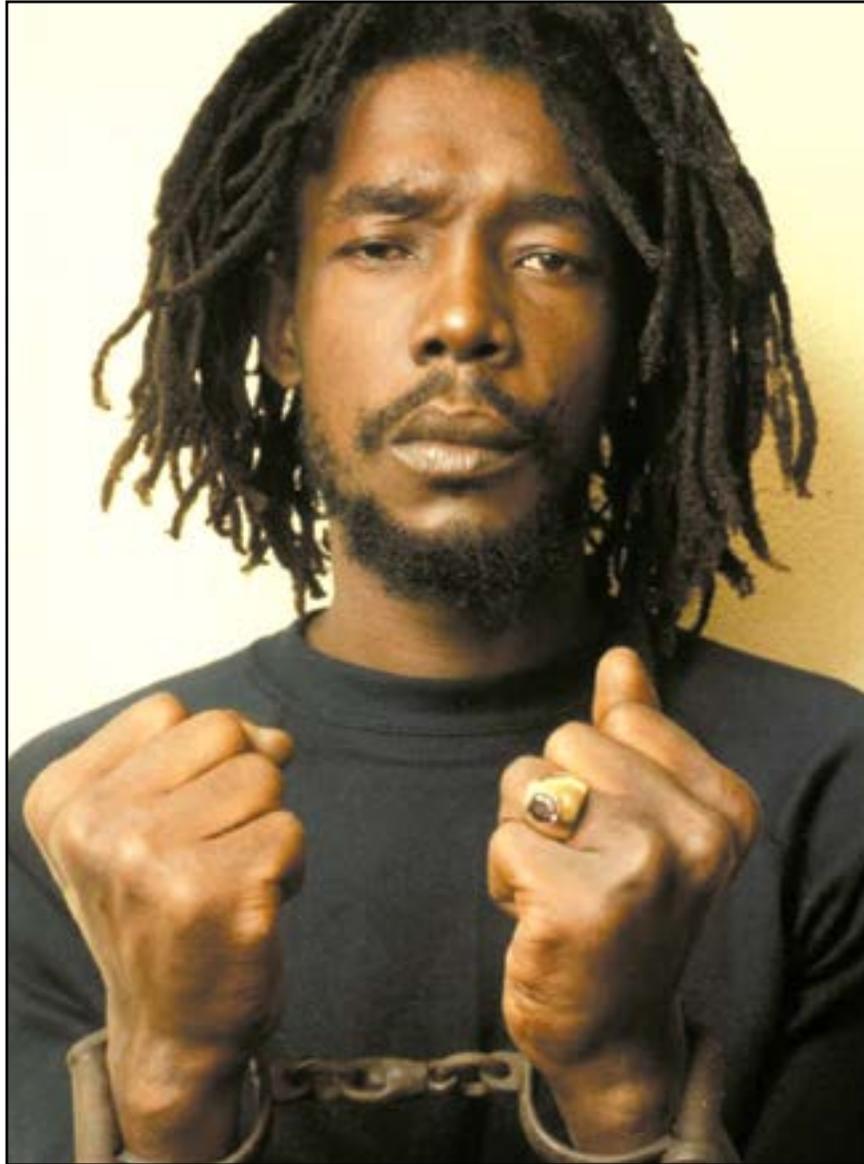
REMEMBERING REGGAE ICONS

By Wiki

PETER TOSH, OM (born Winston Hubert McIntosh; 19 October[1] 1944 - 11 September 1987) was a Jamaican reggae musician. Along with Bob Marley and Bunny Wailer, he was one of the core members of the band the Wailers (1963-1976), after which he established himself as a successful solo artist and a promoter of Rastafari. He was murdered in 1987 during a home invasion.

Early music and with the Wailers

Tosh was born in Westmoreland, the westernmost parish of Jamaica. He was abandoned by his parents and "shuffled among relatives." When McIntosh was fifteen, his aunt died and he moved to Trenchtown in Kingston, Jamaica. He first picked up a guitar by watching a man in the country play a song that captivated him. He watched the man play the same song for half a day, memorizing everything his fingers were doing. He then picked up the guitar and played the song back to the man. The man then asked McIntosh who had taught him to play; McIntosh told him that he had. During the early 1960s Tosh met



Robert Nesta Marley (Bob Marley) and Neville O'Reilly Livingston (Bunny Wailer) and went to vocal teacher Joe Higgs, who gave out free vocal lessons to young people, in hopes to form a new band. He then changed his name to become Peter Tosh

and the trio started singing together in 1962. Higgs taught the trio to harmonize and while developing their music, they would often play on the street corners of Trenchtown.

In 1964 Tosh helped organize the band the Wailing

Wailers, with Junior Braithwaite, a falsetto singer, and backup singers Beverley Kelso and Cherry Smith. Initially, Tosh was the only one in the group who could play musical instruments. According to Bunny Wailer, Tosh was critical to the band be-

cause he was a self-taught guitarist and keyboardist, and thus became an inspiration for the other band members to learn to play. The Wailing Wailers had a major ska hit with their first single, "Simmer Down", and recorded several more successful singles before Braithwaite, Kelso and Smith left the band in late 1965. Marley spent much of 1966 in Delaware with his mother, Cedella (Malcolm) Marley-Booker, and for a brief time was working at a nearby Chrysler factory. He then returned to Jamaica in early 1967 with a renewed interest in music and a new spirituality.

Tosh and Bunny were already Rastafarians when Marley returned from the US, and the three became very involved with the Rastafari faith. Soon afterwards, they renamed the musical group the Wailers. Tosh would explain later that they chose the name Wailers because to "wail" means to mourn or to, as he put it, "...express one's feelings vocally". He also claims that he was the beginning of the group, and that it was he who first taught Bob Marley the guitar. The latter claim may very well be true, for according to Bunny Wailer, the early Wailers learned to play instruments from Tosh

Rejecting the up-tempo dance of ska, the band slowed their music to a rock-steady pace, and infused their lyrics with political and social messages inspired by

their new-found faith. The Wailers composed several songs for the American-born singer Johnny Nash before teaming with producer Lee Perry to record some of the earliest well-known reggae songs, including "Soul Rebel", "Duppy Conqueror", and "Small Axe". The collaboration had given birth to reggae music and later, bassist Aston "Family Man" Barrett and his brother, drummer Carlton Barrett would join the group in 1970. The band signed a recording contract with Chris Blackwell and Island Records company and released their debut, *Catch a Fire*, in 1973, following it with *Burnin'* the same year. The Wailers had moved from many producers after 1970 and there were instances where producers would record rehearsal sessions that Tosh did and release them in England under the name "Peter Touch".

In 1973, Tosh was driving home with his girlfriend Evonne when his car was hit by another car driving on the wrong side of the road. The accident killed Evonne and severely fractured Tosh's skull. After Island Records president Chris Blackwell refused to issue his solo album in 1974, Tosh and Bunny Wailer left the Wailers, citing the unfair treatment they received from Blackwell, to whom Tosh often referred with a derogatory play on Blackwell's surname, 'Whiteworst'. Tosh had written many of the Wailers' hit songs such

CONTINUED ON PAGE 15

NATURE IN ART PT 2... FROM PG 10

inspired by nature.

They have an extensive collection of artwork covering a 1500 year time period, representing over 60 countries and cultures. In addition to their permanent collection, they have special exhibitions as well as classes and events for adults and

children.

Use Art to Connect with Nature

In these hyperreal, digital times, it is easy to forget, and even resist, that we are susceptible to natural forces. Art can help us become more conscious of our true relationship with nature. It is undoubted-

ly important to feel a connection to the natural world... in fact, it is vital to our survival!

The first step to creating art based on nature is to spend time in nature. So unplug yourself. Turn off the TV, radio, ipod, laptop. Go outside. Tune into your surroundings. Feel the

wind upon your cheek. Observe the veins of a leaf, sit against the trunk of a tree, watch a river flow.

Let your mind be as vast as the sky.

Be still. Appreciate. Observe. Bring a sketchbook and see what arises!



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ECO Experience

WHAT IS ECO TOURISM ?

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

PRINCIPLES OF ECOTOURISM

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

PRINCIPLE OUTLINES OF ECOTOURISM

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

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ECOTOURISM IN NICARAGUA

"ARE YOU SURE it's safe?" Tell people you're going to Nicaragua and that's their usual response. But the negative image of this captivating country is undeserved. Peaceful for sixteen years, with three successive democratically elected governments, it is now officially the safest country in Central America.

It is also its poorest; only Haiti is worse off in the whole western hemisphere. However, recent economic growth has exceeded all expectations, and tourism, in particular, is on the rise. With a 20% growth rate last year, it is already the country's biggest industry.

Nor is it hard to see why: Nicaragua's landscape of lakes and volcanoes, lush rainforests and deserted beaches is a nature lover's paradise. With 76 protected areas covering over 20% of its landmass, it outstrips its more popular neighbor for eco-tourism, Costa Rica. Containing the largest area of primary rainforest north of the Amazon, it is home to 7% of the world's biodiversity, including many endangered species such as howler, white-faced and spider monkeys. Jaguars and crocodiles, meanwhile, are plentiful, as are a multitude of birds, butterflies and orchids; the Indio-Maíz reserve alone has more species of trees, birds and insects than the whole of Europe.

Ask the locals if Nicaragua will become as Americanized as Costa Rica and they will deny it. Nicas are just too ... well, Nica. And long may they remain so since, for all its natural beauty, it is they that constitute Nicaragua's greatest asset. Warm and welcoming, resilient and resourceful, they are intensely proud of their culture and traditions.

As the Nicaraguan



Private Island Resort just minutes from the colonial town of Grenada Nicaragua. Photo by jic-arolodge.com

government struggles to meet the challenges of deforestation, soil erosion, water pollution and poaching, it has been left to forward-thinking individuals to develop a sustainable tourism industry.

There is, of course, a danger that visitors will be "greenwashed" in the scramble for the eco-tourist dollar, but as long as the International

Ecotourism Society's definition of eco-tourism ("responsible travel to natural areas that conserves the environment and sustains the well-being of local people") is kept in mind, Costa Rican-style excesses such as "eco-car hire" will hopefully be avoided.

So go eco to Nicaragua. Go with an open mind and a Spanish dictionary. But go now - before everyone else does.

Options for the green tourist in Nicaragua

1. Finca Esperanza Verde (Green Hope Farm)

The setting of Finca Esperanza Verde - lush green mountains interspersed with wisps of cloud - couldn't be more conducive to relaxation.

Founded in 1998 by a non-profit organisation based in North Carolina, the farm ploughs its profits

back into the nearby town of San Ramón, funding community projects such as a school for local children and reforestation and fresh water schemes. And it's Nicaraguan-run: talk to the local staff and you can feel a palpable sense of pride in what they've achieved. You can even spend a few days with a family in San Ramón to learn about the rural way of life and how to make nacatamales, a Nicaraguan delicacy.

Hikes through the nature reserve with local guides - all ex-agricultural workers - offer spectacular bird-watching opportunities.

A visit to the butterfly farm is also a must. The altitude

also lends itself to shade-grown arabica coffee and from November to February you can help with the harvest and witness the wholly organic process in action.

The lodge and cabins are built of handmade brick and local materials. All waste is composted, showers are solar-powered and the electricity comes from a hydro scheme. The meals are healthy and delicious and you even get your own environmentally friendly napkin for the length of your stay.

There's no TV, telephone or internet. If that's your idea of hell, don't go. But sitting around a bonfire under the glow of a million stars, it seemed rather heav-

enly to me.

2. Domitila Private Wildlife Reserve

Within minutes of arriving at Domitila, I'd spotted one of its many delights: a troop of howler monkeys lounging high in the trees taking their siesta.

One of the last remaining areas of dry tropical forest on the Pacific coast, this private reserve - the first in Nicaragua when it opened in 2001 - is owned by Doña Maria Jose Mejia. A feisty and determined lady, she's passionate about conserving the biodiversity of the land that has been in her husband's family for generations. She's equally determined

to foster an ethos of conservation in the surrounding communities, beginning with the education of her staff.

As well as containing over 200 howler monkeys, Domitila is the habitat of numerous species of birds, butterflies, insects and flowers, and is a flourishing centre for specialist scientific study.

But you don't have to be a committed naturalist to appreciate the beauty and tranquillity of Domitila. Anyone would get a thrill from exploring its trails (on foot or by ox-cart) or sailing to the Isla Zapatera national park. Alternatively, you could simply lie back in a hammock and listen to the birdsong.

Dining is done by candlelight, and the menu consists of fresh, local produce prepared by neighbourhood cooks. Kerosene lamps then guide you back to your rustic palm-thatched cabin with private compost toilet and solar-powered shower. And as you settle down in your simple bed, cocooned in mosquito netting, the sounds of the forest soon lull you to sleep - before the growls of the howler monkeys wake you again at dawn.



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50 CREATIVE ART & CRAFT BUSINESS IDEAS FOR 2018 PT 4

By Profitable
venture.com
Hat Making Business

Being a milliner, isn't a herculean task. As a matter of fact, it is one business that never goes into extinction. This is because of the need to always use hats.

All over the world, more and more people are arming their selves with this skill. You too can begin to make good money, when you get the skills involved.

After you have garnered the knowledge therein, then you can begin to look at setting up your business the way you want it to be. However, be reminded that it takes patience and determination to have your own loyal customers since it is a competitive industry.

Tie and Dye Making Business

Yes, you may already know that the tie and dye cloths have been in existence for long. Good news is that it still



does exist and more and more people are in the trade. If you are a tie and dye lover, or in general an arts lover, then you may want to start a business in this regard. First rule of thumb is that you have got to be skilled yourself. So, if you do not know jack about the trade, then you can get trained.

Photography Business

It is said that pictures speak a thousand words. That is without a shadow of doubt true. This is be-

cause of the fact that pictures do keep great memories that words cannot. The advent of the photography business dates back to a centuries ago. This is one arts trade that can be started with small capital. Initially, all that would be required would be the money to get trained by a professional, as well as the money you will need to procure a good camera.

There are loads of opportunities in this trade; and you can specialize in some areas. Some of the

areas that you may consider focusing on include; the wedding photography, Sports photography, child photography, nature photography, and all what not.

Sculpting Business

There are loads of sculpted things that we may see around; from decorations, to wall fittings, amongst many others. The industry though saturated, but still have ample room for those who want to stage an entry. It is a profitable business too that is able to make one a millionaire. However, there is one secret, and that secret is to be creative in all aspect of the trade.

First off however, is that you have got to have the skills. This means that you must be ready to go learn the skill. This is needful, as you cannot start the business without the knowledge.

Gifts and Cards making Business

If you love the idea of being a giver of gifts, or you like people being surprised with gifts, then you may want to help make gifts and special days memorable for people by starting a gifts and cards craft business. The market is indeed a vast one. This is a very easy business to start and it does not require plenty startup capital. As a matter of fact, it is one business that you can start at home.

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MORE ON THIS TOPIC IN JUNE 2018 EDITION

MDGS-SDGS PILOT PROJECT ON POVERTY ALLEVIATION GOOD EXAMPLE PT 2

The ministry of VROMI gave assistance with granting of permits for community events and advised on the best way to approach and opened doors for agricultural possibilities via specific departments of Government. Another stakeholder was the St Maarten Youth which helped with amongst others, identifying skillful members in the community, organizing tents for community events and making space available for training at Rupert Maynard Community Center and to inform the public on the 'Community Market Day'.

The second phase

involved the purchase of material structures for community events (market day), publicity and training in agricultural skills, as well as training in general agricultural and recycling, Landscaping, waste management, computer basics skills and vegan food preparation and presentation.

Five participants to the training were certificated.

The aim is to accomplish that Spaceless Gardens would provide locally-grown fruits and vegetables to community members to offset the high cost of imported food on Sint Maarten. The training to those



UNDP Report great findings on project implemented with Spaceless Gardens.

selected community members would give them additional skills and knowledge to be able to find employment and make an income.

Part of the project was also to pro-

vide a venue for other members of the community to generate a small additional income from sales of their goods and services at a "Community Market Day" (once per month) and to provide

the St. Maarten Youth with additional revenue, so they may be able to assist needy members of their community.

The Community Market Day helps also to empower the com-

munity members to utilize their skills in community gardening and cultural activities in establish sustainable network and encouraging entrepreneurship through the selling of the produced from their garden. We hope that the Community Market Day will sustain itself and encourage other districts to duplicate the idea.

Spaceless Gardens provided public awareness via Website promotion www.ilandvibez.com, www.stmaartenagriculture.com, www.721news.com and Cultural Xpression Newsmagazine

REMEMBERING PETER TOSH ...FROM PG 1 1

as "Get Up, Stand Up", "400 Years", and "No Sympathy". Tosh began recording and released his solo debut, Legalize It, in 1976 with CBS Records company, Tuff Gong and Island Records. The title track soon became popular among endorsers of marijuana legalization, reggae music lovers and Rastafari all over the world, and was a favourite at Tosh's concerts. That was his last album from the Wailers, Tuff Gong and Island Records.

Solo career

Tosh started to make his own album with Rolling Stones Records and CBS Records Equal Rights

followed in 1977, featuring his recording of a song co-written with Marley, "Get Up, Stand Up," and a cover of "Stepping Razor" that would also appear on the soundtrack to the film Rockers.

Tosh organized a backing band, Word, Sound and Power, who were to accompany him on tour for the next few years, and many of whom performed on his albums of this period. In 1978 the Rolling Stones record label Rolling Stones Records contracted with Tosh, on which the album Bush Doctor was released, introducing Tosh to a larger audience. The album featured Rolling Stones frontmen Mick Jagger



Peter Tosh with Robbie Shakespeare, 1978

and Keith Richards, and the lead single - a cover version of The Temptations song "Don't Look Back" - was performed as a duet with Jagger. It made Tosh one of the best-known reggae artists.

During Bob Marley's free One Love Peace Concert of 1978, Tosh lit a marijuana spliff and lectured about legalizing cannabis, lambasting attending dignitaries Michael Manley and Edward Seaga for their failure to enact such legislation. Several months later he was apprehended by police as he left

Skateland dance hall in Kingston and was beaten severely while in police custody.

Mystic Man (1979), and Wanted Dread and Alive (1981) followed, both released on Rolling Stones Records. Tosh tried to gain some mainstream success while keeping his militant views, but was only moderately successful, especially when compared to Marley's achievements. That same year, Tosh appeared in the Rolling Stones' video Waiting on a Friend.

MORE ON THIS TOPIC IN JUNE 2018 EDITION

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WHAT IS THE POWER OF SPORT TO CHANGE LIVES? PT 1

By devex.com

IN TOWNS and villages across Europe and Africa, soccer players with the nickname Messi practice their skills day in and day out. They dream of playing professionally like the football superstar, Lionel Messi, who was born to humble means in Argentina and rose to fame playing for Barcelona FC. With eyes on the recent Olympics, and its celebration of global athletes, that familiar narrative of sports as a pathway out of poverty is particularly salient.

While Messi, Djokovic and Ika-ba — to name but a few examples — offer such inspiring stories, statistics sug-



Boxing federation seeking funding for tournament - Photo and Story: 721news.com

gest that sports are a ticket out of poverty for only a lucky few. In the United States, only one in 2,451 high school basketball players make it to the NBA. Going

pro is even more challenging in the developing world. For the young African "Messis", there are only six professional soccer leagues on the continent,

and only 57 Africans played in the English Premier League in the 2015-16 season.

The odds are even worse for women, who have fewer professional sports

opportunities around the world. Layer on poverty, and one's chances of making the big leagues are further reduced. To make matters worse, even some of the best athletes, like those capturing our attention at the Olympics, struggle to make ends meet.

But sport can offer more than a pipe dream. In spite of the slim odds of attaining fame and fortune as a professional athlete, mere participation in sport can be a powerful tool for economic and social mobility. For example, participating in sports is correlated with positive career develop-

ment, particularly for women. Betsey Stevenson, economist at Wharton, argues that Title IX, the 1972 U.S. legislation that mandates equal federal assistance for women's sports, catalyzed a 40 percent rise in employment for women ages 25-34.

Belief in using sport for social change has never been more popular. The United Nations declared 2005 the international year of sport and physical education, and since that time, sport for development organizations have proliferated rapidly.

MORE ON THIS TOPIC IN JUNE 2018 EDITION

Laser 101

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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MIND BODY & SPORT : EATING DISORDERS PT5

By Ron Thompson
THE PRIMARY risk for developing disordered eating/eating disorders involves the emphasis on a lean body and its purported relationship with enhanced sport performance. Coaches and others in the

sport environment are urged to recognize that such an emphasis on weight or leanness puts the student-athlete at greatest risk for developing eating problems.

Finally, the stigma associated with seeking mental health

treatment must be eliminated. Those with influence in the sport environment can play a key role by recommending and encouraging timely and appropriate mental health treatment for their student-athletes.

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