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OCT
2018
SPECIAL
EDITION

Cultural XPRESSION

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WYATTE

OPEN LETTER TO MINISTER

GITERSON

TOP10 STREAMS

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MAJOR FIGURES IN AFRO CARIBBEAN HISTORY

Remembering Bert Williams Pt 3

By Wiki

BERT WILLIAMS
(November 12, 1874
– March 4, 1922)

In his only known essay, Williams wrote:

People sometimes ask me if I would not give anything to be white. I answer ... most emphatically, "No." How do I know what I might be if I were a white man? I might be a sandhog, burrowing away and losing my health for \$8 a day. I might be a streetcar conductor at \$12 or \$15 a week. There is many a white man less fortunate and less well-equipped than I am. In fact, I have never been able to discover that there was anything disgraceful in being a colored man. But I have often found it inconvenient ... in America.

Bandanna Land

In 1908, while starring in the successful Broadway production Bandanna Land, Williams & Walker were asked to appear at a charity benefit by George M. Cohan. Walter C. Kelly, a prominent monologist, protested and encouraged the other acts to withdraw from the show rather than appear alongside black performers. But only two of the acts joined Kelly's boycott.

Bandanna Land continued the duo's series of hits, and introduced a tour de force sketch that Williams made famous: his pantomime poker game. In total silence, Williams acted out a hand of poker, with only his facial expressions and body language conveying the dealer's up-and-



Bert Williams 1874-1922 - "I have never been able to discover that there was anything disgraceful in being a colored man. But I have often found it inconvenient - in America." Photo by black-face.com

down emotions as he considered his hand, reacted to the unseen actions of his invisible opponents, and weighed the pros and cons of raising or calling the bet. It later became a standard routine in his solo stage act, and was recorded on film by Biograph Studios in 1916.

Solo career

Walker was in ill health by this point due to syphilis, which was then incurable. In January 1909 he suffered a stroke on-stage while singing, and was forced to drop out of Bandanna Land the following month. The famous pair never performed in public again, and Walker died less than two years later. Walker had been the businessman and public spokesman for the duo. His absence left Williams professionally adrift.

After 16 years as

half of a duo, Williams needed to re-establish himself as a solo act. In May 1909 he returned to Hammerstein's Victoria Theater and the high-class vaudeville circuit.

His new act consisted of several songs, comic monologues in dialect, and a concluding dance. He received top billing and a high salary, but "the White Rats," an organization of vaudevillians opposed to encroachments from blacks and women, intimidated the theater managers into reducing Williams' billing. The brash Walker would have resisted such an insult to his star status, but the more reserved Williams did not protest. Allies were few; big-time vaudeville managers were fearful of attracting a disproportionate number of black audience members and

thus allowed only one black act per bill. Due to his skin, Williams typically travelled, ate and lodged separately from the rest of his fellow performers, increasing his sense of isolation following the loss of Walker.

Williams next starred as Mr. Lode of Koal, a farce about a kidnapped king that was well received by critics as a star vehicle though not a fully realized storyline. Camille Forbes' Introducing Bert Williams collects several reviews with competing race-based agendas. Many of the white reviewers praised Williams' "apparent spontaneous," "unpremeditated" humor, as if he were a guileless simpleton in no control of his own performance. A Chicago critic wrote, "They are racial, those hands and feet," while a Bos-

ton reviewer felt that the show's flimsiness and lack of structure were actually attributes because "when we succumb to the surreptitious desire for the broad tang of "nigger" humor, we want no disturbing atom of intelligence busy-bodding about." Meanwhile, many black reviewers ignored the show's faults, praising Williams' continued persistence and prominence as much if not more than his actual performance; an Indianapolis reviewer thought the play was evidence that "we are nearing the day of better things." Despite the good if loaded notices, Mr. Lode of Koal played a secondary string of theaters and was a box office flop.

Following the show's abbreviated run, Williams returned to the vaudeville circuit, and "the White Rats" renewed their opposition to his featured status. The Victoria Theater responded by cutting Williams to secondary billing, but putting his name on the marquee in lettering twice as large as that of the nominal headliner. Newspapers took note of the disingenuous manner in which the White Rats' demands had been met, as well as the way in which many of those performers who were impeding his career would rush to the front of the theater whenever his turn to perform came up.

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WORLD FOOD DAY CELEBRATED IN THE MONTH OF OCTOBER

HAD A GREAT inspirational lecture On 16th, Oct 2018 with Rotary Club of St. Martin Sunrise. The group invited me to have breakfast with them and share a lecture on Community Development, Health, Climate Change and Livelihood as they reflect on their months theme of Community Development. I must say, I was honored by the attentiveness and interest of the group as I shared my views, concerns, research and findings with them. It's only when I left, I actually remembered it was World Food Day today. Most times we are so occupied trying to secure our own livelihood that we tend to forget that there are many out there that are in

worse situations than we are. In these trial times we do need to reflect, build awareness and give a helping hand where we can, as every little counts.

Every year on October 16 organizations from around the world come together to pay homage to one common Goal, Fighting the Eradication of Poverty and Extreme Hunger. As climate change is on the rise and threatens the structure of mans survival toward surviving and food cultivation, there is a great need for action to be taken.

This years theme by the Food and Agriculture organization of the United Nations is "Our actions are our future". This is a very powerful theme as we all know and can



Wyatte with members of the Rotary Club of St. Martin Sunrise !

relate that "We are what we eat". Also, directly connected to todays common and increasing health issues, there is a much need for individuals to take their own health more into consideration.

This starts with just a mind set and installing good habits. Eating healthy plays a great role to the body as the body it itself is also

simultaneously connected to the earth. Yes, as the body attempts to reconstruct itself in times of feeling threatened by the disease of virus is the same way to earth reacts when feels threatened by what we today can be considered as the disease or infection of the earth by the way we tend to execute our habits. The way we do things

on earth plays a great on how the earth responds and sustain man's and animals livelihood.

Let's motivate and encourage one another the plant the tree or get more involved in our communities when it comes to setting a green footprint. Let reduce , Reuse and Recycle when we can as much as we can St. Maarten has yet the bene-

fit from the sector of agriculture in many great ways and we hope that in the near future the government can play a key and significant role in implementing policies towards safeguarding food security and creating new opportunities for individuals willing to get involved . In the meantime let us all be like atoms that create the mass of this ecosystem of earth that will continue to do the best we can to ensure the longevity of not just ourselves but the future generations to come.

HAPPY WORLD FOOD DAY EVERYONE !

President ECO St Maarten Mr Denicio Wyattte

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ST. MAARTEN CHAMBER OF COMMERCE & INDUSTRY

The COCI Supports Agriculture

WYATTE: LETTER TO MINISTER VROMI - PROGRESS AS A BLESSING FOR ALL

OCT 30, 2018

ATT: Minister Giter-son - Ministry VROMI St Maarten

Sub - Open Letter to Minister Giter-son - Progress as a blessing for all.

Bless day Minister Giter-son, I would like to first thank you for taking time to review documents submitted to you on Sept. 10, 2018.

The journey to re-vitalize and safeguard Agriculture has not been an easy one for us as community leaders, entrepreneurs and NGO's. The passion we carry for this sector is one we hold dear to our hearts and may from time to time express ourselves a bit passionately on pending matters in the right of truth and justice for all.

The objective of expressions are never to insult or embarrass government or its officials, but more to raise awareness about current situations that we may feel could have been given a bit more of attention on



Members of production and film crew Isla y Vuelta from Puerto Rico at the St Maarten Agricultural Research and Development Center.

government's behalf in the best interest of the people.

We as community leaders and government officials hold a lot of responsibility on our shoulders and also at times are under a lot of pressure. We also have to try to administer respect and try to deal with our matters in a professional manner. This lesson also comes with growth for better.

Truth is we are all human, sometimes things may affect us all differently and also cause us to react based on our emotions or negative enegitcal

impact. Setting aside these indifference or emotions and looking at the bigger picture, will always be the best option for man to stand on common ground and work towards the sustainability for ourselves, family and country, Mentally, physically and spiritually. We see these disagreements overtime when our parliament gets together.

I am a young man carrying a heavy burden and so are you, your staff, inspectors and other government officials. Along the way we make mistakes, we

face obstacles and in times also many challenges. The mission is never to let these distractions get us down, but to let them be a learning pillar of part of life experiences for us to rise up and stand proud.

I have always tried to do the right thing, abide by the law, sometime we may not know everything or procedure, sometime we all need guidance. I will always make an effort to ask and try my best to find out what I need to know or how I may be pointed in the right direction. We also need the guidance

of you the ministers and government officials at times. Public awareness, cooperation, transparency, integrity and confidence is important to help us all move forward in a positive direction.

After the court case on Aug 14 2018, the Agricultural Research and Development Center was scheduled to be demolished on Sept 6, 2018. On Sept 5, 2018 I was granted a meeting with you at your office along with members of your cabinet in the presence of community representatives of the SPOEG to discuss the matter at hand.

After our meeting, you requested I submitted documents discussed and you would take some time to review those, especially, what you had not seen based on my request for the exemption, long lease and the Richardson's Family false claim that were addressed by the former Minister of VROMI Minister Lake in Nov 2014 via Duncan and Brandon's Law Firm. Based

on the families claim of the said land, the main reason as to why the long lease and exemption was denied in April 23, 2018.

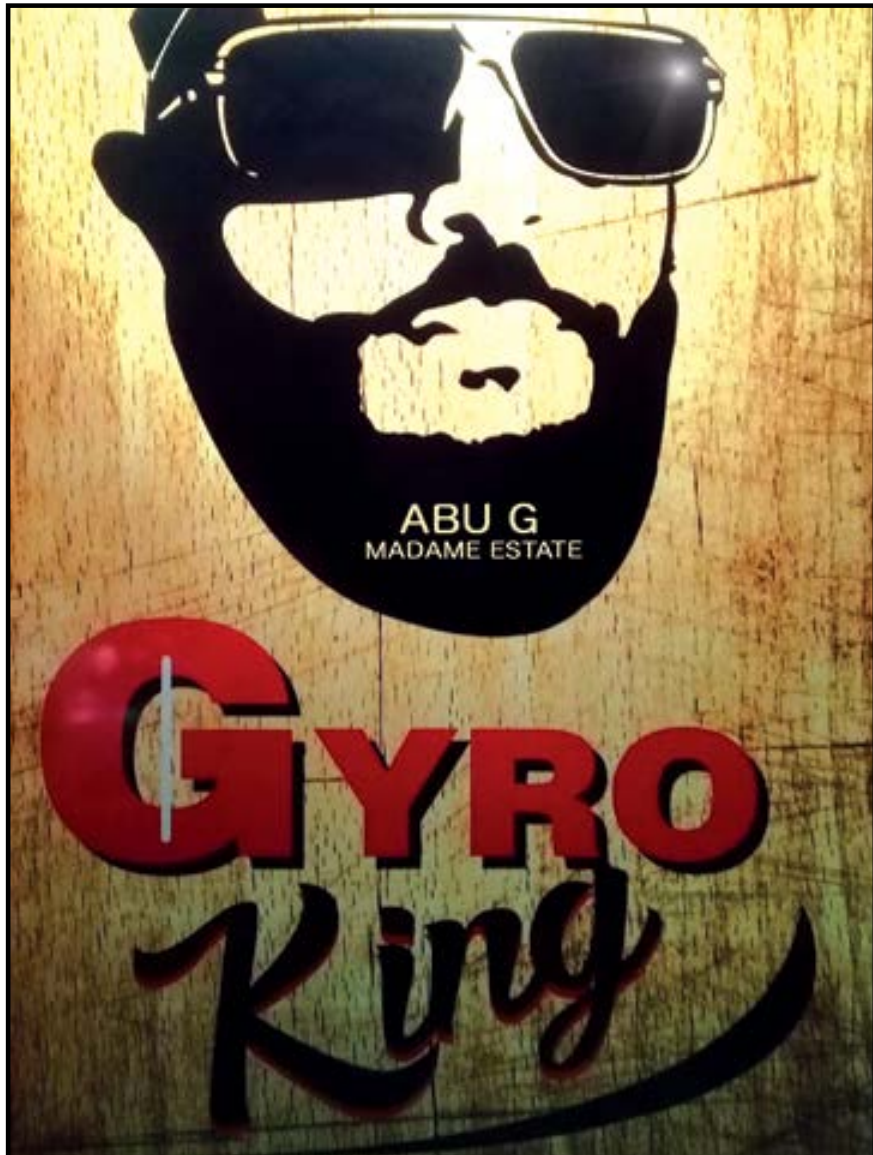
I was told by you and members of your cabinet to submit the documents within a week time and that I Could expect a definite answer perhaps a week later.

On Sept 5, 2018 a press release was published by the Dutch Parliament in the Daily Herald headlined "Dutch Parliament supportive of Denicio Wyattte's project", I am sure this also stimulated some positive energy at the time on the issue.

But, later that day you personally assured me that all will remain well with the agricultural center and that things just needed to be sorted out in the correct manner.

Confirming the positive outcome of the Agricultural Center, On Sept 9, 2018, The Ministry of VROMI

CONTINUED ON PAGE 5



Had a great time with these ladies of Rotary Sunset. The interview on Community Development with Spaceless Gardens and Rotary Club of St. Martin Sunset shot by Devondre Jones can be found on Rotary's FB Page. Grateful for the opportunity to continue building agricultural awareness amongst individuals that seek to uplift their communities and its members ! One love - Wyattte



"PSVE students won the Debate "The government of Sint Maarten should be responsible for implementing recycling measures in the country" on Saturday Oct 20th . "I was honored to attend this debate and sit in as a judge. It was quite a overrated experience to see students of the Charlotte Brookson Academy and PSVE perform." Wyattte

WYATTE: LETTER TO MINISTER OF VROMI...FROM PG 4

issued a Press Release via Facebook and The Daily Herald headlined "VROMI has 'no intention' stopping Spaceless Garden" and outlined the positive effort of how the ministry supports the cause and looks forward to working alongside the project. Earlier that same day I met with you at the Agricultural Center so you may get a closer look at the project and the details of its direction, we shared positive dialog and the documents were submitted for your review on Sept 10, 2018 directly to your cabinet.

On Sept 10, 2018 I was given a follow up date to discuss the outcome on plans to move forward. This date was scheduled by The Minister's Secretary and Mr. Weaver of his Cabinet for Sept 20th, 2018. Approaching the said date, this meeting was canceled and rescheduled for Oct, 5 2018.

On Oct 5, 2018 I received a call after requesting confirmation of the scheduled meeting and once again I was told that the meeting would have to be cancelled but this time there can be no said date set for another meeting as the Minister has allot on his hands and needs to handle a few personal and internal matters.

I mentioned to the Minister's secretary that I understood, but would like to know what the outcome at this point would be. She assured me that during the course of time the minister needs to handle his affairs no one will be attempting to demolish the Agricultural Center and that I should have a settled peace of mind at the moment.

After her explanation, I proceeded to explain to her that I could not be at peace when there is no finalization to the situation and I am not able to move forward or at least get the restroom completed so I may

be able to create a hygienic environment for community members, students and visitors when they visit to learn more about the Agricultural Center. I explained to her that I am also not able to fully function as this is also part of how I try to provide for my family's wellbeing and livelihood. Something government highly promotes in the newly developed National Recovery and Resilience Plan (NRRP)

I requested permission to complete the restroom while awaiting the unsaid date. Thus far I was told that I would have to await a decision of the Minister.

Over the past 4 weeks I have waited patiently just as the last 4 years for government to understand the importance of Agriculture and the benefits it may bring to our community members and country. Despite the numerous press releases issued by government's officials and department.

In reference to, published on Sept 7, 2018 via Minister Johnson's FB page headlined "Minister of TEATT Stuart Johnson Visits ESARDF"

Minister Johnson expressed that "the work being done by Wyattte", is precisely the kind of practices that we should be en-



The Elders, young women and men find the Agricultural Center and Community Garden of SP a place they can call home !

couraging everyone to do if they have some space in their backyard." He told Wyattte while many in the past may have played politics with his dream of providing a sustainable organic food source to the community, he [Johnson] will work with his government to find solutions and support related projects as the portfolio of Agriculture falls under his Ministry.

Also Published more recently on Oct 16, 2018 via SXM Talks, CPS headlined "CPS: OCTOBER 16 IS WORLD FOOD DAY. THEME: OUR ACTIONS ARE OUR FUTURE. "The press release of the department of Collection Prevention Services expressed "The Collective Prevention Services (CPS), a department from the Sint Maarten Ministry of Public Health, Social Development

and Labour, says that adopting a healthier diet and supporting local food producers are actions that support and ensure our future."

Over the past month, myself along with the Agricultural Center has engage in a number of community oriented activities with organizations such as an Interview with Rotary Sunrise and Sunset on community Development, Donated goods cultivated to organizations in need, engaged in a film project with

production company from Puerto Rico on sustainable Eco Tourism along with St Maarten Tourist Bureau, Invited as Guest Judge for the Annual Interscholastic Debate Competition 2018 of the St Maarten Youth Parliament, conducted consultation with several schools that were interested on implementing gardening projects. I was also contacted by the World Bank on Oct 12, 2018 inquiring about hydroponics in St. Maarten. Further contact was established by rep-

representative of the World Bank with me to understand a bit more on what possibilities are taking place with agriculture on St Maarten.

With all this going on, I know government and you, as minister of VROMI, also have your fair share of tasks. But the country and its citizen can no longer be held hostage when they may be able to help themselves.

In the mean time I do think I deserve a fair chance to be allowed the completion of the restroom at the center to be finalized so that male visitors no long have to go next to a tree and ladies can feel comfortable to stay bit longer as they intake the educational aspect of the center.

Members of the Tweede Kamer Published a press release via www.kon-

CONTINUED ON PAGE 6

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WYATTE: LETTER TO MINISTER OF VROMI...FROM PG 5

inkrijksrelaties.nu on Sept 5, 2018 headlined "De regering van Sint Maarten frustriert goede initiatieven" and expressed "I have often noticed that for good initiatives from the population there is little support from the government and these are being frustrated. It is important that the right priorities are set for Sint Maarten." Van Raak. The committee agreed with the proposal that the minister who is currently on a working visit in the Caribbean should ask for an explanation."

Minister Knops responded in a Press release dated Oct 8, 2018 via www.koninkrijksrelaties.nu headlined "Knops mengt zich niet in ruzie om Agricultural Center" He explained that while he supports the positive cause, it should be the duty of St Maarten Government to make a deci-



Members of Dr J Foundation receive free cultivated goods from the Agricultural Center. That may help to provide meals for shelter they manage.

sion on the best way to move forward.

This, I also agree with Knops, but the question is when will our local government start to support our local community leaders and set things in place for its people to thrive?

The support by local government is highly significant especially in a time like this after so many of us have lost so much by hurricane Irma and can barely provide for our families.

We can no longer turn a good eye to worthy causes and

continue to do as if not thinking that consequences won't come. Just as we see in case of Climate Change and Global Warming, nature is also crying for us to plant more trees instead of destroying them. Recently Our Prime Minister and Member of Nature Foundation also attended the Caribbean OCT Resilience Summit on Oct 25, 2018 where part of the focus is on Climate Change.

Despite many delays, cause by past and present governments to get certain

things in place, not just on my behalf but on behalf of the entire country St Maarten itself, now more than ever it's time to act, as we also have to live up to the very constitution we serve :

Solidarity Article 18

1. The government's constant concern is directed at the protection of children and young people and the promotion of their right to education, welfare, cultural development and leisure activities.

2. The government's constant concern is directed at the protection of elderly and persons with a disability and at

the promotion of their health and welfare.

I would like to request and ask the Minister of VROMI Mr Giterson the following and would like to receive a response with in a timely manner:

- A letter in reference as to why the cancellation of meetings scheduled for Sept 20th and Oct 5, 2018 in writing;

- Permission and blessings to complete the restroom at the Agricultural Center;

- When I may be able to acquire another date to resolve this matter?;

- Why should we, as St Maarten-

ers, suffer the most to achieve a contented life in our own island!?;

- How long more will it take to complete this process, now that all documents have been submitted?;

- How long will government continue to stop those that can help themselves to provide a better living opportunity for their community, family and country?;

- If the World Bank is Interested in Developing Agriculture for St Maarten, What will be The Ministry of VROMI's Plans

CONTINUED ON PAGE 9

WORLD FOOD DAY ...FROM PAGE 3

Below you can find a press release issued by The Collective Prevention Services (CPS), a department from the Sint Maarten Ministry of Public Health, Social Development and Labour, towards building awareness on world food Day October 16 2018.

CPS: OCTOBER 16 IS WORLD FOOD DAY. THEME: OUR ACTIONS ARE OUR FUTURE

PRESSE RELEASE October 16 2018. PHILIPSBURG (DCOMM):— World Food Day (WFD) is a day of action against chronic hunger and malnutrition. On October 16, people around the world come together to declare their commitment to eradicate hunger.

The United Nations (UN) Food & Agriculture Organization (FAO) and WFD partners are calling on people to work more closely together to create opportunities so that everyone can lead a healthy and

productive life.

The theme for World Food Day 2018 is "Our actions are our future."

The Collective Prevention Services (CPS), a department from the Sint Maarten Ministry of Public Health, Social Development and Labour, says that adopting a healthier diet and supporting local food producers are actions that support and ensure our future.

Currently, 821 million people – one in nine people – suffer from chronic hunger worldwide, according to the FAO 2018 State of Food Security and Nutrition in the World report.

At the same time, 1.9 billion people are overweight, including 672 million obese adults.

Extreme weather events linked to climate change; aggressive, violent encounters (conflict), economic slowdown and rapidly increasing overweight and obesity levels are reversing progress made in the fight

against hunger and malnutrition. Now is the time to get back on track.

The observations and creating awareness of the annual theme is part of CPSs annual calendar of health observances.

According to the FAO, zero hunger means working together to ensure everyone, everywhere, has access to the safe, healthy and nutritious food they need.

To achieve it, we must adopt more sustainable structures and systems; lifestyle, work with others; societal mobility and involvement; share our knowledge and be willing to help change the world – for the better.

At the United Nations (UN) Sustainable Development Summit in September 2015, 193 countries pledged to end hunger in the next 15 years.

A #ZeroHunger world by 2030 is possible. Working for #ZeroHunger.

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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THE FARMERS SEE: HEALTH BENEFITS OF LULO FRUIT PT 2

By goodhealthhall.com

HEALTH BENEFITS of Lulo (Naranjilla) Fruit

(5) Aids Detoxification

Eating lulo fruit on a regular and moderate basis has been found to be very beneficial when it comes to detoxification.

Detoxification is the process of removing toxins and other impurities from our system.

This benefit of lulo fruit is mainly due to the presence of antioxidants like vitamin C, vitamin A and other antioxidant compounds in them. These antioxidants not only protect our cells and tissues from the oxidative damage caused by the free radicals but also aids in the proper elimination of toxins from our system.

By eliminating toxins from our system, it reduces the burden from our vital organs like liver and kidneys.

Dietary fibers present in the lulo fruit also plays a major role in removing toxins from our system and thus helps with the detoxification.

Lulo is diuretic in nature which means it increases the frequency of urination in our system, which in turn helps our body in getting rid of excess water, excessive salts and other impurities.

Relieves Stress

Lulo is a great source of many nutrients like vitamins, minerals, antioxidants, dietary fibers, phytonutrients etc. and presence of



A lulo farmer with his crop of fruit growing in Darién, Colombia - Photo by Neil Palmer | CIAT

these compounds make them very beneficial for us. Lulo has been found to be beneficial for providing relief from stress and depression too.

Stress is becoming an unnecessary part of our life and it is important for us to keep our stress under control, and lulo can help in doing the same.

This benefit of lulo is because of its ability to improve the production of feel-good hormones in our system. This aids in keeping us happy and relaxed. It is also effective in promoting healthy sleep and is good for individuals with Insomnia and restless leg syndrome.

A good night sleep is very important for maintaining our overall health, and when we are able to enjoy a better sleep, then we feel refreshed and energetic and this also helps in keeping stress at bay.

Reduces The Risk of Various Cancer(s)

Consuming lulo fruit on a regular

and moderate basis has been found to be very beneficial for reducing the risk of several cancers such as colon cancer, abdominal cancer, pancreas cancer, lung cancer, breast cancer etc.

This benefit of naranjilla fruit is mainly due to the presence of antioxidants such as vitamin C, vitamin A, vitamin E and other antioxidant compounds like polyphenols, phytonutrients etc. in them. These antioxidants and the relevant compounds fight with the free radicals in our body, stabilize them and prevents them from causing oxidative damage to our cells and tissues, and thus reduces the risk of various cancers.

Free radicals are nothing but the unstabilized ions that get formed during the oxidation process in our body. As these are unstabilized, so, they steal electrons from the neighboring molecules and while doing so, they cause oxidative damage to them.

to be beneficial for our brain too, and aids in keeping our neurological system healthy.

This benefit of lulo fruit is mainly due to the presence of antioxidants like vitamin C, vitamin A and other antioxidant compounds in them. These antioxidants fight with the free radicals in our body, stabilizes them and prevents them from causing oxidative damage to our cells, including those of brain cells aka neurons.

This reduces the

risk of various neuro-degenerative diseases like Alzheimer's disease, Parkinson's disease, Amnesia, Dementia etc.

Other nutrients like vitamins and minerals etc. present in the lulo fruit also play a significant role in keeping our neurological system healthy. Potassium present in the lulo fruit improves blood circulation in the brain, and this allows our brain to perform optimally.

It also provides a number of cognitive benefits such as bet-

Improves Cognitive Functions

Eating naranjilla fruit on a regular and moderate basis has been found

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LINEUP

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

EL TOKÉ LATINO
W/ SUPER RICKY & DJ EAGLE
WEEKDAYS 2PM-6PM

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

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

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THE FARMERS SEE: LULO PT2...FROM PG 7

ter concentration, sharper memory etc.

Aids In Treating Anemia

Consuming lulo fruit on a regular and moderate basis has been found to be very beneficial for reducing the risk of anemia and also aids in treating the same.

This benefit of naranjilla fruit is mainly due to the presence of Iron in it. Iron is a vital nutrient that boosts the production of hemoglobin in our system. Hemoglobin is the protein inside the red blood cells that carries oxygenated blood to every cells and tissue of our body. By doing so it provides nourishment to them and this allows them to perform optimally.

Deficiency of iron in our system can lower the level of hemoglobin in our system, which in other words means our cells and tissues will be deprived of the oxygenated blood.

This leads to anemia which gives rise to symptoms like dizziness, fatigue, lightheadedness, brittle nails, shortness of breath, rapid heartbeat etc.

In addition to this, this citrus fruit is also a good source of many antioxidants like vitamin C, vitamin A and other antioxidant



tal compounds that fight with the free radicals of our body, stabilizes them and prevents them from causing oxidative damage to our blood cells, blood vessels, and capillaries etc. This improves blood circulation and thus helps in reducing the risk of anemia.

(10) Good For People With Diabetes

Regular and moderate consumption of lulo fruit has been found to be very beneficial for the people with diabetes and for those who are at the risk of developing diabetes.

This benefit of naranjilla is mainly because of its low glycemic index. Glycemic index of a food item determines the rate at which sugar gets dissolved in the bloodstream. Being a low glycemic index fruit, lulo releases sugar into the bloodstream at a slow rate. This prevents the sudden spike in the blood sugar level and thus helps in controlling diabetes.

In addition to

this, lulo is also rich in dietary fibers that slow down the rate at which sugar gets absorbed into the bloodstream and thus helps in managing diabetes.

(11) Aids In Weight Loss

Eating naranjilla fruit on a regular and moderate basis has been found to be very beneficial for the individuals who are on a weight loss regime and would like to get rid of some extra pounds.

This weight loss benefit of lulo fruit is mainly because of its low caloric value. Eating 100 grams of lulo fruit provides around 25 calories which means one can enjoy this citrus fruit without worrying about the weight gain.

It is also an excellent source of dietary fibers that keep our stomach satisfied for longer duration and decreases our urge to eat again and again. As overeating is a major cause of obesity, so by controlling overeating, it helps in controlling

obesity.

Lulo is also rich in water and around 90 percent of the lulo's weight is water. Water present in the lulo fruit aids in keeping our stomach satisfied for a longer duration controls hunger and that too without putting any calories load.

(12) Aids In Managing Cholesterol Level

Regular and moderate consumption of lulo fruit has been found to be very beneficial for managing cholesterol level in our system. Keeping cholesterol level under control is very important as it can otherwise give rise to cardiovascular problems like heart stroke, heart attack, blockage of arteries etc.

This benefit of lulo fruit is mainly due to the presence of dietary fibers in them. The dietary fibers present in the naranjilla fruit aids in removing bad LDL cholesterol from our system, and also boost the production of good HDL cholesterol.

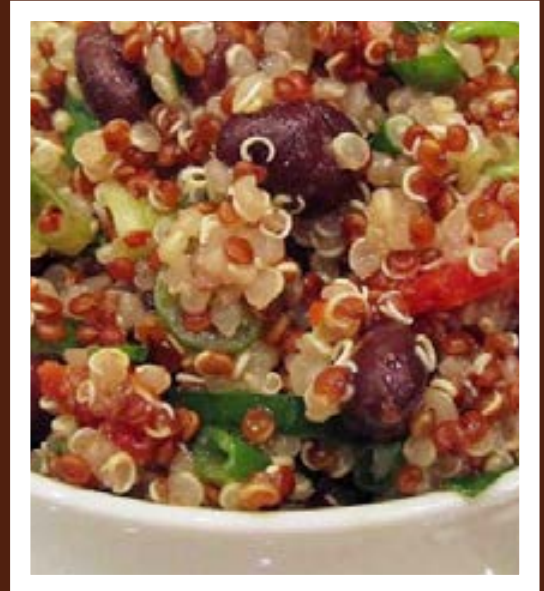
Other nutrients like vitamins and minerals also play a significant role in managing cholesterol level.

MORE IN NOV 2018 EDITON

BY ALLRECIPES

VEGATERIAN AND VEGAN RECIPES

Zesty Quinoa Salad



INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1/4 cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes, or more to taste
- 1 1/2 cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- 1/4 cup chopped fresh cilantro
- Salt and ground black pepper to taste

DIRECTIONS

Prep 20 m | Cook 10 m | Ready In 30 m

Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.

Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.

Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

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BEST WAY TO FIGHT CLIMATE CHANGE? PUT AN HONEST PRICE ON CARBON

WASHINGTON State voters will decide next week whether to impose a fee on carbon emissions. We hope they do.

Will voters in Washington State breathe new life into the idea of taxing carbon emissions? Plenty of people worried about the earth's future certainly hope so.

Climate scientists and economists have long argued that the single best way to slow global warming is to put a price on greenhouse gas emissions from fossil fuels and raise that price over time, thus creating a sensible market incentive to reduce emissions and invest in cleaner energy sources. Carbon pricing was also high on the list of urgent recommendations of the United Nations In-

tergovernmental Panel on Climate Change, which warned in a major report two weeks ago that without swift action to control emissions the world will begin suffering global warming's worst consequences — including, but not limited to, the displacement of millions of people by drought and sea-level rise — as early as 2040, much sooner than previously forecast.

It is thus encouraging that in this time of torpor and climate denial at the highest levels of the federal government, voters in the state of Washington will soon be given the chance to adopt, by initiative, a carbon pricing plan that would charge polluters like refineries a fee for emitting greenhouse gases. This would be what economists call a Pigovian tax, after



the British economist Arthur Pigou. In this case, the fee would factor in the now unaccounted for costs of more frequent and intense hurricanes, wildfires, droughts and other natural disasters linked to climate change. In the words of George Frampton, a senior environmental adviser to Bill Clinton and co-founder of a group that favors carbon taxes, Partnership for Responsible Growth, it's an overdue stab

at "honestly pricing carbon," which industry has until now been able to hurl into the atmosphere pretty much for free.

Polling so far suggests a close vote. Opponents of the measure, including such big oil companies as BP and Chevron, have raised more than \$25 million to get people to vote no; in addition, Washington voters soundly defeated a carbon tax the last time it appeared on the ballot, in 2016.

But other powerful forces, including Bill Gates and Michael Bloomberg, the former New York mayor, have ponied up in support this time.

By The Editorial Board of the New York Times. The editorial board represents the opinions of the board, its editor and the publisher.



RAS ITAL PAY FI BREATHE

People, soon get charge fi breathe, No Joke ! Me really think dem fi do that. More time ya tek a look at how the world a opperate dem days, she a bawl !

She want justice, by will or by force. Jah know we nah need her fe dweet by force, the wind dem to hard already ! We fi start playing our part to changing the climate, after all , a we also have a part fi play the reason she bawl out.

More time the leaders dem naah care , tell dem start feel in in dem pocket and dem also havefi PAY FI BREATHE

WYATTE: LETTER TO MINISTER OF VROMI...FROM PG 6

for providing adequate land space for commercial farming and job opportunities?

Another interesting article Published on Sept 20th 2018 via www.nrc.nl entitled "St. Maarten ideaal voor duurzame toekoms" The author Louise O. Fresco chairman of the Wageningen U & R Executive Board and writer outlined "In veel opzichten is Sint-Maarten een ideale kandidaat: er valt meer regen en het is dichter bevolkt dan andere eilanden in het gebied. De landbouw bestaat nu nauwelijks. Voor het toerisme, de dominante economische sector, moet bijna alles geïmporteerd worden. Kansen te over om de economie te hervormen met ecologisch verantwoord toerisme, lokaal voedsel van land en zee, slimme sensoren om afval en water te meten en te bestemmen voor hergebruik en openbaar vervoer op het hele eiland om het aantal auto's terug te dringen. Ook in de ruimtelijke planning liggen kansen door een meer geleidelijke overgang tussen stad en platteland, woonwijken in het landschap met volop ruimte voor biodiversiteit en voedselproductie, vegetatie en bassins voor opvang van regen-

water. Wijken dus met groen en stadstuinbouw, schone energie en volop wandelpaden voor bewoners en toeristen, met zorgvuldige zonering van kust en koraalriffen."

Those that can help themselves, we should try our best to help them get where they need to go. In return they may be able to help others. This also helps us to share the responsibility and not feel burdened with obligations to help everyone all at once. Helping everyone is something we may never be able to accomplish. But one step, one person at a time consistently will allow us to achieve greatness in times to come for St Maarten..

I have been granted the opportunity to have a meeting with the Prime Minister on Nov 2, 2018 to further present my case just for her review.

As usual, I will not expect any changes, just the fact for her to hear the full truth and get a chance to see documents first hand makes me contented toward moving forward. It is always good to have another eye exposed to the truth whether or not they actually influence change.

I became use to the fact that in most cases, it's all about just a smile and a picture and not actually about the solution. What I do expect is that once exposed to the truth, a person now has a chance to play their part and making the right choices so that the universe works in their favor and may help us to achieve progress as a blessing for all.

It was a pleasure to speak with you back in Sept 2018, no love lost only emotions expressed. I look forward to sitting with you again in the near future to see how we may be able to share our views and mission toward revitalizing, safeguarding and building back a greener, stronger, more resilient and sustainable St Maarten.

"We must remember that no one is promised tomorrow. So once we're in the right place, at the right time, to do the right thing, then it must mean that we are actually chosen to make a difference, Today." - Wyattte

Wishing you much Health, Strength and Blessings, Mr D. Wyattte



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PLEASE HELP ME I CAN'T BREATHE

WITH THE constant economic failures and changes in my hometown, it's hard for a single person to keep their feet on solid ground. With all this happening around me it's also hard to make ends meet. Can someone help in my struggles today? I find it hard to breathe.

A single parent works two jobs to keep a smile on her child's face. Behind closed doors, she crying for hope and a better day. Through the nights she hurts and cries, but no one knows her pain. Each month end she collects 2 salaries and still can't find her way. Can someone help her please? She finds it hard to breathe!

Entrepreneurial mindset, ideas flowing



in abundance. The thought is there to start something new, but last month rent is still due. So, your ideas are put on a back burner until you catch yourself. The reality is so vivid and it hurts each day you see. For, even the ones who tried their luck is not support-

ed by the community. Can someone help us all? We find it hard to breathe! In order to get by in life you have to make certain sacrifices. Sometimes, that just means no more after work rejoices to enjoy the happy hour, and, then cry for at least 4. Does this fit the

criteria of someone who wants to achieve more? When you truly find it within yourself

to make some harsh decisions, you'll take that leap of faith and move on to your next evolution.

The air feels much lighter and the oxygen is on overload. Because, the light at the end of the tunnel is no longer dim but shining brighter day by day. All it took was some self discipline and encouragement along the way. We all have millionaire ideas locked up inside our minds, only a few will fight to tap in and make them come to life.

So, all it takes is a little patience and persistence is what I always say. In order to fly high you have to spread your wings. Start soaking up the positive and let the negative subside, because, there's something inside you that wants to be alive. Let go of all that weighs you down, stand up tall and free. Feel the oxygen from deep within and finally you're able to breathe.

By Latoya Ruan

THE ART OF BEING HAPPY

Byartofliving.org
1 Reduce Your Needs & Increase Your Responsibilities

If you sit and make a note of all your responsibilities and all your needs, and if you find that your needs are more than your responsibilities, then life will lead to misery. But if you take more responsibility and have fewer needs, then you will be happy. This is the secret.

When you take more responsibility and your needs are less, everything simply comes to you - enthusiasm, happiness, creativity, etc.

2 Look At People Who Have Bigger Problems Than You

Once a wise man drew a line on a board and told his student to make the line shorter without touching or erasing it. How would you do it? You have to shorten a line without touching it.

The student then drew a much longer line underneath that line. So, the line automatically became shorter. The lesson here is that if your difficulties appear to be

very big, lift your eyes because you are only focused on yourself.

If you lift your eyes up and look at those who are in a worse condition than you, you will suddenly feel that your burden is not as bad as you thought it was. If you think you have some big problem, look at people who have a greater problem. Suddenly, you will get a confidence that my problem is much smaller, and I can manage it.

So to be happy is to see those who have greater problems, then your problems will appear smaller. The moment your problems appear smaller, you will get the energy and confidence to deal with it or solve it.

In simple words, serve those who are in greater need.

3 Don't Be Unhappy About Being Unhappy

Never mind if you are unhappy for a little while, so what? If you think I should never be unhappy, then that becomes a cause of unhappiness.

4 Drop Unpleasant Memories Of The Past & Live In The Present Moment

How can you be happy if you're holding onto unpleasant memories of the past? Unpleasant memories are the biggest hindrance for you to be in the present. The nature of the mind is such, it leaves all the pleasant memories and it grabs onto those few unpleasant events and chews on it. We have advanced in technology but we have not used that technology for our mind.

If you are happy now, the past will not torment you and the future will take care of itself.

5 Know That Everything Is Temporary

None of the events are permanent; pleasant or unpleasant, all pass and move away.

When you realize that everything is temporary, and it all fades away, then you can be perpetually happy.

MORE IN NOV 2018 EDITON

Tattoo Inkorporated











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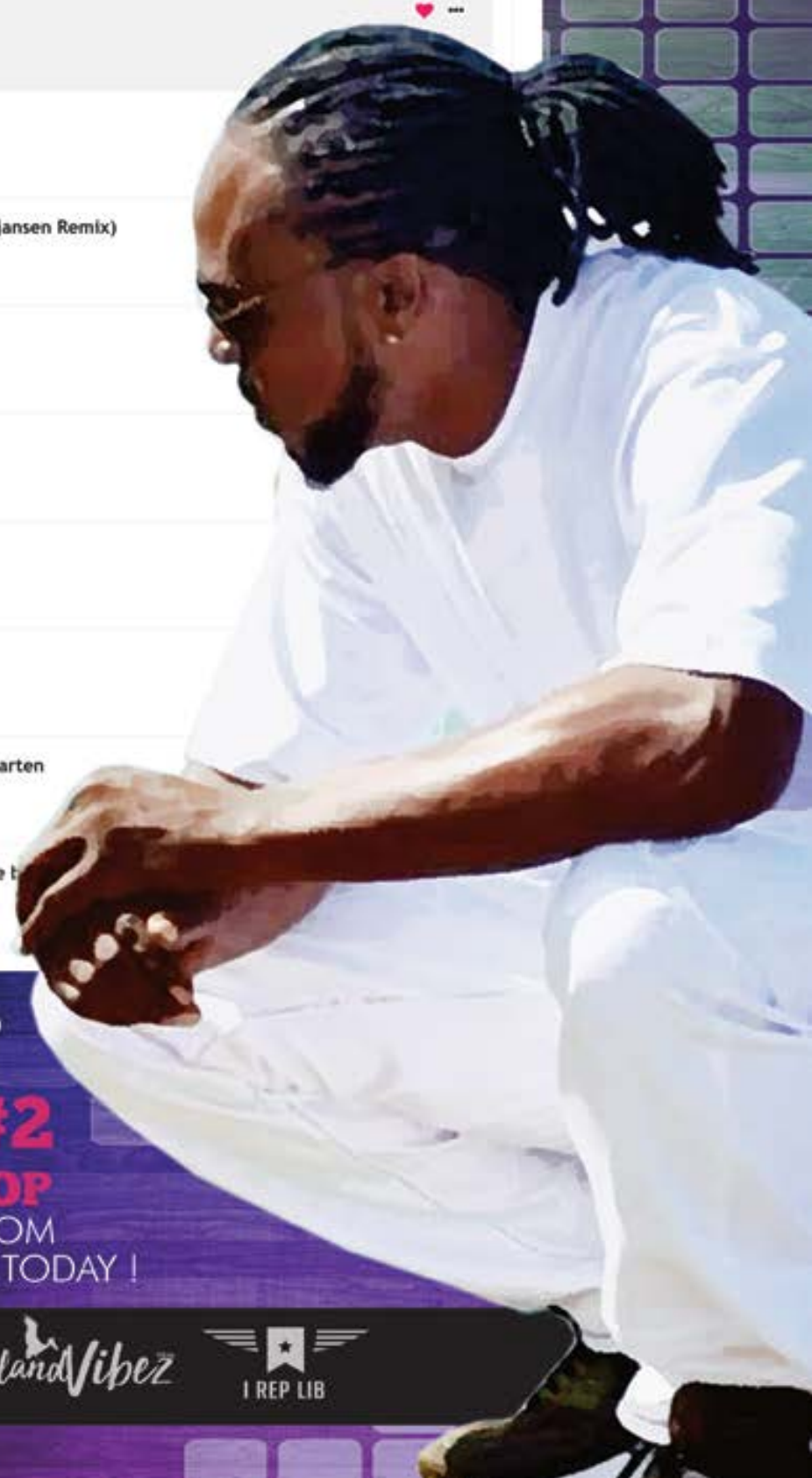
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Toya Cisneros
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- 7  Jula Fatstash - Loud
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- 8  Mad Thing Riddim - EDM
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- 9  Lethal Weapon Riddim Produced by The Affiliates St Maarten
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- 10  Rally x IcyzEvently - Old Me Bac - Clean (prob by savage)
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St Maarten Agricultural Research & Development Foundation

The objective of the ECO St Maarten Research and Development Foundation is to Improve the ecological productivity of the environment and in connection therewith through regenerative Agricultural Techniques, Education, Skill Enhancement, Waste \ Water Management & Recycling of Waste Products or Materials, Preserve and Conserve and Healthy Nature .

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ECO TOURISM ISLA Y VUELTA FILMS SXM ECO LIFE

IN THE MONTH of October 2019, Wyatte shared an amazing experience with the Puerto Rican TV Production Crew Isla Y Vuelta (Check You Tube) as they tour the Caribbean highlighting unique ECO experiences.

The group visited St Maarten Agricultural Research and development Center to conduct and interview with Mr Wyatte and also get a first hand view and better understanding of what the project had to offer to the outside world. While on site, the team step up their video equipment to capture the moment as the followed Wyatte and his father around the garden to look at the cultivated crops. As it approached

lunch time, the experience became extra enticing as the group gather in the kitchen to help with the preparation of one of St Maarten's favorite local dishes "Salt Fish and Dumplings".

The groups was very intrigued as they assisted with the process of making the dumplings while watching to see how the salt fish was prepared with all the ingredients that were collected from the garden. This was also filmed to capture the moment of preparing the local meal.

When the meal was complete they all gathered at the table to enjoy some fresh sorrel and lime juice as they take in the ambiance of the farm. The group thanked

Mr Wyatte and his father and expressed that they were truly very inspired by visiting the farm. They groups also mentioned that they were able to gather so much positive and vital information that they will compile an additional interview series to share about their visit to the Farm.

In due time, this production will be on TV Stations in Puerto Rico, Airlines and other US States giving St Maarten the extra exposure it deserves as we get our tourism product back on its feet to welcome back our visitors..

Thanking the St. Maarten Tourist Bureau for the opportunity for considering Spaceless Gardens and ECO St



Members of production and film crew Isla y Vuelta from Puerto Rico at ECO St Maarten enjoying a meal they helped prepare.

Maarten Agricultural Research & Development Foundation to be part of the production..

Wyatte hopes that Minister Giter-son of the Ministry of VROMI can realize the importance of the rest room of this project getting com-

pleted and will allow us to move forward as our last meeting scheduled for Oct 5 2018 was cancelled and await yet another uncertain date to be presented our documents to move forward... We hope the ministry can consider the livelihood of our

community, family and visitors alike depend on government to do the right thing and allow the people of St Maarten to thrive from these unique opportunities...

More info soon @ www.stmaartenagriculture.com

FREE BIRDSLEUTH CARIBBEAN TRAINING FOR EDUCATORS IN OCTOBER



Binkie van Es teaches a BirdSleuth Caribbean training session.

OCTOBER 16, 2018—French Quarter, St. Martin—On October 20th and 21st, the Les Fruits de Mer association is offered a free training for teachers and others who work with children. The training was for the BirdSleuth Caribbean program. The training and materials are bilingual in English and French. The September BirdSleuth training was fully booked, and many educators from that session are already using the activities.

"Imagine a school class having fun and learning about biology by playing a game of Bird Bingo or Habitat Scavenger Hunt," said Les Fruits de Mer

President Jenn Yerkes. "We're excited to make that possible by offering a free training program for teachers and educators. It can be used in the classroom and outdoors and it was made for the Caribbean."

BirdSleuth Caribbean is a set of fun lessons and activities that uses birds to teach youth about nature and science. BirdSleuth Caribbean has been specially adapted for the region, so kids learn about the birds and habitats that they can see around them. It's designed for students 9-13 years old. The program contains lessons, activities and learning games that can be done in the

classroom and outdoors.

Les Fruits de Mer hosted the free training in the BirdSleuth program with instructor Binkie van Es. Participants enjoyed hands-on training and receive materials to bring back to their class or youth group. On each training day, 4-5 different games and activities were taught.

"It's an amazing feeling to see kids fall in love with birds and science through the BirdSleuth program," explained BirdSleuth instructor Binkie van Es. "Birds are the perfect gateway to a love of nature and a passion for learning. The activities are a lot of fun for teachers, too!"

The bilingual training was held at Amuseum Naturalis at The Old House on October 20th and 21st, from 9am-1pm.

It was free, and lunch was served after each training session. If you are interested, please contact info@lesfruitsdemer.com to reserve your spot in the free training.

About Les Fruits de Mer

Les Fruits de Mer is a non-profit association based in St. Martin whose core mission is to raise awareness about nature, culture,

and sport.

The organization carries out this mission through publications, an education program, and special public outreach events that entertain, inspire, and inform.

The association is currently accepting new member and corporate benefactor member applications on its website, <http://www.lesfruitsdemer.com>.

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MILLION-DOLLAR BUSINESS IDEAS YOU CAN LAUNCH FOR CHEAP (OR EVEN FREE) PT 1

By Jason Abbruzzese @ mashable.com

It's no longer taboo for people to ditch the daily 9-to-5 grind and start their own business. In fact, it's beyond easy starting a business for almost nothing these days. But, what businesses are guaranteed to make a million dollars?

Here's 50 cheap, or even free, business ideas that will accomplish that goal.

1. Consulting

Do you already have knowledge or experience in a specific area? Whether it's showing a business how to go green, how to use new technology, or providing legal advice then you can easily start your own consulting agency. Since you already possess the knowledge and experience the main costs involved are going to be marketing business and networking, specifically purchasing a



website and business cards. Interested? Check out this consulting guide I put together to help get you consulting business up-and-running.

2. Bicycle Repair/Sales/Storage

In 2015 the Bicycle industry pulled in over \$6 billion. With so many people purchasing bicycles, they're going to need someone to repair them when they eventually breakdown. Since this is probably a season-

al business, you could also store bicycles if you have a large enough space. For example, if you lived near a beach, people could store their bikes with you instead of them transporting them back and forth. Interestingly, since it appears that more people are deciding to purchase used bicycles, then you could consider selling used bikes either in-person or online.

3. Chatbot Making

"Where 10 years ago every company needed a website and five years ago every company needed an app, now every company needs to embrace messaging with AI and chatbots," said ChatBot expert Murray Newlands. While making a chatbot sounds complicated, tools like Chatterpeople allow you to easily build a Facebook bot without having any previous coding knowledge.

4. Door-to-Door Delivery

More and more businesses are allowing customers to order products online, such as your local grocery store or pizzeria. Not all of them, however, deliver. That's where you can come into play. You can deliver these products. Or, you could start your own business like Door To Door Organics - which is an online grocer of natural and organic products that's delivered to your home. The company started in 1997 for just \$700 and is posting around \$40 million in revenue.

5. Infoproducts/Educational Programs

Selling "how to" information is a great business idea. Not only are you profiting from a passion or a skill that you already have, it's incredibly low cost. Just purchase a website, start

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CONTINUED ON PAGE 15

MILLION-DOLLAR BUSINESS IDEAS... FROM PAGE 14

creating top notch content, and maybe invest in some ads. Since this is a competitive area, focus on a niche that isn't frequently discussed.

6. Tour Guide Service

This probably won't work if you reside in an area that doesn't have a lot of tourists, but if you do and are intimately familiar with popular sightseeing attractions than start your own tour guide service. Again, a website and some business cards can get you started. You can also sign up with a website like Vayable.com who will find customers for you - for a cut of the revenue obviously.

7. Home Repair/Restoration

If you have the skills and equipment, then why not start your own home repair or restoration business? Having a specific area, however, is going to set you apart from other construction business. For example, Toby Woodward started his flooring business with \$50 and a box of business cards. Best of all? You don't need to invest in inventory since you're more focused on installation or repairs.

8. Senior Services

Since there are more than 46 million people in the U.S. who are 65 years of age or older, and that figure is expected to increase to approximately 98 million by 2060, there are a lot of business opportunities involving seniors. This includes companionship, running errands, or providing advice for family members.

9. Boat Cleaning/Repairs

Whether if it's for the mid-season or winter, boats that are hauled out of the water are going to need repairs will need everything from the the decks, the head, the holds, and the sleeping quarters to be cleaned. Start by approaching any homes that have a boat on their property or

working with a local marina to contract your cleaning or repair services.

10. Online Marketing Services

Even if you don't have a background in online marketing, you can take a cheap online course to get started - particularly with SEO. This is another competitive industry, so if you want to stand out, focus on a niche area, such as AdWords, or emerging marketing fields like influencer marketing.

11. Blogging/Vlogging

Yes. Blogging is alive and well. Best of all? It only costs a couple of dollars to get started. Patience, along with a basic knowledge of SEO and being able to create quality content is essential. If so, you may be able to join the top bloggers who earn high six figures. If you're charismatic and have some knowledge to share, then you can start a YouTube channel for next to nothing. People, like PewDiePie, are seriously making six-figures doing this.

12. Affiliate Marketing

Affiliate marketers promote products of other people. In return, they get commissions on their sales. Amazon is one of the most popular platforms for affiliate marketing, but there are alternatives that you can consider like Commission Junction. Since affiliate marketing is typically combined with blogging in order to create a seamless mix of content and promotion, you'll need to get your own blog up and running first.

13. Writing

There's more to writing than just being a freelance writer or creating content for blog. Juggernauts like Amazon and Apple are involved in the book publishing field where authors are raking big bucks for composing everything from instructional books to cookbooks to Sci-fi adventures.



14. Cleaning Service

What's intriguing about starting a cleaning service is the fact that you have several different routes to take. You could clean houses during the day, office buildings during off-hours, or clean restaurants daily. It really depends on your preference, like what hours you work best. Cleaning supplies aren't terribly expensive and since most of your business comes from word or mouth you don't have to spend a ton on advertising or marketing.

15. Rentals

With the emer-

gence of "sharing economy" people are choosing to rent instead of purchasing items. While renting out a room on Airbnb or your vehicle and time on Uber/Lyft get most of the attention, you can rent pretty much anything you own like a garage, parking space, and even household items like furniture or yard equipment. Even if you don't own these items, they're fairly inexpensive to purchase. And, if you really want to step-up your rental game, consider renting out party equipment like tents, photo booths, or bounce houses.

16. Business

Plan Service

If you've already created a successful business then you can pass that knowledge along to someone else for a fee - such as market research, business plan narrative, and financial statements. New business owners are more than willing to pay a someone who has successfully started a business to help guide them in developing their own successful business plan.

17. Website Development/Management

Since we live in a digital world, it's expected that you have a website - especially for businesses who need to drive traffic to

increase sales. If you have the skills then you can start creating personalized websites for customers. Start small by developing websites on a platforms like WordPress and work your way up. If you don't have the talent, you can teach yourself through Codecademy or hire a talented designer. Besides developing websites, offer a service like website management where you keep clients websites properly running and updated. Here is a guide to being a better programmer.

MORE ON THIS TOPIC IN NOV 2018 EDITION

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BOXING FEDERATION OFF TO RUSSIA

GREAT BAY, St. Maarten – On Wednesday October 31 Shawn Blair, President of St Maarten National boxing Federation will be representing St Maarten in Russia at the Congress International Body.

Blair told 721 News that they are having elections to vote for the new president, and St. Maarten would like to outline their plan for the development of amateur boxing in St. Maarten for the next four years.

Blair further stated that they would also like to make "Battle of the Islands" an annual tournament and they will submit a request to host the 2019 Caribbean Development Tournament right here in St Maarten.

"We know it would not be easy because back in 2006 when we had the Caribbean amateur boxing championship it was in Sint Maarten and unfortunately it fell apart, but we have the support of



Mr Shawn Blair (left) , President of St Maarten National boxing Federation.

the Caribbean boxing family behind us 100%," said Blair.

It was reiterated by Blair that they would need the support from businesses, government and volunteers to make it happen from, as from 2003 to present local boxers have been capturing gold every time they step out of St Maarten to compete, so they would like to develop them to go as far as they can.

721news.com

ST. MAARTEN TAEKWONDO RETURNS TO INTERNATIONAL COMPETITION

ST. PETERS--Second Dan (degree)

Black belt, Lee-Ann Liu will lead the St.

Maarten Taekwondo team at the 2018

USA International Martial Arts Festival in Orlando this weekend. Nine athletes with a support staff of ten lead by Grandmaster Theo Liu will represent the Friendly Island against teams from Aruba, Curacao, Dominican Republic, Jamaica, Martinique, Mexico, Puerto Rico, St. Thomas, Surinam, Trinidad & Tobago, U.S.A., U.S. Virgin Islands and Venezu-

ela.

The team flies out today and will return October 30. The youngest member of the team is six-year-old Rique-Lee Rosalia. There are two seven-year-olds, Zoë Fer and Lucas Brouwer. There is one nine-year-old, Malik Richardson. One 10-year-old, Leo-mar Dolphin. Two 11-year-olds, Geisha Lee Rosalia and Jacqueline Johnston plus

13-year-old Shekinah Carbon.

St. Maarten will be competing in in forms, called Taeguks, sparring and breaking.

The competition uses the Olympic style World Taekwondo electronic scoring system with the athletes wearing chest, head and feet protectors.

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