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# Cultural XPRESSION

5  
YEARS  
CX

APRIL 2019

**50**  
YEARS OF  
*Carnival*

**PHOTOS**  
CARNIVAL 2019

**USM & ECO SXM**

SINT MAARTEN EMBRACES EDUCATION  
AND RESEARCH IN AGROECOLOGY

WorldCharts  
**caribbean**



# GREAT AFRO-CARIBBEAN PEOPLE

## MARY JANE SEACOLE PT 2



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The Public at Large

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**MARY JANE SEACOLE  
(NÉE GRANT; 1805 – 14 MAY 1881)**

During 1843 and 1844, Seacole suffered a series of personal disasters. She and her family lost much of the boarding house in a fire in Kingston on 29 August 1843. Blundell Hall burned down, and was replaced by New Blundell Hall, which was described as "better than before". Then her husband died in October 1844, followed by her mother. After a period of grief, in which Seacole says she did not stir for days, she composed herself, "turned a bold front to fortune", and assumed the management of her mother's hotel. She put her rapid recovery down to her hot Creole blood, blunting the "sharp edge of her grief" sooner than Europeans who she thought "nurse their woe secretly in their hearts".

She absorbed herself in work, declining many offers of marriage. She later became widely known and respected, particularly among the European military visitors to Jamaica who often stayed at Blundell Hall. She treated patients in the cholera epidemic of 1850, which killed some 32,000 Jamaicans. Seacole attributed the outbreak to infection brought on a steamer from New Orleans, Louisiana, demonstrating knowledge of contagion theory. This first-hand experience would benefit her during the next five years.

**In Central America, 1851–54**

In 1850, Seacole's half-brother Edward moved to Cruces, Panama, which was then part of New Granada. There, approximately 45 miles (72 km) up the Chagres River from the coast, he followed the family trade by establishing the Independent Hotel to accommodate the many travellers between the eastern and western coasts of the United States (the number of travellers had increased enormously, as part of the 1849 California Gold Rush). Cruces was the limit of navigability of the Chagres River during the rainy season, which lasts from June to December. Travellers would ride on donkeys approximately 20 miles (32 km) along the Las Cruces trail from Panama City on the Pacific Ocean coast to Cruces, and then 45 miles (72 km) down-river to the Atlantic Ocean at Chagres (or vice versa). In the dry season, the river subsided, and travellers would switch from land to the river a few miles farther downstream, at Gorgona Most of these settlements have now been submerged by Gatun Lake, formed as part of the Panama Canal.

In 1851, Seacole travelled to Cruces to



Mary Jane Seacole

visit her brother. Shortly after her arrival, the town was struck by cholera, a disease which had reached Panama in 1849. Seacole was on hand to treat the first victim, who survived, which established Seacole's reputation and brought her a succession of patients as the infection spread. The rich paid, but she treated the poor for free. Many, both rich and poor, succumbed. She eschewed opium, preferring mustard rubs and poultices, the laxative calomel (mercuric chloride), sugars of lead (lead(II) acetate), and rehydration with water boiled with cinnamon. While her preparations had moderate success, she faced little competition, the only other treatments coming from a "timid little dentist", who was an inexperienced doctor sent by the Panamanian government, and the Roman Catholic Church.

The epidemic raged through the population. Seacole later expressed exasperation at their feeble resistance, claiming they "bowed down before the plague in slavish despair". She performed an autopsy on an orphan child for whom she had cared, which gave her "decidedly useful" new knowledge. At the end of this epidemic she herself contracted cholera, forcing her to rest for several weeks. In her autobiography, *The Wonderful Adventures of Mrs. Seacole in Many Lands*, she describes how the residents of Cruces responded: "When

it became known that their "yellow doctress" had the cholera, I must do the people of Cruces the justice to say that they gave me plenty of sympathy, and would have shown their regard for me more actively, had there been any occasion."

Cholera was to return again: Ulysses S. Grant passed through Cruces in July, 1852, on military duty; a hundred and twenty men, a third of his party, died of the disease there or shortly afterwards en route to Panama City.

Despite the problems of disease and climate, Panama remained the favored route between the

**CONTINUED ON  
PAGE 3**

**721NEWS**

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# AFRO-CARIBBEAN PEOPLE

## MARY JEAN...

FROM PAGE 2

coasts of the United States. Seeing a business opportunity, Seacole opened the British Hotel, which was a restaurant rather than an hotel. She described it as a "tumble down hut," with two rooms, the smaller one to be her bedroom, the larger one to serve up to 50 diners. She soon added the services of a barber.

As the wet season ended in early 1852, Seacole joined other traders in Cruces in packing up to move to Gorgona. She records a white American giving a speech at a leaving dinner in which he wished that "God bless the best yaller woman he ever made" and asked the listeners to join with him in rejoicing that "she's so many shades removed from being entirely black". He went on to say that "if we could bleach her by any means we would and thus make her acceptable in any company, as she deserves to be". Seacole replied firmly that she did not "appreciate your friend's kind wishes with respect to my complexion. If it had been as dark as any nigger's, I should have been just as happy and just as useful, and as much respected by those whose respect I value." She declined the offer of "bleaching" and drank "to you and the general reformation of American manners". Salih notes Seacole's use here of eye dialect, set against her own English, as an implicit inversion of the day's caricatures of "black talk". Seacole also comments on the positions of responsibility taken on by escaped American slaves in Panama, as well as in the priesthood, the army, and public offices, commenting that "it is wonderful to see how freedom and equality elevate men". She also records an antipathy between Panamanians and Americans, which she attributes in part to the fact that so many of the former had once been slaves of the latter.

In Gorgona, Seacole briefly ran a females-only hotel. In late 1852, she travelled home to Jamaica. Already delayed, the journey was further

made difficult when she encountered racial discrimination while trying to book passage on an American ship. She was forced to wait for a later British boat. In 1853, soon after arriving home, Seacole was asked by the Jamaican medical authorities to minister to victims of a severe outbreak of yellow fever. She found that she could do little, because the epidemic was so severe. Her memoirs state that her own boarding house was full of sufferers and she saw many of them die. Although she wrote, "I was sent for by the medical authorities to provide nurses for the sick at Up-Park Camp," she did not claim to bring nurses with her when she went. She left her sister with some nurses at her house, went to the camp (about a mile, or 1.6 km, from Kingston), "and did my best, but it was little we could do to mitigate the severity of the epidemic."

Seacole returned to Panama in early 1854 to finalise her business affairs, and three months later moved to the New Granada Mining Gold Company establishment at Fort Bowen Mine some 70 miles (110 km) away near Escribanos. The superintendent, Thomas Day, was related to her late husband. Seacole had read newspaper reports of the outbreak of war against Russia before she left Jamaica, and news of the escalating Crimean War reached her in Panama. She determined to travel to England to volunteer as a nurse, to experience the "pomp, pride and circumstance of glorious war" as she described it in Chapter I of her autobiography. A part of her reasoning for going to the Crimean was that she knew some of the soldiers that were deployed there. In her autobiography she explains how she heard of soldiers that she had cared for in the 97th and 48th regiments were being shipped back to England in preparation for the fighting on the Crimean Peninsula.



# SINT MAARTEN EMBRACES EDUCATION AND RESEARCH IN AGROECOLOGY

**POND ISLAND** —

On Wednesday, 24 April, the University of St. Martin (USM) and Eco-Sint Maarten Agriculture and Research Centre signed a Memorandum of Understanding (MOU) to advance the study and practice of agroecology and community development on the bi-national island. Both institutions are looking forward to collaboration in the design of undergraduate (BA) courses and scientific research in community farming to support food sovereignty and sustainability.

Agroecology, which is considered at once a practice, study and worldwide health movement coinciding



Ms Boasman looks on as Mr Wyatt of ECO SXM and Dr Carmona of USM sign MOU .

with climate change and debates on sustainable development, applies ecological principles to the production of food and natural medicines. Students will have the opportunity to learn the theory and hands-on practice of organic farming,

aquaponics, and community development.

Cooperation between Eco-Sint Maarten and USM is the direct result of a seminar on Agroecology and Sustainable Development held at USM in September 2018, whereby the direc-

tor of the Agricultural and Research Centre, Mr. Denicio Wyatt lectured on the importance of producing food locally and naturally.

"Local food production can foster sustainable and equitable development. At Eco-Sint Maarten, we have hosted visitors from North America, Europe and other Caribbean islands, so even tourism can be transformed to serve the community.

In consonance with United Nations Sustainable Development Goals (SDGs), we can eliminate poverty by producing healthy food and natural remedies organically", stated Mr. Wyatt, whose farm in St. Peters

has attracted the attention of community leaders and international bodies such as United Nations Development Programme and UNESCO.

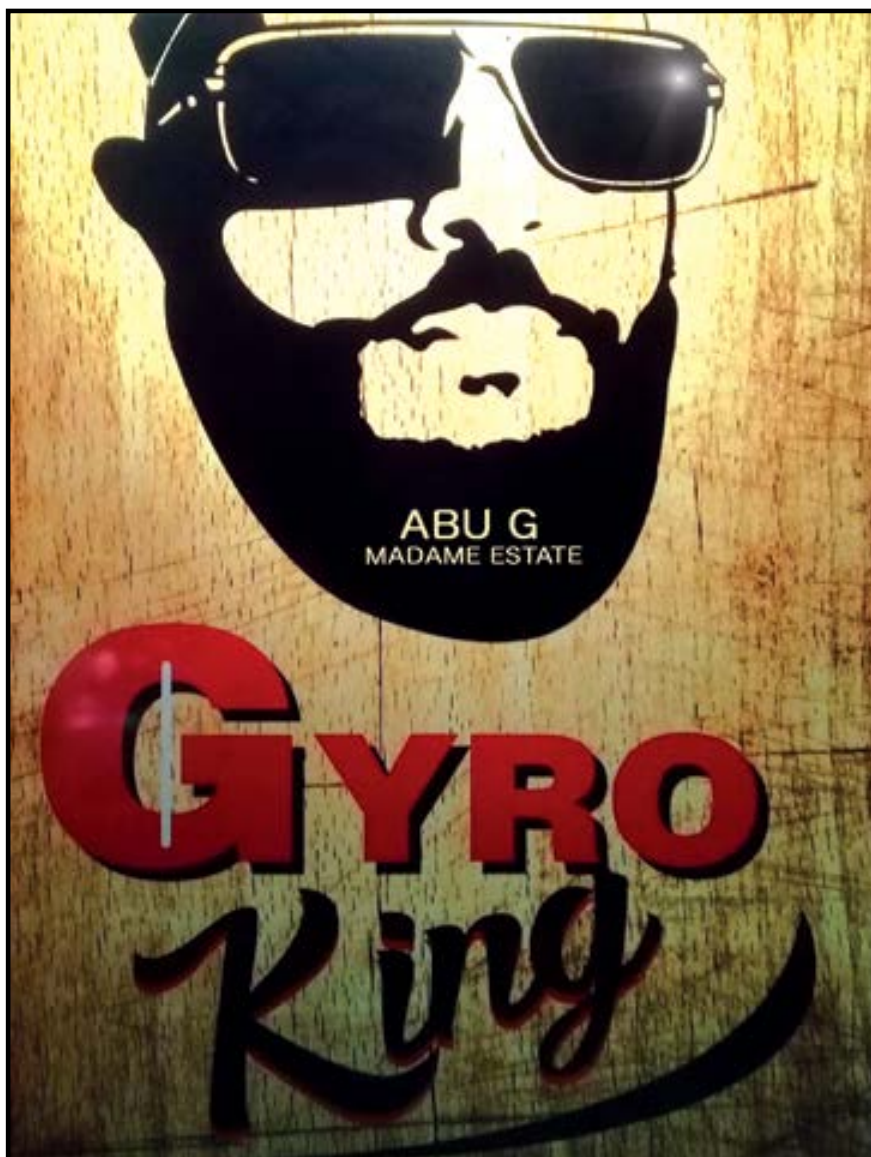
"Our purpose is not to create careers in agriculture, although that might be an option for some individuals. Rather, we seek to incorporate local and global knowledge about agroecology into our curriculum and research plans," said USM President Dr. Antonio Carmona. "Agriculture and sustainable development has been given scant attention by government and the business community. That is unfortunate as agroecology has the potential to con-

tribute to economic development, public health and social cohesion," he added.

Carmona and Wyatt would like to use this cooperation to make links with research centres and universities abroad, in order to strengthen the global network of local producers and raise consciousness about the potential that such a small island like St. Martin has.

"The possibilities are endless. We can get researchers to look at soil, air and water quality, hurricane preparedness and set up farm cooperatives. Our students can learn and eventually contribute to the transformation of Sint Maarten," Carmona concluded.

The MOU was enthusiastically greeted by other members of the community. Also signing the MOU were Head of the St. Peters Emergency Operations Group (SPEOG) and Eco-SXM Board Member Ms. Marie Boasman, in the presence of Mr. Clifton Wilson of Simadom Trading and Services, and USM Board President Mrs. Valerie Giterson-Pantophlet.



Ms Boasman, Mr Wyatt, Dr Carmona and Mr Wilson

# DREAM TEAM OF VOLUNTEERS SHARES LOCAL HERITAGE AT ENDEMIC ANIMAL FESTIVAL



A fantastic team of 45 volunteers hosted the festival.

**APRIL 30, 2019**—French Quarter, St. Martin—A great team of 45 volunteers came together on Sunday to host the Endemic Animal Festival. The event is a showcase for the animals that live only on St. Martin. This year, the festival used the theme Survivors to celebrate many different aspects of local heritage and culture.

"In six years of hosting this event, this was our most amazing team of volunteers yet," said Les Fruits de Mer President Jenn Yerkes. "People of all ages and backgrounds worked together to share the things that make this island so special. Thanks to this

team, we were able to offer more fun activities and interact more with the kids and families that came out to the festival."

The Endemic Animal Discovery Station has been a feature of the event since the beginning. Guests learn about the critters that live here and nowhere else, and why St. Martin's nature is so special and unique. Art and craft activities are also a mainstay of the event. This year, guests enjoyed painting bird feeders made from upcycled plastic bottles.

Many exhibits and activities used the Survivors theme to share other parts of local heritage. At



Plastic water bottles were transformed into colorful bird feeders.



The Hurricane Protocol exhibit gave guests a new way to read and hear the poems of Lasana M. Sekou.

the Story Survival station, guests recorded oral histories about life on St. Martin. A special exhibit of poems, from the recent Lasana M. Sekou book Hurricane Protocol, explored trauma, loss and survival. At the Plantilles Station, guests received seedlings of native trees that can boost survival of native animals. They also took home plants used in bush medicine, which is the island's oldest healing tradition.

"The festival weaves local nature and culture together in new ways each year," explained Les Fruits de Mer co-founder Mark Yokoyama. "This island is beautiful and fascinating. It is a joy to share that wonder with young St. Martiners. It's also a chance for us to

learn new things from the guests who come. Listening, recording and sharing are all part of the magic."

The Endemic Animal Festival was created by the Les Fruits de Mer association. This year's event was held at Amuseum Naturalis in French Quarter. The Hurricane Protocol and 5,000 Years of Eco exhibits are still on display during museum hours: Tuesday to Saturday, 9am to noon. The 2019 festival was made possible by the support of Gold Sponsor Delta Petroleum and sponsors 97150, BirdsCaribbean, Buzz, IZI Light, L'Auberge Gourmande, Lagoones Bistro and Bar, L'Esperance Hotel, St. Martin's Sweetness and Tri-Sport.



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# HELPING HANDS FOUNDATION BUILDS AGRICULTURAL AWARENESS AMONGST ITS MEMBERS !



Wyatte and members of Helping Hand Foundation collecting seedlings

**SPACELESS GARDENS** in collaboration with ECO St Maarten Agricultural Research and Development Center over the past few weeks have been grateful to embark on the journey to produced 800 seedlings for Helping Hands Foundation. The initiate was part of Helping Hands Foundation Gardening program for the elderly. In March 2019 Mr Wyatte, gave a lecture on the the importance of agriculture, plant care and maintenance to the elderly members at the Methodist Church in Cole Bay on behalf of Helping Hands . Wyatte also covered issues climate change and what we as individuals can do to have future positive impact toward this drastic change.

A range of seedlings were produced for the project such as cucumbers, egg plant, sweet peppers, season peppers, kale, onion chives, salad mix, tomatoes, thyme and bak choy. Helping Hands Foundation contributed \$1.50 per seedling which helped with compensated efforts to volunteers and additional materials needed toward the development of the Agricultural Research and Development Center.. All seedlingd were collected in April 2019.

At the end of the information session, Wyatte also enjoyed a meal with the elderly group and also covered the importance of our food is our medicine.

"I would like to thank Ms Friday of Helping Hands Foundation for reaching out to Us and getting involved with agricultural and its awareness building. The more of us get involved individually will spark a positive cycle within this sector for Country St Maarten. Our Home !" Wyatte expressed.

The Agricultural Research and Development Center will be closed during the Carnival Season and will look forward to notifying the public on its general soft opening soon.

"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." - Wyatte President ECO SXM

Interested in Becoming a member of ECO St Maarten Agricultural Research and Development Foundation in 2019 or perhaps registering yourself, your school or organization for future agricultural projects or program Sessions? Contact +1721 553-6300 or added this network number to your WhatsApp +1721 524-4733 for more information.

Spaceless Gardens | ECO St Maarten Agriculture Agricultural Research and Development Foundation

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# THE FARMERS SEE:

## HEALTH BENEFITS OF TAMARIND



**TAMARIND IS A** type of tropical

It's used in many dishes around the world, and may even have medicinal properties.

This article tells you everything you need to know about tamarind, including what it is, how it benefits health and how to use it.

**What Is Tamarind?**

Tamarind is a hardwood tree known scientifically as *Tamarindus indica*.

It's native to Africa but also grows in India, Pakistan and many other tropical regions.

The tree produces bean-like pods filled with seeds surrounded by a fibrous pulp.

The pulp of the young fruit is green and sour. As it ripens, the juicy pulp becomes paste-like and more sweet-sour.

Interestingly, tamarind is sometimes referred to as the "date of India."

**BOTTOM LINE:**

Tamarind is a tropical tree that grows in several regions around the world. It produces pods filled with paste-like, sweet-sour fruit.

**How Is It Used?**

This fruit has many uses. It's used for cooking, health and

household purposes.

**Cooking Uses**

Tamarind pulp is widely used for cooking in South and Southeast Asia, Mexico, the Middle East and the Caribbean. The seeds and leaves are also edible.

It is used in sauces, marinades, chutneys, drinks and desserts. It's also one of the ingredients of Worcestershire sauce.

**Medicinal Uses**

Tamarind has played an important role in traditional medicine.

In beverage form, it was commonly used to treat diarrhea, constipation, fever and peptic ulcers. The bark and leaves were also used to promote wound healing.

Modern researchers are now studying this plant for potential medicinal uses.

The polyphenols in tamarind have antioxidant and anti-inflammatory properties. These can protect against diseases such as heart disease, cancer and diabetes.

The seed extract may also help lower blood sugar, while the pulp extract may help you lose body weight and reverse fatty liver disease.

**Home Uses**

Tamarind pulp can also be

used as a metal polish. It contains tartaric acid, which helps remove tarnish from copper and bronze.

**BOTTOM LINE:**

Tamarind is used as a flavoring in many dishes. It also has medicinal properties and can be used as a tarnish remover.

**It Is High in Nutrients**

Tamarind is high in many nutrients. A single cup (120 grams) of the pulp contains :

- \* Magnesium: 28% of the RDI.
- \* Potassium: 22% of the RDI.
- \* Iron: 19% of the RDI.
- \* Calcium: 9% of the RDI.
- \* Phosphorus: 14% of the RDI.
- \* Vitamin B1 (thiamin): 34% of the RDI.
- \* Vitamin B2 (riboflavin): 11% of the RDI.
- \* Vitamin B3 (niacin): 12% of the RDI.
- \* Trace amounts of vitamin C, vitamin K, vitamin B6 (pyridoxine), folate, vitamin B5 (pantothenic acid), copper and selenium.

It also contains 6 grams of fiber, 3 grams of protein and 1 gram of fat. This comes with a total of 287 calories, almost all of which are from sugar.

In fact, a single cup of tamarind contains 69 grams of carbs in the form of sugar, which is equivalent to 17.5 teaspoons of sugar.

Despite its sugar content, tamarind pulp is considered a fruit, not an added sugar — the kind that's linked to metabolic syndrome and type 2 diabetes.

However, tamarind is pretty high in calories compared to many other fruit, which may be a problem for people who are trying to control calorie intake.

It also contains polyphenols, which are naturally occurring plant compounds that have health benefits. Many of them act

as antioxidants in the body .

**BOTTOM LINE:**

Tamarind contains vitamins, minerals, amino acids and beneficial plant compounds. It also has a lot of sugar.

**Different Forms of Tamarind**

Tamarind is available in prepared forms, such as candy and sweetened syrup.

You can also find the pure fruit in three main forms:

\*Raw pods: These pods are the least processed form of tamarind. They're still intact and can be easily opened to remove the pulp.

\*Pressed block: To make these, the shell and seeds are removed and the pulp is compressed into a block. These blocks are one step away from raw tamarind.

\*Concentrate: Tamarind concentrate is pulp that has been boiled down. Preservatives may also be added.

**BOTTOM LINE:**

Pure tamarind comes in three main forms: raw pods, pressed blocks and concentrate. It's also available as candy and syrup.

**Its Antioxidants May Boost Heart Health**

This fruit may boost heart health in several ways.

It contains polyphenols like flavonoids, some of which can help regulate cholesterol levels.

One study in hamsters with high cholesterol found that tamarind fruit extract lowered total cholesterol, LDL ("bad") cholesterol and triglycerides.

The antioxidants in this fruit can help reduce oxidative damage to LDL cholesterol, which is a key driver of heart disease.

**CONTINUED ON PAGE 8**

**VIVA SIGNS**  
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# THE FARMERS SEE: TAMARIND...FROM PAGE 7

**BOTTOM LINE:**

Tamarind pulp contains plant compounds that may protect against heart disease and oxidative damage.

**It's High in Beneficial Magnesium**

Tamarind is also relatively high in magnesium.

One ounce (28 grams), or a little less than 1/4 cup of pulp, delivers 6% of the RDI. Magnesium has many health benefits and plays a role in more than 600 body functions. It can also help lower blood pressure and has anti-inflammatory and anti-diabetic effects.

However, 48% of people in the US do not get enough magnesium.

**BOTTOM LINE:**

Tamarind contains a good amount of magnesium, an important mineral that plays a role in over 600 functions in the body.



It May Have Anti-fungal, Antiviral and Antibacterial Effects

Tamarind extract contains natural compounds that have antimicrobial effects.

In fact, studies show that this plant may have anti-fungal, antiviral and antibacterial activity.

It has also been used in traditional medicine to treat diseases like malaria.

A compound called lupeol is credited with tamarind's antibacterial effects.

Because antibiotic resistance is in-

creasing these days, researchers are particularly interested in using medicinal plants to fight bacteria.

**BOTTOM LINE:**

Several studies show that tamarind can combat many different microbes. It may help kill bacteria, viruses, fungi and parasites.

**Tamarind Candy May Have Unsafe Levels of Lead**

Lead exposure is dangerous, especially for children and pregnant women. It can damage the kidneys

and nervous system.

The Centers for Disease Control and Prevention (CDC) cited tamarind candy as a cause of lead poisoning in several cases in 1999. It is still considered a potential source of lead exposure for children.

Although it has fewer calories and less sugar than many other types of candy, it's still candy, making it the least healthy form of tamarind.

**BOTTOM LINE:**

Tamarind candy may contain unsafe amounts of lead. For that reason, children and pregnant women should avoid it.

**How to Eat Tamarind**

You can enjoy this fruit in several ways.

One is to simply eat the fruit from the raw pods.

You can also use tamarind paste in cooking. You can either prepare it from the pods or purchase it as a block.

The paste is often mixed with sugar to make candy. Tamarind can also be used to make condiments like chutney.

Additionally, you can use the frozen, unsweetened pulp or sweetened tamarind syrup for cooking.

You may also use this fruit to add a sour note to savory dishes, instead of lemon.

**BOTTOM LINE:**

There are several ways to enjoy tamarind. It can be used in sweet and savory dishes, or eaten straight from the pod.

**Take Home Message**

Tamarind is a popular sweet and sour fruit used worldwide. Although it has many beneficial nutrients, it's also very high in sugar.

The healthiest way to eat this fruit is either raw or as an ingredient in savory dishes.

By Healthline.com

BY ALLRECIPES  
Recipe by: Shawn Klein

## VEGATERIAN AND VEGAN RECIPES Baked Mushrooms and Potatoes with Spinach



"This is a tasty, thrifty comfort food which is healthy and can be changed to fit any lifestyle. Add some cheese or bacon bits for a different twist"

**INGREDIENTS**

- 1 pound new potatoes, halved
- 2 tablespoons olive oil
- 1/2 pound portobello mushrooms
- 6 cloves unpeeled garlic
- 2 tablespoons chopped fresh thyme
- 1 tablespoon olive oil
- kosher salt and ground black pepper to taste
- 1/4 pound cherry tomatoes
- 2 tablespoons toasted pine nuts
- 1/4 pound spinach, thinly sliced

Prep 20m | Cook 25m | Ready In 45m

**DIRECTIONS**

Preheat oven to 425 degrees F (220 degrees C).

Place new potatoes in a shallow roasting pan; drizzle with 2 tablespoons of olive oil. Roast for 15 minutes, turning once.

Add portobello mushrooms, placing stem sides up, and garlic cloves to pan. Sprinkle with chopped thyme. Drizzle with 1 tablespoon olive oil and season with kosher salt and black pepper. Return to oven; cook 5 minutes.

Remove pan from oven and add cherry tomatoes. Return to oven; cook until mushrooms are softened, about 5 more minutes.

Scatter pine nuts over potatoes and mushrooms. Serve with sliced spinach.

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# WHAYASAY?

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“Nature Rules”

## THE ROOTS OF THE CHRISTCHURCH MASSACRE PT1

ALL THOSE WHO HAVE HELPED TO SPREAD THE WORLDWIDE MYTH THAT MUSLIMS ARE A THREAT HAVE BLOOD ON THEIR HANDS.

**By Wajahat Ali**  
**Contributing Opinion Writer NY Times**  
**FOR MUSLIMS,** Friday Prayer is like Sunday Mass for Christians. It's the day of community prayer. We travel to our local mosques, our religious sanctuary. Our families gather in the early afternoon to pray as a community. Kids run through the halls as the imam recites the Quran in Arabic. We eat together and mingle outside.

This week, as those of us in the United States attend Friday Prayer, the Muslims in Christchurch, New Zealand, are preparing for funerals.

People around the world are praying for the dead in Christchurch after terrorist attacks at two mosques. The authorities say a 28-year-old Australian walked into two mosques with assault rifles and killed at least 49 people. New Zealand's prime minister, Jacinda Ardern, called it "an extraordinary and unprecedented act of violence."

Thoughts and prayers are not enough. These attacks are the latest manifestation of a growing and globalized ideology of white nationalism that must be addressed at its source — which includes the mainstream politicians and



media personalities who nurture, promote and excuse it.

If the gunman's 74-page manifesto and social media posts are to be believed, he was inspired by a thriving online ideological structure that recruits and radicalizes mostly men to save "Western civilization" from a foreign "invasion."

We've seen this before. The gunman's justifications for his act of terrorism were similar to those in the 1,500-page manifesto that the Norwegian Anders Breivik posted before he killed 77 people in 2011. Mr. Breivik wanted to punish Europe for its multiculturalism and welcome of Muslim immigrants. His manifesto and attacks are said to have inspired the white nationalist Christopher Hasson, who was recently arrested on charges of stockpiling weapons with the desire to commit mass murder, especially against Muslims.

If the idea that Muslims are a threat sounds familiar, it's in part because it was used by President Trump to argue for a wall to protect America from a "caravan" of Central American migrants seeking asylum. He asserted that "Middle Easterners" were in the caravan, a claim he admitted he could not back up. During a summer trip to England, Mr. Trump warned that Britain was losing its "culture" and that immigration had "changed the fabric of Europe — and unless you act very quickly, it's never going to be what it was."

Arguing for his travel ban aimed at mostly

Muslim countries, Mr. Trump said, "I think Islam hates us," lied about seeing Muslims celebrate the Sept. 11 attacks, and retweeted a fringe anti-Muslim group's fake videos of Muslim refugees committing violence. No wonder the Christchurch manifesto praised Mr. Trump as "a symbol of renewed white identity and common purpose."

**MORE IN MAY 2019 EDITON**



**RAS ITAL**  
**MEK OR BREAK**

Di world a get drastic. It naah really bout religous war. Just about Power. Religion is di tool dem use fi keep we stupid. In a world like today, population control a serious thing. When we believe these people just do this because dem hate another man GOD, Really nah mek sense to I.. We have to get to di root a it. More time !

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# 50 YEARS

**CULTURAL XPRESSION** Celebrates 50 years of publication this April 2019. We would like to thank all our readers and continuous supports throughout the years as we continue to build the awareness in the various areas such as Culture, Agriculture, Community Development, Health, Eco Tourism, Business and Sports.

This year St Maarten also Celebrates 50 Years of Carnival with great food and festivities. Although

some may say that Carnival exists for over 50 years, this doesn't put a damper on the way Carnival was celebrated and embraced by the revelers this years.

In this months edition we share some great photos from SCDF Social Network of the festivities that took place over the past few weeks and look forward to sharing a bit more in May 2019's Edition of Cultural Xpression..

# PHOTOS CARNIVAL 2019



Unity Jump Up - - Photo by SCDF



Opening night of Carnival 2019- - Photo by SCDF



Empress Zee Calypso Queen 2019 - - Photo by SCDF

**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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Senior Carnival Queen D'Shney Mathew York - - Photo by SCDF

# PHOTOS: 50 YEARS OF CARNIVAL



Soca Rumble 2019 winners King Vers and King James - Photo by SCDF



Children Parade 2019 - Photo by SCDF



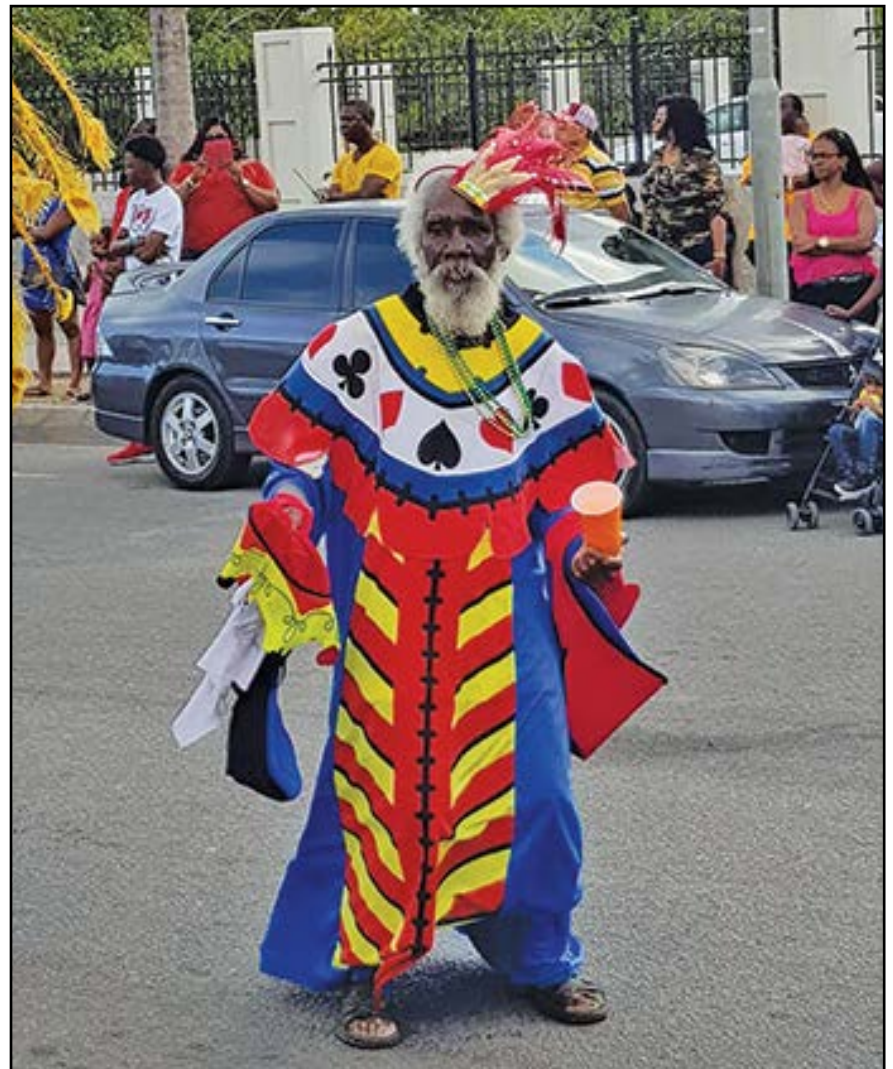
Jouvert morning 2019 - - Photo by SCDF



Adult Parade 2019 - Photo by Dr Carmona



Soudful Concert 2019 with Ja Rule & Ashanti - - Photo by SCDF



The legendary Pork Chop - Photo by Dr Carmona



Band Clash 2019

APR 2018



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**ECO SXM AND SPACELESS GARDENS**

was pleased to received visitors from the San Francisco Bay Area this month. The groups is part of a community outreach initiative called Vallejo's People Garden in their home town. Ms Vilma Aquino and her family took some time while visiting the Island to stop by the and learn more about the St Maarten Agricultural Research & Development Center and our plans toward future community projects.

Both organizations were pleased to share information on how they may be able to improve their objectives while continuously building the awareness on the importance of agriculture. The group took a small tour of the center in its development stage and expressed how pleased they were to be able to visit and learn more about whats going on within this sector in St Maarten.

"I would like to thank Mr Vilma and her family for taking time out while visiting our beautiful Island to stop by in our community.

This is also a great look for our country and district based tourism, it proves it can work and may provided countless tourism and networking opportunities for visitors, community members and St Maarten in general." Wyattte Expressed

Below you can learn more about Vallejo People Project or feel free to get more info about their work via Facebook @ Vallejo People's Garden or Instagram @ vpgarden.

The Vallejo People's Garden is a collaboration of many different individual volunteers and partner organizations in Vallejo. All of these

# CARE TAKERS OF VALLJEO PEOPLE'S GARDEN VISIT ST MAARTEN AGRICULTURAL CENTER



Ms Vilma Aquino (Center) and her Family of the Vallejo People's Garden @ ECO St Maarten Agricultural Center

volunteers and supporters became involved because they believe in one (or more) of the VPG's purposes:

- Promote health and wellness in our Vallejo community
- Grow organic fruits and vegetables for those who are most in need
- Improve our environment by taking care of water, soil, and wildlife
- Create educational opportunities for children and adults
- Encourage social and cultural connections across neighborhoods

People's Gardens educate children and adults about the environment, agriculture, sustainable practices, and science. They help create the next generation of farmers, gardeners, teachers, leaders, and active community members.

Gardens expand the ability of citizens from all cultural, ethnic, and geographic backgrounds to share their traditions and beliefs. They are a neutral gathering place that fosters interaction. Gardens beautify communities and cultivate self-sufficiency.

In World War II, Victory Gardens produced 40% of the

fresh fruits and vegetables in the United States. Gardens provide therapy for the soul and healing for the spirit.

**How did the Vallejo People's Garden begin?**

The Vallejo People's Garden began as a partnership between a non-profit life skills training center, a federal agency, and a visionary Vallejo citizen, all within a mile of each other on Mare Island:

- **Global Center for Success** is a 501(c)(3) on Mare

Island that provides supportive human services and programs to the homeless and needy. GCS helps with life skills training, health, and job skills training. GCS is excited to start a garden right in its backyard to serve as an outdoor classroom, a community hub, and a source of free organic produce for its clients.

- **The Regional Office of the U.S. Forest Service** employs over 200 people. An agency of the U.S. Department of Agriculture, the Forest Service sees urban gardens

as a gateway for city-dwellers to connect with the land and to learn about water, soil, wildlife, and environmental topics. Employees have helped to build the Vallejo People's Garden from the ground up, following the example set by USDA Secretary Tom Vilsack when he started a garden next to USDA offices on the National Mall in 2009. Volunteering allows Forest Service employees to meet and volunteer alongside their Vallejo neighbors after work and on week-ends.

- **Vilma Aquino** is the pioneering spirit behind the Vallejo People's Garden. A resident of Mare Island, Vilma's vision was to convert the vacant lot at the corner of East Poplar and Oscar Streets on Mare Island into a garden to grow organic fruits and vegetables for the homeless, provide a place for people to learn about sustainable gardening practices, and to grow

friendship and community. The official ground breaking began fall of 2009.

Grant funding for materials came from Nature's Path Organic Foods and Organic Gardening Magazine as a result of winning their nationwide Gardens For Good online contest.

Two gardens won this grant, out of 267 proposals in 2010.

Once the funding arrived, volunteers came from all over Vallejo and beyond to help build the garden--digging trenches for the irrigation system, building raised beds, planting trees, and raising seedlings.

Residents of surrounding neighborhoods and students from Touro University on Mare Island have been volunteering every Saturday morning, alongside volunteers from as far away as Berkeley and Fairfield.

Join them on a volunteer day, contact FB @ Vallejo People's Garden or Instagram @ vpgarden.

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# TIPS FOR BUSINESS OWNERS' 2019 'TO DO' LISTS PT 1

By forbes.com  
**GET YOUR BUSINESS** off to a great start in 2019 with these tips from the experts of Forbes Coaches Council.

## 1. Document And Map Out Your Goals

Focusing on what you want to achieve, documenting it and then setting up an annual, quarterly and monthly plan to achieve those goals is a great way to get your year started. It allows you to know what you are working towards for the entire year and what is most important, while also providing



a way to track progress throughout the year. Share your plan with others too for accountability. - Monica Thakrar, MTI

## 2. Define Your Potential 'Big Wins'

While the top of the year is an inherent time to start fresh, that doesn't

mean your goals will be set for you. Take time to define the big wins for your organization in the new year. This could be making a key hire, landing a contract worth a certain amount or setting the desired culture within your team — it doesn't matter! What matters is setting your

sights on wins from the beginning! - Joey Price, Jumpstart:HR

## 3. Ask Your Staff About Their Needs And Priorities

It is important to ask your internal customers — your staff and yourself — what they need and what is a priority for them for the year. Our priorities shift over time, so it is important to check in with yourself and your team to find out what the priority is and how it aligns to the organizational goals. - Manpreet Dhillon, Veza

**MORE IN APRIL 2019 EDITON**

# MILLION-DOLLAR

## BUSINESS IDEAS YOU CAN LAUNCH FOR CHEAP (OR EVEN FREE) PT 7

By Jason Abbruzzese @ mashable.com

### 49. Drones

Drones are scorching hot right now. In fact, drone sales boomed from 224 percent in 2015 to 2016 to almost \$200 million. As Susan Ward writes for The Balance, "Drones are rapidly becoming an indispensable tool in a variety of industries." If you want to capitalize on this trend you could start a drone-based business such as sales, customization, repair, training, photography, mapping, surveying, or security surveillance.

### 50. Subscription Service Owner

The main advantage of the subscription business model is that it's predictable - which is great for creating and sticking to a budget since you know how much you can expect to bring-in each month. Need ideas? Cratejoy has 100 different ideas ranging from categories like beauty, grooming, fashion, gaming, food, pets, and books. It's how I started my invoicecompany that I own today.

Final Words of Advice  
 Before starting your own business, ask yourself;

- Are you cut out to be an entrepreneur or small business owner?
- What is your passion or expertise?
- Do you have the capital to start the business?
- Who is going to be on your team?
- Do you have a strong business plan?

Answering the above questions won't determine your fate, but they will guide you in determining your business idea and whether or not it should be pursued.

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# THE BEST BEVERAGES TO HELP YOU STAY HYDRATED

## DRINK UP FOR SPORTS AND FITNESS

By webmd.com

**SUMMERTIME** is here, so you've got no more excuses for not going outside to get some physical activity. Outdoor activity is a great way to put the fun into fitness, but it requires paying special attention to hydration.

When it's warm, your body perspires more to help you cool down. And depending on the temperature, humidity, and the nature of your activity, you might not even realize how much you are perspiring.

Don't rely on thirst alone to tell you how much you need to drink. To keep those muscles working and avoid fatigue; it's extremely important to drink plenty of liquids before, during, and after the activity.

Drink Up -- Before, During and After

A good guideline to use when preparing for an outdoor workout, whether it's walking, running, biking, or tennis, is to drink about two cups of fluid two hours before the activity. That helps make sure you are well-hydrated before you ever go outdoors.

Then, during the activity, try to drink 4-6 ounces every 15-20 minutes to keep your muscles well-hydrated. If you are

planning an hour-long walk or gym workout, fill a water bottle with about 16 ounces (2 cups) and take it with you.

Last, drink up after you're finished with your exercise. If you really want to be precise, weigh yourself before you start exercising and again when you are finished. For each pound of water weight you lose, drink 20 ounces of fluid.

### Which Liquids Are Best?

For most outdoor activities, good old-fashioned tap water does the trick. If your activity lasts an hour or more, either fruit juice diluted with water or a sports drink will provide carbohydrates for energy plus minerals to replace lost electrolytes (sodium, potassium, magnesium) in your sweat. Sports drinks like Gatorade, Powerade, and All Sport can give you a needed energy boost during your activity. They are designed to rapidly replace fluids and to increase the sugar (glucose) circulating in your blood.

Read the label to determine which sports drink that is best for you. Ideally, it will provide around 14 grams of carbohy-



drates, 28 mg of potassium, and 100 mg of sodium per 8-ounce serving. The drink's carbohydrates should come from glucose, sucrose, and/or fructose -- all of which are easily and quickly absorbed. It shouldn't be carbonated, as the bubbles can lead to an upset stomach.

Most sports beverages are well-diluted and contain relatively few calories. If the flavor of a sports drink helps you drink up and maintain hydration, by all means enjoy.

If you're worried about the added calories, try diluting your sports drink with water or pouring it into a thermos packed with ice.

### What About Fitness and Designer Waters?

"Fitness waters" such as Propel are lightly flavored and have added vitamins

and minerals. The additional nutrients are meant to supplement a healthy diet, not replace losses from exercise. Fitness waters fall somewhere between the sports drinks and plain water. They contain fewer calories and electrolytes than sports drinks, but offer more taste than plain water.

The choice is yours: once again, if drinking these beverages helps you stay hydrated, go for it.

Bottled water has catapulted to the top

of the beverage industry, with sales of \$8.3 billion in 2003. One of the fastest-growing segments of that market is designer waters.

These "super-waters" are advertised as being enhanced with everything from vitamins, oxygen and glucose, to alleged fat-burning minerals. Keep in mind that the FDA does not require proof of this kind of claim. So think of these products as designer waters that serve the primary purpose of hydra-

tion and little more. Don't be fooled by the claims that some can promote weight loss!

### Beyond Hydration

Fluids are vital to help your muscles function throughout your activity, but so is your blood sugar. You need to eat a light meal or snack of at least 100 calories about an hour or so before your activity. The nutrients from the snack will help you perform better and keep hunger from interfering with your activity.

The best snacks combine healthy carbohydrates, protein, and a small amount of fat.

Fruit, yogurt, nuts, and granola bars are all good examples. Google "Recipe Doctor" Elaine Magee's article on snack bars for more options for fueling your workout.

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