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MAR 2019

**EXCLUSIVE
INTERVIEW**
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PHOTOS

AGRICULTURE IN
TODAY'S CLASSROOM

AVOCADO RECALL

NOTHING ORGANIC IS SAFE
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GREAT AFRO-CARIBBEAN PEOPLE

MARY JANE SEACOLE

am proud of the relationship – to those poor mortals whom you once held enslaved, and whose bodies America still owns.”

The West Indies were an outpost of the British Empire in the late 18th century, and the source or destination of one-third of Britain’s foreign trade in the 1790s. Britain’s economic interests were protected by a massive military presence, with 69 line infantry regiments serving there between 1793 and 1801, and another 24 between 1803 and 1815. This meant that large numbers of British troops succumbed to tropical diseases for which they were unprepared, providing West Indian nurses such as Seacole with large numbers of patients on a regular basis. In 1780, one of Seacole’s predecessors, Cubah Cornwallis, was a Jamaican mixed-race “doctress” who nursed Horatio Nelson, 1st Viscount Nelson, back to health in Port Royal after two-thirds of his force succumbed to tropical disease.

Mary Seacole spent some years in the household of an elderly woman, whom she called her “kind patroness”, before returning to her mother. She was treated as a member of her patroness’s family and received a good education. As the ed-

CONTINUED ON PAGE 3

MARY JANE SEACOLE (née Grant; 1805 – 14 May 1881) was a British-Jamaican business woman and nurse who set up the “British Hotel” behind the lines during the Crimean War. She described this as “a mess-table and comfortable quarters for sick and convalescent officers”, and provided succour for wounded servicemen on the battlefield. Coming from a tradition of Jamaican and West African “doctresses”, Seacole utilised herbal remedies to nurse soldiers back to health. She was posthumously awarded the Jamaican Order of Merit in 1991. In 2004 she was voted the greatest black Briton.

She acquired knowledge of herbal medicine in the Caribbean. When the Crimean War broke out, she was one of two outstanding nurses to tend to the wounded, along with Florence Nightingale. Hoping to assist, Seacole applied to the War Office but was refused, so she travelled independently and set up her hotel and tended to the battlefield wounded. She became extremely popular among service personnel, who raised money for her when she faced destitution after the war.

After her death, she was largely forgotten for almost a century but today is celebrated as a woman who made a success of her career, despite experiencing racial prejudice. Her autobiography, *Wonderful Adventures of Mrs. Seacole in Many Lands* (1857), is one of the earliest autobiographies of a mixed-race woman, although some aspects of its accuracy have been questioned by present-day supporters of Nightingale. The erection of a statue of her at St Thomas’ Hospital, London on 30 June 2016, describing her as a “pioneer nurse”, has generated controversy and opposition from supporters of Nightingale. Earlier controversy broke out in the United Kingdom late in 2012 over reports of a proposal to remove her from the UK’s National Curriculum.

Early life, 1805–25

Mary Ploom-Jane Seacole was born Mary Jane Grant in Kingston, Jamaica,[14] the daughter of James Grant, a Scottish Lieutenant in the British Army, and a free Jamaican woman. Her mother was a “doctress”, a healer who used traditional Caribbean and African herbal remedies and ran Blundell Hall, a boarding house at 7 East Street, considered one of the best hotels in all of Kingston. Here Seacole acquired her nursing skills, which included



Mary Jane Seacole

the use of hygiene and herbal remedies. Seacole’s autobiography says she began experimenting in medicine, based on what she learned from her mother, by ministering to a doll and then progressing to pets before helping her mother treat humans. Because of her family’s close ties with the army, she was able to observe the practices of military doctors, and combined that knowledge with the West African remedies she acquired from her mother.

Seacole was proud of both her Jamaican and Scottish ancestry and called herself a Creole, a term that was commonly used in a racially neutral sense or to refer to the children of white settlers with indigenous women. In her autobiography, *The Wonderful Adventures of Mrs. Seacole*, she records her bloodline thus: “I am a Creole, and have good Scots blood coursing through my veins. My father was a soldier of an old Scottish family.” Legally, she was classified as a mulatto, a multiracial person with limited political rights; Robinson speculates that she may technically have been a quadroon. Seacole emphasises her personal vigour in her autobiography, distancing herself from the contemporary stereotype of the “lazy Creole”. She was proud of her black ancestry, writing, “I have a few shades of deeper brown upon my skin which shows me related – and I



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AFRO-CARIBBEAN PEOPLE

MARY JEAN...

FROM PAGE 2

educated daughter of a Scottish officer and a free black woman with a respectable business, Seacole would have held a high position in Jamaican society.

In about 1821, Seacole visited London, staying for a year, and visited her relatives in the merchant Henriques family. Although London had a number of black people, she records that a companion, a West Indian with skin darker than her own "dusky" shades, was taunted by children. Seacole herself was "only a little brown"; she was nearly white according to one of her biographers, Dr. Ron Ramdin. She returned to London approximately a year later, bringing a "large stock of West Indian pickles and preserves for sale". Her later travels would be as an "unprotected" woman, without a chaperone or sponsor—an unusual practice. Seacole returned to Jamaica in 1825.

In the Caribbean, 1826–51

After returning to Jamaica, Seacole nursed her "old indulgent patroness" through an illness, finally returning to the family home at Blundell Hall after the death of her patroness a few years later. Seacole then worked alongside her mother, occasionally being called to assist at the British Army hospital at Up-Park Camp. She also traveled the Caribbean, visiting the British colony of New

Providence in The Bahamas, the Spanish colony of Cuba, and the new republic of Haiti. Seacole records these travels, but omits mention of significant current events, such as the Christmas Rebellion in Jamaica of 1831, the partial abolition of slavery in 1834, and the full abolition of slavery in 1838.

She married Edwin Horatio Hamilton Seacole in Kingston on 10 November 1836. Her marriage, from betrothal to widowhood, is described in just nine lines at the conclusion of the first chapter of her autobiography. Robinson reports the legend in the Seacole family that Edwin was an illegitimate son of Horatio Nelson, 1st Viscount Nelson and his mistress Emma, Lady Hamilton, who was adopted by Thomas, a local "surgeon, apothecary and man midwife" (Seacole's will indicates that Horatio Seacole was Nelson's godson: she left a diamond ring to her friend, Lord Rokeby, "given to my late husband by his godfather Viscount Nelson", but there was no mention of this godson in Nelson's own will or its codicils.) Edwin was a merchant and seems to have had a poor constitution. The newly married couple moved to Black River and opened a provisions store which failed to prosper. They returned to Blundell Hall in the early 1840s.

MORE IN APRIL 2019 EDITON



Mary Jane Seacole

ST. MAARTEN
CHAMBER OF
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& INDUSTRY

The COCI
Supports
Agriculture

IT'S TIME FOR **AGRICULTURE** IN THE CLASSROOM



Pre Stimulation kids get a chance as well to embrace agriculture in the classroom with great visuals with new tech digital boards.

OUR KIDS ARE showing interest for Agriculture within the school system! What is The Ministry of Education, Culture, Youth & Sport plan to do about this?

The month of March 2019 was amazing as kicked off the agricultural program with the Kids at Sister Magda Primary school..

Spaceless Gardens in col-

laboration with ECO St Maarten Agricultural Research & Development Foundation has Completed a basic learning curriculum powerpoint presentation that can be presented to any school toward implementing basis Agricultural Education.

Today's classrooms are equipped with new state of the art Digi Boards which make learning much more fun



Kids being a part of the development process

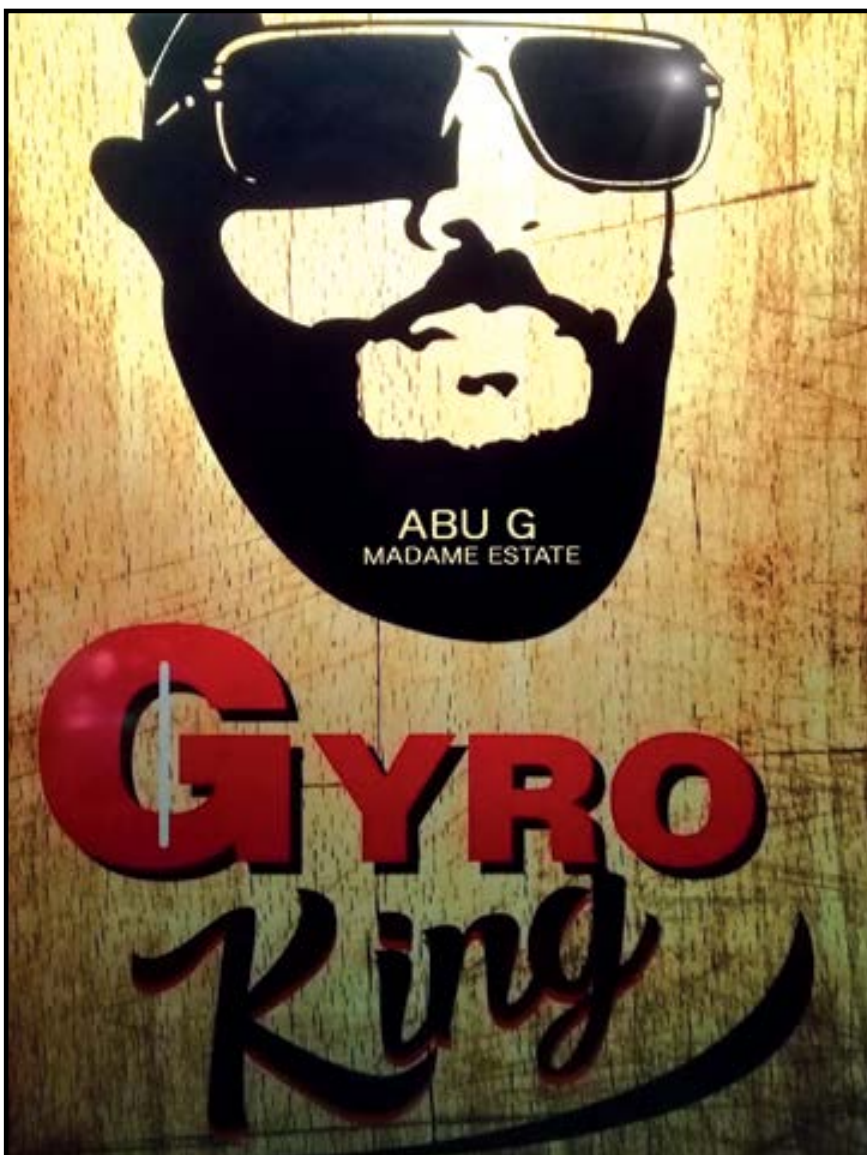
and interactive... Beside the classroom, I believe that kids who also express themselves through arts, culture, nature and sports tend to perform and build better lifestyle habits. This is why I also believe that having a garden in the school yard tends to build a sense of responsibility, routine and dedication into our young men and women of tomorrow. Most of all allowing them to understand the importance of hard work and healthy eating habits. If we start to implement these habits into our children from a young age we ultimately allow them to become better decision makers and most of all understand the power of choice. Especially when it come to food consumption.

Agriculture is the pillar of life, everyday we have to eat to provide the body with the es-

sential minerals it may need so we can go through our daily routines, so eating also become a routine. Everything in nature is set in place to sustain mankind. EVER WONDER HOW THE COW GET SO BIG JUST BY EATING GRASS?. Which, would make you wonder what's in that grass. Instead we make a choice to eat the cow, while the cow has its purpose, and that was never for mans consumption but for the carnivore animals of nature. Humans are herbivores and our bodies are built for herbs, grains, fruits and veggies, no meats. The same way nature provides for every specie, she also provides for us.

But, are we making the right choices? Today we as people consume from an average

CONTINUED ON PAGE 5



Both younger and older kids get a chance to express themselves in the field..

IT'S TIME FOR AGRICULTURE....FROM PAGE 4



Older kids get a chance as well to embrace agriculture in the classroom with great visuals with new tech digital boards.



Kids are ready to ask questions or express themselves after digital presentations

of about 35 species of edible plant types. Imagine that is all we know or have been thought or exposed to, where by nature has over 80,000+ edible plant species. Most of the time we just cut them down as weeds in our back yard or disregard trying new things we don't know or not familiar with. This is why the continuous awareness and education building in the field of agri-culture will remain top priority for me on this life journey.

The curriculum presentation is geared toward stimulating engagement in and out of the classroom by helping kids to understand the importance of nature and the positive and negative roles we as human play within today's world. By understanding the damage that is caused by mankind to the earth, only then can we start to counter act the centuries of destruction caused. Only ones left that I believe can champion this now, is the children of tomorrow.

It's time for Agriculture in the Classroom. Let's teach our

children the value of culture, healthy lifestyle, sustainability, self reliance and resilience before it's too late. Allow them to understand this this can also be a great future entrepreneurship opportunity in the future swell. We tend to believe that becoming a lawyer or a doctors may be the most important career choices. But, along the journey we must also ask, if doctors are lawyer don't eat as well? lol.

The Curriculum \ Presentation covers the important basics such as:

The impact on Climate Change, Seed Germination, Understanding the Soil, Parts of the Plant and Plant Care and Maintenance.

Spaceless Gardens and ECO SXM also focuses on leadership and capacity building amongst older student groups that will help to keep the garden at the school up to date and keep the younger ones up to speed as how to follow their trend.

I would like to thank Ms Vonk and Ms Boasman of the Sister Magda Primary school for taking this opportunity and

presenting it to the kids. The Kids at the school have been very joyful and loves to see, take care of and be a part of the interactive agricultural sessions provided at the school.

"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 President ECO SXM

Interested in Becoming a member of ECO St Maarten Agricultural Research and Development Foundation in 2019 or perhaps registering your school for this Agricultural

Project Session ?

Contact +1721 553-6300 or added this network number to your WhatsApp +1721 524-4733 for more information.

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



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AVOCADO RECALL

By Hilary Brueck for Business Insider

AVOCADO TOAST LOVERS, beware: Listeria was just found on a batch of California avocados.

California-based Henry Avocado Corp. is voluntarily recalling avocados in six states (Arizona, California, Florida, New Hampshire, North Carolina, and Wisconsin) "out of an abundance of caution" after a batch of the green fruits tested positive for listeria contamination, the US Food and Drug Administration announced Saturday.

Conventional Henry avocados in the store have a sticker on them that says "bravocado" (see below), while the organic versions are a bit trickier to identify because you have to take a look at the bar code.

But don't freak out yet. Just because avocados might have some

CONTINUED ON PAGE 6

AVOCADOS ARE BEING RECALLED IN 6 STATES BECAUSE OF LISTERIA CONTAMINATION

listeria bacteria on the skin doesn't mean you'll get sick.

Listeria is a common bacteria

Listeria monocytogenes is a common kind of pathogenic bacteria that can grow in soil and water (and live in some animals). The microorganisms can cause a listeriosis infection "that in most healthy people is unpleasant but not serious," according to the FDA. Symptoms of a listeriosis infection often include diarrhea and fever, and typically show up one to four weeks after a person is exposed to bacteria, though people can start getting sick on the same day they eat contaminated food.

In 2018, the FDA reported that listeria is rampant on avocado fruit skin. About one in every five avocados sold in the US has some listeria on the peel but almost none have it in the pulp. This is good news because it means you're unlikely to get sick from a contaminated avocado, especially if you wash your avocados in clean water before cutting them.

HERE IS HOW WORRIED YOU SHOULD BE.....FROM PG 5



Photos of the recalled avocados from the US FDA. US Food and Drug Administration (FDA)

Pregnant women and others with weak immune systems are at risk

Listeriosis can be a serious problem for pregnant women, babies, the elderly, and people with weakened immune systems (such as people who have HIV or cancer and transplant patients).

Wash your avocados — and all other fresh fruits and vegetables — in clean running water before cutting, eating, and serving them. The US Department of Health and Human Services advises people to scrub the outside of avocados with a clean produce brush, and then dry them with a clean cloth or paper towel before cutting into them "to further reduce bacteria that may be present."

If you or a loved one is vulnerable to listeria contamination, avoid raw milk products and rare meat. In addition to avocados, listeria outbreaks have been traced to melons, sprouts, raw milk and raw cheese, cold cuts, and smoked seafood.

Washing your hands with warm soapy water before preparing food and keeping cutting boards clean can also help. Remember that listeria grows and spreads in the fridge, so you can avoid cross-contaminating foods by keeping your refrigerator clean and listeria-free.

"If you unknowingly refrigerate listeria-contaminated food, the germs not only multiply at the cool temperature, they could contaminate your refrigerator and spread to other foods there, increasing the likelihood that you and your family will become sick," as the FDA warns.

Though rarely an issue for otherwise healthy people who are not pregnant, listeriosis is still the third-most-common cause of death by food poisoning in the US.

The CDC reports that 1,600 people get listeriosis each year. It's fatal for about one in five who get it, and some 260 people die from listeriosis infections every year, though it is treatable with antibiotics. Women who are pregnant should be especially careful. Listeriosis results in fetal death in about 20% of cases, and pregnant women are 13 times as likely as the general public to develop listeriosis, according to Johns Hopkins Medicine.

Commentary by ECO SXM.

With all going on right now in the world and all these airborne and so call ground \ cross contaminated diseases, one can only ensure safe consumption if one takes the initiate to plant their own food. Most of us may find that gardening is hard work or time consuming. But, Thing is, time is time and hard work pays off. If we don't spend the time now to take care of ourselves and look at the hard work as exercise, in the end we may end up spending more time with doctor consultations and exercising hard to get ourselves back on our feet. So, no matter how we try to run from it, the universe hands us a 360 boomerang based on our decision making efforts. Sooner or later we will be forced to make a choice instead of having the privilege to do so as we first did. So take time to plant a tree a you back yard today, for it may save valuable time tomorrow to focus more on a healthier you! -

Wyatte President ECO SXM

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THE FARMERS SEE:

HEALTH BENEFITS BANANA



11 EVIDENCE-BASED HEALTH BENEFITS OF BANANAS

By Healthline.com

BANANAS ARE extremely healthy and delicious.

They contain several essential nutrients and provide benefits for digestion, heart health and weight loss.

Aside from being very nutritious, they are also a highly convenient snack food.

Here are 11 science-based health benefits of bananas.

1. Bananas Contain Many Important Nutrients

Bananas are among the world's most popular fruits. Native to Southeast Asia, they are now grown in many warm parts of the world. Bananas vary in color, size and shape.

The most common type is the Cavendish, which is a type of dessert banana. Green when unripe, it yellows as it matures.

Bananas contain a fair amount of fiber, as well as several antioxidants. One medium-sized banana (118 grams) also boasts:

- * Potassium: 9% of the RDI
- * Vitamin B6: 33% of the RDI
- * Vitamin C: 11% of the RDI
- * Magnesium: 8% of the RDI
- * Copper: 10% of the RDI
- * Manganese: 14% of the RDI
- * Net carbs: 24 grams
- * Fiber: 3.1 grams
- * Protein: 1.3 grams
- * Fat: 0.4 grams

Each banana has only about 105 calories and consists almost exclusively of water and carbs. Bananas hold very little protein

and almost no fat.

The carbs in green, unripe bananas consist mostly of starch and resistant starch, but as the banana ripens, the starch turns into sugar (glucose, fructose and sucrose).

SUMMARY

Bananas are rich in fiber, antioxidants and several nutrients. A medium-sized banana has about 105 calories.

2. Bananas Contain Nutrients That Moderate Blood Sugar Levels

Bananas are rich in pectin, a type of fiber that gives the flesh its spongy structural form.

Unripe bananas contain resistant starch, which acts like soluble fiber and escapes digestion.

Both pectin and resistant starch may moderate blood sugar levels after meals and reduce appetite by slowing the emptying of your stomach.

Furthermore, bananas also rank low to medium on the glycemic index (GI), which is a measure — from 0–100 — of how quickly foods increase blood sugar levels.

The GI value of unripe bananas is about 30, while ripe bananas rank at about 60. The average value of all bananas is 51.

This means that bananas should not cause major spikes in blood sugar levels in healthy individuals.

However, this may not apply to people with type 2 diabetes, who should probably avoid eating a lot of well-ripened bananas — and monitor their blood sugar

carefully if they do.

SUMMARY

Bananas can help moderate blood sugar levels after meals and may reduce appetite by slowing stomach emptying.

3. Bananas May Improve Digestive Health

Dietary fiber has been linked to many health benefits, including improved digestion.

A medium-sized banana has about 3 grams of fiber, making bananas a fairly good fiber source. Bananas contain two main types of fiber:

* Pectin: Decreases as the banana ripens.

* Resistant starch: Found in unripe bananas.

Resistant starch escapes digestion and ends up in your large intestine, where it becomes food for the beneficial bacteria in your gut.

Additionally, some test-tube studies propose that pectin may help protect against colon cancer.

SUMMARY

Bananas are fairly rich in fiber and resistant starch, which may feed your friendly gut bacteria and safeguard against colon cancer.

4. Bananas May Aid Weight Loss

No study has directly tested the effects of bananas on weight loss. However, bananas do have several attributes that should make them a weight-loss-friendly food.

For starters, bananas have relatively few calories. An average banana has just over 100 calories — yet it is also very nutritious and filling.

Eating more fiber from vegetables and fruits like bananas has repeatedly been linked to lower body weight and weight loss.

Furthermore, unripe bananas are packed with resistant starch, so they tend to be very filling and may reduce your appetite.

SUMMARY

Bananas may aid weight loss because they're low in calories and high in nutrients and fiber.

5. Bananas May Support Heart Health

Potassium is a mineral that is essential for heart health — especially blood pressure control.

Despite its importance, few people get enough potassium in their diet.

Bananas are a great dietary source of potassium. One medium-sized banana (118 grams) contains 9% of the RDI.

A potassium-rich diet can help lower blood pressure, and people who eat plenty of potassium have up to a 27% lower risk of heart disease.

Furthermore, bananas contain a decent amount of magnesium, which is also important for heart health.

SUMMARY

Bananas are a good dietary source of potassium and magnesium — two nutrients that are essential for heart health.

6. Bananas Contain Powerful Antioxidants

Fruits and vegetables are excellent sources of dietary antioxidants, and bananas are no exception.

They contain several types of potent antioxidants, including dopamine and catechins.

These antioxidants are linked to many health benefits, such as a reduced risk of heart disease and degenerative illnesses.

However, it is a common misunderstanding that the dopamine from bananas acts as a feel-good chemical in your brain.

In reality, dopamine from bananas does not cross the blood-brain barrier. It simply acts as a strong antioxidant instead of altering hormones or mood.

SUMMARY

Bananas are high in several antioxidants, which may help reduce damage from free radicals and lower your risk of some diseases.

**CONTINUED
ON PAGE 8**

7. Bananas May Help You Feel More Full

Resistant starch is a type of indigestible carb — found in unripe bananas and other foods — which functions like soluble fiber in your body.

As a rule of thumb, you can estimate that the greener the banana, the higher its resistant starch-content.

On the other hand, yellow, ripe bananas contain lower amounts of resistant starch and total fiber — but proportionally higher amounts of soluble fiber.

Both pectin and resistant starch offer appetite-reducing effects and increase the feeling of fullness after meals).

SUMMARY

Depending on ripeness, bananas harbor high amounts of resistant starch or pectin. Both may reduce appetite and help keep you full.

8. Unripe Bananas May Improve In-

THE FARMERS SEE: BANANA

FROM PAGE 7

Insulin Sensitivity

Insulin resistance is a major risk factor for many of the world's most serious diseases, including type 2 diabetes.

Several studies reveal that 15–30 grams of resistant starch per day may improve insulin sensitivity by 33–50% in as few as four weeks).

Unripe bananas are a great source of resistant starch. Therefore, they may help improve insulin sensitivity.

However, the reason for these effects is not well understood, and not all studies agree on the matter .

More studies should be conducted on bananas and insulin sensitivity.

SUMMARY

Unripe bananas are a good source of resistant starch, which may improve

insulin sensitivity. However, more research is needed.

9. Bananas May Improve Kidney Health

Potassium is essential for blood pressure control and healthy kidney function.

As a good dietary source of potassium, bananas may be especially beneficial for maintaining healthy kidneys.

One 13-year study in women determined that those who ate bananas 2–3 times per week were 33% less likely to develop kidney disease .

Other studies note that those who eat bananas 4–6 times a week are almost 50% less likely to develop kidney disease than those who don't eat this fruit.

SUMMARY

Eating a banana several times a week may reduce your risk of kidney disease by up to 50%.

10. Bananas May Have Benefits for Exercise

Bananas are often referred to as the perfect food for athletes largely due to their mineral content and easily digested carbs.

Eating bananas may help reduce exercise-related muscle cramps and soreness, which affect up to 95% of the general population.

The reason for the cramps is largely unknown, but a popular theory blames a mixture of dehydration and electrolyte imbalance.

However, research gives mixed findings about bananas and muscle cramps. While some studies find them helpful, others find no effects.

That said, bananas do provide excellent nutrition before, during and after endurance exercise.

SUMMARY

Bananas may help relieve muscle cramps caused by exercise. They also provide excellent fuel for endurance exercise.

11. Bananas Are Easy to Add to Your Diet

Not only are bananas incredibly healthy — they're also one of the most convenient snack foods around.

Bananas make a great addition to yogurt, cereal and smoothies. You can even use them instead of sugar in your baking and cooking.

Furthermore, bananas rarely contain any pesticides or pollutants due to their thick protective peel.

Bananas are incredibly easy to eat and transport. They are usually well-tolerated and easily digested — they simply have to be peeled and eaten.

It doesn't get much easier than that.

BY ALLRECIPES
VEGATERIAN AND VEGAN RECIPES

Roasted Pumpkins



"These mini pumpkins are filled with applesauce then oven roasted - great for the holidays. If you are not a pumpkin fan, you can also roast squash the same way. Serve with your holiday meal."

INGREDIENTS

- 4 small sugar pumpkins, seeded
- 2 cups applesauce
- 1/2 teaspoon ground cinnamon
- Salt and pepper to taste

Prep 15 m | Cook 1h 45 m | Ready In 2h

DIRECTIONS

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish.

In a small bowl, mix applesauce, cinnamon, salt, and pepper. Spoon 1/2 cup mixture into each pumpkin.

Place pumpkins in the prepared baking dish. Cover with foil, and bake in the preheated oven 1 hour and 45 minutes, or until pumpkins are tender.

RECIPE BY: LADYEM1

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“Stay Motivated “

BUJU CRITICIZED FOR SILENCE ON DRUG CONVICTION P3



hypocrisy about drug use in Jamaica. Alcohol and nicotine are potentially deadly drugs. Yet their use is perfectly legal. And it's not the small farmers who are going to profit from the eventual decriminalisation of ganja. It's the same high-ups who run tings and don't give a damn about morality," said Cooper. – The Gleaner



**RAS ITAL
MEK OR BREAK**

Buju touch road and eveything nice. Him hold down the opression a long time and was a long road to freedom. One thing, him fans still love him the same and it's a blessings him can hold him head up high inna dis ya time. Again, Rasta nah fi mix up ina drug dealing thing. But really mi feel him was set up.

By The Gleaner

TUFTON, while insisting that his concern was from a public-health perspective, added that while he does not know the plans of Banton's management team, he is willing to meet with the 'Gargamel' and others who are open to using their popularity to influence behaviour change in society.

"Given his popularity and influence on the nation, I do hope that he will use his experience to educate our youth, especially on the dangers of drugs, in an effort to not have them go down the path he did," said Tufton.

However, retired professor of literary and cultural studies at the University of the West Indies, Dr Carolyn Cooper, said Tufton's expectations of the purpose of Banton's concert were unrealistic and urged him to separate Buju Banton, the artiste, from Mark Myrie, the man.

"The minister of health needs to recognise the fact that Buju Banton is not Mark Myrie. Buju is a performing artiste, who is celebrating his long walk to freedom. Mark Myrie is a private citizen who has paid a terrible price for his error of judgement.

"Minister Tufton's expectation that Buju's concert should become a platform to condemn drug use is completely unrealistic. Buju is moving forward to rebuild his career. Whatever Mark Myrie thinks about his years in exile, Buju can't keep on looking back," said Cooper.

Cooper added that the concert is an occasion for celebration and not for preaching about the dangers of drug use.

"Instead of pressuring Buju, the minister needs to focus on speeding up the decriminalisation of ganja. There is so much

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LIVING IN THE MOMENT

FACEBOOK @ EXPRESSED BY LATOYA RUAN

ARE YOU LIVING IN YOUR MOMENT? That's the question we should propose to ourselves in this day and age. To be quite honest with you, I'm trying my best every day to roll with the punches though we may get knocked down along the way. But, does that mean we have failed?

Back in my elementary school days I could remember my teacher saying that life is a learning process. So, as I thought to myself, if life is indeed a learning process throughout our lives, Why are we beating up ourselves when we fail?

If you take yourself back 5 years ago or even 10 years ago. Did you think about where you would be or what you would be doing at this present time? Has your life become to pre-organize that you over organized yourself and end up falling off track?

I know I could contest to that, so you see sometimes in life it's good to just live in the moment, and not get too technical about it. You're either going to win some or loose some. I've always loved the proverb that says "when life gives you lemons instead of complaining go ahead and make some lemonade." If we wake up every day thinking that no matter what happens today we are going to look for the positive and use it to our advantage, I think that we could make it through any obstacle that comes our way and rise above to always come out on top.

Do you think that if Mr. Bill Gates wasn't living in his moment he would have reached his milestone in his life? I'm sure he had a couple bumps in the road along the way but that didn't stop him from living in his moment and use his failures as his stepping

stones to reach his achievements today.

Now I want you to stop and think to yourself and even propose the question. Am I living in my moment? Or, am I merely allowing myself to be consumed by working just to make ends meet? Certain businesses require their employees to make a vision boards, this gets your mind to think further than just what you have in front of you/ It all allow you push yourself to reach your goals. Why you may ask? Because you're seeing them as a visual in front of you, it conditions the brain and mind to want to achieve them more.

For example if you drive by a subway every day on your way to work what is the likelihood of you stopping in and ordering yourself a meal. The likelihood of you doing so is 100% chance because it's a visual, and visual helps to create and optimistic mindset in making decisions in life. So how can you live in your moment and create the life you dreamed of having for yourself?

Start with your vision board, here's an example: your dream house, dream car or even the money you want to have in your bank account. It doesn't have to be a huge board, something small but effective will do the trick. Remember, bigger doesn't always mean better. So, start with reading through your favorite magazine and clip out the things you want to achieve for your life, start making a conscious effort and decision to do any and everything

that will help you reach where you want to be in your life.

I'm a very optimistic person, I believe that no matter what comes my way there's always a positive side to it. Now, if you truly want to live in your moment, first you need to clear your path from anything that might be hindering you from being free to live in your moment.

I know you're already asking yourself what is blocking me from living in my moment. Sometimes you don't even have to dig that deep or go that far; it might be something that's right under your very nose. So in order to figure this out here's what you need to do. Start with that vision board is the first thing. Secondly, sit and re-evaluate your life in this present time. This should be easy seeing that your the one in control of the next best thing that could happen to you. So when I say re-evaluate, I mean if your hanging out with folks who adds no value to your life, I mean you're not gaining any knowledge from them. What's the point then, If you are just going to learn about all the party spots and how not to save for your future. What value is that going to add to your life if you're going to be in the same position your were when you started your job 3 years ago?

We should always surround ourselves with people who are progressing because their energy kinda rubs off on you so to speak. They motivate you to want to become like them. I know some people say that they try to stay motivated and it doesn't work. Here's my response to that. In light of staying motivated one might say it doesn't last. Well, news flash neither does bathing that's why it's required daily. We have to stop looking for excuses and blaming others for us not making it to where we thought we would be. The only person holding you back from reaching your goals is you. If you want to live in your moment you have to start to tighten up your saddle and get ready for the ride of your life.

Nothing happens overnight, it takes hard work, dedication and of course motivation. So live in your moment and soak up all the positive around you, even when you're hit with a stumbling block use it to stack up to reach your next level. Just remember while living in your moment it's not all going to be peaches and cream, but it will all be worth it because you saw your potential and most importantly you believed in yourself. Mindset is everything, once you believe you can achieve and you most likely will. Just focus on your goal and don't look in any other direction but ahead to live in your moment.



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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Written by Latoya Ruan 23 February 2019

EXCLUSIVE INTERVIEW

GRAMMY SOSA

TOUCHING the music scene after a long time, Mr Richardson is back with a new name, vibe and music. Better known as Sosa to many of his fans, has been on the underground for some time just waiting for the right time and inspiration to take back up the mic.

After posting a video on FB earlier back on March 2019 he took up the opportunity to jump back in the studio with the newly formed Party Rockerz Crew. Selecta Grade, music engineer and artist for Party Rockerz along side Dj Tariq decided to work along with the artist to bring a new voice and flavor to the hip hop island slang game that has been on the decrease for some time.

With most local artist now focus on the producing great Soca Music, the hip hop, rap, dancehall, EDM, Trap and reggae music scene locally could use a bit more of influence and support. This, is just the intention of the newly formed Party Rockerz Crew, to bring great music in all forms and fashion that will just keep the party lit.

Focus on his upcoming EP "Alone" Grammy Sosa will be one of the main artist the crew will work with to produce great music they may share with world. So, Without further delay, welcome in to the world of Grammy Sosa.

What is your name and how did the name Grammy Sosa come about?

Well my real name is Jeffon Richardson and from young everyone called me Sosa because one of my favorite rappers that I used to listen to when I was young, Chief Keef Sosa and that became my nickname growing up. Since I started rapping I wanted to switch up my name a bit. So my mentor in music asked me what I thought about Grammy Sosa and I loved it and from that day on it became my artist name.

What is your educational background or selected field of skill?

Well I attended Sister Magda Primary and from there on I continued on to Milton Peters College.

I didn't complete it because my mind wasn't focused. I also attended NIPA for two years in the nursing field to become a registered nurse but didn't completed that either because of medical reasons. All my previous jobs were in the tourism field because of my social ability to socialize with others.

How long have you been doing music as an artist and what type of artist do you consider yourself?

Well I was born in the music field and I was a part of the church choir when I was younger. I also played a few instruments growing up. I am a rapper but I also do label myself as a



singer.

Do you face any challenges being a music artist out here in the Caribbean?

Well I can't speak for the Caribbean but in Sint Maarten we as Sint Maarteners don't really support one another so it would always be harder coming up as a artist.

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

Sint Maarten has so many talents in different varieties not only music wise but so much talent in general that has potential to do anything internationally.

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

Well to my knowledge reggae and soca music has a big impact on the outside world

How did Hurricane Irma affect the music scene here on the island for an artist such as yourself?

Well a lot of music instruments got destroyed and it slowed down a lot of projects we had but I never let it affect my vision I had towards the music.

What would u like to see change or adapted in St Maarten that will help inspire more local artist to be more productive?

Well as a artist, getting support from your own really can help you to be more confident in yourself.

Do you think making music in St Maarten can be one to uphold a sustainable lifestyle and take care monthly responsibilities?

Once you are united and supportive towards each other anything is possible so that question is all on us.

Do you listen to other local artist, Mention a few?

I am very supportive to my culture so I listen to a lot of different local artist such as Yung Phenom, Solo Kween, Dr Rum, Guilda and I can go on but I just gave you those few.

CONTINUED ON PAGE 12

VIVA SIGNS
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EXCLUSIVE INTERVIEW

GRAMMY SOSA

FROM PAGE 11

Which local artist have you collaborated with or would like to collaborate with?

I've collaborated with a lot of different artists but the official ones were Solo Kween, Kollah Bone and Dolla.

What keeps you motivated currently?

The vision and the passion I have for music.

Who or what are some of your biggest inspirations?

Well growing up Tupac was one of my biggest inspirations but then I got older I started to listen more to reggae music.

Where do you see yourself in the next year?

I vision myself using my music to in-



spire and motivate others to show them nothing is impossible once you put your mind towards it.

What can St Maarten and the World expect next from You?

More music and more work on the way.



If you could be anywhere in the world right now, where would it be?

Right here where I am now.

As you know our Cultural News Magazine is focused on a number of community awareness building topics, most importantly Agriculture and Community development. **What are your thoughts or views of the importance of Agriculture for St Maarten?**

I support agriculture 100% because believe in using mother nature in the right ways.

What do you think can bring more community members together to focus on positive development issues for their surrounding communities?

Spreading the real knowledge of human nature and how to live a richer life.

As we come to the end of the Q and A interview:

Who would like to give a shout out to and also some inspirational words for our youngsters and upcoming artist that look forward to taking on music as a career possibility!

I would like to shout out my mentor Grade for acknowledging my vision and supporting me. I would also like to thank all my Day1 supporters that always show me love. I would like to tell the younger generation that nothing that you put your mind towards is impossible. All you need is hard work, dedication, patience and self confidence.

Nuff Respect goes out to Grammy Sosa, one of St Maarten's next rising artist... Cultural Xpression wishes you all the best on your journey forward!!!!

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By wildsea.eu

WE ARE currently living a turn in paradigms when it comes to the way we relate to our environment, from the uttermost basic and mundane questioning of business practices that are detrimental to our natural surroundings and how we can change them, to far more complex issues intertwined with our daily habits (our plastic consumption, for example). So here is a long due reflection on ecotourism and the role it plays within the larger picture of advancing sustainable development. As we celebrate this year's World Environment Day, we have asked ourselves: What is ecotourism? And what is not?

A good starting point to delve deeper into what ecotourism really is and its importance, is the very own definition given by the International Ecotourism Society (TIES):

"Responsible travel to natural areas that preserves the environment, sustains the well-being of the local people, and involves interpretation and education".

According to this internationally recognized and widely embraced vision, ecotourism focuses on preserving environmental capital and sustaining local livelihoods, by putting people and nature at the forefront of tourism. Coupled with conservation, ecotourism must balance the provision of financial benefits for local communities. But it also implies an additional layer of action, which is using tourism as an edu-

WHY ECO TOURISM IS IMPORTANT, IF NOT FUNDAMENTAL?



More and More tourist are finding Spaceless Gardens & ECO SXM Online at www.stmaartenagriculture.com and set plans to visit and learn about the farm and overall agriculture here on beautiful St Maarten. It's now time for SXM to focus on it's green footprint towards more sustainable and attractive tourism opportunities for our visitors.

cational vehicle that makes travelers more aware of the beauty and value of the natural and cultural heritage of the destinations that they visit. Ecotourism celebrates nature and culture and enhances the travellers' journey by integrating natural and cultural heritage into the core of their travel experience.

In order to clearly understand what ecotourism stands for, we should not overlook other key terms that overlap and share somewhat similar objectives, but lack some of the above mentioned ingredients. Sustainable Tourism is one of them. On a broader sense, as we derive by looking at the definition given by the UNTWO (United Nations Tourism World Organization):

"Sustainability principles refer to the environmental, economic and socio-cultural aspects of tourism development. A suitable balance must

be established between these three dimensions to guarantee its long term sustainability". So sustainable tourism also focuses on the tripple bottom-line of tourism development, but does not necessarily touch on the experiential dimension of tourism, which is at the core of ecotourism. There are some travel companies that blur the lines and perhaps

very eagerly blend in words such as "green" "natural" or "eco conscious". One of the main reasons for certain companies to self-label with such terms is undoubtedly the massive growth of the ecotourism sector within the travel industry. Its extraordinary development has creaed expectations that it might even outperform some of the large

players of the industry in the coming decade (such as the ever-powerful cruising industry, for example). According to Ecotourism Australia:

"In Australia, ecotourism has rocketed from unknown entity to global phenomenon in the last 30 years and nature-based tourism already makes up 75% of the international tourism market. Not only do more than a third of travelers now prefer environmentally friendly tourism, they're willing to pay up to 40% more for it".

With the best intentions in mind, travel related companies sometimes use certain terms in a somewhat confusing way, but if you read in between the lines you can perceive a genuine interest in communicating their efforts to reduce the environmental footprint

of their activities. This is legit, but we cannot turn a blind eye to those companies practicing "greenwashing" or "green sheen". Greenwashing is a term derived from "Whitewashing" and in short its definition is: Greenwashing is the practice of making an unsubstantiated or misleading claim about the environmental benefits of a product, service or technology. So rather than getting lost in the never-ending debate over definitions, we vote for travel companies and tourism operators that put their best foot forward and undertake specific, accountable actions to reduce their environmental impact, leave a positive footprint for local communities, contribute to research and conservation efforts, and inspire travelers to support a greener, wilder Planet, while enjoying and discovering nature.

MORE IN APRIL 2019 EDITON

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MILLION-DOLLAR BUSINESS IDEAS YOU CAN LAUNCH FOR CHEAP (OR EVEN FREE) PT 6

By Jason Abbruzzese @ mashable.com

42. Childcare

After you've obtained the proper licenses and permits, this is a business that you can start at your home. In areas like Silicon Valley and D.C., this is a lucrative business. If you don't want to run a daycare out of your home, you can still start a childcare business like being a babysitter, nanny, au pair, or tutor.

43. Homemade Goods

If you're a crafty and creative person, then you could join Etsy, launch your own eCommerce site, or roadside stand where you can sell anything from hand-printed shirts, furniture, jewelry, natural soaps, or organic food.

44. Hairdressing/Makeup Service

If you're up on the current styles, and can actually cut hair or do makeup, then you can start your own salon right from your home. If that's not an option, you can always turn to YouTube and start a beauty channel where you share hair and



makeup tips.

45. Food Truck/Trailer/Cart

If you've always enjoyed cooking, but don't want to take the risk of opening a restaurant? Then why not invest in a food truck, trailer, or cart? While a food truck may get pricey, you can purchase a trailer or something like a hot dog cart for only a couple of thousand dollars.

46. Microbrewery/Winemaking

You can buy a beer kit for under a \$100 and start experimenting with brewing your own beer. If things go well, you can eventually open your own microbrewery. If beer isn't your thing, then you can start making wine. Start by purchasing juice or growing your own grapes.

If the batch is good, then you can sell your vino online and someday launch your own vineyard or tasting room.

47. Mobile App Developer

As the cost of smartphones decrease, more and more people are starting to join the mobile revolution. It's estimated that by 2020 there will be close to 3 billion smartphones globally. And, what are these users demanding? Mobile apps that help them manage their lives, or a game that they love. If you have an idea and some coding skills then you can start developing your own mobile apps. And, if you aren't a coder, but have an awesome idea, then reach out to a software developer to make your app a

reality.

48. Language Translation Service

The demand for skilled translators is incredibly high as the world becomes increasingly smaller. Whether it's translating legal contracts or translating blog posts for global eCommerce sites, this is a low cost business idea that is showing no signs of slowing down. Personally, I would search freelance sites like Fiverr or Upwork and start reaching out to people who are fluent in several languages to join your business. This way you can translate documents in a variety of languages.

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.

MORE IN APRIL 2019 EDITON

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DEPARTMENT OF SPORTS LAUNCHES ITS 2019 SPORTS AWARENESS CAMPAIGN WITH ITS ANNUAL SPORTS CONFERENCE

~ In collaboration with NPower SXM ~
PHILIPSBURG
 - The Department of Sports (DoS) in collaboration with NPower SXM is proudly to kicked off the 2019 Sports Awareness Campaign with the Annual Sports Conference which was held from Wednesday March 27, 2019 to Friday March 29, 2019 and cater to the various sport organizations.

The Sports Conference which was organized by the DoS on an annual basis in collaboration with the National Sports Institute (NSI) and the Sint Maarten Sports Olympic Federation (SMSOF) and other local organizations is geared toward the continuous development of Sint Maarten's Local Sports Governing bodies.

During the Sports Conference there were a number of seminars available to the sporting organizations, on a number of topics which include but were not limited to good governance, safeguarding and management and development of the non-governmen-



tal organizations.

Also during the three day conference the Department along with the St. Maarten Sport and Olympic Federation and the National Sports Institute presented their yearly schedules.

The Sports Conferences which started on Wednesday, March 27, 2019 and continued through

to Friday March 29, 2019 was held at the Government Administration building (meeting rooms) and covered the following topics:

* Wednesday, March 27th 2019, 6-8 P.M (Administration of Non-Governmental Organizations)

* Thursday, March 28th 2019, 6-8 P.M (Management

and development of Non-Governmental Organizations)

* Friday, March 29th 2019, 2-5 P.M. (Safe Guarding, Good Governance and DoS, NSI, SM-SOF Presentation)

The Sports Conference will be used an avenue to further develop and foster the human capacity of the sports organizations on the island therefore making the sporting administrators a more formidable partner within the community.

The Department therefore extend an invitation to all Local Sports Governing bodies to attend this three day event at the Government Administration Building.

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