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Cultural XPRESSION

SEPT 2019

VOTE OR DON'T VOTE?

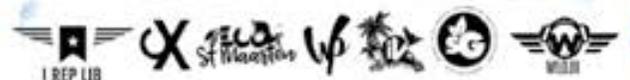
**ECO SXM \ USM:
off to a great start**

**Health Benefits
of Ackee**

**How will Tourism
be in the future ?**

2 Profiles Plus!

WorldCharts
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GREAT AFRO-CARIBBEAN PEOPLE CYNRIC GRIFFITH



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Mr. Seain Focuse
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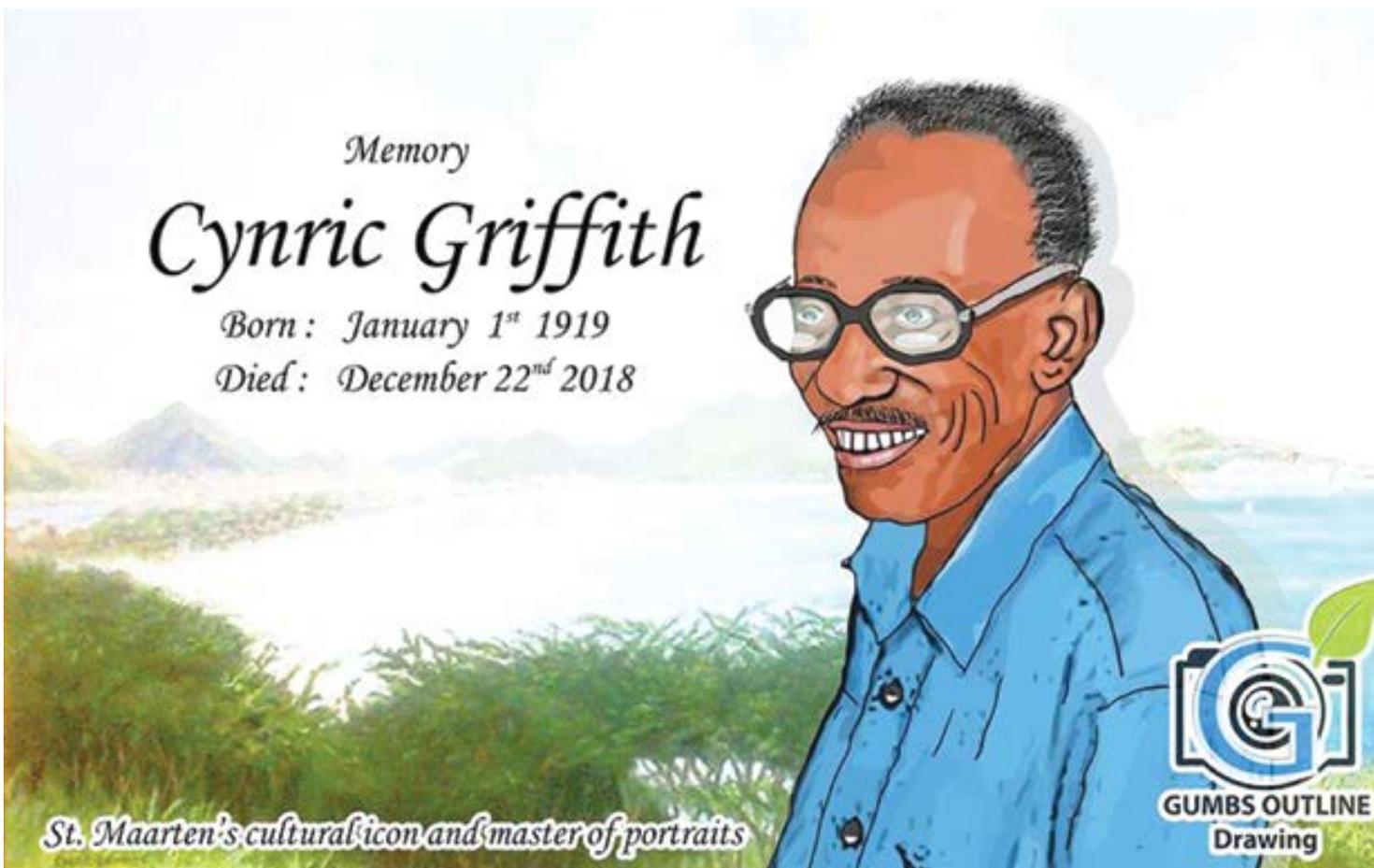
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IN THE MEMORY of #Cynric #Griffith; he was born on January 1st 1919 in St. Kitts. He residing in St. Martin, He is St. Maarten's cultural icon and master of portraits Griffith was educated at Art Student League and National Academy of Fine Arts in New York. His career began with his first entry in the 1955 competition by Alcoa Steamship Company.

He has participated in group exhibitions in Antigua, St. Croix, US Virgin Islands, Curaçao, the Dominican Republic, St. Maarten, Cuba, Holland, and various cities in mainland United States. His works were included in a major exhibition "Between the Lines",

which started in Santo Domingo and traveled throughout the Caribbean and Europe.

In St. Maarten, he received a Royal Decoration in recognition of his contribution to culture through his paintings and drawings, work that has earned him an international reputation.

More source on Art Gallery website on cynric Griffith

It is said about Cynric Griffith that his canvases speak "the language of the spirit." Considered to be the "elder statesman" of St. Maarten/St. Martin artists, Griffith creates works that are "compelling and awesome" in that his portraits seem to reflect the profound and unseen traits of a person's inner life. St-maarten.

com reports, "One of his icons 'Mother in Trouble' shows his love for people and for a way of life that is no longer." It is said that there has been no other contemporary artist on the island who can capture the soul of a person on canvas like Griffith. In his landscapes

and paintings of old houses, his panoramic view of Philipsburg, the trees at Friars Bay are all testimonies to the highest quality of fine art to be found anywhere."

On December 22nd 2018, Griffith has pass away at the age of 99 before his 100 year birthday,

He is St. Maarten's cultural icon and master of portraits He should not be forgotten. My heart goes out to his family and friends sincerely deepest condolence.

Art & Discription By GUMBS "Drawing" Outline

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AFRO-CARIBBEAN PEOPLE

MARY SEACOLE... PT 6

By Wiki SEACOLE was **MCDONALD** believes that Seacole's role in the Crimean War was overplayed:

Mary Seacole, although never the 'black British nurse' she is claimed to have been, was a successful mixed-race immigrant to Britain. She led an adventurous life, and her memoir of 1857 is still a lively read. She was kind and generous. She made friends of her customers, army and navy officers, who came to her rescue with a fund when she was declared bankrupt. While her cures have been vastly exaggerated, she doubtless did what she could to ease suffering, when no effective cures existed. In epidem-



Mary Jane Seacole

ics pre-Crimea, she said a comforting word to the dying and closed the eyes of the dead. During the Crimean War, probably her greatest kindness was to serve hot tea and lemonade to cold, suffering soldiers awaiting transport to hospital on the wharf at Balaclava. She deserves much credit

for rising to the occasion, but her tea and lemonade did not save lives, pioneer nursing or advance health care.

However, historians maintain that claims that Seacole only served "tea and lemonade" do a disservice to the tradition of Jamaican "doctresses", such as Seacole's moth-

er, Cubah Cornwallis and Sarah Adams, who used herbal remedies and hygienic practices in the late eighteenth century, long before Nightingale took up the mantle. Social historian Jane Robinson argues in her book *Mary Seacole: The Black Woman who invented Modern Nursing* that

Seacole was a huge success, and she became known and loved by everyone from the rank and file to the royal family. Mark Bostridge points out that Seacole's experience far outstripped Nightingale's, and that the Jamaican's work comprised preparing medicines, diagnosis, and minor surgery.

Controversies

Seacole's recognition has been controversial. It has been argued that she has been promoted at the expense of Florence Nightingale. Sociology professor Lynn McDonald has written that "...support for Seacole has been used to attack Nightingale's reputation as a pioneer in public health and nursing." There was opposition to the

siting of a statue of Mary Seacole at St Thomas' Hospital on the grounds that she had no connection with this institution, whereas Florence Nightingale did. Dr Sean Lang has stated that she "does not qualify as a mainstream figure in the history of nursing" while a letter to *The Times* from the Florence Nightingale Society and signed by members including historians and biographers asserted that "Seacole's battlefield excursions ... took place post-battle, after selling wine and sandwiches to spectators. Mrs Seacole was a kind and generous businesswoman, but was not a frequenter of the battlefield "under fire" or a pioneer of nursing."

MORE IN OCT 2019 EDITON

ST. MAARTEN
CHAMBER OF
COMMERCE & INDUSTRY

The COCI Supports Agriculture

VOTE OR DON'T VOTE

AS WE get into another political turmoil, the question is, do we go back to the polls once again? It's not bad for a country to be democratic and have an opposition, but what use does an opposition have if solutions are still not being discovered. Its not about who's project should be spear headed, but how we can debate on each others ideas until we can find a viable solution that is most suitable for the countries business and people. From the days of Claude Whaty, the dump has been an issue of this discussion. So if the dump has been a problem since then, over 30+ years, will it actually get resolved today? Good question to ask the new Minister of VROMI Mr Weaver.

Makes you think that some things are done intentionally at time in this country. Just like our parliament, unstable since the installation of a democratically system. Nevertheless we can blame, Claude, Ralph, Vance and many others that came after them, but when will we start blaming ourself for allowing the same

process to take place over and over again..

The power of the vote:

In a democracy, a government is chosen by voting in an election: a way for an electorate to elect, i.e. choose, among several candidates for rule. In a representative democracy voting is the method by which the electorate appoints its representatives in its government.

Only in St Maarten this seems to be a bit different. You cast a vote for your intended candidate, the party gets this vote and not the intended candidate in the end.. So in all the party get the seats, but fills them with who ever they feel should be in those positions, eliminating the fact that your vote actually counted for something, like the person you actually voted for in the case of that particular person obtaining enough votes to be placed in that seat.

On a worse occasion you totally get people who you did not vote for at all, at times representing us the people! Who put them there? The



Laws, who made the laws that allowed this to happen? Did the people on behalf of which these law makers work for had any influence in the approval of these laws? Might be some out of the ordinary questions to ask, but sometimes you just have to ask the right questions.

Not diving to deep into politics and just staying on the surface, the most important thing to seek out is, where solution are being researched toward the progress of the country.

Although as mentioned before, in a state of democracy having an opposition to today's political arena only creates arguments instead fruit-

ful discussions only because electorates focus is on the execution of their projects and not those of the country. The pattern of this childish behavior is one that has determined the countries outcome for the decades and has always prolonged positive debates on behalf of progress for country St Maarten.

Instead of hearing the echoes of positive solutions being explored, you continue to hear the blame game of who didn't do what, and who promised what, but in the end never got it done. What are these over egotistical attitudes suppose to teach us as a people much less the next generation to

come? The continuation of this constant rhetoric only shine a light of shame on us as people and mirrors a different reflection on what we brag that St Maarten is "SXM STRONG", but how can this be with a underdeveloped and unstable foundation resting on?

A pattern is something that can never change and we have been seeing this pattern since the days of the late Claude yet have been installing our confidence in the democratic system. Do you think change is really at the dawn with this next upcoming election? Will your vote count this time? Do you actually have a choice?

In all, we always have a choice, what we do with it is what matters or counts.... Some will continue to vote and some are just fed up with the ballots. But what I believe will send a clear and strong message is the decline in the voting activity or a clear cast of blank votes that identifies we want a clean house... Perhaps having a cleaning house might just be a new beginning for SXM..

After all it seems like no one is residing in parliament as the countries garbage is still piling up..

In all, my support is going towards changing the pattern, only then can we expect a different result. I am going for Agricul-

ture and once no one is pushing this on their agenda I truly don't believe anything will change in this country as they have all been preaching the same things from past to present! What I do know is Agriculture has the ability to add value and help to stabilize our economy in every which way. The sector alone can bring St Maarten back to life and surpass. Yet no one in parliament seems to want to touch or address this subject. Its time for that to change and give the country hope towards revitalizing our cultural values and our overall wellbeing.

This should be the next fruitful discussion our parliamentarians and ministers should be having and not keep the people distracted with their own selfish objectives, we should not be even having another election, we should be finding solutions.

Despite it all we still have to go to the polls again, so in a time like this weather you vote or not, make it count. If your voting vote for someone that is has been already active in their community, you cant expect no one to change a country if they have not even been trying to tackle issue in their own community. Lets not just take the talk for granted anymore, put your vote where it counts or hold it for yourself..

In all we should play our part in getting proactive in our communities no matter the outcome of the political situation of a country as we the people are the livelihood of our country.

We just have to grasp the fact that time, weather, the wellbeing and sustainability of our people and country still continues to be at risk and is dending on us weather we Vote or Don't Vote.

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BAK AND USM SOON TO START SECOND LECTURE SERIES ON SUSTAINABLE DEVELOPMENT.

PHILIPSBURG:—

The first lecture series on sustainable development, organized by the University of St. Martin (USM), the department of the Interior and Kingdom Relations and the Ministry of MECYS representative of UNESCO, have come to an end.

The lecture series that took place between September 2018 to 2019 was geared towards interlinks between Government, NGO's, the private sector, Government and academia, in promoting the United Nation's Sustainable Development Goals 2030 Agenda in St. Maarten.

Attended by all walks of life from our community, the series was considered as a huge success. Attendees participated vividly/intensely after panel-specialists elucidated on, inter

alia, topics pertaining to our justice system, poverty issues, the environment and economical and social challenges.

According to Ms. Morales, representative of the department of The Interior and Kingdom Relations: 'One of the main lessons learnt from the lecture series is, that partnerships for development are needed between Government, NGO's, the Private sector, Academia and Civil society.

This partnership is needed to determine the development areas through the Sustainable Development Goals (SDGs) by mainstreaming those in our policy and development plans.

At the same time, actions are needed to reach sustainable development'.

In light of the interests and enthusiasm



Right to left - USM President Dr. Antonio Carmona Baéz, Dean of Academics, Dr. Rolinda Carter, USM Events Manager, Ms. Valda Hazel, Ms. Marcellia Henry (UNESCO) and Ms. Valda Hazel (BAK)

for the lecture series, USM President Dr. Antonio Carmona Baéz, Dean of Academics, Dr. Rolinda Carter, USM Events Manager, Ms. Valda Hazel, Ms. Marcellia Henry (UNESCO) and Ms. Morales (BAK) have developed a 6-lecture series for 2019-2020.

The new lecture series will start in October 2019 and end in May 2020. Themes like; Eradication of

Poverty, Gender and Sexual Diversity, Education and Lifelong learning, Our Justice System, Delinquency & the GANG phenomena, Environmental concerns, North/South partnerships on St. Martin, are among others, which will be presented and discussed.

The projected dates of the 2019 - 2020 series will take place every 3rd Thursday of the month at the USM. The USM recently received the SDG champion certificate from Govern-

ment for their efforts in bringing awareness to the SDG's.

Furthermore, the USM has been selected as the partner for the lecture series based on its goal of promoting lifelong learning. To which SDG 4 is "Quality Education".

Dr. Carmona and Dr. Carter, confirm that 'when it comes to sustainable development and even recovery, St. Maarten's main institution of higher education (USM) must be on board.'

This Lecture series initiative tackles mainly SDGs 1, 2 (No Poverty and Zero Hunger), 3 (Good Health and Well-being), SDGs 4 (Quality Education), SDG 8 (Decent work and Economic Growth), SDGs 13, 14 and 15 (Environmental Sustainability) and SDG 16 (Peace, Justice and Strong Institutions), as well as SDG 17 (Partnerships for the Goals).

By collaborating and designing new programmes in the areas of science, health, technological innovation, the USM works on a better quality of (higher) education, which is essential for the development of our country.

The Department of The Interior and Kingdom Relations (BAK) is the designated focal point for the Sustainable Development Goals for the St. Maarten Government.

ECO SXM \ USM: A GREAT START FOR AGRO-ECOLOGY



USM President Dr. Antonio Carmona Baéz, Dr. Georges F. Félix and students of USM

COLLABORATIONS between USM and ECO SXM has begun. "I was pleased to be part of the educational lectures during the month of September with students taking the Agro-Ecology course at The University of St Martin. The students are interested and engaging, so that a great start" - Wyatte

Parts of this month topics addressed were Plant productions System and Urban Farming. Students also got a chance to review the 1991 presentation done by students of the St Maarten Academy on the highlights and importance of St Maarten's Agricultural History. Video was made available by Mr Dwight Barren for Profile of the Windward Islands..

It was also a pleasure to meet with Dr. Georges F. Félix of the University of Puerto Rico - Utuado

Campus (UPRU), Latin American Scientific Society for Agro-ecology who broaden the scope of perspective on Urban Farming and its benefits.

St Maarten has so much potential in these areas, creating the right plant productions systems based on our environmental status and weather conditions which is key factors to keep in mind towards safeguarding food security & sustainable farming practices in an Urban setting like St Maarten.. So what are we waiting for?

More info coming soon on private and public agricultural educational sessions with ECO SXM. Contact USM for more info in their course for Agro-Ecology or your field of interest. Look out for more great updates in Oct 2019 edition.



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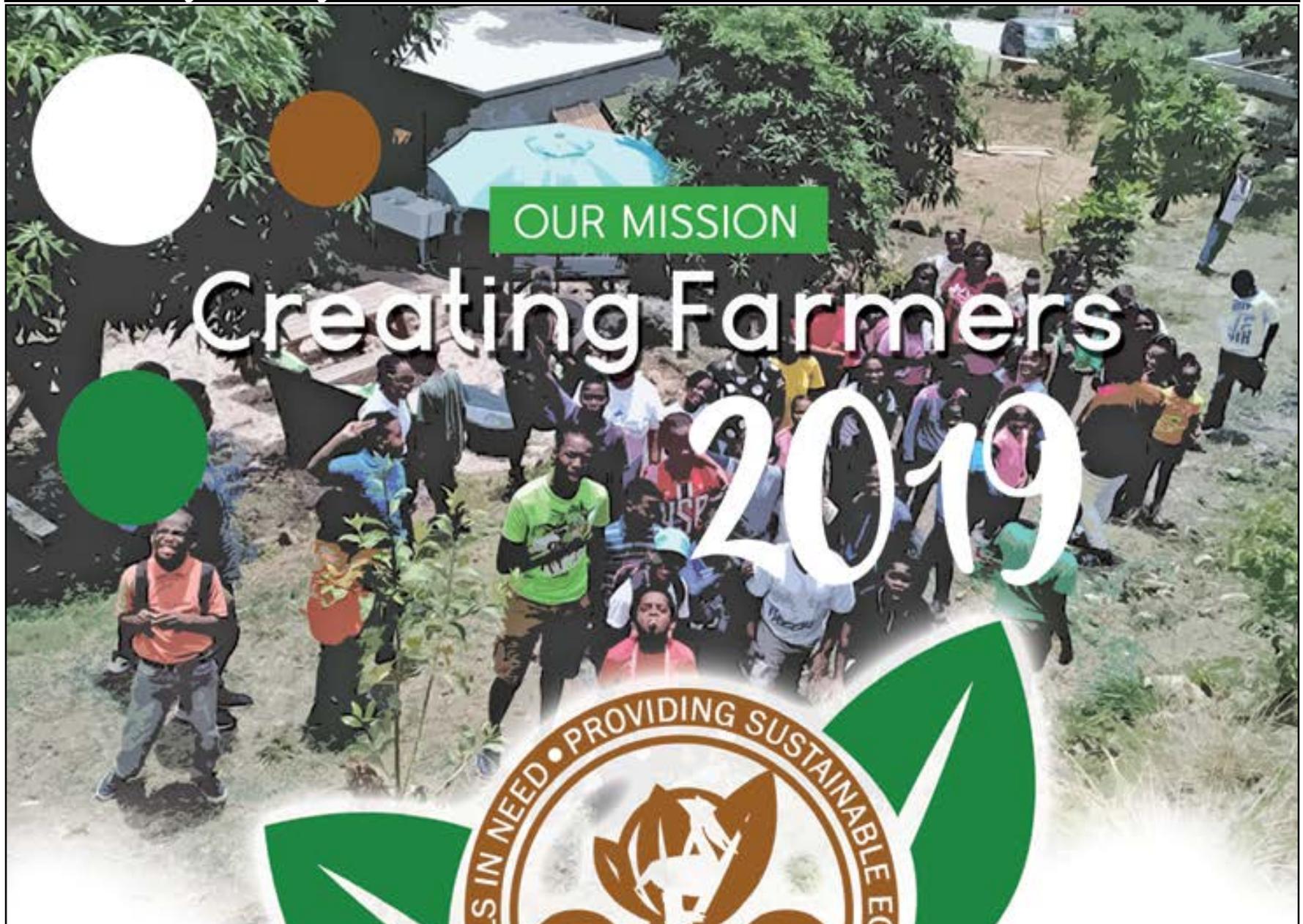
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THE FARMERS SEE:

WHAT IS ACKEE GOOD FOR?

ACKEE IS the national fruit of Jamaica, but it's actually native to the tropical forests of West Africa. It is believed that samples of the tree were brought to the Caribbean island in the 18th century

and it's been there ever since.

The name "ackee" has African origins, and is derived from the word "Ankye" from the Twi language of Ghana. Its botanical name pays tribute to Cap-

tain William Bligh, who bought the plants from Jamaica to England in 1793 and introduced it to the Western world.

Since its introduction to Jamaican culture, ackee has become an integral

part of its history due to its role in "ackee and saltfish," the country's national dish. Today, it is exported around the world and enjoyed by countless people all over.

What Is Ackee?

Ackee is classified as an evergreen tree, which means that it has foliage throughout the year. It can grow up to a height of 25 feet tall, despite having a short trunk. The crown can grow very large and bloom luminous green leaves. It typically bears fruit twice a year, with the first harvesting season from January to March, and the second from June to August.

The fruit typically grows in clusters on the branches. It has a characteristic red skin that, when opened, exposes three large, black seeds. Great care is important when harvesting the fruit, because the arils — the yellow, fleshy portion attached to each seeds — are the only edible portions. The rest contain toxins that can cause fatal side effects.

The taste of ackee is often described to be mild, with a buttery and creamy texture. Due to these characteristics, ackee is usually treated as a vegetable in cooking, as opposed to a fruit.

This is why it is used in many savory dishes, because it can pair well with other vegetables, meat and fish.

Take Advantage of These Health Benefits of Ackee

Ackee is not just popular for its taste and usefulness in culinary creations. It has potential health benefits that may help with the following:

• Digestive Problems

The ackee fruit is rich in fiber, which can help regulate bowel elimination by adding bulk to your stool and quickening movement through your intestines. Fiber can also help lower your risk of bloating, cramping, constipation and inflammation of the colon. It may also help reduce bad cholesterol levels, thereby helping boost heart health.

• Blood Pressure

Ackee is rich in potassium, which is a known vasodilator. It works by opening up (dilating) your blood vessels so that your cardiovascular system will not work too hard. This can help reduce the risk of atherosclerosis and damage to your blood vessels.

• Blood Circulation

Aside from helping lowering blood pressure, ackee can

help improve your blood circulation. It is rich in iron, which is crucial because it helps deliver oxygen efficiently around your body. The iron content may help with the symptoms of anemia as well, such as weakness, light-headedness and cognitive issues.

• Immune System

Aside from cooking, one of the original uses of ackee is to help alleviate common illnesses. It happens to be a great source of vitamin C, a nutrient that can help boost your immune system, which helps protect your body from various diseases.

The Different Uses of Ackee

The ackee tree is mainly enjoyed for its fruit, which can be used in various types of dishes. Aside from this, the other parts of the tree have various uses:

• Tools:

In Ghana, the wood is used for making oars and casks.

• Perfumes:

The flowers are used as an ingredient for perfumes.

• Medicines:

Seed extracts and aril mixtures of the fruit have been used to help treat

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CONTINUED ON PAGE 8

THE FARMERS SEE: BENEFITS OF ACKEE...FROM

PAGE 7

dysentery and kill parasites.

● **Furniture:** The wood is known to be termite-resistant, making it great for use as furniture.

● **Gardening:** The tree is a popular fixture in gardens because of its attractive characteristics.

Lastly, ackee plays an important role in the economy of Jamaica. The Jamaican ackee exporting industry is valued at around \$4.5 million, and is steadily growing every year. It helps provide many citizens with jobs and livelihoods.

How to Cook Ackee

Ackee is one of the main ingredients of Jamaica's national dish, simply named "ackee and saltfish." This dish is composed of



different herbs and spices, and can be served any time of the day. Ackee and saltfish has some varieties, but remains largely unchanged due to its deep roots in Jamaican history.

The fruit can be cooked in various ways as well, most commonly:

● Fritters:

Ackee can be used to make fritters, which is great as an afternoon snack.

● Soups:

You can create hot, creamy ackee soup by mixing it with chicken stock,

heavy cream, tomatoes and peppers for spiciness.

● Quiches:

These are open-faced pastries packed with a savory filling. You can mix ackee and various vegetables to create tasty quiches.

● Soufflés:

Ackees can be used as the main ingredient for a tasty soufflé.

● Salads:

You can add ackees to a salad to give it a fruity flavor.

Side Effects of Ackee You Should Know About

The export of ackee to the U.S. had a rocky start due to quality issues. It was strictly banned for many years because it contains a toxin called hypoglycin A. When ingested, this toxin causes several side effects such as vomiting, drowsiness and muscular exhaustion. More serious side effects include prostration, and possibly even coma or death.

The toxin is largely found in unripe fruits that are harvested early. Specifically, it is located in the seeds, arils, raphe and the rind. If any of these parts get into the packaging, the product is contaminated. However, if the ackee is harvested at the right time, the toxin level significantly drops, making it safe for consumption.

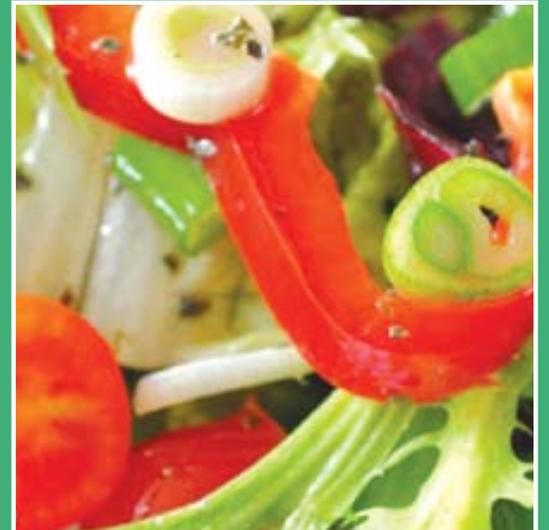
Fortunately, the situation is improving in the ackee export industry, allowing Americans to enjoy the fruit. The U.S. Food and Drug Administration (FDA) has recently lifted the ban, but exporters must pass the FDA's rigorous testing. If an exporter passes with flying colors, they are added to the Green List, which means their products are safe and made from high-quality fruit.

Companies that make it to the Yellow List on the other hand, can export their products, but have barely passed the FDA's requirements, necessitating further product tests. Needless to say, if you're purchasing ackee, make sure it is from a company included in the Green List.

BY ALLRECIPES
Recipe by: Robyn Webb

VEGATERIAN AND VEGAN RECIPES

ITALIAN LEAFY GREEN SALAD



"This is a tasty way to use up all the yellow squash you have pouring out of your garden every summer. I also do this same thing with zucchini."

INGREDIENTS

- 2 cups romaine lettuce - torn, washed and dried
- 1 cup torn escarole
- 1 cup torn radicchio
- 1 cup torn red leaf lettuce
- 1/4 cup chopped green onions
- 1/2 red bell pepper, sliced into rings
- 1/2 green bell pepper, sliced in rings
- 12 cherry tomatoes
- 1/4 cup grapeseed oil
- 2 tablespoons chopped fresh basil
- 1/4 cup balsamic vinegar
- 2 tablespoons lemon juice
- salt and pepper to taste

Prep 15m | Cook 0m | Ready In 15m

DIRECTIONS

In a large bowl, combine the romaine, escarole, radicchio, red leaf, scallions, red pepper, green pepper and cherry tomatoes. Whisk together the grapeseed oil, basil, vinegar, lemon juice and salt and pepper. Pour over salad, toss and serve immediately.

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CLIMATE CHANGE IS PERHAPS THE GREATEST CHALLENGE HUMANITY HAS EVER FACED.

IT AFFECTS every corner of our planet – from the poles to the tropics, and from the mountains to the oceans. People and nature worldwide are already feeling the effects: water supplies are shrinking, extreme weather events increasing in frequency and intensity, forests burning, and coral reefs dying.

Governments and communities are coming together to act – and we can still escape the worst impacts of climate change, and build a safer future for all.

But we need to do more, and faster. Most importantly, we need to step up efforts to switch from using fossil fuels – the biggest cause of climate change – to clean, renewable energy. And we need to help people and nature adapt to the inevitable changes ahead.

Climate Calamity?

The evidence for climate change is clear.

Since the industrial revolution, human actions have caused average global temperatures to rise by almost 1°C. Levels of carbon dioxide and other heat-trapping greenhouse gases in the atmosphere are higher than they have been at any point in human existence and are still increasing. Over the coming decades, global temperatures will continue to rise. But we don't yet know how much and how fast will they rise.

Scientists warn that 1.5°C of warming will likely have catastrophic impacts. Extreme weather events – from floods and storms, to droughts and heatwaves – bringing huge social and economic costs. Melting ice causing sea lev-

els to rise, flooding coastal cities and whole island nations. Water scarcity and crop failures causing food shortages and unprecedented movements of people within countries and across national borders. Huge, irreversible damage to nature, potentially leading to mass extinctions.

And this could happen within a human lifespan, leaving our children and grandchildren to cope with the results.

A different path

The future lies in our hands.

The global consensus on the need for climate action is strong and continues to grow. The shift away from fossil fuels has already begun.

We have the technology to provide everyone on Earth with clean, renewable energy. And together,

we can create a fossil-free future – and give ourselves the best chance of averting climate catastrophe. We'll enjoy cleaner air. We'll protect the vital habitats of plants and animals currently threatened by oil and gas developments. And we'll help steer our cities towards low-carbon development.

Protecting and restoring forests, and producing and consuming food more sustainably, will also make a major contribution – while helping reverse the loss of nature at the same time.

We can also prepare for the impacts that will result from climate change – and help people and nature adapt to a warming world.

What WWF is doing

Tackling climate change involves every single one of us – and WWF is

at the heart of the global movement for a low-carbon, climate-resilient future. We remain calm and positive but also realistic about the huge global effort required to meet the challenge.

We're pushing governments to set ambitious policies that favour climate-resilient, low-carbon development, energy efficiency, and clean renewable energy for all – and holding them to account. We're working with finance institutions to get money out of fossil fuels and into climate solutions, like clean technology and forest restoration. And we're supporting businesses to cut their carbon emissions on a scale never seen before.

At the same time, we're working to reduce the impact of climate change in areas like agriculture, forests and

water. And we're helping people and nature from the Arctic to Antarctica adapt to the changes ahead.

By [wwf.panda.org](http://www.wwf.panda.org)



RAS ITAL ADAPT

Everything a change, man must get ready for what the times will bring.. Tie fi we secure we food and by doing that preserve nature..

We always a wiat fi something fi happen for we act. Failing to act is a precrastanation to mans own well being. Be prepared for nature will have her way !

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DON'T QUIT



WHEN THINGS go wrong as they sometimes will;

When the road you're trudging seems all uphill;

When the funds are low, and the debts are high;

And you want to smile, but you have to sigh;

When care is pressing you down a bit;-

Rest if you must, but don't you quit.

Success is failure turned inside out;

The silver tint of the clouds of doubt;

And you can never tell how close you are;

It may be near when it seems afar.

So, stick to the fight when you're hardest hit -

It's when things go wrong that you mustn't quit.

By villagehero.com

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

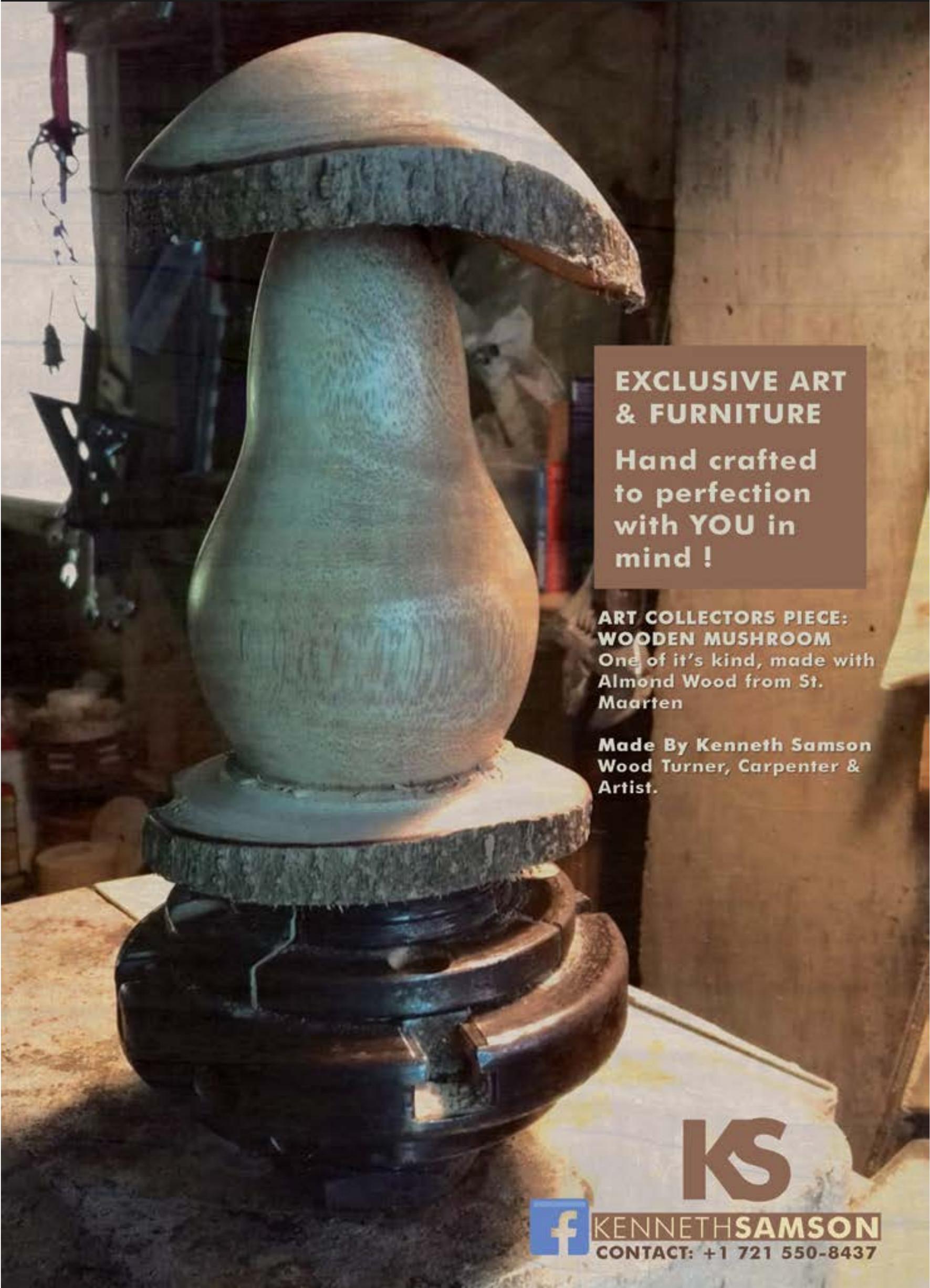
A STATE OF TRANCE
W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

WADE-O RADIO SHOW
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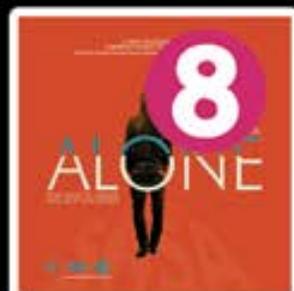
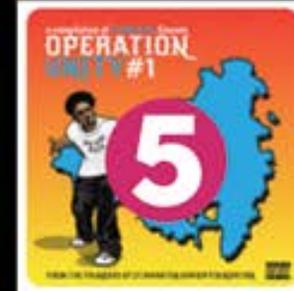
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HOW WILL TOURISM BE IN THE FUTURE?

ACCORDING TO a recent report, more travelers will choose sustainability. Here are the 4 main eco trends!

How will be the tourism in the future? Will we travel on spaceships visiting faraway planets or will we finally take care of the safeguard of our Planet? According to a recent report realized by booking.com, in the future more travelers will choose eco sustainable trips!

The sustainable tourism's eco trends

For the Hearth World Day's celebration, Booking.com has published a report on sustainable travel, where they analyze the eco trends of the eco-friendly travelers. The best organization in online accommodation reservation has conducted a research over a sample of 12.134 users of 12 different markets, who have travelled or are planning to do it during the last twelve months.

The result of the research shows how the trend of the green travels is continuously improving. The majority of the travelers (87%) states to have the intent to try a sustainable trip, whereas 4 over 10 (39%) always or often choose a sustainable trip. Unfortunately, despite the positive percentages, the study has revealed that the



Photo by ECO BNB

48% affirms to have never chose a sustainable travel. A data that will make us reflect on work that we have to do to transform this intent into a real trend.

Here's the 4 eco trends of the research:

1. Choosing green sustainable accommodations

The first step toward the sustainability is to choose a green accommodation. In fact, 46% of the interviewees connect the concept of sustainable tourism with the stay in an eco-friendly accommodation.

But which are the main reasons? 40% choose a sustainable accommodation because it will help to reduce the negative impact on the environment, for the 34% it represents the opportunity to live an experience in contact with the local community, whereas the 33% undertake this adventure to feel better for the ecological choice.

And in the future? The number of travel-

ers that would like to book their holiday in a ecofriendly accommodation is increased in rapport to 2017!

2. But firstly... Environment and natural beauties!

The most important reason that pushes the travelers to undertake a green travel is the safeguard of the environment and of the natural beauties.

The 54% of the interviewees normally choose this new form of tourism after having noticed the destructive impact of the tourism over some natural places and the positive impact of the sustainable tourism on the local population. Moreover, 60% have been guided by a safeguard intent of the natural beauties and just a small part feels guilty for the negative impact of his holidays.

3. It is not a problem to spend more, if it is for the environment

One of the obstacle for the development of sustainable tourism can be the higher price

of the green travels respect to the more traditional. Actually, it is not always the case: two thirds of the travelers are willing to pay or spend at least the 5 % more to ensure a smaller impact of their travel on the environment. In particular, the Indians, Brazilians and Chinese are the most sensible population regarding this topic.

Moreover, sustainable traveling needs higher costs and more time to reach the destination, also limiting the number of visitable places. But this seems not to stop the eco travelers from

taking a backpack and start a new eco sustainable adventure!

Finally, in some countries like India, China and Japan the biggest obstacle is the lack of clear information and certifications. Travelers do not even know how to organize a sustainable trip. And often it is the reason why they do not choose a green trip.

4. Living authentic experiences

Adopting new habits and living authentic experiences, following the philosophy of "live and act as a local" (living like a local, instead to live as a tour-

ist) is a factor always more important for the travelers. Coming out from the comfort zone to discover the different realities is one of the most important aspect of the sustainable tourism.

More than a half of the interviewees prefers to buy local products instead of the touristic souvenirs and to undertake an adventure over public transports rather than the comfortable taxi. Finally, 40% prefer to choose a restaurant with kilometer zero ingredients rather to have a dinner in a touristic place.

The future will bring us a sustainable tourism, sensible to the environment and planet, the fine food and the local traditions. A new form of tourism that is continuously growing to let people reflect on the emergency of the climate change.

By ECO BNB

GUYANA NAMED BEST ECOTOURISM DESTINATION IN THE WORLD PT3

By Terra Incognita

WE ARE working to elevate our sector to be more aware of what sustainable and ecotourism means and how they can best work to ensure that Guyana continues on this path. All of the licensed and recommended tour operators by the Guyana Tourism Authority can be found on our website.

What might surprise someone who's never visited Guyana?

Guyana, by nature, is redefining the meaning of a five star experience. While there are many destinations around the world which boast luxury hotels and renowned restaurants catering to the ever-discerning clientele,

Guyana is quickly emerging as the new off-of-the-beaten-path destination for well-travelled travel enthusiasts. Being relatively unknown and somewhat expensive gives rise to the opportunity to have some extraordinary travel experiences that are virtually unheard of today. Like getting to travel great distances without seeing another human in sight, having a natural treasure such as Kaieteur Falls to yourself, or interacting with indigenous locals without the need for a translator. That is what will surprise a traveller most about Guyana. Where else in the world can you have experiences like that?

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10 WAYS TO MARKET YOUR SMALL BUSINESS ON A SHOESTRING BUDGET PT2



BY SUSAN SOLOVIC FOR CONSTANT CONTACT...

Small business marketing services are just the start. Here are ten marketing strategies that can help you market your small business on a shoestring budget.

4. Network

I'm a huge fan of networking. I don't think there is any better way to build a business than to get out there, shake some hands, and get to know people.

Networking requires a time commitment and it

doesn't provide instant gratification, but a strong network is one of the greatest assets any business person can have.

5. Give a speech

A lot of people hate public speaking. However, there are many organizations

looking for qualified, subject-matter experts who can present to their groups.

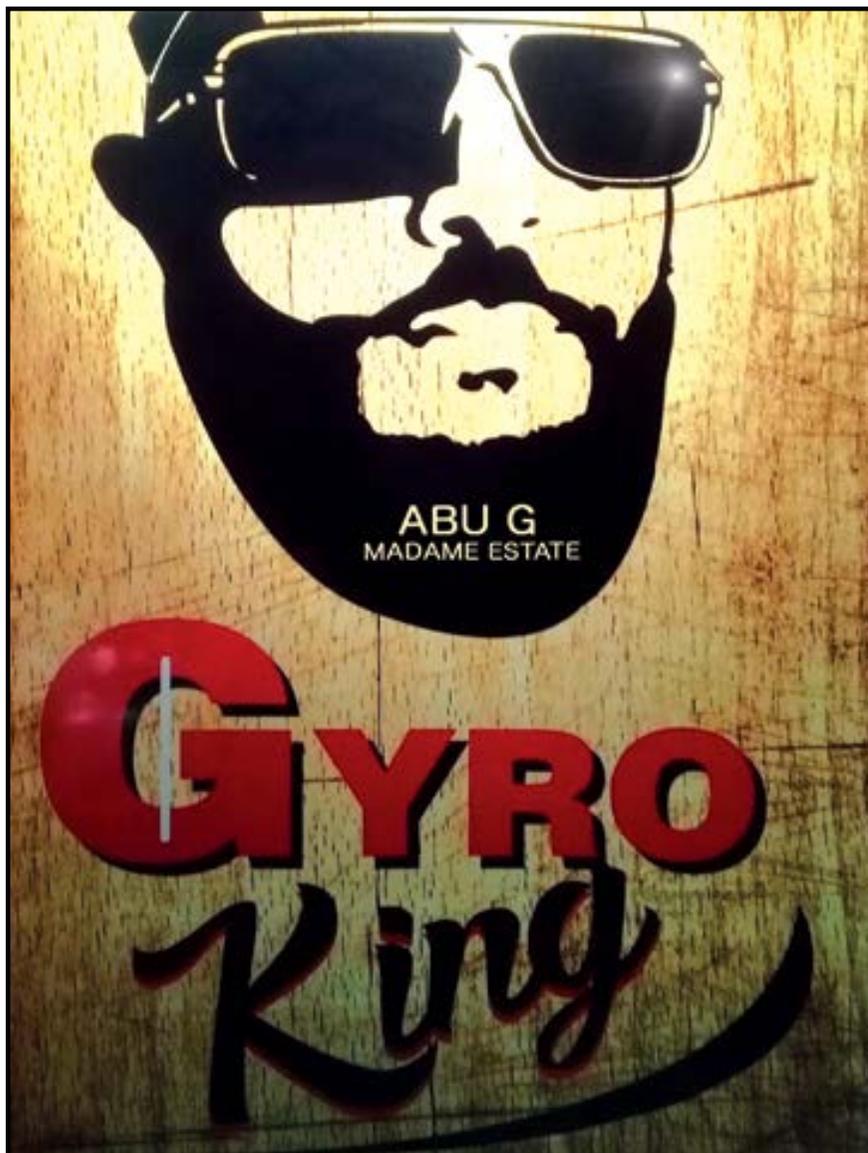
Take a deep breath and volunteer. You don't have to be a pro as long as the information you share is helpful to the audience. And the upside — the more you do it the easier it gets. Plus, it positions you as a credible authority in your field.

6. Create buzz

I started my corporate career in the field of public relations and the business has changed significantly because of technology.

Today, a small business owner can accomplish a lot without hiring a professional firm. Subscribe to Help a Reporter Out. You can respond to reporters' queries that are looking for story ideas and resources. Some are small media opportunities, but others are major media outlets that use this service too.

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THE 14 BEST FOODS ATHLETES SHOULD BE EATING PT 2

By **Fisher-Titus Healthy Living Team**

FOOD IS the fuel that helps athletes perform their best. Without it, endurance, strength and overall performance will be down. If you want to get the most out of your workouts and athletic capabilities, your diet should be a top priority in your fitness efforts.

As your body puts out energy through exercise and training, you need to replenish those lost nutrients, which can be done by choosing the right foods. Here are 14 of the best foods for athletes to optimize their performance at the gym or on the field.

Oatmeal

Oatmeal is an excellent source of energy carbs for athletes and is high in fiber, helping you feel fuller, longer. It's 100 percent whole grain, helping to lower your risk of heart disease. If you're looking to gain



weight, oatmeal is a delicious way to help you achieve your goal weight. Be sure to choose steel-cut oats as opposed to instant oats. The instant oats have a higher glycemic index, which will cause your insulin levels to spike, causing you to end up storing the carbs as fat.

Whey Protein

Whey protein contains the essential amino acids. Quickly absorbed by the body, it lacks fat and cholesterol, which makes it an ideal formula for athletes to con-

sume. Whey contains the levels of protein and amino acids necessary to rebuild muscles and protects against muscle breakdown.

Flaxseed, Olive and Coconut Oil

The monounsaturated fats found in olive oil have anti-inflammatory properties, which athletes need when putting so much stress on their bodies. Flaxseed oil contains omega-3s, which is also anti-inflammatory, to help recover quickly with bumps and bruises. It also con-

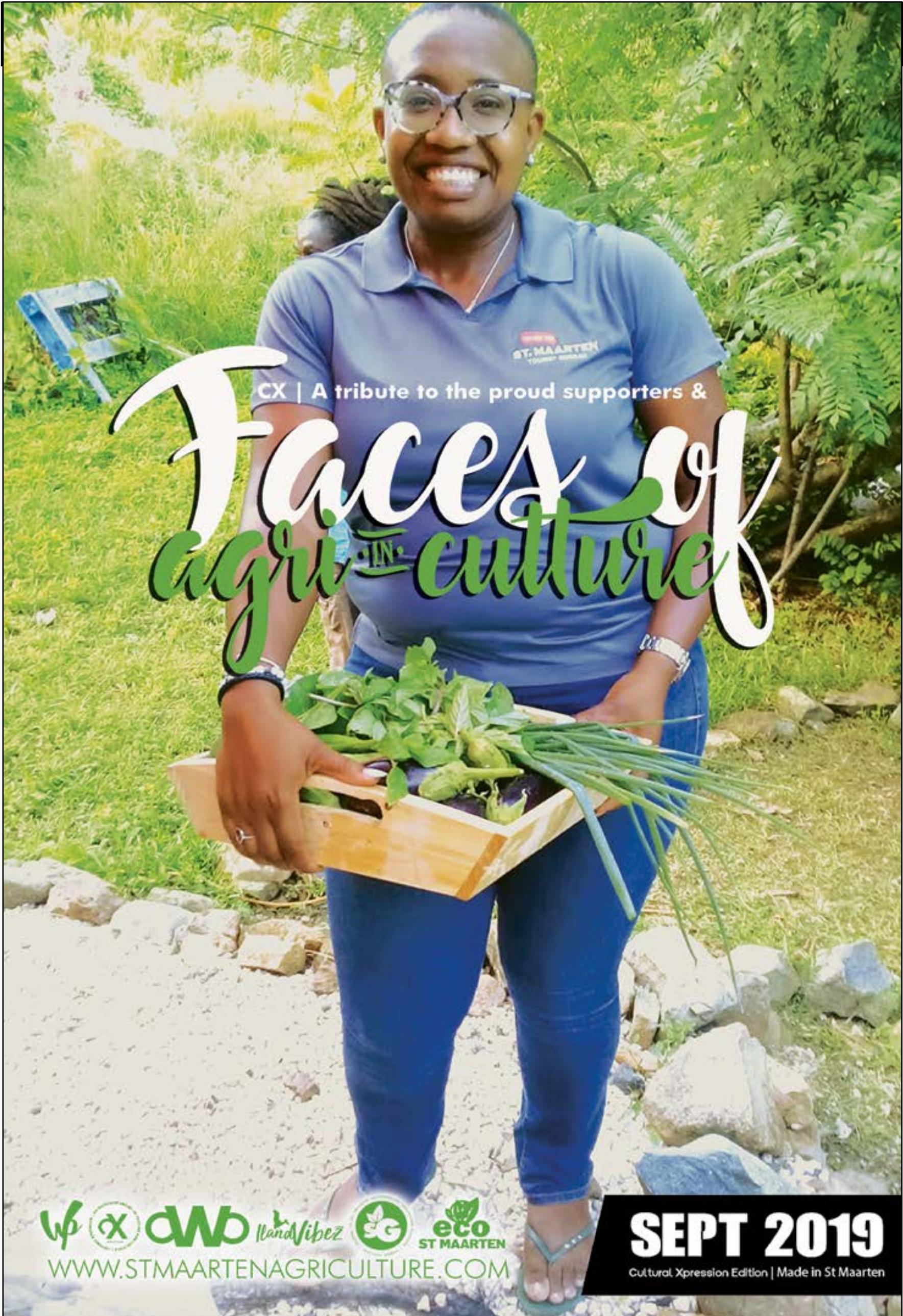
tains fiber and protein. Coconut oil is filled with medium chain triglycerides (MCTs), which can help with your endurance during a grueling workout. The MCTs in coconut oil can also help with metabolism and energy from fat.

Cherries

An antioxidant-filled fruit, cherries aid in preventing muscle pain after running. It reduces inflammation, which is what causes such striking pain. Many athletes consume cherry juice as another way to lower exercise-based

muscle damage, which can help reduce soreness.

Poor eating habits will eventually lead to poor performance. As you can see from the foods mentioned, athletes benefit most from foods high in protein, vitamins and fiber to enhance their performance. Whether you're a recreational or competitive athlete, your body needs the right nutrients to fuel itself during high-intensity activity. These foods provide the restorative, energy-boosting properties necessary to stay healthy while putting your body through exercise or other endurance activities.



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