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THE MAN BEHIND MULLET BAY & USM
HUSHANG ANSARY

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presentation to Parliament**

**ECO SXM \ USM:
Waste as a Resource**

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THE MAN BEHIND MULLET BAY & USM HUSHANG ANSARY



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HUSHANG ANSARY (Persian: □□□□□□□□, born July 1926) is an Iranian-American former diplomat, businessman, and philanthropist. He served for eighteen years in the Iranian government prior to the Iranian Revolution including as Minister of Economic Affairs and Finance and Iran's Ambassador to the United States from 1967-1969. He has been chairman or director of companies both in Iran and in the United States.

Political career

Born in Ahvaz, in Iran's Khuzestan Province, Ansary first worked as a newspaper and magazine photographer in Ahvaz, Tehran, and England before moving to Japan in 1954. There he met Abbas Aram, Iran's ambassador to Japan, who soon brought him to the attention of Shah Mohammad Reza Pahlavi. The Shah asked Ansary to return to Iran and appointed him to several government positions starting in 1961, including Undersecretary of Commerce, ambassador to many African nations and to Pakistan, and Minister of Information.

In 1964, he married Maryam Panahi, a friend of ambassador Aram who had many high-ranking acquaintances in the governments of the United States and Iran. He served as Ambassador



to the United States and then as Minister of Economic Affairs and Finance. His accomplishments during this time included assisting the Shah in lending millions of dollars in aid and grants to other countries and the signing of an agreement with U.S. State Secretary Henry Kissinger to build eight nuclear power plants in Iran.

By the 1970s, the CIA considered Ansary to be one of seventeen members of "the Shah's Inner Circle" and he was one of the Shah's top two choices to succeed Amir Abbas Hoveyda as Prime Minister. Ultimately, this appointment went to Jamshid Amouzegar, and Ansary became the leader of the Constructionist wing of the Rastakhiz party, which opposed Amouzegar's Progressive wing. Some of Ansary's supporters have seen Amouzegar's appointment as a poor decision in hindsight. Even his now ex-wife Maryam Panahi, to whom his

marriage "came to a bitter end" according to historian Abbas Milani, has said that "not appointing Hushang was one of the shah's two biggest mistakes, leading to the revolution." In November 1977, Ansary became the director of the National Iranian Oil Company, but resigned one year later and moved to the United States, citing health problems.

Business and philanthropy

During his time in the Iranian government, Ansary also maintained a successful career in business.

He was the director of an unstable company called Fakhre Iran, which he made profitable and sold to the government. Ansary arrived in the U.S. a very wealthy man and became a U.S. citizen in 1986. After settling in the United States, Ansary started the Parman Group, a holding company for leisure industries, textiles, international trade, and real estate, which included IRI International - a company that makes oilfield equipment. IRI International was sold to National Oilwell Varco in 2005. Ansary was the chairman

of Stewart & Stevenson LLC until the company was purchased by Kirby Corp in September 2018.

In recent years Ansari and Parman have come under scrutiny of the Central Bank of Curaçao and Sint Maarten (CBCS) with regard to financial misappropriations regarding an insurance company operating in the Dutch Caribbean islands of Aruba, Curaçao and Sint Maarten. The CBCS has stated that under shareholder Parman International B.V., in which Ansary is a majority shareholder, ENNIA Caribe Holding and ENNIA Caribe Investments had appropriated 1,5 billion Antillean guilders (approximately \$838 million) from ENNIA insurance companies. These insurance companies operate on the islands of Curaçao and Sint Maarten and therefore fall under the supervision of the CBCS. According to

CONTINUED ON PAGE 4

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AFRO-CARIBBEAN PEOPLE

MARY SEACOLE... PT 7

By Wiki

CONTROVERSIES

An article by Lynn McDonald in the Times Literary Supplement asked "How did Mary Seacole come to be viewed as a pioneer of modern nursing?", comparing her unfavourably with Kofoworola Pratt who was the first black nurse in the NHS, and concluded "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, this criticism belittles the achievements of Jamaican "doctresses" such as Seacole, who used more than "tea and lemonade" to heal the ill and wounded, often using herbal remedies and hy-

giene decades before Nightingale. Jennings suggested that race plays a part in the resistance to Seacole by some of Nightingale's supporters. The American academic Gretchen Gerzina has implied that racism was a motivating factor behind a lot of criticism of Seacole from members of the British establishment and media. One criticism made by supporters of Nightingale of Seacole is that she was not trained at an established British hospital. However, that Eurocentric criticism ignores the fact that Jamaican nurses such as Seacole and Cubah Cornwallis, and even Nanny of the Maroons, developed their nursing skills from West African healing traditions, such as the use of herbs, which be-



Mary Jane Seacole

came known as obeah in Jamaica. According to the writer Helen Rappaport, in the late eighteenth and early nineteenth centuries, the West African and Jamaican creole "doctress", such as Cornwallis and Sarah Adams, who both died in the late 1840s, often had greater success than the European-trained doctor who practised what was then traditional medicine. These doctresses of Jamaica practised hygiene long before Nightingale adopt-

ed it as one of her key reforms in her book Notes on Nursing in 1859. It is possible that Nightingale learned about the value of hygiene in nursing from the practices of Seacole.

Seacole's name appears in an appendix to the Key Stage 2 National Curriculum, as an example of a significant Victorian historical figure. There is no requirement that teachers include Seacole in their lessons. At the end of 2012 it was reported that Mary

Seacole was to be removed from the National Curriculum. Opposing this, Greg Jenner, historical consultant to Horrible Histories, has stated that while he thought her medical achievements may have been exaggerated, removing Seacole from the curriculum would be a mistake. While Peter Hitchens has argued that Seacole's accomplishments have been exaggerated because anybody who put a contrary view was afraid to be accused of racism, both Jenner and Hugh Muir have asserted that this is not the case. Susan Sheridan has argued that the leaked proposal to remove Seacole from the National Curriculum is part of "a concentration solely on large-scale political and

military history and a fundamental shift away from social history." A lot of commentators do not accept the disputed Eurocentric view that Seacole's accomplishments were exaggerated. Patrick Vernon opines that a lot of the claims that Seacole's achievements were exaggerated came from an English elite that was determined to suppress and hide the black contribution in Britain. Helen Seaton observes that Nightingale fitted the English ideal of a Victorian heroine more than a dark-skinned Seacole, who battled racial prejudice from English people who had little understanding about Caribbean herbal remedies.

ST. MAARTEN
CHAMBER OF
COMMERCE & INDUSTRY

The COCI Supports Agriculture

ECO SXM MAKE ITS PRESENTATION TO PARLIAMENT



OCT 2019 was a very inspiring month as I got to spread the awareness and importance of agriculture to my fellow men, women and this time also including Parliament. Although this meeting had to take place in May 2019 earlier this year was still grateful it came around in

Oct 2019 just in time for the new upcoming elections. The meeting was called by MP Rolando Brisson based on our request earlier this year to request for government to subsidize the Agricultural Research and Development Centers efforts for country St Maarten.

Perhaps its just politics to gain recognition for giving Agriculture the platform to voice its direction to the general public, but nevertheless, we were able to make a strong presentation with hopes that this time around it may not fall on deaf ears. A follow up meeting

was set for Nov 5, questions asked by Nov 2019 edition. In 2019 where I would our MP'S. Will share the mean time, let's have to answer all the more on this topic on keep it growing...

SPACELESS GARDENS AT SMILE



President of USM Dr Antonio Carmona reviews locally made artwork by artist Kenneth Samson at SHTA's 2019 SMILE Event.

ECO SXM \ USM: WASTE AS A RESOURCE



USM Students at ECO St Maarten Agricultural Research and Development Center

STUDENTS of USM get hands on during the month of October 2019 at ECO SXM with a lecture and demon-

stration on Waste as a resource ! The focus was to get more info on how to reduce, reuse and recycle or-

ganic waste material that may be used to compliment agricultural sustainability for St. Maarten.



A master class for seed bombing and Agriculture by Ms Tes Verheij of Wasta Factory and Mr Wyattte of ECO SXM



Winners of Micro Mentor Caribbean Innovation Challenge. Mr Wyattte was one amongst the recognized and awarded winners. Congrats to all that participated....

THE MAN BEHIND THE MULLET BAY & USM...FROM PG 2

the CBCS, the appropriation took place by having the insurance companies invest in shares in another Parman subsidiary, Stewart & Stevenson Inc. When these shares were sold in 2017, although the insurance companies had held 74% of the shares and should have received \$558.7 million, they only received \$282.2 million and thus lost approximately \$273 million. In another transaction, land at Mullet Bay (sint Maarten) was put in the books of the insurance company for 771 million guilders (just under \$431 million) although according to Cushman & Wakefield, one of the largest appraisers in the world, the value is only 89 million guilders (\$49 million). In

August 2018, after negotiations between CBCS and ENNIA and major shareholder Husang Ansary collapsed, Ansary gave instructions to withdraw \$100 million in policyholders money from ENNIA. After CBCS placed ENNIA under an emergency measure, the \$100 million was returned to ENNIA. The CBCS notes, however, that \$50 million came from a private account of Ansary. On January 29, 2019, a United States Bankruptcy Court declared CBCS is entitled to the accounts since based on the emergency measure, CBCS, and not Parman, is effectively managing ENNIA. The accounts had been frozen because Parman and its major shareholder Ansary



Hushang Ansary - Photo by curacaochronicle.com

did not want to confirm that the CBCS is entitled to the accounts. According to the CBCS, the procedures of Parman and Ansary delay the restructuring process of ENNIA, which increases the risk of its policy holders.

Ansary is a devoted Republican,

a former friend and business partner of Henry Kissinger, Alexander Haig, and James Baker, served on the National Finance Committee of the Bush-Cheney 2004 Presidential Campaign and is a trustee of the George W. Bush Presidential Library. In 2015, An-

sary and his wife donated \$2 million to a Super PAC supporting the presidential candidacy of Jeb Bush.

He was involved in the creation of several medical and educational institutions, such as the University of St. Martin and the James Baker Institute. In February 2014, Ansary supported the A Thousand Years of the Persian Book Exhibition at the Library of Congress.

Ansary and his wife Shahla are based in Houston, Texas.[citation needed] He has two children, Nina and Nader,[citation needed] and is the brother of Cyrus A. Ansary.

Awards and honors

- Ansary is a recipient of the Ellis Island Medal of Honor (2003)[24] and

the Woodrow Wilson Award.

- Weill Cornell Medical College of Cornell University established the Ansary Center for Stem Cell Therapeutics in 2004 in honor of a grant from Ansary and his wife Shahla.

- The American Academy of Diplomacy's Ansary Outreach Program was a two-year series of discussions, lectures, and seminars about U.S. foreign policy which began in 2004.

- The Ansary Gallery of American History at the George Bush Presidential Library was named in his honor in 2004.

- James A. Baker III Prize for Excellence in Leadership (2013)

By Wiki



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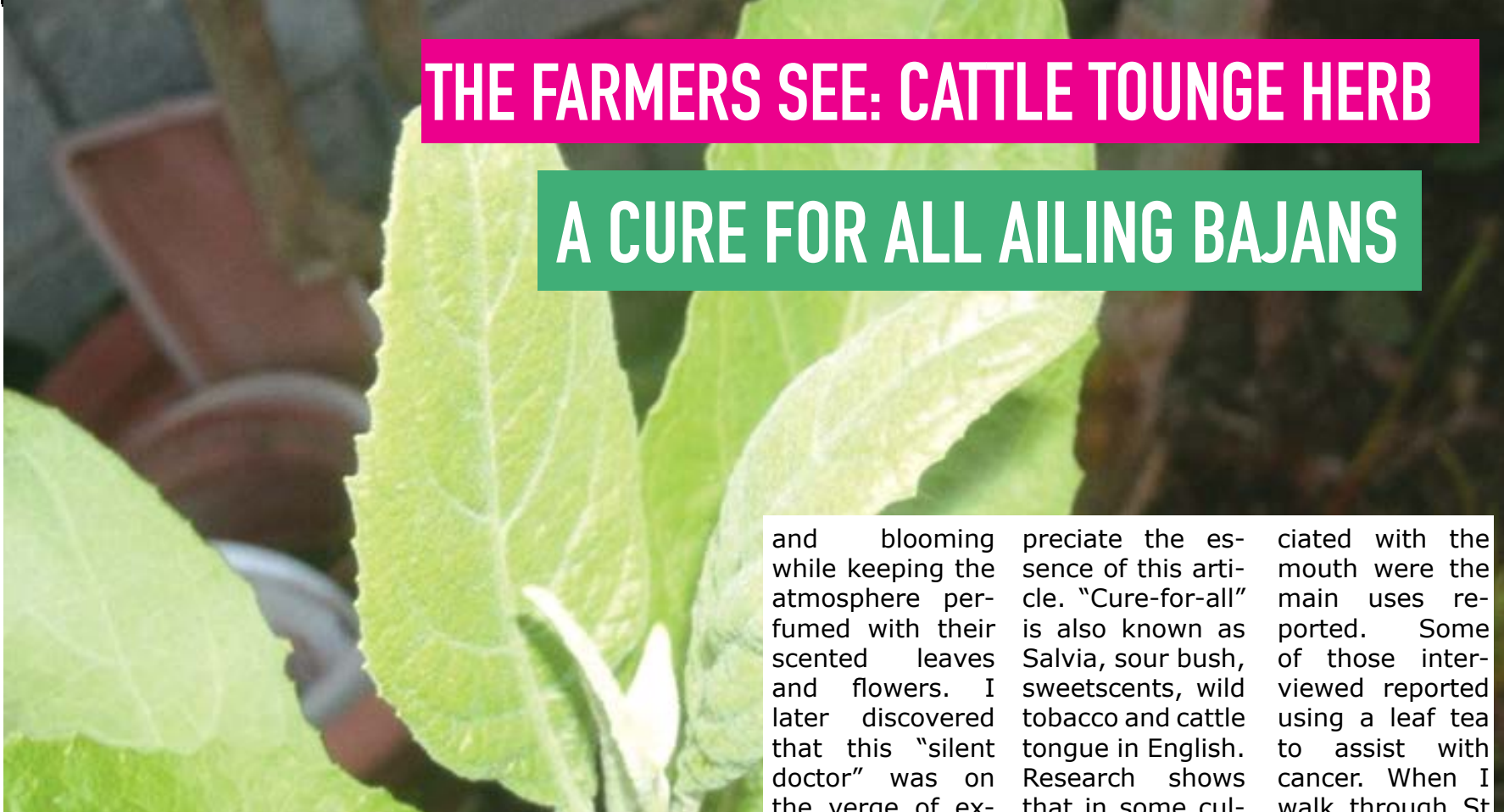
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THE FARMERS SEE: CATTLE TOUNGE HERB

A CURE FOR ALL AILING BAJANS



ST JOHN is the home of many fascinating "silent doctors". When I traverse through Coach Hill, Newcastle, Clifton Hall or Small Town, I am always in awe at the stunning beauty of the "silent doctors". On my nature walks through Welch- es, Edge Cliff, Pot House and Monkey Jump, it is the same story. However, my favourite areas are Bath Hill and Conssett Bay. It was at these two locations that I had my first encounters with "cure-for-all". There they were resting in their natural habitat

and blooming while keeping the atmosphere perfumed with their scented leaves and flowers. I later discovered that this "silent doctor" was on the verge of extinction in Barbados. However, I rescued a few of the offspring and I also recognised that one of my neighbours has a healthy tree blooming in his back yard. Today, the spotlight is on "cure-for-all" which is used as a healer by some Latino women. "Cure-for-all", like joy juice which was featured in this column last Monday, is another mystical plant. Its leaves have a strange bumpy appearance. If you crush the leaves in your hand, a magical, oily, pungent scent is released into the atmosphere. The scent is also healing. Another characteristic of this plant is that it is an awesome sight to behold once it flowers. Take a trip to St John and locate this plant to appreciate the essence of this article. "Cure-for-all" is also known as Salvia, sour bush, sweetscents, wild tobacco and cattle tongue in English. Research shows that in some cultures, it is used to treat uterine fibroids. This should be further researched by women of African descent because it appears as if these women are the most affected by fibroids. They should drive through St John and seek the support of this plant for healing. Research also shows that "cure-for-all" is used in aromatic baths. It can also be used to control fevers, relieve sore throat and stomach pains, treat skin ulcers, flu coughs, sinus problems and malaria. My research at the village level revealed that "cure-for-all" is used by villagers, as the name suggests, for all ailments. Skin problems, respiratory challenges, diabetes, rheumatic joints, coughs, colds and challenges associated with the mouth were the main uses reported. Some of those interviewed reported using a leaf tea to assist with cancer. When I walk through St John and see the faces of the residents, I wonder if they know that they are sitting on a herbal empire. Therefore understand me when I say Barbados is blessed with many herbs which can assist in healing this nation.

- Annette Maynard-Watson, a teacher and herbal educator, may be contacted via silentdoctors@gmail.com or by telephone 250-6450. **DISCLAIMER:** It is not our intention to prescribe or make specific claims for any products. Any attempts to diagnose or treat real illness should come under the direction of your health care provider.

By Annette Maynard-Watson for nationnews.com/

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THE REAL HEALTH BENEFITS OF CRANBERRIES, ACCORDING TO A REGISTERED DIETITIAN

PERFECT AS A SNACK or a main dish, cranberries are a low-key nutrient powerhouse. With just 50 calories and only 4 grams of sugar per cup, these berries are low in calories and sugar, especially when compared to other fruits.

There are a bunch of other health benefits of eating cranberries that will have you wanting them way more than just on Thanksgiving Day.

What are the health benefits of cranberries?

One cup has roughly 4 grams of fiber, loads of antioxidants (including vitamins A and E), and is a good source of vitamin C, a crucial antioxidant to protect cells from damage and to boost collagen production, helping with wound healing and skin integrity.



A cup of this festive fruit contains just four grams of naturally occurring sugar per one whole cup of fruit. Thanks to their red-purple pigment, cranberries contain polyphenols, a type of antioxidant class linked to reduced risk of chronic disease. What's more, the metabolites of cranberry polyphenols have a unique set of functions unto themselves: In addition to helping protect your body's cells from damage (and therefore reducing risk of oxidative stress which

can lead to chronic inflammation over time), some research has linked the specific role of certain cranberry polyphenols to reducing risk of stomach cancers and bacterial infection.

Cranberries also pack nearly 20% of your daily value of vitamin C, and contain a myriad of antioxidants in the form of polyphenolic compounds (found in abundance in most veggies and fruit, especially ones with deep red and purple hue) which, when metabolized, form new bioactive

compounds that may help with gastrointestinal health and immunity overall. As a fruit, cranberries also provide prebiotic fiber, which provides fuel to your body's probiotics, beneficial bacteria found in your GI tract (and other tissue lining) called microbiome, the layer that serves as the first line of defense to your immune system.

Additionally, thanks to their antioxidant content, cranberries may help reduce risk of chronic disease by reducing oxidative stress by way of chronic inflammation. While all foods high in antioxidants help to improve blood flow through blood vessels (therefore lowering blood pressure over time), protect cells from harmful damage (reducing risk of inflammation or from tumor growth), and reduce the risk of cholesterol build-up in your arteries, they're a great choice to include as part of an overall healthful diet. That said, since they're high in vitamin K, a nutrient that helps regulate blood clotting, be sure to check with your doc before sprinting out to the cranberry harvest, since large amounts of vitamin K can interfere with medications you may be taking for heart health.

Are dried cranberries good for you?

Nope — fresh or frozen are typically best when it comes to almost any fruit or veggie. That's because the drying process concentrates the sugar contained within the fruit or veg itself, increasing the sugar content overall while diminishing the water and fiber content.

MORE IN NOV 2019 EDITON

BY ALLRECIPES
Recipe by: Sara

VEGATERIAN AND VEGAN RECIPES

WHITE BEAN AND ARTICHOKE SALAD



“This is a flavorful cold salad. My family loves this any time of year, but it is a standard for our Sephardic Seder. The flavor is even better the next day.”

INGREDIENTS

- 3 cups white beans, drained
- 1/2 (14 ounce) can artichoke hearts, drained and quartered
- 2/3 cup diced green bell pepper
- 1/3 cup chopped black olives
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 1/4 ounce chopped fresh mint leaves
- 3/4 teaspoon dried basil
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- Salt and pepper to taste

Prep 20m | Cook 0m | Ready In 3Hrs

DIRECTIONS

In a large bowl, combine beans, artichoke hearts, bell peppers, olives, onion, parsley, mint, and basil.

In a jar or small bowl, combine oil and vinegar; shake together or mix well. Pour oil and vinegar over the salad, and toss to coat. Cover and chill in refrigerator for several hours or overnight, stirring occasionally, to let flavors blend.

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BARBADOS MEDICAL CANNABIS INDUSTRY MUST INCLUDE LOCALS

FOREIGN cannabis companies setting up operations in Barbados will be required to ensure locals own at least 30% of the business, the Ministry of Agriculture has revealed.

Barbados Attorney General Dale Marshall introduced the Medical Cannabis Bill 2019 was introduced in the House of Assembly last month in a bid to usher in a legal industry. If adopted, Barbados would follow in the footsteps of Jamaica, St Vincent & the Grenadines, and Antigua & Barbuda is permitting medi-

cal cannabis. Agriculture Minister Indar Weir gave a presentation on the bill at the weekend. He revealed that international companies will have to set up subsidiaries that are 30% owned by Barbadians.

“This is designed to make sure every last Barbadian is given a chance to participate,” he said. “We’re not just singling out one group, but that every group that has an interest will be part of this industry.

Weir promised the Rastafarian community that it would play a key

role in the Caribbean nation’s emerging medicinal cannabis sector.

He pledged to allocate a minimum of 60 acres to Barbadian Rastafarians, on which they can cultivate cannabis for medicinal purposes.

There is a thriving Rastafarian community on the island and marijuana plays an important spiritual role in their religion. Weir said the government has held regular meetings with Rastafarian religious leaders to keep them abreast of developments and

ensure they are included in the nascent industry.

The community is pushing for marijuana to be legalized for religious reasons as well as medicinal issues.

Weir promised that the industry would be stringently regulated and that separate licences will be required for cultivation, research and development, retail, import and export.

It will take some time for the legislative process to be completed and in the meantime the Barbadian government has launched a

tender process for international producers to supply it with cannabinoid products.

The scheme is slated to start in April 2020 and run through to March 2022.

Yet the government is at pains to stress that it will not be legalizing cannabis for recreational purposes.

It does not want to upset the USA, a key trading partner and global financial hub, as marijuana is illegal at a federal level there.

By Martin Green for grizzle.com



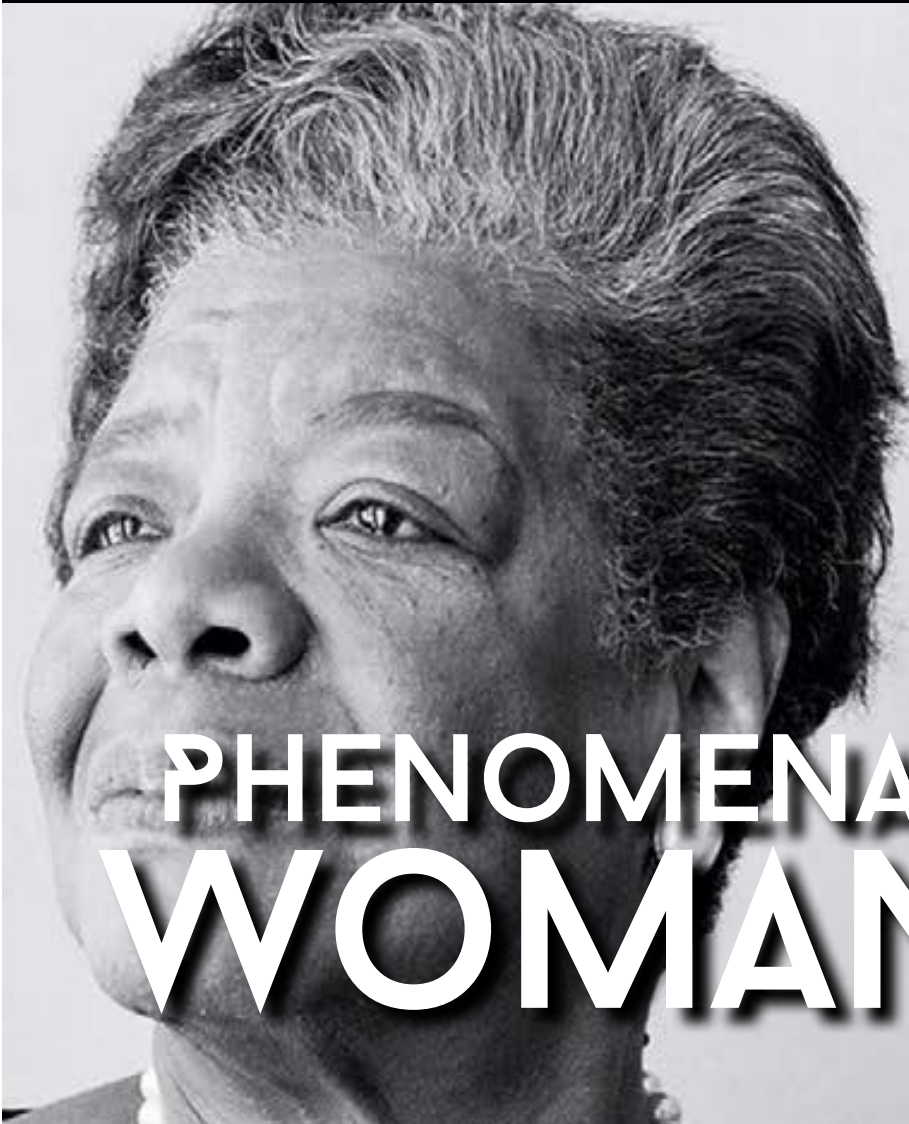
RAS ITAL ADAPT

Di world fi now free up the herb. How long must we fight against a plant that has done no harm to mankind, yet mankind has treated her with such resentment because of man greedy ways. Jah know if him fi tek away every other plant right now pun dis earth and only left di ganja, me feel like everyone woulda now love di herb for it would of been the only resource to sustain life.. Stop fight it and legalize it cause nature approve it !

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PHENOMENAL WOMAN

Pretty women wonder where my secret lies.
 I'm not cute or built to suit a fashion model's size
 But when I start to tell them,
 They think I'm telling lies.
 I say,
 It's in the reach of my arms
 The span of my hips,
 The stride of my step,
 The curl of my lips.
 I'm a woman
 Phenomenally.
 Phenomenal woman,
 That's me.

I walk into a room
 Just as cool as you please,
 And to a man,
 The fellows stand or
 Fall down on their knees.
 Then they swarm around me,
 A hive of honey bees.
 I say,
 It's the fire in my eyes,
 And the flash of my teeth,
 The swing in my waist,
 And the joy in my feet.
 I'm a woman
 Phenomenally.
 Phenomenal woman,
 That's me.

Men themselves have wondered
 What they see in me.
 They try so much
 But they can't touch
 My inner mystery.
 When I try to show them
 They say they still can't see.
 I say,
 It's in the arch of my back,
 The sun of my smile,
 The ride of my breasts,
 The grace of my style.
 I'm a woman

Phenomenally.
 Phenomenal woman,
 That's me.

Now you understand
 Just why my head's not bowed.
 I don't shout or jump about
 Or have to talk real loud.
 When you see me passing
 It ought to make you proud.
 I say,
 It's in the click of my heels,
 The bend of my hair,
 the palm of my hand,
 The need of my care,
 'Cause I'm a woman
 Phenomenally.
 Phenomenal woman,
 That's me.

Source: <https://www.familyfriendpoems.com/poem/phenomenal-woman-by-maya-angelou>

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

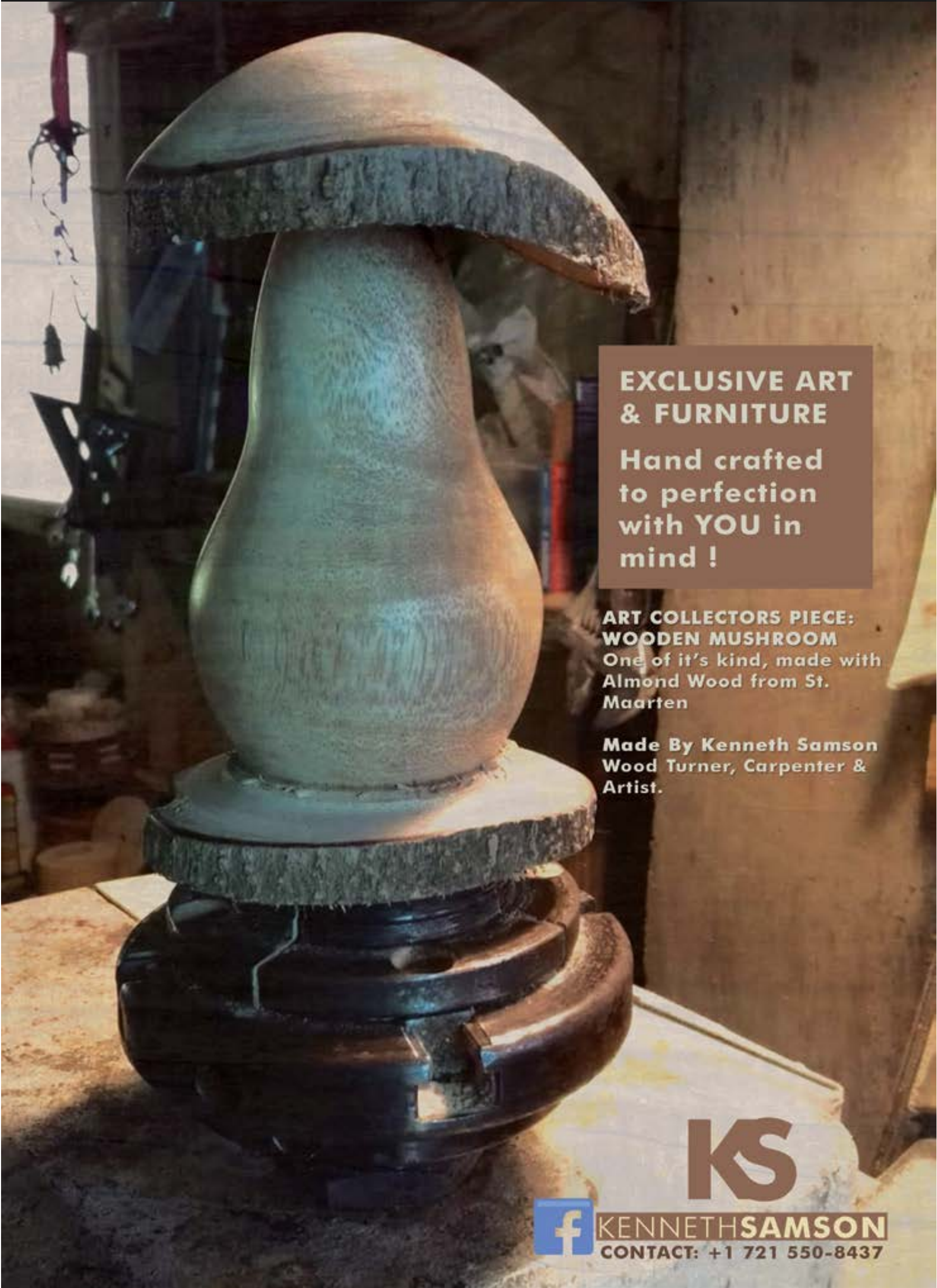
A STATE OF TRANCE
 W/ ARMIN VAN BUUREN | SATURDAYS 11PM - MIDNIGHT

WADE-O RADIO SHOW
 W/ DJ WADE-O | SUNDAYS 12PM - 2PM

FEEL RADIO
 W/ KP LONDON | SUNDAYS 3PM - 4PM

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DISCOVER ECUADOR'S SUSTAINABLE ECOTOURISM EXPERIENCES P1

By **JONNY BIERMAN** *Lonely Planet Writer*

From the lungs of the earth to the founding place of evolution, little Ecuador packs a big punch, exceeding expectations in nature-based sustainable travel. Leading the way as a global change-maker, Ecuador marries dense rainforests, untamed rivers and prehistoric volcanoes with community, culture and conservation.

It's worth noting that ecotourism and sustainable travel aren't exactly the same thing - ecotourism can be unsustainable. Sustainability refers to the broader concept of creating travel that is not environmentally or culturally damaging. Ecuador combines these two brilliantly; here's a list of some of our favorite sustainable ecotourism experiences.

The rise of ecotourism in Ecuador

Ecuador may be the smallest contender to make the list of the top ten most biodiverse countries, but that doesn't stop it from inspiring and educating when it comes to ecotourism. Ecuadorian tourism entrepreneurs are leading the way regarding sustainable ecotourism, creating the awareness and attracting the financial support necessary to protect the environment around them. Rather than harvesting land, flora and fauna for short-term gain, many are employing sustainable models designed to generate revenue for generations to come.

Train rides through the Avenue of Volcanos

In an area punctuated with rolling hills, glacier-capped volcanoes and cloud-pierc-



Learn about conservation from the Ecuadorian Amazon's indigenous citizens at Yacuma lodge © Jonny Bierman

ing mountains - all evidence of past tectonic activity - it's hard to imagine a better backdrop for train travel. These types of trips, however, are usually costly and generally don't put sustainability first. Tren Ecuador, on the other hand, prides themselves on "breaking with the traditional model of luxury train rides" to offer an affordable experience where everyone wins.

Departing from the old city center in Quito, the Tren de los Volcanes tour travels through the "Avenue of the Volcanoes," passing the iconic Pichincha and Cotopaxi volcanoes. The train makes a three stops along the way; including Cotopaxi National Park, where visitors disembark and take guided hikes through the temperate forests. At the final stop in Machachi, passengers enjoy a meal from Café del Tren, a locally owned and operated business working with Tren Ecuador via the company's social responsibility program.

In addition to operating under the United Nations' Global Code of Ethics for tourism, Tren Ecuador invites nearby communities to take a leading role in product innovation, which in turn results in several

community-operated restaurants, artisanal markets, museums, lodges and indigenous dance group presentations along the tracks.

If you're traveling on the Tren de los Volcanes tour, consider getting off at the last stop (Machachi) and taking a bus or taxi to Baños or Cotopaxi instead of going back to Quito and taking a bus the same way.

Bicycle adventures in Baños

Located on the edge of the Amazon and in the middle of Ecuador's enchanting cloud forests, Baños is a mountain and fresh-water adventure hub that immerses travelers in experiences that have low environmental impact.

White water rafting, mountain biking, zip lining, mountaintop swinging, relaxing in hot springs, kayaking, hiking - the list goes on. Most travelers don't set aside enough time for it all, but if you want to make the most of Baños, prepare to get an early start and participate in more than one activity a day.

The best way to see the area's beautiful waterfalls is by biking the Ruta de Cascadas (Route of the Waterfalls). It can get busy, so wake up early to catch the casca-

das before the crowds. Several gondolas, hiking trails and boardwalks take you to the cloud forest-shrouded waterfalls. Bike rentals in Baños can vary in quality and condition; we recommend Wonderful Ecuador for rentals and cycling tours.

Sustainable Travel in the Galapagos

In a place that is wild, raw and always lives up to expectations set by film documentaries, the Galapagos National Park is a poster child for high standards of environmental protection.

97% of the volcanic archipelago has been protected since 1968 - people live on the other 3%. And while the number of visitors allowed per yacht tour license hasn't changed in 25 years, the islands have seen an increase in the standard of service, boat efficiency, rules on marine pollution and the allocation of yachts per location. The National Park Authority identifies variables such as how much wildlife lives on each island and how close they are to pathways in order to determine how many people can be on each given pathway and at what time of day.

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10 WAYS TO MARKET YOUR SMALL BUSINESS ON A SHOESTRING BUDGET PT3



By Susan Solovic for Constant Contact...

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.

7. Ask for referrals

Don't be shy about asking for customer referrals. The majority of people say they are willing to provide a referral if asked, but very few take the initiative to do it on their own.

Referrals make it

easier to get in the door with new customers. If you aren't asking for them, you are missing opportunities.

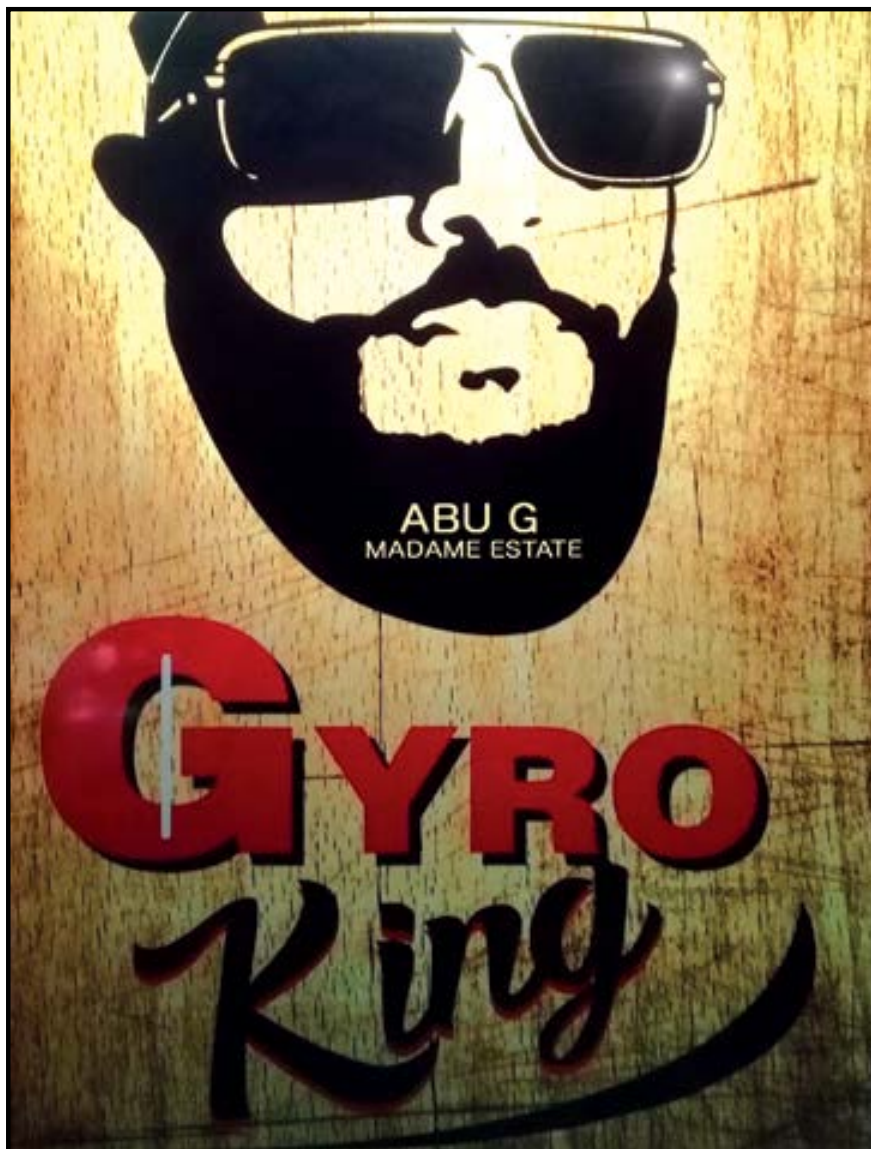
8. Build relationships

It is a lot less expensive to keep a customer than it is to get a new one. That's why establishing strong relationships with your customer base is crucial. One of the ways you can do that is by keeping in touch with people through email marketing.

Ask customers for their email address when they visit your store or website. Then, make your communications informative, helpful and professional — something your customers will look forward to receiving.

9. Offer coupons

Coupons are a good way for many businesses to attract new customers. Research shows that people will go out of their way to use a coupon, proving that this method is successful in expanding your customer base.



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TEEN HEALTH – A GUIDE TO EATING FOR SPORTS PT 1

Reviewed by:
Sarah R. Gibson,
MD for kidshealth.org/
EAT EXTRA FOR EXCELLENCE

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts.

Teen athletes have unique nutrition needs. Because athletes work out more than their less-active peers, they generally need extra calories to fuel both their sports performance and their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

So what happens if teen athletes don't eat enough? Their bodies are less likely to achieve peak performance and may even break down rather than build up muscles. Athletes who don't take in enough calories every day won't be as fast and as strong



as they could be and may not be able to maintain their weight. And extreme calorie restriction can lead to growth problems and other serious health risks for both girls and guys, including increased risk for fractures and other injuries.

Athletes and Dieting

Since teen athletes need extra fuel, it's usually a bad idea to diet. Athletes in sports where weight is emphasized — such as wrestling, swimming, dance, or gymnastics — might feel pressure to lose weight, but they need to balance that choice with the possible negative side effects mentioned above.

If a coach, gym teacher, or teammate says that you

need to go on a diet, talk to your doctor first or visit a dietitian who specializes in teen athletes. If a health professional you trust agrees that it's safe to diet, then he or she can work with you to develop a plan that allows you get the proper amount of nutrients, and perform your best while also losing weight.

Eat a Variety of Foods

You may have heard about "carb loading" before a game. But when it comes to powering your game for the long haul, it's a bad idea to focus on only one type of food.

Carbohydrates are an important source of fuel, but they're only one of many foods an athlete needs. It also takes vitamins, min-

erals, protein, and fats to stay in peak playing shape.

Muscular Minerals and Vital Vitamins

Calcium helps build the strong bones that athletes depend on, and iron carries oxygen to muscles. Most teens don't get enough of these minerals, and that's especially true of teen athletes because their needs may be even higher than those of other

teens.

To get the iron you need, eat lean (not much fat) meat, fish, and poultry; green, leafy vegetables; and iron-fortified cereals. Calcium — a must for protecting against stress fractures — is found in dairy foods, such as low-fat milk, yogurt, and cheese.

In addition to calcium and iron, you need a whole bunch of other vitamins and minerals that do everything from

help you access energy to keep you from getting sick. Eating a balanced diet, including lots of different fruits and veggies, should provide the vitamins and minerals needed for good health and sports performance.

Protein Power

Athletes may need more protein than less-active teens, but most teen athletes get plenty of protein through regular eating. It's a myth that athletes need a huge daily intake of protein to build large, strong muscles. Muscle growth comes from regular training and hard work. And taking in too much protein can actually harm the body, causing dehydration, calcium loss, and even kidney problems.

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