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CULTURAL XPRESSION



CULTURE AGRICULTURE COMMUNITY DEVELOPMENT HEALTH
ECO TOURISM ARTS ENTERTAINMENT BUSINESS SPORTS

A PUBLIC FIGURE

LOUIS CONSTANT FLEMING



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Memory

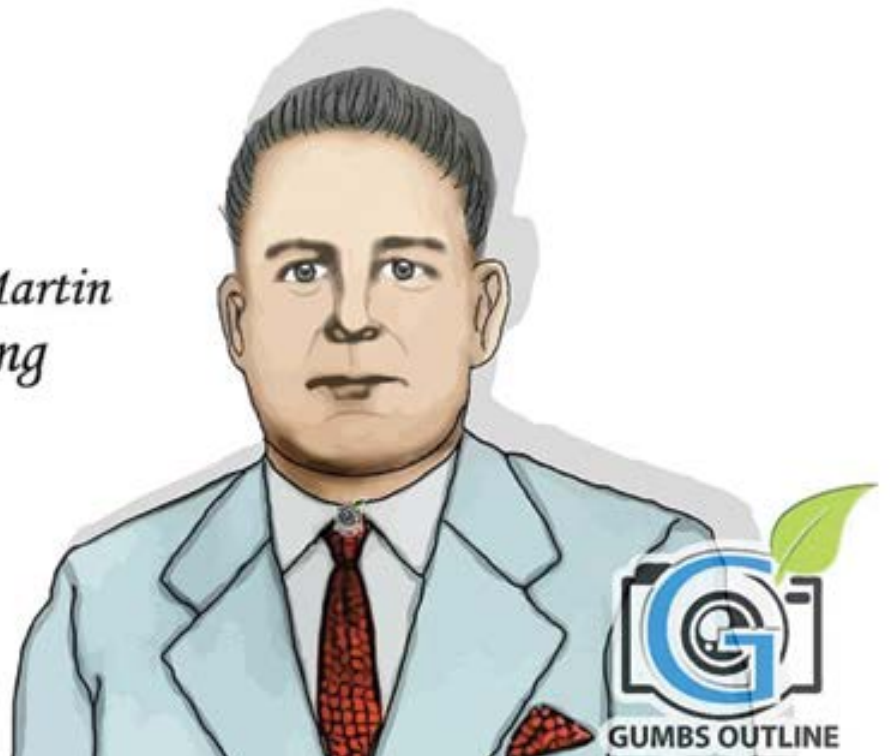
Former Mayor of Saint-Martin

Louis Constant Fleming

In Office 1925 - 1949

Born : January 2nd 1898

Died : January 30th 1949



HE IS THE SON of Louis-Constant Fleming (1898-1949) who was mayor of Saint-Martin from 1925 to 1949 and general councilor from 1946 to 1949 and of Yvette Alexina Beauperthuy (1916-...). His grandfathers, Charles Daniel Beauperthuy and Louis Emmanuel Fleming, were successively mayors of Saint-Martin. His uncle, Hughes Elie Fleming, was mayor and general councilor of Saint-Martin from 1949 to 1959, then mayor from 1977 to 1983.

He studied: primary in Sint Maarten, secondary

in Montreal (Canada) and university at the Faculty of Law of Montpellier (1968-1970).

Louis-Constant Fleming was deputy mayor of Saint-Martin from 1977 to 1989, then city councilor (head of list Rassemblement des Saint-Martinois) from 1989 to 1995 and again city councilor (head of list USM) from 2001 to 2002.

He was regional councilor for Guadeloupe from 1986 to 1992, then general councilor for Guadeloupe from 1992 to 1998 and again from 2004 to 2007.

He becomes, from July 15, 2007 to July 25, 2008,

the first president of the territorial council of Saint-Martin. He is declared ineligible for this post for one year.

On September 21, 2008, he was elected senator from Saint-Martin, by 17 votes out of 24 electors³. Leader of the local Union for Progress party, he is a member of the parliamentary group Union for a Popular Movement in the Senate.

On September 14, 2010, he disembarked from the board of directors 4 of the Société d'Économie Mixte de Saint-Martin (SEMSAMAR), of which he was a founding member in 1985 and the

first president until 1989.

On December 27, 2013, Senator Fleming announced his resignation from his mandate as a senator on December 31, thereby retiring from political life.

He justifies his choice by invoking both the health of his very elderly mother living far from Paris and his disappointment at the future of the statutory reform of Saint-Martin. However, several observers of political life 5,6,7 estimated that the real underlying reason which led to his resignation was the obligation made to senators to publicly

declare all their assets, this from January 1, 2014 (the day after his resignation).

The next senatorial elections were scheduled for September 2014 (less than a year later), in accordance with the law⁸. There was therefore no partial election and the seat remained vacant until the date of the said ballot.

In January 2017, the High Authority for the Transparency of Public Life (HATVP) announced that it had taken legal action concerning the declaration of the heritage of Louis-Constant Fleming.

By Wiki

721NEWS

St Maarten Breaking
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WWW.721NEWS.COM

THE LETTER THAT INFLUENCED HUSHANG ANSARY TO DONATE \$1,000,000 TO THE UNIVERCITY OF ST MAARTEN !

MAURICE LAKE: USM 30TH ANNIVERSARY

NOV 2019

Mr. Editor,

I WOULD like to congratulate the University of St. Martin (USM) on their upcoming 30th Anniversary Celebration on November 16, 2019. Our local University came a long way in its thirtieth years of existence. USM has graduated more than 750 Alumni who hold key positions in the public and private sectors of St. Maarten. USM has produced some of St. Maarten's top Directors, Managers and Leaders within our community. I am proud to have been associated with USM and a faculty member for more than 25-years. USMs major

strength are its students who can go anywhere in the world from here and excel at top Universities, Ivy Leagues around the globe. I find it amazing for a non- accredited University, that our students can go anywhere from here with their credits and are excelling at other top Universities as the best in their class. That's a FACT!

Mr. Editor, all USM wanted in its thirtieth years of existence is for our local Government to recognize their own national Institution of higher learning on the island. I can't understand why any island/ country would not recognize their own Institution of higher learning



Mr Maurice Lake

and put a structural solution in place for funding instead of injecting bits of funding which can't finance the curriculum and educators to run a full accredited University. What

happened to the long overdue draft tertiary ordinance to recognize our University? The first question any outside business would ask USM while marketing abroad is "Are you recognized

by your local Government," in which they can't answer.

Education should be legislators and Government's top priority. The educational system of a nation is the foundation to building any nation.

We need to reignite the vision of the Founders of why USM was established, such as the late Dr. Claude Wathey and Ambassador Dr. Husang Ansary. We need to get back to the vision instead of being all over the place with the future development of USM. I also would like to know why our Co- Founder Ambassador Dr. Husang Ansary is donating millions to other Universities

in the United States instead of helping to further develop our own local University that he helped co-found?

USM should be the future cornerstone to educate our people to become leaders of the 21st century within our community. Education must be a top priority.

In closing, I pray to GOD that the sooner the better, we get it right with the right vision and put a structural solution and funding in place to recognize our own local Institution, USM.

Maurice Lake
721news.com

ST. MAARTEN CHAMBER OF COMMERCE & INDUSTRY

The COCI Supports Agriculture

A CHALLENGING BUT GREAT YEAR



THIS YEAR has been quite a mentally challenging one, especially for those in this country that truly seek change. Seems Agri-Culture has been the trending topic and needless to say, I am grateful that the topic has finally become a point of discussion. A point of discussion that does not create a plan of action, is yet just plain old sweet talk and we can look forward to the population obtaining diabetes from these actions. Not literally, but the continues disease the people of this country tend to encounter being forced every few years to run back to the poles. Where is the sustainability that the people seek?

One thing for sure that I have learned during the course of this year, is not to sit and wait to be spoon fed by the hands of the belly full politician, but rather meditate, engage and create plans of actions with other individuals that truly seek a turn around to the long lasting dictatorship that governs this country! Long term sustainability in every aspect should be our priority as people as we once again tend to put a few back in the position of leadership. On our way to do so, we must also take a chance a look into the mirror and ask ourselves, "Are we as well playing our role toward leading this country into a positive direction toward long

term sustainability?". In the upcoming year we should not only continue to challenge government to implement better policies and legislations that will bring back a sense of pride and culture to our people and country. But, we should also challenge ourselves in the ways we manage our waste, build community standards, invest more in our own communities, plant more food, handle social responsibility, revitalize our tourism product, safeguard our culture and assisting our fellow man in times off need.

The world is constantly changing, making the necessary adjustment she needs to be able to sustain mankind ,us! She will not wait for us to make that move, she will force us.. Just as our continuous positive actions and activism toward change will one day force our leaders to uphold their governance role.. There for, its is most important to understand that we the people also have one of the greatest roles to play toward ensuring our livelihood for generations to come. St Maarten is not a country built on its own, its a reflection of we the masses, our blood, sweat, tears and sacrifices that will one day allow us to call St Maarten the Friendly Island once again!

I truly had an amazing year despite all the challenges, met

allot of amazing people and had my share of obstacles, but understand that the hurdles in life teach us how to jump and we will never learn what failure or glory is unless we try. As long as we have breath in our body, it means our journey and mission is not over yet, now we have another year in front of us to try and get it right.. Dont mind nobody else business, it can all start with you !

I look forward to sharing more great research toward building the continuous awareness in the areas culture, agriculture, community development, health, arts, entertainment, eco tourism, business and sports with hopes it continues to spark individual change in ones day to day lifestyle habits. For the new year, make it a priority to plant a tree in your back yard and get more involved in your own food security, after all if you dont do it who will do it for you..

I also want to thank everybody that supported me and believed in the cause that agriculture can one day actually help to empower our economy. Thank you. All the best to you and your family for the year 2020. Much health, strength and blessings I wish to come your way...

**One love
Wyatte**



SEVEN PRIMARY SCHOOLS JOIN SCHOOL GARDENING PROGRAMME

DEC 2019 MINISTER OF TE-ATT Mellissa Arrindell-Doncher (sitting) and her chief of staff, Cecil Nicholas (third from right) surrounded by representatives of the participating schools displaying their signed MOU.

PHILIPSBURG--On Thursday seven primary schools signed a Memorandum of Understanding (MOU) for the school gardening programme hosted by the Ministry of Tourism, Economic Affairs, Transport and Telecommunication (TEATT).

The ministry said in a press release on Thursday that by this gesture the organisation intends to bring about the awareness of health benefits in agriculture and by extension, gardening.

"What better way to accomplish this than by starting with our

youngsters through the primary schools," the ministry said. "School gardens are a great way to get children to learn about the many benefits of agriculture."

The Food and Agriculture Organization (FAO) of the United Nations encourages and supports countries to promote school gardens with educational goals to help pupils, school staff and families make the connection between growing food and good diets, develop life skills and increase environmental awareness, the release said.

School gardens are a wonderful way to use the schoolyard as a classroom, reconnect students with the natural world and the true source of their food, and teach them valuable gardening and agricultural con-



Minister of TEATT Mellissa Arrindell-Doncher (sitting) and her chief of staff, Cecil Nicholas (third from right) surrounded by representatives of the participating schools displaying their signed MOU.

cepts and skills that integrate with several subjects, such as maths, science, art, health and physical education, and are part of governments around the world providing food security for their people.

School gardening has been in existence on St. Maarten for some time, the release said. However, with the passing of Hurricane Irma in September 2017 most gardens were severely damaged.

"It is against this backdrop that the Ministry of TEATT is considering providing support and financial assistance to schools in the coming year for the rebuilding of the school gardening programme, in line with

promoting economic opportunities and sustainability," the ministry said.

Minister of TEATT, Mellissa Arrindell-Doncher encourages pupils to apply the "Grow what you eat and eat what you grow" concept to promote a better and healthier eating lifestyle, the release said.

The seven participating schools are the Asha Stevens Hillside Christian School, Oranje Primary School, Sister Magda Primary School, Helmich Snijders Hillside Christian School, Methodist Agogic Center (MAC) Primary School - Browlia F. Maillard Campus, St. Maarten Seventh-Day Adventist School and MAC Primary School - Reverend John A. Gumbs Campus.

By The Daily Herald

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THE FARMERS SEE: JACK FRUIT

THE HEALTH BENEFITS

JACKFRUIT is a healthful source of vitamin C and other essential nutrients, and research suggests that it may provide a number of health benefits.

Jackfruit is a tropical tree fruit native to southwest India. It belongs to the Mora-

ceae plant family, which also includes mulberries, figs, and breadfruit.

A jackfruit is large, with thick, yellow flesh and edible seeds and pods. The flesh has a sweet, distinctive flavor, which some describe as a cross

between banana and pineapple.

Due to its fibrous texture, people often use jackfruit flesh as a meat substitute in vegetarian or vegan dishes. In this article, we explore some of the potential health benefits of jackfruit. We also look into its

nutritional contents, any risks and considerations, and how to add it to the diet.

Cholesterol levels

Eating jackfruit may help lower levels of bad cholesterol.

Animal studies suggest that jackfruit seeds may help reduce levels of low-density lipoprotein (LDL) cholesterol and raise levels of high-density lipoprotein (HDL) cholesterol.

LDL cholesterol, or "bad" cholesterol, is a waxy deposit that can stick to the inner walls of arteries. As these deposits build up, they can restrict the flow of blood, which can raise blood pressure and increase the risk of a heart attack or stroke.

HDL cholesterol, or "good" cholesterol, helps remove LDL cholesterol from blood vessels and send it back to the liver.

A 2015 study investigated the effects of various jackfruit seed diets on cholesterol levels in rats.

Rats who ate a diet rich in jackfruit seeds had increased levels of HDL cholesterol and reduced levels of LDL cholesterol, compared with the rats who ate fewer seeds.

Blood pressure
Jackfruit is a good

source of potassium. According to the American Heart Association (AHA), foods rich in potassium can help reduce blood pressure.

Potassium lowers blood pressure by counteracting the effects of sodium and reducing tension in the walls of blood vessels.

The AHA recommend that healthy adults consume 4,700 milligrams (mg) of potassium a day. A cup of raw, sliced jackfruit contains 739 mg of potassium.

However, a potassium-rich diet can be harmful to people with kidney disease or any condition that alters the way that the body regulates potassium.

Cancer

Jackfruit contains substances called phytochemicals, such as flavonoids, saponins, and tannins.

According to the American Institute for Cancer Research, many phytochemical have antioxidant properties, which means that they may help to counter the effects of free radicals.

Free radicals are highly reactive molecules that occur naturally in the body and can damage cells. This damage, known

as oxidative stress, may play a role in the development of several chronic diseases, including cancer.

Phytochemicals may also prevent new blood vessels from growing around cancerous cells. A lack of blood vessels reduces the cells' blood supply and growth.

A 2017 study found that jackfruit seed extracts inhibited the growth of induced, ectopic blood vessels in chicken embryos.

The researchers noted that the effect may result from the combination of flavonoids, saponins, and tannins in the extracts and that jackfruit extract may have potential as a future anticancer therapy.

They concluded that further in-depth studies are necessary to confirm and better understand their findings.

Blood sugar levels

Research into the benefits of jackfruit is ongoing.

The glycemic index (GI) is a system for rating how specific foods affect a person's blood glucose levels.

Foods with high-

CONTINUED ON PAGE 8

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HEALTH BENEFITS OF JACK FRUIT.....FROM PG 7

er GI scores are likelier to cause spikes in blood sugar than those with lower scores. The GI system can help people with diabetes plan their meals.

Jackfruit has an intermediate GI score, but other parts of the plant may help treat type 2 diabetes.

A 2011 study in-

vestigated the effect of jackfruit leaf extract in rats with induced diabetes. At the end of the study, the rats who had consumed jackfruit leaf extract had higher insulin levels and lower blood glucose levels than those who had eaten a control diet.

The researchers determined that jack-

fruit leaf extract contains flavonoids that may help prevent cell death in the pancreas, which is the organ that produces insulin.

A test tube study from 2016 found that extract from the bark of the jackfruit tree contains chemicals that prevent the breakdown of fats and complex carbo-

hydrates into sugars. The researchers suggested that the chemicals may be useful in managing diabetes.

However, confirming these effects will require future studies in humans.

By www.medicalnewstoday.com

THE REAL HEALTH BENEFITS OF CRANBERRIES, ACCORDING TO A REGISTERED DIETITIAN PT2

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.

Cranberries are even more sugary than most, thanks to their naturally tart



flavor — because they're often sour to taste, they're almost never dried without any added sugar, though you can find brands making versions with sugar sub-

stitutes. A standard serving (1/4 cup) packs about 20 grams per serving (for reference, the American Heart Association recommends that women keep added sug-

ar intake to 24g per day.) The processing of cranberries also reduces the antioxidant content as well as the fiber content of the fruit, so you're better off using these for flavor than for any perceived health benefit.

Is it safe to eat raw cranberries?

It's ideal to buy fresh, raw cranberries when they are in season (September and October months). They can be refrigerated or frozen for later use. The skins contain many of the beneficial properties, so your best bet is to add 'em whole to cereals or oats, blend into a smoothie, or use them in cooking and baking when you're after a tart flavor.

Does cranberry juice really help get rid of a UTI?

Besides the power of a placebo effect, sadly cranberries nor cranberry juice can rid you of a UTI. That's because it would require a very high concentration of cranberries to prevent bacterial adhesion, ultimately ridding your body of the infection altogether and nixing the inflammatory response caused by such an infection. Since juice itself is distilled down to water and cranberries, it's tough to even come close to the recommended amount of PAC's to have a healing effect. Remember: Eating whole, fresh cranberries, too, have been shown to reduce the risk of getting a UTI, but not actually helping to treat it.

BY ALLRECIPES
Recipe by: jessieskibbe

VEGATERIAN AND VEGAN RECIPES VEGAN WAFFLES



"These waffles are so yummy it feels sinful eating them. Even my husband and 3-year-old who don't share my vegan eating habits loved them! You can use rice milk instead of soy."

INGREDIENTS

- 6 tablespoons water
- 2 tablespoons flax seed meal
- 1 cup rolled oats
- 1 3/4 cups soy milk
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tablespoons canola oil
- 4 teaspoons baking powder
- 1 teaspoon vanilla extract
- 1 tablespoon agave nectar
- 1/2 teaspoon salt

Prep 10m | Cook 30m | Ready In 40m

DIRECTIONS

Preheat a waffle iron according to manufacturer's instructions. Stir water and flax seed meal together in a bowl. Blend oats in a blender into a flour-like consistency. Add flax seed mixture, soy milk, all-purpose flour, whole wheat flour, canola oil, baking powder, vanilla extract, agave nectar, and salt to oats; blend until batter is just mixed. Ladle 1/2 cup batter into preheated waffle iron. Cook the waffles according to manufacturer's instructions until golden and crisp, about 5 minutes.

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PETERSON RESPONDS TO LAND ALLEGATIONS SAYS EMOTIONAL HIJACKING MUST STOP PT.1

Dec 2019

By The Daily Herald PHILIPSBURG

--Party for Progress (PFP) candidate and former acting head of Domain Affairs Raeyhon Peterson on Sunday responded to allegations levelled against him regarding land in Over the Bank area.

Peterson said he had taken note of his name being mentioned in the online media by a known/unknown author whom he said appears to be defending certain politicians while attempting to crucify others.

Peterson said when he joined the Department of Domain Affairs in June 2016, he inherited the Over the Bank land issuance case as his first project with the department. "Upon joining, former Department Head Darryl Stuart gave me this bit of advice: send in your request for land from now, as there is no system in place for land allocation and I would probably receive an answer in five years' time. I, along with several other civil servants, whose names you have read over these last few weeks, submitted my request for land after this conversation with Mr. Stuart," Peterson said in a press release.

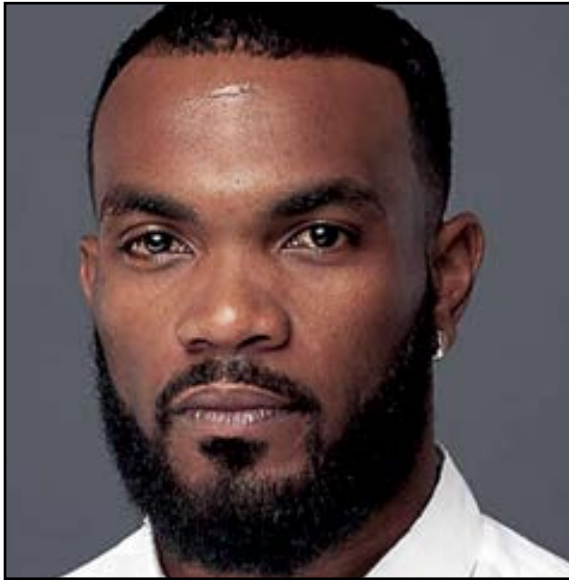
He said after acquiring all of the requests for Over the Bank land, he advised to execute the issuance through an objective raffle, which would be handled at a notary's office. This,

he said, was to prevent that the issuance of land would be done only based on a Minister's personal choice of recipients.

"As I mentioned earlier, in addition to myself, more than five VROMI staff members sent in a land request. At no point did I intend to receive land, as I had just started my career. Domain Affairs has a backlog dating back to the 1990s, so it would not be right to accept land before all others on the list. The issuance of Over the Bank land received several advices, most of which I wrote. I informed the Minister (Angel Meyers at the time) that the land was not ready to be given out in long lease. My reasoning for this is partially that the land at Over the Bank lacks proper infrastructure; there are no roads or utilities to make the land development-ready."

He said this is the responsibility of government and not recipients or requesters. He said these individuals should not be victims in this saga, as they were made to be by an anonymous author.

"The decision was made to engage ICE (Independent Consulting Engineers) to install the infrastructure in the area, so the land could be ready for issuance. You see, most of the files and memos in the media, which appear to have been leaked by a very irresponsible and un-



Party for Progress (PFP) candidate and former acting head of Domain Affairs Raeyhon Peterson

ethical member of the civil service, were written by me as well. This is the part that has been left out of the smear campaign against my person. I provided these memos and documents as instructed to the incoming Minister of VROMI Christophe Emmanuel, who wanted to overturn the decision made by former Minister Angel Meyers," Peterson said.

"When MP Christophe Emmanuel took his seat as Minister in 2017, he immediately conceived other plans for the Over the Bank area. The plans with ICE to place infrastructure in the area were quickly dismissed, and it became apparent that Minister Emmanuel had personal intentions for the land. After Hurricane Irma, he approached me to take over the department's responsibilities as the

Acting Head of the department of Domain Affairs. Given the severe understaffing and micromanaging that has transpired along the years towards this department, I accepted the challenge and took on this role as of October 2017. I quickly realized that I was meant to be in that position, because of what transpired after."

He said within two weeks of assuming the role as Acting Head of the Department (ironically, one day before that particular government fell), I was approached by then-Chief of Staff Marisha Richardson. I was expected to help with the issuance of several parcels of land to a list of persons that were previously not known to me. Mrs. Richardson herself was on this list. Sadly, it seemed to be the usual: nepotism and

favouritism, without procedure or policy in place.

It is true, there is no policy in place for the issuance of government land and again, I must stress that it is not the recipients or requesters of long lease land that have to be criticized and judged, but rather, the Minister who makes the decision at their discretion."

He said this discretion does not mean that a Minister is free to do what he or she wants. There are principles of good governance that every Minister should follow when making decisions that concern the public.

"At the moment, we continue to experience a blatant disregard for good governance and this is allowed to continue because the people have been kept in the dark by several politicians for decades. The longer this continues, the less chance the island has at receiving proper, professional and integral representation in Parliament. It hit me that I was put in this position because it was assumed that I would be willing to do someone else's dirty work. The Minister had no intentions of giving a young professional a fair chance to build up his career, but on the contrary, had every intention to only use me for my signature."

According to Peterson, given what PFP stands for, his pri-

ority became clear: to protect the people of Sint Maarten against the same person who placed him in the position to use him for his signature. Peterson said he informed PFP's team and leader Melissa Gumbs of the Over the Bank saga and that he and the Acting Head of Permits Charlon Pompiere were offered their own parcels of land (approximately 2,000 square meters) in the same area, an offer he said they both declined.

MORE IN JAN 2020 EDITON



RAS ITAL FACTS

Seem like nuffa dem a got dem cookie jar full and whaan fi get others mix up inna dem dough.. Now that its politics time again, Are you gonna vote now ? Di response from Mr Peterson a speak volume, LOUD, sound tun up ! Hard not fi understand di logic inna dis one. On di other side it seem to have a controversy at hand pointed to mek MP Emmanuel look shame , But the one thing me caan understand with that one is.. Where is the FACTS?

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To wear a cheerful countenance at all times and give every living person you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

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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 P2

By **JONNY BIERMAN**
Lonely Planet Writer

THE NUMBER of visitors to the Galapagos grows every year, and the number of tour licenses (called 'patents') issued has increased for day trips due to high demand and the addition of newly built budget hotels. While this region is a sustainable role model for others around the world, there's progress to be made.

Visitors often book inexpensive experiences that frequently come at a cost to the environment; doing more research and spending a little more money results in a far better experience and goes a long way in conserving this pristine place.

Awarding-winning catamaran Yacht Anahí is built on a foundation of sustainability and employee empowerment. With a high employee retention in an industry notorious for turnover, this luxury catamaran boasts an exceptionally skilled crew, the most efficient vessel in the National Park (according to the National Park Authority) and a carbon offset program that takes funds from each passengers' payment and

allocates it to a project that removes invasive flora and fauna and plants native trees.

The same Ecuadorian family who runs Yacht Anahí runs Ikala Hotel on Santa Cruz Island; this hotel was the first to set a trend in addressing the ongoing sewage problem by installing a compost system along with green energy, local sourcing and eliminating plastics.

Another green hotel outside of the main Puerto Ayora area that's also committed to the environment, reforestation and conservation is Pikaia Lodge. Should you be looking to book day trips, the staff at these resorts will point you in the right direction.

Mindful travel in the Amazon

Despite its impressive size, the world's largest rainforest is a fragile ecosystem where tourism development can sometimes have harmful effects. In addition, many of the Amazon's original residents have often been excluded from conversations about tourism development.

Yacuma Ec lodge in Tena has been working to change all this. Prior to the founding of the



Glide along the tracks winding through Ecuador's green landscape with Tren Ecuador © Jonny Bierman / Lonely Planet

lodge and its adjacent nature reserve, local indigenous groups would sell their land to oil companies in exchange for short-term financial stability; when Yacuma entered the area, it bought the surrounding land to preserve it from industrial interests and create ongoing employment opportunity for nearby communities.

Today, Yacuma employs knowledgeable local guides, serves locally sourced meals, powers the facilities using green energy, and perhaps best of all, maintains and protects the 274-hectare nature reserve that the locals and lodge call home.

Day hikes are especially notable for bird watching and identifying plant spe-

terns.

When choosing a lodge or operator, pay attention to the connection between their values of community, culture and environment.

The profits and benefits should go to the local communities, not corporations or chains.

The environment should be protected and utilized as an educational asset, creating awareness and demand to keep it intact.

And in Ecuador in particular, local indigenous culture should be honored and preserved through realistic and stable employment opportunities.

If these three attributes align, you'll have a purpose-driven, sustainable adventure to remember.

How to select sustainable operators

Sustainable travel can be broken down into a few key elements that all relate back to purpose and picking the right operator is an essential part of shifting tourism development pat-



Travel to the Galapagos with minimal environmental impact © Jonny Bierman / Lonely Planet



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5 SMALL BUSINESS TRENDS TO LEVERAGE IN 2020

By Kalin Kassabov, CEO of ProTexting.com

IF YOU have a small business, it's essential to keep up with the latest trends in technology, marketing, customer service and other areas that affect your business. Each business is unique, so every trend doesn't necessarily impact you equally. However, all major trends do influence your customers' expectations, so it's good to be up to date.

Here are some of the most significant trends I'm currently seeing that will impact small businesses in 2020 and beyond.



1. Customers prefer businesses that are green and socially responsible.

Customers are increasingly looking to patronize businesses that follow sustainable, green and socially responsible practices. As Gallup reported earlier this year, younger customers of the millennial and Gen Z generations are especially

concerned about such values.

Some of the ways you can demonstrate your commitment in these areas include:

Use local products as much as possible. For example, restaurants and food-based businesses can source foods from local farms.

Minimize packaging. Stores should encourage customers to

use their own bags. Use recyclable materials for packaging.

Use green cleaning products.

Patronize green vendors and services.

2. Customer reviews will be more important than ever.

Online reviews are not a new trend, but they are becoming more crucial all the time. Customers trust reviews over ads or any other content businesses create themselves. It's absolutely essential to have your business listed on sites such as Google My Business, Yelp and others that are relevant to your business.

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10 WAYS TO MARKET YOUR SMALL BUSINESS ON A SHOESTRING BUDGET PT4

By Susan Solovic for Constant Contact...

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.

Coupons can also generate return visits. For example, if you give a customer a coupon for a discount to use on future business, there's a high probability they'll be back.

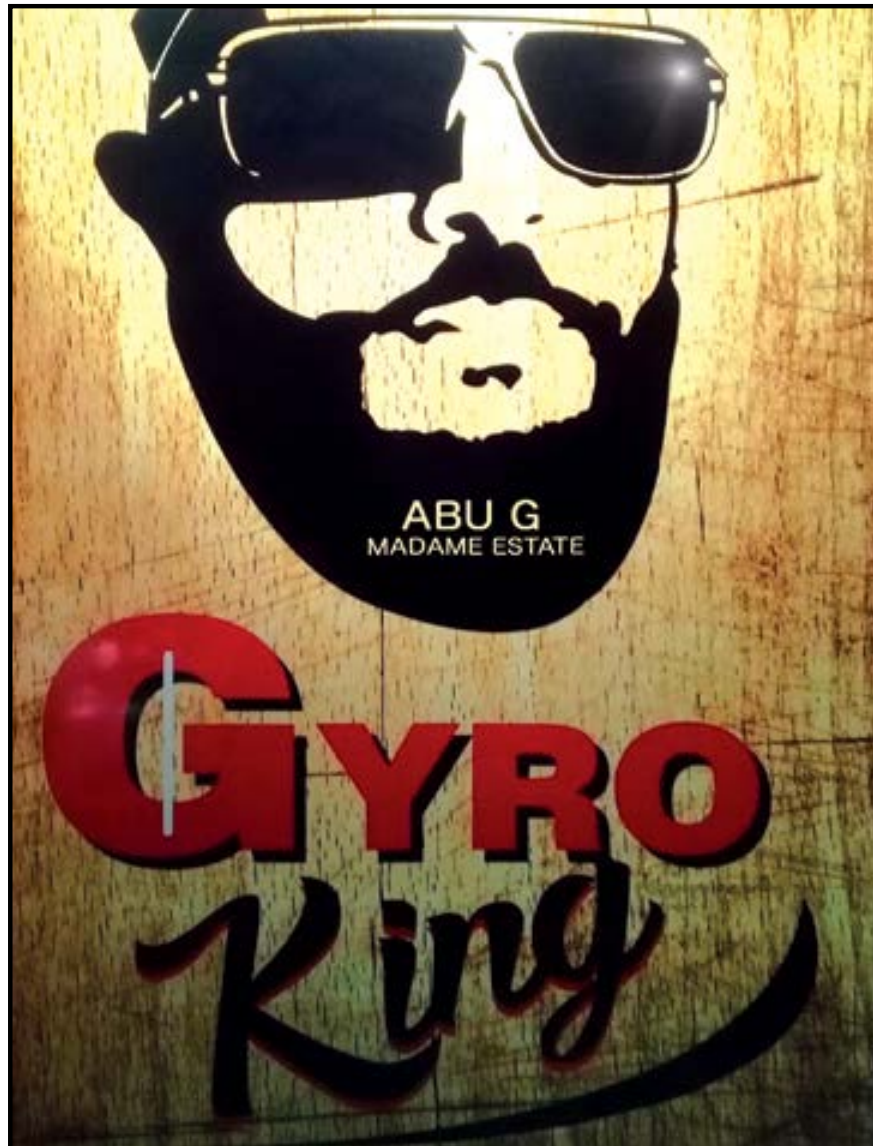
10. Give it away

If someone has the opportunity to experience your product or service, chances are they will want to purchase more.

Don't be afraid to give someone a free trial or a sample. In today's economy, people are more comfortable purchasing something they have been able to experience first.

These ten, inexpensive marketing strategies will help you engage customers, build relationships, and ultimately keep your brand top-of-mind.

It's not always about the money you have to spend on marketing, it's about the time and effort you put into it and above all, the relevance it has for your customers.



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TEEN HEALTH – A GUIDE TO EATING FOR SPORTS PT 2

Reviewed by:
Sarah R. Gibson,
MD for kidshealth.org/

Good sources of protein are fish, lean meats and poultry, eggs, dairy, nuts, soy, and peanut butter.

Carb Charge

Carbohydrates provide athletes with an excellent source of fuel. Cutting back on carbs or following low-carb diets isn't a good idea for athletes because restricting carbohydrates can cause a person to feel tired and worn out, which ultimately affects performance.

Good sources of carbohydrates include fruits, vegetables, and grains. Choose whole grains (such as brown rice, oatmeal, whole-wheat bread) more often than their more processed counterparts like white rice and white bread. That's because whole grains provide both the energy athletes need to perform and the fiber and other nutrients they need to be healthy.

Sugary carbs such as candy bars or sodas are less healthy for athletes because they don't contain any of the other nutrients you need.



Photo By:
 tuftshealthplan.com

In addition, eating candy bars or other sugary snacks just before practice or competition can give athletes a quick burst of energy and then leave them to "crash" or run out of energy before they've finished working out.

Fat Fuel

Everyone needs a certain amount of fat each day, and this is particularly true for athletes. That's because active muscles quickly burn through carbs and need fats for long-lasting energy. Like carbs, not all fats are created equal. Experts advise athletes to concentrate on eating healthier fats, such as the unsaturated fat found in most vegetable oils, some fish, and nuts and seeds. Try to not to eat too much trans

fat – like partially hydrogenated oils – and saturated fat, that is found in high fat meat and high fat dairy products, like butter.

Choosing when to eat fats is also important for athletes. Fatty foods can slow digestion, so it's a good idea to avoid eating these foods for a few hours before and after exercising.

Shun Supplements

Protein and energy bars don't do a whole lot of good, but they won't really do you much harm either. Energy drinks have lots of caffeine, though, so no one should drink them before exercising.

Other types of supplements can really do some damage.

Anabolic ste-

roids can seriously mess with a person's hormones, causing side effects like testicular shrinkage and baldness in guys and facial hair growth in girls. Steroids can cause mental health problems, including depression and serious mood swings.

Some supplements contain hormones that are related to testosterone (such as dehydroepiandrosterone, or DHEA for short). These supplements

can have similar side effects to anabolic steroids. Other sports supplements (like creatine, for example) have not been tested in people younger than 18. So the risks of taking them are not yet known.

Salt tablets are another supplement to watch out for. People take them to avoid dehydration, but salt tablets can actually lead to dehydration. In large amounts, salt can

cause nausea, vomiting, cramps, and diarrhea and may damage the lining of the stomach. In general, you are better off drinking fluids in order to maintain hydration. Any salt you lose in sweat can usually be made up with sports drinks or food eaten after exercise.

Ditch Dehydration

Speaking of dehydration, water is just as important to unlocking your game power as food. When you sweat during exercise, it's easy to become overheated, headachy, and worn out – especially in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance.

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